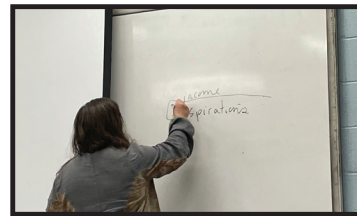




A boomwhackers
boon
Page 8



Local farms are
looking for you for
Fall fun
Page 5-6



Strategies
for happiness
Page 10

Observer

The award-winning student newspaper of Northern Essex Community College • Haverhill and Lawrence, Mass.

www.observer.necc.mass.edu [@necc_observer](https://www.instagram.com/necc_observer) [facebook.com/neccobserver](https://www.facebook.com/neccobserver)

Fall 2024 • Volume 89 • Issue Number 1 Oct. 11, 2024

News Bytes

American Sign Language Studies: Information Session

Interested in pursuing ASL Studies associate degree and or alternative pathway?

This session is designed to review ASL degree curriculum and career opportunities. Oct. 17, 10 a.m. to 11 a.m. Join by Zoom: <https://necc-mass-edu.zoom.us/j/89708205287#success>

Cybersecurity Workshop

Learn how to stay safe by taking simple actions each day when connected online.

Oct. 17, 1 p.m. to 3 p.m. TC103A, Haverhill campus.

What you need to know about Employee Benefits

Join Sara Shea and Amy Sabato of Borislow Insurance in "BIZTalks Series" as they walk you through navigating your employee benefits!

Oct. 17, 12:30 p.m. to 1:30 p.m. at the Center in Spurr Building room C203, Haverhill campus. It will also be available online.

Register: <https://forms.office.com/r/JrB7QYTjxV>

Latino evolution



Photo by Laura Mondt, NECC instruction and research librarian

Observer Editor-in-Chief Daniela Valdivia-Terres looks for information about Latino identities in the Hispanic Heritage Month display at the library on the Haverhill campus.

Hispanic Heritage Month sparks discussions

By JESSICA CABRERA
Correspondent

As Northern Essex Community College (NECC) celebrates Hispanic Heritage Month, students and staff reflect on how breaking generational cycles can empower future generations. With 47% of its student body identifying as Hispanic, NECC is fostering conversations about identity, tradition, and the pressures young Latino individuals face as they navigate evolving cultural values.

"Sin profecía el pueblo se desenfrena; Mas el que guar-

da la ley es bienaventurado," reads Proverbs 29:18, a verse often quoted in Latino communities. It translates in English "Where there is no vision, the people perish: but he that keepeth the law, happy is he," according to the King James version of the Bible. It speaks to the importance of vision and guidance as cultural landscapes change. For many, Hispanic Heritage Month is not only a celebration of the rich history of Latino communities but also an opportunity to engage in conversations about moving away from tra-

ditions that no longer serve younger generations.

Juana E. Zapata, of the Latinx Center for Empowerment in Lowell, emphasized the importance of addressing outdated traditions that no longer fit modern life. "Many of us grew up with traditions that no longer fit our lives today," Zapata said. She pointed to the use of the "chancleta," a tool for discipline in many Latino households, which she says is now being questioned by younger

Continued on
Page 7

Upcoming events:

What is a heart?
It's the name of a group art exhibition by NECC Art & Design. A Figurative Painting & Sculpture Show.
Monday to Thursday 8 a.m. to 8 p.m.
Fridays 8 a.m. to 4 p.m.
Art gallery at the Haverhill library

Pumpkin Carving and Painting with the Art Club
Oct. 16, 2 p.m. to 4 p.m.
Knight's Nook - Student Center

Lawrence Campus Tour and Information Session. Join NECC admission counselors for a tour.
Oct. 17, 9 a.m. to 10:30 a.m.
Oct. 23, 3 p.m. to 4:30 p.m.
Dimitry building

NECC alumni and former Editor-in-Chief/Opinion Editor of the Observer Kim Zappala will present a talk "The Danger of Project 2025."

Oct. 16, 12:30 p.m. to 1:30 p.m.
Center for Liberal Arts, C209, Spurr building, Haverhill

How to find security around each campus:

Haverhill Campus
100 Elliott St., Spurr Building, Room 110C

Lawrence Campus
45 Franklin St. main lobby

Call 978.556.3333 from a cell phone. Extension 3333 from any campus phone on either campus.

Editorial

www.observer.necc.mass.edu
 @necc_observer
 facebook.com/neccobserver

Do an internship before graduating

By DANIELA VALDIVIA-TERRES
Editor-in-Chief

I changed my degree from Business Transfer to Communication & Journalism two semesters after I started at NECC. That decision was not easy to take, especially as I started to study in my 40's, it is expected that at this age I have things clearer and as a mom of a child, I am supposed to be working and saving money for my child's education, not stumbling around career pathways.

One way to confirm if I was in the right direction was through internships.

Typically, the main reason for students to look for an internship is because it is part of their curriculum, for instance, for careers associated with health.

Here at NECC, "there are a lot of programs that require experiential learning including but not limited to: Nursing, Radiologic Technology, Respiratory Care, Medical Assisting, and more in

the health programs. Culinary Arts, Criminal Justice, Human Services, Early Childhood Education, and more," said Sandy Rochon, Director of Career Services.

Fortunately, NECC also offers internships as credit electives for programs like: Business, Computer and Information Sciences, Journalism/Communications, Liberal Arts, and Psychology.

Spring 2023, I did an internship as part of a 3-credit elective for TDI or Transformative Development Initiative in Lawrence, which is part of Mass Development, a government organization.

The main objective for this internship was to engage in a civic engagement/leadership at a non-profit or a government office.

At the time I joined TDI, I collaborated in promoting a project that helped small business owners to improve their storefronts with a grant up to \$30,000.

I worked on the outreach, and sometimes it was not easy. I faced some owners who were

... Always, always, do more than you're asked. Whatever your job is, do another 50%. Look for things to do. The only worthwhile employee is the employee who takes the most stuff off the boss's desk.

- Barbara Corcoran, business expert and star of ABC's Shark Tank

skeptical about the project, and they thought it was a scam. Some others needed extra assistance to participate as they were not familiar with the required documents to apply.

Also, I helped to organize "Taste of Lawrence," a public event to promote the diverse food in Lawrence.

This internship helped me to strengthen my leadership and communication skills but beyond that, I could see firsthand the immense value of local organizations working together for a common cause, and engaging communities to make Lawrence a more attractive place to live, work and visit. It was an honor to serve the public!

Spring 2024, I did a second internship but this time at the longest running and most trusted Latino media outlet in New England, El Mundo Boston.

This time I was with my hands on what I am studying for, Journalism. The list of hats I wore and things I did is long, but I just want to state, be ready to do the opposite to what you aim for, embrace it, learn about it and champion it.

While I was dreaming of working as an investigative journalist, my first assignment was in the entertainment department.

I will not forget when I was asked to write content for their social media about the Latino ac-

tor in "The Mandalorian," I was, "who? Mandarin? Is it a children movie?" I was terrified because I was far from series, movies or even theatre.

Here is the other statement, if you do not know about the required task, look for help among your classmates. You could be surprised about how passionate your peer sitting next to you is about a subject you know nothing at all. Shaun Hood, the prior A&E editor of The Observer gave me a hand and introduced me to his world.

I was invited to the premiere of the JLo movie, "This Is Me... Now," in Boston Seaport to watch it and interview some attendees. I invited Shaun and he helped me out to identify who was who in the cast. I was invited to the Wang theater in Boston to see the musical Hadestown and interview the lead actor. Shaun told me everything about the actor, director, the plot so of course, he went with me as my camera assistant to the interview and we met other cast members at the end.

When Spring semester ended, El Mundo Boston asked me to do a second internship with them during the Summer and of course I accepted.

I worked closely with the CEO Alberto Vasallo on a project to promote food businesses in Lawrence. The event was a total

success. I interviewed patrons and owners of restaurants, and of course, I got to try their food to report about it.

I got skills needed in the media industry like video editing, reporting news, fact checking, and creating content for their digital outlets. I was a guest writer introducing new and interesting subjects in a compelling way.

One of my articles published by El Mundo Boston was about artificial intelligence.

This was the first time the paper addressed this subject to its Hispanic audience, and this was my presentation card to get a free ticket to the three-day Artificial Intelligence and Education Summit organized by MIT, Massachusetts Institute of Technology. I pitched to my editor for full coverage in exchange for it and it was accepted. I am fascinated with AI and its possibilities.

So, what are you waiting for!? Either for confirming or pivoting your career interests or for having the experience in first person how the "real world" is in the field you aim for, just wait no more. Contact your career advisor or Career Services office at CareerServices@necc.mass.edu or visit <https://www.necc.mass.edu/workforce/career-services/> and let me know how it goes!

NECC Observer

The award-winning student newspaper of Northern Essex Community College

Room C318, Spurr building,
100 Elliot St. Haverhill, MA 01830

Newsroom 978.556.3027
Adviser 978.556.3027

Advertising 978.556.3027
observer@necc.mass.edu

The NECC Observer reserves the right to edit, condense and refuse all submissions.

Fall 2024 Observer Staff

- EDITOR-IN-CHIEF** Daniela Valdivia-Terres
- AND OPINION EDITOR :** Quinlan Cooke
- NEWS EDITOR :** Open
- A&E EDITOR :** Anthony Sousa
- SPORTS EDITOR :** Open
- FEATURES EDITOR :** Bailey Orio
- CAMPUS LIFE EDITOR :** Emma Ruggiero
- WEB EDITORS :** Daniela Valdivia-Terres,
Quinlan Cooke, Bailey
Orio, Emma Ruggiero,
Anthony Sousa
:
:
:

FACULTY ADVISER Mary Jo Shafer

Have you taken Journalism I? Are you taking it now? Would you like to be on the Observer staff? Then submit your resume to observer@necc.mass.edu.

Publication Schedule

Issue	Publication Date	Ad/Copy Deadline
#1	Oct. 11	Oct. 4
#2	Nov. 1	Oct. 25
#3	Nov. 15	Nov. 8
#4	Dec. 6	Nov. 29

We welcome letters and articles from our readers. You can submit via email, and must include your name and phone number for verification. Write "Letter" or "Article to Editor" in the subject line so we notice it right away.

Send your letters to observer@necc.mass.edu

We try to publish all letters we receive, but we reserve the right to edit or reject those we receive.

The NECC Observer is a member of the Associated Collegiate Press, College Media Advertisers Inc., the Colombia Scholastic Press Association, and the New England Press Association.

Get involved with your student newspaper

The Observer!



- Get to know your school better as you write and design four print issues per semester and post on the student newspaper's award-winning website.
- Let your voice be heard as you become part of the free press.
- Spend time with like-minded individuals as you let the student body know the latest news!!!
- If you have taken or will be taking Journalism I in the fall, we encourage you to join us. We will have staff openings in the fall as several of our current amazing staff are graduating. Join us and help continue the Observer's legacy at NECC!

Interested? Contact us!!!

NECC Observer Newsroom
 Haverhill Campus: C-318
observer@necc.mass.edu
 Faculty Adviser: Mary Jo Shafer
mshafer@necc.mass.edu

Opinion

www.observer.necc.mass.edu @necc_observer facebook.com/neccobserver

The rise and fall of a Midwest princess?

Chappell Roan and her politics. Do people care too much and have higher expectations for those they have parasocial relationships with?

By QUINLAN COOKE
Opinion Editor

Chappell Roan is an up-and-coming pop star with a spotlight beaming on her. She has one album and millions of critics gabbing about her political views and boundaries with her identity and fans.

Roan recently posted to her TikTok about endorsing a political candidate due to the fact that she had not yet spoken about one; even though she has always stood up for her views in a very open way on stage and online. She has shown unwavering support for Palestinians, the queer community, reproductive rights, etc.

The criticism comes from the fact that she will not endorse Kamala Harris, but she will still vote for her. Roan is quoted as saying “Actions speak louder than words, and actions speak louder than an endorsement” on her TikTok. This situation was the nail in the coffin for some support of Roan after prior judgment on her boundaries.

Roan does not tolerate harassment from “fans” in public and feels she does not owe her time and energy to those in public when she is not in character or performing. On the street, she feels like she is a random person because people who are fans of her do not truly know her.

Why do fans even expect these things in the first place? What gives people the entitlement to think that someone they have never met owes

them a photo or a hug? These things are due to parasocial relationships.

Parasocial relationships are one-sided, between a regular person and a celebrity or fictional character. People consume so much content of these public figures and gain a sense of security in a faux relationship. They see so many of these people on social media and assume there is a connection between them; but in reality, the public figure has no clue of the watcher’s existence.

The one-sided connection gives a false sense of security, meaning that when they see the object of their admiration they feel like they deserve something. When you are a fan of someone, think about what you would do if you saw them in public. Now imagine you are a famous person, constantly overwhelmed by those asking to take photos with you while you are attempting a mundane task like grocery shopping; it would get overwhelming.

These types of relationships threaten the well-being of both parties involved.

The observer in the relationship feels like they are owed something and have a relationship with someone they have never actually interacted with; and the public figure in the relationship is frequently bombarded by strangers.

Roan has made it publicly known that she does not owe these people anything and that she will not partake in fulfilling the fantasy of a parasocial relationship.



Photo by Erika Goldring

Chappell Roan performing at the 2024 Bonnaroo Music & Arts Festival in Tennessee.

“

Actions speak louder than words, and actions speak louder than an endorsement.

- Chappell Roan

”

Casual fans of Roan expect too much; she is not their friend; Chappell Roan is a persona. Her personal life is personal, and that is the way she wants it to stay; she does not want a hug from a stranger expecting one on the street, and neither would most people. Roan researches the political candidates people so desperately want her to endorse and

finds that their policies do not align with her ideals, so she does not endorse them. Most political people would do the same. Who would want to risk putting their entire brand/business behind one person who does not completely align with them just because others want them to?

In short, Roan is protecting her own brand and personal

sanity by being so frank online. She is deflecting from parasocial relationships she wants no part in and defending her mental status. She is true to her political and personal beliefs and wants everyone, even fans, to know that she is going to stick with herself and not do what is generally expected of a pop star.

This paper is your voice, too!
We want to see what you have to say.

... oo ...

You can reach us at:

978-556-3633

observer@necc.mass.edu

Opinion

observer.necc.mass.edu @necc_observer facebook.com/neccobserver

Discover Career Services

BY KATIE YEATON-HROMADA
Coordinator for Career Services

Thinking about your future?

Career Services is here to help you in your career journey. Whether you're exploring potential career paths, seeking internships, or preparing to land a job, we are here to equip you with the tools and confidence to take your next steps.

We provide workshops and individualized meetings

to help you. Don't wait until graduation to think about your career, start using career resources and attending career events while you're a student.

Ready to unlock your potential?

Here are five career resources you can access right now to kickstart your journey!

Career Exploration

- Pathful offers career assessments, occupation information, plus videos on soft skills, financial literacy, communication, and additional resources for your career exploration.

ration.

- Create an account using your NECC student email by visiting: <https://app.pathful.com/login>

- What Can I Do With This Major? is a website featuring 100 major profiles with info on common career paths, types of employers that hire in the field, and strategies to maximize opportunities.

- Visit: <https://www.necc.mass.edu/academics/what-can-i-do-with-this-major/>

Networking and Skill-Building

- NECC Connect is the site to get career advice and support from fellow graduates. Ask a question and you will be paired with a NECC graduate. No login is required!

- Ask a question now: <https://necc.protopia.co/>

- LinkedIn Learning is an online platform that provides video courses taught by industry experts in software, creative, and business skills to help you in your career development.

- Login with your NECC student email: <https://www.linkedin.com/learning/>

Job and Internship Search

- Handshake is NECC's career platform and your opportunity to connect with internships, jobs, and career events.

- Login with your NECC single sign-on by visiting: <https://necc.joinhandshake.com/>

Want to connect with

Career Services?

It's never too early to connect! Our services are FREE and we meet with students in their first semester through graduation. We help you build career development knowledge, skills, and tools that will help you now and throughout your career.

Drop-In Zoom Times:

Have a question about resumes or career exploration? Join us on Zoom! Every Tuesday and Wednesday you can join the Zoom without scheduling an appointment. To see all of our events this semester, visit:

Individual Appointments:

In-person and Zoom appointments are available. Schedule through Navigate or email careerservices@necc.mass.edu with questions.



LinkedIn Profile Photos

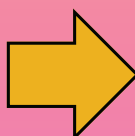
Get a professional photo, and learn more about LinkedIn and career resources!

LAWRENCE CAMPUS

Monday, October 21 @ 11am - 2pm
LinkedIn Workshop at noon in the Center for Health Professions
El-Hefni Building, 1st floor lobby

Tuesday, October 22 @ 5pm - 7pm
LinkedIn Workshop at 5pm
Dimitry Building, L200

We are hosting events in Haverhill too! See our upcoming events here.



We welcome requests for sign language interpreting and other access requests (i.e. Computer Aided Real Time (CART), food allergies, etc.). Please contact us with requests and questions: careerservices@necc.mass.edu



This paper is your voice, too!
We want to see what you have to say.

... 000 ...

You can reach us at:

978-556-3633
observer@necc.mass.edu

News

www.observer.necc.mass.edu @necc_observer facebook.com/neccobserver

Kimball Farm hosts Vintage Bazaar

By HARRY WAKEFIELD
Correspondents

Oct. 5 marked the beginning of the annual Fall Festival at Haverhill's Kimball Farm.

The festival is held annually by Vintage Bazaar, a traveling event company known for hosting similar events across the east coast, garnered much attention and a lively crowd composed of families, couples, and even pets as it does each and every year it has been held on the 300 acre field in rural Haverhill.

The field, full of white tents and the smell of barbecue, is host to local artists, thrift outfits, and charity organizations as well as an array of food trucks, coffee shops, and live music.

All of whom were eager to share their talents and skills to the local community.

One artist, David Dawson of Shrewsbury commented on his experience attending the event through the past four years.

"It's validating, you know. Seeing the look on somebody's face when they see your art... it's one of the best feelings," he said.

Dawson has been producing art for nearly a decade in his Shrewsbury studio/warehouse, where he scavenges estate sales, flea markets, and junkyards for anything that might catch his eye. He then repurposes his findings as miniature -- or occasionally quite large -- robotic statues.

Dawson is not the only artist grateful for the opportunities afforded to him by the festival, however. Kelly Stuck, a

wildlife illustrator from Nashua, New Hampshire shared her thoughts on attending for the fifth time.

"I like building my relationships with the other vendors when I can, it's good to have support," she said.

Stuck has also seen growth in her business from her years of attending the festival, and has gone from hand drawings of family pets and stock images to taking commissions for other pet owners and sketching the unusual aspects of wildlife and nature, such as jellyfish and her many, many mushroom illustrations.

Networking and accomplishment were not the only topics the artists were drawn to, and many commented on how strong they felt the sense of community present within the fenced-in field.

Jeff Whittum, a welding artist with eight years of experience out of East Kingston, New Hampshire, commented on his very first experience attending as a vendor and the pleasantness of the event as a whole.

"With the weather and everything this weekend, the atmosphere just... works. It works."

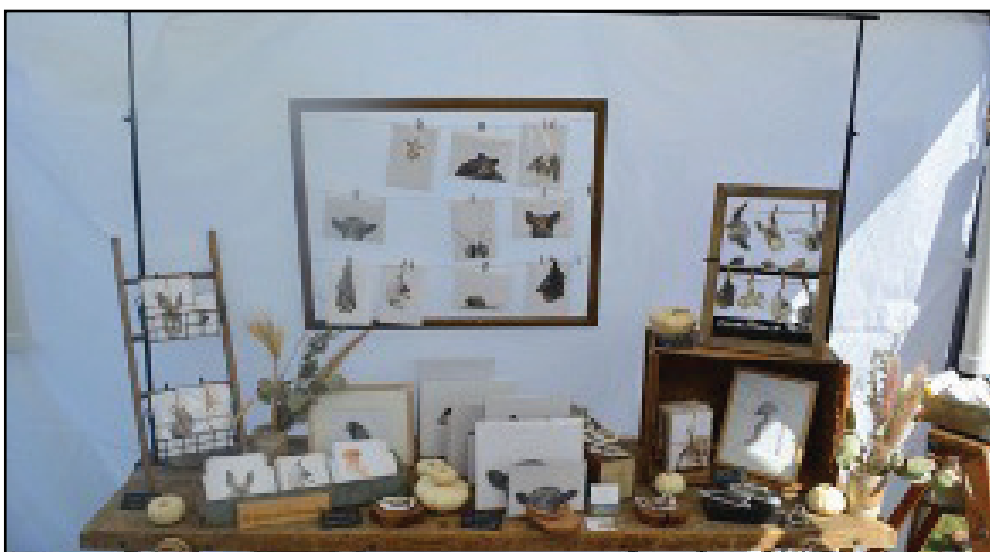
Whittum was not alone in his experience, as it only took a brief walk through the festival grounds to see that most, if not all guests and vendors alike felt the same.

The infectious cheeriness of the crowd guaranteed an unforgettable experience for all who visited the farm throughout the weekend, and was sure to bring back many more for years to come.



Photos by Harry Wakefield

The Vintage Bazaar at Kimball Farm in Haverhill drew a crowd Oct. 5. Below, scenes from the fall festival.



Flavors of fall

Dry weather hurts Smolak's apple harvest but farm is still a special place

BY GRAY DOBBINS
Correspondent

The apples at one Merrimack Valley farm have all but disappeared this year. Talking with Bill and Gail Smolak, of Smolak Farms in North Andover, this fall feels very different for them.

The yield from the 123-acre farm, which is traditionally chock full of apples, is almost bare. The increasingly high temperatures this summer and minimal amounts of rain caused a near drought in the region.

Bill Smolak said, "123 acres of land with many fruit crops takes a huge amount of water. We have a water source on the property but it was insufficient this summer."

The Smolaks made a difficult decision not to purchase water from the town this summer and limit the watering of the trees.

This resulted in a smaller yield of apples for the fall harvest.

Weather data from the National Weather Service showed that Essex County, where NECC and Smolak Farms are located, received only 1.88 inches of rain in July, which was -1.68 than the average.

Gail Smolak said "We would be doing much better if the weather cooperated with us by bringing some rain but the world had a different plan."

Smolak Farms has been giving the region this special place and experience for years. This year is no different, but having so few apples are making it harder for people to want to come and spend time and money at the farm,

Bob Parker, said, "Yes it's hard to look at all the people being here and not being able to pick apples and it makes me sad that they are not getting what they came for."

Parker has been a volunteer for 10 years. He is working at Smolaks for no money. He works to give back to something he enjoys.

He has many fond memories of seeing families enjoy time at the farm and hopes it will happen for generations to come.

Parker said, "Even when the kids from the field trips come the children get disappointed when they see how there are so few apples to be picked. It makes me feel for the children in a way where I can't do anything to help them."

He was sad that the memory the children had might stay with them. He wants them to all love the memory of coming to Smolak's.

When the Smolaks first started in the 1980s the Smolak family purchased 107 acres out of 160 that existed of the property available.

Since then the family had never seen a year like this with such high temperatures and little rain.

"In all the years we have been here we have never finished an apple-picking season this early," Bill Smolak said.

About the lack of water, he said "It was an issue when we ran out of water to sufficiently water our whole crop. I would not purchase more water because it wouldn't have made huge a difference in production."

When I visited the farm I could see how much all of the attractions the Smolak family have invested in to make this a family location to enjoy the seasons.

Rachel Newman, head of educational programs at Smolaks said "Yes, the kids are a big part of why I'm still at Smolaks. I love it I've worked here since I was 15. I'm 24 now, so I just love it and can't think of doing anything else."

Newman's job has become more involved but she is just as much a part of the family having worked at the farm for nearly ten years.

She always wants the children who come to have the best time possible. Having so many fewer apples has limited her ability to provide that.

In addition to family fun and a huge variety of apples and other fruits, Smolaks is known for something extraordinary. Their apple cider donuts are known for being some of the best around. People come from far away for them. When asked whether the



Photo courtesy Smolak Farm Facebook page

“

We would be doing much better if the weather cooperated with us by bringing some rain but the world had a different plan.

- Gail Smolak

”

apple production put a stop to the making of the donuts or not, Gail Smolak said "No, it didn't because we outsource all the cider for the donuts so it didn't affect the production of the donuts."

With all the food that they make in-house, someone would have thought the apples were a big part of what they are cooking with.

But they have many other options so they are not reliant on the apples for the take-out portion of the business. They

are doing well when it comes to their farm stand and prepared food, but with no more apples to pick their attendance will drop.

"Yes, I believe our attendance will drop significantly due to us having no apples but we hope to still get big crowds who will come for more than just apples," Bill Smolak said.

It is the hope that Smolaks will have a better season for apples next year but with climate change and the weather patterns we have experienced,

we have no idea what the next apple season is going to look like.

"We are here for the kids and families to make sure they have a good time I want all of you to know that," Bob Smolak said.

The Smolaks say that this was the worst crop year for apples since they opened. It is the hope that next season will be better for the Smolak family.

News

observer.necc.mass.edu @necc_observer facebook.com/neccobserver

Latino evolution continued from Page 1

generations. Zapata added that respect is still valued, but the methods of teaching it might need to evolve. “In our culture, respect is often expected, especially from children, without a lot of room for dialogue,” she said. “But today’s generation is pushing for a culture of understanding and openness.”

Yadalee Peña, a 17-year-old student from Greater Lowell Technical School, echoed this sentiment. Peña noted the challenge of balancing cultural pride with the desire for change. “Hispanic Heritage is important to me,” she said. “I love that it shows off my culture, but some traditions feel burdensome, especially when they impact mental and emotional well-being.”

Peña’s reflections illustrate

the generational divide many young Latino individuals face. While they want to honor their heritage, they also question whether certain cultural practices, such as family rituals after a death, remain necessary.

Maria Hernandez, Director of International Student Support and Special Populations at NECC, emphasized the complexities surrounding Latino identity in a thought-provoking manner. “Who am I?” she asked, highlighting the challenge of defining what it means to be Latino or Latina in today’s world. “Are we even a race? How can we be categorized as one when we are so many things?”

Hernandez also discussed the origins of Hispanic Heritage Month, which was first established by President Lyn-

don Johnson in 1968 as a week-long celebration. It was expanded to a month in 1988 by President Ronald Reagan. The celebration coincides with the independence days of several Latin American countries, marking shared heritage, but Hernandez noted that Hispanic Heritage Month is also an opportunity to engage in difficult conversations about identity and tradition.

“How do we get more Latino students involved?” Hernandez said. “How do we create a movement that draws them in, makes them feel connected, and shows them the power of their collective voice?”

Both Hernandez and Zapata emphasized the role of organizations like the Latinx Center for Empowerment in creating

a sense of community. The center, based in Lowell, offers services like translation, English classes, and access to immigration lawyers. “Our goal is to help our community grow while honoring where we come from,” Zapata said.

Reflecting on the future, Zapata believes that while change is necessary, the positive aspects of Latino culture should be preserved. “We must evolve, but we can still hold onto the values that bring us together our love for family, our strong sense of identity, and our history,” she said.

Hernandez agreed, noting that the key to progress lies in dialogue and education. “Hispanic Heritage Month reminds us to celebrate our culture, but also to challenge generational cycles that may no longer

serve us,” she said. “These tough conversations can spark the kind of change that empowers future generations.”

Before the conversation ended, Hernandez offered a hopeful message: “Stay tuned.”

Her words serve as a reminder that these discussions are just the beginning, and that the path forward is full of possibility for deeper dialogue and greater unity.

As Hispanic Heritage Month draws to a close, it’s an ideal time for the NECC community and beyond to come together, reflect, and celebrate the richness of our culture. Let’s continue the conversations about our shared heritage, identity, and the beauty of our traditions.



CAREER SERVICES AND
THE CENTER FOR LIBERAL ARTS PRESENT:

Internship and Job Search Workshop

Are you preparing to search for a job or internship? This workshop is for you – especially if you are considering taking an internship course in the spring semester! Join us for an insightful session where we’ll discuss **essential strategies to kickstart your search** and build momentum.

Key Topics

- Essential items for your job search
- Overview of job search approaches including networking
- Developing an “Elevator Speech”
- Occupational, industry, and labor market research

MONDAY, NOV 18 | 9:30 – 11 A.M.
ROOM C-209

We welcome requests for sign language interpreting and other access requests (i.e. Computer Aided Real Time (CART), food allergies, etc.). Please contact kyeatonhromada@necc.mass.edu for requests, questions or event information.

A Boomwhackers boon

Finding community through rhythm

BY ROWAN ROCKWELL
Correspondent

This Fall the music department at Northern Essex is getting into the swing of things with their annual Boomwhackers event, one of the many school functions looking to put the ‘community’ back into Community College.

In the Tech Center on Oct. 3 music department faculty Alisa Bucchiere and Abe Finch stood eagerly around a large circle of orange 5-gallon buckets passing out drum sticks to students as they filed in getting ready to participate in a rhythmic extravaganza.

Finch led the drum circle portion of the event commanding an impressively cohesive call and response type activity as the group pounded away at a medium tempo Samba.

Between activities Finch expressed the value of nonverbal communication in the drum circle event stating, “everybody’s equal and listening to each other -- it’s a together event it’s not a showcase on anybody -- that is probably the gist of the whole thing.”

“I liked it,” said Brianna Bardales, a first-year liberal arts major studying music therapy at NECC. “It’s like very stress relieving, because you know, I work full time and go to school so obviously it’s so hard to balance both, so coming here to just like play the drums even though I don’t know how to play the drums, it was really nice to ... let a little stress out.”

Bardales’ sentiments are empirically reflected by many scientific studies, including one by the National Institute of Health whose research found statistical evidence of a reduction in stress and anxiety in patients involved in drum circles.

“This is a lot of fun, little bit of a workout,” said Sean Gaff an NECC music major emphasizing the benefits of exercise involved in such an event.

As the students rocked on participants were asked to seize hold of a musical device known as a boomwhacker, a colorful plastic tube that can vary in size and pitch, and were instructed to play along to a whimsical arrangement of songs such as Dance of the Sugar Plum Fairy and Ghostbusters, cued note for note by a karaoke-like play along tutorial up on a projector.

It was reminiscent of a more childlike activity you would have been familiar with in kindergarten or primary school but took a higher degree of attention to focus on playing the right notes at the right times as everyone had a boomwhacker that was tuned to a



Photo by Rowan Rockwell

Participants try out drumming during an event at the Tech Center on Oct. 3.

“

More community at the community college.
That’s what it is, man, in a nutshell, get people together.

- Music professor Abe Finch

”

different pitch.

Although the second portion of this events communal revelry had a more childlike essence to it than the drum circle you could feel an effort in the organization of the event and its participants to create a space where people felt free to express themselves and have fun, an attribute not only foundational to children but adults as well.

The event was seemingly a

success for all those that attended but Finch expressed a need to expand these events and their communal impacts to a broader portion of the student body.

Most of the people in attendance did have some affiliation with the music department and Finch expressed he was “not sure that the advertising gets out generally very early” further stating that “there’s tons of music events and they’re all open to the pub-

lic, (it’s) community college but like it’s commuter college, it’s hard to get a community when everybody just comes on campus to take their class and then they drive home, but its name is community college because it’s in your community but like where’s your community?”

Finch makes a point. Student and staff all share the same facilities and resources but there can be a tendency to overlook the im-

portance of what truly connects us at a core level in these shared spaces. Each other.

“Hopefully people find out that we do fun stuff like bang on buckets and get together and have fun and build community” said Finch, “more community at the community college. That’s what it is man, in a nutshell, get people together.”

News

observer.necc.mass.edu @necc_observer facebook.com/neccobserver

Songs through the semester

Students share how music mood changes depending on time of year

BY QUINLAN COOKE
Opinion Editor

Music reflects every aspect of a person's life, from the mood they are into what they are learning in school.

As the semester starts and progresses here at NECC many are studying while enjoying music in some capacity.

What music comes to mind when you think of a studying playlist at the beginning of summer? Some have summery songs and a lifted mood when a semester begins, which can fade as assignments and a chilly breeze sets in. Others have a playlist so diverse that it can be appreciated year-round and at any point during the academic semester.

One student said "Mine (playlist) depends on my

mood, almost entirely... it varies based on my present mood and situation." This dual-enrollment student, Jake Pitre, has an eclectic music taste that is easily swayed by his mood, situation, and even how/what he is doing in sports and school.

Another student disagrees completely. "I keep all different sorts of vibes in my playlist at all times... so don't need to switch it (ever)," said Nina Pelosi, another dual-enrollment student with an eclectic taste, but who believes one playlist can encompass all of her thoughts, feelings, and life events.

There is a third opinion here that comes into play; the person with the taste who changes gradually. The songs

“

(My playlist) depends on my mood, almost entirely...it varies based on my present mood and situation.

- Jake Pitre

”

change with the color of the leaves. This type of person has a rolling music taste that can change depending on many factors. The popularity of music rises and falls, which can affect the playlist; songs align with someone's mood, and tempo, and the artist can determine when someone listens to something, especially when compared to the time in a semester.

In fact, "I think my playlist definitely changes... Like during the fall I listen to Noah Kahan" said Robbie Comtois,

dual enrollment student-athlete. He is a prime example of many people who feel the seasons and semester affect his playlist.

Coincidence or not, here at NECC, the start and end of a semester correlate with the start and end of a season. Here at NECC, the fall semester starts at the end of the summer, and assignments begin to roll in when autumn starts and there is a chill in the air. The end of this semester and the start of the "spring" semester correlate with winter. As

the spring semester starts, so does winter, and the semester ends when spring truly begins. There may be a final or two at the same time the rain is pouring, to mark the beginning of the spring.

Music can reveal so much about a person, and that is true here at NECC. Students share playlists and how/if they change throughout the semester. Some attribute the changes to the school itself, or the season around the school. No matter what someone's current playlist is, they all have one thing in common; the fact that music brings people together. A good song or playlist can reflect any mood at any given time, no matter when in the semester it is played.

TUNE UP NECC!

NECC invites you to participate in our exciting Song Remix Contest! It's your chance to showcase your creative talents by putting a fresh spin on our school song, "Raise Your Banner High." Whether you're a dancer, a musician, or simply love to create, there's a category for you!

CONTEST ENDS OCTOBER 30!
Visit necc.be/tuneup for full details and contest rules!

HOW TO PARTICIPATE

- ▶ Follow NECC's official social pages on TikTok and Instagram
- ▶ Download the song elements at necc.be/tuneup
- ▶ Create your remix!
- ▶ Share your remix on TikTok or Instagram. Tag us @northern Essex using the hashtag #NECCMusicThrives.

 Northern Essex
Community College

Campus Life

observer.necc.mass.edu @necc_observer facebook.com/neccobserver

Deep dive into the classroom

Philosophy class looks into meaning of happiness

BY EMMA RUGGIERO
Campus Life Editor

Students and professors provide an exclusive behind the scenes look into their classrooms.

Classes are back in full swing at Northern Essex Community College!

The parking lots are packed, student success services and centers are helping students get settled into the fall semester and classrooms are full of in-depth discussions between students and professors.

Among the several courses offered at NECC, one of them is exploring a meaningful topic.

This semester the Philosophy of Happiness course taught by Meredith Gunning will examine “different perspectives on what counts as happiness, along with how to attain it in the flow of everyday life” explained the course description on the NECC Blackboard page.

In addition, students will have the opportunity to study “Various philosophers, psychologists, writers, spiritual leaders and figures in pop culture” continued the course description.

The course is starting the semester off and setting a foundation by asking what is happiness?

There are an endless number of possible answers and responses

to this question. During one of the classes, the students collaborated to create a definition of happiness.

They said it is a combination of “pleasure and meaning” that requires an individual to pivot “inward” to understand themselves, and to pivot “outward (towards) developing deep and long term connections” with other people, said the students in the Philosophy of Happiness class.

By teaching this course, Professor Gunning is “hoping” her students “get to read perspectives that they wouldn’t have otherwise and to get a variety of views on happiness and thinking through their own thoughts about views they (do or do not) agree with,” said Gunning.

The structure of the course “is not just geared to thinking of happiness, but trying to get to try out different strategies” related to “improving the quality of (student’s) lives,” said Gunning.

As the rest of the semester goes on, the Philosophy of Happiness course will unravel “what is most important (to them personally,) and look through the perspectives that resonate and (the ones that) don’t resonate (and with that,) hopefully (the class will) reach a deeper, longer lasting state of well being,” said Gunning.

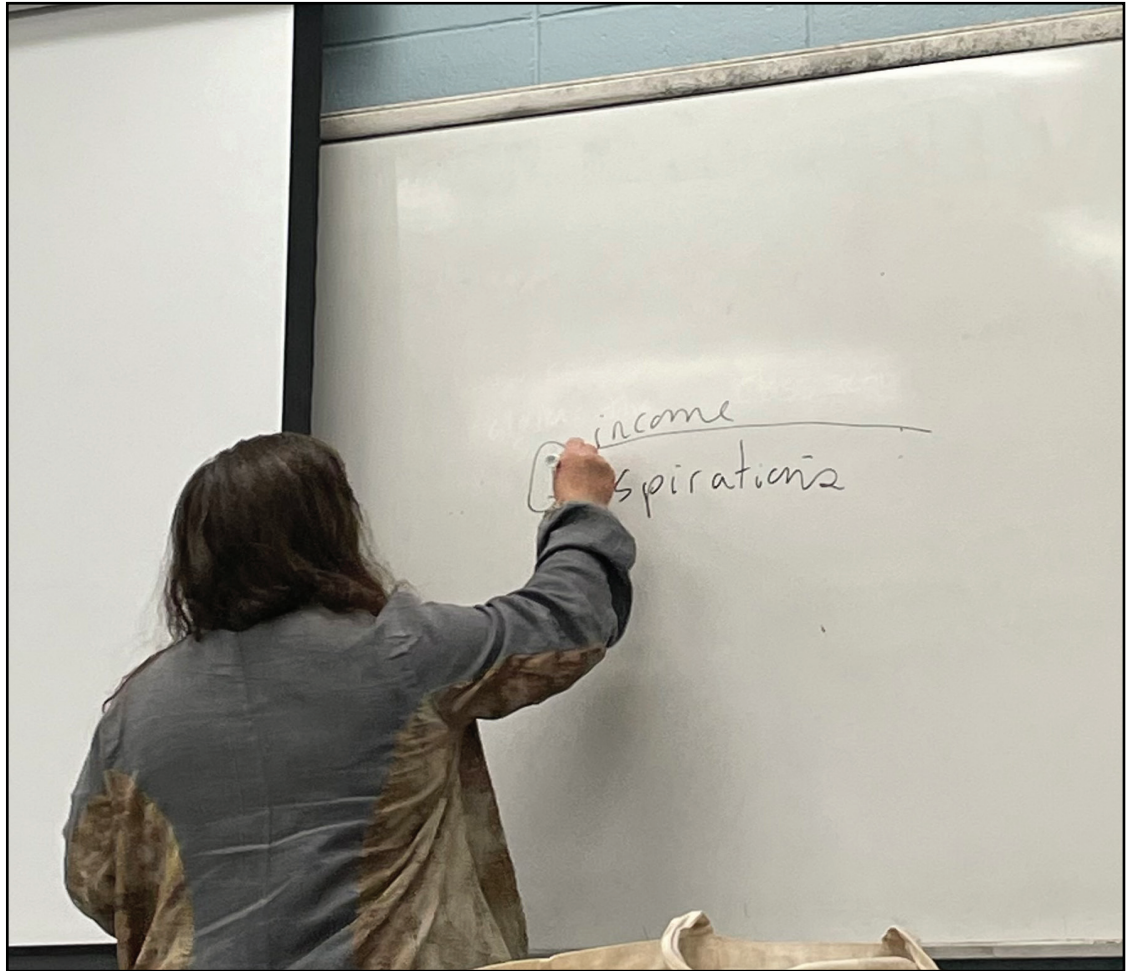


Photo by Campus Life Editor Emma Ruggiero

Professor Meredith Gunning writes on the board during the Philosophy of Happiness class on Sept. 26 in C105, Spurr building.



Community Health Needs Assessment (CHNA)

Help Us Improve the Health of Our Community!

Take Our Community Health Survey

Beth Israel Lahey Health and its member hospitals are doing a Community Health Needs Assessment to learn about the issues affecting people in our communities. This anonymous 15-minute survey will help us understand what you think about quality of life and available resources so we can improve patient care and community services.



The survey is available in multiple languages

Take the Survey by November 1st:
Use your phone to scan the QR code or complete the survey online at <https://survey.jsi.com/s3/FY25-BILH>

Enter Our Drawing:
Complete the survey for a chance at winning a \$100 Visa gift card.

For more information, to have paper copies dropped off, or to have an email sent to your organization or place of work, contact Janel.DAgata-Lynch@bilh.org or call 978-463-1475.
www.aih.org

Beth Israel Lahey Health
Anna Jaques Hospital



Evaluación de las Necesidades de Salud de la Comunidad

¡Ayúdenos a Mejorar la Salud de Nuestra Comunidad!

Realice nuestra encuesta de salud comunitaria

Beth Israel Lahey Health y sus hospitales afiliados están realizando una Evaluación de las Necesidades de Salud de la Comunidad para conocer cuáles son los problemas que afectan a las personas de nuestras comunidades. Con esta encuesta anónima de 15 minutos entenderemos su opinión sobre la calidad de vida y los recursos disponibles para poder mejorar la atención médica de los pacientes y los servicios comunitarios.



La encuesta está disponible en varios idiomas.

Realice la Encuesta antes del 1° de noviembre:
Use su teléfono para escanear el código QR o complete la encuesta en línea en <https://survey.jsi.com/s3/FY25-BILH>

Participe en Nuestro Sorteo:
Complete la encuesta para tener la oportunidad de ganar una tarjeta de regalo de Visa de \$100.

Para más información, recibir copias en papel, o para que enviemos un correo electrónico a su organización o lugar de trabajo, póngase en contacto con Janel.DAgata-Lynch@bilh.org o llame a 978-463-1475.

www.ajh.org

Beth Israel Lahey Health
Anna Jaques Hospital

Campus Life

www.observer.necc.mass.edu @necc_observer facebook.com/neccobserver

Career Fair offers valuable insights

Students get opportunity to talk to possible employers

By BAILEY ORIO
Features Editor

On Oct. 1, students at the Haverhill campus had the privilege of attending the annual Career Fair.

This event featured a diverse array of employers from sectors such as health care, education, business, and technology, providing students with the chance to explore various career paths.

Students interested in fields like health care or business were able to gather essential information about the qualifications and skills required for success.

One attendee, Tristan "TJ" Taylor, shared their experience at the fair.

“

The key takeaway is that some companies may not initially seem relevant to your interests, but they might offer unexpected opportunities. Therefore, it's crucial to keep all doors open when considering future prospects.

- Tristan "TJ" Taylor

”

Although Taylor did not find direct alignment with their career aspirations, they discovered unexpected value in their interactions.

"Enterprise Bank provided a wealth of useful information," Taylor remarked.

"Even though no company directly matched my career

interests, their representative offered extensive insights into communications roles available at companies like Enterprise Bank."

The fair allowed students to engage with employers and gain insights into the current job market.

While the event did not ful-

ly meet Taylor's expectations regarding job opportunities in their major, they appreciated the guidance received.

"Most representatives were approachable and offered advice on how to break into the communications field," Taylor explained.

Despite the limited direct

relevance to their field of study, Taylor found new areas of interest they had not initially considered.

"Enterprise Bank piqued my interest, especially when their representative discussed their communications department," Taylor shared.

Reflecting on the experience, Taylor emphasized the importance of maintaining an open mind during events like the Career Fair.

"The key takeaway is that some companies may not initially seem relevant to your interests, but they might offer unexpected opportunities. Therefore, it's crucial to keep all doors open when considering future prospects," they concluded.

Congratulations to 'Hurricane Diane'

The success of NECC's Hurricane Diane continues.

The award-winning production was again on stage Oct. 4 through 6, on the stage of the Firehouse Theater in Newburyport.

Directed by NECC Theater Professor Brianne Beatrice, the play previously won 13 awards from the Kennedy Center American College Theater Festival, the most of any college at the festival.

The play starred Mirrorajah Metcalfe as Diane and Olivia Barberian, Jessica Newey, Ana Barrera and Gwynneth Glickman as New Jersey housewives who Diane, who is really the Greek god Dionysus tries to

enlist as followers.

Samantha Wheatley was production stage manager.

Northern Essex offers a variety of theater and acting courses. Additionally, they stage several full productions

and readings throughout the year.

Anyone interested in learning more about NECC Theater or the audition process should email Beatrice at bbeatrice@necc.mass.edu.

OCT 4/5 - 7:00 PM
OCT 6 - 2:00 PM
General Admission - \$20.00
Seniors & Students - \$15.00

Directed by Brianne Beatrice
HURRICANE Diane
by Madeline George

NECC THEATER

WARNING: Adult Content. Show not recommended for young audiences. 18+

THIRTEEN TIME NATIONAL AWARD WINNING PRODUCTION

Follow Us @necctheater

Poster Design by Nicole Dean

CELEBRATING 25 YEARS OF
FIREHOUSE
THEATER FOR THE ARTS
LIVE ENTERTAINMENT

Arts & Entertainment

observer.necc.mass.edu @necc_observer facebook.com/neccobserver

Chills and thrills

Top horror movie recommendations for a haunting Halloween

By ANTHONY SOUSA

Arts and Entertainment Editor

The spooky season is here at last, and what better way to celebrate Halloween than by gathering friends and family for a night of horror movies?

Whether you prefer jump-scares that make you scream or eerie, slow-burning thrillers, horror films create the perfect haunted vibe.

I've put together a great collection to kick off a month-long horror movie marathon. From timeless classics to hidden gems you might not have discovered yet, these are must-adds to your watchlist!

To kick off the list, I had to go with Wes Craven's **Scream (1996)**.

This is a horror classic and a perfect way to start the marathon. It was a movie that people say saved the horror genre as slasher movies were considered "dead" in the 90s.

This movie not only brought back the slasher flicks but combined it with a 'whodunit' concept, this is as camp as campy movies get. It gets the viewers engaged as the whole movie they are trying to figure out who the killer is and is such a fun movie to watch with a group of friends.

It's not the scariest movie in the world but there is something for any movie fan in this as there's comedy, suspense, and a fun mystery to solve. You will definitely see a ghostface costume at a party this Halloween.

Another classic has to be Sam Raimi's **The Evil Dead (1981)** as it's a must-watch for any horror fan.

This film is a pioneering example of low-budget horror that showcases creative storytelling and innovative filming techniques. Its unique camera work and practical effects are still influential today. With its blend of horror and dark humor, this movie has gained a dedicated following over the years.

Its quotable lines and memorable scenes have cemented it as a pop culture staple.

Watching this is an experience unlike any other. Its

relentless pace and shocking twists make it a thrilling ride that keeps you on the edge of your seat. There is a 2013 remake by Fede Álvarez which I think is very good too.

They are very different movies but the remake is harder to watch as it's darker than the original but if you are into that definitely give it a try. The only thing is Bruce Campbell's portrayal of Ash Williams is legendary in the original and that's something everyone needs to experience.

The next recommendations are newer movies you may have heard of, but if not they are a must-watch.

Zach Cregger's **Barbarian (2022)** was an experience like no other the first time I watched it in theaters.

From the very beginning, it keeps you guessing with its unexpected twists and turns. Just when you think you have the story figured out, it takes a sharp left, making it a gripping experience from start to finish.

Within the first 25 minutes, I was already covering my eyes and my sister had already started crying (she's a little dramatic) but it really caught us off guard and delivered great scares.

Beyond the horror, it offers thought-provoking commentary on trust, safety, and human nature. It delves into deeper themes that resonate long after the credits roll.

This last recommendation is genuinely a hit or miss, but it's something I have to recommend to everyone as it was an unbelievable experience. James Wan's **Malignant (2021)** had me laughing, scared and even confused at times in the best way possible.

I am not even sure the comedy was intentional. Me and my friends were laughing at just how insane the movie gets but it really is so entertaining if you let yourself get taken away by it.

Director James Wan, known for his mastery in the horror genre, offers a fresh and intriguing story that takes unexpected twists.

It combines supernatural



Photo Courtesy of Miramax

Drew Barrymore from *Scream's* opening scene.

“

Whether you prefer jump-scares that make you scream or eerie, slow-burning thrillers, horror films create the perfect haunted vibe.

”

elements with a captivating mystery that keeps you guessing until the very end. With a blend of psychological horror and thrilling action, Wan presents a narrative that is both gripping and engaging. This is one movie I'll rewatch every year for my marathon.

To wrap it up, this Hallow-

een season, immerse yourself in this lineup of must-see films: **Scream (1996)**, **Scream (1996)**, **The Evil Dead (1981)**, **Barbarian (2022)** and **Malignant (2021)**.

Each offers a unique blend of horror that will thrill and entertain, whether you're a fan of classic slasher flicks or

modern psychological terror. So, invite your friends over, set the mood, and get ready for a night filled with chills, excitement, and unforgettable cinematic experiences.

Arts & Entertainment

www.observer.necc.mass.edu @necc_observer facebook.com/neccobserver

Sabrina Carpenter leaves an impression

Review of 'Short n' Sweet' album

By ISABELLA BUDD

Correspondent

Sabrina Carpenter has consistently proven herself to be powerful. With her latest release, "Short n' Sweet," the 25-year-old singer-songwriter delivers a irresistible collection of tracks that showcase her growth as an artist and her gift for crafting melodies such as her top hit "Espresso".

At only 36 minutes, "Short n' Sweet" lives up to its name, presenting twelve tracks that leave listeners wanting more. This album marks a new era from Carpenter's previous work "emails i can't send", there's a lighter sense this time around rather than more heavy songs she wrote in the past.

Following its success the lead single "Espresso," a pop track with a very heavy summer vibe with a bit of disco and funk. Carpenter's clear vocals give a positive beat and

shimmering synths, as she sings about coffee puns and femininity. It became an instant hit for every summer-time bash.

The midpoint of the album brings us "Lie To Girls,". Carpenter's sharp-witted lyrics cut through a deceptively upbeat production, telling listeners how relationships can be toxic and full of lies. It is in songs like these that Carpenter is no longer just a pop star, but a storyteller with something to say or to warn listeners if they are in the same boat.

"Short n' Sweet" isn't afraid to express itself with different sounds and genres. "Slim Pickins" leaning towards more country tunes, Carpenter expressing to listeners how there's a lack of suitable men for her to date.

Meanwhile, "Juno" ventures into pop-rock grooviness,



which proceeds to tell the listeners how infatuated and in-love she is with someone she wants to start a family with. Also paying homage to the hit 2007 movie Juno directed by Jason Reitman and Starring Elliot Page and Micheal Cera.

"Short n' Sweet" closes

with the title "Don't Smile," a sad ballad featuring piano keys. It's a sad closing for this album, it showcases Carpenter's vocals at their most vulnerable. As she sings about heartbreak and regrets, but also maintaining a good beat so it's not drastic from the other songs on the album.

Production-wise, working with a mix of established producers like Jack Antonoff, she's created a cohesive album that still manages to surprise listeners at every turn. The modern production enhances Carpenter's vocals without overshadowing them.

Lyricaly, the album explores themes of love, heartbreak, and self-discovery. However, Carpenter's clever wordplay and honest approach elevate these well-worn topics and bring it more to life. Car-

penter also brings much more maturity to this album than previous albums suggesting an artist who's grown both personally and professionally.

"Short n' Sweet" represents a significant leap forward for Sabrina Carpenter. It's an album that manages to be both commercially possible and artistically satisfying, placing it in Billboard's number 1 for over three weeks since its debut.

Carpenter has created something truly special – a pop album that leaves you wanting more in all the right ways.

In the end, "Short n' Sweet" lives up to its title. It's a brief but thoroughly enjoyable journey through modern pop, guided by an artist at the top of her game. Sabrina Carpenter has delivered. Just don't be surprised if you find yourself going back for seconds.



CAREER SERVICES AND
THE CENTER FOR LIBERAL ARTS PRESENT:

Resume Workshop

Your resume is one of the first documents your potential employer, transfer school, or scholarship committee sees about you and it's your chance to make a great first impression.

In this informative workshop, we'll review **best practices** and **essential tips** for crafting and proofreading your document.

Come ready to take notes and elevate your resume to the next level!

Thursday, Oct. 24
11a.m.-12p.m.
Room C-209

We welcome requests for sign language interpreting and other access requests (i.e. Computer Aided Real Time (CART), food allergies, etc.). Please contact kyeatonhromada@necc.mass.edu for requests, questions or event information.

Key Topics

- Resume Formatting
- Overview of Each Resume Section
- Showcasing Your Skills
- Customization Tips

Arts & Entertainment

observer.necc.mass.edu @necc_observer facebook.com/neccobserver

Two delectable places to eat in Haverhill

By ALEXANDRA CAZMAY
Correspondent

Every single person on this planet has something in common... the need to eat, whether it is a bologna sandwich, a bowl of spaghetti or for those that are fancy, some caviar on a blini.

On average most families eat out once a week but for some it is more of a rare occasion. While most restaurant food is appealing, choosing a place that an entire group of people can agree on is another story, especially due to the fact that it's expensive to eat out all the time.

When the opportunity arises, it is a necessity to make sure the food and experience is worthwhile.

Within the Haverhill, Massachusetts area there are over 100 dining options.

The variety is abundantly clear but according to a few Northern Essex Community

College students there are a couple that stand out among the rest.

The first restaurant recommended in Haverhill was The Hidden Pig.

After talking to Sarah Davis and Erin Smith (at NECC), it seems to be a staple in this town! The restaurant is a sit-down dining experience that offers inside and outside seating during the warmer seasons. They offer a diverse menu including burgers, salads, sandwiches, brunch items and their infamous chicken and waffles.

If you are looking for a sweet satisfaction, they even created donuts like blueberry topped with bacon bits and a Reese's donut glazed with Reese's Pieces.

For those that are full-time college students and usually do not have time during the day to go to a restaurant, you're in luck! Davis said

"The Hidden Pig is great for a late-night dinner or snack after class. I went pretty late on a weeknight and the kitchen was still open, so I ordered a burger and fries."

After further discussion about the Hidden Pig, they also offer food for those with allergies. Davis stated, "Come to find out they have a variety of burgers to choose from and even offer gluten free buns!"

Some students may fill their schedule during the week but often have free time on the weekend like Smith.

"They have a phenomenal Sunday brunch and it's so cute on the inside," said Smith. "Everyone at our table loved what they had and overall, it's a place that I will definitely be back to. The Hidden Pig sure seems like the place to be."

Another restaurant, popular within the Haverhill area is a little place known as G's Restaurant. It's a Southern,

tex-mex, barbecue place that also offers indoor and outdoor seating.

Their menu showcases queso, BBQ smoked sausage bites, a Texas State Fair Sandwich and even a chicken fried steak. Though it seems G's would be perfect for the Southern states, it's fortunately located on Merrimack Street in Haverhill near the river.

This restaurant provides a range of gluten free items as well, such as "huevos diablos," "shrimp in a jar" and ceviche. Additionally, G's serves some healthy options like veggie fajitas, verde chicken and shrimp lettuce tacos. They have it all!

After speaking with Diana Klein, it's confirmed that G's restaurant is a must in town.

"It's been recommended to me before, so I decided to try it with a couple of friends. We chose to sit outside because

it was a nice day and I got to bring my dog so that was a bonus," she said.

This place is irresistible, eating a great meal while sitting with your dog... how could you say no to that?! Klein continues to say "We shared a burger medium rare and steak frites with spicy chimichurri. It didn't take long for our food to come out and everything was perfectly cooked." G's is certainly the place to be!!

Both of these places are absolutely delectable! There are multiple restaurants to choose from here in Haverhill, but The Hidden Pig and G's restaurant are calling your name.

From their undeniably delicious menus, options for seating and close location, they truly are the place to be. The only thing to do now, is try it for yourself.

Superpower or curse?

How movies deal with identity disorder

By JUSTIN OLIVENCE
Correspondent

Have you ever wondered what happens when a paradigm fragments into multiple personalities? From the psychological terror presented in "Split" to the concept of justice in the Marvel universe through "Moon Knight", cinema has used dissociative identity disorder (DID) as a tool to explore the complexity of the human mind.

However, the question arises: to what extent do these representations reflect reality or simply feed myths about mental health?

Dissociative identity disorder (DID), commonly known as multiple personality disorder, is one of the most complex disorders and is often misunderstood due to its intricacy. It is very rarely seen in real life, one small U.S. study found that DID affects an estimated 1.5% of people, according to the National Institutes of Health.

Current estimates on how common this condition is may vary based on new diagnostic criteria introduced in the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5).

Its representation in film and television has led to a misunderstanding of the condition. Movies like "Split" by M. Night Shyamalan and the "Moon Knight" series on Disney+ have utilized this disorder to create deep and interesting characters. However, how realistic are these portrayals in the modern times?

The perspective of a person with DID is a feeling of being separated from oneself and one's emotions. It involves the belief that the people and things around you are distorted and unreal, resulting in a blurry sense of your own identity.

Often, DID is the result of childhood traumas, where the brain creates alternate personalities (known as "alters") to avoid painful memories. Each

alter can have its own identity, including a name, gender, and voice, while the primary personality, or "host," retains the real name of the person.

With an understanding of how a person with DID behaves, how does film and television capture this concept in all its glory?

Characters like "Moon Knight" and Kevin from "Split" serve as examples to help answer this question.

In "Moon Knight" Marvel introduces Steven Grant, a souvenir seller at a museum who discovers that he shares his body with Marc Spector, a mercenary and avatar of the Moon God.

The series explores the conflict between Steven and Marc, who struggle for control of their body while facing external threats. Steven is characterized by his morality, avoiding killing, while Marc uses his powers more violently.

Although the series reveals that Steven's childhood trauma,

related to the death of his brother, led to the development of his DID, his evolution toward cooperation between personalities minimizes the complexity of the actual psychological treatment required for this condition.

In contrast, M. Night Shyamalan's "Split" narrates the story of Kevin Wendell, a man living as a prisoner of his 23 personalities.

Unlike "Moon Knight", Kevin experiences a more severe form of DID, showing a disconnection from his identity and emotions.

As Kevin's personalities struggle for control, one of them, "The Beast," emerges as a violent manifestation of his mind. Like "Moon Knight" Kevin's story is based on childhood traumas, specifically the physical and emotional abuse he suffered at the hands of his mother, similar to Steven/Marc.

While in real life, people with dissociative identity disorder may work for years with

psychological treatments to reach a level of cooperation between entities, "Split" simplifies this process and transforms it into a power struggle between almost mystical entities.

The film, while effective in its goal of creating suspense and terror, like "Moon Knight", uses Kevin's disorder more as a plot device than as an accurate representation of human psychology.

Although cinema has brought dissociative identity disorder to the big screen in innovative and entertaining ways, few representations manage to reflect the reality of those living with this disorder.

While characters like "Moon Knight" turn their internal struggle into a way to do good, others, like Kevin in "Split", perpetuate stigmas that blur the reality of DID.

Ultimately, the challenge for cinema is to find a balance between entertainment and empathy, between narrative and truth.

Sports

observer.necc.mass.edu @necc_observer facebook.com/neccobserver

The balancing act: Student athletes

BY OLIVIA KARVIELIS
Correspondent

Balancing the demands of academics and athletics can be a challenge. Student athletes take on rigorous training with academic responsibilities while still trying to keep up with their social life.

Student athletes are seen as people who have lots of dedication and discipline, while they juggle the demands of both academics and athletics.

Being a student athlete usually comes with early mornings containing practices and late nights containing classes. This balancing act requires time management skills and a strong commitment to both academics and their sport.

A key challenge of being a student athlete is maintaining quality grades, while playing a sport there is usually a requirement that

you have to maintain a certain grade to be an active athlete within the sport.

NECC student athletes have experience with this balancing act. But what is it like at a four-year school?

I got to talk to Nola Bowes, student athlete at University of Rhode Island, “personally I don’t think it is hard to balance education and a sport, for my team we have mandatory study hours each week and so far I have been able to stay caught up on work even with out busy schedule.”

Bowes also, goes into saying she also tries to make free time in the mornings to study and or do homework.

Being a college athlete it is very important to be able to get in time for assignments and studying, colleges who support mandatory study periods can be a huge

benefit for the athletes.

Students who are worried that they are unable to fit in time, can be less stressed with having mandatory study period.

Not all have it easy like Bowes, who said it is not a challenge for her. Marvens Pierre Jules, student athlete at Nichols College expressed, “Sometimes it is to much for me balancing everything, especially when the work load gets to be a lot and when practice gets tough, but I always get over it.”

Being a college athlete can be stressful, and have been expressed to be sometimes a lot on the athletes.

Also being a student athlete can put a strain on ones social life, Pierre Jules said on that topic, “I have learned how to manage my time and balance between school and cheer, while sainting a social

life and time for other things.”

Being a student athlete can be a lot on one person, but is said to be maintainable. When asked if Bowes regrets playing a sport in college, her response was, “I do not regret playing a sport and think it is a good experience and have been enjoying so far!”

Overall the response to being a student athlete is very positive.

There are said to be many positive benefits to being a college athlete.

Starting off at a new school can be difficult, not really knowing anyone. Joining a sport can help ease a way into new connections and friendships.

Bowes explained, “I think playing a sport in college can be positively help your social life and allow you to meet new people.”

Expressing that playing a sport was positively helpful in the social area of school.

Pierre Jules also had something very similar to say, “I am glad I decided to do cheer to keep me on track and it was an automatic friend group and people to hangout with when I got to campus.”

Overall she said being a student athlete was a huge help with the social interaction part of the college experience.

Being a student athlete can also build strengths needed for the future, for example someone who is bad at time management and unorganized, being a student athlete can help

better those skills.

Bowes worded it as, “Being a student athlete i’ve learned how to effectively manage my time. I’ve gotten into a routine and have learned what works best for me.”

For Bowes, being a student athlete has positively impacted her and gave her more success!

She continues to preach student athletes and positive impacts it can have.

While there are many positive effects and impacts of being a student athlete, there also comes negative effects. While mental health being a big issue within student athletes, there’s a lot of pressure when being on a sports team, while there is also a lot of pressure in academics. It can be draining for some and can lead to anxiety and depression.

“According to a Duke University article, 30% of student athletes have reported feeling anxious, stressed and mentally exhausted. Out of that 30%, only 10% of the student athletes seek help,” said oakmonitor.

When being a student athlete comes mental health, which can be a struggle for others to express. Why is it hard for a student to express their mental health concerns, Oakmonitor continues on to say. Schools often look up to their star athletes as heroes, and due to this, athletes may feel the need to stay quiet about their struggles in order to fit the “strong, capable student athlete” stereotype.”

Being a student athlete can be hard, along the way there may be struggles, but from what has been heard, it’s also very positive.

LinkedIn Profile Photos

Get a professional photo, and learn more about LinkedIn and career resources!

HAVERHILL CAMPUS

Wednesday, October 23

Spurk Building

@ 11am - 2pm
2nd floor lobby

Workshop at noon in the
Center for Liberal Arts, C-209

@ 5pm - 7pm
1st floor lobby

We are hosting events in Lawrence too! See our upcoming events here.



We welcome requests for sign language interpreting and other access requests (i.e. Computer Aided Real Time (CART), food allergies, etc.). Please contact us with requests and questions: careerservices@necc.mass.edu

 Northern Essex
Community College
CAREER SERVICES

Have you taken or are taking Journalism I or did you take a journalism class in high school? We are currently looking for a Sports Editor. Get in touch if you are interested!

You can reach us at:

978-556-3633
observer@necc.mass.edu

EXPLORE

EXPRESS

ENGAGE

WITH LIBERAL ARTS



If you have the creativity to solve challenging problems and communicate clearly, you can save thousands of dollars on the cost of a bachelor's degree and receive a liberal arts education that will provide you with a range of skills that will serve you well in a variety of career settings.

Build a Solid Foundation

By earning an Associates in Arts Degree in Liberal Arts at NECC, you will gain solid skills in critical reading, critical thinking, research, and communications, and prepare for a career in a wide range of fields, including education, law, business, human/social services, and more.

FOR MORE INFORMATION

Contact Professor Kim Lyng, Program Coordinator and Faculty Lead, Center for Liberal Arts at klyng@necc.mass.edu.

A Great Place to Start

Upon completion of this program, you will be prepared to transfer to complete your bachelor's degree and pursue many career paths. Employers increasingly seek workers who possess the critical thinking, problem solving, and effective communication skills you will learn. You can:

- ▶ Take advantage of MassTransfer Pathways and other transfer agreements to earn your bachelor's degree, while saving thousands of dollars on the cost of your degree
- ▶ Prepare for a career in fields such as education, law, business, human and social services, and more.



**Northern Essex
Community College**