

Celebrating
Our 50th
Anniversary
through 2017!



Springfield Technical
Community College

Tech
Times

Remember:
Last meeting of
Day classes, May 9th,
follows a
Monday schedule!

Spring Semester 2018
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September, 2016



September, 2017

Stormy America

by Joseph Bousquet

Upon our nation's leadership position, a large storm that could've been predicted, is settling in. Of course I'm referring to Mr. Trump; our elected leader who has found himself in the spotlight for the wrong reasons once again. A current outing of Trump's extramarital activities by some of the nation's most infamous women has taken the spotlight, with multiple cases hitting news around the country. These women claim to have experienced our President in a very personal way, with Trump paying to keep them

from outing his secrets. Although the President hasn't confirmed this, multiple women claim to have undergone the same situation.

On top of this, Mr. Trump has gotten his hands dirty on Twitter as well. Recently he has made remarks attacking political news platform, CNN by saying that they "must require an Anti-Trump" viewpoint in their hiring process. In a more vague tweet he said that media in the United States has a "sick and biased AGENDA". The most astounding of his recent tirade has to be the remark



Source: www.thecut.com/2018/01/donald-trump-stormy-daniels-into-touch-interview.html

made about his predecessor, President Barack Obama. Trump referred to him in an unjust way with little reason, calling him "cheatin' Obama".

However you may feel about President Trump, Obama, or politics as a whole, these current revelations need to have everyone's attention as this is the leader that we not only elected, but continues to represent the country we call home. Although impeachment isn't the easiest or best solution, standing up for our rights should be. In future elections, we as Americans must truly think long and hard about the leader we choose, as although a decision may seem like the best choice at the time, a Presidential term lasts a long four years. †

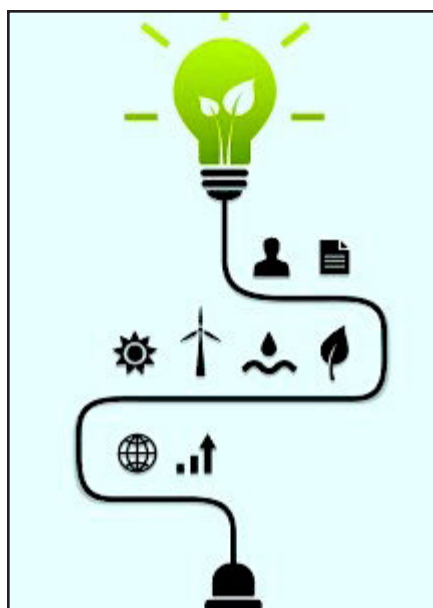
Renewable Energy

by Alyssa Lewis

Let me take a moment to address a major global issue. As I'm sure you are all aware, we depend heavily on fossil fuels, not only as a nation, but as a planet. They are an economic staple in more developed countries, and a gateway to less developed countries. Fossil fuel is a general term for buried combustible deposits of organic materials, such as crude oil, coal, natural gas, or heavy oils. These are formed from decayed plants and animals that by exposure to heat and pressure in the earth's crust over hundreds of millions of years, turns into what we call fossil fuels today.

There lies the problem. These fuels are only formed after hundreds of millions of years. At the current rate of consumption, these fuels have no time at all to regenerate. At our current rate of consumption, no matter what way you look at it, we will run out of oil in a relatively short amount of time. Scientists have predicted that when there is no longer any oil available, if no other energy source is widely available, economies will collapse and cause worldwide recessions.

With the threat of worldwide recession, there is a simple answer to the non-renewable energy crisis. Renewable energy. Renewable energy is energy that is generated from sources that can either be recycled, or that do not have a finite end. These energies are commonly known as solar, wind,



Photos: www.environmentalscience.org/renewable-energy; medium.com/@eco.friendly.tampa/eco-friendly-homes-tampa-tampa-fl-7fc93c7bcb24

and water energy, though these are not the only sources.

It is nearly incomprehensible how much energy we use every day of our lives. Every light switch that is flipped, every text and call received on every mobile device; every street light—they all take massive amounts of energy to power our day to day lives. We heat and cool our homes with oil, propane, or electricity from a national or local grid. Computers, phones, shopping malls, parking lots, cars, trains, airplanes; all of these things require power from fuel or otherwise. The amount of fuel that needs to be burned to power everything is mind numbing, not to

mention the cost to the environment itself. But just imagine, if everything was powered from renewable energies (green energies) the world would be a much cleaner place, the energy crisis would be averted and the carbon emissions would be way down, almost non-existent.

Solar energy can provide energy on location. Wind farms provide dual land use, and hydropower is the greatest source of clean, renewable energy on the world. If humans were to just harness and utilize the power of each of these energy sources, there would be no need for fossil fuels, no more carbon emissions, and no more energy crisis. The world would be a much cleaner place, and in turn this would help get rid of many other environmental issues such as global warming, endangered species (due to deforestation for fuel production), oil drilling (that leads to oil spills, or explosions), and so much more. Going green is the only way to help save the environment and in turn, the planet.

To further protect the environment and secure the future of the planet for future generations, we need to move to renewable sources for our energy generation. †

For more information, visit <http://thesolutionsproject.org/why-clean-energy/>; <http://www.ucsusa.org/clean-energy/#.WjnB69-nGUk>; <http://energy.gov/science-innovation/clean-energy>

Coming to a Crossroads

by Amanda Lambert

Spring in literature is depicted as a time for new beginnings. Those in their last semesters at STCC can feel the pressure that April brings, as the last few weeks are the hardest. Not necessarily because of the work load, but because individuals are planting seeds for their next goal. It is an achievement to graduate from college and have an Associate Degree; but what is the next step?

Those who look at the world with a sense of realism and practicality always want to be two steps ahead. What is the next goal? Individuals can choose from options such as continuing their education, joining the military, or pursuing a job, to name a few. It takes perseverance to stay hopeful and keep faith in oneself while traveling down an unclear path.

For someone like myself, however, who likes control and perfect planning, this doesn't sit well. So, what's my point? The impression I'm trying to leave is, instead of worrying and questioning ourselves, we should relinquish some of the control we have. Try to listen to ourselves instead of trying to meet someone else's expectations. Life is not perfectly planned, but don't worry. "If you don't know where you are going, any road will get you there" (Lewis Carroll). It's okay for your end goal to be a work in progress, and to enjoy living in the moment. †

"Can I Eat That?"

Food Allergies in a Food-Obsessed Culture

by Michelle De Jesus

Before I had children I didn't think much about food allergies. I was ignorant to the fact that there were other foods aside from peanuts that one could be allergic to and become sickened by. I was raised in an environment where family meals, whether prepared daily or for the holidays, were cooked without regards as to whether or not the ingredients used could potentially cause a life-threatening reaction, or if the area used in food preparation was properly free of those allergens. It wasn't until I had my third child, that the words "food allergies" and "anaphylaxis" became a constant in our daily lives and changed the way we viewed food altogether.

My youngest developed allergies to eggs, dairy, peanuts, tree nuts, and shellfish before he turned 12-months, and was also considered at the time to be allergic to wheat, barley and soy. As he got older he outgrew his allergies to grain and soy, however the allergens that still remain, pose life-threatening risks to his health. Ever since then, I've been meticulously examining labels and their ingredients, researching foods that fall into that category and I have to keep a glossary of terms in the back of my head, as some milk or egg derivatives aren't clearly specified on the label. While I'm still wary of the ingredients he's tested positive for in the past, some foods and ingredients I scrutinize to the point where I end up putting the product back if I'm not absolutely sure.

In the past I never realized just how many of the foods we buy today contain ingredients that were either processed with, or processed in the same facility as foods that contain these allergens. Often times I find myself picking up a box of cookies or crackers, even bread, only to see 'milk' or 'eggs' as an ingredient, then to sigh in frustration as I put it back.

Family gatherings, such as birthdays, Thanksgiving, Christmas, even weddings, have me at the awkward end of asking "What foods will be served?" which then leads me to the process of pointing out to the other person the things that he cannot eat. There are often times where I have to explain (more than once) why he can't have cake, cookies, or ice-cream like the other kids, which can be off-putting to a child who just wants to be included in the things that everyone else his age considers normal. I try to educate my child on the things he cannot eat, but not everyone is aware of the milk and egg ingredients, or if that cookie was manufactured in a facility containing nuts, and that cookie just might end up in my kid's hands. In fact, in more than one instance it has

My son's food allergies have kept him from enjoying things that others without allergies don't have to consider and possibly take as the norm. But as time progressed and I did more research on what foods he could eat, I learned about substitution for other ingredients and where to obtain them. Then I realized that he didn't have to miss out on pizza, mac and cheese, even cookies and cake, because there are foods out there that had the same consistency or served the same purpose as an egg; or that he could have a type of 'mayo' (Veganase for example) for his sandwich; This opened up a whole new window of opportunity to the variety of foods my son could try. He could now enjoy a bowl of cereal like other kids, with rice milk (or soy but, he prefers the former). For his 7th birthday, he was even able to try chocolate bars and chocolate cake that he could eat for the very first time.

When it comes to school, I have to present them with a list of things that he can and cannot eat in detail, or else they wouldn't know what to serve him. Sometimes even then, he has breakfast and lunch from home, despite the fact that the school offers their meals for free. Caregivers, family members, anyone that comes into contact with him, where food is potentially involved, have to be educated on the dangers of food allergies and

cross-contamination. Knowing what ingredients to look for when seeking out potential allergens, is an acquired skill in and of itself. It is a skill that with time and proper education will become a routine habit when it comes to buying food.

When catering to a child with allergies, a simple trip to the grocery store isn't really simple. The cost of accommodating a child with food allergies is higher than that of other children in general, a fact my wallet does not appreciate. If I cook a meal for my entire family because we're on a budget, trying to find foods that are affordable becomes a challenge. Unfortunately, a lot of supermarkets don't offer many options or variety in the way of allergen-free foods. Obtaining the foods he can eat, presents a challenge because of availability and location, which requires several trips to different stores, which can be very time consuming and costly because of transportation as well. Often times, not much is offered in the way of variety either, which can cause a child with food allergies to feel left out.

Despite all the challenges presented in having a child with food allergies, it has made my family and I more aware of what goes into our foods not only when we prepare them, but where it comes from, and what goes into making them, (as with processed foods for instance). I've learned

how to make traditional recipes by replacing the ingredients my son has allergies to, with foods that he can eat, so that he can feel included and not have to sit on the sidelines. I've become more aware of my surroundings and how proper hygiene can prevent cross contamination in the kitchen, and how educating others can prevent these risks as well. It has presented me with the opportunity to educate my family on the importance of making the right choices when it comes to foods, as well as being aware of others that cannot partake of the same things, without making them feel excluded.

There is no cure for food allergies, but with proper knowledge and awareness of this issue, we can help minimize life-threatening risks, as well as gain an understanding of others who have to face these challenges in their everyday lives. When my child asks, "Can I eat that?" I want to feel confident enough, with the knowledge I have, to assure him that he can in fact eat the food he is inquiring about. †

For more info on food allergies: www.foodallergy.org/; www.cdc.gov/nchs/products/databriefs/db10.htm; www.mayoclinic.org/diseases-conditions/food-allergy/symptoms-causes/syc-20355095; www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/default.htm; Photo: www.badgut.org/information-centre/health-nutrition/food-allergy-vs-intolerance/

Not My Unidine

by Joseph Bousquet

Attending such a diverse and mostly outstanding campus like STCC has most students analyzing the less important parts of their college experience due to how great the learning environment is. For me this entailed doing a full review of our not so impressive food services put out by an outside company named Unidine. As an 18 year old, one of the most important things to me is food. This doesn't mean I'm highly critical of a meal I receive; however, it is tough for me to not use my voice through *Tech Times* to at least discuss the poor dining experience presented to us. Most students tend to enjoy our food to be made quickly so we don't have to waste too much of our time in between classes waiting for our food to cook, but we would rather not sacrifice quality for speed.

Food cooked to order should almost be essential in any eatery. Just the thought of eating a burger from under a heat lamp ruins my appetite. On top of this, the food is quite overpriced for frozen, "readymade" items

that I could buy at a gas station for a couple of bucks. Also, many items come out soggy from them sitting around so long on a counter. I am not on my own with these opinions either, as when I pitched the idea of writing an article about this situation, a classmate blurted out, "make sure you talk about how expensive things are". We are college students, community college students, who have to pay out of pocket for food.

At this point, I have decided to just drive an hour home hungry, so I don't have to be subject to this any longer. In order to regain the attention of the students, faculty, and those considering affiliating themselves with STCC, making sure we provide a well-rounded experience is important. Improving our dining should be one of our top priorities in bettering the STCC community, and with an improvement, there should be nothing stopping Springfield Technical Community College from being one of the top learning environments in the state. †

Behind the Tech Times

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More Madness in March

by Joseph Lucia

It didn't get its name "March Madness" for nothing. Full of upsets, buzzer beaters, heart telling stories, Cinderella teams and much more, there is always a buzz when March arrives. March Madness, or the NCAA basketball tournament, is unlike any other college tournament. Every year, there is something that we look forward to watching and talking about. This year, the tournament was beyond madness. Some amazing things that happened in this year's tournament was, a sixteen seed beat a one seed, (UMBC beat Virginia) for the first time in men's tournament history. Before this, all sixteen seeds were 0-135 against one seeds! An eleven seed, Loyola-Chicago continued to pull upset after upset off against a six, a three, a seven and a nine seed getting all the way to the final four for the first time in over fifty years!

Another amazing moment of the tournament was when Nevada came back from being down by twenty two points to pull off an upset against two seed Cincinnati. Also, Villanova won its second championship in three years. The last team to do that was Florida (2006-2007). On their way to completing this historical run, Villanova beat every team they played by double digits! That is unheard of in

the tournament going up against the best of the best.

On the women's side, the most exciting part of their tournament was the final four, featuring UConn vs Notre Dame, and Louisville vs Mississippi State. Both games ended up going to overtime. Mississippi State beat Louisville and Notre Dame beat UConn on a last second shot to pull off the biggest upset for the women's tournament. UConn is always the favorite to win the women's tournament, but not this year. The championship game was better than the men's, as the game was won on a last second Hail Mary three, by Notre Dame after being down fifteen points in the third quarter. What is even crazier is that the person who made the shot against UConn was the same person who made the shot against Mississippi State.

Year after year, the March Madness NCAA Tournament always throws a curveball at us. Millions of people fill out brackets online through ESPN and Yahoo!, only to get angry and throw their bracket away because it was busted. Without this tournament, college basketball wouldn't be as popular as it is. If you thought this year was crazy, just wait until next year! †

Titletown: Who's Next?

by Joseph Bousquet

Since the year 2000, the city of Boston, also known as "titletown" has won ten championship titles in the four major sports (football, basketball, baseball, and hockey). The Patriots have won five titles, Red Sox have three, and the Bruins and Celtics each have won one. The dominance of Boston sports has brought anger to the sports world for those who are not a fan of Boston teams. However if you are a fan, this has brought joy to your life. Many may think that the dominance from Boston might be coming to an end soon, mostly because of Tom Brady and Coach Belichick might be hanging it up in the next couple years. Not so fast. Even though the Patriots historical run may be coming to an end and being the reason for Boston's dominance, the other teams are loaded with talent and are ready to bring yet another title or two to Boston.

Each team from Boston has had its stretch of being the "second favorite" team, behind the Patriots, to Boston fans. From 2004 to 2007



it was the Red Sox. From 2008 to 2010, the Celtics were the talk of the town, having a chance to win back to back championships. And from 2011 to 2013 the Bruins were exciting to watch as they had a chance to win two titles in three years. The question that all Boston fans are wondering, who is the next team to make a run at a championship? The answer is any of them can, and here's why.

The Red Sox have a lot of talent balanced between veterans and young guys. Last year, they won back to back division titles for the first time in team history. With what is to be considered to be the best outfield in the league, to having a solid pitching rotation and having just added the top free agent in J.D Martinez, who last year hit four homeruns in one game, the Red Sox are geared up for another run at a World Series. However, many fans from Boston aren't looking at the Red Sox to bring back a championship to Boston first. They're looking at either the Celtics or the Bruins.

Ever since the Celtics "big three" Paul Pierce, Kevin Garnett, and Ray Allen got traded and went their own

ways, the Celtics have been in the rebuilding process. It took some bold trades, and questionable draft picks, but the Celtics are back and can contend for a title for the years to come. Having a lot of young talent in Jaylen Brown (age 21) and Jason Tatum (age 20), and trading for Kyrie Irving, the



Celtics are doing big things without one of the top players in Gordon Hayward who suffered a gruesome leg injury in the first game of the season. They may not be the favorites this year, but they certainly will be a team to watch out for next year, if all stay healthy. There is no doubt in Boston that the Celtics will raise another banner soon and will most likely be the next team from Boston to do so. Or will they?

The team that no one from Boston had in mind winning a championship is the Bruins. The Bruins started out looking like a mixed group. Too many old veterans that were slow and wanted to play old style hockey, plus a lot of young guys who wanted to fly up and down the ice and play fast. It wasn't working at first but quickly changed into something everyone was talking about. The Bruins young talent was the center of attention and were exceeding expectations. From being looked at as a team not to make the playoffs, the Bruins now are the top favorite to win the Stanley Cup and have brought excitement back to Boston hockey.

Boston doesn't get the name "titletown" or "city of champions" for no reason. This town has always been known for its dominance dating back in the mid 1900's when the Celtics won eleven championships in twelve years (1957-1969) winning eight of those in a row! There is no right or wrong answer as to who will be the next team to win a championship for the city of Boston. However, for the rest of the sports fans out there, if you thought the run was coming to an end, think again because Boston sports will be around for years to come. †

Photo sources: runninrhody.wixsite.com/uri-attende/single-post/2017/04/27/The-Traits-that-Rhode-Island-MBB-Adopts-from-Bostons-Professional-Sports-Teams; archive.boston.com/sports/baseball/gallery/111909Proteams/

Food Allergies: Did You Know?

- Researchers estimate that up to 15 million Americans have food allergies, including 5.9 million children under age 18. That's 1 in 13 children, or roughly two in every classroom.
- About 30 percent of children with food allergies are allergic to more than one food.
- Every three minutes, a food allergy reaction sends someone to the emergency room.
- Each year in the U.S., 200,000 people require emergency medical care for allergic reactions to food.
- Caring for children with food allergies costs U.S. families nearly \$25 billion annually.
- Compared to children who do not have a medical condition, children with food allergy are twice as likely to be bullied. About 1 in 3 children with food allergy reports being bullied as a result.
- Compared to children who don't have a food allergy, those with food allergies are two to four times as likely to have other allergic conditions, such as asthma or eczema.

STCC Campus Police: Here for Our Safety

by Michael Levesque

Recently, I had the opportunity to ride along with one of our campus police officers for a look into what they do during the day to keep our campus a safe place to learn and enjoy our studies. It was a great chance to see the hard work they put in every single day.

The day started bright and early as I met up with Officer Jason Lariviere at 7:30 a.m. sharp. Officer Lariviere receives his daily briefing at the police headquarters located at Building 9 and after that, he starts his day by conducting checks to his police cruiser and all of the equipment in it. This is where I joined him to see his routine to ensure all equipment is present and working. It may come as a surprise to some to know that each police vehicle is equipped with

lots of first aid equipment including a state-of-the-art defibrillator which is used to help save someone who is experiencing cardiac arrest. In fact, it may also come as a surprise that the overwhelming majority of calls for police assistance at STCC involve medical emergencies. In the event of a medical emergency, your campus police are very well equipped and trained to handle a wide variety of situations involving medical issues. Of course, being a police department, the campus police also handle crimes that occur from time to time such as theft and other disturbances. All of the campus police officers are graduates of the Massachusetts Special State Police Academy located in New Braintree. They are trained in a variety of crime solving techniques



and have a vast array of equipment to assist them. All of which ensures that we can have a safe and secure environment on campus.

Officer Lariviere has more than a professional connection to STCC. Members of his family were employed at STCC over the years and he spent time as a child visiting his mother who was the STCC switchboard operator for many years in the office that is currently occupied by the campus veteran's group. Additionally, his aunt Carol worked in the mailroom, his aunt Gail was an English professor, and his uncle John was the Executive Vice President from 1970 – 2002. He fondly recalls those days helping his family members in his childhood years. Officer Lariviere attended a program called "College for Kids" at STCC when he was a middle school student and upon his graduation from Agawam High School, he entered the fiber optics program at STCC. During his time as a fiber optics student, he took on a position as a security guard for the campus in 1997. His love for protecting and helping people was what drove him to transition from student to full time police officer. Since becoming a mainstay in STCC law enforcement, he married his wife and they live in Chicopee with their two children; a daughter who is a graduate of STCC and a son who is currently a sophomore at a local college.

Officer Lariviere clearly has our safety covered and we can rest assured he is doing all he can to ensure that we can concentrate on our studies to be the best students we can be. With that in mind, there are things that we can do to enhance our safety. The campus police use a mobile app that can be an invaluable tool for our safety. "Livesafe" is an app that allows students to contact the campus police by text messaging to provide tips or information that they can use to help us. Students can use the app to

report crimes or unusual occurrences that may require police intervention. This is in line with the saying "If you see something, say something".

Check out the Livesafe app in the App Store to download it onto your phone. It could prevent a crime or help you out in an emergency. Another initiative the STCC Police participate in to serve students and faculty, is the Campus Community Response Team (CCRT). This is a national program that provides services to anyone who has been the victim of domestic violence or sexual assault. They have specially trained officers (including Officer Lariviere) who are skilled in matters that are unique to domestic violence and sexual assault. If you have a need for these services, please contact the STCC Police. Officer Lariviere said one of the best things we can do to enhance our personal safety is to "Stay vigilant and be aware of your surroundings."

With all of the efforts to provide a safe campus for us, the campus police cannot be everywhere at all times. We need to do our part to help out. He provided tips such as lock your doors if you drive to campus, secure your valuables (phone, computer, wallet, backpack, etc.) to avoid theft, and report incidents that "just don't look right". If you do see something or are the victim of a crime, you can contact the campus police through the Livesafe app or by phone at (413)755-3911 (or 3911 on an STCC landline) for emergencies. If you need to contact the police for other matters, please use their non-emergency number at (413) 755-4220.

So the next time you see one of the men or women from our campus police, say "Hi" and remember, they are here to help us and make our campus a safe place for all. †

Sources: www.stcc.edu/campus-life/police/; www.livesafemobile.com/

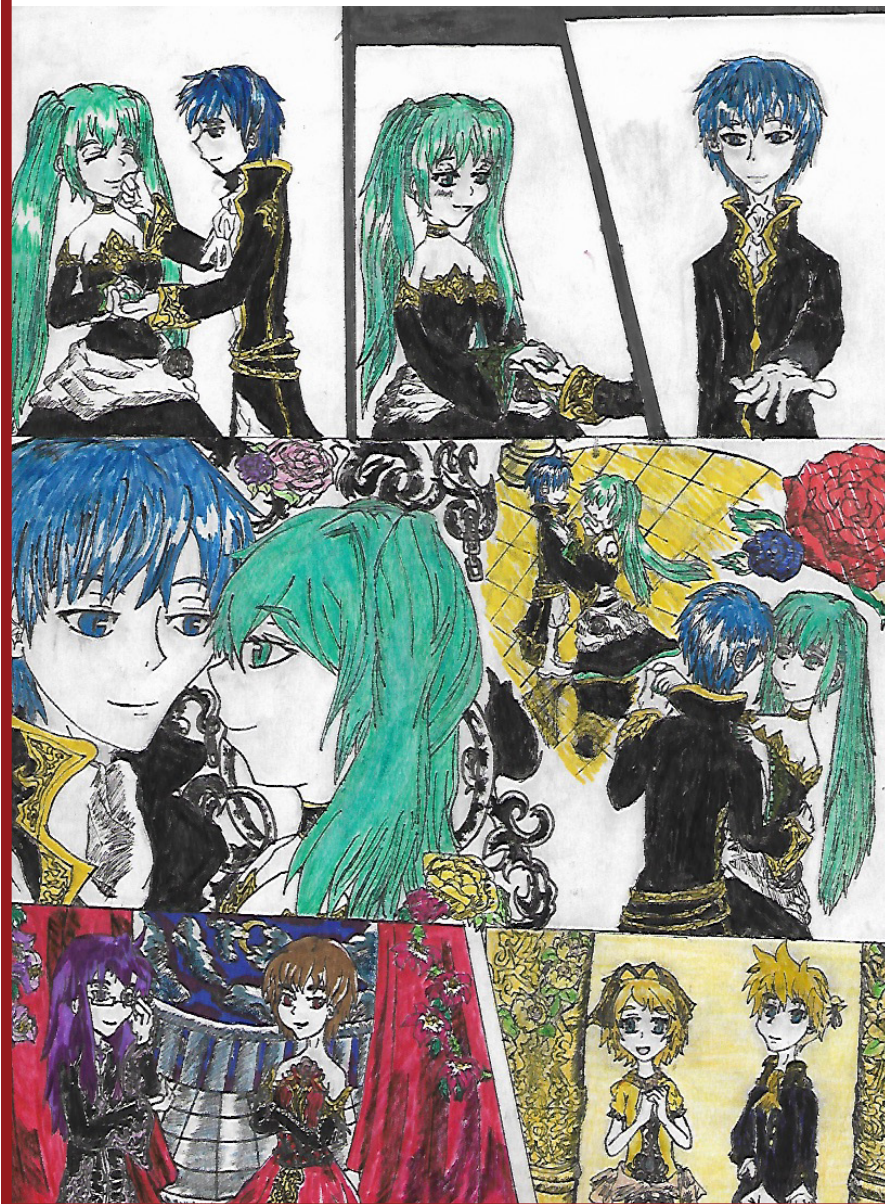
Mangas, Mangas

"This semester, the Art Club and Anime Club teamed up to work on some Comics/Mangas.

This comic was created by a member of both clubs, Nancy Nguyen, a Web & Advertising Design student in Graphic Communications & Photography.

If you love Anime and/or Art, the Anime Club meets Mondays in Bldg. 28, Room 205, and the Art Club meets Wednesdays in Bldg. 28, Room 214.

Contact Professor Riddle (fmriddle@stcc.edu) for more information."



Car Museum is an Excellent Day Trip

by Michael Levesque

Located in the town of Brookline, Massachusetts is a wonderful museum that showcases cars from a bygone era mixed with modern marvels. The Larz Anderson Auto Museum is a great place to view extremely rare cars and take a peek at extravagant wealth from days past.

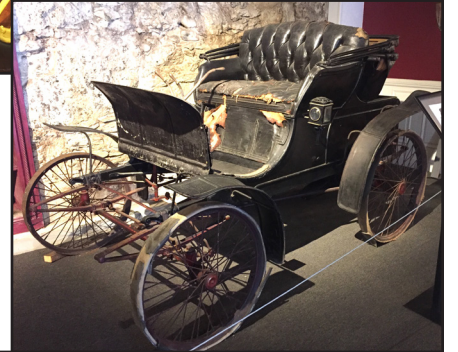
The Larz Anderson Auto Museum is located in the former carriage house which was part of the former Weld Estate and home of Larz and Isabel Anderson. It was built in 1888 to house the horses and carriages of the Andersons. It is an example of incredible opulence and the building itself is quite a marvel. It was fashioned after the Chateau de Chaumont-Sur-Loire in France and designed by Edmund M. Wheelwright who was the city architect for Boston. Mr. Wheelwright also designed the Boston Public Library. The carriage house was a working stable and housed horses, carriages and stable hands. It was part of a picturesque and extravagant estate covering 64 acres that featured a very large mansion, a polo field, and numerous gardens fashioned after those seen in Italy and Japan.

Larz passed away in 1937 and Isabel followed in 1948. Before her passing, Isabel left the entire estate to the town of Brookline with the stipulation that the carriage house and all of their cars go to the Veteran Car Club of America (VMCCA). The VMCCA then formed the non-profit group named the Larz Anderson Auto Museum. Unfortunately, the Anderson's Weld Estate fell into disrepair following Isabel's death and was subsequently razed due to the poor condition of the mansion. The rest of the property was developed into a public park with very few original details of the estate remaining except for the carriage house.

The extravagance of the carriage house that houses the auto museum cannot be overstated. No expense was spared in the construction of this lavish building. The horse stalls, which are still visible, were trimmed with marble and ornate brickwork. The doors to enter the main area look to be straight out of a medieval castle with massive hand-forged hinges and locks. The interior features huge, ornate brick pillars that appear to be something one would see in a fallout shelter. The main area features cars on loan from private collectors and these change every so often. Automobile memorabilia and artwork festoon the walls as do various other automotive related items such as gas pumps, models, and an extensive hood ornament (also called "mascots") collection. Beyond the main area is the space which once housed the



Clockwise: View of museum entrance, 1908 Stanley Steamer Model K, 1899 Winton Phaeton, 2005 Porsche Carrera GT, 1955 Mercedes Benz 300 SL Gullwing



horses, as evidenced by the outlines of the stalls in the floor and the horses' nameplates displayed on the wall. This area features some very rare cars including a 1901 Winton Bullet, the first production race car offered to the public and the only remaining example in existence. The cars displayed on the main floor change, but below, in the basement, resides most of the Andersons' personal collection.

The basement area in the museum is anything but a dark and dank space. It features many large windows allowing a flood of natural light to illuminate the collection. Here is where you can see a collection of very rare American and European cars. Of note is the Andersons' very first car; an 1899 Winton Phaeton. There are several early 20th century cars displayed there and it is interesting

to see that these early cars had many traits from the horse carriages they replaced. Lots of wood and large tires are characteristics shared by both. There are also two examples of electric cars; a 1905 Electromobile, which was Isabel's personal favorite, and a 1908 Bailey Electric Phaeton Victoria complete with its charging station. It is worth noting that Isabel was the very first woman in Massachusetts to receive a driver's license.

Another interesting car is a 1912 Renault Phaeton which features a toilet and wash basin. The basement also houses some very nice old-time bicycles, a scale model of the Weld Estate, a garage for servicing vehicles, a kitchen, and a large mural with the story of the Andersons' life. The museum also has a gift shop with many items such as old automobile

magazines, books, shirts, model cars, and hats. Talk to Jill, the museum's sales associate to purchase items and receive a briefing prior to viewing the cars on display.

The Larz Anderson Auto Museum is open Tuesday through Sunday from 10:00 a.m. to 4:00 p.m. Admission is \$10.00 with discounts for seniors, children and military. They also offer group tours and rentals for special events such as weddings. The museum hosts many car shows from spring through fall on weekends, and features themed events such as Mercedes Day, Porsche Day, Corvette Day and others. Treat yourself to a fascinating day celebrating the history of automobiles and spectacular architecture by visiting this truly remarkable museum.

For more info, visit: www.larzanderson.org †

Assessing Antisocial Behavior

by Alyssa Lewis

In today's day and age, antisocial behavior is considered to be a huge problem in society. The term "antisocial behavior" covers a wide range of characteristics that make up different aspects of this behavior. Antisocial behaviors are defiant acts, that disrupt, defy, and violate social rules. This could include hostility or aggression towards others, recklessness, disregarding rules, theft, and many other behaviors. In an attempt to identify, understand, and correct the problem, psychologists have researched this topic in depth, yielding many different answers to the problem.

Psychology is a field of science that examines, studies and treats the human mind as well as human

behavior. Different psychologists would view the problem of antisocial behavior in different ways, each with their own viewpoint of and perhaps, each have a different solution to the problem. An experimental psychologist, an environmental psychologist, and a personality psychologist would all view the problem and propose different solutions.

An experimental psychologist studies basic components of behavior and the mental processes, such as things like motivation, emotion, sensation, perception learning, memory, and cognition. Being research-oriented, experimental psychologists design, coordinate, and analyze the results of the experiments. Not only

do they study humans, but they also work with various animal species to conduct their research.

In order to identify the problem of antisocial behavior, an experimental psychologist would study the mental process behind such behavior. What is the motivation behind the actions? In studying the motivation, emotion, sensation, perception, memory, and cognition behind antisocial behavior, they could potentially come up with experiments to find out the causes of antisocial behavior.

An environmental psychologist studies the relationship between people and their environment, or how humans are affected by their environ-

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STCC Hosts Soul Food and Jazz Luncheon

by Michael Levesque

STCC Hosts Soul Food and Jazz Luncheon

In celebration of Black History Month, STCC held a Soul Food and Jazz Luncheon in the gymnasium at Scibelli Hall on February 22, 2018. The gathering featured a delicious menu of soul food, a jazz band, and local vendors hawking their wares.

There was no shortage of smiling faces at the packed gymnasium as hundreds showed up to enjoy the wonderful food and ambience offered to the students, staff, and faculty. Delicious soul food was well worth the wait in long lines which saw heaping helpings of many different flavors. Fried chicken, Jambalaya, mac and cheese, collard greens, corn bread, pecan pie, sweet tea, and others were served up to the delight of all, for the cost of just two dollars. There was enough food to feed an army and to show just how big a hit the luncheon was, almost all of the food was eaten up before the event ended. As I looked around the gym, it was very clear that those in attendance were enjoying their meals.

Music was provided by the Jimmy Greene Quartet, a Connecticut



based jazz group that plays venues worldwide. Jimmy Greene is a Grammy nominated musician who is also an associate professor at Western Connecticut State University. His music provided the perfect backdrop to the luncheon as his band filled the gym with rhythmic jazz sounds from the quartet's piano, string bass, drums, and saxophone.

The Soul Food and Jazz Luncheon was a huge success and provided the STCC community with a great opportunity to appreciate a cultural event and celebrate Black History Month. The luncheon attracted many different people and gave them a chance to enjoy each other's company. Professor Davis Johnson attended the luncheon and gave a poignant remark that summed up the event perfectly: "Events like this at STCC point to where we are going, more or less, as a culture where people of many different cultures can get together and sample good music and diverse foods in a casual atmosphere of camaraderie and acceptance." Indeed. ♪

Photos courtesy of Vicky Rios



The Great Gatsby & the American Dream

by Alyssa Lewis

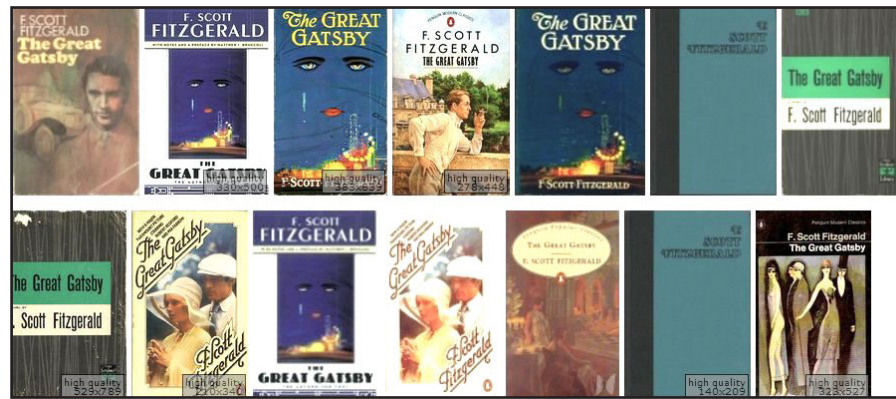
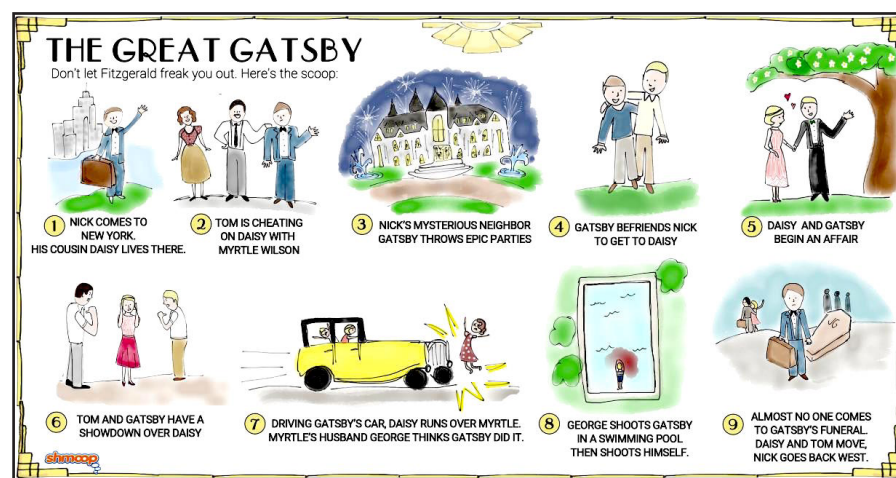
The Great Gatsby is the stereotypical American novel in which the “American Dream” and the “Pursuit of Happiness” are explored and exploited by its characters. The “American Dream” is the idea held by many in the United States that through hard work, determination and innovation, one can achieve great success in life. However, the American Dream is a cruel concept as it is never fully obtainable. Although the American Dream is the idea of independence and self-sufficiency, it is largely corrupted by materialism. While pursuing the American Dream, people forget about hardwork and honesty; they become distracted by material possessions and impassive avocations and forget their original goal, thus they never end up achieving the true American Dream. Instead, they get lost in the pursuit of extravagant riches, high status, and undeniable power. F. Scott Fitzgerald presents this idea in *The Great Gatsby*, and describes through symbols and characters’ plights, the various elements of the American Dream and the related idea of the Pursuit of Happiness.

Fitzgerald masterfully portrays the promise and the corruption of the American Dream through Nick Carraway’s eyes in *The Great Gatsby*. Carraway describes what he perceives to be Gatsby’s pursuit of the American Dream and how it has resulted in not only the loss of Gatsby’s true identity but eventually his life as well. Due to Gatsby’s paralyzing grip on his dream and his obsessive and perfect fixation on Daisy Buchanan, who was the last piece of the puzzle, he was never able to live his own life happily and to the fullest.

Carraway describes Gatsby’s invented persona as follows:

The truth was that Jay Gatsby, of West Egg, Long Island, sprang from his Platonic conception of himself. He was a son of God—a phrase which, if it means anything, means just that—and he must be about His Father’s business, the service of a vast, vulgar, and meretricious beauty. So he invented just the sort of Jay Gatsby that a seventeen year old boy would be likely to invent, and to this conception he was faithful to the end. (Fitzgerald 98).

Carraway uses an impactful metaphor, comparing Gatsby to Jesus Christ, in order to emphasize Gatsby’s creation of his present persona. To James Gats of North Dakota, the persona of Jay Gatsby is his true self, while Jay Gatsby, in the eyes of the people of New York, is shrouded in lies and mysteries. As a teenager, Gatsby imagined the ideal life for himself, and throughout his



life remained devoted to that perception. Gatsby remains bound and tied to his dreams and mindlessly pursues them without considering the consequences. In the end, “the pursuit of happiness becomes personally hollow in love, and professionally so in his work. . . Gatsby. . . is more responsible than he knows for the dissolution of his dream of lover and work” (Callahan).

The green light at the end of Daisy’s dock is a symbol of Gatsby’s American Dream incarnate. It was Gatsby’s motivation and his goal, his unachievable dream. Gatsby felt that nothing could ever stop him from acquiring his dream because he was so close. “He had come such a long way to this blue lawn, and his dream must have seemed so close he could hardly fail to grasp it” (Fitzgerald 180). Gatsby was so invested in his dream that he romanticized and idealized his idea of Daisy that she “tumbled short of his dreams—not through her own fault, but because of the colossal vitality of his illusion. It had gone beyond her, beyond everything. He had thrown himself into it with a creative passion, adding to it all the time, decking it out with every bright feather that drifted his way” (Fitzgerald 95-96). And suddenly “Gatsby’s dream of love corroded to nightmare, the passion ebbs from his work, such as it is... His flimsy network of “gongnegtions” and sinister underworld deals in booze and bonds were all for love of Daisy. When she returns to Tom Buchanan and their leisure-class world, partly because of Gatsby’s desperate bargain with the American underworld, and partly because of his narcissistic, romantic inability to comprehend her attachment to Buchanan, Gatsby is emptied

of love and ambition alike. The heart and wonder are gone from him; there is no happiness to pursue. His time of love and “aesthetic contemplation” passed...” (Callahan).

Great wealth is a big part of the American Dream, but for Gatsby, great wealth alone is not enough to fulfill his dream. Gatsby becomes involved in illegal business transactions in order to amass his wealth and impress Daisy Buchanan. Gatsby recreates himself and his life so much so that he becomes a shell of who he used to be; detached from his past and without morals. He heedlessly brushes off the obstacles that society causes in an attempt to fulfill his dream, becoming corrupt in his blind pursuit of the American Dream and the wealth that will grant him Daisy’s affection. Like most of the other main characters, Gatsby believed in a materialistic version of the American Dream that promises riches, love, and prompt gratification. Gatsby died early on because of his own stubbornness and the immorality of the world that he tried to surmount.

Gatsby is not alone in trying to fulfill the American Dream in this novel. Tom Buchanan seems to have everything a man could possibly want; he has power, wealth, even a beautiful wife and daughter, yet for him that is not enough. Tom has the need to feel superior to everyone else, even seeming to say to Nick, “I’m stronger and more of a man than you are” (Fitzgerald 7). In Tom’s eyes, the American Dream means he is entitled to more, more power, more wealth, and more women. But Tom’s domination of Daisy alone does not grant him the power that he lusts for; he needs to be in complete control of two women. Controlling Myrtle

is the power trip that Tom craves; against Tom’s will, Myrtle acts out and “making a short deft movement, Tom Buchanan broke her nose with his open hand” in an attempt to keep her in her place (Fitzgerald 37). Tom’s domineering and hypocritical nature causes him to lose and abuse the American Dream even after he has achieved it.

Myrtle Wilson is yet another person who idolizes the American Dream. Myrtle has a very loving and devoted husband, yet she wants everything else. While she is stuck in the Valley of Ashes with her haggard husband, Myrtle sees all the rich people living in East and West Egg and she views them with envy. Myrtle believes that she is entitled to so much more; she believes that she deserves the high class status, the money, and the power that comes with Tom. She views Tom as her way out of the Valley of Ashes and into high society, and her ticket to happiness. In the end, Myrtle dies tragically only halfway to achieving her dream.

The Valley of Ashes is a symbolic place that shows the result of the arrogance of the wealthy. The rich have made their money in their industries and have heedlessly dumped the waste, producing the ashy, gray desolate area of land. The people that reside in the Valley of Ashes and the state of the land do not matter to the wealthy.

While pursuing the American Dream, people forget about their original intentions with the allure of great wealth, high status, and overwhelming power. Along the way their hopes and dreams are corrupted by greed, and consequently the American Dream is never truly securable, for people will always seek just a little bit extra. Regardless of the certainty that human beings will always fail to achieve the true American Dream, they still hold a magnificent amount of hope for the future and strive for the betterment of their own lives. Until they strive for the betterment of each other’s lives, the true American Dream remains out of reach, and the pursuit of happiness is forever unattainable. †

Sources: Callahan, John F. “F. Scott Fitzgerald’s Evolving American Dream: The ‘Pursuit of Happiness’ In *Gatsby*, *Tender Is the Night*, and *The Last Tycoon*.” *Twentieth Century Literature* 42.3 (Fall 1996): 374-395. Rpt. in *Twentieth-Century Literary Criticism*. Vol. 210. Detroit: Gale, 2009. *Literature Resource Center*. Web. 17 Mar. 2016. Fitzgerald, Francis Scott. *The Great Gatsby*. New York: Scribner, 2004. Print. Photo sources: www.shmoop.com/great-gatsby/summary.html; jarrahjungle.blogspot.com/2013/07/book-club-great-gatsby-by-f-scott.html

Paranormal, Supernatural, UFOs, Oh My!

by Amanda Lambert

New England is quite a supernatural place. One of the first states to become home to English settlers in 1630, Massachusetts is known for its mystic past. Many know of the Salem witch trails, but very few know that in Massachusetts there are haunted forests dating back to the early settlement of the state. Freetown-Fall River State Forest or more commonly known as Freetown State Forest is home to vast paranormal activities.

Freetown State Forest is more than 5,000 acres spreading across three neighboring towns of Freetown, Lakeville and The City of Fall River. The entrance to the forest is on 110 Slab Bridge Rd, Assonet, MA and holds a great place for picnics, scenic hikes, and other outdoor activities.

Originally home to the Pocasset Wampanoag Tribe, this place still has a few acres left of the reservation. On the reservation there is Profile Rock, a massive piece of granite, believed to be the Wampanoag tribe's Chief Massasoit. Chief Massasoit helped keep peace between Natives and English settlers in the early settlement of the state. This is where the positivity of the forest concludes because the forest's dark past has an ability to make sure visitors get to their cars before sundown.

Since the establishment in 1913, Freetown State Forest has been home to occult phenomenon. Assonet ledge, or simply known as the ledge is recognized for its UFO sighting in 1974. Then Governor Ronald Reagan said, while flying over the area, an ominous light began to follow the plane and, after a few minutes, accelerated up into the sky at a forty-five degree angle and disappeared.

Throughout the forest, there are ancient burial grounds of Native Americans and it is said that the forest is cursed by their angered spirits. It's possible because of these angered spirits that those who visit the ledge get a sense of foreboding and uneasiness. It is reported nearby, that there are many abandoned cars left behind by those who ended their lives jumping off the ledge. The quarry's ledge is also known for cult sightings and is notorious for ledge jumping ghosts, who never seem to make it to the water below.

On occasion, there have been occult related experiences. One horrific slaughter is marked by the Ice Shack on site, where three women were violently killed and dismembered by Carl Drew. It is believed that Carl was pimping out three women, and when one tried to escape, he used them all as human sacrifices

in his cult. He was found guilty in 1980 of the murders of these three women. The accomplice of Drew was a woman named Murphy, who told police specific whereabouts of the remains of these women. Sadly, this isn't the first occurrence of cults in the Freetown forest. It has been reported by a number of witnesses of figures in dark robes moving through the area. Pentagrams and oddly placed stones have been found in the remote parts of the forest, along with mutilated cattle.

One of the most infamous murders occurring at Freetown State Forest was that of fifteen-year-old Mary Lou Arruda. She was found on November 11th, 1978 by a dirt bike rider, tied to a tree, decomposing. Medical examiners determined her death was caused by strangulation by ligature or positional asphyxia after her abductor had beaten and knocked her unconscious. James Kater, her murderer, was found guilty of first degree murder and was sentenced to life in prison. More murders were committed in the span of 14 years, including the murder of a homeless person in 1987 and of two men shot to death in 2001.

Also, in the forest, there are reported to be humanoid-like creatures and ghosts that stalk the Hockomock Swamp. Hockomock Swamp means "a place where spirits dwell" and is known for dense bushes and remoteness. The swamp is said to be swarmed with phantoms and poltergeists because of the bloody massacres that occurred there between Natives and early settlers. The humanoid creatures that reside in the swamp are said to have grey skin, red eyes and to be about three to four feet tall. There was a possible Big Foot sighting by two men who saw an "ape-like creature" in the area. It is said that these creatures have been stalking the swamp since the Wampanoag Tribe resided there and like to play tricks on visitors. According to reports, these creatures can be tricksters and throw sand or kidnap people.

Despite its paranormal activity and frightening past, such horrors have not stopped the forest from flourishing. The forest contains a water park for family day extravaganzas. Though, it is to be noted, there is a good reason why onsite camping is not allowed. The daytime makes Freetown State Forest a place to be for a gorgeous outdoor adventure, but night time is a whole 'nother story.

Don't let these stories discourage an adventure here, but let it be a sign of caution. Bring a friend and stay on the path! †

<<<<Behavior, cont'd from page 5

ments and surroundings. Every day humans are affected in some way shape or form by their environments. An environment may make a person feel safe and secure, where as another may make them feel nervous or unsafe. An environment can include a variety of places, large or small, or it could be considered a certain situation as well.

These environments may cause someone to act a specific way. An abusive household may cause someone to lash out in anger, or to retreat into themselves in any given situation. An environmental psychologist would research a person's behavior in accordance to their environments, and thus may come up with a solution to antisocial behavior based on the environments that an individual is accustomed to. They may propose removing the individual from a certain situation or setting, and placing them in another one, thus solving the problem.

A personality psychologist studies individual differences in personality traits and persisting patterns of a person's behavior, such as anxiety, sociability, self esteem, and aggression. Every person is capable of showing a large variety of personality traits that influence how they react to different situations and environments.

A personality psychologist's job is to look at how a person's personality affects how they deal with different situations, other people, and how they deal with stress and solve problems they are faced with. Personality

psychologists look at the nature vs. nurture concept; the concept that a person's environment and/or their upbringing affects the way they are as an adult, how they deal with situations and their personality. A personal psychologist may research a person's 'nature vs. nurture' situation and try to determine how their upbringing may have affected their current situation, or how a personality disorder could be the result from biological or genetic influences, or if they are caused by a person's experiences early on. This research may yield a way to solve the problem, or it may not, depending on the situation and severity of the problem.

Antisocial behaviors are often left unchecked, and lead to escalated, chronic behavioral disorders. If left untreated, antisocial behavior can be very dangerous not only to the individual affected, but others as well. Psychologists try to research and solve the problem, but each person has different circumstances, making finding a solution to the problem very, very difficult. †

Sources: "Experimental Psychologist." Study.com, Study.com, study.com/articles/Experimental_Psychologist_Career_Information_and_Requirements.html. "Becoming an Environmental Psychologist." CareersinPsychology.org, careersinpsychology.org/becoming-environmental-psychologist/. "Personality Psychologist Career: Job Duties | Education | Skills, www.psychology-schoolguide.net/psychology-careers/personality-psychologist/.



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