In the first days of April, the bustling fifth floor walkway began to flutter and glow with color as flags went on display. Representing the home nations of students attending NVCC, these colorful arrivals were the first sign of powerful events to come, as the College’s International Center for the Arts Prepared to host its third annual Festival. The International Center for the Arts Festival was held April 15th – 17th to celebrate “who we are” at NVCC. This year, the festival featured performances focused on the continent nations of students attending NVCC, to offer the same type of warmth I have received here. NVCC has become a second home to me. As I prepare to graduate but also acknowledged how sad I am to leave. NVCC has supported and furthered my potential to the last sibling. As I move forward to the beginning of my new journey at Central Connecticut State University, I feel fully prepared for any of the challenges I may face in the semesters ahead. This is an invaluable feeling, and I know I have the amazing faculty and staff of this school to thank for that. To those graduating as the Class of 2019 with my sister and me this month, I just want to express my sincere congratulations. I know it was difficult—and at times seemed impossible—but we made it. To those who still have semesters ahead before commencement comes keep going! When those assignments pile up, and it seems like you will fail, ask for help! If there is one thing I know, it is that at NVCC there is always someone ready to help you if you are ready to ask. A Traditional African mask used in Wednesday’s dance performance. The Festival, a beautiful and timely moment in the Festival’s finale dance. The International Arts Festival was held April 15th – 17th to celebrate “who we are” at NVCC. This year, the festival featured performances focused on the continent nations of students attending NVCC, to offer the same type of warmth I have received here. NVCC has become a second home to me. As I prepare to graduate but also acknowledged how sad I am to leave. NVCC has supported and furthered my potential to the last sibling. As I move forward to the beginning of my new journey at Central Connecticut State University, I feel fully prepared for any of the challenges I may face in the semesters ahead. This is an invaluable feeling, and I know I have the amazing faculty and staff of this school to thank for that. To those graduating as the Class of 2019 with my sister and me this month, I just want to express my sincere congratulations. I know it was difficult—and at times seemed impossible—but we made it. To those who still have semesters ahead before commencement comes keep going! When those assignments pile up, and it seems like you will fail, ask for help! If there is one thing I know, it is that at NVCC there is always someone ready to help you if you are ready to ask.

Tearing Down Walls, Building Community

Moments Pass Quickly, Memories Last

Ana Cruz, S.G.A. Vice President

As I prepare to graduate next month, I have begun to look back on my years here at NVCC. What sticks out most as I roll back the dates in my head to the fall 2016 semester are the faces and names of the people walking these halls with me. I started out a nervous wreck, with no confidence in my own ability and no clue where I was headed. If it was not for each professor, classmate, and friend I made along the way you would not be reading these words. Without them, I might have quit and given up the struggle halfway through that first semester, but they believed in me and encouraged me every step of the way. Because of them, I can walk across that stage with my head held high, knowing without a shadow of a doubt that I earned that degree. These halls contain a million memories for me. It feels as though leaving them will be like leaving an old friend. In so many ways the people here, from faculty and staff to fellow students, have made me who I am today. They went above and beyond with all their letters of recommendation, words of encouragement, guidance, and late night phone conversations figuring out how to write our final papers. To those people I extend my heartfelt gratitude and the promise that I will carry those kindnesses with me for many years to come. You know who you are. Come graduation, my sister and I will be the last of six brothers and sisters to graduate from Naugatuck Valley Community College. At every turn, this college has supported and furthered our potential down to the last sibling. As I move forward to the beginning of my new journey at Central Connecticut State University, I feel fully prepared for any of the challenges I may face in the semesters ahead. This is an invaluable feeling, and I know I have the amazing faculty and staff of this school to thank for that. To those graduating as the Class of 2019 with my sister and me this month, I just want to express my sincere congratulations. I know it was difficult—and at times seemed impossible—but we made it. To those who still have semesters ahead before commencement comes keep going! When those assignments pile up, and it seems like you will fail, ask for help! If there is one thing I know, it is that at NVCC there is always someone ready to help you if you are ready to ask.

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Colorful Truth

Gwenwydd Miller

This March, Safe Space Club members attended the True Colors Conference for the second time. True Colors is an annual LGBTQIA gathering devoted to creating a safe place where everyone feels welcome no matter their sexual orientation, gender, race, religion, or any other aspect that could be a cause for discrimination. The organizers are looking to create a world of equality and acceptance for all. True Colors is a nonprofit which works with social organizations, schools, and other organizations, and their mission is to ensure the sexual and gender needs of minority youth are both recognized and met entirely.

The conference is the largest LGBTQIA event in the nation, hosting over 3,000 people each year at the UCcon Campus in Storrs. This year, the event was held on March 22nd and 23rd. Ten students from NVCC’s Safe Space Club, along with the two club advisors, Prof. Nikki McGary and Prof. Chris Rempler, were sponsored by the Connecticut Community Foundation’s Pride Fund, and therefore were able to attend this year’s conference. The SGA, Student Activities, and the Office of the Dean of Student Affairs also did their part in making the trip to True Colors possible.

Three workshop sessions were featured throughout the day, as well as an hour for lunch. Most who attend the conference find themselves going workshop to workshop, but there are also other ways to spend time there, such as full rooms of vendors and booths with opportunities being showcased. TD Bank is a big sponsor of True Colors and also had a table there. The workshops touched on many different issues, from finding yourself through a story’s character, dealing with a current event, understanding what it is to be a transgender, and a whole array of other topics geared towards helping LGBTQIA youth and adults navigate their identity and mental well-being.

One club member, Heath Ruskowski, also one of the panelists at the Zero Discrimination Day event held in Cale West this past February, actually hosted a workshop. The topic was Gold Star Lesbianism, though it also touched on non-binary identity and dating, as well as several other topics.

The weather also showed its LGBTQ spirit at the conference, deciding it would be just as diverse as the people being celebrated. From rain to snow to a tiny bit of sun and back to snow, even though there were no rainbows in the sky, pride flags and other clothing and accessories provided rainbows enough to make it a beautiful day.

The True Colors Conference is an awe-inspiring event; those who host the conference are highly motivational people who seek to spread love and acceptance to the world. The first thing they shared with the very crowded theater at opening remarks was that everyone is welcome and that everyone in the theater belonged where they were, no matter what they were. There are not too many places where people can meet with that kind of greeting, but as the mission continues for True Colors and other LGBTQ organizations, maybe one day there will be.

I know that you also respected him as your teacher.

The loss of the Professor seemed to happen so suddenly, but Chepya’s memory will always go on. By the end of the day, word of Professor Chepya’s death had spread, and with it, sadness darkened the campus. Student Isha Stroud was one of many affected, saying, “Although I have only known Professor Chepya for the duration of this semester, he was someone I continued to want to talk to. It was quite evident how passionate he was about the subject matter of real estate, and law in unions.”

Throughout the years, Chepya had been known at both Post University and NVCC for teaching Legal Studies. He served at Post for nearly 30 years, working as Academic Program Manager for Legal Studies, and he had been a crucial member in the early development of Post University Online. He had also started an online journal, Digital Life and Learning. Professor Chepya recently wrote and appeared in digital shorts called Peter’s Law. Peter’s Law can be viewed at http://www.coarsematerials.net101/index.html. In addition to those colleges, he also taught at University of Connecticut, Husson University College and many more.

I am so grateful for all the opportunities allowing me to be your SGA President. I hope you all have a wonderful summer. And I hope to see you again next year!

Best Regards,
Tabitha Cruz
The Tamarack Staff / NVCC News Release

Running for a Purpose

March 24th brought more activity than a typical Sunday to the NVCC campus. Close to 100 runners—community members, students, faculty, and staff—took part in the second annual NVCC Food Pantry Run. The event was a great success, raising over $30,000.00 for the Food Pantry.

The pantry, staffed by one AmeriCorps Vista Worker as well as various student workers, opened just over a year ago. It provides “grab and go” service—featuring granola bars, and warm items, such as individual-serving size ramen noodles, soups, mac & cheese, or pasta—Mondays through Fridays, for students needing a quick snack or meal. The pantry’s grocery area allows students in need to pick up 20 items monthly. The pantry provides nutritional options for nearly 20 students each day. With a 10:00 AM start at Founders Hall, the Run Race course allowed runners or walkers to complete a 1.5 mile loop (2.5K) or complete the course twice for a full 5K run. Trophies were awarded to the top female and male runners, and first, second, and third place medals were awarded to runners across different age divisions.

One of the organizers, NVCC Professor of Social Work Studies Christine Cocchiola-Meyer, thanked President De Filippis for her support, along with Obdulio Plaza, Jonathan Cyrns, and their staff, who handled setup and breakdown for the event. Joanne Kokoros and her Greater Waterbury and Greater New Haven Pageant participants were also thanked for their participation and support. Finally, Cocchiola-Meyer expressed her gratitude to the students, faculty, and staff volunteers on hand.

NVCC President Daisy Coccio De Filippis called the run “one of many very generous events at NVCC that speak about the value of community and the generosity of faculty, students, and staff.” Generosity was clearly a community effort as Subway donated free lunch to runners, and additional sponsorship came from Naugatuck Valley Gastroenterology Consultants and St Mary’s Hospital, as well.

Honor Adjuncts

Sharing Nature’s Spirit

William (Chris) Brown

William (Chris) Brown, born on the East Coast, and raised in New England, has always had an affinity for nature and all its wonderful inhabitants. As a child, he often found combing the local streams and wood areas, trying to catch any reptile or amphibian. After moving to California for college, he discovered a love of the ocean and all its amazing creatures.

Chris took his first ceramics class at NVCC (then Mattatuck Community College) in 1989, sparking a passion for art that led him to earn a graduate degree in ceramics. Now, Chris has returned to his roots at NVCC to teach ceramics, in hopes of spreading the creative enthusiasm and passion that began his lifelong journey as an artist.

Chris received a Bachelor of Art degree, focusing on sculpture, at San Diego State University. During his time, he spent a semester in London and traveled throughout Europe, and India, exploring spiritual communities and practices. He then completed a Master of Fine Arts in Ceramics at the University of Hawaii.

Chris’s love of animals is clearly reflected in his art. As Chris’s work transformed and matured from sculpture, painting, ceramics, and mosaics, one theme remained throughout—his love and joy of sculpting all nature’s creatures, from bugs, birds, bears, and lizards, and any other animals that catch Chris’s attention are four-legged friends.

However, Chris’s deep respect and sacred treatment of nature’s creatures reaches far beyond his skill for figures. Chris’s art and teaching focus on spirit, honoring the inner world, and our connectedness with nature.

On April 15, 2019, fire engulfed the iconic Notre Dame Cathedral, the pinnacle of French faith. Its majestic spire, fallen, is no more. This inspiring historic site, seriously damaged, is now just a shell of its former glory.

I remember, as a child, watching the Disney movie, “The Hunchback of Notre Dame” and wondering if there really was someone with a disfigurement living in the real Notre Dame. Needless to say, as I got older and wiser, I learned it was a story of fiction. But the actual Notre Dame was still a fantastic site for those able to visit the cathedral in person.

Nicknamed “The Forest” due to the interior of the cathedral being built from hundreds of thousands of planks of wood, the cathedral was undergoing renovations when the fire began. Although the full extent of damage was not clear at press time, the famous twin towers of the front façade, as well as the remaining stone exterior surrounding the former roof and spire, remain.

Many firefighters battled the flames from both inside and outside the structure, with several others running in and out trying to save the works of art and artifacts from within the scorching building. Bystanders watched and wept as the cathedral glowed with flame. The devastation was clear, with one individual saying that it is a “cathedral of fire.”

Seeing the news, I heard someone say, “Not only is Notre Dame a symbol of the Catholic Church, but also a symbol of lower case ‘catholic,’ meaning all-encompassing.” The term Catholic means all inclusive, which is why the Catholic denomination of Christianity called itself such.

I have family who live in Paris, and I cannot imagine how they must feel seeing this happen. Any sacred place, whether Notre Dame or the Dome of the Rock for Muslims, any loss of a historical/religious structure or work of art or literature is a tragic loss for humanity as a whole.

Mankind has labored for years to create amazing monuments only to have these efforts eroded within hours, minutes, seconds. We must appreciate these iconic achievements and work to preserve them for future generations; otherwise we will only be2 faded memories lost to history.

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Happenings @ Other Colleges
Alyssa Katz

Transfer Advice
Alam Khan

Boston College
May 2nd, BC undergraduates will have the opportunity to “Lunch with a Leader.”

The event “offers opportunities for students to meet with leaders in close quarters for lunch and informal conversation.” This particular event, of special interest to leadership and informal conversation. “This particular event offers opportunities for students to learn from others’ experience as they prepare to transition to the next educational stage. Having a chance to gain information from those who’ve already gone through the transfer experience helped remedy anxiety over the unknown. The panel featured voices with different perspectives, covering a wide net of diversity—from soon-to-be BC grads to those finishing bachelor’s degrees or studying toward advanced degrees—to help attendees understand what to expect from the transfer process. Panel members: Jenny Sung, Pedro Silva, Brittney Romagna, Jaren Harris, Nicole Hayes, and Whitney Troy (pictured t o r), eagerly answered prepared questions as well as audience questions. Topics included when to start applying to different institutions and whom to ask for help. With calm demeanor and insightful input, the panelists also urged students to visit schools under consideration to determine whether they’ll be a good fit. There was other important information on everything from writing application essays to securing scholarships and considering applying for resident assistant positions to help defray the cost of living on campus.

Events where current students can learn from those who have gone before them can bring awareness on how to successfully prepare for the future. SGA clubs should consider applying similar paradigms, bringing in a panel of people to provide similar insight in their own areas.

Thank you to the coordinators—both staff and faculty members—for providing excellent resources such as this and investing their energy time and again to keep NVCC students driven to meet their respective degrees. Thanks for sharing your information on everything from writing application essays to securing scholarships and considering applying for resident assistant positions to help defray the cost of living on campus.

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A Bright New Opportunity
Tamarack Staff

King's College, London
May is awareness month for a number of medical conditions, such as Allergy and Asthma Awareness, Cystic Fibrosis Awareness, Hepatitis Awareness, Lupus Awareness, Melanoma Skin Cancer Awareness. With that in mind, London's King College is hosting multiple events and seminars catering to medical topics. These include: “Department of Medical & Molecular Genetics Seminar” on May 3rd, in which Dr. Sloane Nejentsev from the University of Cambridge, “Dementia Research Open Day.” May 10th, featuring demonstrations and discussions of the latest research on dementia; “Epithelial Cell Extrusion and Its Misregulation in Disease,” May 21st, with Professor Jody Rosenblatt describing her findings on epithelia extrusions. These are only a few of the events the college will host throughout the month.

https://www.converscollege.edu/ event/1776-musical-theatre-conversa-

Converse College
From May 1-4, South Carolina’s Converse College will stage 1776, the Musical.

Along with plenty of show tunes, this witty, insightful retelling of the birth of our nation features the pages of American history textbooks come to life. In 1776, the colonies were fighting to gain independence from Britain. The play dramatizes the challenges of creating a new nation, and the uncertainties the founders faced. The musical attempts to show our nation’s leaders as they were: “proud, frightened, uncertain, irritable, charming, often petty and ultimately noble figures, determined to do the right thing for a fledgling nation.”

https://www.converscollege.edu/ event/l776-musical-theatre-conversa-

Photo Courtesy of Casee Marie Clow

Nipsey Hussle
Legends Never Die
Imani Stewart

Nipsey Hussle was an astounding Black man who went above and beyond to support his community. He was gunned down in broad daylight by suspect, Eric Holder. LAPD’s Chief of Police, Michel Moore said, “The police believe the shooting stemmed from a dispute between Mr. Hussle and Mr. Holder” and that “We believe they were known to each other.”

As he’s still a suspect, they do have Mr. Holder in custody trying to get more information. The L.A.P.D. Chief also mentioned that “once the suspect shot Hussle multiple times, he ran into a back alley and drove away, so the murder is unfolding as a planned operation.”

Nipsey Hussle was laid to rest on April 12th, 2019, leaving behind two children: his son, Mo and his daughter, Emani Asghedom. Asghedom, as well as his long-time partner and mother of his children, Lauren London. This is a tragedy not to be forgotten. Another great influential Black activist gone is may rest in peace, and I add my condolences to all those extended to his family.

Fellowship and Fundraising
Christian Soto
As SGA Secretary, I have had the privilege to attend many events at NVCC. All of these activities have always served the cause of bringing people together to help the needs of our communities. Some of the recent events have included the International Festival of the Arts, the Music Society Coffehouses, and the St. Patrick’s Day gathering. At each of these events, people came together, shared fellowships, got acquainted, and socialized. It seems like we always have the greatest food. I don’t want to leave that part out.

The International Festival allowed us to experience and understand the cultures of different countries, their histories, and the lifestyles of the people. The Coffehouse is a showcase of musical talent where people perform songs—both by singing and playing musical instruments—allowing people to share their gifts, socialize, and meet new friends with common interests. Parties, like the recent St. Patrick’s Day celebration, in honor of St. Patrick, a missionary to Ireland, also allow people to come together and have fellowship.

As for me, by going to these events, I have learned an awful lot about people. I have been able to understand people better, make new friends, and I have been able to relate better to people. For these reasons, I encourage everyone to take part in the events remaining this semester—and to get involved again in the fall.

Another important aspect of the SGA’s events is that, often, we also use these events to raise funds for area charities. This semester, we are focused on the St. Vincent de Paul Society, which provides support for Waterbury residents struggling with poverty and homelessness. They address these issues with the Soup Kitchen, and they also have a shelter for individuals and families who are homeless. At this present time, St. Vincent is working to establish an educational room for children, and the SGA’s fundraising efforts this semester are dedicated to helping them. They are currently accepting books and toys for the new room. Anybody interested in donating can bring their donations to the Student Activities office.

May is a time to renew our faith in manifesting bright and beautiful things, one of which is NVCC’s new third credit course, HUM 231: Teaching Yoga I. The course is now on the schedule for the fall 2019 semester. It will be taught by Associate Professor Kate Pelletier, who is herself a registered yoga teacher, E-RYT 500/RYT 500, and owner of Little Wave Yoga in Stratford, CT.

This course will serve as an introduction to teaching vinyasa yoga, a style of yoga that links breath to movement and flows from pose to pose. Students will learn about the postures from both anatomical and energetic perspectives and ultimately design, sequence, and teach effective practices for individuals of all levels. With a strong meditation, breath-work, and embodied teaching presence will also be explored.

Any student who has previously taken HUM 100: Philosophy and Practice of Yoga, or who practices yoga regularly, is eligible to take this course. It’s a great chance to explore yoga more deeply, whether you’re considering teaching yoga in the future or are simply interested in making yoga more central to your life. Please contact Professor Pelletier (kpelletier@nv.edu) if you have any questions regarding the College’s upcoming yoga offerings.
Between the Bookends

Tackling Procrastination

Jaime Hammond

Jaime Hammond is the Director of Library Services. She loves being a college community librarian and wants you to ask her obscure questions.

A few weeks ago, I was reading an article in The New York Times, “Why You Procrastinate (It Has Nothing to Do With Self-Control)”. According to the author of the book, The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done, the real reason people procrastinate isn’t laziness or a failure to manage their time—it’s because they choose to deal with short term emotions instead of longterm productivity. In simpler terms, it’s because they have negative feelings about the task, such as insecurity or fear.

As a librarian, I see many students dealing with feelings of stress and anxiety when it comes to writing research papers. Students often feel overwhelmed when choosing a topic, unsure of where to start their research, or afraid. Those are really negative emotions! No wonder many students choose to procrastinate, or do the opposite—resist any task that might involve some level of thought or effort.

So, what can you do about it? For starters, you should know everyone feels that way! m! is normal to feel a range of emotions when faced with writing something. Writing is like training for a race—the more you do it, the easier it is to start and to maintain your pace until the task is complete. You will have hard days, where you can’t think of anything to write, and days where the words just come as fast as you can type them. This is normal, and it gets easier.

Secondly, you should use the tools available to you! Attend workshops, check out the resources your professor, make an appointment with a librarian, visit the ACE, even read your draft aloud. All of these strategies will help. Trust me on that.

If you’d like to read more about procrastination and how to avoid it, stop by the library to check out the book I mentioned today! And don’t forget to sign up for your free New York Times subscription at http://nytimeslibrary.com/nyt

FACED IN THE CROWD

Art Witness

Jordan Antrum

My name is Jordan, and I am a Visual Arts student here at NVCC. As my time here comes to an end, I plan to continue my education by transferring to a four-year university, and acquiring a Bachelor’s Degree in Interior Design.

The time I’ve spent at NVCC has been memorable. I have made great friends with whom I’ve made long-lasting memories. I have a job in the campus library as a student worker. I’m a member of multiple clubs, such as the Perspex Club and the Digital Arts Technology (DATA) Club. I am also the current president of the Art Club.

Art Club organizes art-related events on campus open to students, faculty and alumni. I encourage anyone who has any interest or curiosity in the art field to stop by and observe our events. This semester we collaborated with the Theatre Department making the masks for their production of Mr. Burns, a Post-Electric Play. Furthermore, the Art Club will begin work soon on a mural project for the ACE.

The artwork I produce does not revolve around any one topic. The subject matter of my art represents a variety of feelings, thoughts, social wrongs, or societal struggles. Sometimes it is an exploration of the darker, more detailed, with ranges of values to convey the feeling or message I am trying to portray. This semester, I was honored to have two of my pieces included in the Hartford Art School Community Exhibition.

I feel that NVCC has become like a second home for me, staying late and coming in on the weekends to finish projects. It’s very encouraging creating among other like-minded individuals working towards a common goal, pushing each other up in the artistic world. The head of the Art Department, Amanda Lebel, has been a supporting backbone to all us artsy kids. She’s taught us many things both inside and outside the classroom. Her contribution to the department and dedication to her students is unimaginable, and she deserves the utmost respect.

PTK Column Updates

Irisa Hoxha

Hello, everyone! I hope you’re keeping up the good work and enjoying the last weeks of the semester. Phi Theta Kappa officers and advisors have been working hard these past three months to make the Honor Society more recognizable to NVCC students. It’s time to be recognized for all the effort you put into classes and assignments by standing out as an honor student.

After a couple successful PTK fundraisers, the four current officers, President Erika Crabbe, Vice President Egonu Dauti, Treasurer Irisa Hoxha (me), Five-Star Officer Anthony Rosa, and their advisor, Prof. Greg Harding, were able to attend the New England Region Spring Awards Conference at Ansonia Community College, Enfield, CT, March 23rd. For NVCC’s PTK chapter to be invited to attend a regional conference, and we felt more motivated to invest in ourselves as future leaders of the society.

March 27th, was our general meeting with all PTK active members. By including those who have joined the honor society recently. Officers shared information from the conference, reviewed our bylaws, and nominated possible candidates to fill officer positions for the following academic year 2019-2020.

On April 10th, the 38th Annual Induction Ceremony for new members was held in Mainstage. Lisa Kaufman, Professor of Communications and PTK Advisor, welcomed everyone. There were opening remarks from President Daisy Cocco De Filippis, and Dean of Academic Affairs, Lisa Dresdner. The keynote speaker for the event was Professor of Legal Studies, Kathy Taylor.

Two invited speakers shared experiences with PTK. First was Michelle Magnussen, NVCC PTK alumna, followed by Jenn Huntress, PTK New England Region Vice President. After this, new officers for the following academic year were presented to the audience. They are: President Frank Mejia, Vice President Joanne Saalfrank, Vice President for Communications James Perry, Treasurer Salima Akter, and Five-Star Officer Antonio Quiles. New inductees for Fall 2018 and Spring 2019 were also honored.

Prof. Greg Harding, faculty advisor, made some closing remarks praising the effort put in during this academic year by all the active PTK students. As the evening came to an end, honored students and family members enjoyed refreshments prepared by the PTK officers.

Public recognition is quite a motivator for all students who push themselves out of their academic comfort zone. Cheers to another great semester!
Stop, Don’t Shop!

Alexander Wilson

Thursday, April 11, at 1:00 PM, 31,000 workers across Connecticut, Massachusetts, and Rhode Island walked off their jobs at Stop and Shop New England. After three months of contract negotiations, the United Food and Commercial Workers Union had had enough. The proverbial straw breaking the camel’s back came when Stop and Shop executives voted to agree to renew employees’ original contracts. Though you may feel frustrated by what these workers feel, they’re fighting for what’s theirs, not giving them a six percent raise, while their workers are barely making ends meet.

Pictured are Stop and Shop workers from the Chase Avenue location in Waterbury, covered by local UFWC T1 (fresh food) departments, such as meat, deli, produce and local UFWC 919 (cashiers and front-end workers). Spirits were high during this photo op, as people had been standing outside for more hours. As I write this, workers from over 240 Stop and Shop Supermarkets have been on the line for nine full days.

Local 919 President Mark Espinosa has issued several videos and statements encouraging employees not to give up hope. However, with no end in sight, this remains a difficult task. The full list of what the company wants to take from its employees is public knowledge and can be found circling Facebook. It includes reducing raises and holiday pay, increasing healthcare costs, and replacing pens with 401k plans.

None of this is fair. Employees have worked hard to earn these benefits. They aren’t asking for more. They’re simply trying to keep the benefits they already have. Though you may feel inconvenient by the strike, imagine how these workers feel. They’re fighting for what’s right. Understand that, someday, it could be your fight, too.

Editor’s Note: As of press time, the strike has been resolved, with upper management essentially agreeing to renew employees’ original contracts. Workers’ peaceful demonstration has won them the right to keep those benefits that had been in dispute.

Colonialism’s Reach

Gwenydd Miller

April 2nd, NVCC’s Fulbright Scholar-in-Residence, Aguibou Bougobali Sanou, led the discussion at the most recent Social Justice Series event, “Colonialism: Did It End?” Professors Nikki McGarry and Kathy Taylor hosted, with LSU faculty member having participated with participants not everyone had a seat!

As with all Social Justice Series events, lunch was provided, though it was hard to focus on food when Aguibou was so captivating. Aguibou’s brother, Moussa Sanou sat beside him, providing musical accompaniment on his Kora, a West African, 21-string lute-harp. His playing created a wonderful atmosphere for the event, he even let some students—me included—take a turn playing it. After everyone had settled into their seats, Aguibou asked the participants to repeat four words in his native language. Once everyone had mastered the words, he then asked everyone to sing it. It was a sentence giving praise to his hometown in the West African country Burkina Faso.

The topic of the event was colonization. Aguibou’s main point being that when people hear the word colonization, they usually only think of the colonization of America. However, Africa, as well as many other areas of the world, have also gone through colonization and still feel the effects—even though we in America do not see them.

Burkina Faso, for instance, was colonized by France. Aguibou explained how colonization began with the French bringing their religion and teaching the word of God. The majority where he is from are Muslim, but many still believe in their old religion and traditions but practice them only discreetly. He said many are ashamed to practice their traditions, thinking, if they practice them, they will not get into God’s Kingdom, or Heaven.

One way France has kept its influence in Burkina Faso is through the distribution of money. The currency used, the African Colonist Franc (CFA), is exclusively made in France. One American dollar is equal to roughly 600 CFA. Not only are CFA not accepted outside certain countries in West Africa, but not in France, where the currency is made. Along with this dependence on France, Aguibou stressed the importance of education. Namely, he believes their dependence on France would change if their educational system was to begin teaching the truth about their relationship with France—and perhaps more importantly, teaching the history of their own country, rather than focusing on European and American history.

Near the beginning of his presentation, Aguibou stated there is no one truth, he said, “Just because I believe in my truth, doesn’t mean yours isn’t just as true.” This was a major takeaway: the keys to progress and self-sufficiency lie not just within the individual, but in opening oneself to others.

Why Brain Atrophy Happens

Think of reading a novel as an escape plan. Reading can refresh your spirit and mind. Let the novel transport you; allow it to help you transcend your current time and place. Devastating. Remember to apply knowledge, other favorite scents—can help you to remember a lot of things: who was president, what famous bands were popular, what sports teams were doing well. Smelling the roses—or other favorite scents—can help you to remember past events and get you comparing how similar or different times are now.

So, don’t let the summer go by without a thought in your head. Brain atrophy can be devastating. Remember to apply knowledge, escape into a novel, and stop to smell the roses. Have a restful—and thoughtful—summer!
Interview

Mother Dolores Hart

Robert Pinto

On a beautiful winter day in Bethlehem, CT, I met Mother Dolores Hart. At 88, the former Hollywood actress is lovely, witty, and a very kind soul. Mother Dolores, originally Dolores Hart, began her career making films with legendary performers including Elvis Presley, Anthony Quinn, George Hamilton, Connie Francis, and Karl Malden. Hart made just 10 films before deciding to become a nun and joining Bethlehem’s Abbey of Regina Laudis in 1963. I was thrilled to interview her.

When I asked what it was like working with Elvis, Mother Dolores replied, “It was a joy making the films Loving You and King Creole with Elvis. Elvis sang the mystery. He made music loving, intense, and beautiful thing. He was not a man who sold out his body; he was a good man with a lot of faith. Elvis would take out the Gideon Bible; I would choose a page, and he would read aloud. A lot of our conversations were built on earthly and simple things.”

Her reminiscence made me think of Graceland, and Mother Dolores described her visit there. “I visited Graceland five years ago. I prayed at Elvis’ grave; we were given a private tour. The reception was lovely. I was not able to keep in touch with Elvis Presley after making King Creole because things were very different back then; most actors were under the discipline of the studio and did not have the freedom actors do today.”

I asked what motivated her to get into films, and she responded, “My mother and father lived in Hollywood. My father was scooped by MGM, but immediately afterward, World War II broke out, so he dedicated his life to serving in the military instead of acting. I worked on Broadway until I was exhausted, and when I first came to the Abbey I stayed for a few weeks. Mother Benedict said I should go back to the movie kingdom and do my Hollywood thing. I was so delighted to hear that I just left in a heartbeat. Mother Benedict left, since I was only 19. I was too young to join the Abbey at that stage in my life.”

When I asked whether she has visited the Vatican, Mother stated, “I have visited the Vatican a few times. When I first visited, I met Pope John XXIII. I informed him I was interpreting the role of St. Clare for the film, Francis of Assisi. He then said, “You are not interpreting her. You are Clare!” I was absolutely astounded when he told me that. I was devastated. That moment was a turning point for me and gave me inspiration to reconsider joining the Abbey.”

On God’s inspiration, Mother Dolores said, “It is my belief that finding God is finding what you love in life. I am vowed to my community; that marriage is to God through a community relationship. My role here at the Abbey is that of educator. I am guided to find meaning in the community, finding and interpreting a platform to achieve happiness in life and help others find what makes them happy, too.”

I ended with a return to movies, asking, “Do you watch modern films?” Mother Dolores answered, “One of my favorite films is The Sound of Music. That is a beautiful, lovely film. [Recent] films I enjoy are the new version of Mary Poppins, The Wife, and Roma. I am blessed to receive films from the Academy before they are released to the public. I think films are a wonderful resource for educating people of all ages.” My interview with this amazing woman was definitely an education—and a total pleasure.

Kathleen Chesto

The April 11 Music Society coffeehouse was an enjoyable evening that provided a variety of memorable acts, from individual instrumentalists, to groups and soloists.

The music selections ranged from Renaissance: “Il Bianco, e Dolce Cigno,” to contemporary musical theatre: “Candy Store,” from Mou Girls. As always, the atmosphere was relaxed, supportive, and fun. The Music Theory IV jazz band, Sol Fa So Good, played the contemporary “Main Theme from Chrono Trigger” and were followed by the Shackspearean interpreters with some Renaissance music. Then it was back to a contemporary tune, Lorde’s “Royals” with the a cappella group, Octatonix.

The program began with the NVCC Chorale, then tripped through the centuries with solo acts rounded out by a beautiful piano rendition of “Liebestraum,” played by Music Department adjunct instructor, Chris Daboo. The evening ended with a three-song set by Ferrnata the Valley, the music society a cappella group. Entertainment was complimented by the usual side of cookies and coffee. Of course, hearty applause was also served up by the enthusiastic audience. The last coffee-house of the year will be on May 9 in the Playbox Theater. The event will take place from 6:30 PM to 8:30 PM. As always, it will be free and open to the public. There was a packed house at this one, so come early and join the fun.

Max Arzu

Motivated to Motivate

My name is Max Arzu, and I was honored to be invited to share my story in this month’s Alumni Showcase. A 2014 graduate of NVCC, I earned an Associate Degree in Digital Arts Technology with Audio/Video Option. There were many people at NVCC who were essential to my success. Several who really helped me along the way were:vette Tucker of CAPSS Professor Ray Leite, head of the DAT Program; David Celotto, Bridge to College Director; as well as Liana Cunningham, Blayre Milo, Rhonda Morgan, Elvis Varquez, and Steven Alexandrou.

In 2017, I graduated from Central CT State University with a Bachelor’s degree in Communications. Currently, I’m at Sacred Heart University in Fairfield, CT. I’ll be finishing my studies there this summer, graduating with my Masters in Film Studies this August.

Since graduating from NVCC, I’ve been producing a ton of short films, traveling to different states, and doing photography as a side job (through Lifetouch, and doing it independently). I’ve definitely kept busy, and have met many great people along the way.

The biggest challenge for me, in pursuing my higher education goals, has been having to balance my personal life, on top of trying to go to work, make time for friends, and to maintain good academic standing. The key has been keeping focused on my goals and building a strong support system.

So far, the biggest success in my career was being able to be a role model to the students I worked with in the City of Waterbury. Because of the time and efforts I put in, and what I’ve shown them through my past experiences, a few of my students have gone to college to study what I studied. With everything that’s been happening in Waterbury these past few years, it’s a great feeling to hear they want to pursue something because of what I’ve done. Even so, I feel that I’ve yet to reach my full potential.

Overall, NVCC helped me get to where I am because of the knowledgeable staff, the great resources the school offers, and the low costs of the school. This community college gave me a great start toward achieving my goals.

The vision I have for my future is to produce short films and music videos, and to simply be around people who respect my time and energy. With everything going on in this world, we need to learn to love one another and to only put positive energy out there.

My advice for current students is to “Hustle & Motivate”. Anyone who’s keeping up with what’s been going on, will know what this means. It’s a very simple statement, but there’s a lot of meaning behind it.

Musical Matters

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All Photos Courtesy of Fabian Gonzalez-Rojas
**Revolutionary Rhythms**

**Motown's Greatest**

Motown Records started as a small record label, then exploded into one of the biggest names in the music industry. With the slogan “Hitsville, USA,” it was the label of legendary artists like Stevie Wonder, the Temptations, Martha and the Vandellas, the Supremes, Diana Ross, the Jackson 5 and later Michael Jackson. It’s no exaggeration: Motown changed America.

**Time magazine states,** “Arriving at the height of the Civil Rights Movement, Motown was a black-owned, black-centered business that gave white America something they just could not get enough of — joyous, sad, romantic, mad, groinin’, movin’ music.”

A former boxer, automobile worker, and songwriter, Berry Gordy was urged to start the record company by Smokey Robinson, at the time GM and a member of a group called the Miracles. “Shop Around,” released by the Miracles in 1960, became Motown’s first hit, and “Please, Mr. Postman,” by the Marvelettes, was their first number one hit. It would not be the last. Throughout that decade, Motown took control of the music scene—you couldn’t turn on the radio without hearing a Motown artist’s song. Other 60s hits include: “You’ve Really Got a Hold on Me” (1962), and “The Tracks of My Tears” (1965), by Smokey Robinson and the Miracles; “Heat Wave,” by Brenda Miller

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**Supernatural Journal**

Gwenwyd Miller

In the journalistic tradition of serialized fiction, The Tamarack occasionally features a multi-part story by one of our staff. We hope you enjoy the final instalment of Gwenwyd Miller's paranormal fiction.

Entry 4: This is the journal of Ellie Smith, age 20. My goal was to document any supernatural encounters. It’s been three months since I began these entries. The evidence recorded here has been more than I admittedly expected to find.

April 4th, 2019 2:15 AM EST

I did some research, and hey, maybe Luna really is psychic. Yew trees were traditionally planted in cemeteries to help the dead travel to the next world; it is therefore commonly used in necromancy... pretty scary stuff. St. John’s Wort is a medical herb used for protection. Sage is for cleansing evil, and quartz is used for channeling energies... I got most of this info from the book in Becca’s room. Even creepier is the fact that the atlas being used as a bookmark had the location where they found Becca’s body circled in red. It would probably really be stupid to go there and investigate. After all, who knows what shady things go down at a place like that?

Entry 5 April 19th, 2019 3:15 PM

So far, it just looks like a shack to me. I was worried, but it’s pretty much just an empty shed.

I put down the crystals in a circle on the floor with a candle next to each one. The yew is piled in the center of the circle and the St. John’s Wort is in a pouch around my neck. I have the sage burning in a dish off to the side. 4:50

“Becca?” I ask, “I’m not sure what I’m supposed to do, but you wanted to tell me something didn’t you?” There’s a gust of wind outside, and, with the rustling of leaves, I hear a whisper call my name. When my eyes focus back on the circle, I see her. Becca, standing there, looking almost like a sunbeam cast through the windows. It’s like she’s there, but not quite there.

Entry 6 April 20th, 2019 10:53PM

A lot happened yesterday, most of which is fuzzy. I saw Becca. She stood there for what felt like a long time without speaking. Then I got a weird sensation, like pressure building around me and the tingle of adrenaline. A shadow moved and I heard a faint whisper: “She’s mine.” After that, I can’t remember much. I woke up inside the crystal circle I had set... a mile away from the shack. Later, I found out the shack had burnt down. When the authorities investigated, they found the body of a man buried underneath the floor.

There are still so many questions, like who was the man? Who cast that shadow? What happened with Becca? I suppose I’ll never get an answer.

Entry 7 April 29th, 2019 3:11AM

It’s Becca’s birthday; she’d been 20 today. I had a dream about her just now. We were in a field; she smiled at me. Just smiled, and said thank you. It was rather uneventful, but it felt...calm. Of all a sudden, I didn’t care about finding answers. I’m just glad my friend is at peace.
**Case Study**

Title: The Importance of Art Education

Author: Mavel Ortiz Reyes

**In the Classroom:**

Mavel Ortiz Reyes, originally from the Dominican Republic, is an artist and student at FIT. She has been able to explore her passion for art and express herself creatively through various mediums. In her senior year, Mavel is working on a project that combines traditional techniques with modern digital art. This interdisciplinary approach allows her to merge her cultural heritage with contemporary aesthetics, creating a unique and meaningful body of work.

**Personal Journey:**

Growing up in a family that valued education and artistic expression, Mavel was exposed to art from a young age. Her parents, both artists themselves, instilled in her a deep appreciation for the arts. This early exposure laid the foundation for her future endeavors.

**Challenges and Successes:**

At times, the journey to success can be long and challenging. Mavel faced several obstacles, including financial constraints and a lack of access to resources. However, her determination and hard work have enabled her to overcome these hurdles. She has participated in numerous exhibitions and has won several awards for her artwork. Her art has also been featured in various publications and online platforms, reaching a broader audience.

**Future Goals:**

Looking ahead, Mavel aims to continue her education and expand her skills. She plans to pursue a master's degree in Fine Arts and hopes to establish her own art studio. Additionally, she wants to contribute to the community by sharing her knowledge and inspiring others to explore their creative potential.

**Conclusion:**

Mavel Ortiz Reyes is a testament to the power of perseverance and the value of art education. Her story highlights the importance of providing students with opportunities to pursue their passions and the positive impact art education can have on an individual's life.

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**Source:** The Tamarack, May 1, 2018

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**Reverse Sweeps**

**Christian Cruz**

Regardless of the event or sport, we’re fans of extraordinary happenings. However, all we have a tendency to count the extraordinary out, if the obvious seems inevitable at times. Men’s and Women’s College Basketball are beloved for March Madness with its winner-take-all, one-game-to-advance format. The reverse sweep is a concept that, if you’re one game away from elimination, you should wave your white flag and stop fighting. It is impossible to win the next round. Both have their appeal, but at the end of the day, the reverse sweep is the embodiment of motivation and drives the story forward.

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**Join the Club!**

**Gwynned Miller**

At the Creative Writing Club meeting on April 30th, the club’s annual fundraiser event was held. The event was a huge success, raising over $2,000 for the club’s activities and scholarships.

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**Review**

**Mr. Burns, a Post-Electric Play**

**Kathleen Cheto**

I was fortunate to attend the April 4 opening of Mr. Burns, a Post-Electric Play, the story of a post-apocalyptic world where technology has failed. The production was a thought-provoking exploration of the human condition and the resilience of the human spirit.

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**FACED IN THE CROWD**

**Fashion Forward**

Mavel Ortiz Reyes

I’m Mavel, and I’ve recently started attending NVCV, majoring in Liberal Arts and Sciences. Before arriving, I graduated from Kenton Technical High School, specializing in fashion merchandising, marketing, and entrepreneurship. Within the four years of high school, I got to develop a foundation which provided me the essential preparation within marketing and management. Kenton bestowed on me the practical and technical skills needed for career success, exposing students like me to the real demands and practices of the fashion world.

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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 line READERS RESPOND. Letters may be edited for length and grammar.
Earth Matters

NASA’s Aqua Satellite
Alyssa Katz

Orbiting our planet are many satellites—American and foreign—that have been part of research acquisitions since the launch of Sputnik 1 by the Russians in 1957. Some of these satellites have included Explorer 1 (1958), the Lunar Reconnaissance Orbiter (2009) and the Mars Reconnaissance Orbiter (2006), SkyLab (1973), and also the International Space Station (1998). These and several other satellites are either active or no longer active. Even if their current status is “inactive,” some still orbit the atmosphere; others crashed and fell out of orbit. In particular, there is one currently active satellite, launched by NASA in 2002, that monitors Earth’s atmosphere, precipitation, and water cycles. In other terms, it monitors the effects of global climate change.

The Aqua Satellite is part of the Earth Observing System (EOS). This is an international project involving satellites that observe global changes in land, oceans, and atmosphere.

Aqua collects data using six different instruments. The Atmospheric Infrared Sounder (AIRS); the Advanced Microwave Scanning Sounder Unit (AMSSU); the Humidity Sounder for Brazil (HSB); the Moderate Resolution Imaging Spectroradiometer (MODIS); the Advanced Microwave Scanning Radiometer for the Earth Observing System (AMSR-E); and the Clouds and Earth’s Radiant Energy System (CERES). Currently, only four of these are in use, for AMSR-E now provides low quality images and HS6 failed after one year. AIRS and AMSU record detailed images of the Earth’s atmosphere which provide more accurate short-term weather predictions and detailed weather forecasts that are frequently updated due to ongoing global climate change.

MODES is able to view weather patterns such as intense flooding or fires—including the eruption of Mt. Etna in 2002. AMSR-E , while not used as much anymore, is able to record sea surface temperatures. CERES detects the amount of outgoing heat and reflected sunlight leaving the planet as well as radiation levels. While the HIR instrument is no longer active, it was able to record humidity throughout the atmosphere.

Aqua, in fact, is not the only satellite monitoring various environmental activities. AURA and PEARL were launched in 2004, with CloudSat and CALIPSO launched in 2006, and GPM completed its mission in 2013 and was replaced by GOCC-2 in 2014. Three years ago, Aqua has been able to collect data on global temperature variations, the cycling of water, global precipitation, evaporation, ocean productivity, land vegetation, sea ice, snow, cloud cover, and surface-water processes affect climate,” according to NASA. It was originally developed for a single mission, but has since evolved into a comprehensive set of meteorological satellites and is likely to continue recording data into 2021. Its data is available on NASA’s website. Thus, it has to be able to help scientists understand better Earth’s ecosystems and how they are being affected by climate change.
Opinions

(Mis)Perception and (In)Equality

Gwenydd Miller

For a sociology student, one thing that keeps coming up is inequality. My particular field of interest usually deals with gender, sexual orientation, race, and religion, and I try to use my classes to view things from the perspective of someone who is disadvantaged. However, I’ve found it’s always a challenge for me to view the world the way people in those categories feel it, and one holds ideas we disagree with, it doesn’t mean they are a bad person. If we went by that reasoning, 90% of all people might fit the “bad person” category (of course, this is a rough estimation). My point is everyone categorizes, even if you have good intentions—actually, especially if you’re good-intentioned. Often, people don’t see how their good intentions hurt others.

A summer idea in sociology of deviance is Labeling Theory, essentially states that when we label someone a certain way, we will come to fill those shoes (we treat someone like a criminal and they become a criminal). So, what if people see in a bad light are only that way because we cast that light upon them? Plus, when we label people in a certain way, we become biased against them, seeing everything they do even if it’s a neutral action, in a negative way.

No one thinks of themselves as a villain. Most people don’t want to offend others; often, it’s a clash of perspectives. I’ve had someone pull something out of my hands, and when I jumped back in surprise, they called me rude for pulling it out of their hands. It’s all a matter of perspective.

The message I’d like to express is that people are not just defined by one label. If someone disrespects you, they may not even realize they did; they’re not seeing the situation through your eyes. And it’s possible their perspective is wrong.

Systemic inequality has a long, complex history that cannot be erased. If we burned all the history books, it would be as if we never existed. I think the ignorance of history only increases these problems. Fixing inequality will take time, forward thinking, and a change of perspective from everyone, including me. This may seem obvious—real action. In that area, though there’s much to be done, we’ve come a long way.

Summer Plans

Alam Khan

Summer is a great time for pursuing activities, but to see it as an arbitrary list that needs to be followed is absurd. In my situation, the time we have between now and the next semester is a great opportunity to develop our social and emotional skills.

Usually, the amount of work involved in attending college, while juggling extracurricular activities, puts the mind in a zone that spends far too much of it focusing on grades and working hard in academia and building a strong resume are integral aspects we must do, but they don’t spend all of their time; the most important moment to develop an interesting list for future research. This could be due to an overload of points, but it’s still important that we’re able to contribute.

That summer can be worried about when the time comes.

What eventually happens is summer shows up and—if you find yourself unable to come up with anything on the spot because whatever situation you are in hasn’t started already. Then, suddenly summer has passed, opportunity gone by, and you find yourself sitting class in the fall semester.

I wish, oh man, I wish I had spent more time hanging out with friends. Year in and out, it’s as if you keep repeating some self-sabotaging, subconsciously, blame it on me, because I’ve been bad at curb to cut out of. Still, none of this should make anyone feel they are unable to come up with interesting ideas because the time for it is just before summer. Curb to cut out is a trick to combat this madness and hysteria. It’s okay...read closer because I’m going to let you in on the secret to a good summer in this fine May issue of The Tamarack. You ready? Here goes.

The key is to trick yourself into thinking you’ll be responsible for taking on more classes or responsibilities during this approaching period of relaxation. It’s as simple as that! Similar to how we’d rather be doing anything else when constrained by responsibility, imagining the same context for summer can motivate us into making plans.

Don’t believe me? Next time you have a hard time falling asleep, imagine having to do some monotonous action you dread. Then see, as students, we get so caught up with our responsibility, we sometimes forget to provide enjoyable activities just to relax. The feeling of being overloaded with responsibilities is something we need to take care of. We need to relax equally, take time to recharge our creativity and development. To become more adept, we need to relax equally, take time to recharge our creativity and development.

The ploy is to trick yourself into thinking you’ll be responsible for taking on more classes or responsibilities during this approaching period of leisure. It’s as simple as that! Similar to how we’d rather be doing anything else when constrained by responsibility, imagine the same context for summer can motivate you into making plans.

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Don’t believe me? Next time you have a hard time falling asleep, imagine having to do some monotonous action you dread. Then see, as students, we get so caught up with our responsibility, we sometimes forget to provide enjoyable activities just to relax. The feeling of being overloaded with responsibilities is something we need to take care of. We need to relax equally, take time to recharge our creativity and development. To become more adept, we need to relax equally, take time to recharge our creativity and development.
老兵的声音

每一名英雄挥洒

吉莉特·德奥德兰，以合作参与的创始人，吉莉特·德奥德兰，已有一个标题命名为“每一名英雄挥洒”，主题为“免于战争”。

我想从头到尾把他们抱在怀里，但是天意弄人，一直抱着他，他正躺在病床上，我无法把你从我身边带走，因为我会失去我的信念。

但是，我必须得告诉你，我不会告诉任何人，因为我会失去我的信念。我无法把你从我身边带走，因为我会失去我的信念。我无法把你从我身边带走，因为我会失去我的信念。我无法把你从我身边带走，因为我会失去我的信念。

老兵的声音。