

The Tamarack

Our college. Our news. Our voice.

Naugatuck Valley Community College

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Waterbury, Connecticut

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World Press Freedom Day

Emily Daly

Each month has its own month-long awareness issue, and countless themed days acknowledging any number of topics. There are silly ones, like National Burger Day (May 28th), and days for more important issues, like Armed Services Day (May 21st). The most important of these—in the world of journalism, anyway—is May 3rd: World Press Freedom Day.

World Press Freedom Day was proclaimed by the United Nations General Assembly in December 1993, after recommendation from the UN's Educational, Scientific, and Cultural Organization. Its purpose is to celebrate the fundamental principles of press freedom, and to assess the state of press freedom throughout the world. It also pays tribute to journalists who have lost their lives covering stories around the world.

In particular, World Press Freedom Day aspires to defend the media from attacks on its independence, pushing for free press across the world, in places far from the United States as well as here at home. In their mandate to promote and protect free press, the UN named journalist (and CNN Chief International Correspondent) Christiane Amanpour Goodwill Ambassador for Freedom of Expression and Journalist Safety.

Many people are unaware journalism can be such a dangerous profession, but in many countries, being a journalist is tantamount to having a target on your back. Since 1992, 1,189 journalists have died around the world. 38% of those killed were journalists covering war, with Iraq and Syria being the top two deadliest locales for journalists. This number doesn't even cover journalists who've been prisoners of war, taken captive by the enemy for covering the story (or simply being American, in some cases). As of 2015, 199 journalists were imprisoned for various "crimes" worldwide. The top two countries where journalists have been arrested and imprisoned are China and Egypt.

We should care about journalism and free press around the world because free press is vital to democracy. It's as basic as that. Free press creates debate, conversation among people to voice opinions without fear of retribution.

Freedom of the press is fundamental to choosing among candidates running for public office, specifically for presidential candidates. Running for president is like interviewing for a job, and it's a journalist's duty to ask the tough questions. There's nothing more important in a democracy than a well-informed electorate, and journalists are key to our education.

This World Press Freedom Day, the UN has highlighted three themes: 1) A Need for Quality Journalism--reporting that is both accurate and independent, a growing problem in this age of the online/constant 24-hour news cycle; 2) Gender imbalance--too few women are able to reach decision-making positions within journalism and communications companies; and 3) Digital Safety in the Internet Age--where hackers make it difficult to maintain privacy for journalists and their sources.

As a young, female journalist, I hope to reclaim the Fourth Estate: reclaiming journalism as an honorable profession. I want to be the one to frame the debate and inform the public. During the month of May, think about journalists and the work they do to inform the public--many risking their lives to do so. Remember all journalists do to ensure Americans are as democratic and informed as we possibly can be.

Days of Remembrance

Richard Bosco, Senior Staff Writer



You may have noticed this academic year *The Tamarack* has used its front page to shed light on issues of awareness. We've attempted to bring attention to issues ranging from National Recovery Month in September 2015 to April's status as both Sexual Assault Awareness and Autism Awareness Month. This May, there are a number of important awareness issues we could potentially spotlight: Military Appreciation, ALS, Borderline Personality Disorder, Brain Cancer, Celiac Disease, Mental Health, Lupus, Lyme Disease, Cystic Fibrosis, and Stroke Awareness, to name a few. Unfortunately there are more issues deserving attention than there are front pages in an academic year. By mentioning these few, we hope you'll pick one or two and research them further, for knowledge is the path to enlightenment.

This month we devote our front page to the commemoration of Holocaust Remembrance. The internationally recognized date for Holocaust Remembrance Day corresponds to the 27th day of Nisan on the Hebrew calendar. This date marks the anniversary of the Warsaw Ghetto Uprising. The United States Congress established the Days of Remembrance as our nation's annual commemoration of the Holocaust. Each year state and local governments, military bases, workplaces, schools, religious organizations, and civic centers host observances and remembrance activities for their communities.

This year Holocaust Remembrance Day begins at sundown May 4th and ends on May 5th. Events will occur during the Week of Remembrance, which runs from the Sunday before Holocaust Remembrance Day, Yom Hashoah, through the following Sunday--this year Sunday, May 1st through Sunday, May 8th. Information and resources on the Holocaust and the National Days of Remembrance can be found at the U.S. National Holocaust Memorial Museum website at: <https://www.ushmm.org>.

The Tamarack will commemorate the Days of Remembrance with an event on Friday, May 6, 2016. Located in the Interfaith Center, Room T601, in Technology Hall, the event will run from 10:00 AM to 1:00 PM and will include a Names Reading Ceremony, and the presentation of original Holocaust-inspired poetry written by NVCC Creative Writing students. At 11:00 AM, *The Tamarack* will welcome a speaker, Mrs. Elizabeth Deutsch, a member of

the Holocaust Child Survivors of CT. Born in Hungary in 1938, the Fairfield, CT resident will share her inspirational story of loss and survival during the Holocaust. Deutsch is one of a large but dwindling number of survivors who share their stories in the belief that the reality of what happened under the Nazi regime must never be forgotten.

Facts regarding the Holocaust remain sobering, regardless of how many times we encounter them. In 1933, some 9 million Jews lived in Europe. By the close of World War II, only 3 million survived. A total of 6 million Jews were either slaughtered in death camps throughout Europe, worked to death in slave labor camps, or died as part of the Nazis' barbaric so-called medical and scientific experiments. These atrocious acts were part of Hitler's "Final Solution," intended to erase the Jewish people from existence in a mad pursuit to create a pure Aryan race. Along with the atrocities committed against Jews, millions of others were also slaughtered. These victims included Russians, Poles, Roma (gypsies), Socialists, Communists, Homosexuals, Jehovah's Witnesses, Catholics, and the physically and mentally challenged, as well as political prisoners who were exterminated by the Nazis. Today we call this genocide.

Prior to 1944, the word genocide did not exist. In 1944, in an attempt to describe the enormity of the Nazi policies of systematic murder, including the destruction of European Jews, a Polish-Jewish lawyer named Raphael Lemkin coined the word genocide. He did so by combining *geno*, from the Greek word for race or tribe, with *cide* from the Latin word for killing or murder.

In 1948, genocide and crimes against civilians and humanity were outlawed by the UN General Assembly. However, even today, many are still murdered en masse due to genocide in places like Syria, Iraq, Darfur, Bosnia, and Rwanda. This is why it is vital to remember what happened yesterday, and to work to stop what continues today. The ultimate goal is to create a tomorrow in which murder and racial hatred no longer exist. We have a long road to that tomorrow, but by honoring the past, we hope to pave it with bricks of remembrance. We hope you'll join us on Friday, May 6, to honor, to memorialize, to remember--and to support the fight against genocide worldwide. Peace.



Photo Courtesy of Gerald Deutsch

Hungarian-born Fairfield resident, Mrs. Elizabeth Deutsch, will join the NVCC community on Friday, May 6, at 11:00 AM in the Interfaith Center, room T601 in Technology Hall. A member of the Holocaust Child Survivors of CT, Mrs. Deutsch has, since 1981, been a frequent contributor to Holocaust remembrance events, including presentations at Fairfield University and Ansonia High School.

Deutsch will share her own story of living through the Holocaust. The member of a large family in Hungary, Mrs. Deutsch endured firsthand the vicious anti-Semitism that overtook Europe under Hitler. Initially, she and her family experienced enforced curfews and were made to wear the Jewish star. These indignities were, however, just the beginning of what she and her family suffered.

Mrs. Deutsch will share the details of her family's struggle and her profound losses under the Nazis. Though her story is one of unfathomable suffering, ultimately, her survival and choice to tell her story are inspirational, proof of the resilience of the human spirit. Join us as we bear witness to one survivor's powerful story of loss and hope.

Friday, May 6
11:00 AM
Interfaith Center
Room T601 in Technology Hall

SGA PRESIDENT



Happy May, Everyone!

I want to start off by saying that I'm dreading writing

this piece because it will be my last before I go off to Western Connecticut State University in the fall. Naugatuck Valley will always be my home, but I hope to meet another family over at Western who will love me as much as you did! It's been an honor serving as your Student Government President for the 2015-2016 school year. I have learned many lessons, encountered unique personalities and opened my heart to listen to the needs of students.

There is just something about this building and atmosphere that has moved me to cry and want to stay here for a lifetime. But I believe in moving forward. Sometimes, when we look at the responsibilities of being a student and moving on, we are burdened by challenges and obstacles. Sometimes we just have to laugh off the times that we fall and know that although we might have a scrape on our knee, our whole body is perfectly capable of moving.

There was a point in my life where I would let words and fear get to me. Who's to say that doesn't still bother me? I have learned that life's greatest moments come from times where we take a risk. If we let every little thing get to us, it will only bring us down. The boat does not sink unless there was a hole that allowed the water to come in.

If this year has been the worst year and you feel like you cannot move on, rejoice. Be grateful that you persevered through the worst, and now you will be experiencing growth. Believe in yourself, Naugatuck Valley Community College! You have become a home, a safe haven as well as a family to many who have walked into your doors with voids in their hearts. I know you filled one in mine.

Katherine Abreu

Dancing through Life

Emily Daly

For many, spur-of-the-moment decisions don't yield great results. For Assistant Professor Jason Seabury, one such choice changed everything; it led him to start dancing. Seeing his cousin's new family out on the dance floor "tearing it up" as it were, changed his idea of dance, something he originally thought only "cool people with questionable boundaries did in nightclubs."

A self-professed "video-game nerd" in college, Seabury didn't do much socializing, preferring to stay in, rather than inhabit those sordid nightclubs. He started thinking he belonged in a different time--perhaps Victorian-era England--until his cousin's wedding changed all those ideas, and got him dancing.

On his first day of grad school at the University of Connecticut, a new friend convinced him to go to Ballroom Club, and the rest, as they say, is history. Nine years, incredible partners, a few girlfriends, a newfound confidence, and a large circle of friends later, he's ranked among the top 6 amateur dancers in the country. Looking on it now, he says, "I've been continually amazed at how such a tiny spur-of-the-moment "yes" has changed my life so dramatically for the better."

Why should *you* join NVCC's Ballroom Dance Club? "Dancing is clearly awesome and fun," Professor Seabury starts, "and where else will you get dance lessons for free?" Dancing is a skill you can use at weddings, clubs, ballroom parties, or competition, if that's a route you'd be interested in. Above all, it's a great place to meet new friends, just ask student Jason Seeger.

Seeger, an NVCC Criminal Justice major, never danced. "I was always that guy who, at weddings, school dances, and other events would never get up and dance." He continues, "I'm very self-confident, and I have done things that would make anyone cringe (public speaking, radio) but dancing always made me anxious and nervous." Dancing was too frightening. Where do you put your feet, or your hands?

Seeger quickly overcame those feelings thanks to Professor Seabury offering an opportunity to learn dance in a comfortable, non-judgmental environment. He says, "There's no reason to fear being judged (I have two left feet), nobody is going to make fun of you. Since the majority of people in the club are inexperienced, we're all learning together."

He praises Seabury as someone whose "instructions are clear," saying, "he makes it enjoyable for everyone." Seeger says, "I would love to see people who excel in the club try competitions." He also hopes as more people join and get comfortable, they'll spread the word to their friends--making Dance Club a little community where all can learn from each other. As a first year student, Seeger found in Dance Club that welcome inclusiveness that eludes many students new to college.

Dance experience/skills are not required (or expected). Everyone is in the same boat, so now is the time to learn! The Club will practice waltz, tango, foxtrot, salsa, swing, cha-cha, rumba, samba, and quickstep. Meeting times are Mondays 4:00 - 5:00 PM and Tuesdays 1:00 - 2:00 PM. Can't join this semester? Contact Seabury anyway jseabury@nv.edu to get a head start for fall!

For a complete listing of Readers Respond please see online edition

Paper Run Amok

Magnus Stult

In past weeks reports have trickled out of Washington D.C. The FDA, CIA, ASPCA, NCAA, and JLA are frantic over a substance infiltrating households. Certain reports have called this blight "baby soft and super absorbent," while others claim it's "like sandpaper." Unconfirmed sightings mention a

See You in September!

Steve Parlato, Faculty Advisor

When I agreed to take on *The Tamarack*, it was with major trepidation and serious self-doubt. My predecessor had an impressive journalistic background and the iron fist to guarantee adherence to deadlines. I am a poet, a chronic nice guy. This fit could've been disastrous, but based on feedback from all over campus--students, faculty, staff, administrative folk--we're doing something right.

As we bring this academic year to a close, I'm proud of all we've accomplished. We've grown our writing staff and page count; gone full color and brought in new advertisers. We've reported on topics of campus and world interest, taking on heavy subjects: addiction, sexual assault, and we've celebrated student achievement, writing in praise of the differences that make each unique person a treasure. This month we offer something special. We hope you'll join us on May 6th to welcome Holocaust survivor Elizabeth Deutsch in honor of the National Days of Remembrance.

I've learned a lot this year, about the editing process, about delegating responsibility. And I think I've finally memorized all campus news rack locations. My growth as faculty advisor is equaled by the gratitude I feel for those who've shared this experience. I'm exceedingly grateful to our large and committed writing staff. Senior Writer Rich Bosco leaves us with this issue; his presence--his friendship--will be missed. I also appreciate Ray Leite's help easing into my role. Janice Bielawa, our talented, unflappable Creative Director, deserves a special shout-out for making *The Tamarack* a work of beauty as well as substance. And of course, thank you to Karen Blake and Alberta Thompson for patiently answering a million questions.

Finally, I couldn't have managed this year without *Tamarack* Editor-in-Chief, Chelsea Clow. Last May, Chelsea and I convinced each other to take on *The Tamarack*. She has been at my side--or two steps ahead--with every issue. The gift of working with someone so talented, organized, so truly exceptional, is one I will always treasure. Whether grappling with crazy deadlines, budget proposals, or hate mail, our exemplary partnership has made the steep learning curve not just doable, but enjoyable.

As we wave goodbye to academic year 2015-2016, *The Tamarack* staff wish you health, rest and adventure this summer. See you in September!

A Letter from the Editor

I wanted to take a moment to thank all our readers for following *The Tamarack* this academic year. It has been an incredible experience for me--not only the opportunity to serve as Editor, but also the chance to work alongside Professor Steve Parlato. Professor Parlato has created a wonderful environment for our staff of writers and artists, an environment that has allowed them to create some beautiful work for each issue of the newspaper. I am honored and grateful to have had this opportunity, and I encourage NVCC students to get involved with *The Tamarack* next semester. I have always said it is an engaging process; I think you would all find I am right. And I would hope you love this process--as well as the people involved--as much as I do.

Sincere thanks,
Chelsea

mysterious "Mr. Whipple."

No deaths are linked to this menace, but it's only a matter of time. All we can do is wait, watch. Pray. Our crack news team has contacted world leaders for comment. Reached by phone, Latveria's king asked, "How'd you get this number?"

At *Tamarack* HQ, we've taken a solemn oath to protect readers from harm. As such, we feel it our duty to warn you of this danger, this so-called "T.P." Good luck, readers. We wish you a Mischievous May.

EDITOR'S NOTEBOOK



Of all the important issues that deserve awareness to be raised this month, there is one particular cause that touches my life specifically. May, as Cystic Fibrosis Awareness

Month, is dedicated to raising awareness for a genetically-inherited disease that I, and 30,000 Americans, live with.

Cystic fibrosis (CF) causes excessive mucus to be produced throughout the body; this largely affects the respiratory and digestive systems. Many who live with this disease were diagnosed at a young age and are forced to undergo several forms of treatment in order to breathe or digest food properly.

I am extremely fortunate. My illness is very well-managed, and my experience with CF has been significantly milder than most. In addition to medication, I wear an oscillating vest daily to ensure the mucus in my lungs moves through my airways, decreasing the likelihood of lung infections. I am able to actively participate on campus, and for the first time in a recent while, my illness does not speak before I do. Others, however, are not so fortunate.

This disease can be completely devastating to the body, ultimately causing CF patients to require lung transplants. Many whose lungs are affected share that living with this disease is similar to breathing through a straw; those whose digestive system is attacked struggle to maintain a healthy weight, taking several digestive enzymes daily. Several are hospitalized for weeks to months at a time. Today, there is no cure for cystic fibrosis, but there are ways you can help find one.

This month, the Cystic Fibrosis Foundation will hold an annual fundraising event titled *Great Strides*, a family-friendly walk to raise funds and awareness for CF. All money raised goes toward the medical equipment CF patients need and the vital research for a cure. The CF Foundation has helped doctors and researchers develop a new pipeline of medications, allowing CF patients to lead longer, fuller lives. When I was a child, Adult CF Clinics did not exist, as people with the disease were not surviving into adulthood. Today, CF patients are living well into their 40s and leading active lives!

I walk in hopes of finding a cure for this disease, and I encourage you to do the same. There are 11 Great Strides events in CT, with two close to NVCC: in Southbury on May 21st and Danbury on May 22nd. Please consider participating in an event to raise awareness of this life-threatening disease.

Visit <http://fightcf.cff.org> for more information.

Warmly,
Chelsea Clow, Editor-In-Chief
Tamarack@nv.edu

Practice Safe Study

Ninnia Frimp

Finals are a stressful time. Our workloads seem to grow wildly and without warning. So, cramming ensues. In the last week of April alone, the library reported an increased number of serious paper cuts, stress headaches, students in tears, and others falling asleep face-first in textbooks. Thankfully, none of these incidents led to emergencies, but the librarians clocked in nearly forty hours of overtime consoling distressed students.

Are you one of these ill-fated students caught in endless seas of PowerPoint's and cheat sheets? If so, the nursing students are running tests to better understand how stress affects performance on tests. A payout of \$20 in of Cheez Doodle certificates--redeemable in fine establishments where Cheez Doodles are sold--will be made available to the first four participants. If interested, contact me, Ninnia Frimp, at nfrimp@MAYMISCHIEF.net for information. And don't forget to hug a librarian; they need it.

Dream Toys Delivered



Photos Courtesy of MariLynne Spino

In his April article, *NVCC Toy Department*, Staff Writer, Christopher Gordon, reported on a unique collaboration between Dr. Narendra Sharma's engineering students and the children of the Early Childhood Education Program's Child Lab School. On April 21 and 28, lab school students received their toys. The hard work and dedication of the engineering students, coupled with the children's creativity, made for a truly successful partnership. Here, Mike, a student in Sharma's class, presents Sophie with her custom-designed unicorn music box, and Justin, another of Sharma's students, delivers Alex's one-of-a-kind red racecar.

The Tamarack

"Standing, like a resolute tree, as your source for news."

Editorial

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- Torri Cyr, *Staff Writer*
- Emily Daly, *Staff Writer*
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Join us! Weekly editorial meetings, Fri. 11:30 a.m., S519

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Runway of Dreams

Kayla Mueller



Runway of Dreams was founded by designer, Mindy Scheier, who has designed for Saks Fifth Ave and Bloomingdales. She started this brand because her son Oliver was born with a rare form of muscular dystrophy, one of just 70 cases in the world. She thought of the idea for this clothing line one day when her son wanted to wear jeans to school. She had to choose between letting him wear jeans, which meant he would not be able to wear his braces. She knew this would cause trouble going to the bathroom alone, but her other option was telling her son, because he is different, he just can't wear jeans like everyone else.

Instead, she came up with the brand Runway of Dreams to create clothes for people who struggle with putting on clothes due to their disabilities. In the U.S. alone, 5 in 100 kids have a disability impacting the ability to dress themselves and wear styles like their friends. Runway of Dreams makes it easier for children and adults to fit into and wear what they want without it being a battle for them, or for caretakers who dress them. Scheier founded this brand so no one would feel different and weird; these clothes bring to light that all humans deserve to feel accepted within society and we all should feel empowered and happy with who we are no matter what impacts our daily life.

EDITORIAL

Future: Hold the Fries

I am just a poor college student. No, I do not mean I am bad at studying; I mean I have no money. With my high school diploma, I'm barely qualified to ask "Would you like fries with that?" Yet that is what our country is telling me I should aspire to, because to strive for anything more is too expensive. An associate degree is a wonderful thing, and thankfully still within the limited budget of the entry level worker. The unfortunate truth is that even with a two-year degree, and the prospect of securing a decent career with it, attaining higher level graduate degrees is a challenge. Simply put, we are screwed.

Connecticut needs money so badly our state is cutting off its greatest natural resource: enthusiastic learners. Individuals who have unlimited potential to achieve their dreams are being denied simply because they cannot afford the education needed to become the economic saviors this state and country need.

It is a terrible shame that amazingly talented educators are being dismissed because the salaries they command over a long career transforming young minds are just too high. They worked hard to get where they are, and are rewarded by being told they worked too hard and have achieved too much. These dramatic cuts to the state education budget leave us—eager learners, the building blocks of this state and nation's future—in danger of losing our best mentors, those who would mold us for success.

Our nation is sliding backwards as educational opportunities are abolished, condemning us to a lifetime of debt and toil, stealing our dreams of a better life than ignorance can provide. Yet ignorance is all we will have left because the future is no longer necessary. Who needs education when we have Wall Street? How will America endure as mega-corporations bankrupt us?

I am just a poor college student. I guess my dreams are just that, dreams. So would you like fries with that? Say yes, or I'll never be able to pay my rent. Of course, maybe we could all get involved, and work toward the change America needs. VOTE for people who'll work with US, not drone on about what they have done or will do for lasting progress—without saying a damned thing. It will be hard work, but WE are the BEST resource for the future!



CAPSS CORNER

What's Next?

Planning to transfer after graduating from NVCC? It's never too early to think about the next step in your academic career. Students who plan ahead have an easier transition into a 4-year university. NVCC students are prepared academically to obtain a bachelor's degree. You can access both help and advice in the CAPSS, and there are also over 300 college catalogs offered free to NVCC students. The experienced staff will help you navigate through the procedure. Speak to the advisors in CAPSS about the transfer process. Come prepared with questions about your potential next stop. Programs, cost, financial aid, scholarships, and location are a few of the many items to consider when choosing a 4-year school. Here are some questions to ask yourself:

- Does the institution offer the major I'm considering?
- What are the admissions requirements?
- What is the cost of tuition and fees?
- Is a private or public college the better fit?
- What geographic location would I prefer?
- Do I want an urban or rural setting?

A visit is a must because you will be spending much time and money at this next college. See the entire school, including the cafeteria and dorms. Take advantage of scheduling an overnight dorm stay to get an idea how you'll like living on campus. Be sure to go for a campus tour as well. Ask students you see on the tour what they like about the school—and ask about drawbacks and challenges. Below are some questions to ask when visiting potential schools.

- What is the number of students on the campus?
- How safe is the campus; what procedures are in place to protect students?
- What on- or off-campus accommodations are available?
- Is the campus welcoming to transfer and commuter students?
- What services and facilities exist; for example is there a workout center?
- What cultural opportunities and clubs are available?

CAPSS has a College Transfer Workshop before the College Transfer Fair each semester. You can also make an appointment with a CAPSS staff member to ask questions. Remember, being informed is key as you make these next steps to investing in your future!

Terry Latella

ATENCION...ATTENZIONE.....

Professor Anne Mattrella

NOTICIAS/NOTIZIE from Spanish and Italian

SPANISH NEWS

Summer

Professor Edwin Alverio will offer a new course, "Elementary Spanish Special Topics: Healthcare," online for our healthcare professionals. Healthcare 101 will be offered during Summer Special Session I from 6/06-7/08 and Healthcare 102 will be offered during Summer Special Session II from 7/11-8/12. NVCC NURSING STUDENTS, PLEASE JOIN US!

Intermediate Spanish I (201) will be offered for students transferring to SCSU, UCONN and elsewhere who need three semesters of Spanish. This will be an on-ground course (a requirement for transfer credit) during Summer Special Session I (6/06-7/08) on TWR 8:00-10:45. Intermediate Spanish II (202) will be offered on-ground during Summer Special Session II (7/11-8/12) on TWR 8:00-10:45.

Dr. Anne Mattrella will offer Spanish 101 online during Summer Special Session I (6/06-7/08) and Spanish 102 during Summer Special Session II (7/11-8/12).

ITALIAN NEWS

Summer

Nancy Esposito will be offering Italian 101 online during Summer Special Session I (6/06-7/08) and Italian 102 online during Summer Special Session II (7/11-8/12).

Fall

Fall course offerings include Italian 101 on TR 9:35-10:55 and Italian 101 on TR at 11:10-12:30

LA VITA E BELLA!

Fall - SO MANY OPTIONS:

ACCELERATED - Complete Spanish 101 and 102 in one semester. Classes meet twice a week for 3 hours. It is possible to register for both classes at the same time and receive Financial Aid.

ONLINE - Spanish 101

WEEKEND - Spanish 101 on Saturdays 8:00-10:55

EVENING - Spanish 101 on Fridays 5:30-8:25 & Spanish 101 on MW 5:30-6:50

DAYTIME - Spanish 101 MW 11:10-12:30 & Spanish 102 TR 11:10-12:30

Happenings @ Other Colleges

Kimberlyn Hernandez



Hiking for Good

It only takes an idea to make a difference, and it takes dedication to make an idea into a reality. Chris Sommers, a freshman at Pennsylvania State University was struck with an idea that may seem impossible to others. Sommers came up with an idea to hike the 325-mile Mid-State Trail in 14 days to raise awareness of the homeless. The Mid-State Trail runs from the southern border of Maryland to the northern border of Pennsylvania. To complete the trail in 14 days, he would need to hike about 23 miles a day. From June 5 to 19, he plans to hike to raise awareness for Hike 4 Homeless. Sommers' friend, Nick Kiraly, said, "He, as usual, has to take one extra step to go above and beyond by attempting to reach a goal of \$5,000 to raise awareness for the homeless in his community." All money raised will go to the Hearts 4 Homeless. A non-profit organization created two years ago by Ginny Poorman as a place for community members to have a warm place to stay during the day and help the homeless community become eligible for the workforce.



Coast to Coast

Kinsey Manchester, a sophomore at the University of Maryland, will be running in the Ulman Cancer Fund's 4K for Cancer. But this isn't just any regular 4k run. While a typical 4k is about 2-1/2 miles total, along with 25 other team members, known as "Team New York," Kinsey will run from San Francisco to New York City over the course of 49 days this summer. With the long hot days in summer it can push one's physical and mental well-being. Manchester says, "But it mirrors the struggle that people who have cancer are facing, so that's why we're going to be able to keep pushing through." In 2015, 4k for Cancer raised over one million dollars, and Manchester hopes to contribute to the million-dollar goal by raising \$4,500. The daily routine during the 49 days from California to New York will vary. Manchester and her team members will run during most of the daylight hours, and when they are not running, participants will ride along in a van; then they will sleep at various host sites. The thought of everyone who has been affected by cancer is Manchester's motivation to continue running.



Closing the Gap

Former university football player, Darius Baxters' father was killed when Darius was 9, and "homelessness became a big part of my life." Baxter wants to help others like him. He and three other former Georgetown football players—Troye Bullock (class of '16), Daniel Wright (graduate school), and Marcus Hughes (class of '15)—all come from low-income households and are working together to give back to their communities. GOOD Partners, an organization they founded together, aims to connect foundations and companies with communities in need. "There's a disconnect between people that need help, and people who want to help and have the power to help," Wright says. These former athletes are working together to close that gap.

Tamarack Edit Meetings

Fridays, 11:30 - 12:30, S519 ALL WELCOME!!



The Tamarack Hits Manhattan

Tamarack staff enjoying a brief moment during the conference.

A community college with no journalism courses maintaining an award-winning newspaper. It's dedication, not remuneration that sees us through.

Chris Gordon

The MediaMate trip was a great way for the members of the newspaper to become closer and more like a little family. The event itself was interesting; the speaker was good, and talking to others about our newspaper was a great way to network

Kayla Mueller

The MediaMate conference in New York City was a truly incredible experience. Not only did I learn new ideas to further my journalism career, but new ideas to expand *The Tamarack*. I was proud of our little paper and the dedicated writers who make it so exceptional, who take time out of their hectic schedules to make it what it is. It was truly fascinating to see what other colleges and universities thought was newsworthy, but also to see how they conducted their papers. The conference was a true exchange of ideas—both in writing, and in format.

Best of all—our little, intensely dedicated *Tamarack* team turned into a family. And that's what I appreciate above all.

Emily Daly

MediaMate invited college students who participate with their newspapers to attend a conference about journalism. Each college brought their newspapers to share. After reviewing content from their papers, it's apparent *The Tamarack* is very different. For example, each front page edition focuses on an awareness, instead of only covering current news—great for attracting readers. Papers from other colleges, resembled a more formal layout, which can be intimidating to some college readers. Truly, I appreciate being a contributing staff member for *The Tamarack*.

Nicole Hayes

MediaMate provided an excellent source of information of the media world. Keynote speaker, Dr. Jessica Seigel encouraged me on my personal path by popping the doubt bubble that I would hit a wall when I leave NVCC. Also, I loved seeing how other colleges encouraged their students to be involved with

the school paper. There were so many different possibilities to just excite anyone in the field.

Torri Cyr

The MediaMate conference proved to be enlightening, entertaining, and insightful. Hearing from a journalism professor, alongside learning from—and networking with—other college papers is what most encompassed these characteristics. The Harvard Club setting, with its plush floor rugs and well crafted culinary delights, added a greater touch of professionalism and class to the experience.

Mark Kacyrat

I was thrilled to hear *The Tamarack* staff had been invited to this collegiate round table event hosted by MediaMate, and I was glad so many staff members were able to take advantage of the opportunity. Once we arrived at the beautiful Harvard Club, I could not have been more proud of our staff. They mingled with other students and the hosts, took extensive notes during the keynote address, and truly took advantage of the discussion. The staff not only represented *The Tamarack*, but also NVCC—and they did a fantastic job.

Chelsea Clow

Pre-trip, I obsessed over ways our trek to Manhattan could go wrong—I needn't have. Careful planning—thanks, Chelsea—got us to NYC without a hitch, and our staff and paper made a very favorable impression with other attendees and event organizers. MediaMate representatives praised *The Tamarack* for innovative design and content, and the broad range of meaningful topics we tackle. I came home with a sense of pride in our staff, truly grateful for this shared experience.

Steve Parlato

What I took away from the conference was that, even as one of the smaller schools present, *The Tamarack* stood out from the 4-year universities with much bigger budgets and large staffs, including a weekly paper. The MediaMate group loved the content of our paper, saying while other community colleges were having a hard time finding content, we did a great job! They also said they would use our paper as an example for other community colleges. Even though we don't have a radio station, or big staff, we've accomplished something important to our college.

Janice Bielawa

CSCU Day

Chelsea Clow



On April 19th, students from several schools in the Connecticut College System attended CSCU Day at the Capitol. It was a wonderful opportunity to meet state legislators as well as network with other students throughout the state. Most importantly, it was a chance to have college students' voices heard. Representatives from several colleges spoke about the importance of their institute of higher education and how a decreased budget could negatively affect it. Miguel Moll, the Student Advisory Committee representative for NVCC, spoke about how each student represented so much more than just the numbers in the budget. He acknowledged that each student has his or her own unique story, and a distinct

personal journey in higher education. NVCC President Daisy Coco De Filippis, NVCC Provost James Troup, and members of the CT Board of Regents, including BOR President Mark Ojikian, were also in attendance. The event was catered by Professor Karen Rotella and students from NVCC's Hospitality Program who provided a delicious display of food and treats. CSCU Day proved to be a wonderful opportunity to connect with other students across the state and advocate to state legislators the importance of higher education. Every college student's story is different and each student deserves a great education; that is why advocacy is so important. Students should get involved in these opportunities to speak with legislators and to express the need for accessible higher education.



A World of Experience

Karlene Ball



Photo Courtesy of Karlene Ball

I'm Karlene Ball, NVCC's new English as a Second Language Program Coordinator. I come to NVCC having taught at two other community colleges and managed the ESL program at one of them as well. Just as important, though, I was a student at a community college, where I completed two courses required to secure a professional ESL teaching certificate. Taking these courses earned me gainful employment, and in truth, prepared me for the job I now have.

I studied languages in high school, going on to get my bachelor's and masters degrees in modern languages and cultures. Studying languages supports my great passions: traveling and eating good food from different cultures. I am of Jamaican heritage; our food and culture are well renowned—who doesn't like jerk chicken, beef patties and reggae music? I continue to hone my culinary skills because I have a 16-year-old with a discriminating palate.

Although I studied abroad in Spain and traveled to several European countries, my most memorable travels are to different Latin America countries, like Chile, El Salvador, Guatemala and Mexico. No doubt, the reason they are so memorable is because of the people, their food, and their rich culture. I was Visiting Professor at the University of El Salvador during two summer terms several years ago; that was very interesting. Students expressed their views on the socio-political and socio-economic situation freely—and artistically—on the faces of buildings. This expression might be considered radical on our campuses, but the artwork was vivid, and the messages were very powerful. They had large class sizes and very little classroom technology. Professors had to work really hard with a paucity of resources. However, tuition was free and lunch was subsidized.

My travel in Central America was usually on buses, especially the *King Quality* bus from

El Salvador to Guatemala across a dangerous border with guns, soldiers and money-changing: dollars to *quetzales*. Crossing the border by bus with an American passport is intense, but part of the Latin American experience!

My interest in the region began because, as a graduate student, I read the essays of many *librepensadores* (freethinkers) from Latin America. My master thesis was a study of poets who spoke with *una voz afro* (afro voice) across the Caribbean during the early 20th century. Once, when I didn't understand a poem by Chile's Pablo Neruda, I decided to visit the country to sit in his house (now a museum) in Valparaiso and try to understand it—after doing so, I did!

My position as Coordinator of ESL is informed by those experiences. I often share stories with students or teach them something new about their own countries. They love it! I understand their challenges because I'm familiar with their experiences and cultures, making me credible.

So far, my experience at NVCC has been wonderful. It starts with being part of an awesome department—the LABSS Division! I've met great colleagues. The professional courtesies extended to me have been so important to my settling in and feeling welcome. The warm welcome included being mentioned in the President's Weekly Bulletin at the end of my first week and continues with this interview. The other day, the Hospitality Management Program Coordinator invited me to learn about her program in the kitchen over a fresh cup of coffee. The librarians even got me to start guitar lessons. I'd wanted to take lessons, but didn't have a guitar, until one day, I saw a flyer stating our library lends out guitars. How cool is that!

Most of all, I'm enjoying the students who hail from so many different countries. Our ESL Program is well established, and I plan on building it, making it even more of a community resource. I've already started working with our Continuing Education department to provide some on-site workplace ESL programming at Bethel's Memry Corporation. It was a wonderful surprise to meet a former NVCC ESL student who now works in Memry's HR department, but who, a few short years ago, spoke no English at all!

This fall the ESL program will extend course offerings to Saturday mornings with a Pronunciation III course in Waterbury. We have expanded our Danbury offerings and will run Grammar and Oral Communications in addition to Reading/Writing courses.

Naugatuck Valley's campus is vibrant. There's something going on all the time. I am thrilled to be here and look forward to making the ESL Program a proud jewel of NVCC.

HUM 130 Philosophy and Practice of Yoga

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Mondays & Wednesdays

Summer 2016
8:00-10:45 am

Fall 2016
9:35-10:55 am

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Fall 2016 Transfer Application deadline: June 15th

Century of Excellence

Steve Delvalle

On March 7th, renowned car manufacturer BMW, Bavarian Motor Works, turned one-hundred. This is nothing short of outstanding for a company that has often had the odds against it. On the losing side in two world wars, BMW found itself bankrupt and almost bought out by Mercedes-Benz in 1959, alone in a super competitive market against rivals with financial backing from high volume parent companies. Audi has the limitless funds of Volkswagen; Lexus has Toyota; Cadillac has GM. Yet BMW has remained the benchmark for three decades. The company has led luxury car sales by the numbers over Mercedes-Benz for several years; and the cars have always been acknowledged to be superior in driving dynamics.

In 1916, the company began manufacturing German airplane engines—the origin of the iconic roundel logo—continuing that business until the end of World War II. In 1923 they began making their revered motorcycles, and 1928 saw production of the first BMW car. The Nazi regime forced BMW to stop making cars because of the war in 1941, but not before they established a reputation for quality autos, like the original 328, unstoppable in motorsport.

The splintering of Germany at the end of WWII nearly ended BMW. Some factories were under Soviet occupation, while Allied bombings destroyed others. They barely survived by making kitchen supplies and bicycles for several years. In dire financial trouble after the war, BMW was nearly bought by Mercedes-Benz, but was saved at the last second in 1959 by German industrialist Herbert Quandt and the shareholders.

Under Quandt, a new lineup of sporty sedans reestablished BMW in the luxury car market and generated income to reenter motorsports. Picking up where the 328 left off, the indomitable 1970s 3.0 CSL ushered in a new era of racing success for the brand. That car's achievements include ending Ford's stranglehold on racing in the early 70s and embarrassing Porsche throughout the entire decade. After

a down period, BMW came back in the mid-80s with the legendary E30 M3, built specifically to beat Mercedes-Benz in one of the greatest automotive rivalries in history. The original M3 is also the most successful touring car ever, winning more races than any individual generation of Porsche 911. The company has also had success in Formula 1; they even supplied the engine for the original McLaren F1 super-car. Since then BMW has continued to be competitive in racing. This season in the GTLM and GT3 classes, the new M6 race car has proven itself as a frontrunner; in both classes they finished second place at Sebring, behind a Ferrari 488 and Corvette, respectively.

BMW's products, especially the Motorsports line, have a well-deserved reputation for excellence. The M3 and M5 offerings have been unbeatable since their release. Only the most recent generations have given up ground, though the M3 still reigns in its segment. The manufacturer is experiencing a paradigm shift, as is evident in the company's massive restructuring. Driverless cars are the priority, and the beloved racecar, like M models of old, are no longer. As an enthusiast who finds driving the 2nd or 3rd greatest pleasure in the world, I lament the end of this era. The old M ideology—high-revving, naturally-aspirated engines, rear-wheel drive, manual transmissions—has all but evaporated. It's a business, though, and change is necessary for the future of the company and emissions restrictions. Much of BMW's resources have been reallocated to create technology for driverless and hybrid cars. They even hired an ex-Google VP to head that division. BMW R&D chief Klaus Froehlich stated, "Our task is to preserve our business model without surrendering it to an internet player. Otherwise we will end up as the Foxconn for a company like Apple, delivering only the metal bodies for them." So that's it. Driverless cars are the future, and the race to implement them is on, not only between car manufacturers but tech giants as well. BMW is 100, but BMW as we knew it is gone.

Vital Questions Needed

Magnus Stult



Attention, NVCC students and faculty: A séance is scheduled for May 12, 2016 in conference room M1097.

It is hoped we will finally learn something about Trump's potential presidency by contacting the smartest member of his campaign: his hair. Please sign up for tickets, only \$219.95 per student, at the Office for Psychic Affairs in Suite M1082 in the Marie Laveau Annex, adjacent to the new Founders Hall Building.

Previous séances proved unsuccessful, mainly due to lack of attendance. It has been discovered that one person with an IQ averaging between 80 and 110 is required to communicate with each individual strand in order to spiritually power the gathering.

Questions prepared for this activity include: What do you hope to accomplish as the first really bad hairdo in the Oval Office? Is there any chance of building a wall around Washington D.C.? When Trump runs his hands through you, do you vomit just a little? Do you, in fact, have the ability to vomit? Please email other vital questions, with the subject line, *May Mischief*, to me, Magnus Stult, THQMagStult@mail.jok

Solace for the Socially Awkward

Ninnia Frimp

The Psychology Club and CAPPPS will be hosting a 3-part seminar throughout the month of May, titled OMG! What Do I Do?: Tackling Social Anxiety. Topics will include: "How to Act When You're Alone and Your Phone Dies"; "How Not to Cry when Grandparents Ask about School or Significant Others"; and "To Text or Not to Text: How to Decipher and Respond to Those Kinds of Text Messages". Seminars will begin on Thursday, May 5th at 3:00 pm and will continue for three consecutive Thursdays. And don't you worry! Refreshments will be passed around to avoid the anxiety of getting up first, interacting at the table, or getting seconds. For further information, contact Ms. Frimp at nfrimp@MAY MISCHIEF.ne

Save the Endangered

Alyssa Katz

Animals are endangered worldwide. According to a recent report, there are currently 1,356 endangered species. Some of these we've heard of, but many are unfamiliar.

One critically endangered species is the cross river gorilla, whose population is not more than 300 in the world. Threats to this animal have occurred from hunting and inbreeding. Of the remaining gorillas, few interact, making reproduction a challenge. Hunting is also a threat, despite it being illegal in certain countries. There are several other endangered gorilla species, but this is one is in more critical danger than the others.

One of the most endangered species, according to the World Wildlife Fund, is the Amur leopard, found in scattered areas along the Chinese/Russian border. Population is estimated at no more than 60. The main threat is

ASD: Mechanisms and Solutions

Mark Kacyrat

For many, understanding the characteristics of Autism Spectrum Disorder is difficult. Grasping the complex biological and environmental interactions that "cause" ASD is even more challenging. There is also confusion regarding which treatments can improve the general welfare of people with autism. The scientific community's efforts have created greater understanding of what potentially causes autism and the best methods to treat it. However, public literacy with respect to these matters remains low. Public understanding regarding possible causes of, and effective treatments for, autism are key to successful outcomes for individuals on the spectrum.

According to Dr. Nicholas Gelbar of UConn Health Center, there are numerous potential causes of autism. These include genetics, brain development, and environmental factors. The Centers for Disease Control (CDC) theorizes other factors may include birth to older parents, having a sibling with autism, and certain chromosomal conditions including fragile X syndrome and tuberous sclerosis, among others. The Autism Society states there is consensus that autism involves abnormalities in brain structure or function, as brain scans show differences between neuro-typical children and those with autism. However, science has yet to determine specific causes of autism.

Numerous myths about autism's causes persist. One common myth claims autism is a result of poor parenting. This actually has roots in a primitive and discredited 20th century understanding of autism. Austrian-American child psychologist Bruno Bettelheim coined the term "refrigerator mother," a label for emotionally distant mothers of children with autism or schizophrenia. Blame fell upon parents for children's challenges.

The alleged link between the MMR vaccine and autism is another damaging myth. According to Julia Belluz of *Vox*, physician-researcher Andrew Wakefield's 1998 study suggesting the link broke or abused every important rule of the scientific method, including manipulating and misrepresenting data, and using unethical and uncontrolled research settings. Wakefield's research was also not falsifiable, and he had a significant financial conflict of interest. Investigations revealed that, in 1997, Wakefield filed a patent for a single measles vaccine to compete with the existing MMR vaccine. Large-scale studies disprove Wakefield's research. Gelbar believes confirmation bias explains this myth's persistence. Children receive the MMR vaccine around the time many symptoms of autism first appear. As a result, some families falsely associate vaccines with autism.

There are numerous treatments, supports, and services for people with ASD. According to the CDC, early childhood intervention can greatly improve developmental outcomes. Intervention services may include teaching important skills like walking, talking, and

interacting socially. Children younger than three, without a formal autism diagnosis, who are at risk for developmental delays, may still be eligible for early intervention treatment services. Generally, first steps involve formal evaluation of a child's condition.

Numerous and varied treatments can be effective for people with autism, including applied behavior analysis for children, social skills groups, and cognitive behavioral therapy. Applied behavior analysis encourages positive behaviors while discouraging negative behaviors. Cognitive behavioral therapy seeks to make the patient aware of negative or inaccurate thinking. Social skills groups involve face-to-face social interaction between children with autism to address their social deficits.

According to Gelbar, the greatest indicator of lifetime success for people with autism is employment. A 2015 Drexel University report stated autistic young adults face greater unemployment and social isolation than their neuro-typical peers. Two thirds of autistic adults are unemployed or are not in post-secondary education. Gelbar identifies this as one of the worst outcomes among disability categories. When people with autism reach adulthood, they fall off the "services cliff." In other words, after high school graduation, support systems once in place and required by federal law disappear.

What remains is a network of public services, often limited in scope, that can be difficult to access and navigate. The absence of a post high school transition plan, sometimes coupled with intellectual disability in addition to autism, can make matters worse. According to Paul Shattuck of Drexel University, autism "doesn't go away when people turn 18. We need to figure out how to help adults on the spectrum as well."

The employment crisis among autistic adults is a consequence of several factors. One key factor, according to Gelbar, is people with ASD may lack key social and communication skills necessary in the interview process. Existing myths and misconceptions regarding ASD may also influence employers. From the perspective of the employer, expectations are lower in addition to expenditures to accommodate a potential employee with autism.

Given the challenges for people on the spectrum to integrate into society, some facts need to be impressed upon the public. First, autism affects both children and adults; it is never outgrown. Second, being equipped with accurate scientific and medical information is critical for people with autism to achieve success in adulthood. Accepting myths about the role of parents and vaccines causes tremendous harm. Through the power of science, medicine, and human altruism, people with autism can successfully integrate into society, pursuing their goals to enjoy lives closer to what others take for granted.

World Wildlife Fund's website, you'll find several ideas, including species adoption and charitable donations, on how to help these animals from the comfort of your own home.

There's also a day dedicated to endangered species, the third Friday in May. This year, National Endangered Species Day falls on May 20th. It's an awareness day for people to learn about endangered species and how to help them. Celebrated at wildlife refuges, zoos, parks, community centers, aquariums, botanical gardens, libraries and schools, this day stems from the Federal Endangered Species Act, signed by President Nixon in 1973. National Endangered Species Day was created by the Senate in 2006. Make a change. Together, we can help save animals in danger of extinction.

https://www.worldwildlife.org/species/directory?direction=desc&sort=extinction_status



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FACES IN THE CROWD No Dream Too Big

Leon Saunders

Finding a dream is such a wonderful thing, but turning a dream to an ambition is even better. My name is Leon Saunders, and my dream started during my first year of high school when I grew fond of the idea of voice acting--the idea of being heard.

For those wondering, voice acting is a performing art, much like theater, where voices are used for animated characters, audio dramas, or radio productions. The list could go on. For example, the voices you hear in your favorite cartoon or video game, like SpongeBob Squarepants or Joker from the Batman series were all done by a person behind a microphone.

I have been voice acting for 10 years, professionally for almost 4 years. When I first began voice acting, I was not the man I am today. I was a rather quiet, shy and introverted individual, which had such a detrimental impact on my ability to voice act. However, over the years, with strong determination and support, voice acting changed me into an expressive and outspoken man.

When I started, everything I knew about voice acting was self-taught; there was no guidance from a professional voiceover artist in the Waterbury area. Even now, I have yet to find one. This is why I decided to start the Voice Acting Club (VAC) at NVCC, to



Photo Courtesy of Leon Saunders

guide and properly educate those interested in this field, who do not know where or how to start.

In the club, we not only teach the many methods of voice acting; we also discuss warm-up techniques, where to find work online, good microphones to buy online within a budget, script practicing, and many other topics. Another club goal is to gather those who share common interests and make connections between VAC and different clubs, such as Stage Society and DAT.

Recently, VAC and DAT had the opportunity to collaborate on a project to offer our collective voice through a public service announcement in regards to sexual harassment. We're planning more in the near future. If you're interested in joining the VAC, or have any questions, we meet every Tuesday and Wednesday 2:00-3:30 PM in room K710. We hope to see you there!



Double, Double Toil and Trouble

The talents of NVCC's theater department will radiate far from campus this June, as Professor Burton Tedesco and five of his acting students take the stage in Shakespeare's bloody tragedy, *Macbeth*. The production will be staged by Phoenix Stage Company at Clockwork Repertory Theatre, 133 Main Street, Oakville. Tedesco, who has previously played the murderous Macbeth, is thrilled to return to the role accompanied by his students, all of whom auditioned for their roles at an open casting call. Tedesco is clearly proud that the talent and drive of his theater students was apparent to Phoenix Stage. Not only are they featuring NVCC students in key roles, Tedesco also

says Fight Director Rob Richnavsky is finding the cast a pleasure to work with because he and his students are already skilled at stage combat. *Macbeth* will run at 8:00 PM Fridays and Saturdays, June 10, 11, 17 and 18, with a 3:00 PM matinee on Sunday, June 12. For more information, call (860) 417-2505.

Photo: (from left to right)
Edward Montoya.....Seyton
Daniel Morrow.....MacDuff
Burton Tedesco.....Macbeth
Brian Bowyer.....Banquo
Preston Bogan.....Malcolm
Kathryn Lynch.....Gentlewoman

Arts to Inspire

NVCC's Music and Dance Departments are offering a rich array of events representing countless hours of rehearsal and dedication. Show your some support!

The College Chorale, Jazz Ensembles, and private lesson students will hold a spring music festival, 7:30 PM, Friday, May 6, in the Mainstage Theater. Students will present solo selections; the jazz groups will play under direction of Henry Lugo, and the chorale, conducted by Dr. Andrew Ardizzioia, will perform selections by Barber and Brahms, as well as Schubert's Mass in G Major with orchestra.

CT Pops!, NVCC's resident concert band, will present "Music Across America," 7:30 PM, Saturday, May 7, in the Mainstage. The family-friendly program consists of popular selections with an American regional twist, as well as medleys from *West Side Story*, *Chicago*, and *Porgy and Bess*.

May 12th and 13th at 7:00 PM, NVCC's Dance Program, sponsored by the Terpsichorean Dance Club, will present a spring dance concert in the Mainstage auditorium, with a suggested donation of \$10. Prof. Megan Boyd's talented students will also appear at 6:00 PM, May 25th at Waterbury's Mattatuck Museum, performing Boyd's original choreography to celebrate artists in the exhibition, *Making Her Mark*. This one-time performance will be free with museum admission. College students will be admitted free with valid ID.

As the semester winds down, celebrate the efforts of NVCC's Fine Arts students. Music and dance can refresh the finals-weary soul.

SPEAK UP

Are you interested in where your Student Activities Fees are spent? If so, voice your opinion at NVCC's Student Government meetings held every Wednesday, 4-5 p.m. in L501, across from the Library. For more information call 203-596-2185, stop by S516, or emailSGA@nvcc.commnet.edu.



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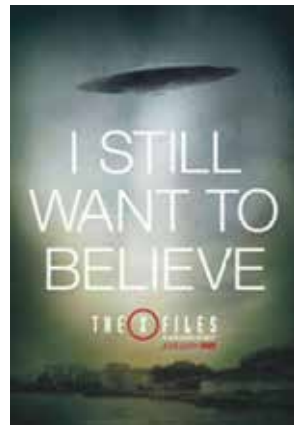
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X-Files Reopened?

Robert Wilson



feature films, *The X-Files* in 1996, and 2008's *The X-Files: I Want To Believe*. The sequel film's success helped reinvigorate interest in the series.

At the start of episode one, we are reintroduced to FBI agents Dana Scully and Fox Mulder, who, since their last appearance in *The*

On January 24th, a legendary television series returned to the airwaves for a limited, six-episode run. *The X-Files* began on September 10, 1993, continuing for nine seasons until its "end" on May 19, 2002. The series also gave life to two

X-Files: I Want To Believe, have been separated. Mulder no longer works for the FBI; Scully works at a D.C.-area hospital. Through a fan of their work on the "X-Files" they are reunited to investigate a possible case of alien/human insemination. Other episodes shifted, in typical series' fashion, between the ongoing alien conspiracy focus and stand-alone creature/villain stories. Episode six ended in dramatic cliff-hanger fashion.

With the mini-event's success, FOX has a chance to revive the series for a full season. Gillian Anderson and David Duchovny have already voiced that they would love to return for a full season if able, and creator Chris Carter has stated that if FOX orders another season, they will.

Overall this new edition to X-Files myths was a welcome, although concept-shattering, addition to the series as a whole. I would rate this "season" a 10/10 for its ability to return to its roots, maintaining the "soul" of the series even after a decade-plus television break.

alumni SPOTLIGHT



Photo Courtesy of Clare Dignan

Clare Dignan

I've been gone from NVCC only a year, but I'm a world away. I'm attending Quinnipiac University to earn a bachelor's in journalism. NVCC gave me the jumping point to get into Quinnipiac and to travel the world.

I had a lot of expectations for my adventure at Quinnipiac. It is a well-regarded university and has been ranked among the top 20 best journalism programs nationally.

A World of Change

There are dozens of academic programs in eight different schools and 154 student organizations. Quinnipiac had nothing but possibilities for me. But I never imagined I would travel to Nicaragua over spring break to study my passion.

I went with nine other students in my journalism class and our professor. We traveled to Leon, Nicaragua and stayed for nine days. While there we met with schoolteachers, students, women's rights activists, business owners, artists, former Sandanistas and people who fought during their country's revolution. We talked to people about their livelihoods, their struggles; we learned their stories the best we could.

Each time, we were welcomed with openness and warmth. They wanted to share their stories as much as we wanted to hear them. What they deal with on a daily basis I had only imagined: teachers struggling to buy school supplies, women seeking safety from domestic abuse, street vendors selling what they can to make a living.

I had gone there to report on these people's lives so hopefully I could make a difference when I wrote about them. Hopefully, I could bring some attention to that part of the world.

Don't Miss!

Spring Fling - Wednesday May 4th
-11:00am-2:00pm *Leever Atrium Plaza*

Fresh Ink Readings - Wednesday May 4th
-3:00pm-5:00pm *Café West*

Tamarack Holocaust Remembrance -
Friday May 6th 10:00am-1:00pm *Interfaith Center, T601*

Concert Band Spring Concert - Saturday
May 7th - 7:30pm-9:00pm *Mainstage*

Spring Exam Cram - Tuesday May 10th -
9:00am- 1:00pm *ACE - E500/Library*

Formal Spring Dance Concert -
Thursday May 12th & Friday May 13th -
7:00-9:00pm *Mainstage*

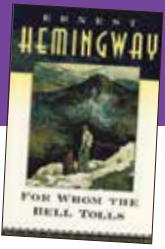
Leadership Banquet - Thursday May 19th
5:00pm-10:00pm *Grand Oak Villa*

Graduation Ceremony Thursday May 26th
2:00pm -*The Palace Theatre*

My last day in the country, a woman approached me and two other journalism students on the trip. She spoke slowly and carefully in Spanish. Her baby was in the hospital and needed formula. She didn't want our money; she wanted to take us to the pharmacy to buy it for her. We wanted to help her, so we followed her for a few blocks to get the formula. The pharmacist wrote down the price. We gave her everything we had left in Nicaraguan córdobas (about \$15) but it wasn't enough. She walked away, still searching for someone to help.

NVCC taught me how to be a successful student. The rigor of being editor of *The Tamarack* more than prepared me for what I face in my journalism classes currently. But nothing would've prepared me for that trip. Quinnipiac didn't even really prepare me, though that was the focus of our class. It didn't prepare me to help that woman. The only thing that could've prepared me was experiencing the trip.

Travel does change you, but mostly it challenges you. Traveling to Quinnipiac has challenged me as a journalist and as a student. Traveling to Nicaragua challenged my idea of the world and of myself.

RECENTLY
READ

Student Steve Delvalle on Hemingway's *For Whom the Bell Tolls*

America's greatest storyteller delivers a harrowing tale in his seminal work *For Whom the Bell Tolls*. Hemingway's longest novel, and arguably his best, is perhaps best saved for a cold, dark winter's day. Admittedly a depressing story, as many great books are, it's all too real in its depiction of the cruelty of war. Central themes include hopelessness in the face of certain death, morality, suicide, and war's futility. These recurring feelings are countered by the brief and desperate love affair between the protagonist and a refugee.

The story takes place during the Spanish Civil War between 1936 and 1939. In that precursor conflict to World War II, the Republic, backed by the Soviets, fought to stop the Nationalist fascist regime under Francisco Franco and backed by Hitler and Mussolini. Having spent much time adoring Spain before the war, which is where several of his books take place, Hemingway felt inclined to participate when fighting broke out. He witnessed horrible atrocities and intense combat on the front lines while reporting on the side of the Republic. Witnessing conflict firsthand shaped his novel, and many characters and experiences are taken from ordeals Hemingway encountered reporting the war; this gives him the disturbing ability to portray war with a brutal truth.

The plot follows American demolitions expert Robert Jordan, who lived in Spain before the war and is fighting for the Republic. The 471 pages cover about four days time, starting with Jordan receiving his orders, and ending with the battle to carry them out. The mission is to demolish a bridge so Nationalist forces can't counter an upcoming offensive. Jordan and his guide, who plays a large role, sneak behind enemy lines to link up with guerilla fighters loyal to the Republic to aid his mission. This group comprises most of the main characters; the story revolves around them hiding in the mountains, fighting the fascists.

Among this group is the leader, described as a once great man, descended into alcoholism and apathy. With him is his wife, who holds the operation together and tries to keep them in line. There are several other soldiers, and a refugee girl they saved from the Nationalists. Jordan takes a liking to this woman, learning the Nationalists executed her parents, raped her, and destroyed their town. Throughout the bleak bulk of the story the bright spot is Jordan meeting the girl, who makes him rationalize his upcoming demise by coming to believe we're lucky for every day we get. No fool, Jordan is basically certain the mission is a one-way trip. This inescapable threat of mortality permeates the entire ordeal.

Interestingly, Hemingway included the perspective of an enemy soldier. The thoughts of a lieutenant fighting for the Nationalists are included at brief but important climaxes of the story. He's remorseful for all the killing, and continuously prays. Hemingway included him to show both sides as equally human, to show both suffer. After all, Hemingway knew all wars were started by leaders for personal gain, not the poor people fighting them.

In another section, Jordan grapples with his perspective on suicide, shifting between considering it a cowardly act and a legitimate escape from a horrible fate. This is a recurring theme in the Hemingway family's life and work. Ernest's father committed suicide, as did the author, and his daughter years later.

Personally, this is my third favorite Hemingway novel, only because it's more dense than others. But it's still easy to read, which is part of Hemingway's genius. He conveys potent emotion and ideas with simple, concise, effective language, whereas contemporaries like Faulkner and Fitzgerald required more thought and explanation to achieve the same effect. Add this classic to your must-read list.

Uncaregivers Need Not Apply

Christopher Gordon

Connecticut plans to close two residential facilities dedicated to caring for intellectually and developmentally disabled individuals in June. In an effort to save money, the state has decided to outsource care of these individuals to private companies.

The move has been called "a big step" by Leslie Simoes, Executive Director of Arc of CT, who is clearly pleased by this decision. It will potentially allow more money to service even more individuals in desperate need.

Recently, though, an unhappy event transpired at a local emergency room, concerning a man with a severe cognitive disability. The young man, in his mid-twenties, was visibly distressed and clinging to a small tablet for the comfort he needed during the multi-hour wait before a nurse could examine him. This young man was being attended by a hired caregiver.

The tablet the young man needed to relieve his anxiety was likely to run out of power. With great distress, he attempted to frantically search for a power outlet, but none were available. The caregiver then proceeded to demand the tablet from the young man, attempting to forcibly remove it from her client's hands.

Obviously distressed and growing more frantic each second, an ill-fated tug-of-war took place between this mentally disabled man and his caregiver, ultimately resulting in a physical assault against the woman. Eventually, security services were able to contain the raging young man, but that is not where the incident ended. The caregiver was still standing nearby,

making sure the young man was able to see her, his tension still at maximum level. Her comments about this being common behavior for him were delivered in a cold and disturbingly unfeeling manner.

This is the sort of incident often faced by caregivers, and it is not a line of work suited to seemingly indifferent or uncaring people. Effective caregivers are a special breed; they must possess boundless patience and energy. Their first thought must always be for the well-being of their clients. The caregiver in this incident showed no compassion or understanding for her client, and if this behavior was the norm for that patient, then she also showed no concern for the safety of bystanders near her client. She did not guide the young man around the area to search for an outlet, nor did she ask the ER staff if public charging stations were available. Rather, it seemed her goal was to make sure the young man, who was visibly upset from the moment he arrived at the ER, felt as scared as possible.

This is the sort of person the state could end up hiring in an effort to save money: unqualified people in it for a paycheck, who have no business working as caregivers. NVCC students intending to enter a field caring for disabled patients must remember that first word: CARE. People with cognitive disabilities, and anyone else requiring extra care, deserve better than to be treated as merely a means to a paycheck.

Y? Not! Psychology of Apology

Jessica Ney

I'm running late to class, walking, nearly jogging, through the halls. I've got to finish a paper and find a stapler, and in front of me are three people walking abreast, laughing and talking and taking up the whole hallway. I slow to a crawl and fight a sigh. At first chance I rush past them, apologizing as I squeeze into a ball and slip by, taking care not to bump a soul.

But was I wrong? No. I was the one inconvenienced, wasn't I? So why is it I was the one spluttering out an apology as I tripped over my own feet?

According to a study by Scientific American, women are more likely to apologize than men, because we have a lower threshold for what is considered "offensive". In other words, men are less likely to consider something worthy of an apology. But enough is enough, ladies! Consider how many times you say sorry each day. We apologize for having to work, we apologize for returning a meal with a hair in it, we apologize when we bring attention to ourselves. What is it about being a woman that is so offensive?

In a NY Times article, Sloane Crosley writes, "For so many women, myself included, apologies are inexorably linked with our conception of politeness." So in our attempt to fill

the shoes of our gender stereotypes, we constantly apologize. Ladies are quiet and polite, the image of virtue and submissiveness. To stand up for ourselves, to assert our rights as people is against everything our culture has taught us. Therefore, being assertive is considered shocking and offensive. To ease the blow, we add "sorry" to every declarative statement, like we're afraid to have an opinion, afraid to exist.

Why can't we say what's on our minds? Why couldn't I ask those boys—politely, or not-to move? The hallways of a school are not theirs to own, nor is this world. Face it, boys, I live here, too.

I am frustrated. I am tired, and I want a change. It's time to start asking for what we want, no apologies. Been at a job for three years? Ask for a raise. Boyfriend being rude? Tell him so. Someone in your way? Ask them to move. Don't forget your please and thank you, but being polite can be accomplished without "sorry" crashing the party.

There is hope, ladies, but it requires being the eloquent, intelligent, assertive women I know you are! If we're afraid to speak our minds, our lives will never change. To get what we want, we need to articulate it.

Color-coding

Nicole Hayes

Although the year is 2016, racial discrimination is still occurring. Colorism, discrimination based on one's color, is rampant in society. The article, *Understanding Colorism and its Effects on Society*, states, "Colorism can result in legalized discrimination against people of certain pigmentations, resulting in a loss of opportunities and social care... In most cases, groups with the lightest skin tones are awarded special opportunities and privileges." These practices cause division within the Black community. No wonder, that has always been the intention.

Evidence of colorism can be traced to the slave trade in North America. A British slave master in the West Indies, Willie Lynch was invited to give a speech in 1712 Colonial Virginia, providing instruction on how to

efficiently create and manage slaves. Lynch stated, "You must use the dark skin slaves vs. the light skin slaves, and the light skin slaves vs. the dark skin slaves....They must love, respect and trust only us...the slaves themselves will remain perpetually distrustful of each other." As a result, slave masters separated slaves by color, treating darker slaves less favorably. Lighter slaves were often assigned house duties, while darker slaves performed hard physical labor. This effectively created pigment-based rifts—and a lasting attitude linking lighter skin and higher value.

Fast-forwarding, Lynch's ideology is prevalent in today's film industry. A 2011 Netflix documentary, *Dark Girls*, provides misconceptions that women who are darker love themselves less because of their skin color. Scenes highlighting this explain how some women purchase cosmetics to appear to be a more

Thank You All

Finding Community

Chris Gordon



This past year I have been honored to write for Naugatuck Valley Community College's school newspaper. *The Tamarack* group are bright, engaging and hardworking writers,

not to mention there are only two editors reviewing the entire newspaper each month. And did I mention the brilliant creative designer who, somehow singlehandedly, manages to keep our newspaper looking amazing? It is a little daunting for a rookie such as myself being surrounded by such talent, but also an incredible learning experience.

While we only formally meet once a week to discuss the overall creation of *The Tamarack*, most of us spend the rest of the week crafting articles that will hopefully inform, inspire, or possibly even infuriate you, our readers. In between completing class assignments and day jobs to pay the bills, each staff writer and editor works on creating something the entire school can be proud of. We do this all without thought of monetary compensation.

The Tamarack is the sort of gathering that is once-in-a-lifetime, for myself that is. Being a fan of a certain comedic television program, I never realized how true to life such a community can actually be. We are a definite group of characters: the hardworking Editor-in-Chief who is always supportive (even as deadlines pass); the Faculty Advisor, dedicated to seeing his students succeed (and willing to listen in silent horror as Biology and A&P students talk about dissections); the "Deadline Diva" who can produce amazing articles in mere hours (super impressive in my book.) There are so many more I should mention, but sadly space is limited.

The Tamarack is not only about writing; it is a group of clever, talented, and funny friends, one of whom will be leaving at the end of the semester for UCONN. While I still have the chance, I would like to say a special thanks to Senior Staff Writer, Richard Bosco. Rich's work for *The Tamarack* has been impressive to say the least. In fact I have read his work more than once in an effort to copy elements of his style for my own articles. "If you're going to steal, steal from the best," they say.

You might read these words and think *The Tamarack* isn't as fun as _____ (add your club or circle of friends). That's something I hope you'll be thinking, anyway. Everyone should have the sort of experience I've found writing for the newspaper. Having fun with awesome people who help you build skills you will use for the future is the best way to learn.

favorable (lighter) color. The film also allows lighter-complexioned women to share their experiences. Though the film was meant to be educational, it perpetuates attitudes that divide Black communities.

Willie Lynch believed it crucial to promote division amongst African slaves, to obtain power over them. Deeming dark skinned slaves inferior promoted the fallacy that lighter is better. However, this attitude must not continue. Our modern world is divisive enough; assigning relative value to individuals based on the color of their skin is harmful and small-minded. One way society can end the damaging effects of colorism is to address it. This can be done by examining the root causes of division within Black communities. By recognizing that beauty and worth are not limited to certain shades, we can work together to end negative stereotypes based on skin complexion.

Otaku Out-of-Town

Robert Wilson



One of the most important goals as a club officer is to make sure your club members are happy. As president of the Otaku Club here at NVCC, I, along with my fellow officers, planned a one-day trip to Anime Boston 2016. Although it did take some time getting all the correct paperwork done—gathering medical information and confirming contact info—the event was worth all the preparation.

We spent Saturday, March 26th at the Hynes Convention Center in Boston, attending panels, watching cosplayers perform skits they had written, and generally enjoying the atmosphere in the area. From what club members have said, and what I have seen them post on social media, they truly enjoyed the experience, especially since most of our members had never been to an anime convention before.

With our budget for Anime Boston 2017 already approved, the Otaku Club will begin fundraising to earn the last bit of funds needed to pay for admission cost. We also need to plan who will be driving, who will be riding with whom, and what activities we'll be attending throughout the day. Once everything is planned, we can go and enjoy the day as a group with a common interest in anime and Japanese culture—but more importantly, as friends on an adventure.

Sunnyside Up

Torri Cyr

The current CT state budget crisis has many of us feeling like we're living under a permanent gray cloud. Money's tight, and no one's quite sure of a solution. But maybe the answer is right behind those clouds. The sun can provide light, heat, and energy for all. Could it also be an antidote to our state's budget problems? It doesn't take money to buy sunlight, so why not figure out how to use that free energy here on campus? There are many ways to accomplish this that will also help save the earth from toxic carbon emissions. And the best part for those thinking of green paper is that solar power could help CT save thousands of dollars.

Solar energy can be used to produce electricity along with production of heat. NVCC's roofs are flat with the perfect surface to mount solar panels, and our parking lots are perfectly situated to also build solar roofs if needed. The new Founders Allied Health Building could be first to start off the solar project since it is still under construction. The savings would outweigh the expense of solar panels, and, provided environmentally friendly materials were used, the solar panels themselves should not have a negative effect on the environment. With the school's engineering and manufacturing classes, perhaps students might even be able to design and build our own panels.

As there are not always sunny days, storage batteries collect and hold unused solar energy to be accessed during days of rain or snow. Not only would this help us save money, but if successful, NVCC could earn money by selling surplus energy to the electric company. There could be a tax break for installing solar, and the college might be eligible for grant monies to explore green energy alternatives. The University of Maryland Medical System is eliminating a significant amount of carbon dioxide produced through the use of electricity. In one year, by reducing dependence on traditional electrical production, they will cut emissions by an amount equivalent to that of about 697 passenger cars.

The state's financial woes aren't going to solve themselves anytime soon. Isn't it time for us all to put our heads together and look for a solution? Maybe, just maybe, one answer can be found by looking to the skies.

Readers Respond

Dear Editor,

I would like to recognize *Personal Hell: One Man's Story*. With April being Sexual Assault Awareness Month, it was nice to see one of your writers bring attention to sexual assault of men. Sexual assault is a hard subject to discuss and is most common among women. Your writer, Joshua Rodriguez, raised awareness in his article by writing about his life. It is not easy to tell someone...but Joshua put it in the newspaper, so others can see his story. He is strong-willed to share his story. The sentences that really stuck out to me were: "We are not victims; we are survivors, and we are not defined by the situations we have been through. It is not easy to forget what has been done, and the healing process takes time, but it does get better and survivors can still live a full life." In something so tragic, Joshua was able to find his way out. His article can help others come out and tell somebody.

Sincerely, Emily Matos

Iconic Experience

Steve Delvalle

The *Experience Hendrix Tour* was as close as one can get to hearing Jimi perform live again. Anybody who knows guitar knows Jimi Hendrix was the best. Innovation, feeling, technical skill, imagination, showmanship, he had it all. That he could write such profound songs and sing as well is mind-blowing.

When people debate guitarists, it's always between Eddie Van Halen and Hendrix. How anyone could put Van Halen above Page, Beck, Clapton, May, Harrison, or Vaughan, let alone Jimi Hendrix, is lunacy—but that's the usual

debate. I don't mean to disparage Van Halen, but he doesn't have a tenth of Hendrix's feeling or versatility.

Johnny Winter said, "I had tremendous respect for [Hendrix]...he is still way, way above any other guitar player who has ever been. Not just technically—everything: feeling-wise, and he could use gimmicks, really make them work."

The show was fantastic. Wallingford's Oakdale Theatre, an indoor venue, has amazing acoustics, but was quiet compared to hearing Soundgarden there years ago. Unfortunately, people who live nearby incessantly complained about noise, so they keep the volume down.

Eric Johnson was one of the first performers. His renditions of "Third Stone from the Sun" and "One Rainy Wish" were surreal. He should've played second to last; he was that good. Next up was Ozzy Osbourne's Zakk Wylde. His set had a metal edge, like Hendrix he had come out in the 80s or 90s. Johnson was more enjoyable, but Wylde playing "Manic Depression" was a highlight. Kenny Wayne Shepherd, a disciple of Stevie Ray Vaughan, himself a Hendrix disciple, fit right in. His versions of "Fire" and "The Wind Cries Mary" were delightful.

The end of the show was unreal. Bassist Billy Cox performed. He met Hendrix in the military in 1961, where they jammed years before becoming famous. Hendrix brought Cox into the fold in 1969 to replace Noel Redding. They continued playing together, including at Woodstock, until Hendrix died in September 1970.

Playing with Billy was living legend Buddy Guy, a last link between Chicago blues and rock and roll. Early on, as a session musician for Chess Records, he played alongside mythic characters Muddy Waters, Howlin' Wolf, and Little Walter. Guy was a tremendous influence. Hendrix cited Guy as one of his favorites, emulating his stage presence and revolutionary techniques. Seeing Guy play "Voodoo Child," "Hey Joe," and "Red House" was unbelievable.

I wish I'd caught the concert a few years ago when Jimi's drummer, Mitch Mitchell, was still around, though Stevie Ray Vaughan's Chris Layton held it down.



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Ray's Interactive Adventure

Professor Ray Leite



Last summer I trekked across the United States with a full access pass to SIGGRAPH 2015, a Digital Arts Mecca. I had devised a plan for the five-day conference that I thought would allow me to see everything that was offered. Unfortunately, that plan fell short. Once immersed, I realized how much more there was to experience, and I ended up missing more than I should have. The knowledge I gained from last year has better prepared me for this year. I now know what I need to make a priority.

How does this become an interactive adventure? One might automatically assume I am a social media aficionado since I am the Program Coordinator for Digital Arts Technology. That

is far from accurate. I don't have my own Facebook, Twitter, Instagram. DAT does have an online presence, though, at <https://www.facebook.com/DAT.NVCC/>. Check us out and be sure to like us on FB for news on my trip.

My journey this time will be broadcast to the NVCC community and beyond. By putting this in print, I have now held myself accountable to share my journey with you on Facebook. You get only a few pieces of information to start: I will begin my journey from NVCC on July 17, and I will be heading to SIGGRAPH 2016 in Anaheim, CA, then back again. Your job, should you choose to accept it, is to follow my journey. The more likes I get on each post, the more I will post. See you this summer!

LOVED IT? HATED IT? Send us your letters in response to articles, features, and profiles in The Tamarack. Limit them to 200 words and email them to tamarack@nv.edu with the subject like READERS RESPOND. Letters may be edited for length and grammar.

FACES IN THE CROWD Unbreakable Spirit

Gary Henry

I was born on 8/8/'88 and raised in the "Brooklyn" section of Waterbury, just minutes from NVCC. My father, also Gary Henry, worked as a machinist, and my mother, Yvonne Henry, stayed at home to raise my brother and two sisters in our small, 2-bedroom, 2nd floor apartment. We didn't have a car, so we took the city bus everywhere, or we walked. I didn't get in trouble much, only when it came to my sister, Jessica. One time my dad came home from work and found me basically strangling her. He tossed me like a beanbag and made me write, "I will not touch Jessica" for 3 hours a day for a week. It was the worst.

There were always children around when I was growing up. My sister had two children before she was eighteen, and I had my son, Ethan, when I was 19. I moved to the other side of town with Ethan's mother, Sam, while I was working as a lifeguard. I wanted it to work, but a few years later she moved out.

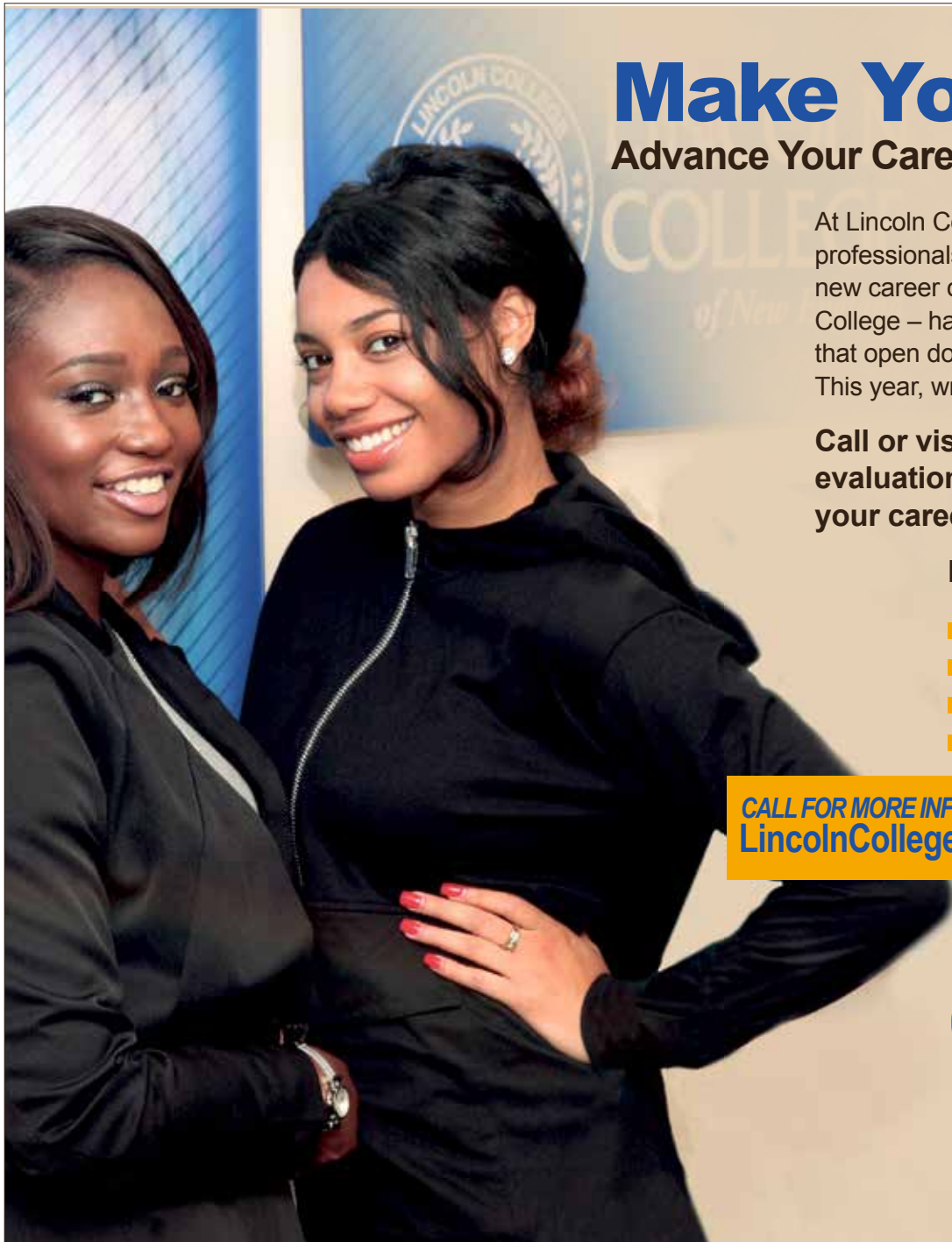
I got a job in 2012 at a propane Company in Shelton. I was 22, and it was very exciting at first because I was starting to make decent money. Eventually I wanted to do more than propane; therefore, I started taking classes at NVCC. Two weeks after starting class, I got hurt at work. I was at a customer's house, and a gas leak caused the whole house to explode. I was burned over 55% of my body. I was treated at Bridgeport Hospital's burn unit, where I fought for my life for over two months. I had over a dozen surgeries and spent the next two years in physical and occupational therapy.

Once I was independent again, I started volunteering, sharing my story with patients on Bridgeport's burn unit. After all I've been through, I knew what I wanted to do with my life. I simply want to help people. Two



Photos Courtesy of Gary Henry

years after my accident, I found out NVCC has a Physical Therapist Assistant program, and I began taking pre-reqs and core classes. Getting into the program was no walk in the park, but I fought and fought until I was accepted. Anytime I have doubts, I just think of the time when I was a patient on the burn unit. My accident made me realize I am capable of doing anything I put my mind to, and I want to give other people that same opportunity.



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