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## News Briefs

### SGA Candidate Registration Deadline

SGA is recruiting new members, the application deadline is Friday, March 29. Candidates must be enrolled at NWACC in the 2024-2025 academic year and have a minimum 2.5 overall cumulative GPA. You must be enrolled in at least nine credit hours. To find out more contact [sga@nwacc.edu](mailto:sga@nwacc.edu) or submit your application for elections at <https://forms.office.com/r/PbtikvXqXMu>

### Prevention and Hope Wellness Week

A week of fun wellness activities March 25-29 to help students adopt healthy habits for stress and relief. Events will happen throughout the week at 12 p.m. to 1 p.m. in the Student Center room 108 A and B. All attendees will get a free t-shirt, drawings for door prizes will be given at the end of each session including gift cards to Yoga Story, Onyx Coffee and an Amazon Fire 7 tablet. Activity sessions include Qigong, guided meditation and breathwork, yoga, sound bath and mindfulness.

### The Spitfire Grill Musical

The NWACC musical, Spitfire Grill, will come to the White Auditorium on April 25-28 based on the film by Lee David Zlotoff. Professor Freeman, theatre professor and Professor Goodman, music professor, are involved in directing the musical.

### The Eagle View Taking Applications

Eagle View has open staff positions in the Fall 2024, positions include editor roles, reporters, copy editors, photographers and designers. Journalism major not required to apply and limited experience are welcome with willingness to learn. To apply for a position or find out more information email the Editor-in-Chief [dreaves2@nwacc.edu](mailto:dreaves2@nwacc.edu) or stop by the newsroom, Burns Hall 1021.

## Board Approves Tuition Increase

An additional \$12 charge goes into effect in the fall semester

By Delaney Reaves  
Editor-In-Chief

By Samantha McClain  
Managing Editor-Online

NWACC students will pay an increase of \$12 per credit hour for academic courses in the 2024-25 academic year with the increase beginning with the fall 2024 semester. Several fees will be increased, and a new fee will be applied. The Board of Trustees passed the financial proposal on March 11.

The tuition increase applies to in-district students (those living in the Rogers and Bentonville school districts) and out-of-district students. In-district students will now pay \$91 per credit hour, and out-of-district students will pay \$157 per credit hour. A \$6 per credit hour increase is planned for out-of-state and international students.

A change in student health and safety fees will affect all NWACC students, going from



Mark Scott, chairman of the board of trustees speaks to his fellow board members on March 11.

\$5 to \$8. Hybrid learning fees will be changed from \$22 to \$25 per credit hour, and distance learning fees will increase from \$45 to \$50 per credit hour. Four new fees will be introduced. The dental course fee will be \$10 per credit hour. The trails course fee,

electrical course fee, plumbing course fee and BIKE course fee will be \$100 each. The new course fee for the phlebotomy course will be \$213.

The board approved the tuition increase with a 6-1 vote, with Carolyn Reeves, Lori Frank,

Todd Schwartz, Ron Branscum, Mark Scott, Jonathan Woods and Amber Latimer voting in favor. Joe Spivey opposed the increase. Rachel Harris did not attend the meeting.

Woods, who presented the Finance Committee report to the Board of Trustees, introduced Catherin Doner, interim vice president for Finance and Administration, to discuss preparing the FY 2025 Annual Operating Budget. The state fiscal year begins on July 1.

The college receives its funds in three ways: state general (appropriations and EETF revenue), local property tax revenue (millage) and tuition revenue.

Doner presented three different reasons why increasing tuition and fees is essential. The first reason was maintaining academic excellence since NWACC is committed to educational excellence by investing in qualified staff and an updated curriculum.

The second reason is the rising operating costs. According to the presentation, the college

is experiencing a rise in operating costs such as utilities, maintenance and administrative expenses, such as insurance and mandatory state and federal compliance requirements. The costs have been increasing annually and could harm the student's experience and educational quality.

The last reason was the investment in facilities and infrastructure. NWACC was founded 34 years ago, so investing in facilities and infrastructure is crucial to maintaining an ideal learning environment and attracting more students.

Before the voting began, Spivey, a board of trustee member, said he was sensitive to the needs of those living in the district and supported all faculty and staff being paid well. At the meeting, Spivey spoke of his concern about increasing this tuition because of the students' needs.

Continued on page 2



Attendees at a press conference on March 12 celebrate the announcement of new sports to be added to the NWACC athletic lineup.

## College Going 'Full Throttle' on Athletics

Morgan Nunley  
Managing Editor – Sports and News

Six sports – men's and women's track and field, men's and women's soccer, baseball and softball – will be the newest additions to the NWACC athletic program.

On March 12 in the Walmart Auditorium inside the Shewmaker workforce building, Brooke Brewer, athletic director along with the NWACC Athletic

Department announced the news. The announcement was made during a press conference held for students, staff, faculty and media.

Brewer said that these endeavors will be taking effect starting with track and field as soon as the Spring 2025 semester. The program will consist of competition and field events, being integrated gradually. Cross Country Coach Josphat Boit will be the head coach for the track and field teams.

Tentatively, NWACC will have six sports by 2030, which will result in the completion of Phase One.

"Pending the successful implementation of those programs, we will move forward in baseball and softball in the coming years," Brewer said.

Brewer said that the trustees, sponsors, staff, athletes and coaches are all going "full throttle" with the efforts to benefit the

Continued on page 2

## Going Beyond the Pages

A glimpse inside the Fayetteville Library

By Debbie Upson  
Reporter

If your mind can flip open history's pages to the 1930s and see into those images filled with shanty towns, withering crops,

and the blank-eyed stares of hunger, then you can grasp the teenaged world of American fiction writer Ray Bradbury. With empty pockets but an unyielding determination to learn, Bradbury was often found educating himself in the public library until he said he had read every book on its shelves. For any modern-day Bradburys who are willing to go beyond the ordinary and possess the same insatiable desire to learn, the Fayetteville Public Library goes far beyond the dusty pages of Bradbury's age.

In the FPL's Center for Innovation, you can slip inside the enclosed cockpit of an FAA-approved Redbird flight simulator, use 3D printing to replace your lost Monopoly game pieces in the Fabrication and Robotics lab or grab the controls

on the Caterpillar backhoe simulator. If the backhoe doesn't interest you, you can learn to drive a forklift, a commercial truck, or your first "car."

Kathleen Lehman, the library's circulation manager, said all current NorthWest Arkansas Community College students, regardless of where they live, can get a free card. "The main point is that you are an NWACC student," she said. She confirmed that even NWACC students who live in a neighboring state like Missouri are eligible. The policy on the FPL's website states that "students enrolled in schools, colleges, and universities in Fayetteville and students enrolled at Northwest Arkansas Community College" are eligible for a free card. Lauren Hosteter, a recent graduate of the University of Arkansas returning for a second degree, said she easily obtained a card even though she lives in Benton County.

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NEWS



### The Total Solar Eclipse

The Great American Eclipse coming April 8 and what to expect.

FEATURES



### Insight on the CAST Program

A look at child advocacy studies at NWACC, the only community college with this specific program.

OPINION



### Time on your side

Writer offers tips on how to manage your time and avoid procrastination.

Continued from page 1

athletic program, as well as speed up or smooth the process. NWACC President Dennis Rittle said that the department wanted to do the proper research and preparation before delving into any particular sport. The college was involved in a four-month study that was conducted for the area, community, people and popular activities to determine what should be next for the college.

The directors and department worked together with the PICTOR, which consulted with the NJCAA to make a “way forward,” according to Rittle. The research conducted was titled, “The State of Athletics for Northwest Arkansas.”

The study resulted in a “thorough plan that identifies the opportunities for NWACC to have a strong athletic presence by offering robust, competitive sports programs tailored to the interest and the innovative spirit of the region.”

Brewer emphasizes the importance of this feasibility study and the chain of events that it led to and resulted in. It was the only way that would successfully and succinctly map out a way forward for the program. The study presented the “best possible way forward.”

Brewer said the study strikes a balance of serving and satisfying the students and achieving similar results with the community. Brewer wants to continue to achieve the college’s mission, which involves the theme of enhancement.

“Enhance the lives of our students. Enhance the lives of our student-athletes. And enhance the lives of our constituents in

Northwest Arkansas,” Brewer said.

All of these factors played a role in the sports that were chosen.

Brewer said she sees a presence of excitement of the team and in the students on campus. The students want to know what the next sport is and get involved in any way possible, whether it be through cheering on the sidelines, or even competing for the college directly.

“My goal is for our program to be inclusive. And to be a place where all our students across campus will be excited to come to an athletic event, and excited to stand together and rally behind the team,” Brewer said.

Rittle started the press conference by thanking various contributors to the project that aided in the athletic department’s growth and future prosperity.

Rittle thanked the Board of Trustees and had those in attendance recognized for their continuous effort and support. He also recognized the elected officials in attendance at the event.

The staff, athletes, superintendents, counselors, principals, coaches and other partners who are involved with the department and who contributed heavily to the result were thanked for their work and generosity.

Rittle finished his portion of the acknowledgments by thanking the launch party committee. He emphasized their importance for an event like this coming to fruition and that their constant dedication and support was going to go unrecognized.

“My goal is for our program to be inclusive. And to be a place where all our students across campus will be excited to come to an athletic event, and excited to stand together and rally behind the team,”

Brooke Brewer



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Photo by Samantha McClain

The NWACC Board of Trustees discuss business at the regular board meeting on March 11.

Continued from page 1

“This will be a shock to our students entering,” Spivey said.

Reeves, another board member, said she didn’t like the thought of the increase, but even with the rise, it is still lower than that of other institutions in the state. Reeves had asked when the increase decision needed to be made. The board had to vote on March 11 to allow time for changes ahead of registration, she was told.

Dennis Rittle, NWACC president and former student recipient of a Pell Grant, acknowledged that as costs have increased over the last decade, the institution has not kept pace. Rittle also recognized that stagnant expenses will reduce the quality of education, including equipment and faculty.

“It is one of those difficult moments we all struggle with,” Rittle said. “Every one of us was a student, and we all have paid those costs.”

Sammy Massri, SGA president, said he sees this increase from a student and board member perspective. He attends the Board of Trustees meetings to represent the student body.

“I hope this doesn’t mean that each year from now we keep increasing,” Massri said, “this kinda sets the road for it.”

Massri said that he understands this situation could be heartbreaking for students who hear about the higher rate. He said he thinks the school will still be affordable as NWACC will have the second lowest tuition for a community college in Arkansas. Rich Mountain in Mena has the lowest tuition rate for an Arkansas two-year college.

“Everyone here on the board has students’ interest in mind at the end of the day,” Massri said.

Massri said that the college has only had a \$4 tuition increase since 2013, and it’s important to keep that in mind when considering this change. He said that if students question something they are paying for, they should reach out and ask to understand. Resources at NWACC, including enrollment support, advising and board meetings, can help students learn more.

Massri referenced data presented at the board meeting, stating that the college does not offer competitive wages

compared to other institutions. He said the college needs to operate and pay its teachers; without quality teachers, the school can’t function.

“Based on what I’ve heard and with all historical precedence, it is quite shocking and a little bit worrisome,” said Jarred Chieng, SGA vice president. “One of my fears is that it (the tuition) may keep increasing over time very rapidly. But I do recognize that for our staff, faculty and our educators, this is very necessary.”

Evelyn Salcedo, an NWACC student working toward admittance to the nursing program, said she wishes this increase wasn’t so sudden and drastic but gradual or less. Salcedo is a single mother paying for her education. She said that she feels cutbacks on credit hours per semester will occur due to the amount impacting each credit hour.

“They didn’t pick a good time to do an increase,” Salcedo said. “Everything right now outside of school is already so expensive.”

Salcedo said textbook pricing also seems to have risen for used books.

“For school to also increase,

I know it’s not going to make people very excited about it,” Salcedo said.

Salcedo said that students should apply for as many scholarships as they can to help with the financial load and avoid a lump sum payment plan if they can.

Salcedo said she hopes that with a tuition increase, scholarships will also increase. “I feel like if there’s a balance between those two, it wouldn’t affect as much.”

She said that getting into the nursing program after she completes one year of prerequisite courses will be more complicated now that this change has been passed. She also recognized that the nursing program mainly consists of science classes with labs, and the increases may make the payment more difficult for some students.

Previously NWACC sought additional state funding but failed to gain it. A proposed property tax (millage) restoration vote appeared on the ballot last year, but the voters rejected it in May 2023. The school is the lowest state-funded community college in Arkansas.

# The Great North American Eclipse

By Delaney Reaves  
Editor-In-Chief

On April 8 a total solar eclipse will pass over the United States, North America, Mexico and Canada and begin over the South Pacific Ocean according to NASA. The Great North American Eclipse will visit Arkansas starting at 1:45 p.m.

NWACC’s Bentonville campus is expected to experience 98.6 percent eclipse of the Sun instead of totality. On that day, a number of events are planned for the college and the larger community.

A few cities in Arkansas will be in the path of totality: Little Rock, Hot Springs, Texarkana, Conway and Jonesboro. The path of totality is a narrow, long path displayed on a map showing where the eclipse can be seen at totality. Two-thirds of Arkansas will lie in the path of totality.

The moon will move between the Earth and the Sun casting a shadow on the Earth resulting in a Solar Eclipse. Light is able to bend around things of huge gravity like the moon, this will bring a dusk, not a night time darkness. According to NASA, the longest duration of totality is 4 minutes and 28 seconds, near Torreón, Mexico. Most places in the centerline (path of totality) will see a duration between 3.5 and 4 minutes.

Some school districts will be closing on April 8 including the Fayetteville school district.

“Arkansas officials said Monday that they expect between 300,000 and a million people to visit the state for next month’s total solar eclipse that will cover much of the state from southwest to northeast Arkansas”, according to an article from the Arkansas Advocate.

According to a Democrat-Gazette article, hotel rates are expected to rise and capacity levels of hotels are filling fast.

The best place to see the solar eclipse is where totality can be



This map shows the path of totality across the United States  
Photo courtesy nasa.gov

seen, which is when the Sun is completely covered by the Moon. April’s solar eclipse can be seen anywhere without clouds or weather that could cover visibility in the sky.

The Corona, the outermost part of the Sun’s atmosphere, is hidden by the bright light of the Sun’s surface making it difficult to see, due to the Moon coming into alignment, it will be visible.

Though the eclipse will not negatively affect life on Earth but due to darkness some nocturnal creatures will be confused and start to awaken.

Katherine Auld, Science Department co-chair and astronomy instructor, said that NWACC plans to host a festival and viewing party on the Bentonville campus. Activities will be from noon to 4 p.m.

The festival on the Bogle Plaza outside of the student center on the day of the eclipse will have groups from campus talking about eclipses. Glasses for viewing will be given away, tables will be set up and solar eclipse related activities are planned.

Auld said the eye’s retina, vital for the eye’s vision, does not have pain receptors. So, when looking at an eclipse of the Sun the eye will not feel different but direct viewing will damage the retina. Camera lenses are also suggested to use a filter made of the same

plastic as the glasses for photos and videos. Binoculars, telescopes or any other viewing device directly pointed at the eclipse Sun need a filter.

Springdale Explore Scientific in NWA sells filters for use on cameras, telescopes and binoculars.

“Even though the sun here will be tiny and it will look dark, wear your glasses,” Auld said.

Total solar eclipses don’t happen very often because the Earth is tilted compared to the sun so the moon is not directly in between the sun and Earth often. If the moon orbited in the same plane (or line) as the sun, then every month an eclipse would happen. But with the moon’s tilted orbit path the shadow falls under or below more often than it lines up with the Earth and Sun. Only very periodically does the moon align with the sun.

The sun is 400 times larger than the moon but also 400 times farther away, the Earth is the only place in the solar system where total solar eclipses happen. Because the moon is big enough to cover the sun.

Orbital mechanics is the reason that solar eclipses occur. “It is actually sort of a cool accident of the universe that the sun and the earth and the moon are just exactly the right size and distance,” Auld said.

“This localized blocking of solar energy is useful for studying the Sun’s effects on our atmosphere, especially the upper atmosphere, where the Sun’s energy creates a layer of charged particles called the ionosphere,” according to NASA’s website.

Understanding the ionosphere, the Earth’s upper atmosphere is valuable to study because it is home to many low-Earth orbit satellites and communications signals like radio waves and signals that make GPS operate.

According to NASA, the next solar eclipse will be Aug. 23, 2044 and the longest total solar eclipse will occur on July 16, 2186, occurring for 7 minutes and 29 seconds.

Sugar Creek Astronomical Society, an amateur astronomy club for Bella Vista, hosts events at Hobbs State Park six times a year for interested sky watchers.

The Perseids meteor shower will peak the night of Aug. 12 and before dawn on Aug. 13 with around 50-100 meteors per hour. The best way to view this meteor shower is away from any lights and without a telescope due to their speed.

**Solar Eclipse Viewing Party**

**Day:** April 8  
**Time:** Noon to 4 p.m.  
**Information:** Email Mallory Pummill at [mpummill@nwacc.edu](mailto:mpummill@nwacc.edu)

## CORRECTIONS

The February edition of the Eagle View misspelled a student’s last name. On page 6, a student responding to a question about sports is named Jackson Hodge.

Corrections shall be made in print and online in the event of an error of fact. No content should be amended without the knowledge of the editor-in-chief after it has been published. Eagle View does not remove content from [www.nwacc.edu/academicdivisions/commart/studentnewspaper/default.aspx](http://www.nwacc.edu/academicdivisions/commart/studentnewspaper/default.aspx) at the behest of a

source under any circumstances.

In the case of factual error in a print story, a correction will be run in the next issue after the error is discovered. Any corrections to facts in an online story will be made immediately, with an editor’s note marking the date and the nature of the correction. Small grammatical errors may be updated without an editor’s note.

**MISSION STATEMENT**

The NorthWest Arkansas Community College Eagle View student newspaper shall provide students with a public forum for responsible news reporting and commentary and shall reflect commitment to integrity, truth and excellence.

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# Catching Up on CAST

## Child advocacy studies program serves as a hidden gem

By Kay King  
Senior Reporter

Hidden away behind the Mercy Urgent Care building sits the Melba Shewmaker Southern Region National Child Protection Training Center. Concealed within is a staged two-story apartment, with working appliances, water, toys, books, beds and clothes for a hypothetical family to live in. But this home isn't as cozy as it seems. When it's staged, trash is strewn across the floor, cupboards are open and empty, and fake rodents and pests strengthen the "ick" factor. Occasionally, a foul-scented candle gives the impression one is in a neglected home space.

This "home" is to offer those in the CAST program hands-on experience before entering the real world. The apartment isn't on its own. There are also cozy child friendly interview rooms, fully equipped with colorful couches and a one way window, as well as a fully functional courtroom, with a jurors box and judge's stand. Although all this staging isn't just for its students, real children are allowed to come in and get comfortable in the different settings in order to be somewhat comfortable when they are asked to go to court.

**"[The program] is training the next generation of advocates to be a voice for the voiceless. It's equipping students with the skills to recognize, intervene, and prevent child maltreatment."**

**NWACC student, Clayton Bramel**

Started in 2014, NWACC's Child Advocacy Studies (CAST) program has been a hidden gem to provide the community with training for students, professionals and the general public for hands-on child advocacy training. CAST is designed to develop an understanding of the various factors that lead to child maltreatment and the best practices for responding to incidents of child maltreatment. Students learn to work effectively within the systems and institutions that respond to child maltreatment. Completing the courses prepares them to carry out the work of preventing and investigating allegations of child maltreatment. Through experiential learning, students have the opportunity to learn and make mistakes before entering the field. CAST has provided a multitude of opportunities not just for students in our community, but for our current workforce. Their partnership has allowed us to impact a larger reach to equip individuals with the necessary tools to recognize and respond to child abuse and trauma. Their courses are specifically geared and designed to better prepare developing professionals to give them an advantage once they enter the field. It's an honor to be included alongside CAST and to see the positive impact it has on children and families and the lasting impact it will make on future generations in our community.

Stephanie Morris, the CAST program coordinator, talked about her mission with the program and why it is so important to teach people how to interact with others when they are not in the safest of situations. "I was a deputy prosecutor for about 12 years," she said. "I was on the job for about six months before they handed me my very first child rape case, and to be quite frank, I had no business handling it. I had in law

school not one minute of training on how to prepare kids for court. ... I decided to seek out some training because it was pretty clear that they were gonna keep giving me these kinds of cases and I needed to learn how to do it."

**"This program is putting people who are trained to recognize child maltreatment into the community itself. Regardless of whether CAST students go on to work in law enforcement, health-care, law, social work, or even corporate America, this program is a powerful force to ending child maltreatment in our community."**

**Clayton Bramel**

NWACC students can complete a technical certificate and certificate of proficiency with the CAST program while pursuing a transfer Associate of Arts or an Associate of Science in Liberal Arts & Sciences focused on Child Advocacy Studies. NWACC's CAST program is located in a comprehensive training center that includes a fully functioning two-story home, a courtroom, child friendly interview rooms, and an interrogation space. As the first and only community college CAST program, NWACC has the ability to send students directly

just one section of the library. The FPL has many more areas and resources available. There are programs such as Maker to Market, Level-Up Skills Development and the True-Lit literary program. The library also offers areas for art exhibitions, a genealogy section, and even a teaching kitchen. Many libraries host isolated events here and there, but not this one; FPL's calendar usually has multiple events every day. From a critique group for fiction writers to Yoga classes, their calendar is not empty. Bradbury may not have mentioned if his library had a deli, but this one does. It also has an Arsaga's coffee shop for v who crave a quick snack. The online menu says the shop has everything from salted maple caramel latte to made-from-scratch coconut vanilla bean ice cream. And you don't even have to leave the library.

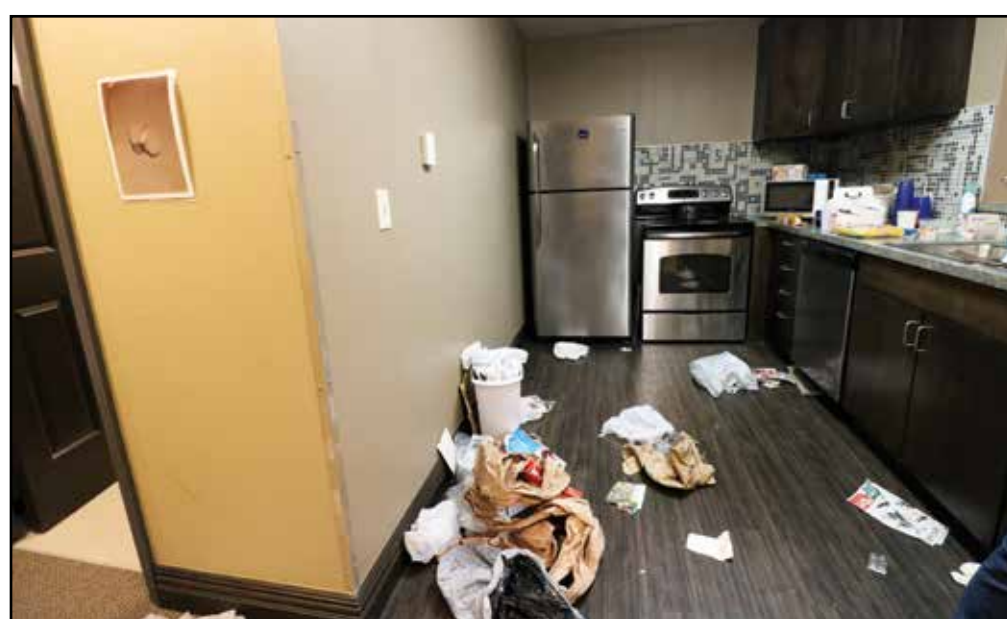
In "Ray Bradbury, the Art of Fiction, No. 203," Bradbury is quoted as saying, "Before I fell in love with libraries, I was just a six-year-old boy. The library fueled all my curiosities, from dinosaurs to ancient Egypt." NWACC students who would like to spark the love of learning in their children may be interested in programs like 1,000 Books Before Kindergarten or Baby Bookworms. There are separate preschool and grade school libraries and after-school workshops on topics such as acting and solar science. The library offers homework help and, sometimes, bottle rockets in the craft room. And if you look in the right spot, the grade school library even has real fishing poles.

For those in high school, the library offers ACT prep classes, a teen math club, a writer's club, and the event calendar even lists

a laser lab. There is an entire section of the library just for teens. Next to shelves of books, stacks of board games, and comfy tables and chairs just for them, there is a dedicated gaming space that houses a Nintendo Switch, an Xbox, and a PlayStation. Annie Simon, an employee who works in the teen area, said that teens don't have to have their own card to use these facilities. They can use the gaming room and teen resources with a parent's card.

Another resource offered by the FPL is access to thousands of online educational videos at LinkedIn Learning. For those interested in additional creative, business, and technology skills, LinkedIn Learning offers classes such as Creating a Responsive Web Design, Learning Python and Corporate Finance Statement Analysis. There are videos on mastering job interview questions, learning Adobe InDesign, AutoCAD electrical training and real estate contracts. LinkedIn Learning normally requires a paid monthly subscription, but the FPL provides this service for its patrons at no charge. Lehman said students who just want to use the online resources like LinkedIn Learning can apply for an iCard online without ever coming to Fayetteville.

For NWACC students interested in a physical card, Lehman said they need to bring their student ID and a government-issued photo ID. "A driver's license is great," she said. Lehman added that she is not sure how many NWACC students have gotten physical cards, but she said she knows they have had some. Hosteter said she brought her University of Arkansas student ID and driver's license, and it only took a couple of minutes to get her card.



Pictured is part of the kitchen in the mock house. The mess is supposed to simulate the aftermath of a domestic violence or child neglect case.

There are many different props in the mock house, even mock bugs!

PHOTOS BY STEPHANIE ROAT

to the many professional fields in two years.

Morris told us that the goal of the program was to limit trauma for everyone involved, including her own students. Morris told the Eagle View, "We spend the first class period really talking and preparing for what you're gonna see and discuss some very difficult material."

Many people don't realize that not only child protection service employees or social workers are mandated reporters; teachers are as well. They are required to report events of abuse or neglect no matter what.

The program teaches a variety of different courses to community like; First Responce and Mandated Reporter Training, Empower Me, Childfirst Forensic Interview Training, From Crime Scene to Trial, Investigation and Prosecution of Child Abuse, Forensic Interviewer at Trial, Victim Assistance.

The CAST program doesn't only help the child but also the adults in the situation. Stephanie Morris allowed the Eagle View to walk through the mock house



them to list a few positives that we saw. Once the ball got rolling it was easy to see that the staged situation was not as terrible as it seemed at first glance.

The mock house was staged to look dirty; there were holes in the wall. However, there was food, and the children seemed to be provided with necessities. Morris talked about how some houses are just dirty, but that is not a surefire way of knowing that they are bad. Students really have to look for clues. Morris talked about a time when she had a narcotics officer come investigate the mock house and how even an already trained professional came out on the other side learning new things that they had

Center, told the Eagle View, "CAST has provided a multitude of opportunities not just for students in our community, but for our current workforce. Their partnership has allowed us to impact a larger reach to equip individuals with the necessary tools to recognize and respond to child abuse and trauma. Their courses are specifically geared and designed to better prepare developing professionals to give them an advantage once they enter the field. It's an honor to be included alongside CAST and to see the positive impact it has on children and families and the lasting impact it will make on future generations in our community."

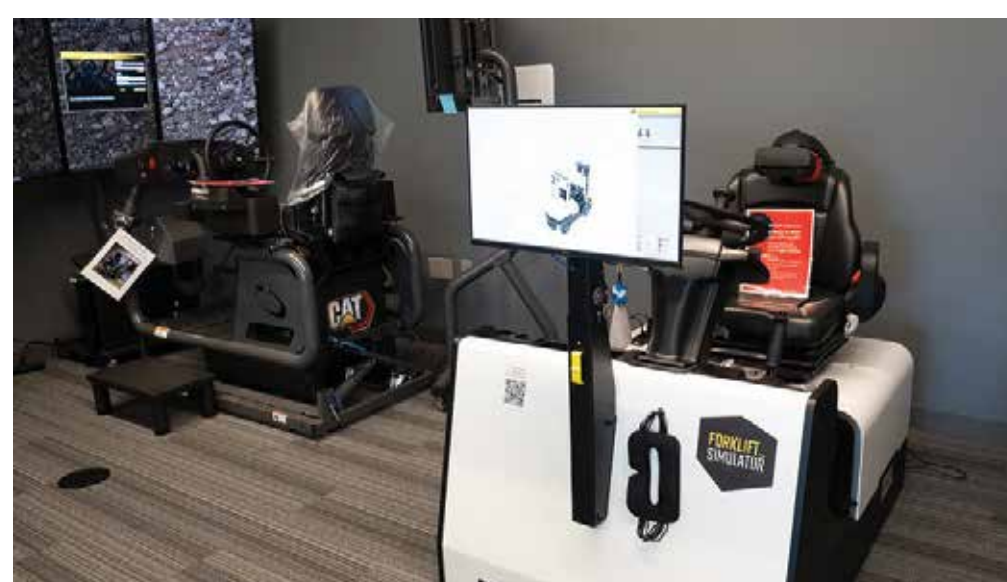


Photo shows Fayetteville Public Library's Forklift simulator

PHOTO BY DEBBIE UPSON



Photo shows Fayetteville Public Library's flight simulator

PHOTO BY DEBBIE UPSON

In an interview with Sam Weller, Bradbury once said, "With the library, it's like catnip, I suppose: you begin to run in circles because there's so much ..." Bradbury never received any formal education above the high school level. With just the education he received on his own in that Great Depression-era

public library, he was able to become such a writer that the Pulitzer Prize Board awarded him a special citation "for his distinguished, prolific and deeply influential career as an unmatched author of science fiction and fantasy." And in the CBC News article titled "Ray Bradbury's Fahrenheit 451 finally an e-book"

the author said just one of his books, "Fahrenheit 451," sold more than 10 million copies and has been translated into 33 languages. The Fayetteville Public Library's vision is to empower the community through free and accessible knowledge, even those with empty pockets like the teenager Bradbury.

# Model UN Teams Return with Multiple Awards

## College Attendees Represent Greece, Cabo Verde

### Braiden Burton Contributor

NWACC attendees at the Midwest Model UN conference in St. Louis have described the event as a success and a powerful learning tool for those looking to enter the political field. Each NWACC student, either representing the nations of Greece or Cabo Verde, walked away from their respective assemblies with awards of honorable distinction.

Model United Nations is a program that simulates UN conferences and assemblies. When asked what MUN is overall, Matthew Evans, co-adviser of NWACC's Model UN team, summarized it this way: "Model UN is an experiential learning resource and co-curricular resource. It helps students role-play different perspectives in the world to think about global process, politics, and governance, as well as visions of the good life beyond their own in ways that help advance course objectives and learning in several political science courses." He said it also functions as a Recognized

Student Organization to allow those who have an interest in this experiential learning to participate. "In short, it's a way to geek out," he said.

Those who choose to join the Model UN program do indeed have the chance to "geek out." Students learn a great deal about global policy, the mechanisms and operating styles of the United Nations, as well as what it takes to be a leader. It is also an opportunity to meet many people from across the globe and broaden one's horizons.

Yullyana Laguna, NWACC's Model UN Club President and captain of one of the Model UN teams, has attended two Midwest Conferences and has consistently displayed distinguishable knowledge and leadership of NWACC's MUN team.

"The conference is set up so students learn about the structure behind the UN, as they improve their: public speaking, leadership, writing, researching, and collaboration skills," Laguna said when asked about the purpose of MUN.

Laguna, who continuously proves to be cool and diplomatic during stressful situations, takes

on an open approach when problem-solving and is quick to utilize teamwork.

"During both MMUNs, as time progressed delegates would get stressed as the pressure of finishing resolutions dawned on us all," she said. "Frankly, this would happen to me, too. Because of that pressure, working with others was getting difficult. To help, I'd take breathers and share snacks with other delegates as I complimented them on their skills as we worked together, because at the end of the day we're all students doing our best. Overall, I tried to lighten up the mood, making me feel more confident in our work and putting everyone in a better mood."

NWACC's MUN team shares a strong bond, as working together and learning from one another is vital to success in out-of-state conferences and assemblies. Through trust and resilience, this team rightfully earned considerable recognition during their time in St. Louis.

"I'm so proud of the evolution all the newcomers had from going in as nervous students to coming out as amazing leaders

with innovative ideas," Laguna said, "To my fellow captains, I could not be more thankful for the solidarity they've all shown and the initiative they demonstrated. Everyone put in their all, and I am honored to be surrounded by such brilliant minds!"

*Editor's note: Braiden Burton was a participant on the NWACC Midwest Model UN teams, but he is also a student in Media Writing.*



COURTESY PHOTO

Yullyana Laguna sits at the Cabo Verde table during Midwest Model UN. Laguna won an outstanding paper honor.

### Winning Ways

**Competition:** Midwest Model United Nations Feb. 21-24

**About the Event:** NWACC students competed against 29 other colleges and universities from around the region in the Midwest Model United Nations in St. Louis, Missouri,

### Awards:

**Val Pinto – Honorable Mention**

(for representing Cabo Verde on the UN Environmental Assembly)

**Yullyana Laguna – Outstanding Paper**

(for position paper representing Cabo Verde on General Assembly Second Committee)

**Hana Elmasheti and Mia Kevlishvili – Outstanding Position Paper**

(for representing Greece on the General Assembly Fourth Committee)

**Braiden Burton, Yullyana Laguna, Josh Kay, Ethan Peterson,**

**Val Pinto – Honorable Mention**

(for the entire country delegation of Cabo Verde)

Source: Matt Evans, NWACC

# Lupita Sanchez: First-generation college student striving to make a better life for herself and her family

### Alicia Acquistapace Contributor

Lupita Sanchez is an Arkansas native born in Rogers, Arkansas; she was raised in Bentonville, Arkansas, her entire life. Lupita attended Bentonville High School and said that she never wished she had gone anywhere else for high school, "they had an excellent athletic program and good teachers," which made school social life enjoyable. The school had many programs that made it easy for students to get involved. When asked if she wants to continue living in Bentonville, she said, "I would like to stay in the Bentonville area for at least two years after I graduate college to secure a job and get on my feet. After I secure a job, I would like to live somewhere else for the rest of my twenties and early thirties, but later, I would like to move back to NWA to raise my kids".

Lupita spent her first two years of schooling at Northwest Arkansas Community College to start her education at a cheaper rate. She is now a junior at the University of Arkansas, majoring in business marketing. Lupita says, "I never knew exactly

what I wanted to focus on, but I always knew that business was something that would have continuous job opportunities." In high school, Lupita was a member of DECA, which she described as a "business club," and she said that DECA had a "large influence" on her choice of major. A long-time friend of Lupita, Lauren Easley, stated that she thinks Lupita's choice of major "fits her well...she enjoys those classes, which is great."

Lupita's dream job involves "social media or a digital job." She states she "would like to work as a company's social media marketing manager or anything dealing with advertisements."

Lupita is passionate about makeup and fashion and wants to work in those markets. She stated that in one of her classes, they are learning about consumer behavior, which heavily interests her because she has "always been interested in human psychology, and I like how it incorporates marketing to influence consumers' purchase decisions."

Outside of school, she likes to hang out with "friends, family, and pets," which has rung faithful to her for her entire life thus far. More recently, Lupita has

gotten into working out, "which I consider a new hobby," and going on hikes and traveling have started to become new hobbies of hers as well. As she grows, she feels more independent and notices changes in what she likes to do in her free time. Lupita would describe herself as "extroverted but introverted at times, always on the go and a people pleaser." Others may describe her as "outgoing, always smiling, distracted, funny, and crazy."

When asked about her home life, she said her parents significantly influence her life, and they are the "biggest factor of my motivation." Being a first-generation college student has always put pressure on her academically and overall to better her life "to be able to provide for my parents one day like they always have done for me...they have sacrificed a lot to be where we are now, and I feel like I owe it to them."

When thinking about the future she wants for herself and the goals Lupita has, she states that a goal she is working hard at is staying consistent with herself, "not letting anything impact the goals I have or ever put my life on

pause for others." Lupita believes she is good at talking to people and being very social; she feels like she can "have a conversation with anyone about just anything. Her friend Lauren stated that Lupita can converse with anyone, "she knows how to have fun and engaging conversations with people but also professional conversations when needed." When asked if she wishes she was better at something she said "I wish I were better at being creative and artistic. I've never been able to draw or paint anything cool."

If Lupita was in a room with her 12-year-old self and she got to talk to her, she would tell her that "so much is going to change in life, good and bad, and I know every inconvenience seems like the end of the world, but you always end up exactly where you need to be. Never try to rush anything; everything has its time". Lupita feels that she still has to remind herself of this when she experiences hard times. However, she moves forward and is continuously motivated by her family to strive for a better life.



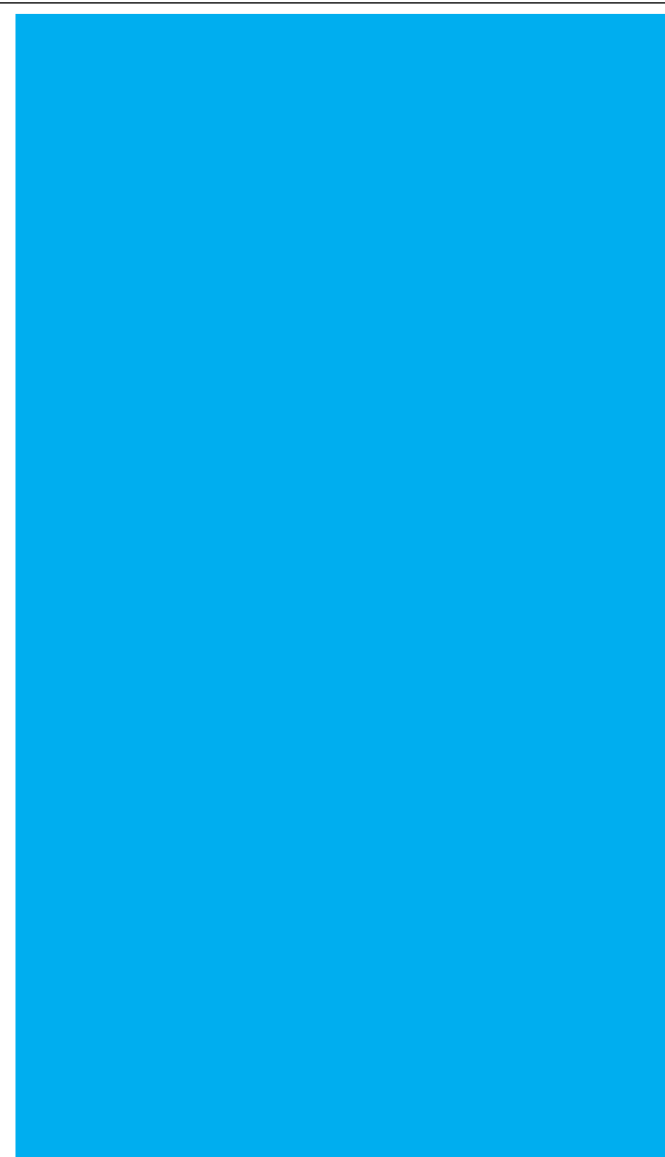
Photo of Lupita Sanchez

## SHAKESPEARE IN TRANSLATION



(left) Dean Fox helps to narrate the SACF event, Shakespeare in Translation: The Band in Portuguese, French and Spanish. The event centered around William Shakespeare's work to break down barriers of misconceived ideas about his performances. While also incorporating language studies within the different scenes.

(bottom) Professor Stephanie Freeman, event coordinator and director Greg Fields recite a piece from William Shakespeare's comedy "Love's Labor's Lost."



# NWACC teacher discusses life of Arkansas' 'Hidden Figure'

**Hayden Bowen**  
Contributor

Ellen Turner, an adjunct science faculty member and collaborator on researching the life of Dorothy McFadden Hoover, spoke on March 5 about the history and accomplishments of Hoover. Hoover was a trailblazer for African American women, being one of the "hidden figures," a term made popular from the book of the same name written by Margot Lee Shetterly about the African American women that helped NACA (later NASA) reach the moon. Turner, a former resident of Hope, the same town where Hoover grew up, discussed her personal connections to Hoover as well as the obstacles Hoover had to overcome.

Turner first established the history and systems that made it hard for Hoover to be successful as a mathematician. The first obstacle that Hoover faced was the limited technology in Hope, as well as the limited technological advancement in the world when Hoover was growing up. Turner explained that "telephones were

only in a third of the American households in 1918." Turner explained that a device that we hold to be so important now, was an absolute luxury during Hoover's time. Another obstacle Hoover faced was discrimination prevalent across the nation at that time.

Turner then explained how education was such a large part of Hoover's life, with that being a core value of her family to this day. Turner proclaimed most of Hoover's success was because of a man named Henry Clay Yerger, an educator with whom Turner has personal connections. Turner noted, "Professor Henry Clay Yerger was actually born in slavery in my great, great grandfather's household." Turner further explained the importance of Yerger to Hoover's story by saying that Yerger created one of the first successful African American high school in Arkansas. Hoover graduated from Yerger's school at age 15 and attended Arkansas AM&N (now the University of Arkansas at Pine Bluff) where she graduated four years later with a degree in math. Afterwards, Hoover



PHOTO COURTESY OF

**Dorothy McFadden Hoover** born in Hope, Arkansas on July 1, 1918. went to Atlanta University where she earned a master's degree in mathematics and wrote her thesis called "Some Projectile Transformations and Their Applications," putting Hoover on the path of aeronautics.

In 1943, two years after graduating, Hoover was hired as one of the first six African American women described as human computers for NACA. Hoover's job was to write equations but was immediately promoted to assistant supervisor. Hoover then moved to the Ames laboratory where she would become the first

woman to co-author a paper with aeronautical scientists. Turner described the team's work this way: "What these people were doing and were responsible for developing is what we call the thin swept-back wing that we see in every plane." Hoover's job was revolutionizing aerospace science as we know it, and developing the designs that we use to this day. Turner also noted not only Hoover's importance to Arkansas, but also for NWACC and the Spring Arts and Culture Festival. "The theme of Arts and Culture Festival this year is

translation, and that's what they were doing," she said. "They were developing new mathematical formulas which translated all that you needed to know about flight."

After her work in NACA, Hoover moved back to Arkansas in 1952 and became the first woman of any race to get a Master of Physics at the University of Arkansas. After getting her master's, Hoover pursued education at another university in Michigan, but didn't finish and instead moved to Washington, D.C., where she was hired as a senior mathematician for what we know now as the National Weather Service. Hoover worked there to develop the mathematical models that help drive modern meteorology. Hoover worked for the remainder of her career as a mathematician at Goddard Space Flight Center.

Turner discussed how much she learned about Dorothy through the relationships she has built with Hoover's family through this investigation. Hoover apparently could not talk with her family about much of

her work because it was deemed "top secret" at the time. It was because of this secrecy then that Turner wants to make sure that Hoover's story is told now. To that end, Turner contributed to an entry published last year on the Encyclopedia of Arkansas. Hoover also was named in 2023 to Arkansas Women's Hall of Fame.

Peter Miller, a student who observed Turner's presentation, stated, "It was interesting how many things Dorothy had done in her life, how interested she was in learning especially and that she really had a big impact on history that I did not know about at all." Turner continues to investigate Hoover's life and said she wishes that her speech at the festival helps spread awareness to such an important figure in Arkansas history.

## NWACC Chambers Singers: A Musical Journey through the Five Hebrew Love Songs

**Vivian Mejia**  
Reporter

NWACC Chambers Singers performed "Five Hebrew Love Songs" on Thursday, March 7 for Spring Arts and Culture Festival. "Five Hebrew Love Songs" by composer Eric Whitacre from texts by Hila Plitmann, a work for soprano, alto, tenor and bass with piano and violin accompaniment.

In the spring of 1996, violinist Friedemann Eichhorn invited Eric Whitacre and his then girlfriend Hila Plitmann (soprano) to give a concert with him in his hometown Speyer,

Germany. Friedemann asked Eric Whitacre to write a series of songs for piano, violin and soprano. Whitacre asked Hila Plitmann who was born and raised in Jerusalem to write him a few "postcards" in her native language, and a few days later she gave him these delicate Hebrew poems.

The performance directed by Freeda Goodman and accompanied by pianist Traci Hall also featured a narrator, a violinist and a tambourine player. The songs were in Hebrew but narrated and translated by NWACC Professor Douglas Krueger.



PHOTO BY VIVIAN MEJIA

The Chamber Singers perform the Five Hebrew Love Songs, an event apart of NWACC's Spring Arts and Culture Festival.

This event let the audience hear the Hebrew language in a musical way. It lasted approximately 30 minutes, the 20 members of the NWACC Chamber Singers Choir under the direction of Professor Freeda Goodman, performed these songs. With this performance the choir sought to capture special and memorable moments as they performed these romantic songs.

These love songs are Temuná (a picture), Kalá Kallá (meaning "light bride"), Laróv (mostly),

Éyze Shéleg! (what snow!) and Rakút (tenderness). Kalá Kallá was a play on words that Friedemann came up with while Hilda was teaching him Hebrew. The bells at the beginning of Éyze Shéleg! are exact tones from what they woke up to every morning in Germany that rang in a nearby cathedral. Each of the songs captures a moment that Hila and Friedemann shared together.

Professor Goodman has been teaching at NWACC since 2012

as a voice teacher, music appreciation teacher and now director of NWACC Chamber Singers. She told about her experience and the preparation put in for this performance.

"It was very difficult to prepare since no one speaks Hebrew, we had to learn the syllables, word by word, very slowly, but this choir is amazing," said Goodman.

She explained that they based it on a YouTube video of the woman who wrote these Hebrew

poems and she speaks each poem the way it should be pronounced.

The SACF coordinators encouraged Professor Goodman to help with this project because it's a way to show a culture in a musical way that many don't know about.

Goodman said that It was a great experience doing these songs, with the type of music that they had never done before, but it was a great experience and the choir had a wonderful audience.

## Bed build a highlight of SACF

### Project gives back to families in need

**Morgan Nunley**  
Managing Editor --  
Sports and News

On Friday, March 8, during the Northwest Arkansas Community College's celebration of the Spring Arts and Culture Festival, the institution partnered with a local organization, Sleep in Heavenly Peace, with the goal being to build 50 beds for families and children in need of one.

The event took place from 2

p.m. to 5 p.m. During the build, there were 171 volunteers to support the event and assist in the cause. Most of the volunteers consisted of NWACC leadership, staff, faculty, and students, including the namesake for the integrated design lab building that it took place in, Evelyn Jorgenson, former president of NWACC. The other majority portion of people assisting in the project was that of the Sleep in

Heavenly Peace volunteers and workers.

Jorgenson stated that this was the first time that she had come out to the event and helped build the beds for those in need. She credited Director of Construction Ray Taylor for his efforts and work to get this event off the ground and stressed the importance of this event to the local community, while also pointing out how helpful it is for the

volunteers. "It is good for everyone who participates because it's a way for them to give back and help out a family in need."

The team and volunteers contributed one of the most successful bed builds in the history of this program at NWACC. This was the sixth consecutive semester that NWACC has partnered with Sleep in Heavenly Peace for this event, with this one being arguably their best. The goal was to build 50 beds, according to Taylor. The team exceeded that with the time and materials on hand, completing 54 beds.

Taylor pointed out how the successful venture brings the total over the six semesters at NWACC to 223 total beds built for the children and families in need of Northwest Arkansas. One of the program leaders and directors at Sleep in Heavenly Peace, Justin McMurtrey, explained that "most" of the beds would be delivered the following day on March 9.

McMurtrey stated that Benton and Washington counties were the two primary counties that receive beds from Sleep in Heavenly Peace with the deliveries ranging from Gravette to Farmington. McMurtrey also emphasized the importance of volunteers for the project. "We are always in need of volunteers to help us deliver beds. If anybody wants to, we are



PHOTO COURTESY OF

always delivering on the second Saturday of every month." The program needs around 30-60 volunteers to help deliver beds once a month.

The best way to contact Sleep

in Heavenly Peace is through the website, [shpbeds.org](http://shpbeds.org), where you can learn information about the volunteer work, request a build, apply for a bed, and even donate to the cause if you so choose.

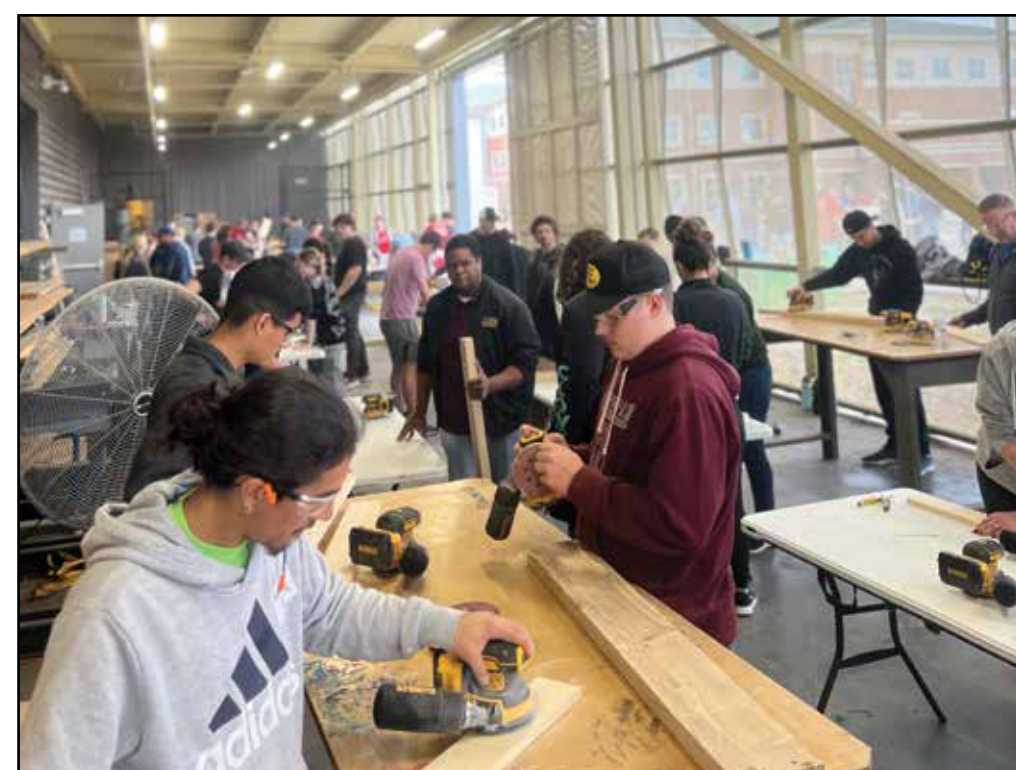


PHOTO COURTESY OF

# Tapia Reviving a Forgotten Culture for a New Generation

**Sarah Sloan**  
Contributor

**Ixchel Perez**  
Reporter

With a smile as bright as her passion for sharing her culture, Maria Tapia shared the beauty and history of the Cultura Chupicuaro collection at NorthWest Arkansas Community College and around the world. At NWACC, not only is Maria the life success coach for the LIFE program, but she is also the co-advisor for the Latin Culture Club.

She spoke on “Forgotten Culture: The New Generation” on March 4 as part of the Spring Arts & Culture Festival at the college.

Born in Acámbaro of Guanajuato, Mexico, Maria Tapia shares the hometown of Chupicuaro in common with a collection of pottery known as Cultura Chupicuaro. Chupicuaro is known as the “place of blue skies” and has a bit of history. In 1580, Franciscans from Spain came to the town, converted its residents to Catholicism and established St. Peter as the patron saint for the community. From the years 1939 through 1949, the Solis Dam was built and Chupicuaro was relocated; the official name was changed to Nuevo Chupicuaro.

The pottery pieces in Cultura Chupicuaro are distinguishable from other pieces of pottery

through its red and beige colors, the geometric designs, and the painting technique known as reserved space. Other notable things include the depiction of females, and the process by which the pottery itself is made, by rolling clay and pressing the pieces together before smoothing them out fully.

Tapia explained a reason for these depictions of women stating that “Most of the figurines are representing women; a lot of them have the broad hips area and show the breast which represents fertility and motherhood.” One of the most well-known pieces from this culture, La Diosa de la Fertilidad: The goddess of Fertility, is homed in the Louvre in France.

Not only is this one of the most well-known pieces, but it is also one of the most important. When interviewing Maria after her presentation she was asked which piece she thought was the most important. Her response was this, “The goddess of Fertility, I feel like that one shows a little bit of everything that the culture has, most of the figurines and the pieces that show human are female, so the culture was very focused on the female side, the maternal side.”

When asked about her favorite piece, she exclaimed that it was one of the small ones with just the head, which was shown in her presentation. She states that her reasoning for this is “it details

all the little things. The jewelry I mean the necklace... it’s very detailed... I like the detail in the eyes and then the headpiece or crown, what we assume it was holding.” She ended her presentation by sharing a quote by Octavio Paz, “Every view of the world that becomes extinct, every culture that disappears, diminishes a possibility of life.”

Some of the pieces from this culture reside on the second floor of Burns Hall and are open for the public to admire. This display came about as a gift from a professor in social and behavioral sciences in the 1990s. Bob Burns, the college’s first president, donated the glass display case that holds some pieces of the forgotten culture. More than a decade ago, Tapia was new on the NWACC campus and immediately recognized the distinctive aspects of the culture from her home community. She now wants this culture to continue living and to have people learn about it as well as forgotten cultures around the world.

Lenora Clouse, interim dean of Social and Behavioral Sciences, said the collection is important for NWACC to have and share with the community. “It would be so great to have this as a teaching curriculum and have students participate in and research on these.”



PHOTOS BY SAMANTHA MCCLAIN

Maria Tapia, LIFE Program success coach, talks to Yullyana Laguna, Global Studies major, and Maximus Gibbon, Culinary Arts and food science, about the different artifacts displayed on the table.



Different artifacts that were displayed on the table that Tapia talked about in her presentation.

## Cultures, Foods Mix in Award-Winning Mural Brightwater unveils concurrent student’s creation

**Chelsea Castillo**  
News Editor

Spring Arts & Culture Week at NWACC was hosted from March 4 through the 8 and had many events throughout the week. Events include a lecture over Dorothy McFadden Hoover: Arkansas’s Hidden Figure, Antisemitism in Modern Conspiracy theories, Shakespeare in Translation, etc. Brightwater: A Center for the Study of Food, the culinary school, hosted an event unveiling the center’s new mural. The mural was painted by a student winner selected over many other NWACC students’ submissions in the fall semester.

The winner is NWACC concurrent student Emma Gastineau. She is 16 years old, attends Arkansas Arts Academy, and is in her junior year. Gastineau’s mural had a special connection to her day-to-day life by adding special meaning that connects her family and herself to the artwork.

“A big inspiration of it was my family and my mixed cultural background.”

-Emma Gastineau

Gastineau stated that she added a mix of the cultures of her mom, who is Chicana, and her dad, who is Polish, which brought in the idea for her to add chicharrónes, conchas, and foreign American-based food to display in the art. Her mural had a variety of mixed foods that also connected with her childhood, such as looking at the sunset in the sky and comparing clouds to cotton candy, which was showcased as an actual pink cotton candy cloud in her mural. Her little brothers had a connection to the mural by adding foods like honey, tomatoes, and baked potatoes, which are her little brother’s favorite foods. The mural displays an incredible variety of foods in a forestry setting that balances many aspects of Gastineau’s connection with food.

NWACC’s students in the fall semester submitted art pieces to be chosen by the Art department and Brightwater department to be installed at Brightwaters location.

The winner and a display of their artwork are also awarded \$500. Mary Tidy-Coyle, one of the prominent people in the selection of the mural for Brightwater, said, “We thought Emma’s mural told a really great food narrative and food landscape, colorful, detailed, and her artist statement



PHOTO BY STEPHANIE ROAT

Emma Gastineau stands in front of the new mural at the campus of Brightwater: A Center for the Study of Food. She won a competition sponsored by Brightwater and NWACC’s art department. She was announced as the winner in December 2023 and finished her mural in time for a special unveiling as part of the Spring Arts and Culture Festival. She is a concurrent enrollment student.

was incredibly thoughtful.”

Brightwater and the Art department hope to continue this mural competition annually but are still waiting for word on whether that will happen.

Tidy-Coyle said, “We mentioned it in the beginning when we started talking about it, but it depends if we have the wall space. Maybe every once in a while.”

## AUTHOR TALK: ANDREA ROGERS



PHOTO BY SAMANTHA MCCLAIN

Cherokee writer Andrea L. Rogers speaks with Kyle Kellams, News Director for KUAF, at the Fayetteville Public Library about her book *Man Made Monsters*. Her horror book was published in 2022 and is a collection blending Cherokee stories and contemporary horror.

# LatinX takes the stage at SACF

By **Jair Juarez**  
Reporter

LatinX delivers an amazing headline in this year's Spring Arts and Culture Festival! The Latinx Theatre Project (LXTP) performed their newest play Raices/Roots. To give a good summary of this year's play, the actors came upon a story that represents the Greek gods of Latin culture; those Greek gods each represented the seasons of the year. Jan.-Feb. being regarded as winter taking its form from the previous seasons of autumn, Sep.-Dec. March-May is spring which means it is the most joyful season there is having to uplift from its previous seasons. Last but not least, it is the Summer season, June-Aug. known to be the "party" season.

The Latinx Theatre Project advocates for social change by creating ensemble-made, multi-disciplinary performances that uplift and unite under-represented communities throughout Northwest Arkansas. Now in its seventh year, the company began as a group of young folks gathering after school to share writings and perform rhymes to create space that made them feel heard and seen. Today, LXTP is committed to providing a safe space that allows artists at every stage of their creative journey and who are part of the BIPOC, LGBTQ+ and/or disabilities.

This story had great performers. These are the list of actors who participated in this year's act: Yesenia De Loera who returns for her fifth season with the LXTP. Next, we got Michael Del Rio, who is the LXTP company coordinator. Damian Dena, one of the founding members of LXTP and NWACC instructor as well as a UofA MFA graduate. Martin Garay is another founding member who is also a creative development manager for LXTP. Dany Martinez is a mixture of things; writer, playwright and poet from Guanajuato, Mexico.

Gabriela Torres, actor who has an artistic journey and is



Gabriela Torres acts in Latinx Theatre Project's presentation at NWACC's SACF.

Photo Stephanie Roat

characterized by the exploration of creative boundaries has the ability to traverse the words of theater, film and writing. Sativa Vela is a creative writer and one of the founders who has been there since 2017. Finally, we have Patricia Rodriguez who is a Chicana performer from Chicago, she has completed her Master of Social Work at the UofA. These eight actors are immense with their work and are very intrigued within their work. They are also

very passionate about what they do for their communities and helping others give opportunities to others.

With this performance there was an audience who gave feedback and commented on their favorite parts and what they thought about it overall. Two members from the audience, SG Huerta and Brody Craig both said that they like the representation of Latin communities and basically the whole play was their favorite.

SG Huerta who is Xicanx writer from Dallas and poetry editor of Adobe Press and author of the chapbooks "The Things We Bring With Us," and "Last Stop." Brody Craig is an English professor at NWACC.

*Jair Juarez is a student in News Reporting in Spring 2024. He plans to transfer to a four-year university after his time at NWACC.*



Martin Garay (left) and Damian Dena (right) act in Latinx Theater Project's presentation.

Photo by Stephanie Roat

# Managing time, fighting procrastination

By **Ixchel Perez**  
Reporter

"I can do it later." Then I don't. I've either forgotten, did not schedule it in, or simply procrastinated long enough to waste time. Hours pass, then days and next thing I know it's been months of not prioritizing plans. This unproductive cycle creates more stress and anxiety than the actual commitment you said you were going to do. I understand we all live busy and unpredictable lives, and we all wish we had more time.

I feel most of the time we spend is assuming we don't have enough of it, we forget it is our life we are living and can be altered by only our choices. Managing your time is a reflection of self respect, respecting that your wants and your needs are valuable and deserve to be scheduled into your life. When viewing your time as a reflection of yourself, you begin treating it very differently.

First, is determining what is needed to be accomplished in the near future, which can be as simple as a daily routine. Calculating the realistic time your needs require should lead your schedule. How much time do I need to complete my morning routine? How much time does it require to reach my destination? How much time will completing my mental and physical tasks take? How much sleep do I need to stay energized all day?

These questions usually are what help steer my schedules accordingly throughout the day. Then, your want's soon fit into your schedule more



Photo taken from Unsplash

appropriately. Would I have time to visit a shop or restaurant? How much time do I have to enjoy an indoor or outdoor activity? Can I spend my time not doing anything at all?

Now that you've figured out what needs to be done to feel accomplished through the day, you have to eliminate any distractions and time-wasting habits. It's going to look different for everybody, personally, I like to waste time bed rotting and on my phone. It would seem harmless for a few minutes but can easily sink me into a time-wasting pit. I know that just having my phone nearby will sway me to want to check it for unnecessary reasons,

so I will place it far from me while I complete my tasks.

Being unproductive at times feels great, I know, who wouldn't want to relax and avoid work. I've learned that I am my biggest setback as much as I am my biggest support, I make the choices that lead me to the consequences. Afterwards, reward yourself for accomplishing your commitments, because like I said, you're respecting your goals and deserve to be rewarded.

It's important to respect that your body needs rest as well. No matter the task, all of our bodies will react differently and we must properly care for it. Learn of the ways that you know help

ease your stress, practice healing methods and mind clearing activities so that you are able to function at your best. Know your body's limits and respect when you're pushing way past them.

Doesn't it feel great to have time? Consider how blessed you are to have time and choices, make genuine use of that advantage and it will feel as if you do have all the time in the world. When you manage your time towards your personal wants and needs, your schedules will gradually become more natural and easy.

*Ixchel Perez is a reporter for the NWACC Eagle View.*

# Breaking old, bad habits

By **Mayleen Monterroso**  
Opinion Editor

There are moments in life where people, or students, develop negative habits to help maintain their focus in school but in reality that causes more problems for them and their health. It can be difficult to break negative habits, particularly when it comes to education.

There are some practical methods to help you in breaking those unpleasant habits that might have been set, many don't know how to break these patterns. When it comes to stress and feeling overwhelmed it starts to create habits that can affect your health and mindset resulting in never getting things done in school or difficulty staying focused.

There's one student who's been dealing with stress, how she can overcome it and is still working on moving forward. Melissa Lemus, an NWACC student who is going into nursing has her own answer to fix bad habits. She explained what her negative habits were "every time I had homework that was the only thing that was in my mind I didn't want to eat or anything because I was thinking too much on my homework"

"I also sometimes did it last minute and it would stress me out, I'm slow at doing homework too or I overthink it" Lemus said, "it would take me forever to get my homework finished."

She gives everyone a good example of what is bad to have as a habit, not just for her but to every student who can relate to

her. Another thing she explained is what she did to set a goal for herself to help her to calm the mind and body. When it comes to certain situations, she talked about how she set a goal for herself to not go out until she finished her work.

Lemus knows if she does go out when she has unfinished homework she would overwhelm herself while being out.

In her words she said "I would overwhelm myself the whole time knowing I could be doing homework instead of being out"

Another goal was that she would plan days where or when she wants her work to be done and finished. Lemus explains that if she has an assignment due on Friday she would plan to have everything done so she won't worry on Sunday.

There are some strategies she would like to give any student who is dealing with the same situations, trying to reduce stress and not to overthink things. One good point is to take control over the mind and to learn to have a day off from school, homework. This can help to relax the mind; it can keep the mind or body healthy.

Lemus has given some great examples and goals to help anyone who is dealing with the same situations, everyone has their own way of dealing with stressful habits. Anyone who is struggling can overcome anything just by putting themselves first before anything.

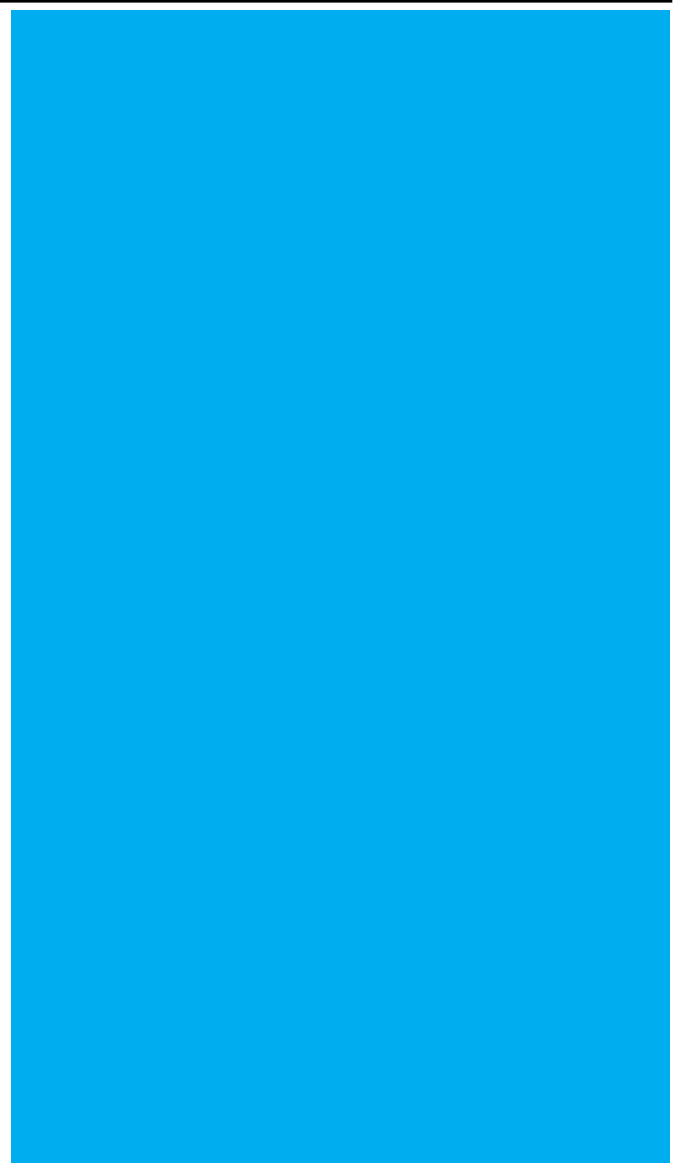
*Mayleen Monterroso is the Opinion Editor for the NWACC Eagle View.*

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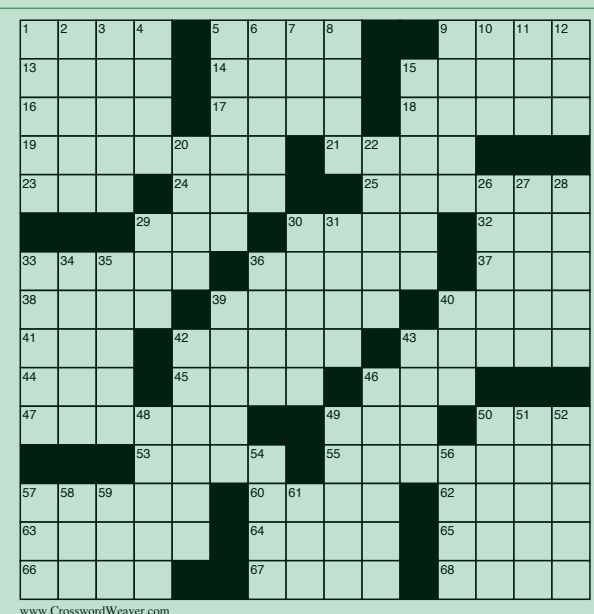
## OPEN STAFF POSITIONS

**Contact Eagle View at [nwacceagleview@nwacc.edu](mailto:nwacceagleview@nwacc.edu) or come by the newsroom in Burns Hall 1021.**

Looking for reporters, copy editors, photographers, videographers, podcasters and designers. Journalism major not required.



# Crossword Puzzle



- instrument
- 4 Lazily
- 5 Tarty
- 6 Eastern religion
- 7 Boxer Muhammad
- 8 Fable
- 9 Jeweled headdress
- 10 And so forth
- 11 Downwind
- 12 Acid
- 15 Sandwich leftovers
- 20 Hairstyle
- 22 Ocular
- 26 Household cleaner brand
- 27 River
- 28 Succulent
- 29 Cooking measurement
- 30 Misrepresent
- 31 Seaweed substance
- 33 Shelve
- 34 Finned mammal
- 35 Cheek cosmetics
- 36 Helps
- 39 Get worse
- 40 In what way
- 42 America, for example
- 43 Noggin
- 46 S. California city
- 48 Disguise
- 49 Chest
- 50 Church steeple
- 51 Dark part of eye
- 52 Forte
- 54 Popular stadium
- 56 Object
- 57 Former USSR's secret police
- 58 Wing
- 59 Type of Buddhism
- 61 Large computer co.

- ACROSS**
- 1 Central points
  - 5 Pillow covering
  - 9 Signal
  - 13 Type of tea
  - 14 Fatty
  - 15 Quotes
  - 16 Tiny body part
  - 17 Troop
  - 18 Had a speed contest
  - 19 Rope for hoisting sails
  - 21 Part of a day
  - 23 Spanish "one"
  - 24 Respiratory disease
  - 25 Sacred poems
  - 29 Sample
  - 30 Sheet of matted cotton
  - 32 Yes
  - 33 Upper body
  - 36 Cuirass
  - 37 Eat
  - 38 A spinning toy (2 wds.)
  - 39 Spring flower
  - 40 Hospital (abbr.)
  - 41 Energy unit
- DOWN**
- 42 Lowest point
  - 43 Having holes
  - 44 Limb
  - 45 Niche
  - 46 Not many
  - 47 Builds
  - 49 Lingerie
  - 50 Hotel
  - 53 Fish stories
  - 55 Sophocles' doomed protagonist
  - 57 Wind instrument
  - 60 Boo
  - 62 Falls over
  - 63 Gather
  - 64 Black
  - 65 Canal
  - 66 Money depository
  - 67 Ammunition
  - 68 Thaw

## Solution for Aug./ Sept.'s Crossword Puzzle

**Solution:**

D	R	U	M		W	H	O	A		S	W	I	G							
E	U	R	O		P	E	A	R	L		C	A	N	E						
A	S	S	N		S	A	L	E	M		R	I	C	A						
R	E	A	S		S	E	R	T		A	V	A	T	A	R					
					O	P	U	S		S	N	O	W							
U	N	L	O	A	D		S	H	A	W	N	E	E							
N	O	U	N			O	P	T	I	C		Y	U	L	E					
I	N	C												L	A	G				
T	O	R	T			S	P	I	E	S				V	E	T	O			
						S	E	I	S	M	I	C		C	H	O	R	E	S	
						S	H	U	T					T	O	O	L			
M	E	S	S	E	D					D	E	F	E	C	A	T	E			
A	C	L	U							G	R	I	E	F			A	V	E	R
T	H	E	E							E	A	R	N	S			N	I	N	A
S	O	D	S							D	Y	E	S				O	D	D	S

# Sudoku

Livewire Puzzles www.puzzles.ca

Difficulty: Medium

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

Difficulty: Hard

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

## Solution for hard Sudoku Puzzle

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

## Solution for medium Sudoku Puzzle

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

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# What Would the Eagles Say?

## What are your plans for spring break?



"I want to go to Branson. ... I want to go to Silver Dollar City so bad; I haven't been since I was little."

**Andrea Hernandez**  
Major undecided, eventually sonography

"Working. We will still be open weekdays 9-4 and Fridays 9-noon. Since the campus is still open, we'll still be open."



**Hannah Stellpflug**  
Bentonville  
Bookstore manager



"Working."

**Rachel Baack**  
Fayetteville  
Access services librarian

"I'm not going anywhere, but I'm dog-sitting for someone."



**Josie Huddleston**  
Bentonville  
Undecided major

Information and photos for Eaglets were gathered by Media Writing students Alicia Acquistapace, Jasmine Banks, Hayden Bowen, Braiden Burton, Ixchel Perez, Yun Sanders, and Sarah Sloan.

# Spring Break Activities Abound

## Museums, Parks, Trails for Biking Among Opportunities

Alicia Acquistapace Contributor

Northwest Arkansas has ranked among the 10 best places to live in the United States for eight years. Not only do the Ozarks make a great place to live, but they also make a great spring break destination or staycation for current residents. As the warm spring air comes in to wipe out the chilly winters Arkansas experiences, you can access many of the public parks, such as Osage Park in Bentonville, Wilson Park in Fayetteville, Hobbs State Park, or Devil's Den State Park, where you can go on a hike or have a picnic, free of charge. The Botanical Gardens of the Ozarks, Buffalo National River, and Beaver Lake are also located in the region and are a fun way to experience nature and enjoy the weather.

Northwest Arkansas offers many different community events during spring break varying in price. Crystal Bridges Museum of American Art provides an artmaking class for free, and you can explore the rest of the Crystal Bridges Museum while you are there. Crystal Bridges is bringing a new element to its visitors that opens over spring break -- the Exquisite Creatures exhibit, creating an immersive environment that fosters a desire to protect and preserve the natural world. For museum members, it is free, and for adults wanting to visit, it costs \$12 per person.

The Jones Center in Springdale offers many different activities, such as ice skating, for all ages Monday through Friday during spring break at a

lower cost. The Arkansas Air and Military Museum will offer special hours during spring break, with the visit costing \$11 for adults and \$6 for kids. The Scott Family Amazeum provides fun playtime for children and adults and is conveniently located next to the trails of the Crystal Bridges Museum. The Walmart Museum, which tells the story of Sam Walton and the Walmart legacy, is undergoing renovation. However, in-person visits are available to the museum's temporary home: The Walmart Museum Heritage Lab at 204 S. Main St. in Bentonville.

Spring break deals are appealing, but without them, there are many things you can do to occupy your time while in Northwest Arkansas. Each city in the Ozarks has a town square with an array of restaurants and shops you can explore. Alivia Wibert, a resident from Gravette, said that she loves to visit the Bentonville Square because "there are so many places to walk, like Compton Gardens ... if I am not eating at a restaurant or shopping at a store, I still have a great time enjoying the heart of the city." Bentonville, Arkansas, has also been named the mountain biking capital of the world, with more than 250 trails for bikers to ride on; it always gives visitors and residents a fun way to see the nature that the Ozarks provide and an excellent way to get their exercise in. Francisco Noboa, a resident of Lowell, stated that he is very new to mountain biking. Still, he enjoys that "anywhere I go in NWA, there is always a trail to ride on."

Whether planning a spring break trip or a staycation, consider what Northwest Arkansas offers its visitors. It can provide you and your family with fun and educational activities at low costs.