



3rd Annual MCC Drag Show is a Hit

By Chelsea Davis
Live Wire Staff Writer

The MCC Pride Club's "3rd Annual Drag Show" was held Nov. 18 with tickets at \$4 each. Fifty percent of the profits were donated to a non-profit organization known as True Colors.

The Drag Show was held from 7 to 9 p.m. in the SBM Charitable Foundation Auditorium. The show included five performers, one drag king, Pax Daley, and four drag queens, Harlette Lefleur, Milan Sheraton, Chastity, and Holly Pock-it. The performers had a range of experience doing drag from 8 or 9 months to 20 years. There was one live singer, Chastity, who performs Cher songs, as well as wearing similar outfits to Cher, because she has a similar voice, she said.

In addition to Cher's songs, 1990s pop music, Christina Aguilera, and songs from the television show "Glee" were on the list of songs that were performed. The audience was also allowed to tip the performers as they danced off the stage and around the auditorium. By the end of the show, the audience cheered loudly and applauded the performers greatly.

"I thought it was fabulous," said one audience member, Maria Ruggiero. "It was incredible," said another audience member, David Darling.

In addition to the show, a raffle was held including prizes of Christmas CDs, a candy basket, and a Thanksgiving basket. Fifty percent of the raffle ticket



Photos by Rich Carpenter

Pax Daley, Milan Sheraton, and Harlette Lefleur (Left to Right) were only a few of the vibrant performers of the evening.

profits were also given to True Colors.

"They are a fantastic organization," said Dailey, who is also treasurer of the Pride Club and helped establish the first MCC Drag Show.

True Colors was founded by Robin McHaelen in the 1990s as a non-profit organization that supports the needs of sexual minority youth with the help of other organizations, social service agencies, schools, and communities,

according to the True Colors web site, www.ourtruecolors.org.

The organization holds an annual conference at the University of Connecticut that includes workshops for LGBT youths as well as their parents, said MCC Pride Club President Avalon Quental.

For those interested in joining or attending the MCC Pride Club, meetings are

Mondays from 3 to 4 p.m. in room D229 and anyone is allowed to come. "We raise awareness with LGBT community," said Scott LePage, secretary of the MCC Pride Club.

For more photos from the show please see page 2.

Stops on D.C. Trip Deliver Shock and Awe



Photo by Rich Carpenter

The "Freedom" statue on top of the Captiol Building stands out clearly against the sky.

From Nov. 4-7 more than 50 Manchester Community College students, faculty and staff members visited Washington, D.C., to see the sights in the nation's Capitol. Below are some of the highlights from the perspective of some students who went on the trip.

The Capitol Building

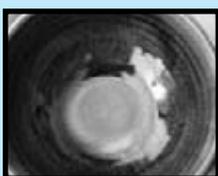
Dan Dobbyn

The Capitol building, like many monuments in Washington, D.C., is iconic and easily recognizable by any red-blooded American. From the outside you see the dome, a symbol of American government and an architectural achievement that is synonymous with the city, with a statue of lady Freedom standing on top.

From the inside, however, it's a much different story. As you are guided through the doors, you'll find statues of all-star Americans everywhere in the building. Each state has provided two statues of people important to its history.

Some of the people sculpted were important for the expansion of our country, such as North Dakota's Sakakawea (or as we know her, Sacagawea), who assisted explorers Lewis and Clark on their way to the Pacific. Some of the people sculpted

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Counter clockwise from right: Pax Daley, Holly Pock-it, and Chastity perform their numbers to an energetic crowd.

All photos by Rich Carpenter

Clarification:

In an article entitled "Something Delicious Just Around the Corner: Edi's Pizza," which ran on page 18 of the Oct. 25, 2010, issue of the paper, the restaurant's delivery policy was incorrect. The restaurant does deliver. For more information visit www.edispizzeria.webs.com or call 860-646-EDIS.

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Bay Path College

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were exclusively important to their state, such as Kamehameha I of Hawaii, who became the King of the Hawaiian Islands in the late 1700's. Some of the people sculpted transcend state and country, such Alabama's Helen Keller, who overcame being blind, deaf and mute to write books and become an activist. Then there are those who are sculpted who fought this country, such as Virginia's Robert E. Lee and Mississippi's Jefferson Davis, the Commanding General and President of the Confederacy respectively. Most impressive is a painting on the ceiling of the Rotunda known as "The Apotheosis of Washington," featuring the nation's first President George Washington. The painting appears to be 3-dimensional, which is how it was intended. There are 15 maidens accompanying him. One represents Victory/Fame, another represents Liberty, and the other 13 represent each of the original colonies. The depth and detail of the Capitol Building is truly astonishing and a masterpiece of American ingenuity. If you are ever in Washington, I advise touring the Capitol Building above anything else. It's truly a work of art in every physical meaning of the word.

The Franklin Delano Roosevelt Memorial

Samson Zarek Hampton
"The only thing we have to fear, is fear itself"- Franklin Delano Roosevelt

There are many monuments, statutes, and memorials in Washington, D.C., but the one that stuck out most in my mind was the FDR Memorial. It certainly wasn't the biggest or the most famous but what really surprised me was it was the only memorial in our nation's capital that also includes a tribute to a first lady. There have been well over 40 First Ladies and the only one who is recognized in a memorial is Eleanor Roosevelt, the wife of FDR.

In the memorial there is a very sophisticated statue of her honoring her work with the United Nations and other humanitarian work. Personally I think she deserved an entire memorial to herself, but that was not what the designers had in mind.

The FDR memorial is broken up into four sections, each representing the four terms he served as president of the United States. You walk into the memorial as it's at ground level and is almost a maze of stone walls with waterfalls and sculptures. The stone walls that guide your way through the memorial are etched with many famous quotations from President Roosevelt. In the memorial there are 31,239 stones used. The designer of the memorial, Lawrence Halperin, explains "Stone represents the fundamental greatness of a man who has carried the tremendous challenges and responsibilities of the war on his shoulders."

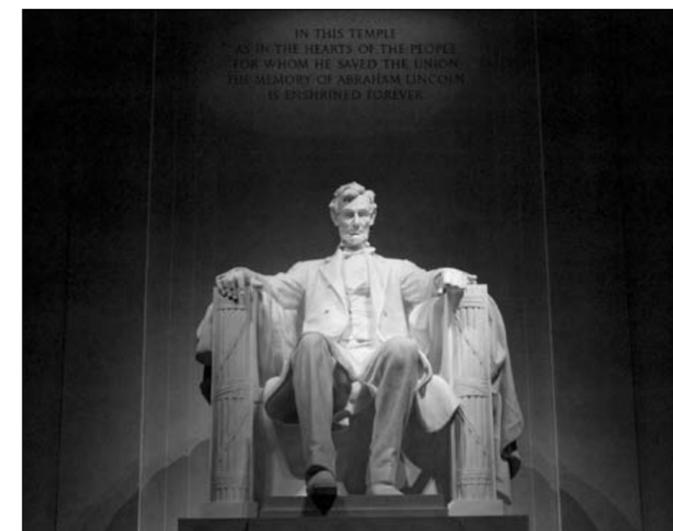
There are several waterfalls throughout the memorial, which was my favorite part of it, artistically speaking. There is one in each of the "rooms" or sections and they progress from very tranquil to gushing to represent the amount of turmoil FDR endured during his terms as president. When he died in 1945 the nation had just endured World War II and the world was very chaotic. Out of all the memorials we visited on the trip, this memorial was by far my favorite, small in size but very powerful and moving.

The Lincoln Memorial

Rhonda Ransom
This was my first time visiting D.C. and I had a great time. Even though the trip lasted three days we barely scratched the surface of what there is to see there. To see it all you would have to stay there at least a week.

The most memorable stop to me was the Lincoln Memorial. This is where the Rev. Dr. Martin Luther King, Jr. gave his famous I Have a Dream speech on Aug. 28, 1963. They have his name printed on the ground exactly where he was standing. While standing there I was picturing how many people were packed from the Lincoln Memorial all the way down to Washington monument more than 40 years ago. I was in awe that so many people packed this place and that I stood in the exact spot Dr. King was standing.

The statue of Abraham Lincoln itself is imposing and looks exactly like him. Whoever the artist was that did that carving did a great job.



The Lincoln Memorial, ethereal by night embodies the spirit of Washington, D. C.



A reminder of the Great Depression, this bronze statue depicts one of the "Fire-side Chats" made popular by FDR. (photo taken at the FDR memorial)
All Photos by Rich Carpenter

The Newseum

Tiarrah Clayton
The Newseum was an eye-opening stop for MCC students on Nov. 6. The Newseum, a museum devoted to news gathering in print and broadcast, is located on Pennsylvania Avenue, America's Main Street, which runs between the White House and the U.S. Capitol. The Newseum is 250,000-square-feet, with seven floors filled with 14 galleries, 15 theaters and dozens of interactive areas and displays.

The main theater is the Walter and Leonore Annenberg Theater that takes you on a miraculous ride of the most dramatic events in journalism history through a 4-D movie experience, complete with moving chairs.

"The 4-D movie was pretty amazing," said MCC student Ishona Caputo. "I never experienced anything like that and it was definitely something I will never forget."

One of the permanent exhibits at the Newseum is entitled the News History Gallery, which displays an extensive collection of historic newspapers and magazines. A timeline of major developments in technology is surrounded by 10 touch-screens that present interactive games, a database of major events in journalism and close-ups of hundreds of publications.

"I thought it was very interesting the way they had newspapers dating back to the 1800's and the way some countries had no freedom to report what they wanted," said student Elis Soto.

All the exhibits are interesting, but one that will make your eyes water is the Sept. 11 Gallery, sponsored by Comcast. The gallery takes you on a journey of the tragic events of Sept. 11, 2001, including a timeline, tons of newspaper's front pages from around the country and the world that covered the events, a horrifying story of the only journalist who died in the attacks and actual pieces of one of the antennas from one of the Twin Towers.

"It really made me understand what happened during Sept. 11 and understand the things that the people were going through in a way that I had never been able to envision," said Caputo.

For more information about the Newseum visit www.newseum.org.



The Three Servicemen Statue Stands at the entrance of the Vietnam War Memorial.

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Meet A Professor: Andrew Paterna

By Alex Obert
Live Wire Webmaster

Why did you choose to teach?

I think I've always been interested in education and the idea of being in a classroom and helping students to learn more about a subject, regardless of what it is. For me, it'd have to be health and physical education and nutrition. I think that's where my interest started.

Tell me a little about your background.

I'm not originally from Connecticut, I'm from New Jersey originally. I went to college in New Jersey and studied health and physical education as my undergraduate major. And then I went on to New York University and earned my master's degree in Educational Administration. Then once I moved to Connecticut, I started at the University of Connecticut and earned a second master's in Fitness Management. Then I continued at the University of Connecticut and earned my doctorate in Kinesiology with a specialization in Therapeutic Recreation and Nutrition.

Are the students of today any different than when you were attending college?

I don't think they're that much different, although I think students today have a lot more on their plate than when I was attending college. I think there are more and more students that have to work 30, 35 hours a week as well as attending college and I think that puts a terrible strain on them in terms of trying to juggle those kinds of schedules. I think that's the major difference.

Did you ever think you would end up being a professor? And if not, what would you be today?

I think I always thought I would be a professor. My family always stressed the importance of education to me all my life. My father was a teacher and I think I always saw myself in that same role.

Who was your greatest influence growing up?

I think I'd have to say my father because of the way he taught me the importance of education, the way he taught me the importance of respecting other people and the life lessons he shared with me.

Aside from teaching, what would you say is your passion in life?

I'd say primarily my family, my kids, and my grandkids.

What is the most memorable moment that you've had in your teaching career?

In my primary course I'm teaching right now, Health and Wellness Principles, when I meet students at the end of the semester who say that they have made major changes in life in terms of their eating habits and their exercise. It's also been carried over to their own families. Those are the kinds of things that are important and rewarding to me.

What advice do you have for first year MCC students?

My main advice is don't fall behind. I think sometimes because of their own hectic schedules, students put off reading that next chapter and



Photo by Rich Carpenter

they put off taking notes. Next thing you know, they're trying to play catch-up too much. So I think not falling behind in the assignments that instructors give you in class, and I think it is important to stay current in the work.

What is the greatest compliment that you have received in your teaching career?

I think again when students come to me and say they've changed a big part of their life because of their experience in the classroom, I think that's pretty much it.

What's something about you most people don't know?

I've been playing acoustic guitar for about 25 years. Just recently, I've been doing more public playing. I've started a small band called Black Cadillac and we play once in a while.

Bowls Filled for the 13th Year



Image provided by google.com

By Lauren Madison
Live Wire Staff Writer

The 13th annual Foodshare Empty Bowls Project took place Saturday, Oct. 30, from 11 a.m. to 3 p.m. on the Manchester Community College campus in the Culinary Arts Center.

MCC and Foodshare have rallied their troops in the fight against hunger in all 42 towns of Hartford and Tolland counties. Retired professor and chef, Linda Coons, started the Empty Bowls Project 13 years ago. It is a chance for anyone to donate money towards the people who need it most. Money is donated by the \$15 admission fee, which includes a handcrafted ceramic bowl with unlimited refills of more than 40 different kinds of soup as well as free beverages and snacks.

The handcrafted bowls are made by MCC students, local high school students, participating artists and professional potters, such as Greenleaf Pottery. Some soup is made by local MCC chefs and culinary students, some soup is donated in 5 or 10 gallon buckets, which are collected from 40 different locations, including area restaurants and culinary schools.

"It takes a year to prepare and we only have one day to execute it," said Sandra Jenkins, a MCC hospitality professor.

One attendee Tom Sessions was on his third bowl of soup and claimed his favorite so far was the Apple Squash. His wife, Terri, thought the fish chowder was the best soup. Tom Sessions is also involved with St. Johns Church in Vernon, where he helps to distribute food.

Foodshare serves as the greater Hartford regions food bank and supplies 16 tons of food each day to a network of nearly 350 local partners that feed our hungry neighbors. In 2009, Foodshare distributed 12 million pounds of food for people living in greater Hartford and helped 128,000 people in the region, including 10,000 seniors and 50,000 children. Every \$30 Foodshare receives, provides enough food for one person for an entire month and 94 percent of its resources go directly to ending hunger. Foodshare's motto is, "When hunger stops, so shall we."

If you want to help make sure nobody is left with an "empty bowl" and fight to end hunger, there are a lot of individual volunteer opportunities at Foodshare. For more information call John S. Weedon, volunteer coordinator, at 860-286-9999 or email jweedon@Foodshare.org.

Great American SmokeOut Combined with SOS Club Debut



Image provided by hoopool.com

By Correll Mayo
Live Wire Staff Writer

Manchester Community College was a supportive place for smokers trying to kick the habit on Nov. 18. That's when the Support of Smokers, or SOS Club, kicked off the start of the group by participating in events surrounding the Great American SmokeOut.

SOS teamed with the Drug and Alcohol Rehabilitation Club to host MCC's observance of the Great American SmokeOut. Sponsored by the American Cancer Society, the event is held each year as a national awareness day for smokers to kick their habit for 24 hours, with the idea that if smokers can quit for a day, they may be able to quit for life. The SmokeOut has been held every third week of November for 35 years.

Information on smoking and its dangers was made available for students passing by the AST Rotunda on their way to and from classes. Additional posters, pamphlets and informational display were set up around campus in the days leading up to the SmokeOut.

But for those really serious about quitting, SOS offered sessions with a hypnotist. Several people took advantage of the offer.

"If it works it will save me 60 dollars a week," said Edward Jones, an MCC student.

Patricia Galvin, who holds a master's degree in education, is a certified hypnotherapist who also teaches self hypnosis. Galvin said she uses hypnosis for weight control and for smokers looking to quit.

Galvin is a former smoker herself. She smoked for more than 25 years before she was able to quit, she said. Galvin said she used to smoke a pack and a half a day of Camel brand cigarettes. She credits hypnosis for helping her stay away from smoking. "If I can do it you can do it," said Galvin. "You have to be ready."

SOS club President Corey Norton said that many people may be confused about a club offering Support of Smokers, but it does not encourage smoking.

"The Club is a friendly environment for everyone to talk and take steps to help quit smoking," he said, adding that the club is open to all who are looking to seek some form of help in any way possible, not just hypnosis.

SOS meets every Wednesday in room AST T201 or, for more information, contact Norton by email at cor-noodles@hotmail.com.

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Oasis in the Overwhelm Offers Strategies to Cope with Stress

By Candice Kurzweil
Live Wire Staff Writer



Feeling stressed?

If so, you are not alone. Life Coach Millie Grenough spoke about managing stress at Manchester Community College on Nov. 10 from 12:30- 2 p.m. and the room was packed with faculty and students. Only one hand in the larger-than-expected crowd was raised when Grenough asked if anyone there did not have stress.

“Stress is a normal and natural part of life,” said Grenough.

Stress can create action, she said. Using her arm as an example, she demonstrated that it would not be able to bend without applying pressure. However, she pointed out that too much stress is harmful; research has shown that it contributes to 80 percent of major illnesses.

Grenough demonstrated four techniques designed to control stress from her book, “OASIS in the Overwhelm: 60-Second Strategies for Balance in a Busy World,” and the audience participated along with her. These techniques are meant to be practiced on a regular basis in order for them to be effective.

“What you focus on and what you do will grow,” she said.

In the first technique, 4-D, or Four Directions, stretch the body toward the four compass points, saying “north” as you stretch your arms upward, “south” as you bend at the waist and reach your arms downward, and “east” and “west” as you turn your torso and stretch your arms side to side. As a variation, you can say whatever pops into your mind as you change positions, Grenough said.

An offshoot of this exercise is to say out loud anything you want to get rid of (negativity or worrying about a class, for example) as you mime throwing it into an imaginary trash bin. You can then say things that you want to invite in (happiness or peace, for example) as you use your hand to gesture bringing those things into your chest.

Grenough, a former Catholic nun and nightclub singer, is a clinical instructor at Yale University School of Medicine. She developed these techniques, she said, to help herself and others after a near-death accident inspired her to change her fast-paced lifestyle.

Another technique she demonstrated is called 3-B-C, or Three Breath Countdown. Simply place your hand on your stomach and breathe deeply three times. This technique can be instantly calming and is discreet enough to do practically anywhere. Grenough said she has seen dramatic results with this technique.

“It totally can shift where you are and it can totally shift your life,” she said.

Attendees said they enjoyed the presentation. Nylsa Ubarri-Young, a counselor at MCC, called the presentation “excellent.”

“I was impressed that she involved the students and they participated,” said Ubarri-Young.

Also in attendance was Dr. Stacy Giguere, assistant professor of psychology at MCC, who brought her General Psychology I class to the presentation. Since she attended the presentation, Giguere said, she has taught the breathing techniques to students in her Death and Dying and First Year Experience classes.

“[Grenough] emphasized that stress is an inevitable part of being human; the problem is not stress but how we cope with stress,” Giguere said. “Many people want to cope better with stress but they cannot imagine adding anything else to their hectic schedules. The 60-second OASIS strategies are free, quick, effective, and easy to learn.”

For more about Grenough and her techniques, visit

<http://www.milliegrenough.com>.

Habitat for Humanity Raises Homelessness Awareness on Campus



By Corey Hirth
Live Wire Staff Writer

Do you want to help those less fortunate have permanent housing? Then you might consider joining Habitat for Humanity, a group whose main focus is to eliminate poverty and homelessness around the world.

Manchester Community College has its own chapter of Habitat for Humanity. It is advised Lucy Hurston, a professor of sociology, and student president Abby Bibens. To accomplish the goal, Habitat holds major events like cardboard city that not only expose students and faculty to spending a night in a cardboard box, but also fosters leadership skills, said Bibens.

“Habitat for Humanity was made to help build a better future for the people within our community,” said Bibens. “By addressing issues of homelessness, poverty, and lack of education that exist amongst us every day while simultaneously challenging students and the community to get involved in making a positive impact that will improve the quality of life for those less fortunate.”

The club holds many events that you might have already seen around campus.



All images courtesy of Google Images



During the week of October 3, the group celebrated World Habitat Week, which is held by all of the Habitat clubs on college campuses to advocate the organization and its mission. The MCC chapter started the week with a candlelight vigil featuring the reading of poems to bring awareness to the struggles of poverty across the nation. This was the club’s second time holding this event.

Also during that week was Cardboard City. This event was a very powerful and active event, which made participants spend the night in cardboard boxes to show them how it feels to be homeless. But on the days leading up to the event, people noticed that the predicted forecast for the night was a lot of rain and very cold conditions.

“People kept calling us to see if we had set up a rain-date for the event but we informed them that our purpose is to experience what it is like to live without a house,” said Bibens. “The homeless don’t have rain dates so why should we?”

Members began setting up at 7 a.m., even though the rain had started long before they had gotten there. Cardboard City was erected in front of the campus, which not only made an impact to the club members, but also brought awareness to

anyone who was walking by the cardboard houses.

This was the third time MCC’s Habitat chapter had done this event, but it was the first time it was done in the fall semester. The event made it through the night and gave the people who participated, a real honest experience of what it is like to be homeless, said Bibens.

“However horrid the cold, wet conditions may have seemed, this really drove home the message that we were trying to share amongst the community,” said Bibens. “That being homeless or living in an inadequate home provides many challenges when one is trying to maintain a successful life.”

MCC’s Habitat chapter has more upcoming events planned, including bake sales, a faculty versus students Wiffle ball game and possibly a Walk-A-Thon, Bibens said. In the past the chapter has also traveled to New Orleans in the summer to rebuild homes destroyed by and during the aftermath of Hurricane Katrina.

If you would like to get involved in the Habitat for Humanity club, you can find out the exact dates when their meetings are on bulletin boards as well as the digital signage boards across campus. Meetings are usually held between 4 and 4:30 p.m. Or contact Abby Bibens, at abibens1008@yahoo.com.



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The Politics of Television

By Dan Dobbyn
Live Wire Staff Writer

No, it was not the usual annoying commercials, most of which turned me off to whatever they were trying to sell me, that aggravated me to no end this fall.

It wasn't the ad for the new sausage pancakes from Dunkin' Donuts, which, even painted up to look their best on television, still looked like feces rolled in vomit. It wasn't the Geico cavemen running their jokes another year too long. It wasn't any of Quizno's commercials, the aims of which all seem to be to destroy your faith in humanity with the most aggravating and out of tune sounds they can find. These 30-second bits of television horrors were not even a blip on the radar screen compared to all the sickening little ads I had to see for the upcoming state and federal elections.

I had to see smug campaigns against Democratic nominees who were criticized for voting for President Obama's agenda. Then, 30 seconds later, I would see a commercial from the aforementioned Democratic nominees asking to get reelected because they didn't vote for Obama's agenda.

If you are lucky enough to get Boston's feed of the major networks, you also got to see clips of Massachusetts Democrats, in an attempt to get elected themselves, lashing out at one another because they let a Republican take the late Sen. Ted Kennedy's seat. Scott Brown, the Republican winner of Kennedy's spot in Congress last year, didn't really have to dig deep for his dirty politics. His opponent, State Attorney General Martha Coakley, was being very adamant about running a passive campaign.

"As opposed to standing outside Fenway Park? In the cold? Shaking hands?" These were her famous last words before she went down in flames to Brown for the seat, marking the second time I can think of where a Democratic nominee from Massachusetts, arguably the most left wing of all the 50 states, was not capable of winning the easiest of federal elections.

The first one, in my opinion, was when Senator John Kerry lost to George W. Bush in the 2004 Presidential election. Boy, am I glad to be a native of such a politically competent Commonwealth.

In all honesty, the only smug ad that actually caught my attention the race here in Connecticut for the federal seat that Democrat Chris Dodd decided not to give up rather than run for reelection. State Attorney General Richard Blumenthal ended one of his multiple smug campaign ads against World Wrestling Entertainment CEO Linda McMahon with McMahon kicking a man in the groin during a taping of the WWE.

May I say, I was not amused by that clip like I was when I saw it live 10 years ago as a child. As a young adult with the power to vote, I felt as if Blumenthal insulted my intelligence. Good thing he got elected over a Republican CEO of a multi-million dollar corporation though, right?

Who knows? Some people just don't anymore, and it carries over to the voting booth. There's a huge issue with people not voting, and now I see why. No one is giving voters a good reason to vote for them. They are only giving you good reasons not to vote for the other guy.

This is why I did not register as a Democrat or a Republican, and if given a choice, I will vote the same way. I think of it this way: not voting is an insult to the American way, but I believe that if no other option is valid, voting for the independent is like recycling your vote. You still took part in your duty as an American, but you didn't vote for the guy who may be destined to fail to make this country better, even if he or she tried.

I also find nowadays that there's only one industry that really sells a product with their commercials. Not surprisingly, it's beer.

Most beer commercials make you laugh and they entertain you. I do not think anyone does this with more class and ingenuity than Corona. It seems as if they don't just sell you a product, they sell you an image of peace and tranquility that can only come from having a worry-free time at the beach with your favorite beverage.

Do not get me wrong, I am not endorsing the abuse of alcohol to an entire college of mostly under-the-legal-drinking-age students. Frankly, I do not drink alcohol myself and am striving never to start, but I'd sooner drink my first Corona during a "5 to infinity happy hour" than vote for a man who thinks showing his political opponent kicking someone in the man region is going to get him elected.



Image provided by Google Images.



Cartoons provided by Courant.com



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Rally for Sanity a Reminder of Common Ground



photo provided by chuvachienes.com



Members of the rally sported all manner of signs, expressing their desire for openness, and sanity. (Photo by Susan Garvey)



photo provided by chuvachienes.com

By Vincent Papa
Live Wire Staff Writer

Some of you may have noticed on Oct. 30 that there was a rather sizeable gathering of people on the National Mall in Washington, D.C.

I'm referring to Jon Stewart and Stephen Colbert's "Rally to Restore Sanity and/or Fear." Stewart, host of Comedy Central's The Daily Show with Jon Stewart had a message. However, like all messages, you can never predict what an individual will take away, or what meaning they may give to an event.

I was there in Washington that day and, from what I gathered, the premise was cutting through the fear mongering, the divisiveness, the polarizing figures and the distraction created by your average American news media outlet. The goal also seemed to be to show that our country is not made up of those with extremist beliefs and that in spite of our differences, backgrounds, and environments we all work together every day to accomplish common goals.

It was a three hour event, but it took Stewart and Colbert about an hour to come on stage. The first hour was eaten up by musical performances. I like Stewart and Colbert a lot; I think they are smart people and they bring a voice of rationality to our national discourse. But I was let down when the rally seemed to take an apolitical stance. I believe unbiased coverage of our political system is a necessity if we are going to have a democracy in which its citizens are free.

Information is paramount.

It wasn't until the last 20 minutes of the rally, when Stewart took the microphone, that a serious discussion about our people, our beliefs, and our ideology was heard.

The concept of his rally, I think was understood as a whole. But from what I perceive in the news media, the "insanity" is not equally distributed. I know being unbiased is an absolute in journalism, but the American news media is not run by journalists, it's run by producers. And producers have two thoughts that dominate their mind at all times: ratings and revenue. So let me proudly say Fox News is an embarrassment to anyone who is an aspiring journalist.

Facts are dismissed and instead a broadcast day begins with opinion programs such as Fox and Friends, where outlandish reports about nothing come to life. Once the news (and I use this word loosely) part of their programming starts, we hear from people like Sean Hannity and Greta Van Susteren, who report on unsubstantiated rumors.

If you honestly believe that Fox News is fair and balanced coverage, and not a lobbyist for the Republican Party, I want to take whatever drugs you are taking. Where do I go to find something that makes me that delusional?

I really don't care if you like Fox News or think it's the best because they are the highest-rated news organization, they are a joke. Actually that's not true; they are not a joke, they're the ones telling the joke. The people who are watching unquestioningly, with no critical thoughts of their own, they're the joke.

Maybe the Stewart and Colbert event wasn't the rally I wanted, but I'll take what I can get. I loved the inevitable reaction by all major news outlets the following day to the event. The country is fighting a war in Afghanistan, and we still have 50,000 U.S. troops in Iraq, yet all that dominated news programs Sunday morning was Stewart's rally, and what a failure it was, according to the news media. And if they say it on the fancy TV news then it must be true. The attitude taken by pundits was dismissive and marginalized the rally.

However, one fact I can take comfort in is that "the little comedian," as some news pundits put it, managed to gather more than 200,000 people on the national mall of different backgrounds, faiths, and creeds, while talk radio host and Fox News commentator Glenn Beck only managed 87,000 people for his rally back in August. It seems sanity had a better turn out, for now.



by: Eric M. Valad

Dearest readers,

It has come to your lovely assistant editor's attention that many of you have varying opinions about the articles and editorials we write or even about what we should write.

That's great – really we want you all to have opinions and reactions and we want to hear them! Write to your editors, tell us what you really think, whether you hate what you write to use about or love it – let us know! We want to hear your suggestions, critiques, or anything else.

To send a letter to an editor just email the Live Wire at livewire@mcc.commnet.edu with the subject title along the lines of "Dear Editor..." or "Letter to the Editor," etc.

Thanks and keep on reading guys!

Morgan McKendry
Live Wire Assistant Editor



WORDS OF WISDOM

Compiled by Alex Obert

1. "Nobody in life gets exactly what they thought they were going to get. But if you work really hard and you're kind, amazing things will happen." - Conan O'Brien (television host)
2. "I can accept failure, everyone fails at something. But I can't accept not trying." - Michael Jordan (basketball player)
3. "There are no limits. There are plateaus, but you must not stay there, you must go beyond them. If it kills you, it kills you. A man must constantly exceed his level." - Bruce Lee (martial artist and actor)
4. "When one door closes, another door opens." - Alexander Graham Bell (inventor)
5. "Knowing that we can be loved exactly as we are gives us the best opportunity for growing into the healthiest of people." - Fred Rogers (children's television host)

Pray for the Dead, Fight Like Hell for the Living



By Samson Zarek Hampton
Live Wire Assistant Editor



Images provided by Google Images

Gender. It's what defines our everyday life. What bathroom we use, what clothes we wear, what hobbies or careers we have, who we date, and who our friends are. Most people don't really think about gender very much in their day to day lives. The most it might ever cross your mind is when you're filling out paperwork and you might have to check a box on a form. It's simple right? There are two boxes, male or female.

Well, what if you don't fit into one of those boxes? Some people are born as one sex and then begin to understand that their internalized gender doesn't match up to their biological sex. There is an umbrella term for people who feel as though their gender does not match up with their body. It's transgender; it's the "T" in LGBT, or lesbian, gay, bisexual and transgender.

It's a small population, but a powerful one, with some of its members being doctors, scientists, lawyers and even politicians. They must overcome obstacles being in a category all their own, in this very gendered society. However, most people don't consciously think about gender and a lot of society has very little to no education about this distinct gender variant group. And for some people, that ignorance shows itself as hate. Well, the only way to truly combat hate is through education.

The transgender community is the most victimized minority group. They are 17 times more likely to be murdered than the general population. There are so many hate crimes against the transgender community they had to create a Transgender Day of Remembrance, which is observed on Nov. 20 every year. From Nov. 20, 2009 to Nov. 20, 2010, there were more than 29 people murdered just for being who they were. They were brutally stabbed, shot at point blank, tied up and beaten, beheaded and raped. These 29 deaths were only the ones to be reported. Many others go unnoticed.

Oftentimes these untimely, horrific murders are misreported. The media often report something along the lines of "Man found in women's clothing dead on street" but if you met that woman on the street you probably wouldn't ever know she had in fact been born male.

Transgender Day of Remembrance is a sad day. Its motto is "Pray for the dead, fight like hell for the living." The day is often marked with candlelight vigils like the one held at the state capital in Hartford. This is so that the victims are remembered but that they didn't die in vain and that maybe some good, some education and possibly even change may come out of their tragedies.

My MCC Experience



By Alex Obert
Live Wire Webmaster

My senior year of high school proved to be an important time in my life.

I was about to be finished with high school, and once I graduated, I was going to start college. I always viewed college the way it was portrayed in movies and on television, with students living in dorms while attending class during the weekdays and partying all weekend long. I even got to get a sneak preview of the college life when I visited my sister's dorm and partied with her while I was still a senior in high school. No longer did I have to go through the motions in high school and experience the same exact day Monday through Friday; I was college-bound and I was as excited as could be. I was looking forward to a new chapter of my life as everything seemed to be going as I'd hoped.

Early on in my senior year, my mom and I talked about applying for colleges soon. I was ready and set to check out places like Central Connecticut State University, the University of Connecticut, or maybe even somewhere out of state. When my mom gave her opinion on where I should go, it was not what I had expected or hoped at all. Three words came out of her mouth that I had never even thought of: "Manchester Community College."

All of a sudden, those daydreams I had during my classes of living the true college life vanished just like that. And it only got worse from there.

Right around the time of graduation, students in my class were talking to each other about how they got accepted to the colleges that I truly wanted to go to. It didn't help at all when I talked with people outside of school and once I told them that I was soon to be graduating, they'd ask a single question that I loathed answering: "Where are you going to school in the fall?" Every time that someone

asked, I quietly said, "MCC." It was as though I felt ashamed of telling others where I was going to school. Summer vacation then came and went and once it was done, everyone was set to begin their first year of college. In late August, it was time. It was time to start my first year at Manchester Community College.

When I took my first steps onto the MCC Campus, I took the proverbial glass and looked at it as half full. After all, this was my chance to finally start over. Once I walked into my first class, I did not know a single person in there. This was my chance to finally meet new people and make new friends. My first semester proved to be a breath of fresh air. This was because not only did I make several new friends, I also got to take classes that interested me and encouraged me to think and learn. Throughout the semester, I developed a sense of comfort there and began to appreciate the college more and more.

But after my first semester, I felt like something was missing. I still felt as though I was going there, attending classes, then leaving, much like I did throughout my high school years. However, that all began to change during my second semester. I saw a sign posted on a wall for the brand new "ICE Internet Radio," a club that was developing an Internet radio station at the college, with information regarding where and when the next meeting was. My mom always told me to join a club at school, but I never found one that interested me during high school. Radio was something that had interested me for a long time. I felt as though I finally found the club for me. Once I attended the first meeting, I was hooked. I finally found a club that I could commit to and it was a club that welcomed me with open arms. Now I finally had something to add on to my days at MCC, rather than just attending classes.

The following year, I began attending meetings for the Live Wire student newspaper club as writing was something that interested me greatly as well. Not only was I attending classes, but now I was an on-air DJ for ICE and I wrote columns for the Live Wire. A great professor once told me that students get a truly great college experience when they get involved on campus. On top of that, I was really enjoying the classes that I was taking, whether it be the video editing class, TV Broadcast/Production, psychology, or even as of this

current semester, Film Study/Appreciation.

The classes that I have taken have been taught by one-of-a-kind professors who truly have a passion for what they teach. During this entire time, I have made a lot of friends, some of whom I can say are my best friends. And for that, I am very, very appreciative.

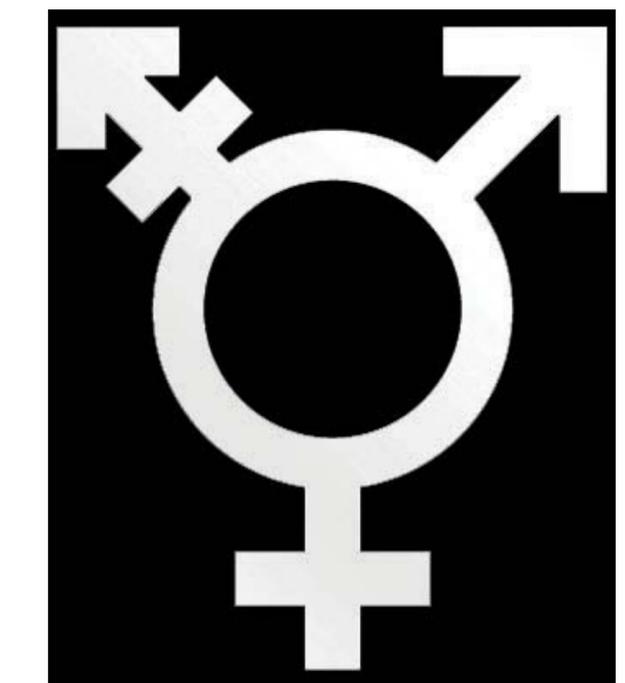
During the time that I started at MCC to now, I have gotten a lot out of my experience. First of all, I learned a lot in my classes. I took classes that helped me learn more about the field that I want to get into, video editing.

I would also say that I have been able to mature as a person during my time here. I've been able to find myself through life's experiences, some of which took place here at MCC. Along the way, I've also made great friends and have been educated by tremendous professors. All it took to truly enjoy this college was to make the most of everyday that I've been here.

And that is what I call my MCC experience.



Image provided by Google Images



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BULLYCIDE

“Bullycide” Takes an Awful Toll

By Samson Zarek Hampton
Live Wire Assistant Editor

Imagine for a moment that nobody in your life accepts you for who you are, you have no one to talk to and after a day filled with harassment and bullying you come home to see on the news that the United Nations has just voted that it's okay to execute queers. Imagine coming home to the news that the U.S. Department of Justice has appealed a proposed stay on the “Don't Ask, Don't Tell” military policy.

To a young person hearing all of these negative messages, it's no surprise the suicide rate has come to the spotlight in the media. Queer kids have been killing themselves for decades. The difference is now we have the tools, the skills, and the resources to stop it.

In the past few months the messages of hate have overpowered other messages of love and acceptance. Just in the past few months, well over a dozen teen suicides have come into media spotlight. Now just remember for every completed suicide there are between 150 and 200 attempted suicides, and the majority of suicides do not make the news. This is an epidemic, but it always has been. We just have a new name for it: bullycide.



Billy Lucas, 15, hung himself from the rafters in his barn in Greensburg, Ind., after he had been suspended for fighting back against his bullies on Sept 9, 2010.

Raymond Storm Chase, 19, hung himself in his dormitory on Sept 29, 2010. He was a culinary arts student at Johnson & Wales University in Providence, RI.



Tyler Clementi, 18, jumped off the George Washington Bridge on Sept 13, 2010, after his roommates web-casted him having relations with another man. He was from Ridge-wood, N.J., and a student at Rutgers University.



Brandon Bitner, 14, from Mount Pleasant Mills, Penn., walked into oncoming traffic in the middle of the night after leaving a suicide note and audio recording for his loved ones that pleaded they bring awareness to the bullying epidemic.



Seth Walsh, 13, from Tehachapi, Calif., hung himself from a tree. He died on Sept 19, 2010 after being on life support for nine days.



Felix Sacco, 17, was a high school student from Saugus, Mass., who, on Sept 29, 2010, jumped off an overpass. His parents said they had repeatedly notified school officials they were concerned with his mental health.

Harrison Chase Brown, 15, was a sophomore from Rand, Colo. After taking his own life on Sept. 25, 2010, his heart, lungs, liver, kidneys and pancreas were all successfully transplanted.



At Manchester Community College there are many resources available if you are struggling at all with any kind of personal issues, whether it be an identity issue or not. The Counseling Center has counselors available to meet with you. If you would like to set up an appointment you can call 860-512-3320, or you can stop by the office at L108 in the Lowe Building.

There are also staff members throughout the campus who have willingly participated in the Safe Space training program. If so they display a sticker on their door or somewhere in their office and it means that they are open to talk about a wide range of issues, including orientation and gender issues. Not everyone is qualified to handle every situation but if you find someone with a Safe Space sticker they can get you in touch with the right people who can help you with whatever it is that you're dealing with.

If you are feeling alone, helpless, or hopeless feel free to stop into a PRIDE meeting (no matter if you're straight or not) and you will find a welcoming friendly place of accepting excepting people who can offer you resources.

The PRIDE club meets in D229 on Mondays from 3 p.m. to 4 p.m. If you don't feel comfortable talking in person, maybe you'd be more comfortable reaching out via email. If so you can feel free to contact:

PRIDE Club Advisor: Jason Scappaticci -

JScappaticci@mcc.commmnet.edu

Jody Bailey -

JBailey@mcc.commmnet.edu

PRIDE club treasurer Samson Hampton

samheampton@gmail.com



IF YOU OR SOMEONE YOU KNOW IS FEELING SUICIDAL CALL IMMEDIATELY:

Call 1-800-273-TALK or 1-800-SUICIDE

The Trevor Project offers a 24-hour toll-free confidential crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth. Call 1-866-4-U-TREVOR (1-866-488-7386). An online resource for college students is www.ulifeline.org.

In the aftermath of the recent suicides there has been a You Tube campaign called the “It Gets Better Project.” It's a series of inspirational videos from average people to high profile celebrities like Lady Gaga and Ellen Degeneres, President Barack Obama and Speaker of the House Nancy Pelosi. Each video is unique but the message is the same across the board: bullying needs to stop, there is hope and it does get better. Check it out by going to You Tube and typing in “It Gets Better.”

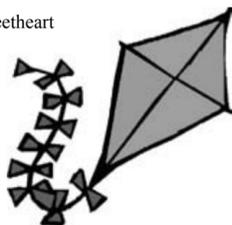
TOO MANY HAVE DIED

Poetry Corner

Untitled

By Hannah Rouillard

I'm afraid to hurt your feelings
 But, sweetheart, you can't fly like me.
 You've never been as high as me
 On an airplane, or a high-speed rollercoaster ride like me
 Bet you've never let go of the playground swing
 Therefore know nothing of that free-fall feeling
 You fly kites I could kick with my bare feet
 You can't differentiate between the sky and the sea
 Baby, you're a fish compared to me
 Living in one world, with a floor and a ceiling
 With no plans of ever leaving
 So you try to convince
 A bird to trade wings for fins
 Try to tie my being up to marionette strings
 And I'm afraid I can't commit.
 I'm a bird.
 Not a kite.
 You can't always monitor my flight
 Or put a ceiling on my aerial height
 Or dim what's reminiscent
 Of my incandescent starlight
 Because you live between two tides
 And I've broken through to the other side
 Here you can't walk, or float
 Can't get to where I am by car or boat.
 To get here, you can only fly
 Neither leash, nor fishing line
 Is long enough
 Or strong enough
 To keep me held behind
 I know it's easier to lie
 But the knowledge has already found its way inside
 The space behind my eyes.
 There's a whole lot more
 Beyond the narrow minded strip of shore
 I already bought my ticket
 It's first class, and I'm onboard
 So you can come along if you can jump this high
 Otherwise cut the ties.
 Yes... I recognize
 That's an ultimatum you might not like
 But, I'm a bird, sweetheart
 Not a kite.



Sizzling Sixteen a Good, Entertaining Read

By Rhonda Ransom
 Live Wire Staff Writer

Janet Evanovich is a #1 New York Times best-selling author of more than a dozen novels. She has written the Stephanie Plum series of books, as well as 12 romance novels, another series featuring Alexandra Barnaby, and the nonfiction piece "How I Write: Secrets of a Bestselling Author."

Sizzling Sixteen is Evanovich's latest book in the Stephanie Plum series. Each book has its own story featuring the same characters, like an episode of "Law and Order." The mystery/thriller came out this past summer.

It's about bounty hunter Stephanie Plum, Lula, the office file clerk, and Connie, the office manager, who all work for Vincent Plum's Bail Bonds. The three women are on a mission to rescue their boss, Vinnie, who is being held hostage because he ran up \$786,000 of debt with mobster Bobby Sunflower.

Even though this is a mystery/thriller it is not all that serious. Some parts make you laugh and that's what I liked about this book most.

For example, Sunflower has a six foot long alligator in his house for protection; not a dog, an alligator. The first time Stephanie and Lulu go to his house they are shocked to find the watch gator. The second time they go to the house, they bring a bucket of chicken along.

It's an excellent read, especially if you want to be entertained and take a break from reading a textbook. It may have come out during the summer beach read period, but I think it would be just as good during the winter.



Quilts Display Inspirational Stories

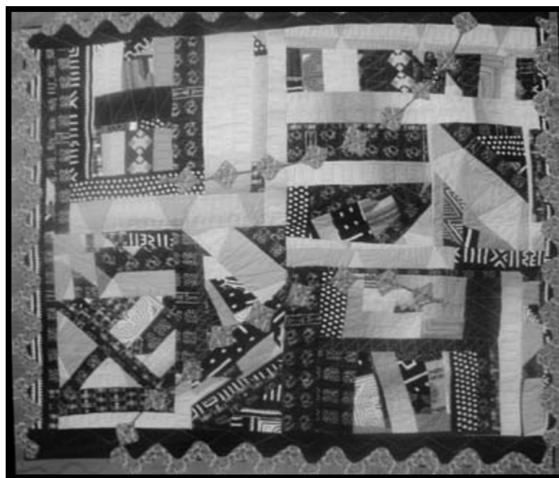


Photo by Susan Garvey

By Susan Garvey
 Live Wire Staff Writer

Quilts can do more than keep you warm, they can also tell heartwarming stories, as illustrated by the exhibit "Quilts by Ed Johnetta Miller," which was featured in the Hans Weiss Newspace Gallery until earlier this month.

Miller, a fiber artist, quilter and teacher, has designs displayed at many museums, including the National Gallery of the Smithsonian Museum in Washington, D.C., the Nelson Mandela Museum in Cape Town, South Africa, and the Wadsworth Atheneum in Hartford. The Opening Reception for the show on Oct. 28 was well attended with many eager to hear Miller speak about her creative process.

Before beginning to quilt professionally in 2005, Miller said she taught weaving to the blind and the disabled. She was pleased to see students some of her former students were in attendance. Also at the reception were her quilting students who range in age from pre-schoolers to senior citizens, and their families.

Miller shared that although she always knew she wanted to be an artist, as a college student

she did not get much encouragement from her family. Her parents wanted her to be a business major and shot down her idea of going to a design school. But she did have one aunt who helped her to defer but not give up on her dream of being an artist.

"Then and now you can't be young, black and not practical," she said. "As an artist with a business degree, I don't get taken advantage of with my contracts for my artwork as some artists do."

Of all the quilts on display, Miller said her favorite was "Rites of Passage" because to make it she incorporated purple cloth that had belonged to her great great-grandmother that she found in her mother's hope chest and African cloth that her then 11-year-old daughter Aisha had worn when performing at the Artists' Collective in Hartford.

For more information about Miller and her work visit www.edjohnetta.com.

Community Music & Events Calender

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	13	14	15	16	17	18
DEC						Jingle Jam XL Center Hartford
19	20	21	22	23	24	25
Alter Bridge Toad's Place New Haven						
26	27	28	29	30	31	1
			Third Eye Blind Foxwoods	Hatebreed Webster Theater Hartford	Lynyrd Skynyrd Foxwoods	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22

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877-369-9281
BGS.UConn.edu

AISHA CALLOWAY '08
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University of Connecticut
 Bachelor of General Studies Program

New Restaurant Brings Indian Spice Close to Campus



Tandoori Chicken

Spring Lamb Chops

By Nutan Jha
Live Wire Staff Writer

Are you bored with eating sandwiches or pizza? Try something new and bring some spice to your life by visiting IndiGo Indian Bistro, which opened in August just minutes away from Manchester Community College in the ShopRite Plaza.

As promised in our last issue, two Live Wire staff reporters Nutan Jha (a native of India) and Susan Garvey (American born) visited the restaurant and sampled a variety of foods from their weekday buffet menu, which offers both vegetarian and non-vegetarian selections.

The buffet features separate sections for vegetarian and non-vegetarian dishes and a combined third area for condiments and dessert. It was great to find so many vegetarian dishes all under one roof and it's a nice idea to separate the vegetarian selections from the non-vegetarian ones so that there is no confusion or mixing of foods.

The green chutney from the condiment section was very pungent, made from a blend of coriander green leaves, lemon juice and garlic. Food lovers know that spice can be altered according to each individual's taste in most restaurants. Be specific in IndiGo as "hot" is really hot. "Mild" should be enough

heat for those who like their food spicy.

One reporter liked the tandoori chicken the best. It was boneless, with small pieces that were easy to dip in coriander chutney and eat like an appetizer. She even tried it without dipping it and found it to be very flavorful, with the aroma of garam masala and the taste of roasted garlic and ginger in it.

Also tasty was the lamb Kali Mirchi, an Indian name that means "lamb cooked in tamarind and black pepper sauce." It had that tangy taste and the lamb was well cooked.

Another reporter was thrilled with the Bean Bhaji, string beans with shredded coconut and spices. Hot pepper fritters enjoyed with tamarind sweet chutney and red onion relish were also a hit. The waiter brought fresh baked Naan, or flat bread, from the eatery's clay oven with melted butter on top.

On the vegetarian side of the house was Sag Paneer. This exotic dish features spinach and cubed paneer, a sort of Indian cottage cheese. For dessert there was Vermicelli Kheer, an Indian-style fine noodle pudding cooked in saffron, milk, fruits and nuts.

There weren't many desserts available, but then what gourmet Indian dessert can you get with an \$8.99 buffet? The cost is very reasonable for a three course meal buffet, especially on weekdays. Prices vary for weekends.

IndiGo also serves a few Indo-Chinese items such as chili chicken, Gobi Manchurian, salt and pepper prawns and hot and sour chicken corn soup. This is exciting because it's rare to find Chinese food with an Indian taste here in Connecticut, said one reporter. Management was very welcoming and patiently answered all of our questions.

So, give it a try to find out if the authentic Indian food brings some spice to your life.

IndiGo Indian Bistro
232 Spencer Street
Manchester, CT
Phone: 860-646-8600

<http://www.IndiGo-Bistro.com>

For a daily list of menu items visit <http://www.facebook.com/pages/Manchester-CT/IndiGo-Indian-Bistro/108944325821199>.

Sometimes Good Things Come in Small Packages

By Jon Peskin
Live Wire Staff Writer

I want to tell you about this little French bakery in Vernon. It is a unique artisan bakery. I think they should move closer to campus because it is a wonderful stop for the pastry connoisseur.

La Brioche is owned by Colette Berube, who is also French. For 27 years, she formerly owned another well-known eatery, La-Petit Bakery. I get the impression that she can create any French pastry you desire and, if it is not in the display case, she'll make it for you. There is no hyperbolic rhetoric here.

The items are quite pricey for students on a college budget and you may not enjoy this type of pastry if you are used to buying supermarket desserts made with artificial flavors and preservatives. The type of pastry in an artisan bakery, which is one where all items are handmade, and everything is made from scratch, including frostings and decorations, is lighter.

While all the items on display looked superb on a recent visit, I chose three to test: an éclair, a classic croissant, and an almond croissant. First up was the éclair, a long, filled donut. It's too tasty to describe here, you must eat it in person. Drizzled with chocolate ganache and filled with chocolate buttercream, ooh, la, la.

The croissant, with its layers of dough shaped like a crescent, is so airy and light, perfect with a cup of tea or coffee. You cannot buy a croissant like this at a grocery store. The almond croissant is my favorite, with almond flavor in every bite.

Not only do these desserts taste great, but they look great as well. For example, La Brioche's classic Yule Log actually looks like something you might trip over in the forest. A slightly dry yellow

cake, shaped like a log, is filled with mocha and chocolate buttercream, and then dipped in chocolate frosting, which is striated to look like those on a log. Then it's topped with handmade mushrooms out of white chocolate and dusted with cocoa. They are not bought from a supplier fully done and placed on the final item. The baker creates each individually. In comparison, the bakery at Big Y does not create everything from scratch.

The Yule Log is priced at \$25, but its presentation seems to be worth it.

So cut a few classes this week and indulge for the holidays. If you want to surprise friends and family, order the Yule Log. Few others in the area have this classic dessert, and La Brioche only sells 200 during the month of December.

Maybe I will move in next door. A French artisan bakery in your own backyard is the only way to go.

La Brioche French Bakery/Bistro
30 Ward Street
Vernon, CT 06066
(860) 896 0750



Photo provided by desertfirst.com

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Tangled: Not Your Average Knight in Shining Armor or Damsel in Distress



By Samson Zarek Hampton
Live Wire Assistant Editor

Everyone has read the fairytale of Rapunzel of the long, strong hair, but the new Disney retelling *Tangled* is not your average happy go lucky tale of a damsel in distress and a knight in shining armor.

In this animated film, which opened last month, Rapunzel, voiced by Mandy Moore, is a sheltered girl with a spunky side and the knight, Flynn Rider, voiced by Zachary Levi, is actually running from other knights because he's a criminal on the run. Romantic, right?

Well, in this uproariously funny film you may think you're walking into a princess chick flick, but most of the movie is actually action scenes that have you sitting on the edge of your seat. That is until you fall off it from laughing so hard.

Every main character has a sidekick and in this movie you can't always see him, but boy can he make you laugh and the best part is he doesn't have a single line in the whole movie. (You'll have to see it to understand it).

Tangled has everything you need for your fairytale and more: a lost princess, an evil old woman, a handsome man to the rescue and even the cliché noble steed. No matter if you're young, old or even a macho man you're going to be laughing from this movie and it's definitely action packed. Even though it's kid friendly, there is plenty of sly adult humor in it. How many princess movies have you seen that have a bar fight in them, for example? That, quite honestly, was a highlight for me.

My little sister Emily, 9, and our friend Jena, 9, had other favorite characters and moments.

"The crazy little old man was my favorite part," said Emily, while Jena liked one of the chases through the forest.

I have to side with the kids on this one. The drunken Rumpelstiltskin, and the action packed forest chases are enough to have you snorting in laughter. If I had to compare *Tangled* to past animated films, I'd say it has both the humor and computer graphics similar to the *Shrek* movies, is musically similar to *Enchanted*, and has a great voiceover cast like *Over The Hedge*.

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Holiday Displays Light Up the Nights



Photos by Casey Sebben

By Casey Sebben
Live Wire Staff Writer

Cars stopped and jaws dropped as Thomas Delnicki's Christmas light display lit up early in this holiday season. People from all around come to watch this most magnificent display at 130 Felt Road, South Windsor.

Delnicki has been putting together the display for many years now. With more than two acres of lights, this house turns into a Christmas Wonderland, featuring everyone from Santa Claus at the North Pole to the Grinch in Whoville. So if you're driving through South Windsor, be prepared to get into the Christmas spirit as you can enjoy this wonderful display and even listen to Delnicki's Christmas lights-themed radio broadcast as you drive by.

All throughout Connecticut local people, towns and businesses are getting ready for the holiday season. Putting up the lights is a tradition and a very exciting event for many Connecticut residents.

The Crawford family puts up gorgeous lights every year and every year they get brighter and better, with reindeer in the front yard and bright lights outlining the house.

Members of the Crawford family say they enjoy spreading the holiday spirit.

Another family from Tolland has a much more classic display for the holiday season. The Tomaszewsky family has a simple, yet stunning light display all over their house and a manger scene as the center piece.

"The lights bring the thoughts and spirit of Christmas through your body and soul," said Boris Tomaszewsky. The family tries to get the lights up right after Thanksgiving.

"The earlier the better, to spread the Holiday spirit," said Tomaszewsky.

So take time out from all the hustle and bustle of the holidays. After you're off the clock get some hot cocoa, take a ride and enjoy some local holiday lights.

Lighting events around the state
Hartford's annual holiday lights display opened Nov. 26. The display is a 47-year-old tradition for the city. This year, the event was moved from Constitution Plaza to Bushnell Park and includes an outdoor skating rink.

On Nov. 24, possibly the greatest light display of

the season opened in Springfield, Mass. Bright Nights, now in its 16th year of operation, is a three mile light display. This display is a beautiful collaboration of hard work and planning. You drive through and get to experience many different holiday stories in the form of spectacular lights. If you go to see one lights display this season, this should be the one.

New Haven also has a great display this year. Fantasy of Lights at Lighthouse Point Park is said to have more than 60 enthralling scenes on display. As you drive through beautiful ice tunnels you will come across such scenes as a wonderland of igloos and even dragons.

If you don't want to drive yourself you can always take a trip on the trolley at this year's Winterfest in East Windsor. The Trolley Museum is putting a three mile trip through its "Tunnel of Lights." The event runs through Dec. 19, takes a break for Christmas and then runs again from Dec. 26-30.

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Dear Phoebe,

With the holidays coming up, I get so lost in the presents and advertisements that I have forgotten what the holiday season is truly about. Can you help me remember what I should be thinking of and celebrating this year?

The holiday season is a very special time for many of us. We are able to appreciate what is around us. However, people can tend to appreciate receiving presents more than anything else. Unfortunately, with all of the advertisements showing us what we could buy for Christmas, we seem to forget the little things.

First of all, you should realize who you're spending the holidays with. Lots of people spend time with their families. On top of that, there are friends who come to visit, as well as maybe a boyfriend or girlfriend. The people that you are spending time with during this season are the people that have a huge role in your life. They are the people that love and support you. Take the time to be appreciative for those around you. Be appreciative for those that you always look forward to seeing and spending time with.

You should also realize that there's plenty more that you can be appreciative for. MCC students can be appreciative for getting a quality education and taking the next step towards their future career. Many people out there can be appreciative because they are currently employed and are making money. There are adults out there still looking for work and if you have a job at the moment, appreciate that.

There are those that should be grateful that they currently have good health. There are people in hospitals that would give an arm and a leg to feel better. If you feel good, take a moment to be thankful for that. Be appreciative that you made it through another year and you're still going strong.

Speaking of years, don't forget that you get to look forward to a brand new year right around the corner. Take time to think about all the great things you did in 2010. Think about all the memories you created. Think about all of the people that you have met that are now a part of your life.

Hopefully, now you can be more appreciative for what is currently in your life. Enjoy the company you have around you during the holiday season. Appreciate everything in your life and you will realize what the holiday season is about.

-Phoebe

Have a question for
Phoebe? Send them to:
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edu

Women's Basketball Team Cruising Through Schedule So Far Sagay Named NJCAA Player of the Week; Duncan-Clarke Leads All NJCAA DIII Players In Assists



MCC 's Shenielle "Shorty" Duncan-Clarke leads all NJCAA Division III players in assists and steals. The sophomore point guard is averaging 13.8 points, 9.1 assists and 6.5 steals per game and had her second triple-double of the season on Dec. 2. Photo by Rich Carpenter.

By Paul Ofria
MCC Sports Information

The Manchester Community College Women's basketball team cruised through November with seven straight victories and opened the final month of 2010 with a 75-47 victory over previously unbeaten Quinsigamond Community College on Dec. 2.

The Cougars dominance over New England junior college teams should come as no surprise to those who followed the program through its run for a NJCAA Division III National Championship in March. Head coach Robert Turner Jr. has eight players returning from a team that set a program record with 24 wins last spring, including two at the national tournament, where MCC finished fourth in the eight-team field.

Turner has a variety of ways to dismantle opponents, but his first choice is the full-court press. Teams know it is coming, but with 6'2" "Twin Towers" Ericka Sagay and Jazlynn Canino in their faces, there is not much they can do, Turner said.

"In this particular region, teams don't have too much height," he said. "Sometimes you are lucky just to have one six-footer, but we when you have two, it makes a big difference."

Turner is in his sixth season as MCC's head coach and has posted an 83-35 record; however his teams are a gaudy 69-10 since start of 2007-08 season.

The "Twin Towers" are also having a good season. Sagay was named NJCAA Division III Player of the Week on Nov. 24 and is averaging 17.4 points and 12 rebounds per game with a team-high 34 blocks. Canino leads the Cougars in free-throw percentage (75 percent) while averaging 7.6 points and 6.4 rebounds per game.

"Ericka has very long arms, she blocks a lot of shots, is extremely athletic and can run the floor," Turner said. "Jazz takes up a lot of space; she rebounds well and is just tough physically. A lot of players tend to shy away from her. Having both of them really makes a big difference when we go to our 2-3 zone or our 1-2-2 zone. It makes it difficult for teams to score on us inside, and that is one of our strengths."

Moving up the court, Turner has sophomore point guard Shenielle Duncan-Clarke who led all NJCAA Division III players with eight assists per game a year ago. The 5'3" Duncan-Clarke, who is known affectionately as "Shorty," is averaging 9.1 assists and 13.8 points through eight games this season.

"I strongly believe by going to the nationals last year that she is the best point

guard in the country in Division III," Turner said of Duncan-Clarke. "She shoots well, she sees the floor well, she leads the nation in assists, is second in steals. She is a very dangerous player to have on your team."

The Cougars (8-0 as of Dec. 2) passed their first test of the season with a decisive 79-62 victory over Region 19 champion Brookdale Community College on Nov. 14 and face another major challenge on Dec. 21 when nationally ranked Roxbury Community College visits the Great Path Academy gym for a 6 p.m. game. MCC beat Roxbury 79-61 in the Region 21 championship game last March to advance to the national tournament, but the Tigers were one of only four teams to beat Turner's team in 2009-10.

Roxbury head coach Mark Leszczyk returns starters Jesika Holmes and Sequita Samuels from an exciting team that finished 26-4 last season. Holmes, who was an All-New England first team selection last season, leads Roxbury (9-1 through Dec. 2) with 12.2 points and 12.7 rebounds per game.

The #3 Cougars also have returning sophomores Kasiana Goodman (8.25 rebounds per game); outside shooter Callie Tambling (15.3, including 22 three-pointers) and Tyra Brooks, Kate Gazzicki and Rebeca VanGuilder, who have each earned more responsibility and playing time as second year players.

"These players come in, they already know the system, they understand the reasons for why we do what we do, and they believe in how effective it can be," Turner said.

The sophomore dominant team has several rising stars among the freshman class, including Jaleesa Roy and Elise Chase. Roy is a burner on the outside who can shoot and Chase has been pulling down rebounds (3.7) and contributing baskets (7.3 per) while averaging 20 minutes per game.

Jaleesa plays very good defense," Turner said of Roy. "She is very fast; she runs the floor very well. She gets us those easy points to help us create leads. With Elise, she is someone who has untapped potential and from what I have seen so far, she is getting better every game."

The season is still young, but the players feel they can repeat as New England champions and return to Rochester, Minn., for the 2011 National Championship Tournament.

Spring Preview:

Talking baseball in the winter is one of the devices New Englanders use to get them through the dark months. MCC head coach Chris Strahowski, who was recently named a 2010 Diamond Sports ABCA Coach of the Year, will talk baseball any time of year, day or night.

"I think we are going to be solid and should be able to compete within our conference," Strahowski said. "We are going to have a very young offense and a little more experienced pitching staff, so hopefully the staff can carry us through March with a tough out-of-conference schedule. And hopefully the hitting will catch up in April when our conference comes into play."

The Cougars of 2011 will be lefty-pitching heavy with returning NJCAA DIII ERA champion Kevin Madera (8-0, 1.40) leading a six-lefty staff that also includes workhorse Tyler Kapuchinski. The New Britain native picked up a pair of victories at the NJCAA World Series last May in Tyler, Tex., and was named to the All-Tournament team. Right hander Adam Scanlon (6-3, 3.97) also returns to Strahowski's starting rotation while infielders Alec Brown (.321) and A. J. Silberman (.320) returning to the top of the batting order.

The Cougars, who have won the Region 21 championship the past three seasons, begin their title defense on Feb. (yes, February) 26 when the Community College of Rhode Island comes to MCC's winter headquarters at Cheney Tech for a double-header.

Follow all the Cougars teams on Facebook at Manchester Community College Athletics.



MCC sophomores Callie Tambling (left) and Jazlynn Canino (right), with referee Michael Doran trailing. Tambling is averaging 15.3 points per game including 22 three-point baskets. Canino has converted 75 percent of her free throws while averaging 7.6 points and 6.4 rebounds per game for the Cougars

Photo by Rich Carpenter



By Dan Dobbyn
Live Wire Sports Writer

We're in the midst of week 13, ladies and gentlemen, and I'm finding myself in a fairly easy position to predict this year's playoff contenders. I have a lot of certainty in these picks, for once. I look at my American Football Conference and National Football Conference predictions, and I can say with certainty who gets in.

The Indianapolis Colts and San Diego Chargers will win their divisions like they always manage to do. The Colts can't afford to lose another game if they want to win the division, but unfortunately for the Jacksonville Jaguars, who currently lead the division, they won't. The Jags will even have their chance to take the division from quarterback Peyton Manning and the Colts in week 15. They'll have to go to Lucas Oil Stadium in Indianapolis to do it, so I don't think they will.

The Chargers will find a way like they always do as well. Granted, the Kansas City Chiefs look really good this year, and I hope that the Chiefs win the division, but they won't. As I stated earlier this year, Philip Rivers is 18-0 in December. Simple as that.

Week 13 has the two games that will determine who wins the AFC East and North.

In this week of games, you have the Pittsburgh Steelers going to Baltimore to play the Ravens on Sunday night. Both teams are 8-3, and Baltimore has already beat Pittsburgh once. The winner will win the division, and the loser most likely takes a wild card.

On Monday Night Dec. 6, we have the New York Jets going to Foxboro, Mass., to play the New England Patriots. The Jets won at home against the Patriots already. The winner will win the division and most likely home field advantage throughout the playoffs, and the loser will take a Wild Card.

These appear to be the two most important games in the AFC until the playoffs start. They directly affect the playoff picture, where the winner of these games will both get a week off and home playoff games, and the losers will have to play an extra game in the playoffs, and won't get any home games against divisional winners, even if they have a better overall record.

The Steelers will lose to the Ravens again, and have to suffice with a wild card. This will basically be a reversal of the 2008 season, where the Steelers beat the Ravens on three separate occasions, including in the AFC Championship game, on their way to a Super Bowl title. I also believe that if they were to meet in the playoffs, which I think they will, the Ravens will beat them a third time. The only difference is I don't think the Ravens are going to the Super Bowl like I thought they would before the season started.

I think the Patriots beat the Jets as they always seem to do at home. I honestly believe that if the Patriots win against the Jets, they will claim home field advantage for the playoffs, and go to the Super Bowl. If they beat the Jets, Tom Brady (or, as I like to call him, Mr. Bundchen) will have defeated every other team in the AFC playoff picture. They've beaten the Colts, Ravens, Steelers, and Chargers. Basically, if they beat the Jets, they've beaten everybody who's anybody.

For those of you who watched the San Diego Chargers implode for the first half of their home game against the Patriots, and then come out and lay waste to their defense in the second half of that loss, turn off your Journey album and don't start believing. If you look at San Diego's playoff history since 2006, they're 3-4 in the playoffs, including zero wins after getting a bye in the first round and two playoff losses to the Patriots.

NFL Playoff Predictions: Behold! The Answers!

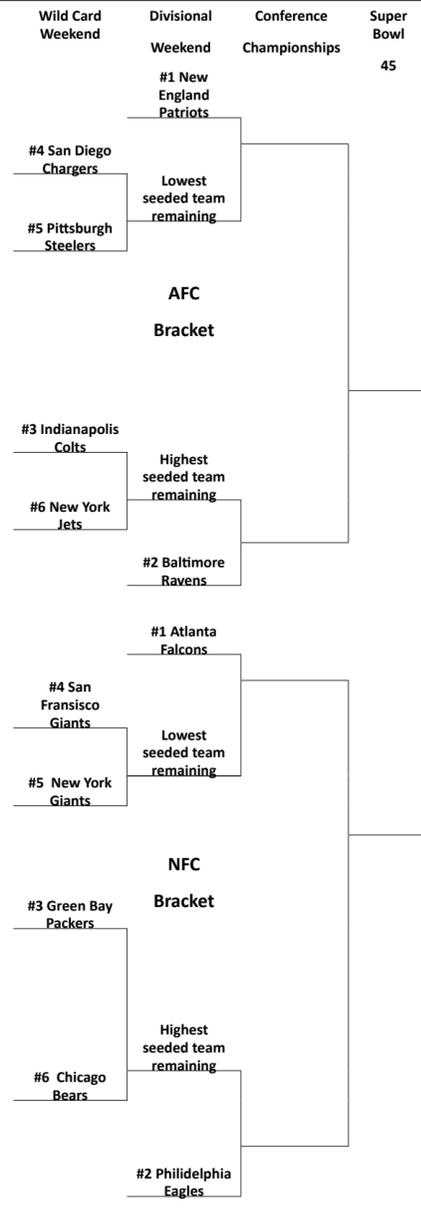


Image provided by Google Images



Giants quarterback Eli Manning is what they would call "money" in playoff games. If there's one thing Eli's going to have on big brother Peyton, it'll probably be the total amount of Super Bowl rings.

The Green Bay Packers will take the NFC North, overtaking the current first place Bears, who will take the second wild card. This will result in the two teams facing off in the Wild Card Weekend.

The Bears have beaten no one of any importance this season except the Packers, who have been described as a "MASH unit" all year. Bears quarterback Jay Cutler was turnover prone before his offensive line decided they couldn't block, so don't try to tell me they're "for real."

The Packers will bounce back from their multiple devastating injuries. With QB Aaron Rodgers at the helm, they can go deeper in the playoffs than they should considering the players they have to use.

Of course, that leaves the NFC South, which is by far the strongest division in the NFC to date, with 3 teams that have won seven games or more. However, the Atlanta Falcons will be the only team from that division who gets in, and they'll take home field advantage, too. The Tampa Bay Buccaneers have done well and are a team of the future, but today, they can't beat anyone with a .500 record. That leaves the Super Bowl Champion New Orleans Saints...

Honestly, I never liked the Saints as a team. They're very charitable people, but I stay a skeptic of the team. Saints quarterback Drew Brees runs an extraordinary offense, but their defense is very lax. I didn't like them last year because of it, and the playoffs only proved to me that they need to play dirty and injure the opposition's starting quarterback to do well. So I will restate what I said earlier this season and say they will miss the playoffs and go directly home, do not pass Bourbon Street, do not collect 200 beads.

I honestly wouldn't be surprised if they got in, though. I wouldn't even flinch if they beat Atlanta later this year and take back the division crown. Defense wins championships, but offense wins games, after all. I just can't believe in a few of the aspects of this team.

So, there it is. This year's playoff picture in a nutshell. It's shaping up to be a great December this NFL season. I hope you enjoy this holiday season, and good luck to your team.

The only thing I'm hoping for this holiday season is for NFL commissioner Roger Goodell to put the good games he's been broadcasting on Thursdays on the NFL Network back on Sundays, and to fine Steelers linebacker James Harrison \$25,000 per week for helmet-to-helmet hits to compensate for his losses.

Oh, and some peace on earth, too.

So here's to whatever holiday you celebrate going as planned. Happy egg nog, everybody!

Intramurals at MCC: Reviving the True Meaning of Sports

By Zachariah Hand
Live Wire Staff Writer

Too often athletes concern themselves with trying to win and be the best, and forget what sports are really all about: having fun. Yes, winning is the goal of every athlete and it is fun, but shouldn't everything about playing sports be fun? Wouldn't it be wonderful if there were a way for athletes to play sports simply for fun, and not have to worry about being the best?

Here at Manchester Community College, there is a way for student athletes to do just that throughout the entire school year, by participating in MCC's Intramural sports program. Intramurals offers athletics such as 3-on-3 basketball on Mondays and Wednesdays, volleyball on Tuesdays and Thursdays, and indoor soccer on Tuesday nights. These activities will be offered for the remainder of the fall semester, with the exception of the holiday break in December, when all intramural activities will be suspended.

The only requirements for students who wish to participate in intramural sports are that they must be enrolled in at least one class for credit, and that they possess a Rec Pass, which can be purchased in the school's athletic department for \$25. Not only does the Rec Pass allow a student to be involved with intramural sports, but it also grants them access to other on campus luxuries, such as Functional Fitness Training, Zumba®, or hip-hop classes, as well as the weight room. A Rec Pass purchased during the fall semester is useable from the beginning of the school year until Dec. 31, when it expires. Then a new Rec Pass will be needed for the spring semester.

Different sports will be offered for the spring semester, starting in January, including basketball, co-ed flag football, and other activities suggested by students, such as Dodge Ball and Ultimate Frisbee. Students with further suggestions should speak with Joanne Britton, the assistant director of recreation in MCC's athletics department.

Intramural sports allow students to simply do what is most important in sports: have fun. There is an average of 30 participants each day, and many more are welcome.

"It's an awesome way to bring students together and to get to know new people," said Corey Norton, a volleyball coach. "People like to learn the sport, build their skills, as well as build friendships."

"It's a stress reliever," said Andrea Golino, a student who is involved in intramural volleyball. "If you're stressed you feel a lot better when you're playing."

Golino also enjoys the interaction between people, and the fact that playing intramural sports "forces you to make new friends."

Any students who wish to participate and enjoy the fun of athletics without the stress of having to compete for a spot on a team should buy their Rec Pass right away.



Corey Norton flies through the air during MCC intramural volleyball practice.
Photo by Rich Carpenter

Men's and Women's Soccer Teams Hampered by Injuries

By Paul Ofria
MCC Sports Information

Both the men's and women's soccer teams qualified for tournament play and will consider the season a success despite the toll injuries took on them.

Coach Jim Insinga's men's team played in the Region 21 championship game for the eighth straight year after a dramatic victory in the semi-final over MassBay Community College that came down to penalty kicks. Freshman goalkeeper Chris Hayes came off the bench when starter Tony Ettore left the game in an ambulance after a collision in front of the goal. Ettore was released from the hospital later that evening, but the Cougars (11-6-2) fell to Bunker Hill Community College 6-2 in the championship the following day.

Insinga, who has guided MCC to six Region 21 championships and a 126-67-11 record over 11 seasons, lost offensive threat Mark Grant to a season-ending shoulder injury 20 minutes into the team's first game, then lost returning defensive standout Kyle Hovey for the season to a concussion after the team's second game.

Despite the injuries, the Cougars placed three players on the All-New England first team: Panajia, who scored 21 goals in his two years at MCC; Scotti, who played in all of his team's 38 games over two seasons, and Trazinski, a promising freshman who potted nine goals with four assists.

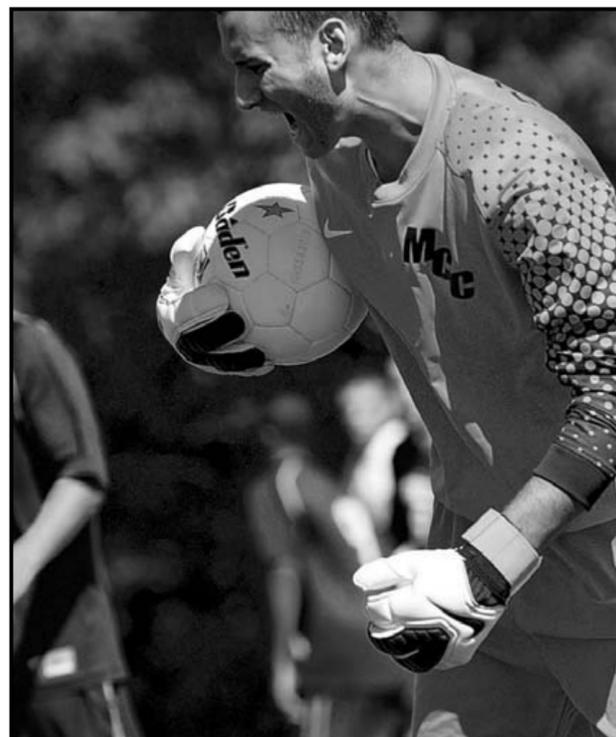
Jeremy Wilson's first season as MCC women's coach started with his players spending more time with trainer Ted Plamondon than on the field with him. The team endured an unusual epidemic of ankle injuries, slowing them down in the preseason and through the first half of the schedule.

The team's health improved in October and the Cougars qualified for the Region 21 tournament for a fourth consecutive season. Their season ended with a 6-6-2 record after Massasoit Community College outlasted Wilson's team in the second round of penalty kicks in the Region 21 semi-final on October 23. The game ended in a 1-1 tie after 90 minutes of regulation and a pair of 10 minute overtimes.

"It was a heartbreaking loss and a tough way to end the season," Wilson said. "But I have to give the girls a lot of credit. They fought their hearts out."

Miranda Hodge, who was named to the All-New England first team for a second straight season, scored MCC's lone goal. Hodge scored 14 goals over two seasons despite playing a considerable amount of time in the defensive backfield.

Freshmen Jenna Allison and Kristin Pearson joined Hodge on the All-New England first team while sophomore Michelle Magora and freshmen Kristen Lackman and Gillian Rennie were second team selections.



Tony Ettore, defiant to the end, prepares to strike back.
Photo by Rich Carpenter

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"Get to know someone
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Berlin, 20,
Therapeutic Recreation



Heather Stolte

"Listen to my mother."
East Hartford, 18,
Culinary Arts



Kailey White

"Stay out of trouble."
Glastonbury, 18,
General Studies



Will Dojan

"Focus more on school."
Tolland, 21,
Communication



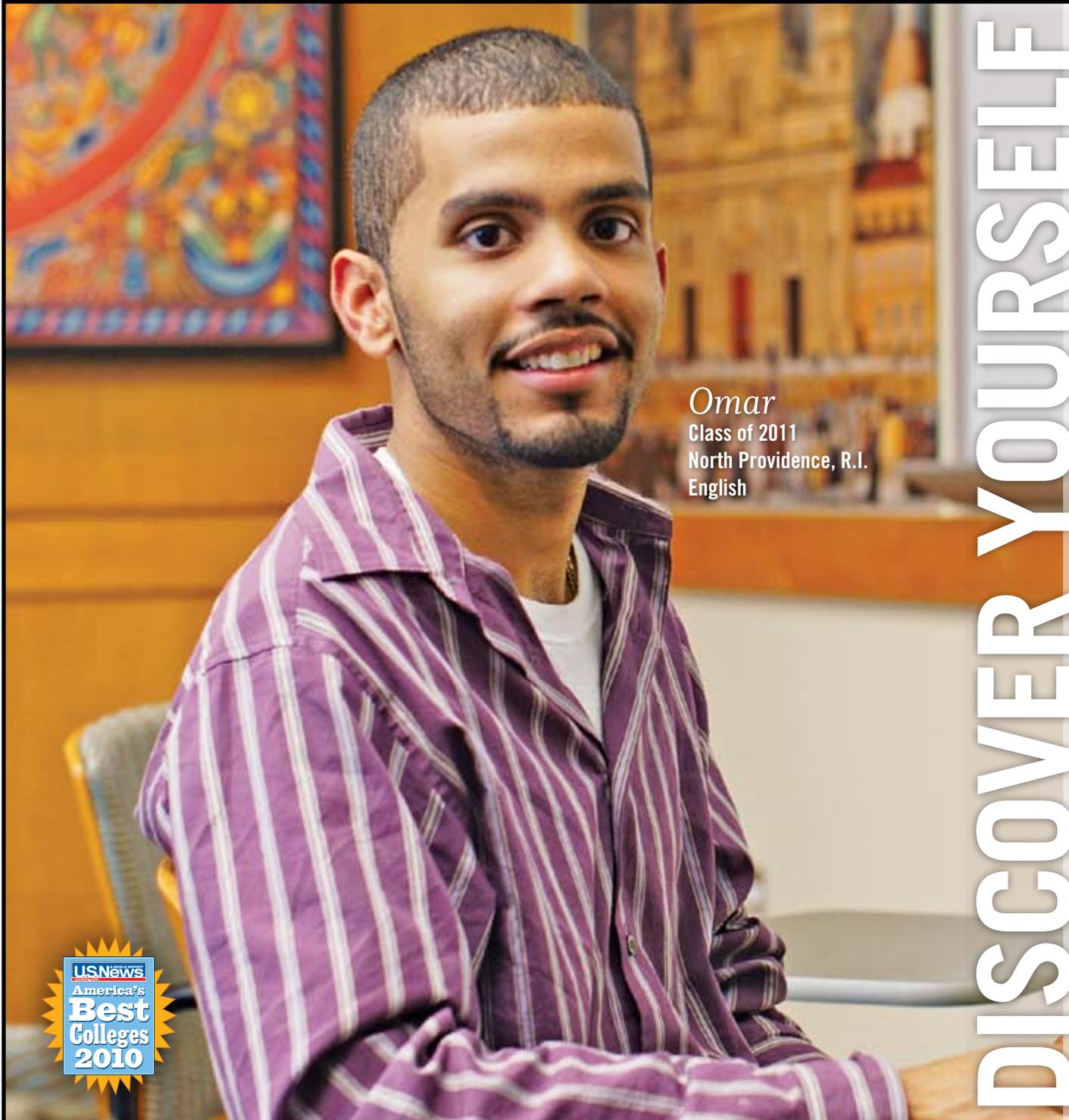
Casey Sebben

"The winning lottery numbers."
Tolland, 19,
Computer Science



Eric Valad

"Your wishful thinking can only
go so far until you get bored of
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