

The Mount Observer

“Voices of the students of Mount Wachusett Community College”

Green Street Café Has A Heart Campus cafeteria is the go-to option for students

By **Charlie Greco**
OBSERVER CONTRIBUTOR

Faculty members and students are constantly on the run. There’s very little time between classes, part-time jobs and, of course, homework. The result is some students have very little time left to be able to sit and enjoy a wholesome home-cooked meal. In many cases, breakfast or lunch at the Green Street Café can become a student’s primary meal of the day.

Lynne Franciose, the Dining Services Manager, has been feeding faculty and students at for over nine years and knows that, though the café can’t replace mom’s cooking, quality and nutrition is important and the goal is to come as close to “eating at home” as possible.

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“Green Street Café” >>>



Photo by Batsabee Torres

MWCC Gardner's Green Street Cafe entrance

PREVIEWS



A Fruitful Fundraiser

Joyce Miller, Art Professor and Director of the East Wing Gallery, said the fundraising campaign to purchase a bronze sculpture by Gene Cauthen has been successful and still ongoing.

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Professor John Little: Audio Slave

John Little, 53, owns his own recording studio and is responsible for expanding the MRT program as well as providing more in-depth courses and professional equipment for students.

For the full article, see page 3

Over 200 MA immigrants become US Citizens at MWCC Ceremony

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Spider-Man: Into the Spider-verse Review

Winning an Oscar and exciting Marvel fans, *Spider-man: Into the Spider-verse* pays attention to detail and puts a twist on the hero's story, reminding movie viewers that “you could wear the mask.”

T.G.I. Monday

Meditation classes aim to improve students’ mental wellness



Image from pixabay

By **Eliana Mello**
OBSERVER CONTRIBUTOR

Meditation Mondays are helping students find healthy ways to manage their mental health and everyday stress.

Melissa Manzi, Mental Health Counselor, created this program as a way to help struggling students. “I want to do things for students that will help them cope with life,” she said.

The program includes 12 half hour sessions occurring from 12:30 -1:00 p.m. and are repeated again from 1:15 -1:45 p.m. This allows students to find time in their schedules to attend class. Students can attend

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T.G.I. Monday

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as many classes as they want and in whatever order they please.

After attending the first Monday Mediation class, Manzi completed a short 1-minute walking meditation. The walking meditation was assigned by the meditation instructor as homework. She was able to fit the time into her schedule by doing the meditation on her walk from her car to the school and felt more relaxed afterward.

"You don't need to start big; you can start small," she said.

Manzi submitted a request to Boston University for a grant to fund "STRESS LESS; Learn to Meditate." Manzi was awarded a \$1000 grant from the Center of Psychiatric Rehabilitation and the Massachusetts Department of Public Health to teach meditation as a form of suicide prevention.

The classes are run by Richard Geller, who works for MedWorks Corporate Meditation Program. He has been practicing meditation for 40 years and teaching for 20. According to Medworks, meditation helps with recognizing and coping with negative thoughts. One of the techniques taught by Medworks is mindfulness.

During mindfulness, positive and negative thoughts are allowed to flow through the brain without judgment or acknowledgment. This allows the participant to understand what's bothering them without giving these thoughts too much control. According to Medworks, understanding the root issues allows participants to take control of these thoughts.

Medworks teaches meditation to help with a biological event

known as "Fight or Flight." This biological event is used to help organisms in life or death situations. However, for some, this event occurs in situations that are not life threatening.

During "Fight or Flight" the heart beats faster, blood pressure increases, and the digestive system shuts down. Prolonged experience of this biological event can lead to "high blood pressure, heart disease, headache, anxiety, depression, stroke, ulcers, substance abuse, etc.," according to Medworks. Meditation calms the participant down by recognizing the "Fight or Flight" reaction; meditation can help shorten the "Fight or Flight" response.

The upcoming class dates include April 8, 22, and 29. The rest of the sessions will be posted at a later date.

Green Street Cafe

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Francoise talked about the unusual challenges of trying to "compete with mom." She laughed and said, "We could never compete with mom's home-cooked meals!"

"The staff here at the café is aware that, for some, eating at the café can be the main meal of the day, so we try our best to offer as much of a nutritionally balanced meal selection as possible and of course, variety is very important for faculty and students who dine with us regularly," said Francoise. "We have students and faculty that come by the café just before closing with coolers in tow. They come by to take home prepared food to provide for a reasonable dinner at home with family that they didn't have time to prepare."

As a mom herself, she sets the bar high for the entire café staff and is passionate and hands-on when it comes to ensuring wholesome meals are prepared daily and that costs remain as affordable as possible.

Students Lisa McMaster and Nicole Leeper confirmed that,

for them, meals at the Green Street Café are the main meal of the day. "I was such a healthy eater with plenty of time to do food and meal prep prior to starting classes," McMaster said. "So, when it comes to lunch at MWCC, sometimes that is the only time that I can eat a home-cooked meal."

"They come by to take home prepared food to provide for a reasonable dinner at home with family that they didn't have time to prepare."

– Lynne Francoise

Leeper said, "Overall, I think the cafeteria food is delicious and very fresh but for my personal life I need to start preparing meals and bringing them to school to save money."

Students declare that the food is great, but affordability is always an issue. Francoise indicated that the café continues to do market surveys in the local market on a regular basis, even fast-food restaurants are taken into consideration to run comparisons. The results indicate that prices are generally below market at the café. Surprisingly, most years, the café can barely break-even to a very small profit. "We are right on the line," she said.

Francoise has a passion for quality and service and both students and faculty agree. "I'm a second-year student and I'm graduating this coming May," said a student sitting in the cafeteria. "Eating at the café is my main meal at least three days a week."

"I work part-time after school at the Leominster Mall and my mother works nights. I'm on a budget and the café is perfect for me," she said.

Producing a Dream

Student describes love of making music



Photo from Skitterphoto, pexels.com

By Abreyana Moore
OBSERVER CONTRIBUTOR

Keishaun Hornsby, 21, finds time to produce beats and work toward his dream of becoming a successful producer.

Hornsby found the inspiration to make beats from his favorite producer Metro Boomin. Metro Boomin's style, creativity, and sound selection is what drew Hornsby to the producer and what gave him the idea to start producing. To stay focused and work hard, Hornsby thinks of the quote "When you want to breathe as bad as you want to succeed, then you'll be successful."

Hornsby spends anywhere from five minutes to two hours making a beat. He uses a number of different software programs to produce, but his favorite is Fruity-Loops Studio. He feels that you can only make good beats on software that you are familiar with. Hornsby watches videos on YouTube to learn different techniques and styles. He knows that with practice and time he could be as good as some of the people he looks up to.

Hornsby said that he doesn't let haters get him down. He just follows what he feels and thinks at the time.

Come Work for Us!

Interested in becoming a member of the *Mount Observer* team?
Contact us at mountobserver@mwcc.mass.edu.

Work Study positions are available to those who qualify! See Scott Farris in Admissions for details.

PROFILE

Professor John Little: Audio Slave

Audio professor reshapes the MRT program



Photo by Betsabee Torres

Professor John Little

By Daniela Perez

OBSERVER CONTRIBUTOR

John Little, 53, owns his own recording studio and is responsible for expanding the MRT program as well as providing more in-depth courses and professional equipment for students.

Before Little began teaching at MWCC, the Media Arts and Technology program offered only a general degree without a specific field concentration. In 2005, he was asked to work part-time as a teacher.

Little expanded the MRT program in 2009 so that there would be six different concentrations. He also rewrote the former audio classes as well as added three new audio concentrated classes.

"I believe that students will go further than me with the training that I provided to them," said Little.

Several years later, he was given a full-time position and achieved department chair in 2013, putting him in charge of

building the new studio rooms on the Gardner campus, as well as rewriting the entire curriculum for audio engineers, making it the first concentrated MRT field at MWCC.

"I'm waiting for the day for a graduate to come back and tell me how much more money they make than I do," said Little.

One of the basement-level studios features a customized \$38,000 soundboard as well as high quality speakers and monitors.

Little picked out some of the greatest microphones and software used in the audio industry, including the highest level of Pro Tools.

Little has been playing the drums since he was ten years old, which inspired him to become a musician. He was offered a two week course at Southern New Hampshire University as a high school sophomore.

Sound recording and mixing was one of the required classes, which made Little realize that he had found a passion for mixing

and soon made it his goal to become an audio engineer.

However, Little was convinced to follow video production instead of audio because the video industry was a new concept and companies were looking for videographers at the time. Little decided to attend MWCC to get his associates in video. After receiving his associates, he attended Fitchburg State University.

He built his recording studio, Up Side Sound Records, in 1986 while attending FSU to pursue his bachelor's in communications. After graduating, Little joined a television crew as an intern for *Entertainment Tonight*.

He was soon hired for the TV show and worked there for two years, where he had the opportunity to meet Adam Sandler and a few U.S. presidents.

Despite knowing that 30 million people watch the show, Little said he would never get nervous around cameras because he was confident in his work.

Daunting Heights and Taxing Hikes

Hiking Club promotes physical and mental wellness

By Daniela Perez

OBSERVER CONTRIBUTOR

The hiking club boasts a variety of outdoor activities including indoor rock climbing, kayaking, and cross-country skiing.

"Being outdoors is an excellent way of getting energy from the sun," said Nancy Regan, the founder and adviser of the club.

"Going hiking allows the mind to take a break from all real-world problems and be able to focus better."

Members of the four year-old club do more than just blaze mountain trails; they also tackle indoor rock climbing, snow tubing, and kayaking. On June 7,

the club will camp at Lafayette Place Campground in Franconia, NH. During a kayaking trip, students reached a beaver dam where they had to get out of their kayaks and move them over the dam in order to get across. "Six students attended this trip and three of them had a nice soak in the shallow river water," said Regan.

Cuts and bruises account for the majority of injuries sustained by club members. "It is always important to wear the correct footwear and clothing in order to prevent injuries," Regan said. The club gets some funding from the school but the rest is all fundraised.

Club members participate in selling homemade dog treats, bake sales, and raffles to help keep the club running. Members think that yard sales could also be successful. The money that is raised helps to pay for gear for trips.

Meetings are held in room 257 at 1 p.m. every other Monday. During the meetings, members will pitch ideas of places that they would like to visit as well as rescheduling trips if they had to be postponed due to the weather.

Liability paperwork can be signed during the meeting. If you are interested in joining the hiking club, contact nregan@mwcc.mass.edu.



Photo by Tom Hill Jr.

Nancy Regan, founder and advisor of the Hiking Club

Head Over Wheels

Student shares his passion for longboarding



Photo from flickr, by Blas Brains
<https://www.flickr.com/photos/blasbrains/2562645584/>

By Seth Mitchell

OBSERVER CONTRIBUTOR

Chase Jones, 19, started longboarding six years ago and talked about why he loves it.

Longboarding is very similar to skateboarding; the difference

is that longboarding is meant for longer distances downhill.

Longboarders typically travel at an average speed of 35-45 mph.

"I fell in love with longboarding the moment I tried it," said Jones. "Although it is a little

pricey, the experience is well worth the money."

Jones initially spent \$150 on his first longboard set-up. Because he enjoyed it so much, he spent another \$300 on a new set-up and an additional \$150 on a deck.

"I was out every day of the summer; it was a big time commitment," said Jones.

After casually riding around on his longboard, Jones decided to take his love for the sport even further. He spent \$590 on a longboard specially made for racing and \$300 on a helmet. His first competition was held at the yearly Central Massachusetts Skate Fest in Harvard, MA.

"Although I loved competing at the fest, the skating community itself will always be my favorite part," said Jones. "Just being surrounded by everyone who

shares some of the same interests is awesome."

During Jones' second race, he placed fifth for his entire age group. He was able to meet and receive some advice from

"Although I loved competing at the fest, the skating community itself will always be my favorite part...Just being surrounded by everyone who shares some of the same interests is awesome."

– Chase Jones

a couple of the professional longboarders that he idolized.

"If you are just beginning to longboard, absolutely wear a

helmet and pads," advised Jones.

Longboarding can be very dangerous, which is why you should only do as much as you feel comfortable with and always look out for the safety of you and others.

The key to improving is to practice regularly. Jones had to stop longboarding during his junior year of high school because he didn't want to hurt himself while he was also competing for his high school track team.

Although he hasn't had much time to longboard recently, Jones thinks the idea of a longboarding club could have great potential. He knows he may be a little rusty but would love to give advice and even coach beginners.

Jones' advice for any beginner is to "not be afraid to try new things."

Bookshelf Self

A behind the scenes look at professor's bookshelf

By Hunter Ziegerhofer

OBSERVER CONTRIBUTOR

Coffee mugs, books, and even granola bars are just a few of the items sitting on English professor Lorie Donahue's office bookshelf.

Displayed on one shelf is a coffee mug from Hershey Park with a picture of Donahue's niece, Bonnie. Further down are video tapes related to course material that Donahue explained are from retired teachers.

Pictures of dirt bikes and a motorcycle are also featured on the shelf. Although Donahue herself does not ride, she enjoys going on long day trips with her husband. A selection of toys also adorn her bookshelf. One of the toys is the robot from the television show *Lost in Space*, along with a Frankenstein toy and poster. Donahue explained that the

toys represented a science theme for her students one year.

Up on a higher shelf are two bright orange and green book covers. Donahue has two copies of the book *Goodnight Moon* by Margaret Wise Brown. The book is used in her Introduction to Children's Literature class. She buys two copies of a book so that she can share one with students. Most of the books on Donahue's shelf are used for class.

At the end of the book shelf is a poster of Abraham Lincoln. Donahue talked about how she finds the story of Lincoln and his family to be interesting and that both represent "great elements of culture."

When asked what books Donahue likes to read she said, "I have no favorites; maybe fiction or history."

What are you doing THIS SUMMER?

Catch up or get ahead in your studies and still have time to enjoy your summer!



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Galloping into Mainstream Medicine

Student talks about horses and mental illness

By Aisha Schor

OBSERVER CONTRIBUTOR

Ask any horseback rider and they will tell you the bond between horse and rider is a powerful and unmatched connection. I can attest to this as a horseback rider and owner myself. I've been riding horses for the past thirteen years and have owned my oldest horse, Ginger, for nine years. Bonding and gaining the trust of a horse is very different than any other animal I have ever interacted with. It takes time and patience to gain their trust, but once you do, the reward is outstanding.

One of my favorite things to do with my horses is to ride the trails around my house in the spring and summer. It allows me to exercise and also gives me an opportunity to enjoy nature, connect with whichever horse I may be riding, and get my mind off daily stressors. You have to be focused and present when horseback riding; there's no room to be worried or distracted by other things. Horseback riding forces you to enjoy and embrace the moment.

Recent studies are being done all across the country to research the psychology and science behind equine assisted therapy. With the field gaining more and more support, it's becoming clear that there's more to a horse's appeal than looking pretty.

These studies have highlighted the benefits behind equine assisted therapy. According to an article *ResearchGate*, equine assisted therapy can help with a variety of mental illnesses and disorders such as depression, anxiety, Alzheimer's, dementia, autism, and more. Some of the mental health benefits equine assisted therapy can help with include increased confidence, self-efficacy, communication, trust, self-acceptance, impulse modulation, and more.

I can speak to the connection, bond, and release horseback riding can bring to people. It's all about communication and trust. When you get to the point where you can clearly and kindly communicate with a 1,000 pound animal, and have them listen to you, there's no other feeling like

it. It's something I hope everyone has a chance to experience.

I also talked to a close friend and fellow horse enthusiast, Kiana Lewis, about the connection she feels when riding. "I rode Raintance bareback using nothing but energy and minimal cues. He responded willingly to no force or direct pressure. It was such freeing, yet bonded feeling," recounted Lewis.

I think this is a big contributor as to why equine assisted therapy can be so healing for people. There's a sense of control, trust, and connection in it that's not always easily found for some in everyday life.

If you want to start horseback riding, you should look for local barns online. There are many stables and programs available for new riders. Don't be afraid to try a few barns out before choosing the one that suits you best. If you want to learn more about equine assisted therapy, you can visit www.pathintl.org or talk to an instructor at a therapeutic riding center.



Photo from flickr, by Bureau of Land Management
<https://www.flickr.com/photos/mypubliclands/30377261652>

Taylor, a Nevada Mustang and certified therapy horse, takes a walk with his owner, Courtney Ferguson.

Socialism and Women in the Workplace

By Charlie Greco

OBSERVER CONTRIBUTOR

As the 2020 presidential campaign moves into high gear, progressive Democrats have begun touting radical changes that would impact the entire U.S. socio-economic system as we know it. The thrust has been to try and move the U.S. from capitalism to socialism.

As a country that has mastered capitalism and free markets, America has been a global economic power for more than 200 years. It has outperformed all other socio-economic systems that have either been experiments or forced upon other countries around the globe, like socialism in Venezuela.

But what effect has socialism had on people besides doubling and tripling taxes to cover more than \$45 trillion in costs for all of the free subsidies currently being proposed by the progressives?

The American Enterprise Institute (AEI) calls socialism nothing but a "Ponzi scheme," like a chain letter or a pyramid scheme. People who are "first in" do well, before the house of cards collapses.

Women in the workplace seem to have paid a very high price for the shift to socialism. Looking at those Nordic countries that have been practicing socialism for years, women have been impacted dramatically.

The CATO Institute's research

indicates that the proportion of female managers, executives and business owners has collapsed in those countries.

Public sector monopolies, huge personal income taxes, publicly funded childcare, parental leave and even ineffective gender quotas have held back female equality in the workplace. So much so that OECD data shows that while 14.6% of women in the U.S. are in management positions, only 1% - 4% of women in socialist countries like Norway, Sweden, Denmark and Finland are working in management positions.

It gets worse! In the U.S., women are shown to now have an almost equal chance as men

to reach management levels. At the same time, women in Nordic countries are only half as likely to achieve those levels as women in the U.S.

Why? The CATO Institute sites the following reasons

"People who are 'first in' do well, before the house of cards collapses."

like the high costs of daycare forces women to stay at home longer. The benefits of much longer parental leave make a

woman much more expensive to employ and part-time work does not lead to promotions and/or management roles.... "out of sight; out of mind."

Women get left behind in a socialistic environment. In the U.S., it could erase nearly 20 years of reform and an effort to correct gender inequality.

Whenever socialists speak, the keyword is always "free." Nothing is free, not even in America. Someone has to pay the cost. In social subsidies it's the taxpayer; in human cost it will be women who will have to deal with more than a "glass ceiling" and a reversal of the progress made over the last two decades.



NEW CITIZENS WELCOMED



FEATURE



Over 200 MA immigrants become US Citizens at MWCC Ceremony

US District Court Judge Timothy Hillman, Gardner Mayor Mark Hawke & MWCC President James Vander Hooven honor & congratulate new citizens.

Photos by Betsabee Torres

Newly-naturalized citizens gather in the MWCC West Wing Art Gallery to congratulate each other, take selfies with their certificates, and generally celebrate their acceptance of citizenship to the United States of America.

Revisiting a Classic: *Yoshimi Battles the Pink Robots* by The Flaming Lips

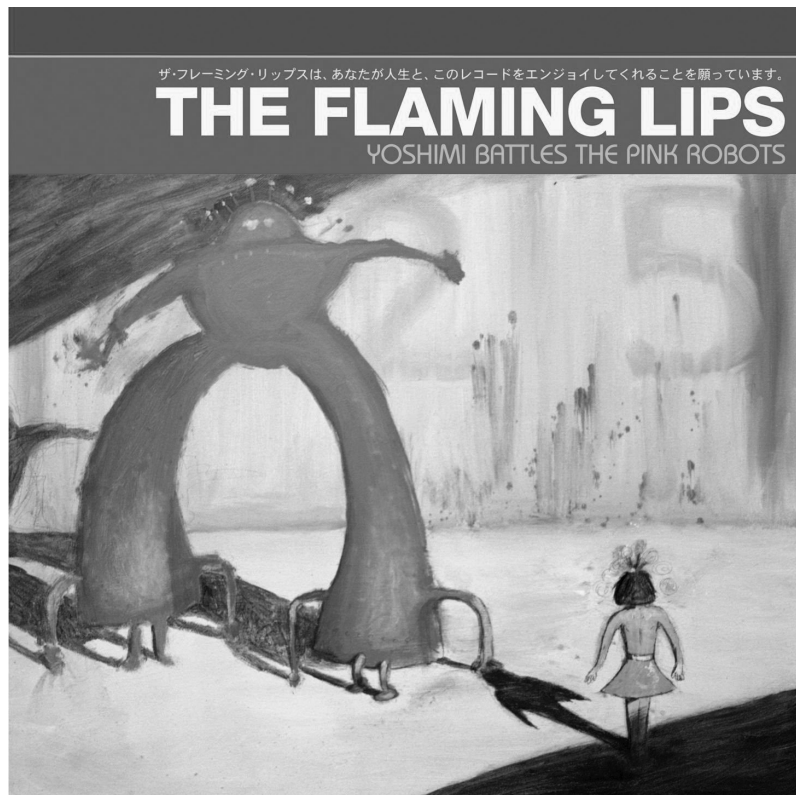


Image from Amazon, *Yoshimi Battles the Pink Robots* owned by The Flaming Lips and Warner Bros.

By **Natalia Maltais**
OBSERVER CONTRIBUTOR

With catchy sci-fi themes and vivid imagery, *Yoshimi Battles the Pink Robots* by the Flaming Lips is a diamond in the rough.

The album starts with “Fight Test”, a bubbly, yet heavy pop song that’s a call to action. It begins with a passive fighter, “I thought it better not to fight, I thought there was a virtue in always being cool.” As Coyne sings over warped, humming keyboards and a thick bass he begins to realize he’s ready to

fight, but still fights his own skepticism. “Cause I’m a man not a boy and there are things you can’t avoid. You have to face them when you’re not prepared to face them.”

Taking a sharp right turn, “One More Robot/Sympathy 3000-21” introduces the ultimate test. A slow starting, ambient song that echos with Coyne’s falsetto and digital clicks that bring this robot to life: “Unit three thousand twenty one is warming. Makes a humming sound, when it circuits.” As the song breaks

down it comes to an eerie moment that makes the listener feel a small sense of dread. It’s quickly wiped away with a light digital orchestra that perfectly lightens up to fade into the next lighthearted song.

Infectiously simple is the best way to describe “Yoshimi Battles the Pink Robots Part 1”. With a simple beat, catchy chorus, and innocent imagery it’s hard not to get this song stuck in your head. “Those evil-natured robots they’re programmed to destroy us. She’s gotta be strong to fight them so she’s taking lots of vitamins.” It’s followed by “Yoshimi Part 2”, a rollercoaster of synth breakdowns that builds the picture of Yoshimi in the midst of battle. With blood curdling screams that end with a cheering crowd once the robot is defeated. It’s very similar to something straight out of a videogame.

“In The Morning Of The Magicians” throws you off with a smooth transition to another sci-fi themed song with similar bass to “Fight Test”. However, don’t let it fool you. It devolves into a symphonic acoustic, heavy song. “What is love and what is hate, and why does it matter?”

Soft backing vocals with fluctuating tape speeds over them, it makes the deep, philosophical lyrics seem less

intense. “The universe will have its way. Too powerful to master.” Sadly, this is the turning point for the album and it continues with heavy lyrics and light-hearted beats.

With a rehashed bassline from the previous song, “Ego Tripping At The Gates Of Hell” still shines bright throughout the whole album. A beautiful sound collage including mellotron snippets, tied with existential lyrics is what makes this song shine. “I was waiting on the moment. But the moment never came.” Coyne echos, bringing back the themes of being ready to fight from “Fight Test”.

“Are You A Hypnotist?” brings back some beautiful real drums with glitchy fills. As the song progresses, it begins to swell into white noise with a background choir. Coyne indulges in clever wordplay: “I had forgiven you for tricking me again. But I have been tricked again into forgiving you.”

With heavy Beatles inspiration, “It’s Summertime” is a slightly underwhelming track given the potential it holds. “When you look inside, all you’ll see is a self-reflected inner sadness.” Crunchy lead guitars and clean rhythm guitar give it a warm and hopeful feeling.

Followed by “Do You Realize?” the adorable

countdown introduction bursts out into another bubbly pop tune similar to “Yoshimi Battles The Pink Robots Part 1”.

Coyne lists several observations such as, “Do you realize that everyone you know someday will die?” Although a beautiful song, it’s far too similar to “The Living Years” by Mike and The Machine.

“All We Have Is Now” is a beautifully chaotic instrumental track. With varying tempos and subtle clips and glitches it’s a true treat to headphone listeners. Lyric wise, it’s lost the emotional pull and strong lyrics as presented earlier in the album.

“Approaching Pavonis Mons By Balloon” is the final track on *Yoshimi* and it’s also the second instrumental. A short, anticlimactic track that could have easily been dropped.

It features distant, warped vocals that sound reused from “Yoshimi Part 2”. Bold and brash trumpets appear about half way through throwing the whole song awry.

Although the album is only 45 minutes long, and it seems to drop off towards the last two tracks, it’s intricate melodies and subtle details make it shine. The nearly inaudible vocals make you listen and with every listen you can notice another subtle detail.

FINISH WHAT YOU STARTED!



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Transfer Information Session Dates

Wednesday, April 24, 2019, 5:00 PM - 8:00 PM

Wednesday, May 8, 2019, 5:00 PM - 8:00 PM

Wednesday, May 22, 2019, 5:00 PM - 8:00 PM

Wednesday, June 5, 2019, 5:00 PM - 8:00 PM

REVIEWS

Are You The Next Spider-Man?

Review: *Spider-Man: Into the Spider-verse* (Spoilers!)

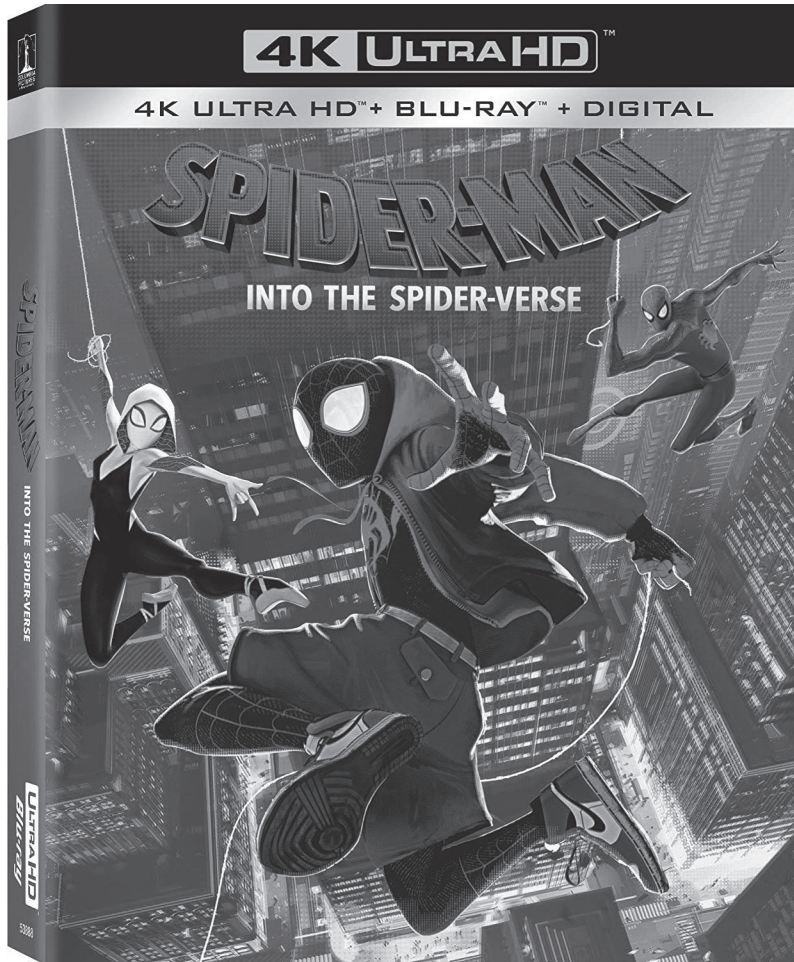


Image from Amazon, *Spider-Man: Into the Spider-verse* owned by Sony Pictures Animation

By Ashley Spring

OBSERVER CONTRIBUTOR

Winning an Oscar and exciting Marvel fans, *Spider-man: Into the Spider-verse* pays attention to detail and puts a twist on the hero's story, reminding movie viewers that "you could wear the mask."

Before the movie begins, the logos help set the mood of the film by showing them in the same art style as the movie itself. The film's art direction resembles a comic book, and this is further solidified by the comic code logo that you would see on the front page of a comic book. After a quick introduction from Spider-Man himself, we are introduced to the main character of the movie, Miles Morales. Morales is set up to be an average teenager in New York and follows previous Spider-Man movies, showing

that anyone can be a hero.

There are two main plot points in the film. First, there are multiple universes and in each one is a different version of yourself. This is explained by one of the later villains in the background of the scene.

The second plot point involves Morales trying to find himself - his teacher gives him an assignment to write about himself to better define what he wants from his future. Morales, being a teenager, doesn't really know what he wants to do or who he wants to become. Even when he gains Spider-Man's powers and goes through training, Morales struggles to be himself, and as the movie puts it, "take a leap of faith."

The editing is a standout feature of the film. The cuts are designed to help simulate the feelings Morales is going

through. There are faster, more chaotic cuts between camera angles when Morales is stressed out, and slower, longer shots when Morales is sad or shocked. Color scheming also plays a part in the film, showing darker, cooler colors for when the uncle appears before we find out he's a villain. Warmer colors are used when in the Morales home environment and grey tones for when Peter Parker passes away.

Spider-Man has always been the idea that anyone can be a hero, and this movie emboldens that notion. This point is made stronger at the end with a quote from *Spider-Man* creator Stan Lee: "That person who helps others simply because it should or must be done, and because it's the right thing to do, is indeed without a doubt, a real superhero."

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Come Get Your Kicks

Intramural Soccer Club Founder Welcomes Students to Join in the Fun

By Rachel Williams

OBSERVER CONTRIBUTOR

Ethan Williams has devoted over two years to keeping the Intramural Soccer Club running because he loves the sport and missed it from high school.

Williams has been playing soccer since he was five years old and has always had a passion for the sport. In the fall of 2017, William's first semester at MWCC, he started the Intramural Soccer Club because he felt out of place and wanted to be playing the sport he missed.

According to Williams, there are about 15 - 20 members in the club and that number fluctuates between weeks. About six people, not including Williams, come every week to join in on the activity, competitive spirit,

and joy that the game brings.

"The game is for anyone and everyone - no skills or prior knowledge needed," said Williams.

Williams said that the process to get the club running was very difficult and a lot of work. He had to talk with Kathy Matson, Student Life Programing Assistant, about wanting to start up the program, then talk to the former Fitness Center Director about the use of the Fitness Center. Many emails later, Williams got the club running and was able to get the Fitness Center to let students join the club even if they did not have a gym membership.

After that, he needed to get other students to join, which involved putting up flyers

and meeting face-to-face with students to let them know about the club. He discovered that he had to repeat this process at the start of every semester due to student schedule changes, new students arriving on campus, and former players graduating.

Usually, the club meets on Thursdays from 12:30-1:30 p.m., but it changes from semester to semester depending on class schedules and the availability of the gym.

Williams is graduating this spring and is hoping to find a student who wants to keep the club running. Though difficult, Williams said the motivation for the sport has kept him wanting to keep the club going.

"It brings people back to high school," he said.



Photo courtesy of Ethan Williams and Kyle Gatani

Champions of the Paddle

Ping Pong Tournament Concludes at MWCC

The Winners!

**PING PONG
Tournament**

March 4th & March 6th
Student Center 12:30 - 1:30 pm
Sign up in Room 151 or via email to
kmatson1@mwcc.mass.edu

1st Prize \$50, 2nd \$30, 3rd \$20

Photos by Betsabee Torres

**"We became friends
because of ping pong"**

**- Chris Haverty, pictured to the left
posing with Anthony David (far left),
Manuel Castillo (second left), and
Oluwatosin Ashaju (far right)**

A Fruitful Fundraiser

Fundraiser to acquire bronze sculpture makes progress

By Rachel Williams

OBSERVER CONTRIBUTOR

Joyce Miller, Art Professor and Director of the East Wing Gallery, said the fundraising campaign to purchase a bronze sculpture by Gene Cauthen has been successful and still ongoing.

Miller explained that the fundraising for the bronze piece started in the fall of 2018 and has been off to a good start. Although Miller does not know exactly how much has been raised, she said that the best form of fundraising has been through email lists, the art department Facebook page, printed announcements on campus and in the community, and word of mouth. The MWCC Foundation and the Marketing Department have assisted in getting a link set up for accepting donations specifically for the Gene Cauthen sculpture fundraiser, which

Miller explained was a big help. Miller explained why the “Small Bather” bronze sculpture by Cauthen was chosen for the fundraiser over others. Cauthen was the first sculpture professor in the art department and was the Gallery Director of the East Wing for many years as well. He dedicated 34 years to the art department helping the arts prosper at the college, which is why Miller and some other art faculty members felt it was best to honor Cauthen by displaying a piece of his art in the school.

Miller said that she knew Cauthen very well in their years teaching together. Cauthen and a few other colleagues were part of the interviewing process when hiring Miller as an adjunct professor. Once hired, she shared a sculpting and ceramics studio with Cauthen and from that grew “a wonderful friendship.”

Miller said that she learned so

many lessons from Cauthen that there are too many to count. “His passion for art, optimism, and eagerness to encourage others, in whatever it was they were interested in, was contagious and admirable,” said Miller.

Miller enjoyed talking to Cauthen about art, movies, and literature. She had a great friendship with him and loved seeing how dedicated he was to his students. She explained that Cauthen would often come in on weekends or stay late in the evenings helping students, especially when they were bronze casting or in the finishing stages of the bronze cast pieces.

Miller said that once the piece is purchased, it will be on display for the community to enjoy. The piece will not only be for looking but it will also be used when teaching figurative sculpture, molding, and making bronze castings for the students.



Photos courtesy of MWCC Art Department
“Small Bather” by Gene Cauthen

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36th Annual Regional High School Art Exhibition & Competition
April 2 - 19 Reception & Awards: Thurs., April 11 at 6-8 p.m.

48th Annual
MWCC Student Art Exhibition
Work from all foundation & advanced art courses

May 14 - 24

Reception: Wednesday, May 15 at 3:30-6 p.m.
Camilo Almarales, *One Song*, 2018, painting, 48 x 108 in. >



Want to see your art in print?

Send scans or photos of
your best pieces to
mountobserver@mwcc.mass.edu

OR

Come see us in our office in
Room 344!

STUDENTS

STUDENT LIFE

STUDENT LIFE

Get into the **Student LIFE** Game of

4/1
SGA Meeting
Murphy Room
12:30pm

5/8
Spring Fling
Outside South
Café
11:30am-
1:30pm

5/7
CATS
Programmin
g Mtg.,
12:30pm
Room W11

4/30
Culture Fest
South Café
11:30am-
1:30pm

4/30
CATS
Programmin
g Mtg.,
12:30pm
Room W12

4/29
Stress Less
- Learn to
Meditate
North Café
12:30pm &
1:15pm

4/26
Tea Time
Speaker
Series
TBD

4/1-4/5
Empty
Place at the
Table,
Commons
Area

4/2
CATS
Programming
Mtg.,
12:30pm
Room W11

4/25
Club
Recognition
Luncheon,
Gardner
Museum,
12-1:30pm

4/24
Film: Ocean
Heaven
North Cafe
12:30pm

4/23
CATS
Programming
Mtg.,
12:30pm
Room W11

4/3-4/4
SGA
Elections
VOTE
On-line

4/22
SGA
Meeting
Murphy
Room
12:30pm

4/3
Recharge,
Regroup,
Relax: Qi
Gong
Murphy
Room
12:30pm

4/18
Earth Day,
South Café,
11:30am -
1:30pm

4/3
Evening
Student
Pizza
4:30pm

4/17
Creating
Realistic Goals
in an Era of
Uncertainty
Murphy Room
12:30pm

4/8
SGA
Meeting
Murphy Room
12:30pm

4/16
Film: Eating
Animals
Multipurpose
Room
12:30pm

4/8
Stress Less
- Learn to
Meditate
North Café
12:30pm &
1:15pm

4/9
CATS
Programming
Mtg.,
12:30pm
Room W11

4/10
Pizza with
the
President
12:30pm
North Cafe

4/11
It's Your
Birthday
Celebration,
12:30pm,
South Cafe

4/13
NYC Trip Pre
purchased
tickets
required.

Spring 2019 Leadership for Life program - a series of eight short presentations or service opportunities on topics that will help you feel more comfortable and be successful at MWCC. From the first one in January to the last one in April, *Leadership for Life* will help you. Upcoming workshops are being held: January 30, February 6, 20, March 6, 14, 20, April 3, 17. Most workshops are held from 12:30 to 1:30 pm in the Murphy Room. **For more information:** Contact Sarah Savoie in Student Services at ssavoie7@mwcc.mass.edu, 978-630-9855 or stop by room 141.

Intramurals

Pick-up Basketball - Tuesdays, 3pm-4pm

Open Gym - Come try out all that the Fitness Center has to offer. Use the equipment, try a class, or swim in the pool. On the following dates: 4/1, 4/9, 4/17, 4/25, 5/2, 5/7, 5/13, 5/14, 5/15.

Intramural Soccer - Thursdays at 12:30pm

Pool Tournament - Begins on 4/1 with a round at 12:30pm in the Student Center and ends on 5/1 with the final round at 12:30pm in the Student Center.

A Walk in the Park - Geocaching - 4/29-5/3
Visit the five-geocaching sites for a chance to win prizes and relax while enjoying the outdoors. See Health Service for details.

Please see the reverse side for detailed information.
For further information or to inquire about an event, please contact the Student Life Office at studentlife@mwcc.mass.edu or 978-630-9148. Full details may also be found on the Student Life webpage at <http://mwcc.edu/studentlife/>

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