

# The Diking News

## Christian Club Holds Candlelight Vigil for Ukraine

STEVEN GARCIA



Markian Nychka (Ukrainian student) and Olivia Toth (Christian Club President) give emotional remarks at the event.

Photo By Steven Garcia

The Christian Club held a Candlelight Vigil in support of Ukraine on Feb 23 from 4 to 5 pm in Gateway's Davis Auditorium. The following day marked the 1-year anniversary of Russia's full-scale invasion of Ukraine. The local News 12 station was present to cover this event. For safety reasons, the Christian Club provided electric candles.

"What Russia is doing and their aggression to Ukraine is horrible and unforgivable, there must be an end soon or more will perish," Latimer said.

Olivia Toth, President of the Christian Club, and Markian Nychka, one of several Ukrainian students at the college, played significant roles in organizing the event.

**"It was very devastating finding out my home country where my family has been raised had been attacked... It just hurts my heart."**

*Markian Nychka Ukrainian SUNY WCC student*

The event was held to raise awareness of the war and collect donations for Ukrainians. The club partnered with Razom For Ukraine, a non-profit providing humanitarian aid to Ukraine, and prominent Ukrainian figures from the area to sponsor and organize the vigil. Dr. Belinda S. Miles, President of SUNY WCC, Mayor Paul Feiner of Greenburgh, and Westchester County Executive George Latimer voiced their support of Ukraine at the event.

"It was very devastating finding out my home country where my family has been raised had been attacked... It just hurts my heart," Nychka said.

This is not the first time Russia has invaded a sovereign country in recent years. In February and March of 2014, Russia annexed Crimea, a peninsula south of Ukraine.

**Continued on page 2.**

## SUNY WCC's STEM Opportunities: Workforce Development Programs in Healthcare and Con Edison's Bright Futures Program

LUIS GRANADOS

For those interested in STEM careers, SUNY WCC offers Workforce Development Programs in Healthcare and The Bright Futures Program for education programs in energy, engineering, and manufacturing.

The in-person Workforce Development Programs in healthcare are being offered at the Ossining Extension Center. Some of them are hybrid, allowing for online (theory) and in-person (practical training) learning.

The Workforce Development Programs are not to be confused with the nursing program at the main campus. Completion of the nursing program results in an Associate's Degree. On the other hand, completion of a course under the Workforce Programs in Healthcare may result in a certificate or in eligibility to take a certification exam.

Courses within this program that were offered this spring

semester included: Certified Nursing Assistant, Clinical Medical Assistant - Part 2, Electrocardiography (ECG), ECG and Phlebotomy Technician, Infection Control for Healthcare Programs, REMOTE Medical Administrative Assistant, Pharmacy Technician, Phlebotomy Certificate Program, Phlebotomy Practicum, and RN Refresher - ONLINE (even though the name says online, it is a hybrid course).

The Bright Futures program also prepares students for the workforce, but in the field of engineering. This program exists through a partnership with Con Edison, an energy company. Successfully completing programs within Bright Futures results in an Associate of Applied Science (A.A.S.) or Associate of Science (A.S.) degree. An A.A.S. degree allows students to enter the workforce right after completion of such a program. The A.S. degree prepares students to transfer to a four year institution and pursue a bachelor's degree.



A Phlebotomy student searches for an ideal vein on another student by pulsating the skin.

Photo by Crysta Jones, Assistant Director of SUNY WCC's Ossining Extension.

The academic programs which grant an A.A.S. include Civil Technology, Electrical Technology, Energy Systems, and Mechanical Technology. The other academic programs that result in an A.S. degree are Engineering Science, Environmental Science, and Environmental Studies. This spring, the program is having a series of information sessions for interested students.

Two sessions have already passed, but there is still one session left. "Storm Hardening Strategies" will be taking place on Wednesday April 12, from 11:00 am to 1:00 pm in the Technology Building, room 107. To attend, students have to RSVP using the link on the Bright Futures page on the WCC website.

To learn more, visit SUNY WCC's

official website, and click on the Bright Futures page. Each program shown will contain a link that will provide details on salary and job openings. For example, according to the mentioned webpage, with a Civil Technology A.A.S. one may earn around \$62,000 a year as an architectural and civil drafter. This is an estimate for the New York-Newark-Jersey City, NY-NJ-PA area.

## Upcoming Events & Important Dates

**APRIL 4**

**Poetry Workshop with Roya Marsh**

2-3:15 PM

CLA 100

**APRIL 5**

**U.S. Pathway Workshop: Financial Literacy**

11 AM- 12 PM

STC Room 11

**APRIL 6**

**Meet The Pros: How to Have a Successful Career in the Communications Industry**

12-2 PM

STC Event Room

**APRIL 9**

**Easter Sunday Observance**

(No Classes)

**APRIL 11**

**Poetry Workshop with Roya Marsh**

2-3:15 PM

CLA 100

**APRIL 12**

**Health Awareness Day**

11 AM-1 PM

Student Center

**Great Books Forum: The White Tiger**

11 AM-12:30 PM

Harold L. Drimmer Library Atrium

**APRIL 18**

**The Necessity of Young Adult Fiction with Deborah Williams, Ph.D.**

12-1 PM

CLA Room 100

**APRIL 26**

**Great Books Forum: The Namesake**

11 AM-12:30 PM

Harold L. Drimmer Library Atrium

**APRIL 29**

**Out of the Darkness Campus Walk American Foundation For Suicide Prevention**

Check-In: 9:30 AM

Student Center Lawn

## Christian Club Holds Candlelight Vigil for Ukraine

*Continued from page 1.*

Annexation is when one country seizes another country's territory to expand their borders. Crimea's parliament was stormed by Russia's military to force a referendum on whether Crimea should reunify with Ukraine. Intimidated by

the invading force, the Crimean people declared independence from Ukraine and swore fealty to Russia.

Unlike Crimea, which is a much smaller country, Ukraine decided to fight back. After Russia attacked the country's largest cities Kyiv, which is the capital,

and Kharkiv last year, many Ukrainian civilians were forced to leave everything behind and flee to neighboring countries to escape this escalated war. Most Ukrainian men stayed to engage in armed conflict against Russia, including Ukrainian President Volodymyr Zelenskyy.



*The Christian Club holds event to inspire people to donate and pray for Ukraine. Photo By Steven Garcia*

## Are You Ready for an Active Shooter on Campus? Preparedness is Key, Warns Sullivan



*An anonymous artist pinned this piece of artwork to the bulletin board in the Academic Arts Building, Third Floor. Photo by Steven Garcia*

strategies" that are currently implemented at the school.

The first was the SUNY WCC CARE Team: a group of faculty, staff, and administrators who "address concerning behaviors and situations involving students that may pose a risk of harm to self or others."

The CARE Team promotes training programs within the community to identify and support those who are going through mental health struggles. These programs include Question, Persuade, Refer (QPR), Supporting Students in Distress, and Mental Health First Aid Trainings.

"Mental illness is almost always associated with active shooter incidents," Sullivan said.

If a person encounters a student who is exhibiting troubled or violent behavior, that student can be referred to the CARE Team to get the help they need by completing an online Student of Concern Report (on SUNY WCC's website) or emailing the team directly at CARETeam@sunywcc.edu.

In addition to the CARE Team, uniformed security officers are posted throughout the Valhalla campus and at every entrance of the extension centers.

"The presence of security professionals alone can be a deterrent to violent crime,

including an active shooter event, from happening at WCC," said Sullivan.

According to Sullivan, sharing information to the college community about active shooter survival strategies, as well as Stop The Bleed, First Aid and CPR trainings are important initiatives sponsored by the Security Department and encouraged by the administration.

"Active shooter training that includes Run, Hide, Fight, and the newer Avoid, Deny, Defend model, have been in a mandatory training module in WCC's new student orientation for at least 5 years and most recently it was moved into the mandatory getting started module that all newly admitted and matriculated students must complete before being able to register for classes," Sullivan said.

In response to an active shooter situation, Sullivan stresses the importance of contacting the police as soon as possible and stated that almost all active shooter situations are ended by a confrontation with police.

"The assignment of the County Police Community Resource Officer to the Valhalla Campus provides for an immediate police response," said Sullivan. "Moreover, emergency notification tools such as panic buttons, 911 Blue Light

phones and the 6911 Campus Emergency line are tools utilized to ensure that security officers and police are notified of emergency situations as soon as possible."

To keep civilians away from the zone of danger, SUNY WCC has an emergency alert system that can send emails, texts, and calls to keep those on campus, informing them of the situation. Other technological measures to prevent or counter an active shooter situation include license plate readers on the Valhalla Campus, over 650 surveillance cameras on all SUNY WCC property, and the installation of deadbolt locks and automatic lock settings on all card-reading classroom doors.

Despite all of these safety measures, because SUNY WCC is accessible to the public, Sullivan states that it is impossible to guarantee a shooting will not occur on campus.

"I cannot allay all fears about gun violence at WCC or anywhere else," Sullivan said. "What I can do is be vigilant and insist that my team be vigilant in doing our jobs – which includes being present, identifying situations and taking swift action – to prevent a gun crime from happening at WCC, and if it does happen, being prepared to respond in the best way possible to minimize the loss of life."

### DANIEL CHARLES

After an Active Shooter incident at Michigan State, where 3 people were killed and 5 wounded on Feb. 13th, SUNY WCC's Director of Security, Scott G. Sullivan, sent out a mass email to faculty, staff, and students regarding to Active Shooter protocols.

The email contained educational resources to inform people about what to do in case

an emergency of this nature unfolds on campus. These resources included an FBI video entitled "Run. Hide. Fight." and an Active Shooter Preparedness Video from the Department of Homeland Security, which can be found on their respective official websites.

When asked about the safety measures SUNY WCC has in place to prevent and/or mitigate the threat of an active school shooter on the Valhalla campus, Sullivan provided a list of "early identification and intervention

# Combating the Effects of Climate Change with Native Plants

**DANIEL CHARLES**

SUNY WCC’s Native Plant Center hosted their virtual landscape conference entitled Sources and Solutions: Essential Native Plant Partnerships on March 13, from 8:30 a.m. to 12:30 p.m.. A major point of discussion throughout the event was what role native plants could play in preventing ecological damage from the Climate Crisis.

“75% of land on earth is substantially degraded, 66% of marine ecosystems have been altered, we are on track to degrade 95% of land by 2050,” said Eve Allen, Program Director at Ecological Health Network and one of the speakers at the conference, highlighting the present and future concerns of these major ecological changes. “There are currently over 1 million species that are at risk of extinction.”

Uli Lorimer, Director of Horticulture for the Native Plant Trust, presented the idea that anxiety over climate change has increased overall interest in gardening globally. Lorimer advocated the planting of native plants in public and private gardens over foreign species that may look prettier or exotic but have very little value ecologically.

“Native plants have the power to heal our landscapes, welcome wildlife into our gardens, and inspire us,” Lorimer said.

Lorimer further explained that the well-being of insects and plants are inextricably linked because of the processes of pollination and food-collection respectively. Many insect herbivores cannot recognize foreign species of plants as food because of drastic changes in color, odor, and form from the native plants they are familiar with. Insects are more likely to eat plants that originate in

their environment, increasing the chance of pollination and the proliferation of said plants. More native plants lead to more insects, which allows for organisms that eat those insects to thrive as well.

According to Carol Capobianco, Director of The Native Plant Center, native plants are also more effective than foreign

species at lowering Carbon Dioxide (CO2) in a specific area.

“Plants absorb CO2 from the air during photosynthesis. The

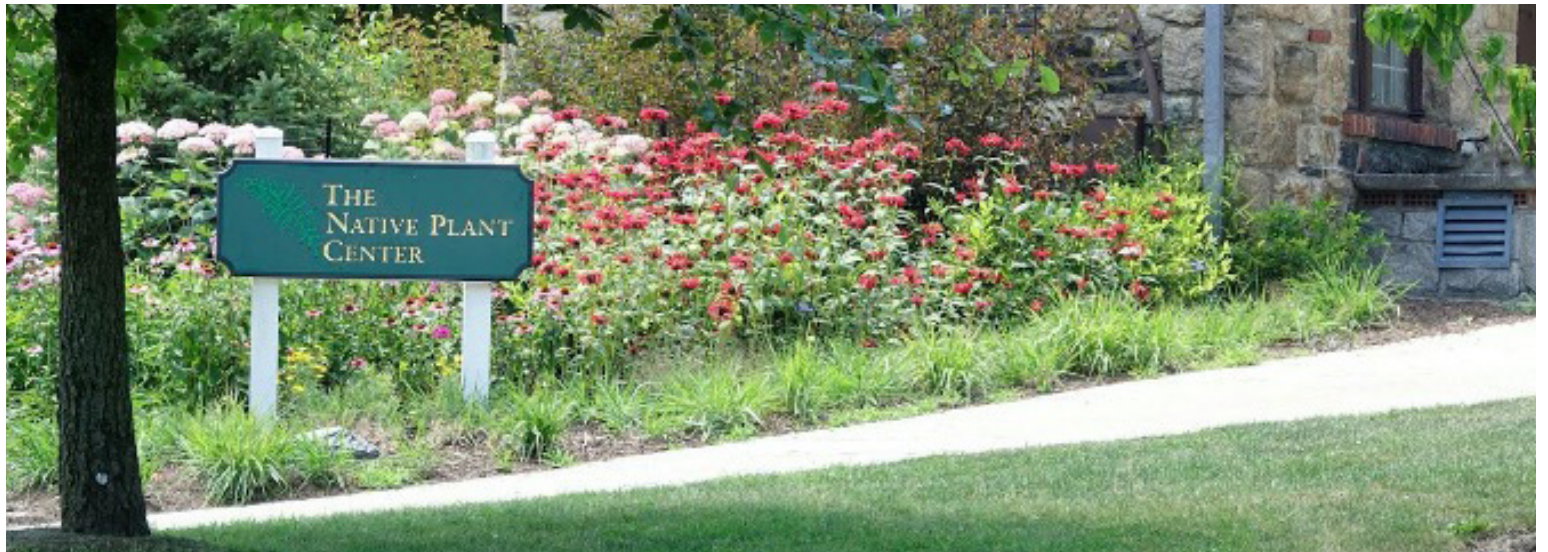
carbon is stored or ‘sequestered’ in the roots and leaves. Many native plants tend to have deeper root systems, thus

storing more carbon—certainly more than the short roots of turf grasses.”

The Native Plant Center advocates for environmentally conscious gardeners to plant more local-sourced, seed-grown, native species in their gardens.

**“Native plants have the power to heal our landscapes, welcome wildlife into our gardens, and inspire us.”**

*Uli Lorimer Director of Horticulture for the Native Plant Trust*



*Native blazing star, hydrangea, and beebalm welcome visitors in summer to the New American Cottage Garden at The Native Plant Center’s headquarters.*

*Photo courtesy of The Native Plant Center*



*The center bed of the New American Cottage Garden showcases colorful natives, including blazing star, tickseed, and butterfly weed, in a more formal setting.*

*Photo by Carolyn Summers, July 2018*



*The new buffer garden shows its beautiful fall foliage at the entrance to the Lady Bird Johnson Demonstration Garden, at the end of Parking Lot #1.*

*Photo by Jim Irvine, Fall 2022*



*Oxeye sunflower, wild bergamot, and Culver’s root attract many pollinators in one of the “finger” meadows in the Lady Bird Johnson Demonstration Garden.*

*Photo by Carol Capobianco, July 2019*

## When a Body Is Not Just a Body

ZEFFERINO CARRIERO

The works of the mixed media artist Nancy Bowen, currently on display at the WCC Art Gallery under the title “Sometimes a Body is Not Just a Body,” offer commentary on the ever-changing material culture of our time. Bowen specifically focuses on perceptions of the female body, from both external and internal points-of-view.

Bowen’s fascination with the female body began during her time as an art student at SUNY Purchase. She sought to depict women performing for themselves, with no care for the outside world. While widely praised, her work has also met with criticism from feminists. This and other topics were part of a panel discussion in which Bowen and three other women from the arts participated. Each artist discussed the relationship between their work and the human body.

One of the women was Mira Schor, a New York-based painter and writer. Schor is an artist who values a woman’s mind and beauty. She received her MFA from CalArts, where she was part of the school’s Feminist Art Program. A celebrated author, Schor has received numerous awards for her analysis of art, politics, and social dynamics. She is a recipient of the 2019 Women’s Caucus for Art Lifetime Achievement Award and a 2022 Anonymous Was A Woman Award and is an Associate Teaching Professor at Parsons Fine Arts.

In the mid-1970s, Schor reexamined the relationship between women and patriarchal culture at CalArts. Schor formed her sense of self through her study of drawing and language. In the 1980s, Schor focused on the social constructivism of gender. During this time,

she published her book *Wet*, a collection of essays that explores feminist theory and art.

Lorie Novak, a Guggenheim Fellow and Professor of Photography and Imaging at NYU Tisch School of the Arts, was another participant in the panel discussion. Novak uses various technologies of representation to explore issues of memory and transmission, presence and absence, shifting meanings of photographs, and the relationship between the intimate and the public. Novak suffers from migraines, which affect one billion people around the world.

“It hurts, makes me nauseous, wakes me up at night, makes it hard to think, makes me forgetful, makes me sad, lonely, enters my dreams, ages me, it is invisible,” says Novak.



Students Gabriella Ferrott and Zaria Graver admire the artwork on campus. Photo by Steven Garcia

Novak describes herself as a device and has turned the camera inwards, comparing herself to “me, versus migraine me” and exploring “the invisible kingdom of chronic illness.” The Migraine Register. net project honors the long history of women who suffered in silence, or were committed to institutions, or committed suicide.

“This body is not all mine,” Novak says. “I remain afraid in many ways of my migraine self, the not really me.”

The fourth member of the panel was Lachell Workman, an interdisciplinary artist whose work examines the ritualistic practices of mourning and memorialization within inner-city spaces. Workman’s installations deconstruct ephemera (things that we enjoy for a short period of time) such as family snapshots, t-shirts, and infrastructural materials to subvert narratives of grief and trauma disproportionately weighted in the black body. Workman’s oeuvre delves into how the t-shirt serves as a wearable monument, a symbol of remembrance and

commemoration.

Workman’s MFA project “Freedom” involved projecting a book onto a blank white T-shirt with the words “Justice for \_\_\_\_.” This piece represents the lack of memorials to black communities. Workman believes that mourning exists within a landscape, and the body keeps track of it. By complicating the ritual and revealing something lost in mourning, Workman highlights the role of women’s work in moments of mourning.

Workman’s installations involve streetside memorials, creating a politics of public and private land, blurred lines of reverence within the community. Workman’s installations are not just confined to the gallery space, but they extend beyond it to reclaim the landscape and to invite the community to memorialize what else can be celebrated within a community.

“Sometimes a Body is Not Just a Body” is open to the viewing public in the Hankin Academic Arts Building through April 12, 2023. For further information, contact the gallery director: joseph.morris@sunywcc.edu.



Students Gabriella Ferrotta and Zaria Graver are both confused and amazed by the sculpture. Photo by Steven Garcia

Photo by Steven Garcia

## Finding the Real You

DANI COLON AND STEVEN GARCIA

As part of WCC’s celebration of Women’s History Month and International Women’s Day (March 8), a group of campus clubs and organizations, including Women In STEAM,

Latinas in Power, DSI, and WEB, hosted a presentation by motivational speaker Katrina Levy Zidel on the topic of finding your true identity and embracing it. The event was held on March 8, coinciding with

International Women’s Day.

Zidel offers professional coaching services to recipients who wish to maximize their personal potential.

“How do you find your identity of you?” Ziedel said. “When you are first born and grow up, you develop your identity from others around you, but when you realize you’re alive, you start developing your own identity [and continue] throughout your life.”

We can actually shape our own identities, according to Zidel, but we have to first look at ourselves. Who you want to be helps define who you are, she said. She emphasized that no one person is the same as anyone else. In interactions with the audience, Zidel asked individual persons who they truly think they are.

Zidel told her listeners that being able to identify ourselves helps us not only to embrace ourselves but to make an impact on the world around us. She said that she herself was hoping that

identification process, gender is important. What does gender mean to you and how does it correlate to your own characteristics? Her remarks were addressed not only to

**“When you are first born and grow up, you develop your identity from others around you, but when you realize you’re alive, you start developing your own identity [and continue] throughout your life.”**

*Katrina Levy Zidel Motivational Speaker*

she could impact the audience.

“I want to think that at the end of my life I can look back and say ‘Yeah, at least I impacted one life that made a difference in this world,’” said Zidel. Students seemed to respond well to her mentioning her own personal life experiences

Zidel said that as part of the

those who identify as women but those who do not, as well as those for whom the issue is more complex.

For everyone, the message was clear: You will be able to accomplish your dreams and careers as long as you look into yourselves and see who you truly are.



Guest speaker Katrina Levy Zidel Photo by Steven Garcia inspires students at the event.

## WEB Hosts Holi: India's Celebration of Colors and Comradery

DANIEL CHARLES

WEB hosted an event to commemorate Holi, India's Festival of Colors on March 8. Traditionally, the holiday involves people coming together, wearing white and throwing powdered dye and food coloring at one another, tainting their clothes. Although Holi's roots are in Hinduism, the

holiday in its modern context is more of a secular celebration of Spring, and the colors and vitality the season brings.

According to Lotus Taylor, WEB's Special Events Chair who organized the event, the school wouldn't sign-off on students throwing anything at each other. Instead, WEB decided to provide



WEB members serve food to event attendees.

Photo by Daniel Charles



The entranceway of the Student Center Event Space invites students to the event. Photo by Daniel Charles

all the supplies needed for students to make their own tie-dye t-shirts. Taylor provided a playlist of her favorite Bollywood songs as background music for the event.

Royal Palace, an Indian cuisine restaurant in White Plains, catered the event. The assortment of food included vegetable samosas (a fried appetizer filled with potato and peas), palak paneer (cottage cheese and spinach simmered in a creamy sauce), and butter chicken (a thick chicken and

tomato curry). All of the food items were spicy but at a mild level. The samosas and butter chicken were attendee favorites

**"We're all human. We're all flawed. We want this to be a good time for all."**

Lotus Taylor WEB Special Events Chair

and were cleaned out early.

Taylor described the event as "my way of bringing my culture to WCC." Typically, Taylor celebrates the holiday with family, but she acknowledges

that Holi has always been a community-based holiday.

"I believe Holi is a celebration of inclusivity and friendship," said Taylor.

However, there are some in the Indian community who enjoy the festivities of Holi but do not fully identify with its values. Taylor mentioned that she was of mixed race, her mother being Indian and her father being African American. Taylor spoke about the intolerance that a few of her Indian family members have shown her as a result, specifically aunts who have told her to throw aside her African American heritage in favor of her Indian heritage. She says these experiences gave her the motivation to organize an event that encourages building bridges, not burning them.

In the true spirit of Holi, Taylor says,

"I love both parts of who I am.

I am happy with representing both parts of myself," Taylor said. "We're all human. We're all flawed. We want this to be a good time for all."

## Washington Post Reporter Camila DeChalus Visits Campus

SORELLE MARSH AND DANIEL CHARLES

A presentation was hosted by the Journalism, Communications & Media Arts departments of SUNY WCC on March 22 between 11am and 2pm. Guest speaker Camila DeChalus, a Pulitzer Center American University Fellow and reporter for the Washington Post joined a group of student journalists and aspiring writers.

During the 3-hour-long conversation and Q&A, DeChalus shared her experiences, valuable information, and some of her most memorable moments while working in the journalism industry. Some of the knowledge she shared was methods of interviewing, knowing your audience, negotiating with editors, how to enhance someone's journalism career, and other tips of the trade.

Throughout the presentation, DeChalus gave thorough and detailed responses about various issues. For instance, she reiterated the importance of having a diverse toolkit and recommended that aspiring journalists develop multiple skills in school to better prepare them for field work (for example interviewing, video recording and editing, photography, writing, proofreading, etc.).

"The media landscape is constantly changing," DeChalus said.

She described how journalists must continually adapt to how people get their information these days. DeChalus demonstrated how she uses the platform TikTok as a way to broadcast and to develop a niche of viewership. With a variety of media platforms available in today's world, DeChalus explains when a great story is produced, you can find 10 different platforms for it.

DeChalus also provided effective methods on how to interview people, debriefing what to do and what not to do. She said that people usually avoid an interview if the reporter is too direct with questioning. Making small talk with a bystander of an event can help break the ice. Once they are more comfortable, the reporter can ease their way into asking them for an interview.

DeChalus stressed that one should be prepared for rejection because many people are not willing to talk to reporters. They may think badly of the press in general, or take offense at their specific line of questioning. DeChalus believes that an essential part during an



Camila DeChalus discusses her experiences with using Tik Tok as a platform to publish news stories and interviews.

Photo by Daniel Charles

interview is to always get contact information from the people that were interviewed for future story ideas, other interviews, and follow-up questions.

When it's time for editors to take over the writer's work, DeChalus said it's always good to negotiate with editors and not shy away from presenting disagreements towards their revisions.

"Be pragmatic and provide at least three good reasons about the value of keeping your piece because you want to be

comfortable having your name on it," DeChalus said.

Talking about the world of TV broadcasting, DeChalus broke down strategies that helped her prepare for that brief moment while speaking on air. She recommends practicing in the mirror to be more aware of body language when speaking. Memorizing bullet points can be helpful rather than scripting the entire conversation to be able to respond to unexpected directions.

A lesson DeChalus learned while working in this industry is to learn how to advocate for oneself and to create boundaries. Also it's important to take breaks within reason.

As a takeaway in the world of journalism and any profession, DeChalus says that networking is key to boosting one's career. Building bridges with people will make the reporter a person of the world and can be helpful in the long-run.

## THE VIKING NEWS

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Weekly meetings are open to all students  
and staff on **Mondays at 4 p.m.**,  
**Student Center Room 111**

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### WOMEN'S HISTORY MONTH WORD SEARCH

SORELLE MARSH



- MICHELLE OBAMA
- RUTH BADER GINSBURG
- ELEANOR ROOSEVELT
- SERENA WILLIAMS
- MENSTRUATION
- MAYA ANGELOU
- AMELIA EARHART
- UTERUS
- SALLY RIDE
- EDITH WHARTON

### Word Plexers

SORELLE MARSH

Some common words and phrases are encoded in these plexers.

Can you tell what they are?

EMPLOY__ _T	OH! SYNTHIA SYNTHIA SYNTHIA SYNTHIA	is sue
SERVICE class <del>class</del> <del>class</del>	win h a n s h a n s	BAD wolf
..... reading .....	advathanksnce	genera tion

### Sudoku

KEIRA FERRETTI

8	1		5	4	7	9	2	
	4			3				
					6			
		8				2		
	2		1	7	9	3	6	
								7
4	5	7			2	6		1
	8	9			5		4	
	3			9				

## No Cores, Camina

STEVEN GARCIA

Nunca cores la vida,  
tenga paciencia,  
la vida tiene muchas cosas esperando por ti.  
La vida no es un juego que tienes muchas vidas,  
no es verdad,  
solamente tienes uno  
y a mí me es vida.  
La vida tiene muchas oportunidades y no estás solo,  
tienes amigos, amigas, tu familia y otros,  
también te quieren.  
Tomo tu vida con calma y la vida te va enseñar  
o la vida te va regalar esas oportunidades.  
No cores, camina.

## The Poet's Word

PATRICK SULLIVAN

The poet creates his world.  
In search, yearning, for his work,  
He enters the snow globe,  
Slipping and sliding as his sorrowful feet navigate its frigid terrain  
And the ceaseless snowflakes continually jab his face.  
Uninspired, he stares into the doll's eyes  
Until he lives her life.  
From an unfamiliar genesis, into  
The glossy gentle hands of her previous caretakers.  
But the ground scampers from his feet  
Its scales carefully mend a new world,  
Scratching the skin of the curious,  
Bending around unspoken fantasies.  
The darkness evaporates,  
And with it escapes the bottled violence of the world.  
His feet drop, eyes drawn to an unfamiliar realm.  
The moon, escaping its own world, crashes,  
Launching fragments across his soft skin.  
Bloody, broken, and bruised,  
He welcomes his teeth to a new world,  
And his pen grows eyes, ears, and a mouth  
And speaks to him the story,  
The story of a forgotten time.  
Transcribing his sins onto his page,  
His cleansed soul enters  
The perfect utopia:  
A righteous kingdom hidden by divine clouds.  
Miles below him;  
Pink frozen hands,  
Glued together only by a warm fog birthed by the shared father of these words,  
Clutching the page.  
A sputtering flashlight held awake only by  
A dream of the words.  
A curiosity of greatness pumps its heartbeat once more.  
The mother speaks to him,  
In his bare cheeks and exposed neck.  
So vulnerable  
And yet so full.

## Her

MAIARA COSTA

She felt, she had to, so she did  
She was for them the mom, the best friend She was for them  
So, she forgot to be for her, only her, the one to be  
She didn't hear the disdain in their voice She didn't see the other ones  
She saw potential, she saw what it could be  
So, she loved, she cared, she gave her all  
She gave so much that she didn't have more to be  
Empty and weak  
She on the phone she tried to find a better way to be She found many  
ways, but it didn't fit  
So, she started pretending that she could be  
She lost herself, she lost her own beat  
She was now dancing, comparing tirelessly and effortlessly Inspired by  
others, she tried to be  
With other's clothes, other's makeup, and other's dreams to seek  
For a second it was numb But then it felt just dumb  
So then one day  
She felt a wave  
She saw herself in the mirror, she awakes  
Lost, depressed because she might not be She said no longer will I  
pretend to be  
She cried like a storm in a fall Gray day  
She cried so much that all her leaves fell away  
She saw the beauty that before she couldn't see She tried to put back  
the leaves, but it couldn't back be  
So, under all the water, the leaves, and the branches A new path with  
the same old her  
And yet with the new her  
She was then able to truly see  
She walked the new path with her love and her bravery Step by step  
she became herself with tenderness  
She said no  
She said enough  
She said not anymore  
She felt proud, she felt loved For standing up for her own self  
It turned out that all of those  
She was trying to please  
Could never be the answer  
The only one she needed to feel loved by Was always there within  
HER reach!

FILM REVIEW

# Multiversal Mash: *Ant-Man and the Wasp – Quantumania*



*Ant-Man and the Wasp: Quantumania* can be seen in theaters and will likely be available to stream on Disney+ soon.

Photo by Marygrace Orfanella

LUCAS WERNER

Five years after the release of the original *Ant-Man and the Wasp*, a sequel with *Quantumania* added to the title was released in the United States on February 17, 2023 and was quite astonishing from start to finish.

Some familiar characters are back in a complicated plot. After a mishap with a ‘Quantum Satellite prototype’, protagonists Scott and Cassie Lang, joined by Hope, Janet van Dyne, and Hank Pym, find themselves separated and trapped in the Quantum Realm. They must find each other in order to stop a crazed conqueror from destroying all timelines. With Kang’s forces closing in and time running out, will this be curtains for Ant-Man?

This movie struck me as a film that bordered on being both

interesting and slightly flawed. Let’s go over what I enjoyed about the film, starting with the great fight scenes. The final battle with M.O.D.O.K. was excellent, and the reveal of his identity and subsequent betrayal struck a chord with me. Seeing Kang and M.O.D.O.K coming to life from the comics into the Marvel Cinematic Universe was a treat to watch. The visuals in the Quantum Realm were particularly stunning, and it was wonderful to explore the realm with the characters who we have grown to love over the years. Janet van Dyne’s revelation of her dark past during her time in the Quantum Realm was haunting and emotional.

The movie did have some flaws that stood out to me, particularly in regards to the villain’s origin story. I wondered what happened to Darren after his supposed ‘death’ in the first

*Ant Man* movie, and I left the scene feeling confused. The storyline with drinking the ooze made me think that the rebels of Kang’s empire were going to sacrifice Scott and Cassie by forcing them to drink a strange liquid that unintentionally allows fluent communication with this realm’s inhabitants.

*Quantumania* is spectacular for the most part. Excellent visuals, insane lore, and interesting implications for the future of the Marvel universe were just spot-on amazing. This rose of a movie did have a few deep thorns hidden to the naked eye, however. Based on these reasons, I’ll give this movie a 4.8 out of 5, and I can’t wait to see what happens next in the franchise. If you plan on giving this movie a watch, head to the theaters now; otherwise, stream it on Disney+ starting on April 5.

ALBUM REVIEW

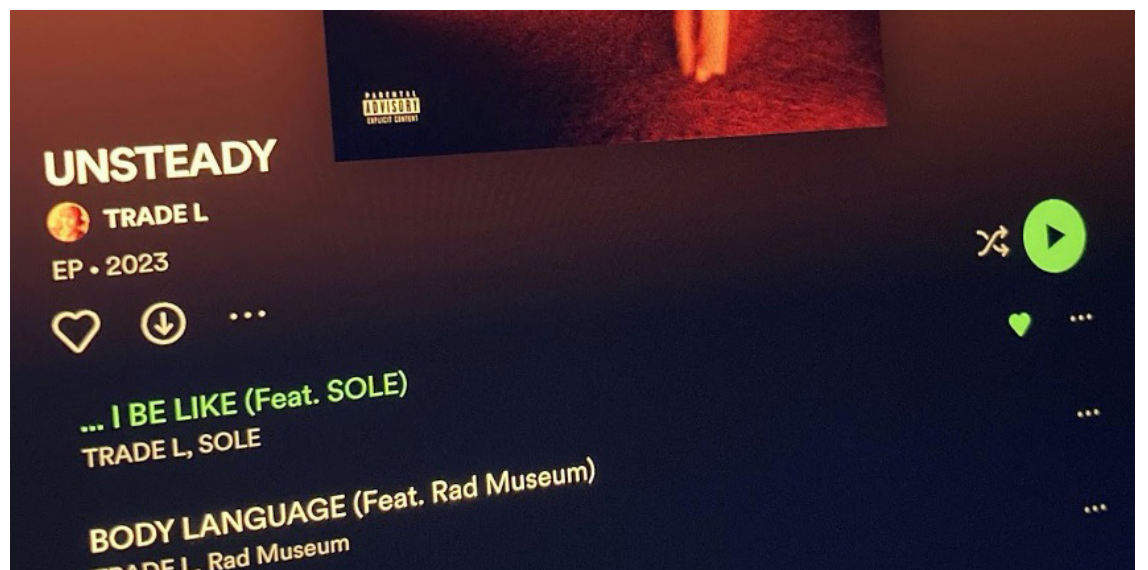
# Unsteady by Trade L

KEIRA FERRETTI

At just 18 years old and one of the youngest artists signed to the H1GHR MUSIC label (founded by K-hiphop icon Jay Park) after his win on High School Rapper 4, Trade L continues to prove that he is worthy of his place at the forefront of Korean Hip-Hop music. In his latest EP *Unsteady*, released on March 17, Trade L dives deeper into his lovey-dovey side. The five-song album features a mix of traditional RnB as well as a return to Trade L’s

rapping roots. Tracks like “Die Tonight” and “Body Language (feat. Rad Museum)” are geared more towards the heavier hip-hop style that fans are used to. “I Be Like (feat. Sole)” is a slower song, with romantic melodies and sweet harmony between Sole and Trade L. “Wake Me Up” is reminiscent of early 2000s rap songs in terms of both beats and lyrics. The last track “TTYL (feat. IV JAY)” is considerably more laid back than any of the others, a chill ending to a totally vibey EP.

Final rating: 4/5



*Unsteady* is available on Spotify, as well as on other streaming services.

Photo by Keira Ferretti

# Is Daylight Savings Worth Saving?

STEVEN GARCIA

Don’t you hate when spring arrives and we have to move our clocks an hour forward, thereby losing an hour of sleep?

“Every year, our digitized clocks automatically change for daylight savings time, saving us the inconvenience of manually moving our hands back and forth,” said Isabelle Maldonado, a WCC student. “But for old-fashioned clocks and watches, we have to manually change them every year—causing annoyance. It’s not like a leap year where every 4 years we add a day in February to maintain

the passage of time. We have to do this every year, twice a year.”

According to Jacob Serrano, a WCC student, Daylight Savings is relevant to farming.

“It’s [also] nice to gain an hour of sleep [in the fall] but sucks losing an hour [in the spring],” Serrano said.

It’s a very common belief amongst Americans that Daylight Savings Time (DST) originated for the benefit of farmers throughout the country. In actuality, farmers were against DST. Daylight Savings was first implemented in 1918 in the US with the Standard Time Act of 1918, a wartime measure

for the first seven months of American involvement in World War I. The purpose was to add more daylight hours to conserve energy resources.

The U.S. would later reimplement this law when the Second World War began. Decades later, in 1974, the permanent enactment of Daylight Savings was voted in by Congress, this time due to complaints from children and students walking home from school, commuting, and driving home at night. States like Arizona and Hawaii as well as U.S. territories like American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands do not

participate in Daylight Savings.

“Daylight Savings is annoying to deal with,” said Ingrid White Krawiec, a WCC student. “The government should step in and remove this law.”

Only 70 countries follow some system similar to Daylight Savings Time, mainly in much of Europe, North America, parts of South America, and Australia. Many countries in Africa and Asia don’t follow Daylight Savings Time since many of these countries are on the equator, thereby already receiving much daylight, and lack traditional seasons throughout the year.



WCC Campus shortly before the end of DST.

Photo by Steven Garcia

## 5 Must-See Movies

KEIRA FERRETTI

*Legally Blonde* (2001)  
*Steel Magnolias* (1989)

*The Joy Luck Club* (1993)  
*Divine Secrets of the Yaya Sisterhood* (2002)

*The Whale* (2022)



## Editorial

## The Handmaid's Tale: Fiction or Fact?

Many of you readers are already familiar with the Margaret Atwood literary masterpiece, *The Handmaid's Tale*, or the hit TV series adapted from it. For those who are not, *The Handmaid's Tale* is a dystopian novel about what can happen when government and religion combine and take things a step too far, with disastrous effects on human rights.

Sound familiar?

In the story, birth rates are at an all-time low in the Republic of Gilead. As a result, fertile women are forced by the authorities to become sexual commodities. They are required to give birth to children for wealthy families, while their own names and identities are stripped away, and their families disappear. Girls are trained from the time they are young to bear children; that is their purpose in life, nothing more. The fictional Gilead—clearly the USA religiously re-named—shows what happens when the lines are blurred between church and state, and when the resulting hybrid imposes regulations that supplant conscience-based personal morality.

For example, we see the right of a woman to choose whether or not she has children being revoked in the novel. In America today we are seeing abortions being made illegal in several states and pushed out in several more. With anti-abortion protests spanning the U.S. this seems awfully close to the beginning of a Gilead-like takeover.

One of the main differences between Atwood's fiction and present-day reality lies in the ability of women to choose what they want from life. Currently women have a choice as to whether or not they want to work or stay at home with their family. In fact they can choose whether or not to have a family at all (although societal expectations still play a large role in their decision.) In *The Handmaid's Tale*, the women do not get to choose; their roles are preordained by the government (though the structure of these roles remains consistent whether in reality or fiction.)

For how long, though, will these differences stand? Are we the beginning of Gilead or are we what stands against it? As we take this month to celebrate the history and the power of women, we also look towards the future. Let's hope that with our combined voices we stand a chance against becoming a dystopian nightmare.

Marygrace Orfanella  
Editor in Chief

## 10 Tips to Take Care of your Mental Health

RILIND RUGOVA

*College can be a challenging time for many students, as they navigate a new environment, academic pressures, and social expectations. Taking care of your mental health is essential to ensure that you can manage these stressors and thrive in your college experience. Here are ten tips on how to take care of your mental health as a college student:*

### 1. Prioritize sleep

Get enough sleep; lack of sleep can lead to increased stress and impair your academic performance. Aim for at least 7-8 hours of sleep per night and establish a consistent sleep schedule.

### 2. Exercise regularly

Exercise is beneficial for both one's physical and mental health. Regular exercise can reduce stress, improve one's mood, increase energy, and help with focus. Find an exercise routine that works for you, such as yoga, running, weightlifting, or Pilates.

### 3. Practice mindfulness

Mindfulness involves being present in the moment and fully engaged in your surroundings. Practicing mindfulness techniques such as meditation, and deep breathing can help improve focus and decrease stress.

### 4. Eat a balanced diet

Eating a balanced diet can help contribute to one's health and wellness. Aim for a diet that includes whole foods, fruits and vegetables, and healthy fats. Keep a food diary to keep track of foods that improve your mood and stay away from foods that worsen your focus. Avoid consuming excessive amounts of sugar, caffeine, and alcohol.

### 5. Connect with others

Maintaining social connections is important, connect with friends and family regularly and consider joining a club or organization on campus to meet new people and build a sense of community

### 6. Set boundaries

Setting boundaries is important for managing stress and maintaining good mental health. Learn to say no to activities or commitments that could interfere with your self-care.

### 7. Take breaks

Taking breaks throughout your day can help reduce stress and prevent burnout. Set aside time to engage in activities that you enjoy, such as reading, listening to music, or taking a walk.

### 8. Seek support

If you are struggling with your mental health, it is important to seek support. Seek counseling from services both on and off campus that provide support and resources to students. If comfortable, be forthcoming with professors about your mental health and request assistance and support. Additionally, consider reaching out to a trusted friend or family member for assistance.

### 9. Stay organized

Staying organized can help reduce stress and increase productivity. Use a planner or calendar to schedule your tasks and prioritize your responsibilities.

### 10. Put yourself first

Self-care is essential for maintaining good mental health. Make time for activities and hobbies that you enjoy and help enrich you as a student. Remember, being a college student is about enriching yourself both academically and non-academically. Prioritizing your self-care can help improve your overall well-being and reduce stress.

## AI: Are We Ready for it?

**SORELLE MARSH**

In the last few years, technology has progressed on an incredibly large scale. We now have access to advancements in technology such as cloud computing, cryptocurrency, autonomous vehicles, 3D printing, augmented reality, and finally artificial intelligence (AI). As AI has gained a larger presence and become increasingly interconnected with our daily lives, one must ask: Are we ready for it?

Debate has been raging regarding the use of AI in professional and academic settings. In the land of academia, the controversy surrounding AI centers around the potential impact of automation on student learning. This includes questions about whether robots can replace teachers, how student privacy will be maintained as bots become mainstream, and what the implications of AI in the classroom might be, including the potential for plagiarism.

Some have raised ethical concerns about AI being used to track and monitor students, and opinions vary about whether AI is a form of plagiarism or not.

“I think it is an excellent idea for every educator to embrace and assist students in utilizing AI to improve their overall learning experience,” said WCC professor of Interactive Technologies, Deborah Krikun. “Learning is fun, cheating is easy and pretty boring.”

Likewise, students and teachers must learn how to use this tool responsibly in order to get the most out of their education. Some believe that these

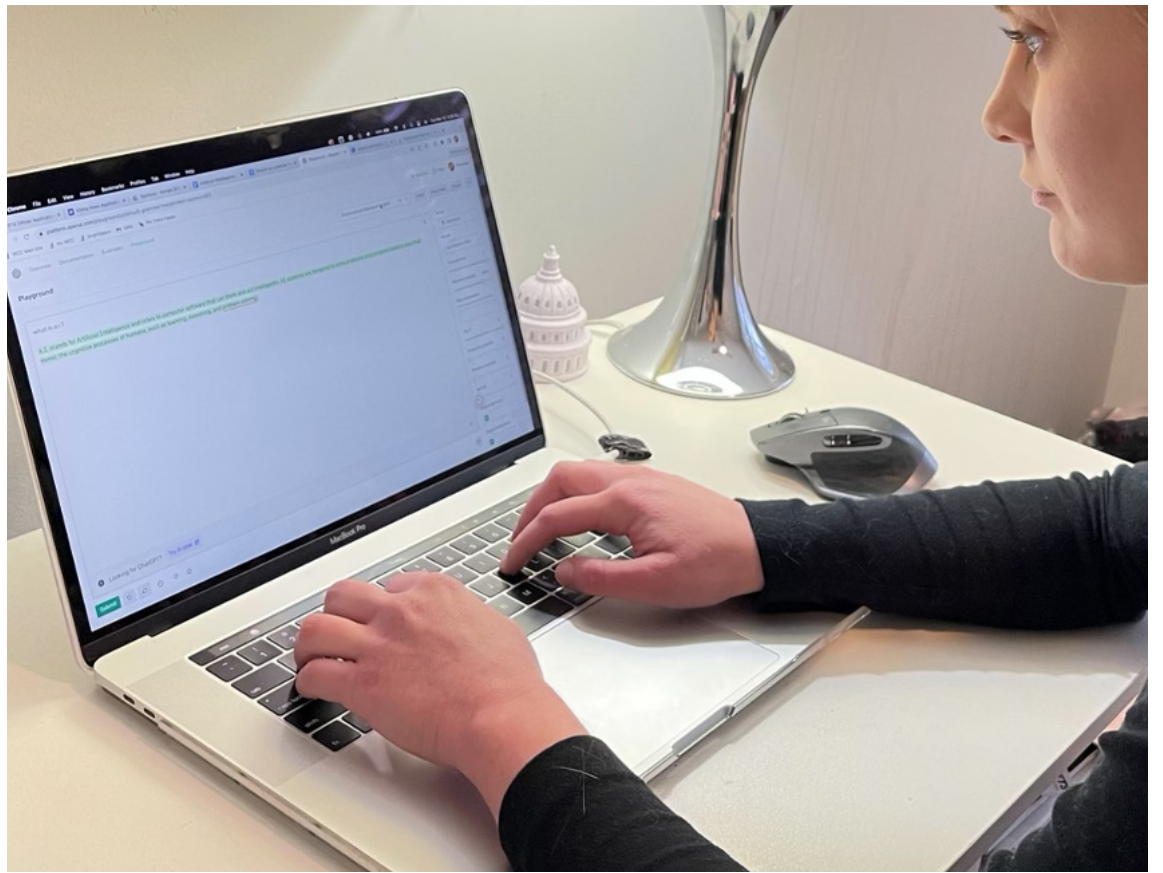
systems fall under the realm of plagiarism since this technology is designed to automatically generate content, which calls upon existing, human-written content in the Internet to influence this artificially generated writing.

The list of concerns involving AI will continue to grow as it becomes more popularized in classrooms.

“[AI is] a very cool software [that] has really changed the whole field of education, bringing both positives and negatives,” said WCC student Olivia Toth. “I think it could be used in a good way as a support tool, but it does call into question what it means for plagiarism and other concerns related to that. If you’re using it directly, then I do believe it’s a form of plagiarism. I think you have to be very careful with what level of reliance you’re placing on it.”

Whilst using AI to write a paper isn’t necessarily the traditional form of plagiarism, it may diminish creative work and the incentive to write in your own words. One should consider that due to the robotic nature of AI, its capabilities are limited compared to the human mind. It’s deficient in the depth of human intelligence and doesn’t display the same natural problem-solving and creativity possessed by humans; as the human brain is the most powerful computer.

According to John Staughton of Science ABC, “Until we achieve true Artificial Intelligence (in which computers should theoretically be able to re-wire themselves), neuroplasticity will always keep the human brain at least one step ahead of static



Students across the country are using AI to assist with learning.

Photo by Sorelle Marsh

supercomputers.” In this stage of development, AI has a lot to learn about how the human brain functions.

AI comes with both advantages and disadvantages. A key asset of AI is how quickly and accurately it is able to perform tasks which could eliminate the need for a human worker. It’s also capable of adapting by learning new data which can increase efficiency. On the flip side, these robots are still prone to making mistakes and producing errors.

A major issue is that AI systems may contain biases from the data used to train them. Aimultiple.com says that most AI systems harvest its data from multiple sources, including websites, online surveys, customer feedback forms, social media posts, and ready-made

datasets. Some of these sources, especially social media, can have incorrect information.

According to an article in the Harvard Business Law written by James Manyika et al., “here, there are no quick fixes. In fact, one of the most complex steps is also the most obvious — understanding and measuring ‘fairness.’ Developing an unbiased AI system will be challenging.”

There are many opportunities that await AI. Students and teachers should exercise caution while using this powerful and developmental technology. We must be mindful of the potential uses of AI to make sure that it won’t be used to discriminate or harm others.

“In all aspects of technology or human behavior, ethics must always be at the forefront of

one’s actions,” Krikun said. “The use of tools by humans always needs to be a conscientious decision for oneself, others, and the planet. If we play by those rules, then the future of technology has the potential to reverse our history of unfortunate negligence.”

In order to ensure that the development of these technologies is done responsibly and ethically, we must follow the appropriate steps to uphold these standards. Allowing further discussions, collaboration, and research will ensure a positive outcome. It’s important to remember that AI can be a powerful tool for good. With a proper roadmap, the door is open to a cornucopia of exciting possibilities and we can expect A.I. to play an important role for years to come.

## Has St. Patrick’s Day Ever Been about St. Patrick?

**KEIRA FERRETTI**

St. Patrick is possibly one of the most well-known saints, even to those who don’t practice Catholicism. He is the patron saint of Ireland as well as the Archdiocese of New York, which includes New York City and Westchester.

Westchester itself is known for its Irish-American population, which means that the Feast of St. Patrick (also known as St. Patrick’s Day) is a very prominent holiday, even for those who are not of Irish descent. However, has it ever really been about celebrating the Saint and Irish heritage, or is it just an excuse to party?

In a survey done by the National Retail Federation, it was found that 74% of Americans aged 18-34 planned on celebrating St. Patrick’s Day, although secular celebrations might look a bit different from religious ones. In the Catholic Church, March 17 is

the feast day of St. Patrick, which means that practicing Catholics celebrate his life while seeking his intercession. Catholic schools in the Westchester area also give students the day off and most parishes hold special masses in his honor.

Most celebrations of St. Patrick’s day are secular, focusing on the party aspects of the holiday. Also, the holiday has historically been celebrated within the Irish diaspora rather than the country itself. This may lead to the conclusion that the holiday was never about the saint or Irish culture, but—seemingly—about people removed from Ireland itself finding a day to celebrate the negative stereotype of Irish drinking.

However, this unfortunate intention should not overshadow the true purpose of the feast: to remember the Saint who converted Ireland for more than a few shots of whiskey.

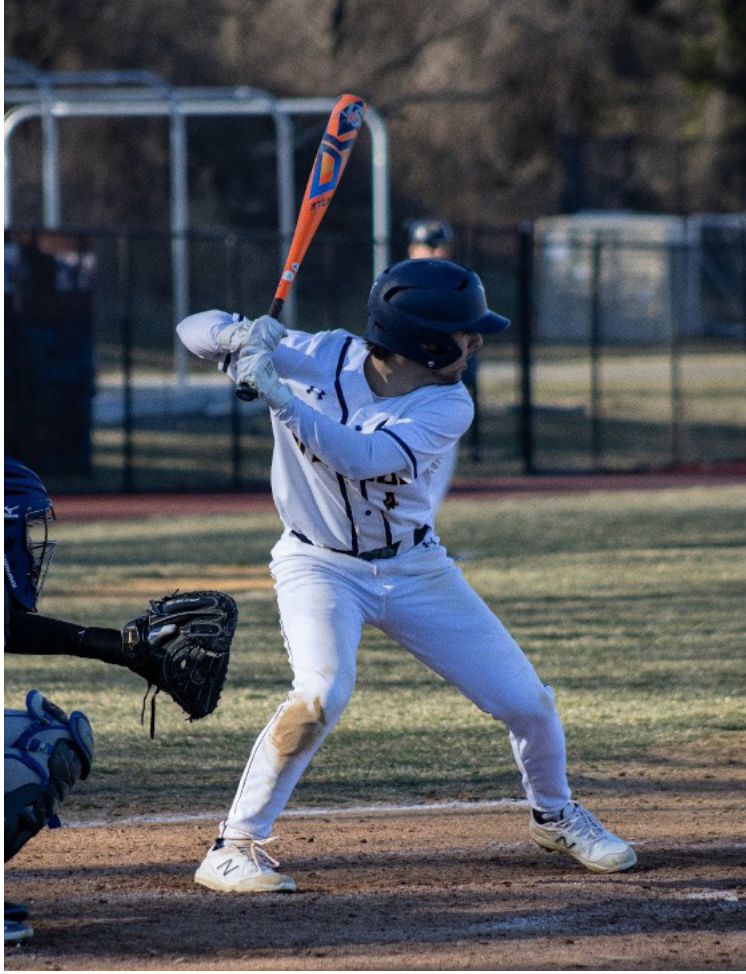


A rainbow over a hill is a classic symbol of St Patrick’s Day.

Photo by Jessica Sabau

## SUNY WCC Baseball Starts Off With Almost Perfect Season

DANI COLON



SUNY WCC baseball player Gavin Carluccio at bat.

Photo by Dani Colon

Even with baseball starting at its earliest ever on February 15, the Vikings seemed prepared and had their spirits up. Their first game was a double header against the Manhattanville College JV team and surprisingly, both games were almost an hour long with the Vikings leading both games strongly. They came off to their first two wins for the

starting season with the game scores 11-1 and 16-1.

One thing that surely helped the Vikings take the lead in their first games were the pitchers, specifically Thomas Browne who struck out many players and didn't allow any runs coming in, as well as only walking one player. Soon after those games on

February 26, the Vikings traveled to Cecil College to play a total of four games. The first game against Cecil was rough for the team with Cecil in the lead 4-1. However, during the top of the 5th inning, Micheal Ambrosecchia was walked along with Marc Stockhausen. With two players on first and second base bringing the next at bat Tommy Poggi, Poggi hit a double and got two runs scored along with the next batter Gavin Carlucci. Carlucci got a sacrifice fly ball to right field, along with Stockhausen who scored a run tying the game.

At the end of the first game, the Vikings won 11-8 with Cecil coming close but not catching up. With the first three games a win, the Vikings kept their strong energy and mindset and with the help of the coaches, the team won the three remaining games against Cecil with the scores 10-2, 12-1, and 10-7.

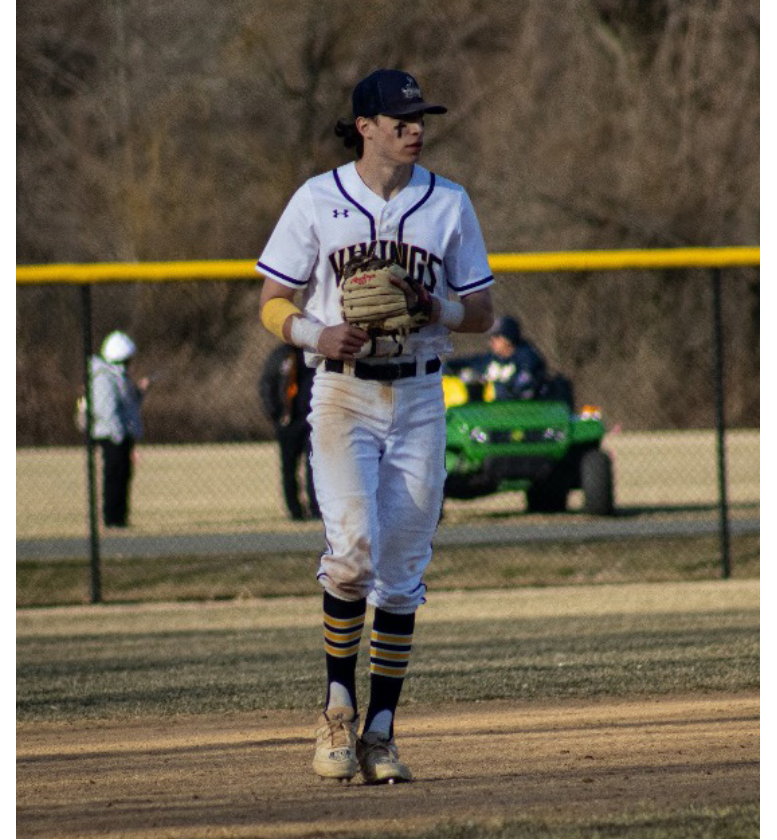
The Vikings then moved on to play against County College of Morris. During their double header the team won the first game and then took their first loss. As the Vikings moved on to face College of Mount Saint Vincent, they took a quick lead starting off eight runs, also thanks to pitcher Patrick Poggi who did not give up any runs with constant strike outs. During the majority of the game, the Vikings struck out 16 hitters and only gave up one run. The Vikings took the win 10-3.

During the next game the Vikings faced Kingsborough Community College. The team fought strong to stay in the lead as Kingsborough scored right away in the bottom of the first inning. The Vikings were quick to make a comeback and Kingsborough got back on their feet and came in the top of the third inning. This came to be the Vikings' second loss of the season.

On March 9, the Vikings went against Suffolk Community College before their Florida

tournament. Suffolk struggled to keep up with the Vikings after they scored in the second inning, and Suffolk scored in the third. Noticing that Suffolk was coming close, the Vikings put in the hard work in the 4th, 5th, and 6th inning and won 11-1.

The overall standing for the Vikings is 18-2 (press time). If they can keep up with this strong lead, they are almost 100% sure to make it to the postseason.



Third baseman Weston Baronian is focused on winning.

Photo by Dani Colon

## SUNY WCC Bowling Makes It To NJCAA Championship

DANI COLON

SUNY WCC men's and women's bowling teams are both having a strong season. On February 20, the men's bowling team were runner ups in region 15. The team came to a tough clutch to Suffolk County.

Anthony Pullissio, who was an all round finisher for the Vikings, came in 6th overall with 1068 and 178 averages. This earned him an all region honors. Coming in 7th was Max Belvedere, who came out with 948 pins and 158 average.

For the women's bowling team, Jessica Kasper came in 4th overall with 953 pins and an average of 158. Almost right under her was her teammate Felicity Keogh, who came in 6th with 846.

After these successes, the Vikings moved on to the NJCAA (National Junior College Athletic Association) championship as Max Belvedere and Anthony Pulissio both came in 29th overall, making it to the top half of finishers. Their teammates Brendon Adair, Patrice Kemp, Amin Eshtiaghi, and Julian Cocking all came

in placing 58th and 59th.

For the women's bowling team, Jessica Kasper came in 8th place overall for the Lady Vikings, as well as earning an all american status. Jessica finished 2260 pins, making recent history for highest place for a women's bowler. For the final few games, Jessica came in 7th and 10th place. She fought falling behind with high spirits from her teammates and pushed back hard in the all tournament finish, putting her back at 8th.

Felicity Keogh climbed up from coming in 50th place to 35th with improved averages from 139 to 170. Kasper and Keogh worked hard and with great teamwork, they both placed 8th in a doubles game.

The men's team took an overall lead of coming in 18th place. Belvedere came in 66th place, averaging 181, an improvement to his past average of 170. Julian Cocking averaged 148.

Both the Vikings and the Lady Vikings bowling teams worked and practiced hard, earning them a great season, giving them great odds of making an even better comeback next season.



SUNY WCC Vikings bowler Julian Cocking in action.

Photo courtesy of Julian Cocking

# From Passionate Soccer Player, to High School Soccer Coach, to Coaching At SUNY WCC: The Journey of Coach Carrabotta

**ROMOALDO GONCALVES-DIAZ**

**A**lfio Carrabotta, the Head Coach for the SUNY WCC Men's Soccer Team, has had quite the journey before arriving at the college. Coach Carrabotta loves competition when it comes to soccer and to him that is a big part of his passion for the sport.

"When you go out onto the field, you go out to compete, no one is

but he watches his players during school games closely to learn and guide his team to the best of his abilities.

According to Carrabotta, his favorite soccer memory is Italy winning the 1982 World Cup. He remembers the emotion and joy that one experiences in a moment like that and that makes an experience something

**"When you go out onto the field, you go out to compete, no one is going to give you anything. You have to earn it, you have to go out there and get it so when you step on the field, you step on it to compete."**

*Alfio Carrabotta Head Coach of SUNY WCC Men's Soccer Team*

going to give you anything. You have to earn it, you have to go out there and get it so when you step on the field, you step on it to compete," said Carrabotta.

No matter the teams, Coach Carrabotta is always watching soccer because he appreciates and loves the game to a point where he can watch anything that is related to it. Coach Carrabotta not only watches games for his own enjoyment,

someone will remember for their whole life.

Perhaps this memory is close to Coach Carrabotta because he is Italian himself, specifically from a small province in Sicily Italy. According to Carrabotta, he has had a passion for soccer ever since he was a young child. Back then, he played with his friends whenever he could and joined his local team around the age of 12.



SUNY WCC soccer player Alabdiel Hernandez defends the ball.

Photo by Dani Colon

When he was 13-years old, Carrabotta immigrated to America and joined his middle school team.

"Playing with people from other countries and cultures was an amazing experience," Carrabotta said.

According to Carrabotta, he and several players on the team did not speak English but the language barrier wasn't an issue because they all had a common interest in soccer. He recalls that one of the best things about coming to America was being able to learn from and grow with people from other countries and backgrounds while having a common passion for the sport of soccer.

In Coach Carrabotta's senior year of high school, he began to receive the attention of college coaches coming to scout him. One of these coaches was from St. Francis College. They created a bond and Coach Carrabotta decided to enroll at St. Francis College.

According to Carrabotta, his time at St. Francis College playing soccer can only be described as positive experiences. During his senior year in college, his team won the 1979 Division 1 Men's Soccer MAC tournament and were ranked number one in the nation.

After he graduated in 1980, Coach Carrabotta's first job was

teaching physical education at St. Joseph's private school. A few years later, he became the soccer coach at Eastchester High School where he stayed for 37 years. Nearing the end of his career at Eastchester, Coach Carrabotta heard that there was an open position for the head soccer coach at SUNY Westchester Community College.

"I decided to throw my name into the hat of all the applicants and apply for the job," said Carrabotta.

According to Coach Carrabotta, coaching college students was an eye opener for him.

"I was pleasantly surprised with the amount of talent I saw in the people I had to coach and was also pleasantly surprised with the amount of competition between other teams," Carrabotta said.

Coach Carrabotta found that his first year was very competitive and difficult, but he enjoyed the fact that it was so challenging.

While working with the WCC teams he has seen many of the values he has tried to impart throughout his coaching career, such as commitment, discipline, teamwork, and team bonding. He says his players have shown great talent and passion for the sport working together and growing as a team.

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