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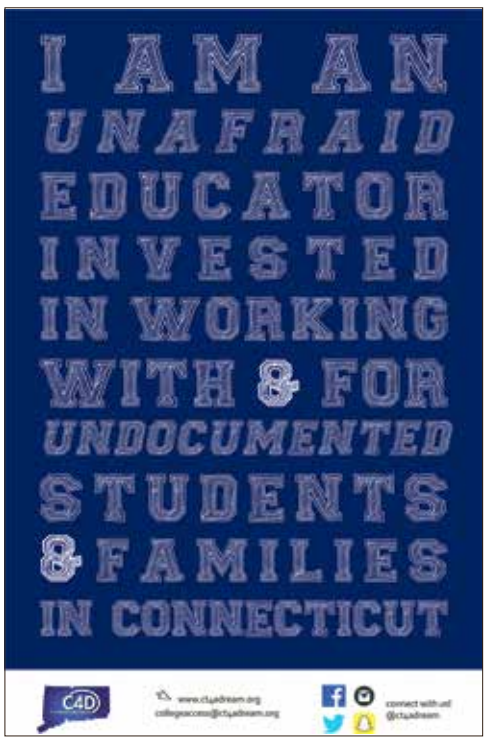
# The Tamarack

Our college. Our news. Our voice. Naugatuck Valley Community College

December 1, 2016 Waterbury, Connecticut Vol. 60, Iss. 8

# Standing for the Dream

***The Tamarack* Staff**




In light of potential immigration policy shifts under the new administration, *The Tamarack* and members of NVCC's community reach out in unity and hope to undocumented CT students and their families. We commit to you as you work for the betterment of your lives and the lives of those you love. We thank you for the contributions you make each day as members of our communities, and we value you as essential threads in our American tapestry.

Following is a list of administrators, faculty, and staff members who met our very tight deadline of 6:00 PM, Thursday, November 17. Know you have many other allies here at Naugatuck Valley Community College whose names did not make it to us in time to be included.

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Megan Boyd, Instructor of Dance
Kathleen Brady, Adjunct Instructor, English, Women's Studies
Ronna Brier, Instructor of Psychology
Harry Burt, Professor of Mathematics
William Carleton, Diversity Recruitment/Retention Specialist CAPSS
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Linda Cocchiola, Adjunct Instructor, ESL and FYE
Daisy Cocco De Filippis, President
Althea Coleman, Assistant Professor of English
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Del Cummings, Professor Environmental Science
Cathy DiFronzo, Adjunct English Instructor
Lisa Dresdner, Associate Dean of LABSS
Sandra Eddy, Chairperson, CIS & Bus Computer Applications
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Eileen George, Professor of Nursing
Bonnie Goulet, Counselor/Interim Director CAPSS
Lori Gregory, Associate Professor of Early Childhood Education
Christina Gentile-Renda, Professor of Biological Sciences
Jay Halpern, Adjunct Instructor of English
John Greg Harding, Associate Professor of English
Richard Harris, Instructor of English
Gerald Hikel, Adjunct Instructor, Criminal Justice
Mitchell Holmes, Division Director, Business
Laurie Hornbecker, Director, Community & Economic Development
Ruvim Izikson, Adjunct Instructor, Microbiology
John Izzo, Adjunct Professor, Criminal Justice\Intro to Security
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Cynthia Kostes, Instructor of Mathematics
Michael Labet, Professor of Accounting
Judith Lacker, Adjunct Instructor, ESL
Terry Laslo, Instructor of Graphic Design
Terry Latella, Counselor/CAPSS
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Kathleen LeBlanc, Human Services and Social Work Studies Professor
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Jennifer Little, Adjunct Professor of Theatre
Deb Litwinko, Professor of Mathematics
Louis Lombard, Assistant Professor of English
Don Lowe, Adjunct Professore of English
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Michael S. McDonold, Adjunct Instructor
Nikki McGary, Instructor of Sociology
Cynthia Meo, Professor, Early Childhood Education
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Hien T. Nguyen, Mathematics Instructor
Kim O'Donnell, Professor of Psychology
Patricia Pallis, Professor of English
Steven Parlato, Associate Professor of English
Kate Pelletier, Associate Professor of English
Julia Petitfrere, Associate Professor of English
Elizabeth Petruzzi, Associate Professor of Nursing
Ron Picard, Associate Dean of Academic Affairs
Lynne Purtle, Adjunct professor of English
Chris Rempfer, Instructor of English
Irene Rios-Knauf, Dean of Academic Affairs
Francois Rivera, Admissions Office Staff
Rose-Mary Rodrigues, Developmental Ed/PA-1240 Coordinator
Sandra Roosa, Interim Division Director, Allied Health & Nursing
Maggie Sachse-Skidd, Adjunct Instructor, Psychology
Donato (Dan) Saraceno, Adjunct Instructor, Communications
Beth-Ann Scott, Professor of English
Jason Seabury, Assistant Professor of Mathematics
Rosemary Simko, Adjunct Lecturer, Developmental English
Judith M. Slisz, Program Coordinator, Community & Economic Development
Elma Solomon, Professor of Accounting (encouraging the dream)
William J. Spontak, Adjunct Faculty, English
David Swift, Adjunct Instructor of Psychology
Patricia Targett, Program Coordinator/Faculty Healthcare Programs-CED
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Kathy Taylor, Assistant Professor of Legal Studies
Burton Tedesco, Assistant Professor of Theater
Angela Tiru, Associate Professor of Psychology
Pamela Tolbert-Bynum Rivers, Associate Professor of English
James Troup, Provost/Dean of Administration
Christopher Tuccio, Assistant Professor of Horticulture
Stephanie Tyndall, Adjunct Instructor
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Jane Wampler, Professor of Mathematics
Claudia Ward-de León, Public Relations Associate
Beth Warriner, Professor of Criminal Justice
Myrna Watanabe, Adjunct Instructor of Biology
Antony Wormack, Director, Center for Job Placement & College Opportunities
Marian Zerbi, Mathematics
Jianyu Zheng, Professor of Biology
Jon Zonderman, Adjuct in Communication and English
Janet Zupkus, Professor of Mathematics
Kathryn Zurlo, Adjunct Professor of English

These individuals, along with many others at NVCC, align with CT Students for a Dream, (C4D), and pledge to do all we can to support undocumented students as they journey toward success. To learn about C4D's work for undocumented students, and upcoming events, activities, and how you can help, visit https://www.facebook.com/CTStudentsforaDREAM?fref=ts

# A Post-Election Letter to Our Students, November-December 2016

**President Daisy Cocco De Filippis**

My Dear Students,

I am very grateful to have been asked by the editorial board of *The Tamarack* to write these words to you in light of the recent presidential election's outcome, and discourse in our nation and on our campus on what it means to live in this beautiful nation.

As an immigrant who was brought here as a young girl, I followed my parents, moving to New York City very reluctantly because I had a very strong bond to my grandmother whom I was leaving behind. I often say, "I did not come, I was brought here—then, but now I choose to live here" because this is the country that has seen our children grow up, the place where our granddaughters are growing, where they have played and learned and thrive.

For my husband, an immigrant from Italy, orphaned of his father, and for me, I can say categorically that we would choose no other country to live in and to dedicate our lives to for the betterment of our family, but also beyond ourselves to the communities we belong to and we serve. Serving as President of Naugatuck Valley Community College has been and continues to be a very significant part of my life. I embrace my role with a grateful heart for the opportunity to serve a wonderful student population; for the generosity of so many who educated me and prepared me for this position; and for those around me who help me understand and learn new things each and every day and make decisions that support the mission of this generous community college.

Let me affirm here, as I have affirmed in my writings to the NVCC family, that we at NVCC respect everyone's right to have opinions and expect that those opinions be expressed within the boundaries of civility and humanity. Nevertheless, we are a college and a place for exchange of ideas. There will be times when we will be presented with ideas that are contrary to our own, and times when we present ideas that are contrary to those of others. It is important in both instances to engage with one another in a thoughtful, respectful manner, as we attempt to understand opposing viewpoints. Dialogue is one of the oldest pedagogical tools to be embraced thoughtfully and with respect for one another.

Let me also point to some of the strategies that have, over the years, helped me engage and participate in public discourse about who we are as a nation and how we conduct the business of governing and living in this generous nation. I believe the United States of America is strong. I believe humane values and democratic principles will always prevail in the end. I also believe I cannot be passive about that engagement and that we are stronger when our voices are heard, and we do not remain silent. So here are a few strategies that have helped me be part of the process:

**Staying Focused on the Importance of Completing Our Degree or Certificate:**

We can never underestimate the importance to entire families of a member of the family completing his/her degree or certificate. Lives and families are transformed by education. Please do not allow the outcome of these elections to paralyze your efforts to complete your courses and have a successful academic semester. You will help yourselves, your families, and the nation so much more when you graduate. Be a part of the transformation a college degree brings to families and communities.

**Communicating with Elected Officials:**

First and foremost, we must not ever miss an opportunity to vote and to have our voices heard. We cannot afford to be silent. Once elections are over, we must call and write to express our views to our elected officials. They need to know what their constituents believe in and expect them to stand for. The value of staying in touch with our elected officials cannot be underestimated.

**Supporting Community Organizations:**

We don't have to reinvent the wheel, we just need to identify community organizations that are working to support policy we believe in. Once we have done that, let's give of ourselves—time, expertise, funds. Our efforts need to go beyond ourselves and our families, and in support of the larger family. Our compassion and passion ought to be sustained for the care of others than ourselves, and for the betterment of the nation we love: volunteer, get involved, give back.

**Engaging in Individual Acts of Solidarity:**

We have often heard it said: "If you see something, say something." Symbolic gestures are fine, but we also need to do real solidarity work with communities under siege. Speak up, photograph, videotape, help someone write a letter that needs to be written. If you have the finances to do so, help someone pay legal fees or medical bills.

Finally, dear students, please do not forget that at NVCC faculty, staff and administration care for your progress in your studies—but also for you as a person. Reach out when you need a friend or friendly shoulder to lean on. Ask questions and participate in the finding of the answers.

We are here for you.

Mil gracias y bendiciones, con cariño.
President Daisy

***A Poem To Celebrate Our Caring And Engaged Academic Community And Family:***

## Can Any Beauty Match This?

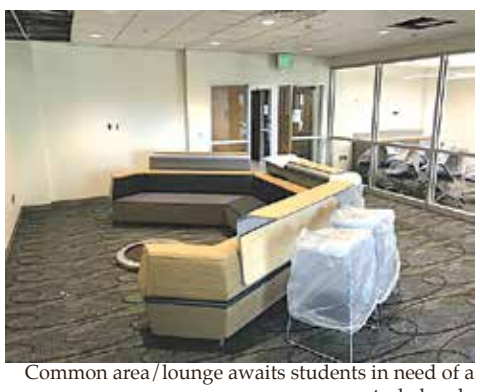
*Hafitz, c. 1320-1389, adaptation by Daniel Ladinsky, used by permission of Mr. Ladinsky*

When the sun within speaks, when love reaches out its hand and places it upon another,
any power the stars and planets might have upon us,
any fears we can muster can become so rightfully insignificant.
What one heart can do for another heart,
Is there any beauty in the world
that can match this?
Brotherhood, sisterhood, humanity becomes
the joy and the emancipation.

# Nearly Move-in Ready!

**Special to *The Tamarack***

Fundamentals lab for use by all credit and non-credit allied health programs.



Common area/lounge awaits students in need of a study break.

The Founders Hall project is taking great steps forward. We've all watched in anticipation as a beautiful new building has taken shape across the lot from Technology Hall. The future home of NVCC's Allied Health programs is also shaping up on the inside, as seen in these photos provided by Provost and Senior Dean of Administration, James Troup. Troup was excited to report that, "State-of-the art equipment has begun to arrive. Many of the rooms are now taking on a finished look." As furniture has been moved into Founders, the vision of what will be has started to become the reality of what is.

The back of the ambulance in the EMT lab. All Photos Courtesy of Provost Troup

When asked about the timetable for Founders Hall's upcoming completion, Troup shared that faculty office property will be moved into office spaces in early January. The building's state-of-the-art technology will be in place, and training on technology will occur from January 3rd through January 17th. The Provost went on to announce the expectation "to fully use the entire facility beginning January 18th." Sounds like a wonderful way to ring in the New Year!

## 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.edum with the subject like READERS RESPOND. Letters may be edited for length and grammar.**

# A Shocking Journalistic Loss

**Mark Kacyrat**

"A voice of calm, reason, and credibility" summarizes a wide consensus on the career of late newspaper and broadcast journalist Gwen Ifill. Ms. Ifill passed away November 14, at 61 years of age from endometrial cancer. Perhaps the biggest way in which Ifill gained recognition is in overcoming race and gender barriers in journalism as a Black female.

Ms. Ifill's accomplishments originate from small, impoverished beginnings. Her parents were immigrants from small Caribbean nations. According to The New York Times, her preacher father was routinely reassigned parishes. Thus, the family was rather nomadic, and Ifill found herself growing up in numerous places. The family lived in church parsonages, and sometimes federally subsidized housing. Of her public housing neighbors, Ifill said, "I knew who these people were because they were me." The tumultuous events of the Civil Rights and Vietnam War eras during the 1960's, were major conversation topics in the household, where news was akin to a "second religion" according to The Washington Post. The New York Times reports that Ifill knew she wanted to be a journalist as early as nine years of age.

Gwen Ifill earned a B.A. in Communications from Simmons College in 1977. Her early days in journalism are highly notable given that the field was heavily dominated by white males. Her stints at newspapers based in Baltimore and Boston allowed Ifill to establish herself as a political journalist, yet when she received letters from readers—and even a colleague—laced with racial slurs, the issue was shrugged aside by editors.

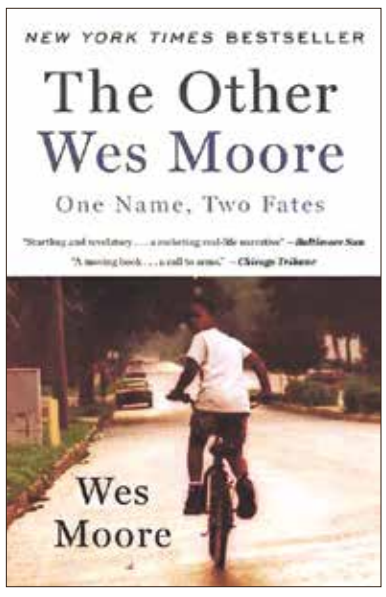
Over the course of her career, Ms. Ifill filled positions at both The New York Times and The Washington Post. There was an eventual cross-over into broadcast journalism at NBC News and then PBS. At the peak of her career, Ms. Ifill co-hosted the PBS NewsHour with colleague Judy Woodruff. Curator Ron Simon of New York's Paley Center for Media, stated, Ms. Ifill "exemplified the journalistic ideals of Walter Cronkite, excelling in print and then bringing those talents to television. She was, like Cronkite, open to the many dimensions of human experience, she was curious about everything. I link her to that tradition, the journalistic integrity that Cronkite symbolized."

Ifill gained a strong reputation for fair and objective reporting while unafraid to ask tough questions. Her signature style shone in the Vice-Presidential debates she moderated in the 2004 and 2008 U.S. election cycles. At the 2004 Vice-Presidential debate, she was credited for raising awareness of the rate of AIDS-related fatalities among Black American women.

Ms. Ifill earned a George Foster Peabody Award for her coverage of the 2008 U.S. Presidential campaign. Other accolades include induction into the National Association of Black Journalists' Hall of Fame and the Fourth Estate Award from the National Press Club. The week of her death, Ms. Ifill was scheduled to receive the John Chancellor Award for Excellence in Journalism from Columbia University Graduate School of Journalism. Times columnist David Brooks states in memoriam, "Gwen's death merits a bit of the reaction that greeted the death of the writer Samuel Johnson centuries ago: She has left a chasm, which nobody else can fill up and which nobody has a tendency to fill."

# One Book, Two Campuses, Three Events

**Nicole Hayes and Prof. Lou Lombard**




On November 2, One Book Committee student representative, Nicole Hayes, moderated a Student Success Panel in L501. Sharing the story of her own academic success, she was accompanied by SGA Secretary Levi Reynolds, SGA President Keila Franco, and student and veteran Clarence Thompson. The event was created to encourage students to focus on their own success—whether academic or personal—as stories of success come from different backgrounds.

Hayes assisted with creating questions for panel members to ask and answer, allowing students to engage in conversation. Such questions were, "Given your particular circumstance—working student, first generation college student, female, veteran—what specific challenge can you share with us?" One student shared his current struggle finding a major that suited his interest. Several students discussed the impact of family support—or its absence—on their ability to succeed. The panel, as well as some of the many students and faculty members present, shared their experiences and academic advice.

November was a busy month for Hayes; in her role as One Book Student Representative, she also organized and hosted an Open Mic on Tuesday, November 8, in the Playbox Theater. The event was well-attended, with a large group of students joined by One Book committee members and faculty. A diverse mix of voices and styles was presented, with students from Prof. Julia Petitfrere's FYE class and Prof. Steve Parlato's Creative Writing class taking the mic to share powerful work. Topics ranged from personal to political, with students reading poignant verse calling for acceptance and brotherhood. Along with hosting, Hayes also shared a particularly relevant poem she'd written on the possible fallout of a non-Clinton Presidency.

On November 14, the One Book Committee hosted a Danbury campus conversation, entitled, "The Power of Hope and Support: The Anchor in *The Other Wes Moore* and Life". Facilitated by Professors Lisa Aurello, Maureen Frye, and Lou Lombard, the event drew approximately twenty students who contributed to a lively, thought-provoking conversation on the subject topics as illustrated in the novel and beyond.

Students from First Year Experience classes shared their perspectives about the impact the factors of hope and support had on each Wes Moore—as well as the positive effects these forces have on their own lives. Based on the enthusiastic participation of both students and faculty, the One Book Committee is planning two similar events to be presented in Danbury in the spring 2017 semester.

## EDITOR'S NOTEBOOK

### Dedicated to Unity

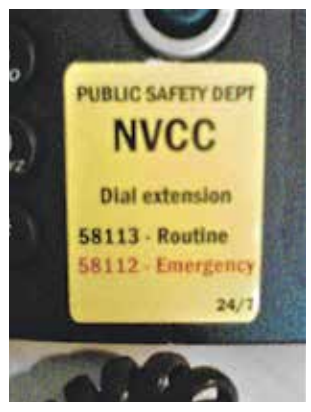
November has seen the end of the most divisive election in recent American history. With an outcome as extremely close as this one, the emotional toll is high. That is one reason The Tamarack staff have decided to focus on motivation and unity in December. Staying motivated in a harsh political climate, such as the one we now inhabit, is vital. America's need for intelligent, hardworking leaders of all backgrounds has never been greater. It is up to us to be that backbone of society, to work as hard as necessary to secure the home we all love.

We cannot stop moving forward simply because of one candidate's election over the others. To deny reality is to stop working for the future we seek to build. NVCC is a haven for individual growth and a campus where Americans of all upbringings and cultures can experience the best our shared society has to offer. Support is everywhere; from the Hispanic Student Union, the Black Student Union, and Everyone for Equality Club (formerly the Pride Ally League). The clubs offered here are a chance to get to know and embrace the diverse and magnificent values that make America a great country. By refusing to see the rest of the world as a part of what makes us great, we are doomed to ignorance and stagnation; divisiveness threatens us with the loss of so much that makes us great in ways we would never otherwise be.

*The Tamarack* is dedicated to this united journey, witnessing and proudly sharing all that students, faculty, and staff have achieved. We pledge to continue sharing news that educates and informs readers about the world, and highlights ways in which our collective civilization can advance. We need one another in our quests to become the next titans of industry, movers of mountains, true leaders. The only way to accomplish our goals is by staying motivated when times get tough. No matter the circumstance that brought you to these halls, we are together now to bridge the divide that separates one viewpoint from another.

**Regards,**
**Christopher Gordon**
**Editor-in-Chief**
**tamarack@nv.edu**

# For Public Safety, Dial: 58112 & 58113




An error in our November issue created an opportunity to share some important information. As you may know, the procedure for making on campus calls changed this semester. When using a campus phone, it's no longer possible to dial only 4 digits. Each call must include five digits. This applies to dialing Public Safety as well. The new numbers have been in effect for a few weeks. For emergencies, call 58112. Routine Public Safety calls must be made by dialing 58113. If using your own phone, the full numbers are 203-575-8112 and 203-575-8113.

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

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***"This will embarrass him, but he'll also be flattered. Professor Steve Parlato motivates me greatly. Not only that, he is a huge inspiration to me. If I hadn't taken Prof. Parlato's Young Adult Fiction class in Spring 2015, I don't think I would've figured out what I wanted to do with my life. Taking that class eventually led me to joining* The Tamarack*. I also learned so much from his Creative Writing class in Spring 2016, which has carried over into* The Tamarack*, and my own personal writing. I know I'm not the only one who feels Steve is one incredible teacher and an even better person. He's what motivates me to want to succeed, and I owe him so much gratitude and appreciation for that."***

**~ Alyssa Katz, Copyeditor/Columnist**

# EDITORIAL

## Open Letter to All

Within the halls of NVCC I see a troubling trend: physical and mental intimidation. Young men push women into walls, or hold their backpacks, causing them to trip. Psychological manipulation has also been witnessed as one student continuously tried to convince another they needed to be in a relationship.

Regarding flirtation through physical abuse, I have one statement to make: If you must cause damage to get someone's attention, you need to rethink your strategy. Men and women reading these words, let's band together and say, "Enough is enough; physical and emotional bullying is simply unacceptable." Persistent attention does not indicate interest in someone who's rebuffed it. Such behavior indicates a lack of respect for boundaries.

Disregard for someone's wishes is troubling, and does nothing but create confusion and stress. If a person says clearly they do not want attention, then that statement needs to be honored. Refusing to back off is selfish, and will only make the situation more difficult. It's not sensible to pursue someone, at the cost of your self-respect and that person's sense of autonomy. Trying to change someone's mind, pressing someone to make a different decision, only makes things worse. Before you realize it, your persistence has turned you into a bully. Intellectually, you realize "no means no"; don't let emotion tell you otherwise.

If everything you do is somehow a misunderstanding, and you believe the other person MUST listen to you, you have crossed a dangerous line. That thing you're seeking—validation from someone else—isn't what you need. You need to give that person space, and in that space, you need to learn to accept yourself. Use the time you devote to pursuing that person to figure out what it is you really lack. Once you get right with yourself, you'll have healthier interactions with others. Remember, we cannot control what others do, only what we ourselves will do—and how we choose to react to those around us.

Many wish for the chance to advise their younger selves, but here's a bit of advice for today. Don't waste time chasing someone who runs away. That person had no reason to run till you began the pursuit, and that's unfair. You both deserve better, and if you'd just step off the emotional treadmill, you'd see that.

## Correction:

Our apology to staff writer, Bradley Edwards, for running his article, "The Internet's Latest Audio Trend," in November without his byline.

# Women in S.T.E.M.

**Alyssa Katz**

The S.T.E.M. disciplines—Science, Technology, Engineering, Mathematics—inform daily life. Science explains why blueberries are blue, predicts weather patterns, and helps us weigh dietary options. Technology, from smartphones to computers, continues to grow more innovative and expansive. Engineers design bridges and dams, and create everything from fuel-efficient automobiles to agricultural robots. Mathematics is also used in everyday life; we measure, calculate and estimate frequently.

Women's presence in S.T.E.M. fields is less common. It's been shown that, as girls reach 7th grade, they become less interested in S.T.E.M. subjects, gravitating towards traditionally "feminine" careers such as childcare. Younger girls tend to enjoy subjects like science; enthusiastically growing lima bean plants from seed, or building Lego skyscrapers. Of course, many women are represented in medicine, law, and business, but men still dominate in engineering and science careers.

Why are so few women entering S.T.E.M. fields? Stereotypes and gender bias play a part. A large percentage of young women lose interest in these fields—likely, because they're pushed in other, "more girl-friendly" directions—but those who persist in S.T.E.M. careers often end up employed in unfriendly workplaces, sometimes facing a "boys' club" mentality because men dramatically outnumber women in these fields. Fortunately, efforts are successfully broadening the field, providing talented women with support and opportunity.

The American Association of University Women (AAUW) work to empower women across the country. Established in 1881, the organization addresses equity and education for women. They handle numerous women's issues, including S.T.E.M education. They even provide community programs for girls to break down stereotypes and educational gender bias. One goal is to teach girls, perhaps most importantly, that intellect is not fully determined at birth; it develops over time as the brain grows. AAUW also provides an implicit bias test to gauge exactly where one's bias might lie. Their claim is that everyone has bias, but each person has bias in different areas. The different categories cover topics of age, weight, sexuality, and race.

The AAUW provides ten ways to get more women involved in S.T.E.M. Of the ten, one step is to allow girls who like to tinker with things to be left alone to explore. Also, AAUW teaches that adversity is common in any field, for women especially. Failure is normal; it happens. Being able to move on from failure is the best way to surge forward. The organization works tirelessly to help women make gains, and to spread their encouraging message worldwide. By helping women overcome bias and stereotypes, tapping into their true potential, AAUW is working toward a richer future for us all.

## SGA PRESIDENT

### Semester Wrap-up

Hey there! As this fall semester comes to an end, I wish you all the best of luck on your finals. May you all rest well, eat right, and study hard. These three things will play a big role in how your final grades will look. Take advantage of your resources on campus, and make sure to stop by the exam cram in the ACE December 6th from 9am-12pm & 5-7pm. Waffles and other light refreshments will be served to students.

With that being said, I encourage you all to fill out the FAFSA. Also, if you haven't done so yet, and plan on continuing your education here at NVCC, register soon for spring 2017 classes. With all that the SGA Officers and Cab committee have planned, we look forward to starting the spring semester.

We ask that students bring new ideas to the table, so we can start adding those ideas to our plans. I encourage you all to take part in our SGA meetings next semester, which will again be held every Wednesday from 4-5pm. We want your voice to be heard within the college structure.

I am also excited for the opening of the new Founders Hall, which will be the Allied Health and Science building. I was able to take a tour alongside some of the SGA officers and Provost Troup, and the details of this building are mind-blowing. The new equipment for the different programs and room setups will definitely make the hands-on experience a more effective one.

As mentioned in last month's column, the SGA made a motion to take part in the Capitol Campaign and give the class gift earlier than usual. We came to an agreement that the class gift will be the naming of a small study area in the new building. We will be donating to furnish the room, which will be beneficial and open to all students.

Last but certainly not least, if you have met all your graduation requirements and plan on walking at The Palace in May 2017, remember to submit your application. Graduation will be here in no time, so don't fall behind. I know I'm excited to graduate in May!

I leave you with a quote by W.C. Doane. "Life has no smooth road for any of us; and in the bracing atmosphere of a high aim the very roughness stimulates the climber to steadier steps, till the legend, over steep ways to the stars, fulfills itself."

**Keila Franco**

Find our full version online at:
OurSchoolNewspaper.com

# There and Back Again *SIGGRAPH 2016*

**By Trevor Lilly**

Photos Courtesy of Ray Leite

In October, I took you through the exciting journey NVCC's DAT Coordinator Professor Ray Leite took this summer to SIGGRAPH 2016. In the following month's issue, I brought you through his experiences at the actual convention. The only thing left is his journey home.

Leite's journey back to Connecticut from Anaheim, California took twice as long as the journey there. Since he had less of a time constraint, he could spend more time at each location, explore more areas, and learn more on the way. He found there's so much to learn by going to out-of-the-way places you'd never find otherwise.

Professor Leite stopped at several notable locales during his travels, each carrying its own story and experience. Among these places were Confusion Hill, a spot in the Northern California Redwoods known for its mysterious ability to bend the laws of physics. He also visited Mt. Rainier, an active volcano marking Washington State's highest elevation point; Twin Falls, Idaho, the only place in the US where it is legal to base jump; and Yellowstone National Park, where he had an up-close encounter with a buffalo herd.

While making his way through Idaho, Leite ran into an NVCC alumnus who goes by the name Arcy. He now works as a professional graffiti artist, and was creating a piece when the two met.

Professor Leite expressed a fascination for the amazing new experiences he had during the entire trip and all the wonderful things he learned. But he also stressed not all his experiences are things he'd wish to repeat. Namely, heading back from SIGGRAPH, he nearly drove straight through a tornado. While he luckily missed the heart of it, he did drive through intense wind and torrential downpours, while huge thunderclaps shook his car.

However, overall, he said his journey was amazing. And while it may have taken about three weeks to complete the round trip, it was clear every minute was worth it. Whether he'll make a third journey next year is uncertain, but one thing is for sure, Professor Leite has quite a bucket list, and he is very steadily making his way through it.

# Happenings @ Other Colleges

**Chelsea Clow**

### University of California Irvine Offers Advanced Safety Training

Students at University of California Irvine have the opportunity to take advanced safety training courses to support the LGBTQ community. The college had previously implemented safety training courses, but these classes are specifically designed to create a safe place for LGBTQ individuals, offering acceptance and understanding around gender and orientation status. The university's goal is to change the campus environment into one of compassion toward the LGBTQ community and to empower and recruit more allies for the cause.

### Philadelphia Community College Goes Smoke-Free

Beginning January 1, 2017, Community College of Philadelphia will be a smoke-free environment. In the past, smokers were permitted to smoke 25 feet away from any building entrances and exits. Now, the college has opted to go smoke-free, hopeful this change will not only create a healthier environment for students, but may also help smokers quit. "We have excellent healthcare programs at Community College of Philadelphia, and most hospitals in the region have already gone smoke-free to the point where they don't hire smokers anymore. So, in order to prepare our students for employment at those locations, we thought this was an important step," said Dr. Kristy Shuda-McGuire, Associate Professor of Biology. The college held an event in November for the Great American Smoke-Out encouraging students to quit; they offered turkey sandwiches to remind students they did not have to quit cold turkey.

### South Carolina State College Student Made History in Division 1 Football

Joe Thomas, Sr. made college football history last month when he played in South Carolina State College's football game–at 55 years old. Thomas remained with the team for the past two seasons hoping to get a chance to play a game. That chance came in November on Senior Day at the college; Joe is the oldest person to play Division 1 football. A running back for the team, Thomas is the father of Joe Thomas, Jr., a linebacker for the Green Bay Packers. Thomas Sr. earned his degree in engineering in 2012 and remained with the team in hopes of having a historic moment; in November he achieved just that.

### New York College Students Asking Universities to Become "Sanctuary Campuses"

Several New York college students held protests and walkouts last month asking their colleges to become "sanctuary campuses" to protect immigrant students from potential deportation. Students at New York University organized a campus-wide walkout last month to demand NYU support immigrants and to become a safe place for all of its students. "We will be walking out of our classes and gathering in the park to demand permanent protection, dignity, and respect for all immigrants alongside other marginalized communities," says their Facebook page for the event. The NYU students say they are "committing to putting our bodies between Trump and our most vulnerable students."

# A Surplus of Talent

**Christopher Gordon**

Courtesy of Yessenia Ortega

Thursday November 17th, talent took to the MainStage here at NVCC. Orchestrated by hardworking SGA Treasurer, Catherine "Cat" Rourke, the event NVCC's Got Talent, was a success for performers and audience alike. To achieve such success takes a massive amount of work, and Cat did not shy away from it, even

Courtesy of Chris Gordon

if it caused her to, "Need a drink!" Alcohol was not present (obviously), but a sense of humor definitely helped ease the stress associated with putting on a live show.

Backstage, performers nervously waited for their names to be called. The first, Emily Verdosci, displayed beauty through her double bass. "It's called a double bass because it is double Emily!" she quipped before her performance. The power in every performance was highlighted by the DJ of the evening, NVCC's--and the Tamarack's--own Nicole Hayes. "I taught myself [how to DJ] in August," BSU President Hayes joked while setting up her equipment.

Another *Tamarack* writer, Joe Corkindale, performed an upbeat song about suicide. The song was particularly powerful for this young man; after seeing his fair share of heartbreak, he said the song was a coping mechanism. Backstage, the energy was flowing--and anxiety was an ever-present friend. One young performer, Alizae Powell, commented, "I have done a lot of performances… but I am freaking out."

Ultimately there was a declaration of winners. Cruz Pacheco came in Third, showcasing his talent with a fantastic cover of "Feeling Good." He chose the song because, "Even in

Courtesy of Chris Gordon

hard times, I can push through and overcome. It brings out the power in me." Second Place went to a fantastic magician, Andre Roscoe, who credits his great grandmother for his enthusiasm due to her support of his dream when he was 8 years old.

First Place went to Anna-Nicole Doucette and her Improv Troupe. Kevoy Somerville was enthusiastic about the troupe--and improvisational performance in general. In his words, "The goal is to make people laugh, make people aware we are here. We are all about what we can do for our audience; we are the instruments."

Special thanks should be offered to the judges; Professor Burton Tedesco, SGA President Keila Franco, SGA Treasurer Cat Rourke, and Sophia Medina, who had to make some really tough decisions. And a special thanks to SGA Secretary Levi Reynolds who worked hard, both on and off stage, making the talent show a success.

# More Than the Blues

**Jessica Ney**

It's five o'clock and it's dark as pitch out there. One day we're basking in the glory of an Indian summer and the next it's forty degrees and pouring rain. Why hello, fall in New England! Your leaves were spectacular, but honestly, now I'm sick of you.

For many, winter's an inconvenience, a necessary evil, and a time to lock down a cuddle buddy. While many of us will be "cuffing", there's another portion of people who will truly be struggling. We've all heard of the winter blues, but according to the DSM-V there's more to that story, and it's true title is Seasonal Affective Disorder, aka SAD.

A subtype of major depressive disorder, SAD usually affects people in fall and winter, but some people will see symptoms in the spring and summer. Some of the symptoms include: irritability, oversleeping, appetite changes, low energy, and weight gain. The difference between feeling down and having SAD is the severity and longevity of symptoms. If you lose interest and motivation in activities you normally enjoy, or you feel hopeless, think of suicide, or look to alcohol and drugs for comfort, you may need to see a doctor.

Some causes and risk factors that could lead to a diagnosis of SAD are drops in your serotonin, which is a neurotransmitter that affects mood, leading to feelings of depression. SAD sufferers also see a drop in melatonin and their circadian rhythm is messed with, leading to odd sleep patterns and mood swings. Some risk factors include age (onset of symptoms often occurs between 20 and 30), being female (4 out of 5 SAD patients are women), having clinical depression, and living far from the equator. Hello college girls in New England…

But hope exists! There is therapy for mild symptoms, such as light therapy. Home remedies include exercise, getting outside, and making your environment lighter and sunnier. Other alternatives include yoga, and if not taking other medications, supplements such as St. John's Wort, Melatonin, or Omega 3's. But consult your doctor before trying those. If symptoms are very serious, and nothing helps, a clinical depression screening is the best option. Knowing your body, and respecting your health—mental health, especially—is vital. Writing off SAD as just the winter blues could lead to more serious issues.

Keep yourselves educated this winter; stay active, adventurous and excited. Take in all winter has to offer; ice skating, hot chocolate, sledding, snowmen, crunchy snow, and yes, sunshine. Take care of yourself. You are the only you the world has.

**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.

# Introducing Nintendo Switch

**Austin Toscano**

Nintendo, the veteran video game company and owners of gaming icon Mario, have finally revealed their newest console: the Nintendo Switch. Formerly referred to under the codename "NX," this previously enigmatic piece of hardware drove many a Nintendo fan (including myself) crazy for nearly a year and a half. A severe lack of information and a bounty of rumors only made us more envious for *something*. Now the time has come, and this console is already causing a buzz among gamers and journalists alike. So I'll cut to the chase and review it, already.

The Nintendo Switch is something unlike any gaming system before it: a hybrid home/portable console, taking the form of a tablet-like device. According to Nintendo's official press release, on Verge.com, the tablet rests in the Nintendo Switch Dock, which connects to a TV, allowing users to play on the big screen. In addition, the dock charges the Switch for use of another exciting feature: with the tablet removed, whatever game was playing is instantly transitioned to the tablet screen, ready for portable play. The Switch's screen has a high definition display. There is also a kickstand on the back to rest it on.

**The Nintendo Switch is something unlike any gaming system before it: a hybrid home/portable console, taking the form of a tablet-like device.**

Nintendo also revealed the many, many different controller options available for the Switch. One is the "Joy-Con" controller, essentially a two-piece controller, each half attaching to the tablet's sides, allowing a user to play it like a GameBoy. The halves also detach and interact with the tablet similar to a Wii' remote. For multiplayer mode, two players each get half of the Joy-Con. One unlucky soul gets directional buttons instead of normal lettered ones. Of course, for those who aren't a fan of this set-up, there's also the Pro Controller, more akin to typical PlayStation or Xbox controllers. Multiple players can also play against each other in some games if they have their own Switch.

Of course, controls are only half the story, but the word on software has been limited. Oddly, the Switch will utilize cartridges, not discs, as most consoles do. The short trailer released online teased new Mario and Zelda games, along with what appear to be ports of The Elder Scrolls V: Skyrim and NBA 2K17. When questioned by Polygon.com, developers Bethesda and 2K Sports said they couldn't confirm whether the games would come to the Switch. This may turn out to be false; the companies are only two of many third-party developers Nintendo said would create games for the system, including Ubisoft.

There are still many things we don't know about the Switch, including its battery life and price. Nintendo may, however, answer these and other questions during their online Nintendo Direct event in January, which is reported to be all about the Switch. The console itself is slated for release in March 2017.

# Why Small Business?

**Jess Ney**

Courtesy of Steve Parlato

I was challenged with the question, what makes a small business special? To get my answer, I turned to Ede Reynolds, who runs the John Bale Bookstore on Grand Street in Waterbury. As I walked through the door, I felt comfortable, like I was stepping into a neighborhood home. I was greeted with a smile by Ede herself, a warm and passionate woman with a huge heart for her community and the world.

Ede is an active member on many committees including the Grassroots Committee of Waterbury and the Connecticut Community Foundation. She has been involved in Girls on FYRE, numerous food drives, as well as an annual warm clothing drive, which donates to different schools in Greater Waterbury for kids in need. She even worked with basketball player Ryan Gomes to get coats on some 600 kids.

John Bale opened twenty-four years ago, and Ede and her husband, Dan, have not looked back. She stated, "It is a good way to craft a life." She has freedom to choose what she does each day; she writes on the side, and she gets to interact with people from her community in a way many can't. Funny enough, the store began as an experiment, a way for her husband to use his business degree. It has now flowered into a store and café—producing a mean bacon, egg, and cheese, I might add.

Ede claims she and Dan were beginning to worry about ruining the foundation of their home with the weight of books they'd accumulated, so they began to share the wealth, building their initial collection with old library rejects. The store has grown to become a popular lunch spot, with live music on Saturdays, and a lovely tea room upstairs. Next step for the store will be a police and fire history museum added upstairs, the first and only one of its kind in CT.

So, what is special about small businesses? I believe more love—and more work—goes into a small business. Despite a sense of going it alone, more of certain vital resources are available: more compassion and care are spread, especially in businesses run by women like Ede. A person with unending support and grace, she will take on any challenge, and is more than willing to help a person in need; just ask the owners of Hardcore Sweets. I challenge all of you to stop into a small business this holiday season; I promise it will be more fulfilling than any department store visit ever could be.

## FACES IN THE CROWD

# To Slam Hands upon Keyboards

**Bradley Edwards**

This is my first semester at NVCC, and it's been a pleasure to be here, so far. At the moment, I plan to continue towards a Communications major, as I have found the English language is something I enjoy thoroughly manhandling. My life goal is basically two things: be comfortable, and write moderately competent fiction. To this end, I feel guilty if I've not at least contributed two or five thousand words to my works per day, but sometimes that's not entirely possible.

Throughout high school, I didn't have a drive to do much other than play video games or browse the internet. I wanted to be a game developer, but whenever I did "projects" when I was young, I found myself more engaged by gameplay implementation and character interaction and believability than I did coding. Eventually, when time to video game and waste became scarcer and scarcer, I found myself reading fanfiction in excess.

Since I was young I'd read it, and I liked whatever I had read, be it an insufferable wall of words or a high quality, thoughtful work. As I grew, I began to recognize fundamental and common problems in various works, finding myself unable to go back to those I loved as a child, simply because they were of such low quality.

Then, I ran out of works related to larger series I followed. I was eighteen when I felt my unproductivity was growing to be problematic, and I realized I was simply not cut out to be a great coder. Sure, with immense effort, I could be a good one, but not a great one.

**I now have one million words of fanfiction uploaded, and I've written for a rather niche, dynamic fandom, the Touhou Project**

Lacking fanfiction to read, I began writing it.

I now have one million words of fanfiction uploaded, and I've written for a rather niche, dynamic fandom, the Touhou Project. My larger works are googleable, FREAKIN GENSOKYO and GENSOKYOBOUND, a Touhou Project and Mother 2 crossover. To be able to read them fluently would require one to, at the very least, be particularly intimate with the Touhou Project's nature. It's not a simple watchable work—despite its anime-esque style—it takes effort to delve into.

This said, I still feel I have a long way to go as a writer, observer, and as a reader, before I can call myself quality. Considering the critiques and viewership of my current free works, though, I'd say I'm on the right track.

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CAPSS CORNER

## On Moving Forward

Well…the semester is coming to a close. For some of you the end of the fall semester may have come quickly—and for others not quick enough! You may be embarking on a new journey as a Naugatuck Valley Community College graduate, or you may still have some time left with us. Either way, we are grateful, we are here for you, and we care deeply about your educational goals. We care about you moving forward.

This is a time where our labor of love yields fruit for the next harvest, for sustenance. You are that fruit. Your growth is not entirely up to us. We can help sow these educational, career, or workforce seeds by providing you with knowledge, resources, and opportunities for growth and creativity. We can nourish them with caring, constructive feedback that is both motivational and introspective even when you do not realize this. We can give you a little bit of our NVCC sunshine, rays full of encouragement, accolades to propel you forward, moving from baby steps to bigger leaps forward.

Take a little time to reflect on your journey here thus far. Are you working to your full potential? Are you focused on your goals? Do you manage your time wisely? Have you incorporated some test taking strategies? Do you utilize the many resources here on campus? Do you ask for help when you need it? Do you check your emails on a regular basis? Do you participate in the smorgasbord of events and activities planned with you in mind? Have you inquired about transfer opportunities? Do you seek us the way in which we seek you? How are you progressing?

In the Center for Academic Advising and Student Success, we pride ourselves on providing the best information to you and being as resourceful as we can to assist you.

For every grade level you have encountered, from Pre-K to this very point, there are varying degrees of progression…of movement. Envision yourself making your way towards your goal(s). Find yourself working towards living your every dream! Your education will provide a wealth of opportunities for you here at NVCC and beyond, so over this winter break ponder all the possibilities. Take one step at a time. Move forward.

**Yvette Tucker,**
**Assistant Director of Admissions**

*"Building the sort of world where people are free to be who they are meant to be, without limits or restrictions, motivates me. Turning my own struggles into a tool to ease the struggles of others is hugely motivating. And knowing people I respect immensely have the same doubts and worries I myself have is motivation to rise above as they have."*

**~ Chris Gordon, Editor-in-Chief**

*"Throughout the semester, motivation levels fluctuate. However, I refuse to allow myself to give up. I've made a mistake of not taking my higher education seriously and struggled finding what truly makes me happy, which is learning. Because of my mistake, I was stuck in positions where I was just a body filling shifts and my voice was silenced. I've made several sacrifices to be where I am today and motivation is the match to my flame. What's your motivation in college?"*

**~ Nicole Hayes, Senior Staff Writer**

# Center for Teaching – The Final(s) Countdown

**Dr. Patricia Pallis**

*Center for Teaching has a committee presence on all twelve CT community college campuses. At NVCC, CFT faculty members strive to improve the classroom experience for students—and for one another. Meeting regularly to discuss teaching, members learn from one another, bringing innovation and inspiration to the college community.*

*Professor of English, Patricia Pallis, Department Chair for Humanities, and a longtime CFT member, offers tips for students and faculty on navigating finals.*

That time of the semester is right around the figurative corner. Like the Yuletide decorations that magically appeared two days before Halloween in my local Target, final exams might—if we don't pay attention—just show up one day when our minds are on something else. I know this is as true for faculty as for students (I know, because I've been both).

**Part of preparing for any major exam is finding out what you need to know.**

So how do we navigate final exams successfully?

This is an important question—for both faculty and students. The semester's last test, whether cumulative or not, is a final moment for faculty to interact meaningfully with students. While I can only speak from my own experience, from both sides of the desk, I believe shared conversation with students about the process is valuable. Allowing students inside the process of test-making only helps them understand their own process of test-taking.

For example, students in some of my classes have input into essay questions. While I know this may not be relevant for all disciplines, the shared process is an interesting one—asking students to engage in material differently. Allowing students into the process also may reduce anxiety about actual test-taking—a good thing as excess anxiety can inhibit students' ability to perform. The time we spend thinking about the goal of the test is important too—sharing those goals with students provides meaningful insight into the "why" of finals. What do we need to know? What expectations do we have of them?

I encourage students to spend time leading up to finals engaged in the process. Avoidance doesn't make things go away. (I know this from experience ☺) I encourage students to start preparing for final exams early—especially those that are cumulative. If you start early, and you have questions you can't answer when reviewing alone, you'll have time to talk to your professor. The more informed you are, the more successful you'll be. Your professor can't always anticipate what you need to know to study effectively, so ask. You may also want to consider, if you haven't already, forming a study group. The process of working together toward a common goal can be valuable (and provide a built-in support group).

You should also think about the test format. That can change how you study. If I know I'm expected to write an essay (sorry… I teach English…it's where my head goes), I'd want to plot out potential essays in my head—and think about examples/support I might use when developing those essays. Why not spend time redoing math equations until you know you can do them correctly? That way, you can ask for help in preparation for the exam.

You might be seeing a theme here. Part of preparing for any major exam is finding out what you need to know. And you can't know that until you spend some time. I can't promise you exams will be stress-free if you prepare in advance, but I can promise you they'll be *less stressful*. And that will be worth it.

# Facebook's Proposed Game-Changer

**Bradley Edwards**

In recent months, Facebook has begun development and popularization of its own attempt at a gaming library client. It has been dubbed "Gameroom" by Facebook itself, and undoubtedly is yet another industry attempt at staking a claim upon the shores of the larger gaming client, Steam. Many companies have stepped up to the plate, and fallen flat upon their faces in attempts to challenge Steam's command of the distribution market, their stagnation and consumer disapproval stemming from myriad reasons.

Gaming library clients are basically like game stores, and operate best on a PC. They often sell similar titles, or sell exclusive titles. However, Steam, the gaming library client operated, distributed, and maintained by Valve Corporation, is like the dedicated gaming store that's always been there—everyone knows it has certain titles and will receive certain titles. That, and its popularity, ensures developers will always send their content there first.

In the case of Facebook, it's like the big-chain grocery store that decided to open a video game section and sell random titles. Many in the community are critical of this latest challenge to Steam's popularity, jeering that all the games will be similarly pay-to-win, micro-transaction-filled time sinks. Others cited Facebook's lack of Oculus Rift advertisement; a Virtual Reality technology that Facebook bought out a few months ago.

Other attempts on Steam's long-standing reputation amongst PC and online gamers have been made by companies such as EA and Microsoft, who tried to push their own clients. These clients, Origin and Windows Live respectively, never really took off. They did not have the longstanding allure Steam had, and many people are far more fond of Valve, who at one time was pro-community understanding. Their comprehension was displayed through the popular games they produced, their own game engine and their pro-community modding efforts. They also showed high receptivity to user feedback; they got what it meant to produce a good game.

Though Valve seems a lot more aloof these days, their passion for the community can be evidenced through their generous sales, which have become well-known, some titles reduced by 50 - 75 %. Though these sales have gotten less common in recent years, and some grow restless of Valve's idle behavior, the longstanding legacy of Steam makes the transparently profit-driven movements of larger companies come off as desperate. PC gamers frown upon EA for their notoriously micro-transaction-laden titles, and dismiss Microsoft for their recent ambitions with the Windows operating system and Xbox series.

Past events do not spell success for Facebook. Still, only time will tell if their immense audience and demographic of non-gamers will be the ones to populate their gaming platform, or if they'll be able to attract the illustrious jackpot that is the gamer audience.

## FACES IN THE CROWD

# Risks and Rewards

**Anju Gautam**

Leaving my country and family was very difficult. It all started when I finished my plus two, which is high school in Nepal. To come to America, I had to risk everything, including my family's future well-being. My dreams—of sending my little sister to school, being able to send my mum to the hospital when needed, and being there for my little sister who suffers from cerebral palsy inspired me to take this great risk. I decided to leave Nepal, because I was... selfish.

When I say selfish, I really mean I left for me and my family. For a girl from a third world country to travel to another country alone, for education, is not easy. My family in Nepal does not have everything; sometimes we simply don't have enough, but we keep going. I wanted to do something that helped not only me and my family, but other children like me. With the knowledge I gain, I plan to open a children's home in Nepal.

The process of applying for a visa to America is as difficult as anything can be. I had to show countless documents and fill out piles of paperwork. And it costs a lot of money! Italiapronepal, a non-profit organization formed with members from Nepal and Italy who help people in need, especially children, decided to help buy my ticket. They gave me $3000 to get the visa process going. That is a lot of money in Nepal; that amount could support my family of 16 for almost 6 months, not counting medical and emergency bills. Italiapronepal gave me a chance, and I took it. With some of my money I'd stacked away, the process of leaving became real.

I spent 3 months going back and forth from Pokhara (my hometown) to Kathmandu, just for the paperwork. By the time I finished applying, I'd spent almost all my money. It was worth it. It was like winning the lotto to get a visa. If not, everything I had would be gone, the road to a better future blocked. To put it simply, if I didn't get the visa, I wouldn't have known what to do with my life. I dreamt of my sister crying, my dad worrying, but people take risks every day. It is easier to take risks when the consequences of failure only impact you. But when someone else's future is at stake, the fear is greater. The fear of being rejected for the visa haunted me every single night.

The day before that interview, I couldn't sleep, though I knew I had to. Fear was telling me everything would go wrong, I was going to erase the hope from my family's eyes. There was a lot of pressure. Yes, there could be bad consequences but I had to focus on what could go right, be positive at all costs, and believe—not dwell on what might go wrong.

Yes, I got the visa! As time passes, the pressure lifts, though I can still feel it there. Sometimes I worry maybe I've been careless, made a bad decision, but I don't think long about that. I just work hard and stay focused on my goals. Life gives us so many opportunities, and I've had wonderful people support me through my education. My parents were always there for me; now is my time to give something back to them. I am very happy I took the risk, because now I'm supporting them, and my sister goes to school. When you do something for someone, the love you get in return is priceless.

Our lives are based on the choices we make, and the fears we do or do not face. You must say to yourself, "It's a risk I am willing to take," and focus on the positive outcomes.

**Tamarack Edit Meetings**
**Fridays 11:30 - 12:30, S519**
**ALL WELCOME!!**

# Manufacturing; Old Industry, New Technologies

**Mike Tonon**

From CNC-produced parts, to parts from presses, to 3D printing and more, Naugatuck Valley Community College had a wide variety of companies showcasing their product lines on Friday, November 18, 2016. The event, STEM/ Advanced Manufacturing & Technology Expo of Greater Waterbury, was aimed at informing local middle and high school youth of the potential a manufacturing career offers. The event was hosted by the Waterbury Regional Chamber.

The product I found most unusual and interesting was demonstrated by a Newtown, CT company called Sonics. They specialized in spot welding plastics, not with heat, but with frequency. This works by using a titanium tip that touches a piece of plastic, with another piece of plastic underneath, while putting out a specific frequency that causes the two pieces to fuse together. The weld is actually stronger than the other areas of the plastic. "The technology has been around for almost 50 years", said owner Brian E. Gourley. He also mentioned the TV show Modern Marvels visited Sonics 8 to 10 years back and explained how the technology worked. Gourley stated, "We want to reach out to a lot of different skill levels".

Shop instructors Anthony DiFederico, Luis Santos, and Curtiss McClure, along with their EAs, Rocco Dicrescenzo, Joe Labate and Jim Stowe, and AA, Chuck Buchanan, have over 180 years of combined experience. And Cyndi Zoldy, SMA, is constantly helping out the program. During the event, DiFederico remarked, "Now that the older generation is retiring and some work is trickling back to the area, companies are looking to refill these positions."

Companies represented at the event were: Advanced Educational Technologies, LLC; Albert Brothers, Inc.; ASML; Braxton Manufacturing Company, Inc.; Click Bond, Inc.; Cly-Del Manufacturing Company; Connecticut Center for Advanced Technology, Inc.; H&T Waterbury, Inc.; Industrial Management & Training Institute; Luvata Waterbury, Inc.; People's United Bank; Pisani Steel Fabrication, Inc., Prospect; Machine Products; Sonics & Materials, Inc.; The Platt Brothers & Company; Traver IDC; Ulbrich Stainless Steels & Special Metals, Inc.; Unimetal Surface Finishing, LLC; and Unishippers.

One of NVCC's Advanced Manufacturing students, Nelson Rebecchi commented, "I think it was excellent that they got kids from local high schools and they got a taste for what manufacturing is about."

# Car Owner, Beware!

**Nicole Hayes**

As we approach automobile tax season, here's something you should know. Earlier this year, the CT Department of Motor Vehicles estimated 250,000 people may have been affected by the switch to the new computer system last August. Fortunately, that number has dropped to 50,000 people who potentially received inaccurate information regarding their car taxes.

The Connecticut Tax Collectors Association and the Connecticut Association of Assessing Officers are asking people to be proactive in verifying the accuracy of their information. Bills may have incorrect addresses, which can cause either an increase or decrease in auto taxes owed. Although the DMV has taken responsibility for the computer mishap, individuals are responsible for contacting their local town hall to correct mistakes. "We are advising residents… look immediately at their tax bills and make any necessary changes before paying them. All of us are being pro-consumer in this effort and want to prevent inconveniences for taxpayers," said DMV Commissioner Michael Bzdyra.

In addition to listing inaccurate addresses, the new computer system failed to issue registration renewals. The DMV spokesperson, William Seymour issued a statement attempting to provide some reassurance to drivers, "The DMV will notify affected owners shortly that they have 30 days to get their renewals done, and any late fees will be waived." Also, Seymour related this message to police stations and advised drivers to keep their notices with them in order to evade possible tows.

The 26 million dollar computer system upgrade has caused nothing but trouble for CT drivers. Because the system did not send renewals through the mail, many found themselves wrongly pulled over for unpaid registration. As auto tax due dates approach, it's imperative you visit the DMV website to ensure your information is accurate and your registration up-to-date. No one wants to start the New Year with a late fee or tow.

# NVCC Joins the Fight

**Special to *The Tamarack***

A banner, placed in Café West for NVCC community members to sign, has been delivered to Torell as a show of support

Torell Browne was in the middle of his senior year of high school when he and his family moved here from Guyana. After he graduated from Kennedy High School, there was no question in his mind that he would go on to college to study engineering. He started that fall at Naugatuck Valley Community College, joined the WAVE Program, and was very involved in events both on and off campus.

After his first semester, he encouraged his mother to go back to school as well. The following spring she enrolled in an accounting program, also at NVCC. On August 29th, 2016 the day fall classes were to begin, Torell and his family received devastating news: Torell was diagnosed with cancer. Within days he lost his ability to walk. He has been in the hospital undergoing intensive treatment since then.

As an 18-year-old with his whole life ahead of him, Torell could easily be bitter or feel sorry for himself, but this is not who Torell is. He lets each and every person who walks in his room know how much he appreciates the help they are giving him. He loves when his friends make the trip to New Haven to visit him. Torell has an amazing inner strength and positive attitude which has helped him in his fight against this awful disease.

Torell's sudden illness has made all of us realize how fragile life is. A Go Fund Me campaign, Team Torell, was started recently to help Torell and his family as they fight to beat this illness, to return to the path toward a bright and rewarding future. The NVCC community has been so supportive and extremely generous, but there is a long road ahead. We hope you'll consider joining Torell's fight by giving what you can to help pay for treatment. Torell and his family thank you, and ask that we keep Torell close in our thought and prayers.

# Set Your Soul on Fire

**Assoc. Professor Kate Pelletier**

The cosmic fire is not a controlled one; it teaches by burning away your defenses, forcing you to strengthen what remains. I was reminded of this recently as I stepped out of my familiar routine and onto the campus of Naropa University in Boulder, Colorado.

Shambhala Hall, Naropa's sunlit studio, was home to all three yoga classes I attended. I observed two different sections of Yoga I: Foundations. In the day section, we explored the body in the complete stillness of yoga nidra, a guided meditation. By night, we participated in an intense exercise in satya, truth. Yoga III: Integral Practice offered us the chance to experiment with powerful emotions such as anger, inadequacy, and grief. I recognized over and over again that what I felt least equipped to offer in this unfamiliar place, my vulnerability, was exactly what was being demanded in each moment, and I just couldn't seem to do it.

During the last few moments I spent on campus, I was led to a small outdoor sanctuary called the Transition Shrine. There were small offerings on the slate table: rocks, flowers, coins, and a tiny booklet filled with water-stained pages. The front of the booklet read, "The arrival of chaos should be regarded as extremely good news." In that moment, all of my remaining defenses burned away. The confusion, the discomfort, and the inadequacy I had been feeling gave way to a deeper knowingness that there was nothing wrong. In that moment, I could see that the journey wasn't about simply gathering ideas and knowledge for our future yoga program; it was to burn me back to my pure self, the one filled with so much love for our students that I can overcome my personality problems and lead. My trust in the fiery and painful process of transformation, what is called tapas in yoga, has been renewed once more.

I would like to thank President De Filippis, Dean Rios-Knauf, and Associate Dean Dresdner for supporting me in this unique endeavor and blessing me with room to roam. Many thanks to Naropa University, with special gratitude to Traditional Eastern Arts Professor and Program Coordinator, Nataraja Kallio, and Veteran Success Coordinator, Dennis Kerr, who were my guides. I hope to make you proud with the program we create at Naugatuck Valley.

***"Working to become the best person I can be is something that truly motivates me. I try every day to be better – a better student, a kinder person. Thriving to build a bright future – and contribute to my community are what drive me to try harder in everything I do."***

**~ Chelsea Clow, Editor Emeritus**

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# FICTION Feature

## *A Day in the Life ~ Section 3*

**Trevor Lilly**

*This is the final section of Lilly's short story. As November's section 2 ended, the protagonist had challenged Don, a choice he immediately regretted. Note: The events of the story are fictional.*

Don looked up from his game. He reached for the remote, turned off the TV, and slowly got up from his chair. His head turned, followed by the rest of his body, in almost a rehearsed fashion.

"What did you say?"

I couldn't move. My face drained of all color. My palms began to sweat. "I just thought..." I stammered. "I just thought we might go a little faster if you helped."

"Is that so?"

My throat swelled. I tried to respond, but couldn't bring myself to say anything else. Don took a step forward.

"Do I need to remind you who pays for this house, the car, the food it's taking you so goddamned long to make?"

I still couldn't say anything, but I managed a quick shake of the head.

"Good." He turned to watch the game again.

I swallowed. So what if I got hurt? I wasn't going to let him get away with it this time. "That still doesn't give you the right to sit on your ass, you low life sack of shi–"

He took no time in getting up now. I hadn't even finished my sentence before he was on me. He grabbed my arms and threw me to the ground. Leaning over me, he began finding any open part of my face and greeting it with a sharp jab of his fist. It wasn't long before I started to go numb. I could feel the warm trickle of blood slowly run down my face. From my forehead, my nose, my lip.

I vaguely heard my mother screaming in the background. I tried to glance over to her but, Don swiped his palm across my cheek. My vision blurred. My ears filled with a shrill ringing. I could feel her try to pull him off of me, but he simply tossed her aside like she was weightless. His fists stopped pounding on my face. I managed to turn myself to see him leaning over her, getting ready to strike. I couldn't let this happen again.

I struggled to my feet. Any blood I had left drained from my head, and I immediately fell down again. My face struck the tile. I tried once more, positioning my hands below my shoulders. I slowly raised myself to my knees. One foot made its way under my body, followed by the other. I hoisted myself to a standing position and looked up. Don was looming over her now. My mother's face was already bruised and discolored. He raised his hand to strike one last time.

I lunged, grabbing his hand with one of my own, and flailing the other toward his face. The only part of him I could manage to hit was his open palm, which grabbed onto my arm and threw me off of him. My head hit the counter and I was on the floor yet again.

He turned to face me, his crooked teeth showing in the dim light of the room. "Come on. Get up." He kicked me in the stomach, the all too familiar taste of blood in my mouth.

"GET UP!" His voice shook the house, then died down to a satisfied chuckle.

"That's what I thought. You're nothing but a spineless little shit."

I spit blood in his direction, just managing to utter the words, "F**k you." It was barely audible, but it was enough.

"What was that?" He bent over me, his hand cupped over his ear. He was smiling. The sadistic bastard was actually smiling.

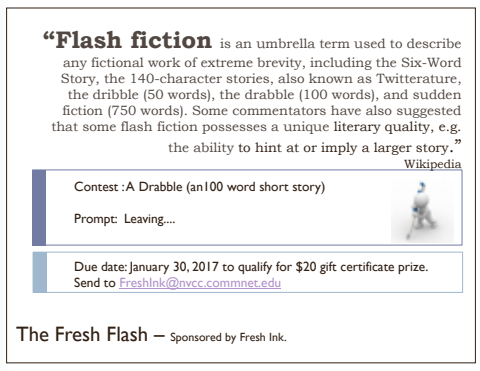
I managed to say it again. His face lit up even further. He picked up his foot, and threw it down into my ribcage. More coughing. More blood. He showed his teeth again before walking back toward his place on the couch. Picking up the remote, he turned to me one last time.

"Oh, and could you hurry up with my dinner? I'm starving."

He turned the game on and sat back down again. The last thing I heard was his laughter, echoing throughout the house as everything faded to black.

# Under New Management

**Special to *The Tamarack***




*The Tamarack* recently asked Associate Professor of English, Jeannie Evans-Boniecki, to share her thoughts on her new role as *Fresh Ink* advisor.

Overall, I am excited about keeping publishing opportunities open and available for the NVCC writing community. When I was studying for my Master's Degree at Southern, I had a number of my creative works published in their *Folio* and I read at *Folio* events. I haven't had much opportunity for my own creative writing lately, but last year I wrote a piece specifically for *Fresh Ink* submission and felt a dormant part of me stir. When Prof. Harding asked me if I wanted to take over this project, I remembered how empowered and motivated I felt by having these local opportunities, so I couldn't say no. I realized this was my turn to put my shoulder to the wheel to keep publishing opportunities open for others.

When asked what changes, if any, she foresees making to the *Fresh Ink* format or process, Evans-Boniecki responded, "Well, *Fresh Ink* has been a longstanding literary institution at NVCC. Recently Greg Harding has done a great job raising the bar as far as aesthetic appeal, literary quality and, of course, student involvement. He's really managed to make the publication a vital part of the college's extracurricular offerings, so I can only hope to continue the tradition. I do tend to be a bit "goofy" at times, however, so now that I have a vehicle, expect to see random contests and events. Some Advanced Composition students recommended we hold a Mannequin Challenge this Thanksgiving and use images of that event—or the experience itself—as a prompt for Flash Fiction contests. I was all for it, so we're giving it a go."

Explaining the process for students who want to submit a short story, poem or graphic image to *Fresh Ink*, Evans-Boniecki said, "Submission guidelines are pretty easy to follow—just look for the flyers about campus, or email me at JEvans-Boniecki@nvcc.commnet.edu for the exact details. The deadline for the 2016-2017 edition is early March 2017. The most important aspect of this publication, for me at least, is that it helps keep the creative process flowing. Sending work out for publication can be a discipline. Set the deadline for submissions in your head and use it as a way to discipline your writing or artistic process. For many of us, promoting our own work—manifesting our dreams—can be as challenging as creating it. Fresh Ink's selection process makes publication accessible for both emerging and experienced writers and artists. The publication awards prizes and commendations for NVCC students, which look great on resumes, CVs and college transfer letters. Because the annual publications are thoughtfully compiled and beautifully bound, authors and artists can feel very proud of their achievements.

*The Tamarack* congratulates Evans-Boniecki on this new role, and we're excited to see the many creative endeavors sure to follow in the wake of her enthusiasm.

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***"What motivates me is that I'm the only one who can build my future. I'm the only one who will always be there to push myself forward, and I'm the only one who can truly care for myself. I'm motivated because matters are in my own hands. Stay motivated."***

**~ Bradley Edwards, Staff Writer**

# Revolutionary Rhythms

## *The 60s, Man*

### Part One: American Homefront

**Alyssa Katz**

The sixties was a huge decade for rebellion. And what better showcased such rebellion than music, specifically, rock music. Rock and Roll was already considered sinful due to its raunchy words and meanings. But that's what made it so defiant; it stood behind many views of the psychedelic decade. While the Brits took America by storm, many influential American artists took the stage to make their mark and prove they weren't going to be overthrown by outsiders.

Bob Dylan sent the sixties spiraling to new heights with his singer/songwriter visions. Dylan's actual name was Robert Allen Zimmerman, but he legally changed it to Bob Dylan in 1962. In the early 60s, he emerged as a poetic blues, folk, singer/songwriter; but once the mid-60s came, his image changed, and he became legendary. Inspired by the British Invasion, and the New Yorkers of Greenwich Village where he lived, Dylan pumped up his sound to have a more hard rock edge, which landed several of his songs in the top ten over the next few years.

Another group of very influential American artists were the Beach Boys. Originally consisting of three brothers, their cousin, and a friend, this "Surfin" band invented a new kind of "Fun, Fun, Fun." The band had a slower start to fame with their early releases, and it wasn't until the years between 1963 and 1965 that they had truly engraved their names in legendary stone. Their album Pet Sounds, which was released in 1966, became one of their biggest sellers, though it didn't reach such popularity until the 90s. Their most well known song ,"Good Vibrations," was released in 1966; Brian Wilson was most proud of writing it. The instruments and sound effects used in the song give off an other-worldly feel, which contributed to the song reaching number one. The Beach Boys started what came to be known as the "surf craze" upon their formation, which suggested a fad that would fall out of popularity. But the Beach Boys happened to be one of the few American bands to withstand and remain popular among the monstrous craze of British names.

Switching gears, American and British bands came together to celebrate three iconic days: Woodstock. Held in upstate New York, these "Three Days of Peace" were one crazy ride. Alongside drug use and controversial events, many artists converged for one groovy weekend. Among all those who played there, perhaps the most memorable Woodstock performance was by the musician Rolling Stone deemed "the greatest of all time," Jimi Hendrix. Hendrix closed the weekend with an electrifying rendition of "The Star Spangled Banner," bringing the crowd to their knees with his explosive guitar solo.

Stay tuned! Just in time for the 53rd anniversary of the Beatles arrival, I'll wrap up the 60s with an article on the British Invasion.

# We Shall Inherit

**Ana Cruz**

*Inherit the Wind* was screened at Yale's Peabody Museum. The film remains relevant today, not just as history. It is important because cases like this are still going on today. In fact, as a result of these cases, the theory of evolution is still banned in some states.

"It is not about science versus religion. It is about the right to think." These were the words of Jerome Lawrence, one of the playwrights of *Inherit the Wind*, on which the movie was based. Having read those words moments before watching the film, I envisioned something impartial, weighing both sides to keep viewers' thoughts on the main point. The purpose was almost lost in Hollywood's biased view of religion. In spite of this, the film was able to showcase the desire to win freedom for those who think differently than the majority.

The film adaptation of *Inherit the Wind* was made in 1960. It is a fictionalized account of the 1925 *Scopes "Monkey" Trial*, in which a science teacher faced trial in Tennessee for teaching evolution—against state law at the time. Henry Drummond, a fiery lawyer described as an "atheist who believes in God," defended schoolteacher Bertram Cates. Opposing Drummond attorney Matthew Brady's arguments were almost humorous as he gave pompous speeches to court onlookers. This was both infuriating and ridiculous because the majority of the audience and the jury wholeheartedly supported the law against teaching evolution, and therefore supported religious zealot Brady. The trial devolved as the judge denied Drummond permission to introduce several scientific expert witnesses because science was "not relevant" to the case.

One line spoken by Brady clarified both the worth of the movie and the ignorance of the state law; he declared, "The way of scientism is the way of darkness." Even as a person who considers her faith extremely important, I could see the ignorance of this statement. If society allowed this way of thinking to become universal, progress would grind to a halt. If people began en masse to believe the study of science was dangerous instead of beneficial, what would happen to the world as we know it? It would negatively affect progress, such as life-saving medicine.

The film warns that oppression might begin by banning the teaching of evolution or even the teaching of a faith, but lead to banning other crucial teachings, or result in the persecution of a population. This premise is clear and important, but the delivery had the potential to lead viewers to different conclusions. Portraying the religious characters as desperate or crazed, the film threatens to alienate a section of its audience who would otherwise benefit from its themes.

Watching *Inherit the Wind*, I found—regardless of religion or background—we should realize this film is not just about whether evolution should be taught in classrooms. There is a deeper message than science versus religion. It is about choice. Everyone should be free to choose for themselves what they believe and want to pursue. Is it not wrong to silence a friend who gives a different opinion? Society should avoid or protest laws that put us on a slippery slope towards accepting only what makes us comfortable, not what makes us think.

# Power of the Player

**Bradley Edwards**

People like video games. If one were in doubt, rest assured that a State of the Industry report by Spil Games illustrated that 1.2 billion people—about 17% of the world's total population—play video games avidly. Though people might associate games with kids, a variety of youth and adults of all backgrounds have come to appreciate the medium of video games in the household. With such diverse people enjoying video games, one has to wonder why these games bring enjoyment to such a wide range of people.

Game designers and critics of gaming alike have tirelessly sought the answer to the question of gaming appeal. However, when it comes down to it, the best most can say is that audiences enjoy the genres they enjoy. There's surprisingly little public documentation of concepts that go behind game designs, and many game developers simply either have the talent or don't, and at other times it's a skill that must be honed.

Gamers enjoy many aspects that can be easily observed. Some have stated they simply play games to take the edge off of the day, to unwind and enjoy thoughtless entertainment. Others enjoy the experiences they'd never get otherwise, the amazing visuals, or the fantastical, immersive stories. Still others are engaged by the skill involved in playing certain games, the options and dynamicity of a game, the novelty of certain mechanics, the list goes on.

While an isolated gamer may become confident in his tastes, and while those tastes may be on the mark more often than not, there will always be the one game he simply does not like, because of certain mechanics, visuals, or game design decisions. He may simply be disinterested, or various decisions can outright detract from the enjoyment of the experience. A major frustration for gamers is being denied the ability to do things they believe they can do. Some people mistake their own inability to perform the game's objectives to be a fault of the game, while others are frustrated when the development team outright takes the sovereignty away from the player by adding in unexpected challenges and "fake difficulty" which simply pads out game time, or punishes players disproportionately for their mistakes. This can include higher difficulties simply being perma-death variations, or simply doubling enemy strength and calling it a day.

Fear and receptiveness comes from facing strong challenges, and can give way to courage, while frustration blooms from being stripped of the power to progress or to face strong challenges. Though there is little documentation of what gamers prefer, there are objective statements to be made regarding what players take away from the games they play.

# Hearing, Healing and Hope

**Nikki McGary**

Regardless of political opinion, many of us are troubled by the divisiveness that the recent presidential campaigns and election caused throughout the United States. We've heard disturbing reports of graffiti calling to "Make America white again" and seen footage of post-election protesters burning the American flag. I was beginning to worry that only certain voices were being heard. Instead, I wanted to create an opportunity for my students to listen to each other.

I was inspired by CSCU President Mark E. Ojakian's November 15th email, in which he wrote to the CSCU community, "Our campuses thrive when people from different backgrounds, walks of life and perspectives have a forum for sharing their beliefs and ideas while learning together. That is the real value of higher education." It felt fitting to offer a safe space in my Sociology and Anthropology classrooms where we had recently covered chapters pertaining to issues of power, government, race, ethnicity, gender and the economy.

I shared President Ojakian's email with my classes, and asked them to share their feelings, fears, concerns and hopes. I have to admit I was a little nervous at first, since I didn't know what to expect exactly. Throughout each class, there were tears. And there were smiles. And sometimes, there were moments of deep silence. But in the end, it was truly remarkable and beautiful to witness the intelligence, thoughtfulness, courage, strength and respect reflected in each of my four classrooms.

I heard students talk about their fear of family members being deported. I heard students talk about their desire for immigration reform, while expressing sympathy for those undocumented under current policies that make becoming documented so difficult. I heard from students who feel silenced and invisiblized by the election results when they felt people chose to overlook or ignore the racism, sexism, xenophobia, Islamaphobia, and homophobia that surfaced.

I heard people express that they are feeling stereotyped as racist and sexist because they voted for Trump, while simultaneously expressing their respect for diversity and hope for the future. I heard concern for the environment, respect for our democracy, and some doubts about our Electoral College. There was also a great consensus regarding frustration with the mainstream news outlets and the unfriendliness they witness or experience on social media sites.

Best of all, I heard students talk about their responsibility in shaping the future. If there is any silver lining to the recent political divisiveness, it might just be in the healing that can take place as we listen to, and learn from, one another.

# "Merry Christmas!"

**Trevor Lilly**

It's finally December. That means lots of blankets, fresh snowfall, ugly sweaters, sipping cocoa by a roaring fire, registering the fact of a month with no school, and yes, of course, Christmas. But if you're reading this and feel excluded in some way, well, you have a right to be.

To clarify, I'm referring to the fact that many people, without thinking, will use "Merry Christmas" as an automatic greeting this holiday season. And before you put this paper down in disgust and accuse me of invoking the "PC police," please hear me out.

I'm not saying the phrase "Merry Christmas" is a bad thing. It is obviously uttered to the recipient as a gesture of good will, linked to a holiday that's all about spreading joy and cheer. And if you know the person you're addressing does in fact celebrate Christmas, then go for it! Spread that cheer! I'm sure they'll appreciate it and most likely return the favor.

But if you automatically use Christmas in your December greetings to everyone, regardless of whether or not you know they even celebrate the holiday, let alone their religion, this article is for you. The reason I'm addressing this at all is that it perpetuates the preconceived notion that Christmas, and by extension, Christianity, is the norm, and that all other holidays and religions that celebrate them deviate from that norm.

It is made self-evident year after year in retail stores (as addressed in November's *Tamarack*), on street corners, on the radio, in commercials. Pretty much every venue that acknowledges holidays will exclusively address Christmas and just forget about all the many other holidays that constitute this season.

If you still don't believe me, I encourage you to participate in a little social experiment. This holiday season, whenever you greet someone in public, instead of saying "Merry Christmas" or even "Happy holidays," wish them "Happy Hanukkah" (or Chanukah, if you prefer). Take note how people receive that greeting. Will they flat-out correct you, or even look insulted?

You may argue the majority of Americans celebrate Christmas, so it makes sense to address them with that holiday in mind. And there is some merit to that argument. According to a recent poll, roughly 70.6% of all Americans identify as Christian. However, not even acknowledging other holidays leaves out 20.4% of the population. That's roughly 94 million people.

Now, there still might be readers who feel this article is another example of the "war on Christmas" systematically persecuting Christians and limiting their ability to express Christian values through a Christian holiday. You are entitled to that opinion.

But consider this: each non-Christian you greet with a "Merry Christmas" this holiday season may feel that same persecution on a much larger scale, having experienced it for a very long time. So please, think of non-Christians this December, and greet them accordingly, with a "Happy holidays" to all.

# Play Nice!

**Christopher Gordon**

I love seeing students enjoying the day. It pleases me to know that, throughout all the studies and hard work, we all still can find moments to unwind. Some students can get a little rambunctious at times, but I am also no longer a twenty-year-old with unlimited energy, so who am I to judge?

One thing I will judge is the state of the Game Room the SGA provides for student use. It is more than merely leaving garbage all over (seriously, you are in college now; learn how to act like it). It is also the disrespect many students show towards the SGA and fellow students by trying to get free games on all of our dime.

The ping-pong and pool tables are not free; they require maintenance to remain functional for the shared use of everyone. When you buy your own table, then please feel free to do whatever dumb things you want to it, but these are not your personal tables, and we are not your personal butlers. Take care of the areas in which you choose to spend time. And if you have guests with you enjoying what the SGA provides, make sure they know that they are expected to be as respectful of the area as you should be. Otherwise, these privileges will be taken away.

Nobody wants to deny students fun and an opportunity to de-stress, but care and maintenance of the game room equipment comes from payments required to use these tables, or from the SGA budget itself. As a student who does not use those tables, I will say this: I refuse to pay for you to trash a part of the campus I adore. I have enough financial worries already; I don't appreciate those who leave inconsiderate garbage (figuratively and literally) all over the place.

*"Man will occasionally stumble over the truth, but most of the time he will pick himself up and continue on."* - Winston Churchill

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## That's What She Said

Jessica Ney

### President Trump?

America has spoken. And that voice rang out for Donald Trump. How fitting the opinions of minorities and the oppressed have again been disregarded.

Frankly, I am disgusted. As a woman, I am afraid; as a citizen, I am ashamed; as an individual, I am empty. The results of this election have filled me with fear and disdain. Fear for my future, the future of our children, and the environment.

Donald Trump doesn't change his mind, empathize, see the big picture, or understand. I don't believe he even knows how the Senate works. Yet, here I am, a citizen of a country that elected a president who hasn't spent a moment in real politics. Is that even legal?

Trump is dangerous to this country and everything it was built on. The KKK walks in daylight again. We have strengthened white supremacism. Meanwhile, we excuse Trump's rejection of the science behind global warming, his unfair immigration policy, and his disdain for women's rights. A PSA for everyone: it takes a man AND a woman to reproduce. A woman is not the only responsible party. Trump's presidency increases the likelihood of at-home abortions, rapes and sexual assaults; that's terrifies me.

I don't know how this man was a candidate, let alone winner by upset. Trump is an overgrown, spray-tanned toddler with no respect. I fear for my Black brothers and sisters, for Latinos, for the poor. My heart goes out to Muslims confronted by continued ignorance and hate. It breaks for the disabled, the mentally handicapped, and the misunderstood. I stand for Native peoples and refugees. I will fight for the rights of the LGBTQ community, and for women—of all colors, shapes, and sizes. These people already make America great.

If you cast a vote for Donald Trump, I ask: How could you vote for a man who interrupts, mocks, and degrades; who doesn't understand our politics; an ignoramus who wants to wall off our country, who treated this election like a reality show? How could you vote for a man who disrespects your wife, your sister, your daughter, your friends? How will you look into the faces of Black coworkers, of Muslim neighbors, of gay and trans friends, of immigrant grandparents and tell them their lives, their rights, don't matter to you, because you are privileged? How?

I want to say I understand, but I don't. His "qualifications" don't suit this position. I cannot see him traveling the world, sitting politely and powerfully in meetings, or delegating effectively in times of international distress. I can't imagine the world will invite him. Thanks to your vote, and millions of misspent 3rd-party votes, not to mention the ignorant thousands who wrote-in Harambe, a DEAD GORILLA (enough wasted votes to put Hillary in office), we're the laughingstock of the world.

For those who don't understand how the bipartisan voting system works, your "protest vote" went to Trump. But thank goodness you voted. Thank you for exercising your civic duty. Was it so difficult to choose between an educated, well-versed, lifetime politician who's worked to better our country and a racist, xenophobic, misogynist businessman who's gone bankrupt more times than I care to count? Truly, I'm shocked anyone could decide between those two evils.

But November 8th wasn't a complete loss. There are now four women of color in Congress; one, Tammy Duckworth, lost both legs serving in our military. They fill my heart. Not to mention the beauty and poise of Hillary's concession speech, where she encouraged young women never to quit, reminding us we are each important, we have power.

Now that we've had almost a month for reality to sink in, I'm trying to be hopeful. In this time of adjustment and grudging acceptance, I challenge you to love everyone whole-heartedly. I beg you to unite as a country. Raise awareness, fight the system, educate yourself. Many US institutions need volunteers and funds in order to continue making change. Some are Planned Parenthood, American Civil Liberties Union, Earth Justice, the Mazzoni Center, NOW, NAACP and the Council on American-Islamic Relations. The US is not doomed. There is a bright light, and it shines in the hearts and minds of our children, of each of us. Make the first steps to take back America. There is such power in the voice of America's people, if only we unite.

*"Each morning brings the opportunity to work toward the light that love, care, engagement, knowledge and kindness afford us—let us embrace it with joy, energy and belief."*

~ Daisy Cocco De Filippis, NVCC President

# Love or Oppression?

**Nicole Hayes**

In the words of the President-Elect, "Stop it. I'm going to bring this country together." The night of November 8th, our country experienced a spectrum of emotions. Some celebrated the Electoral College's choice, and others were left afraid. The reality is, not only select groups but society as a whole should be troubled over our future president's 100-day action plan. His proposed policies will affect the everyday lives of us all.

In long-honored American tradition, individuals have gathered to make their dissatisfaction heard. Protesters immediately demonstrated in reaction to the President-Elect's position on several issues. Coverage of these protests—most of them peaceful—has been widespread.

But there seems to be confusion on the part of some (both journalists and individuals on social media) as to why people are troubled and outraged—and why they're speaking out—over these election results and the promised policy.

You may have seen comments, such as "People are angry about losing their free handouts," or "People are being crybabies because their party has lost." Both of these statements are far from the truth.

During an interview on CBS' 60 Minutes, the President-Elect said, "Don't be afraid," but this man has repeatedly made racist, misogynist, and anti-LGBTQ comments. In the wake of his election, he will represent our country on the world stage. He has been chosen to speak for us all, but his hateful, divisive remarks do not align with the opinions of many of our citizens.

His mockery and disdain for being "politically correct" is a direct attack against movements intended to bring awareness and support of basic human rights for those who have historically been marginalized. As a result, many Americans have taken to the streets to raise a unified cry against proposed policies that would threaten social justice for many.

We've seen some of the President-Elect's supporters lash out in retaliation against those who have chosen to protest. They claim America has spoken, telling the protesters to "get over it." But with minorities, immigrants, women, and LGBTQ individuals—not to mention the environment—in potential jeopardy, for some, staying silent is not an option. Americans have the right to disagree civilly and hold to beliefs about which we are passionate. Ask yourself this: Does my passion promote love or oppression?

# A Call for Cleaner Air

**Colleen Carmona**

The movement for Naugatuck Valley Community College to become a smoke-free campus has recently gained momentum. A task force has been established and is currently exploring all the requirements involved in making smoke-free status a reality. This may be a sensitive matter for those who do smoke, and the goal isn't to alienate those individuals. Rather, it is about providing a healthier, cleaner environment for all: students, faculty, administrators, staff, and visitors to our beautiful institution.

Becoming a smoke-free college will be another great accomplishment at NVCC. The College is a reflection and representation of our community, and we hope to promote health and wellness on campus in order to continue making positive changes for Greater Waterbury. With our highly respected Allied Health programs, and with the new Founders Hall Allied Health Building ready to open, it makes sense to take this next important step in supporting health and wellness.

Cigarettes are highly addictive and many struggle to remain cigarette-free. As a respiratory care student, I have taken care of many patients who suffer the consequences of smoking, as well as the effects of secondhand smoke. Coping with these consequences can require the use of supplemental oxygen. Others must take multiple daily breathing treatments to relieve or manage their symptoms. These lives are forever changed due to the consequences of smoking, and we also know many lives are lost from long-term effects due to cancer, emphysema, and other smoking-related illnesses.

It is extremely important for students struggling to quit to know the task force is here to give them all the support they need. Having successfully quit smoking, some task force members are especially eager to help others make this incredibly hard—but rewarding—lifestyle change. The journey toward a smoke-free campus will also be difficult, and it's not going to happen overnight. However, NVCC has made remarkable strides throughout the years for the betterment of its faculty, students, and staff, as well as for the larger Waterbury community. Becoming a smoke-free campus will require commitment, and it may be a challenging transition, but in the end, all will benefit when our campus bids a final farewell to cigarettes.

# Mr. Trump: A Mexican-American Responds

**Pedro Silva**

I need to set the record straight.

I grew up in a small Texas town just an hour away from the Mexican border. We took frequent trips into Progresso for medicine and food. The harsh reality of the poverty and child labor I saw there is forever embedded in my mind. Children as old as I was, ten or eleven, offered me Chick-lets gum for 25 cents a pack. This was their job, their duty to contribute to their family, along with what God only knows they did to survive.

My family owns and operates several ranches in Texas. We would leave gallons and gallons of water in jugs on our hundreds of acres of land. As a child, I would complain about the chore. I would ask my mother why we left jugs of water on land used for cattle and hunting grounds. She would look away.

I remember to this day my mother's alarming phone call: "We found someone." I questioned, "What?" "We found someone," she repeated. On our land a person, a Mexican, a human being, had been found, dead. *Coyotes*, human traffickers, had made the promise of a new life of safety and prosperity, lit this promise aflame for this poor soul, only to let the wick burn out. I now knew why we arranged gallons of water on our land—so those who traveled could drink.

As a result of these experiences, I must respond to the comments of Donald Trump.

When Trump references Mexico and speaks to the character of the Mexican people, his negativity spews like a regurgitated mixture of intolerable food he cannot stomach. His comments are full of ignorance, hatred, and racism. Trump refers to Mexican people being brought over as criminals and polluted members of society. Trump has offered a lens through which Americans are supposed to view Mexicans: as a people who are problematic and criminal. Dehumanized and broken are the "labels" that my people are forced to deal with now. This irrational thinking and slander has affected us like a plague. Vaccines for such an epidemic do not work when the illness is being force fed through the media.

I am a Mexican American: my grandmother was born in 1934 in Elsa, Texas. My grandfather was born in General Teran, Nuevo Leon, Mexico in 1925. Life was hard for them after my grandfather "crossed". My grandmother had the challenge of working and caring for five children, while my grandfather worked in the fields. Wealth came in small amounts since labor was illegal. When my grandfather arrived, he didn't speak English, he didn't own a house, or a car, or clothes or food. It was only after falling in love with my grandmother that he started to learn English as a second language and he was able to rise above poverty.

Mr. Trump has a plan that he has already embedded into the minds of the American people. He is a painter who has painted a corrupted image of the people from Mexico who are, in reality, family-oriented, culturally bound and loyal. How they are being dealt with at the borders and, even worse, how those among us are being sent back for doing nothing except working hard for a better life is a blemish on the United States. "Agua dulce brota aqui, aqui, aqui," states poet Pat Mora. "Sweet water rises here, and here and here." She calls for immigration, but her words also speak to how the Mexican people survive and search for nature's life force.

My people are astute, imaginative and humble. We pay attention. That's the only way to survive. I know the history. I've seen the pain. I've seen the progress and the results. What the future holds for us is unknown. The only thing I can do is pray and spread the word that my people are survivors in a world full of propagandists such as Mr. Trump. What else can I do but call to remind my mom to keep the jugs filled?

# Let the "Dreamers" dreams be fulfilled.

**Jay Halpern**

It is with wisdom and virtue that our colleges recognize the value of crafting skills and analytical capacity among all persons, citizen documentation be damned. George Washington invited the Hessian mercenaries hired to kill our patriotic rebels to become both citizens and landowners after the Revolutionary War, giving each of them amnesty and fruitful land following the American victory. De Tocqueville, back in the 1870s, lauded the American educational system's encouragement of all immigrants to be educated with native students in order to create "Americans" out of the many nationalities clamoring to live here.

Let the "Dreamers" dreams be fulfilled, not just for their individual economic success, but for the litany of blessings that will cascade upon this great nation as we embrace the world and reject the grumbling schemers who seek only their personal power, influence and the accolades of those among us representing the least worthy of being truly named "Americans."

# Thank You All

**Christopher Gordon**

## Such Great Activities

As students, we have certain luxuries afforded us here at NVCC. Some of these include the opportunity to travel at reduced fare, whether as part of a club event, or just a bus trip into the city where we are free to roam as we please. A round trip train ticket to New York City is 15 dollars each way during off peak hours; prices increase during peak travel times. Utilizing the SGA's dedication to cultural enrichment as well as academic success, a student can buy a bus ticket to NYC for roughly half that price.

This is something I want to acknowledge and express gratitude for: Instead of traveling alone to experience the largest city in the world, students have the chance to travel with friends to visit museums, catch a wonderful play on Broadway, or just bask in the Temple of Wisdom and Intelligence, more commonly known as the New York Public Library. Even in lean economic times, our SGA officers and faculty advisors ensure NVCC students have every chance to flourish academically and culturally.

And without leaving campus, we can also benefit from the hard work and generosity of the SGA. These four officers—President Keila Franco, Vice President Carlos Rivera, Secretary Levi Reynolds, and Treasurer Catherine Rourke—with the support of Director of Student Activities Karen Blake, Student Activities Programming Assistant Rita Ostrander, and Student Activities Secretary Alberta Thompson, work tirelessly to provide a variety of events every week, from the recent talent show and tree trimming, to conversations about topics of social importance.

Thank you SGA. I know I have thanked you before, but that was indirectly. This month, I wanted to make it clear there are students who truly appreciate the work that goes into giving us the means to have experiences we wouldn't otherwise get without you. Thank you all for a wonderful fall 2016. Now rest up over break, because I'm sure you've got a lot on tap for spring 2017.

# Readers Respond

Dear Editor,
Reading Jessica Ney's article "Enough," I was filled with admiration for how she brought awareness to issues young women face. I agree "young women everywhere are learning how to be alert and how to be afraid, when they should be learning how to be themselves." This became personal for me because of how I was raised. I was trained to act, talk, and look a certain way when out in public, to avoid judgements and stereotypes. As a result, I created myself through someone else's ideas and I became conscious about how I presented myself, from the clothing I wore to the way I spoke. Ney's article gave young women a voice, [reminding them] they are not alone, encouraging all women to stand up for themselves and get out of any abusive relationship before it is too late.

**~ Sincerely, NVCC Student**

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Dear Editor,
Trevor Lilly's article, "Caught Going Too Far," caught my attention because I am a Wells Fargo customer. I was not one who suffered, but it must have been hard to go through that bank issue. I strongly agree with Massachusetts Senator Elizabeth Warren. The bank should not put the fault on the employees; they were just trying to make the big boss, CEO John Stumpf, happy. I agree he should be investigated by the police, and he should give all the money back. I also believe bank customers who suffered should be rewarded. However, if I was one of them I would be looking for a new bank, too.

**~ Sincerely, Robinson Melendez**

Dear Editor,
After reading the article, "Governor Hothead," by Alyssa Katz, I could not help but to think that people are too easily offended. Yes, the governor may have been wrong to say where the source of heroin is coming from, but he is not wrong about out-of-staters coming into the state and impregnating young girls. I read in the local newspaper that it is actually happening. Heroin is no joking matter, but if one finds the words of Paul LePage so harsh, instead of taking offense to the words he is saying, look at the drug war that is going on and people should question, what would I be doing if there was a major issue such as heroin?

**~ Matt**

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Dear Editor,
Alyssa Katz's article, "Governor Hothead," angered me...because what was said was very hurtful. This was uncalled for when he didn't have the right information; he didn't even have any, so it shouldn't have been said. A governor's stated remarks have repercussions and this was not LePage's first time making such remarks. People should insist he step down because no one wants someone whose is negative and blaming [people for] crimes they didn't even commit. I really agreed with this piece, and I hope he changes his perspective and the way he offends people based on his implicit bias.

**~ Sincerely, Melissa Lamy**

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# Poets Respond

At Confluencia October 12, poet Manuel Iris said, "All poetry a political act." With a new administration on the horizon, and issues of social justice on many students' hearts and minds, poetry is a natural outlet. Here three poets make sense of it all, addressing recent events in verse.

## From Marion, IA to K711

*Nicole Hayes*

Our generation
has the chance to make
history. Today, our voices
become stronger as we
unite. Our values
refuse to be silenced,
although we've been
conditioned
to stay
in our place.

Years ago…

I was followed. It wasn't hard
finding my building.
Shift your eyes left,
you'd see a confederate flag
Hanging—Superior
to the minorities who lived
below. Shift your eyes right,
you'd see an officer,
parked directly behind me,
typing registered plates.
Into a system, used
to racially profile individuals,
Like myself.

Days ago…

His eyes leaking suspicion,
his voice echoed through
my Kinney classroom,
*I need to speak—*
*to you.*
His privileged finger,
reminded me how
easy it is... to be profiled.
On the basis of my skin.

It's imperative we
stand for equality, we speak
for humanity, we fight
against laws that oppress
our loved ones, our friends,
all Others, and always,
Ourselves.

## A Proposal, Not Well Received

*Teree Perkins*

There are rumors of war.
Matthew 24.
Sign 'O' the Times
Prince!
Will my friends die?

They chant in the streets
because their faith is weak.
So photogenic and surreal,
tell Rockefeller how you feel.

Existential Leaps of Faith
may be what it takes.
Institutions of corruption
only lead to destruction.
Do not question The Way,
just let humanity decay.

## An Open Letter to White "Feminists"

*Jess Ney*

Open your eyes.
There is more
in this world than
your personal sphere.
There is a lot more fear.
Take a long look around.
Don't you see the hate
fueled by ignorance,
acted out in ridicule,
assault, vandalism
and murder?
Have you met the eyes
of another woman,
or can't you make it past
her skin tone?
You tell me, sister,
*I'm not racist*
But—
*I don't see color*
But
would you stand for them?
Feminism
has been marred
by your selfish,
one-sided paws.
*Yes we can!*
has become
*Don't mind if I do.*
Can't you see
the privilege given to you?
Safety pins and social posts
don't protect your neighbor.
Only action and your vote
can bring about change.
A shame we waste our time
crying out for our sexuality
while censored brutality rules
the streets,
ruins the lives
of many of our sisters.
Yet they remain
stuck in the system,
of disenfranchised hate.
*Work a little harder,* we say
as we stomp on their dreams.
*Free the nipple*, we scream
over the chains of the "lesser."
Feminism is equality
for Black and White
for man and woman
for Muslim and Asian
Latino and Trans.
For all. We can
fuel the change.
We hold the key.
If only we would turn it.
But instead, we slam the door.

# RECENTLY READ

***The Love You Make* by Peter Brown/Steven Gaines**

*The Love You Make* is a candid Beatles biography by insider Peter Brown with journalist Steven Gaines. As right-hand man to Epstein, Brown witnessed everything and was the group's personal friend. Lennon immortalized him by name in "The Ballad of John and Yoko." What's refreshing about this story is that it's not sugarcoated one bit. This is the raw and sometimes unpleasant truth. Brown was closest to Lennon and Epstein and they're the focus of the book.

Brian Epstein's story, as eccentric manager, was prominent. From an inability to be satisfied, despite wealth and success, to embarrassment about being both homosexual and Jewish, Epstein was constantly troubled. The tremendous stress of running a billion-dollar enterprise lead to Epstein surviving on a regimen of drugs: uppers every morning to get out of bed and sleeping pills every night. This dependence would eventually kill him.

Beside the problems, his great enthusiasm and vision is also captured. It was Epstein who found the Beatles in the Cavern Club in 1961. He envisioned the stadium concert concept the Beatles pioneered. He held the undesirables at bay, like Allen Klein, that sought to exploit them. Epstein was integral to the band's success and survival; his death was the beginning of the end.

Lennon's uneasy life is also detailed. Forced as a child to choose between his mother or father, he picked his mother and basically never saw his father again. His mother, incapable of parenting, acted more like a sister to John. As a result he was raised by his Aunt Mimi. John's early life was stricken with misfortune. His Uncle George and best-friend Stuart Sutcliffe both died young. But he was affected most by his mother's death when John was just 17. This tied him to McCartney who suffered the same catastrophe.

The tumultuous childhood segues into John's awful personal life and his loss of control with the whirlwind of fame. He never truly loved wife Cynthia; he beat her, cheated, and was never there for son Julian, McCartney's inspiration for "Hey Jude". Lennon's drug problems are also included, from taking LSD over 2,000 times to his stint as a heroin addict. Of course, it ends with Lennon consciously and painfully bleeding to death on the cold Manhattan sidewalk, his killer Chapman reading Catcher in the Rye. What's really sad is at that time he had finally put himself together. For once he was happy, in love, clean, and trying to be a good father to Sean.

At one point John explains what everyone wanted to know: "I think that's what kills people like Presley and others of that ilk...The king is always killed by his courtiers, not by his enemies. The king is overfed, over-drugged, over-indulged, anything to keep the king tied to his throne. Most people in that situation never wake up. They either die mentally or physically or both. And what Yoko did for me, apart from liberating me to be a feminist, was to liberate me from that situation. And that's how the Beatles ended. Not because Yoko split the Beatles, but because she showed me what it was to be Elvis Beatle and to be surrounded by sycophants and slaves who are only interested in keeping the situation as it was. And that's a kind of death." Lennon's reflection on the breakup of the Beatles is reason enough to pick up this powerful work.

**Steve Delvalle**

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*"The doorstep to the temple of wisdom is a knowledge of our own ignorance."*

- Benjamin Franklin

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