Black History Month
Nicole Hayes

It is now February, during which we celebrate the lives of important African Americans and their achievements throughout history. According to Dr. Leamin Bracks, scholar of African American literature at Nashville’s Fisk University, Black History Month started as a weeklong celebration in 1926. The week was chosen to correlate with the February birthdays of Abraham Lincoln, Booker T. Washington, and Frederick Douglass. During this time, public schools finally began to educate students on the true role African Americans played in America’s history. Currently, public institutions still follow the tradition of teaching students about the achievements of African Americans. However, students continue to fail to educate students in-depth on many of these contributions and events, for example, Juneteenth, as well as the broad achievements of African American women.

Carver Goodwin Woodson, also known as the “Father of Modern Black History,” was an important individual who tried to educate not only society about African American history, but also younger generations of African Americans. His efforts led to the creation of the Association for the Study of Negro Life and History, founded October 2, 1915. The Association’s mission is to promote awareness of African American culture and history. Woodson also published the Journal of Negro History and the Negro History Bulletin. Several important African American males, such as Malcolm X and Martin Luther King Jr., are honored in February. However, with the exception of Rosa Parks, and a few others, African American women who have made considerable contributions to our society and country are mostly overlooked. For example, a runaway slave, Harriet Jacobs, became one of the first African American women to publish an autobiography, Incidents in the Life of a Slave Girl, during the 1860s. Despite being promised freedom, author Harriet Jacobs, whose life was so well documented in Lionel Aponte called the book, still available in reprint, “is important work. For details, contact Professors

Although Abraham Lincoln emancipated southern slaves in 1863, Juneteenth—June 19, 1865—was the actual date the last slaves were freed. According to Dr. Charles Taylor, author of eight books, and a passionate advocate for the preservation of African American history, Juneteenth was the day Texas received news that Lincoln ended slavery—this was fully two-and-one-half years after the Emancipation Proclamation. According to poet Kristina Kay, several explanations exist for Texas receiving the late news. One version involves the murder of a messenger on his way to Texas. It is also possible the news was deliberately withheld by states such as Texas, where President Lincoln had once questioned Mark Rice, Texas, was the first state to declare Juneteenth a statewide holiday.

It was not until 1976 that Negro Week transformed into a month-long celebration. Black History Month, during which society acknowledges African American contributions throughout American history. On the negative side, since the celebration is only recognized once a month out of the year, the rich wealth of African American history is taught only briefly in elementary and high schools. This is a failure of public institutions in their duty to educate students with in-depth knowledge on African American history, particularly the contributions of African American women. In hopes of delivering on Woodson’s aspiration, it is imperative public schools educate students in-depth on the vast historical contributions and achievements of African Americans.

At the end of January, Nicole Hayes was honored for her piece “Black History Month.” Hayes’ article was published in the Naugatuck Valley Community College newspaper. Hayes stated that “the theme of the current issue is to 'seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.'”

More recently, each Black History Month is themed, with 2016 being “Hallowed Grounds Sites of African American Memories.” This theme focuses on landmarks in African American history. Whether that be Kingley Plantation in Florida, Harlem’s 125th Street, or countless spots along the Underground Railroad, these historic sites are sacred remembrance points in American Black history.

Connecticut is steeped in African American history. Farmington, considered the Underground Railroad’s Grand Central Station, is home to the Church of Christ, where many Africans abroad the Amistad worshipped after their trial in Connecticut. Harriet Beecher Stowe, author of anti-slavery novel Uncle Tom’s Cabin, was a Hartford resident; her house still stands beside Mark Twain’s.

The first published African American writer was from Connecticut. Jupiter Hammon, a life-long slave, had his 88-line poem, “An Evening Thought: Salvation by Christ with Penitential Cries,” published in 1781. Hammon, who went on to write many works, is credited with influencing anti-slavery protest literature in America.

Though many view American slavery as a Southern phenomenon, the shameful practice was part of Waterbury life into the early 1800s. Mattatuck Museum is an excellent resource to explore the history of Blacks in New England, including the powerful story of Fortune, slave to a prominent Waterbury physician. Read Fortune’s story on the Mattatuck website: http://www.fortunestory.org/slaveryinwaterbury/.

In the words of Carter G. Woodson, “Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history.” Black History is designated to the shortest month, but the reason is honorary—including “the preservation of African American culture and history, the appreciation of Africa and African Americans, and the anti-slavery cause—not derogatory. Hopefully, this focus on African American accomplishment, however brief, will lead to interest throughout the year.

Carter G. Woodson, the first scholar of African-American history, established Negro History Week, beginning February 12, 1926, to coincide with the birthdays of Frederick Douglass and President Lincoln in 1817 and 1809, respectively.

Happy, Healthy Hearts
Kayla Mueller

When we think of February, it’s natural to think of paper hearts decorated with lace and glitter, or heart-shaped boxes of chocolate. However, designated as American Heart Month, February offers a reason beyond romance to consider the cardiovascular system. The purpose of American Heart Month is to raise awareness of heart disease. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack.

Since 1963, February has been celebrated as American Heart Month, urging Americans to join the battle against heart disease. Starting in 2004, February has also been the signature month for the American Heart Association’s Go Red For Women Campaign. This effort urges people to wear red on February 6th to show support—and spread the message that heart disease is not only a man’s problem. So when you think of February, remember, hearts aren’t just symbols of love, but engines that keep a body running. To keep yours running smoothly, take care of your heart.
proposing good sense
Eron Ramadanov

With a new year comes change. At the start of his final full year in office, President Barack Obama proposed initiatives to reduce gun violence. Obama’s gun control proposal is split into two parts: actions and laws that need congressional approval, and actions and laws he has the authority to implement through executive order.

During his two terms as 44th President of the United States, Obama has been burnded with countless mass shootings throughout our country. During his seven years in office, congressional action on gun control has been nearly non-existent, but as President Obama gears up for life after the oval office, he has finally made some ground in the never-ending battle over guns in America.

Pending approval by Congress, President Obama’s deal would implement the following: requiring criminal background checks for all gun sales, reinstating the ban on assault weapons, limiting ammunition magazines over 10 rounds, banning public possession of armor-piercing bullets, and increasing criminal penalties for “straw purchasers,” those who pass background checks and purchase firearms for others who cannot.

Among actions President Obama can push through by executive order are the following: improving incentives for states to share information with the background check system, implementing a national safe gun owner-ship campaign, reviewing safety standards for gun locks and gun safety under the Consumer Product Safety Commission, committing to finalizing mental health parity regulations, and most importantly, requiring all federal agencies to set up a data-sharing background check system to detect red flags more efficiently. President Obama’s proposals have gained mixed reactions, as expected. Some have praised the President for moving forward on an issue that has plagued this country for decades—with or without help from Congress; others have called this another egregious act by Mr. Obama.

Chris W. Cox, Executive Director of the National Rifle Association’s Institute for Legislative Action, said, “The proposed execu-tive actions are ripe for abuse by the Obama Administration, which has made no secret of its contempt for the Second Amendment. The NRA will continue to fight to protect the funda-mental, individual Right to Keep and Bear Arms as guaranteed under our Constitution.”

He added, “We will not allow law-abiding gun owners to be harassed or intimidated for engaging in lawful, constitutionally-pro-tected activity – nor will we allow them to become scapegoats for President Obama’s failed policies.

However one feels about President Obama’s gun control proposals, there are both positives and negatives to his ideas, as with any legisla-tion put forward by the American, or any, gov-ernment. In the end, Obama clearly cares about this issue and is trying to do what he thinks is best for this country. Isn’t that all we can ask for in a president?

Faculty

Publication News

Longtime NVCC adjunct, Stephen Balkaran, currently teaching HIS218, African-American History, recently brought his third book to print: Before We Were Called Hispanics: Conversations on Race, Politics and Immigration Reform is a timely work, especially given the current political climate. Released on January 4, 2016, the book is available online. Look for a profile of Balkaran, also a faculty member in history and political science at Central CT State University and Quinnipiac University, in the March issue of The Tamarack.

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initiated. Program (DCEP) at ECSU, a program Dr. Núñez wanted to pursue her education. The book also recounts the young woman who, beyond anything, overcomes the obstacles and triumphs she faced as an immigrant to become the first woman to achieve such recognition. Dr. Núñez’s experience is a testament to the importance of perseverance and support in achieving one’s dreams.

The Tamarack, February 1, 2016

Opportunity and Support

During fall 2015, students from the WAVE-Workforce Achievers Value Education—Program gathered to begin the fall season by discussing a special book, *Hanging Out and Hanging On: from the Projects to the Campus*, written by Dr. Elsa Núñez, Eastern CT State University (ECSU) President and Board of Regents Vice President for State Universities. Dr. Núñez’s latest book gave personal accounts of obstacles and triumphs that were faced by an immigrant and young woman who, beyond anything, wanted to pursue her education. The book also highlighted students from Hartford’s inner city schools enrolled in the Dual College Enrollment Program (DCEP) at ECSU, a program Dr. Núñez initiated.

WAVE, grant-funded by Northwest Regional Workforce Investment Board, has been embedded on NVCC’s campus for over 10 years. Program participants, full-time NVCC students, are primarily from Waterbury’s inner city neighborhoods. The program provides a range of support and guidance. Because most WAVE students are first generation college students—first in their families to attend college—they need assistance navigating higher education.

While this holds true not only for WAVE students but for many NVCC students and college students nationally, WAVE’s primary objective is to help parents succeed in pursuing their dreams of college graduation.

NVCC President Daisy Cocco DeFilippis suggested to WAVE coordinators that *Hanging Out and Hanging On* would be a great read for WAVE, to jump at the chance to present this opportunity to students. The book’s author is a good friend of President DeFilippis and NVCC. The stories shared in the book resonated with WAVE students. First-year WAVE student, Emily Solla, felt inspired by the student who accomplished each task in the book and said, “Every accomplishment each student in the book had came from the will to both try and succeed in school. No matter how difficult things were in their lives, they continued to really inspire me to never give up!” Reading Dr. Núñez’s book led to great conversations and sharing of student experiences. Many WAVE students who related how perseverance and support of family members and others helped them find themselves as students.

The culmination of the book discussion came at the end of November when Dr. Núñez was back in Connecticut after being honored by the State of Regents Interim Provost and Senior Vice President Estela López, Ph.D. Students from A.I. Primec Technical High School also took part in a conversation fall of hope and promise. This event was not only the highlight of the semester for all who participated, but Dr. Núñez’s words, “Given opportunity and support...personal resolve can overcome social and cultural challenges that have presented a barrier to educational achievement for generations of inner city youth,” were truly an inspiration.

Brian Soto, 2-year WAVE student, praised the experience, saying, “Having faced the same challenges as students in the book, I personally connected with their stories. To meet Dr. Elsa Núñez and have such an open discussion, not only about the book but about her life experiences as well, was truly an honor.”

SUSAN HOULIHAN, CONTRIBUTOR
Her light shines on.

Giannone, a gifted artist, was scheduled to attend the Disney College Program after graduating from NVCC. Louis Romao, Casey’s Multimedia Instructor, said, “Casey lived up to her nickname, Casper (after the animated friendly ghost). She always had a smile on her face that lit up the room, and gave her best effort as a student. She will be missed by this instructor.”

Jerry Nevins, Casey’s Digital Imaging Instructor, praised her “sensitive appreciation of light and design. She edited the leaf image to develop a sense of inner light, and the beautiful single drop of water in the center is a metaphor for the self or soul.” Of the second image, Nevins said, “Her design sense is strong and her use of space and light compelling.”

A January 6th accident on Interstate 84 Eastbound in Waterbury brought tragedy to the NVCC campus. As our community mourns the loss of one of our own, 2nd year Digital Arts Technology major, Casey Lynne Giannone, of Beacon Falls, we celebrate the talent and unquenchable spirit of this special young woman, and join together in wishing her family and friends peace and comfort.

Now that we have your attention, we’d like to introduce you to NVCC’s largest organizational entity, impacting students’ lives daily. The organization is Academic Affairs, and these are the people who run it.

Academic Affairs encompasses the college’s rich academic portfolio; it includes four divisions, which cover every academic discipline and course offered at NVCC, plus seven units including the Learning Resource Center (Library), Education Technology, Distance Learning, Registrar’s Office, Bridge to College, Academic Center for Excellence (ACE), and Institutional Research.

The head of this organization is Dr. Irene Rios Knauf, Dean of Academic Affairs. Dean Rios Knauf’s role essentially is the oversight and collaboration of all academic areas with the mission to support academic excellence and student success. Rios Knauf encourages every student “to participate fully in our academic community, which is characterized by a culture of collaboration and innovation.”

The Dean is assisted in running Academic Affairs by Associate Dean of Academic Affairs, Dr. Ron Picard, who supervises the Learning Resource Center, ACE, and Institutional Research. Picard encourages students to discover all that is available at NVCC, saying, “We have a library that is second to none. The ACE provides academic assistance through its outstanding tutors for free. Students should make use of these exceptional free resources.”

Associate Dean Dr. Lisa Dresdner (AKA Dr. Dre) heads the LBSS—Liberal Arts/Behavioral & Social Sciences—Division. Dresdner is responsible for the Visual and Performing Arts, Pre-Social Work, Criminal Justice, Human Services, Digital Arts and Technology, DARC (Drug and Alcohol Recovery Counselor Program), First Year Experience, Psychology, Sociology, English, Communication, Anthropology, Political Science, and History. Dr. Dre urges students to “be curious, ask questions, and be open to new ways of learning.”

Mitch Holmes is Division Director for Business and Professional Studies, an academic division encompassing Accounting, Finance, Economics, Business Administration, Business Management, Legal, Computer Information Services, Hospitality Management, Automotive, Fire Technology and Aviation. Holmes also heads up a very successful Grant Program known as WAVE. He advises students to “Get to know faculty members early on to make connections for future success.”

Dr. Eileen George is Director of the Allied Health Division, which includes; Nursing, Radiological Technology, Respiratory Care, Physical Therapist Assistant, and Physical Education. Excited to move into the multi-million dollar Allied Health Center, George says, “This center will add increased capacity to current and new programs, as well as providing state-of-the-art simulation technology.” Dr. George adds, “NVCC has many strengths and resources for student success like the ACE and our great faculty who make magic happen in the classroom.”

Finally, Dr. Peter Angelastro, heads the STEM—Science, Technology, Engineering and Mathematics—Division which includes: Environmental Science, Horticulture, Electrical Engineering, Mechanical Engineering, Manufacturing Engineering, Engineering Technology, Engineering Science (a pathway to a 4-year Engineering Program), Advanced Manufacturing/Fabrication Technology, CAD, Biology, Chemistry, Physics, Math, Meteorology, Geology, and Astronomy. Angelastro’s advice to students: “Set a goal, plan to reach that goal, and meet with your advisor often so you can graduate in a timely fashion.”

These are the women and men who comprise NVCC’s academic leadership. While all are committed educators, who would love to be available to students 24/7, realistically, they can’t be. Therefore, a student’s first and best resources are faculty members and advisors. Getting to know them early in the semester, staying in touch, and approaching them first to Though details were not available at press time, the College will hold a memorial service to honor Casey later this month.

Send us your letters in response to articles, features, and profiles in The Tamarack. Limit them to 200 words and email them to tamarack@nv.edu with the subject like READERS RESPOND. Letters may be edited for length and grammar.
Addressing the State We’re In

Emily Daly

On January 13, President Barack Obama gave his final State of the Union Address to a fervent crowd at the US Capitol. The annual address before Congress gives the Presidential report on the condition of the nation and lays out a legislative agenda for the year. The chamber was filled with not only Congress members, but honored guests. Connecticut Governor Dannel Malloy had a prestigious seat beside the First Lady.

Many expected a grand gesture, a promise of hope like the one that made us believe in Obama in 2008. While there were no grand gestures, President Obama outlined four major points, problems he plans on tackling—beginning this year. The President isn’t just focusing on next year, but on the next five years.

The first point was the economy. Obama said, “The United States, right now, has the strongest, most durable economy in the world.” There have been more than 14 million new jobs created, while cutting deficits by almost three-quarters. Obama spoke of our ever-changing economy, shifting our focus to technologies.

Citing education as a necessity for a thriving economy, Obama stated boosting Pre-K programs encourages him to retrain for a business that’s ready to hire him. If that new job doesn’t pay as much, there should be a system of wage insurance in place so he can still pay his bills. And even if he’s going from job to job, he should still be able to save for retirement and take his savings with him.

Another point President Obama concerned the role of money in politics, namely that large, wealthy corporations use influence to best serve them, not the American people. Obama called for “outdated regulations...to be changed, and...repeal a tax...to cut.” He went on, “Food stamp recipients didn’t cause the financial crisis; recklessness on Wall Street did.”

Obama stated we must help countries that too often put quarterly earnings over long-term returns. He vowed to give small businesses and start-ups a voice, saying, “The rules should work for them.”

President Obama spoke of an America that “built a space program overnight and twelve years later, we were walking on the moon. The spirit of discovery is in our DNA.” In this spirit of discovery Obama announced a new national effort to cure cancer, putting Vice President Biden in charge. “For the loved ones we’ve all lost, for the family we can still save, let’s make America the country that cures cancer.”

Thirdly, Obama spoke of both climate change and its ties to foreign oil. Wind and solar energies are cheaper than oil and better environmentally. Solar energies save Americans tens of millions yearly, employ more people than coal, and pay better. While we’ve cut our dependencies, and our imports of foreign oil by almost 60%—and cut our carbon pollution more than any other country on Earth—Obama plans to invest in future areas creating coal energies—and changing how we manage oil and coal resources. Doing all this will help create a 21st century transportation system.

Finally, President Obama spoke of ISL, recognizing they’re a threat, but not so much that we need to cover in fear. “In today’s world, we’re threatened less by evil empires and more by failing states.” He went on, “Masses of fighters on the back of pickup trucks and twisted souls plotting in apartments or garages pose an enormous danger to civilians and must be stopped. But they do not threaten our national existence.”

Obama then told Congress if they’re serious about winning, they should declare war against ISIL. However, he said ISIL will learn the lessons before they have: “If you doubt America’s commitment—or mine—to see justice done, ask Osama bin Laden. Ask the leader of al Qaeda in Yemen, who was taken out last year, or the perpetuator of the Benghazi attacks, who sits in a prison cell. When you come after Americans, we go after you. It may take time, but we have long memories, and our reach has no limit.”

Obama stated we must help countries who need it—Cuba, by lifting the embargo, and Latin America by extension. We must help those in Colombia fighting a decades’ long war—and Ukraine fighting to defend democracy. We must toe the line as the world’s peacemaker—without becoming the world’s police—as only America can. “That’s strength. That’s leadership. And that kind of leadership depends on the power of our example.” These are strong words from a strong leader with no limits.

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One of his most important points he planned to tackle was Social Security and Medicare. For most Americans, especially those in small businesses and start-ups a voice, saying, “The rules should work for them.”

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Summer Dreaming

Now that Storm Jonas has brought the winter that almost wasn’t, The Tamarack offers hope in these images of our beautiful campus from last summer. As Bettie Millers sings, “last remember in the winter, far beneath the bitter snows, lies the seed that with the sun’s love”—ah, you know the rest. Be patient, NVCC. Winter can’t last forever.

Don’t Miss

SGA Meetings – Wednesdays, 4:00-5:00pm L501 – All are welcome at weekly Student Government Association meetings to discuss important topics and issues.

BSU Meetings – The Black Student Union meets Tuesdays at 2:30pm in Prism Lounge. Join us!

New Workshops Workshop – Monday, February 8, 11:30am-12:30pm. A workshop geared toward people entering the workforce for the first time, this workshop focuses on topics such as writing resume and cover letters and creating a positive online profile. Sponsored by the Center for Job Placement and College Opportunities in L524.

FASFA Workshop – Saturday, February 27, 9:00am-11:00am FASFA Workshop (T301) – Need help understanding the financial aid process? Attend this free workshop to get your questions answered!

Ottak Club Meeting – The Ottak Club meets Mondays and Wednesdays from 2:00PM-3:00PM in S518.

Newman Club Meeting – The Newman Club meets Mondays from 2:00PM-4:30PM in S502.

Agro-Bio Club Meeting – The Agro-Bio Club meets Mondays from 3:00PM-4:45PM in E171.

Health & Nutrition Club Meeting – A new club, the Health and Nutrition Club meets Tuesdays from 1:30PM-2:00PM in the Tech Dining Room – T331.

Pride Ally League Meeting – The Pride Ally League meets Wednesdays, 12:00PM-10:00PM in S518.

HSU Meeting – The Hispanic Student Union meets Wednesdays, 1:00PM-2:00PM S518.

Interactive Media Club Meeting – The Interactive Media Club meets Wednesdays, 1:00PM-3:00PM S505.

Interview Skills Workshop – Thursday, February 18, 1:00PM-2:00PM. Sharpen your interview skills at a workshop hosted by the Center for Job Placement and College Opportunities in L524.

Valentine’s Day Party – Come celebrate Valentine’s Day with a party thrown by the Stem Club.

FACES IN THE CROWD
Eternally Grateful
Samantha Capaldis

I used to hate school. Toward the end of high school, I decided I didn’t want to go to college because I didn’t know what I wanted to do and I didn’t want to waste the money. My dad had a different idea, though. He said if I got my Associate degree, I could take one year off to travel before going back for my Bachelor’s, I agreed, and thus began my four-year adventure at Naugatuck Valley.

I started in the fall of 2011, and it was pretty clear I still disliked school and still had no idea what I wanted to do with my life. As the semesters went by, my coursework left me feeling full of Pop-Tarts and hating people. Fall of 2014 was the semester that changed the game. I took three classes that all played a large part in changing my opinion of both Naugatuck Valley and school itself.

Acting I, Abnormal Psychology, and Intro to Graphic Design all taught me to love school and appreciate my education. It was my last semester before graduating and the semester that made me realize I wanted to continue on to get my Bachelor’s degree.

One week before I was set to graduate, my dad died. I had gone through most of high school attempting to grasp the loss of my mom when I was fifteen, and now that I was finally about to graduate, I lost my dad. College had always been a rough subject for my dad and me, and here I was, about to finish, and the one person I wanted to see me finish wasn’t there. I’m not even sure if I had told him I wanted to immediately go on to get my Bachelor’s degree. But here I am, sitting in my dorm room at Loyola University New Orleans, working toward a degree in Creative Writing. There was no way I could have done this without Naugatuck Valley, and for that, I am eternally grateful.

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 email SGA@nvcc.commnet.edu.

Tamarack
Edit Meetings

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

Can you find it?

Each month, we’ll feature a picture of an area or object on campus you probably pass by countless times each week. But can you identify it? Submit your answer to tamarack@nvcc.edu for a chance to win a $10 Dunkin’ Donuts gift card. Winner will be chosen randomly from correct entries received.

FEBRUARY PUZZLE
Answers to the puzzle clue can be found in this issue.

Across
1. Missing Archer is an extremely generous donor to Graphic Design all taught me to love
2. ____________ Kenan is the Dean of the School of Architecture
3. Black Lives Matter
4. ____________ is the leader of the STEM Division
5. ____________ is the topic of Stone Delvalle’s Recently Read article
6. ____________ offers tips from ___
7. ____________ is Eternally Grateful
8. ____________ Delvalle discussed.
9. ____________ shares his work in this issue
10. ____________ Hayes writes about the controversial topic
11. ____________ shares a review of Broadway’s
12. ____________ is the leader of the STEM Division
13. ____________ of both Naugatuck Valley and school itself.
14. ____________ is the leader of the STEM Division
15. ____________ is the topic of Stone Delvalle’s Recently Read article
16. ____________ stands for Science
17. ____________ is Eternally Grateful
18. ____________ of both Naugatuck Valley and school itself.
19. ____________ is Eternally Grateful
20. ____________ stands for Science
21. ____________ is Eternally Grateful
22. ____________ stands for Science

Down
1. ____________ is Eternally Grateful
2. ____________ is Eternally Grateful
3. ____________ is the topic of Stone Delvalle’s Recently Read article
4. ____________ shares his work in this issue
5. ____________ shares his work in this issue
6. ____________ shares his work in this issue
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22. ____________ shares his work in this issue

Liberal Arts major, Joe Adomavicia, a longtime contributor to Fresh Ink, answered our call for original works. We’re pleased to present his poem, and remind readers the deadline to submit work to be considered for the 2016 issue of Fresh Ink is March 1st.

We, Americans Refacing the Nation – Joe Adomavicia

Think of our country As one big puzzle. Each piece fits snug Into but one or two others, There is no Great art in that, Are we but, a small pretense? Artfully pretending That we are all Just one poem, Same puzzle. Those who would Categorize, segregate, Instinctually, face-divide. Can a face truly function when Parted by color, faith, Puzzle pieces, eyes, ears, cut off, Insular, singular, dissected entities, A solitary piece, a completed poem be? It cannot be so.

The different pieces, individual unique shaped, Yet, as a baby to old man, The face the same, yet Ever changing, The only constancy, The change of change Refacing the nation There are pseudo-trigger pullers. Dividers, our politicians, Lawyers, who sue for the Profits of division, Not for Justice. We are the electors Of those who proclaim Bigotry In our name.

So let us Segregate ourselves, In Unity, Let us categorize ourselves, As We, Americans, One nation that never ceases to Reface for the better.
We’ll help you become your best self

Accelerated Adult Degree Program

Our IDEAL program allows you to balance life’s demands while completing an associate’s or bachelor’s degree. Our convenient evening, weekend, and online courses allow you to complete your education on your schedule.

Transferring to UB is easy, affordable and convenient

TRANSFER CREDITS
Upon acceptance, students receive a transfer credit evaluation and have the ability to transfer up to 66 credits from two-year colleges.

CONVENIENCE
Campuses in Bridgeport, Waterbury, and Stamford offering evening, weekend, and online courses provide flexibility to structure a schedule around your family and career.

FINANCIAL AID
96% of all UB students receive financial aid. Packages may include academic and need-based scholarships, with the average transfer scholarship exceeding $11,000.

IDEAL Information Session

Wednesday, February 10
6:00 PM

Waterbury Center
84 Progress Lane
Waterbury, CT 06705

Stamford Center
5 Riverbend Drive, Building 5
Stamford, CT 06907

Bridgeport Campus
126 Park Avenue
Bridgeport, CT 06604

Learn More
203.576.4800
idealinfo@bridgeport.edu
bridgeport.edu/ideal
The short story, The Snows of Kilimanjaro, is a treat for both Hemingway fans and those just catching onto his brilliance. Showcasing the author's talent in just thirty pages, the story provides a terrific introduction to his work as well as new themes he echoed in his other work. Having read five of Hemingway’s acclaimed novels, I was delighted to find this gem and realize there is so much great work yet to read.

The content reflects Hemingway’s thoughts and experiences at the time of this story’s publication, 1936. Plot, dialogue, and setting all connect with his life experience. The setting, an African safari, is based on a real 1933 trip – the idea of having an illness—specifically gangrene—while cut off from society, is drawn from Hemingway’s contraction of dysentery which required him to be evacuated from the aforementioned safari.

The story begins with the protagonist, Harry, near death after a cut on a small camp in Africa. He’s alone except for his wife and local guides employed to help him hunt. Having failed to use iodine on a cut from a rhinoceros, Harry became ill, the resulting infection turning gangrenous. They can do nothing but wait for a plane to bring him to medical aid.

Completing his encounter with death, Harry argues and makes up with his wife. She’s convinced he will live; Harry is certain he will die. He considers the hyenas and vultures lurking outside camp, and pleads for whisky to ease his pain. While these things happen, the reader is given insight into Harry’s thoughts on his seemingly last day on earth.

Hemingway employs a stream-of-consciousness style, telling the story from both a real world view and through Harry’s inner memories and perspectives.

Harry remembers places and experiences that significantly impacted his life. His first World War I memory (Hemingway served as ambulance driver) is of a friend almost blown to pieces by a German shell. Another memory concerns writing a letter to his first wife, attempting to get her back, and then receiving a letter from her saying she had tried to hide it from her second husband. Other flashbacks take the reader from Paris to Constantinople (now Istanbul), from before and after the war.

An interesting part of this piece is Harry’s disappointment as a writer over how little opportunity he would have to write with his life in the balance. There is so much unwritten, clearly a reflection of Hemingway’s own thoughts of mortality.

As he contemplates his encounter with death, he writes this fantastic work written at an interesting point in Hemingway’s life. In the 1930’s he had experienced the Great Depression and World War II and his father’s suicide, had realized success with The Sun Also Rises and A Farewell to Arms, had two wives and four children, and moved away from Paris, living respectively in France and Wyoming. This was all before the pressures of World War II, publication of For Whom the Bell Tolls, and Hemingway’s marriage to Martha Gellhorn. In this story, he is as sharp, brilliant, and poignant as ever.

**In Anxious Company**

Christopher Gordon

Anxiety, a little word to describe a profound feeling. Anxiety is a necessary response, keeping the mind focused and providing motivation to double-check work. Unfortunately, anxiety can lead to crippling doubts about everyday terms if not properly managed. For example, if you find yourself anxious about many things, and fear and stress are becoming excessive, you are not alone. Anxiety also stay motivated, but the means to reduce and manage such problems are widely available.

The first step to reduce anxiety, especially in college, is limiting caffeine. As a student, I know caffeine can be a seductive mistress, especially when late night study is required. Caffeine is also a great way to trigger the “fight or flight” response, a cute phrase that applies to anxiety. Before you light the torches and call for my head on a platter, try reducing caffeine consumption when other stresses are at a peak, and see how you feel. Eating an apple can help you stay awake, and won’t cause your body to react as if under attack. Not to dig my grave deeper, but salty and sugary foods can also increase anxiety.

Anxiety is the healthy body leads to a healthy mind. Now that you are trying a healthier diet, it may be worth considering adding exercise to your schedule. While the link between anxiety and inactivity is unclear, results show people who exercise have less overall anxiety and depression. Whether from endorphins released while exercising or because it takes your mind off worries by focusing on fitness, exercise is one of the healthiest means to fight anxiety.

Talking about anxiety with trusted friends. The burden of college becomes easier when you don’t carry it alone. Knowing other people and exercise not just as much time worrying over grades makes it easier to acknowledge you are not failing. Check in with other students and see if they have a similar experience, and you will be surprised by the results.

We all have worries; that’s part of being human. But anxiety can be powerful, and sometimes it requires more than one person to handle it properly. If you have issues with anxiety, remember you are not alone.

**Voices for a Union**

Christopher Gordon

The world changes fast, and being willing to make changes and preserve our unique concerns and heritage is what is needed to ensure this new world fits the needs of as many people as possible. Certain individuals have a voice that can influence our government, and they don’t drown out everyone else’s voice. Added to this is the conversation from citizens who are concerned with ratings above offering unbiased information.

To create a world where everyone is equal, regardless of race, religion, status, gender or sexuality, everyone should feel free to speak equally.

The act of talking over another is deceptive, because it gives the quiet ones the feeling that they do not have a voice. The truth is speaking up that can stand against scrutiny are solid ones, and a thought that can enhance or change an idea is similarly effective. It does not matter where these thoughts come from, establishing a strong and equal world is what is truly important. NVCC student, Rachael C., stated, “I might look around at the audience, but I think, if there is something to say there are ways to say it.”

Speaking out is more than a good idea; it is a right granted to all. Because of an equal voice, the U.S. now recognizes same sex marriages, freedom from unjust bondage, and unfettered access to health care regardless of ability to pay. The individuals who would speak out against all of these new policies are free to do so, and in the process make these policies stronger.

Without both sides of an argument that argument will crumble, and everyone is poorer for the experience.

Omitting a vital segment of the people weakens the nation. All voices are needed for a Union that represents all people.

**Motivation Station**

Alyssa Katz

Having enjoyed the month-long winter break (perks of being in college) it’s time to focus on school. Hopefully, you’re relaxed and prepared to settle into the spring semester. Even though we’re excited to be back, most of us inevitably dread waking up early, doing hours of homework—and all that stress. Sure, I know my education is important, and will pay off in the long run, but it’s sometimes hard to stay motivated and keep the drive to succeed.

Allegheny College has some tips to keep you motivated:

- **Set small goals that are achievable.**
- **Reward yourself:** by doing something you always wanted to do but never got around to doing.
- **Don’t get discouraged.** Don’t give up.
- **Use the power of positive thinking.** It’s hard to stay motivated with distractions in your way; it’s difficult to make time to complete assignments with a busy schedule. Rushing assignments, though, doesn’t guarantee good grades and does not look good on your transcript. The answer: be organized. Write assignments in a place you know you will look. Take a picture of the board, set reminders on your phone. Don’t procrastinate.

I admit I procrastinate, so I try to make time to stay after school to complete assignments before going home. I know this is not the case for everyone. We all have responsibilities to work around when going to school. But it took a lot of courage to go to college in the first place.

Don’t lose that mindset just because things may be stressful for the time being. Stay positive! Keep these tips in mind to be successful.

Good habits and a little luck should land us through the semester—and prepare us for whatever the future holds.

**February Puzzle**

Answers to the puzzle found can be found in this issue.

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**FACES IN THE CROWD**

Vincent Espino

A young leader at only twenty-one-years old, Vincent Espino is taking on a number of endeavors and giving back to his community for all while managing school and work. His decision to pursue a degree at NVCC was influenced by the work he was already doing. “I already have the experience,” Vincent explains, “I just need the education.”

Vincent works with the Department of Children and Families to share his voice on important topics, including his own personal experiences as someone who has faced foster care himself. He speaks at foster parent training sessions and presents policies to state legislators. He has traveled to Florida, Massachusetts, and even the White House. Vincent is also a member of the New England Youth Coalition where he offers mentorship and speaks on behalf of at-risk youth issues affecting those in his community.

In addition to his current work with youth, Vincent also had the opportunity to work as an intern at the truancy program at Waterbury Youth Services during his last semester at NVCC. He explains his age and experiences really helped him reach his clients and motivate them to do better in school.

Upon graduating from NVCC in December with an Associates in Human Services/Pre-Social Work and finishing his internship, Vincent has been hired at Waterbury Youth Services as a case worker for a new home they have opened for homeless youth called New Prospects.

All of this experience NVCC helped solidify his goals and dreams. He describes his education as “the icing on the cake,” making him more confident and credible. He plans to continue his journey toward becoming a Human Services professional at Western Connecticut State University where he wants to obtain a bachelor’s in Social Work.