
The Penguin

October 2009

New England Conservatory

Issue XVI

A Lesson Learned from Senator Ted Kennedy

by Samuel Chabrow

Senator Edward Moore Kennedy passed away this summer after nearly half a century representing Massachusetts. When entering office as a young man of thirty, he in many ways inherited his seat from his brother, accepting his ascension in the family dynasty. Yet his term in the Senate cannot be left with just saying he was the Kennedy family member of the week to sit in congress. His family may have gotten him to the Senate, but through the soul and dedication he brought to his work, he has secured his place in history, and in the hearts of many throughout this country.

Through his work in the Senate, Kennedy became a champion for those who were voiceless. He sought to protect minorities through the Civil Rights Act, promote health care reform with the ultimate goal of universal coverage, and opposed our current war in Iraq. He fought to find common ground with congressmen from all over the political gamut to pass laws that would further his agenda. He might not always have succeeded in his efforts, but he never gave up his cause.

And this attribute, his dedication and refusal to give up what he believed in, not his family background, is what makes him an exemplar. Whether you agree with him politically or

not, or if you refuse to forgive his failures such as Chappaquiddick, we can look at his determination

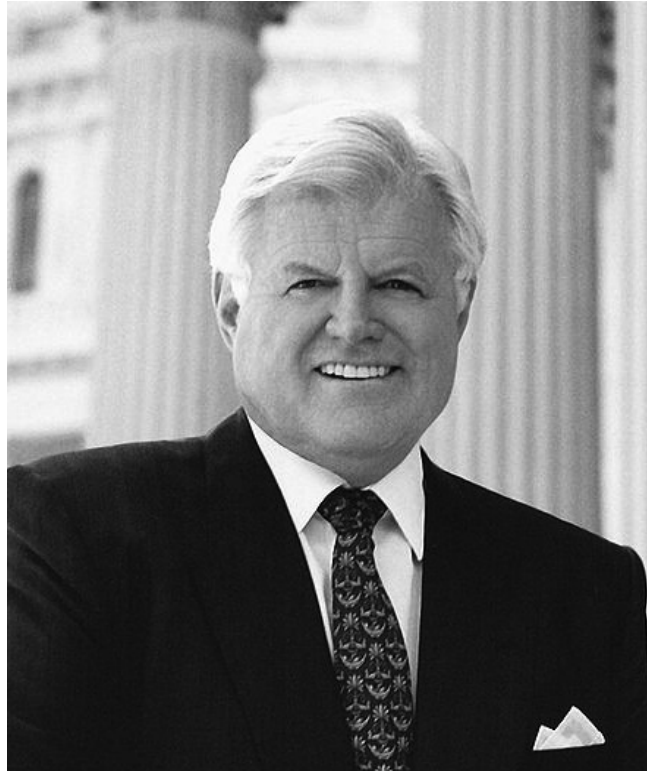


photo courtesy of Wikipedia

as an inspiration in our lives and careers. What made him a great man was that as a force for change in our time, he was an unstoppable glacier, steadily moving and recreating the landscape around him.

As young musicians we are in many ways like Ted Kennedy was when he entered the Senate. Although talented in our own right, we could not have gotten to where we are without the support, emotional or financial, and encouragement of family, friends, and teachers. Yet if we wish to succeed as students and professionals, we too need to bring soul and dedication, a refusal to give up even in the most adverse of situations, to our musical pursuits. This, above pedigree, will mark us as the great musicians of our time, just as it has marked Ted Kennedy as one of the great politicians in his time.

Ted Kennedy kept working on what he believed in, even when his political career could or even should have ended. If we remember anything about him, let it be this and let us try to walk in this manner. When faced with threats to your careers as we all inevitably will, carry in your hearts his words: "The work goes on, the cause endures, the hope still lives, and the dream shall never die."---



Samuel Chabrow is a sophomore composition major. Send your comments and questions about this article to samuel.chabrow@necmusic.edu.

Money: The Game of Hide and Seek, but Where do You Start?

by Julia Partyka

Money- this word continuously infiltrates itself into our vocabulary. And now that college is on the plate, there is no way you can miss that green bundle of [insert preferred description here]. No matter who you are or where you're from, college is a big deal. So how do YOU feel about money?

First off, you must pay the actual tuition or else your behind is no longer allowed to enter through those glorious scaffoldings. Then, there's everything else. Books, food, materials, food, music, food, etc.

Now, we all knew that there were going to be expenses for college, but did you expect it to be up to this degree? "No, and I am a bad spender," says Erika Littlejohn, a freshmen Classical Voice major.

Unfortunately, we are not the only ones who feel this way. "OMG! Seriously, textbooks are like \$40-\$120. Add that all up, plus the cost of food. That's expensive!" Says Wafiyah Ali, a Bio - Chemistry major at Hunter Collge.

Adiza Jibril had a slightly different response: "Yes and no. I knew it would be expensive, but it's just the fact of confronting this face to face on a day to day basis. That is what really brings your reality into focus. The reality sucks, by the way."

These expenses affect everyone.

There are a number of ways that you can effectively keep track of your money. "I just have to check my money often and make sure I use it sparingly" says Rochester Ethnomusicology major Paul Vergara. Wafiyah Ali has another solution: "I leave the house with a bare minimum of money and try not to carry around a credit card. I also have a specific place that I have to put money in and I am not allowed to touch it."

The truth of the matter is that you must control yourself- no matter how hard that can be- because college is a large expense. Learn what works for you. Get a job, open up a savings account, pick a big meal time and get smaller meals all the other times, etc. You know: do what you do!---

Julia Partyka is a freshman voice performance major. Send your comments and questions about this article to julia.partyka@necmusic.edu.

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What Happens When You Write for *The Penguin*

by Jesse Weiner, staff photographer



(Results not typical)

Opinion: Healthcare and the Musician

by Ceceilia Allwein

Editor's Note: this article is in response to an article from the previous issue concerning this topic.

A man will fight harder for his interests than his rights.
--Napoleon Bonaparte

Rights: What are they? Lawyers and civil servants spend their careers testing and protecting the boundaries of rights; three fifths of American civil history rests solely on their interpretation; even Michelle Obama's biceps give a hearty nod to the Bill of Rights each time they make headlines. So, given the complex, un-artful nature of rights, does a discussion of them even apply to what we do at conservatory? To what end? And how can a handful of Op-Eds in a student newspaper at an arts school even consider giving the topic of rights—especially as it relates to the current debate about health care—their rightful due?

Rights are universally applied to American citizens through the constitution. Any discussion of rights in American society without mention of the constitution is naïve and has no reasonable legs on which to stand. Furthermore, the constitution does not mention health care explicitly—like education and a myriad of other government services. Instead, one must look to the judiciary branch in order to understand the constitutionality of government provided healthcare.

To wit, the United States Supreme Court has upheld that depriving prisoners of healthcare is “cruel and unusual punishment,” defining health care as a human right inherent in the constitution and subsequently a pre-requisite to life.

Numerous legal dictionaries also define a “right” as a power, privilege, or other abstract capacity. A right, then, is not an object, and does not tolerate logical comparison to private property or other household items, e.g. a computer. However, like objects, healthcare is a product, more specifically a service, available in the free market, and insurance companies have not been forced to compete with the government as a service provider within the free market. Under most of the incarnations (and propagandized representations) of the healthcare bill getting cozy on Capitol Hill right now, insurance companies would have to reformulate their business plans to function in an economy where they are not protected from a major competitor.

Of course, there are other non-economic aspects to be considered: Doctors, insurance specialists, and future medical professionals would have the choice to work for private firms or for the government; they would have the choice to accept certain insurance plans and reject others; EVERYONE would exercise their freedom of choice by choosing to participate as patient and/or provider in the American healthcare system. And, lo and behold, I

can hardly believe it! Because there would be multiple public and private options, healthcare and insurance professionals would be spared from being forced to provide healthcare against their will to millions of working class Americans who cannot afford it!

Still, what value do opinions about health care in a student newspaper at an arts school hold?

Because a large number of musicians are self-employed as freelancers or work in a collection of part-time jobs, health care greatly impacts musicians as a class. In a career path as a performer, employer provided health care benefits are rare. Thus, as a class of workers, musicians have an occupational disadvantage to obtaining affordable care. Also, performing depends on the physical health of the person doing it, and injuries regularly and unexpectedly inhibit musicians from performing the basic components of their job. Note also that these jobs provide no workman's comp when besieged by tendonitis or hearing loss and that these common health problems develop with time. Therefore, access to preventative care is just as important as reparative care to perpetuating a performance career. The confluence of these factors—self/part-time employment and the

What to look forward to at

Bistro 33

- Check out our October Calendar with all of our events, including an Oktoberfest menu and Halloween Trivia!

- Be sure to participate in our recycling program, which is near and dear to the Bistro community. Please remember to put all glass and plastic bottles as well as black plastic silverware into the blue bin by the garbage. After reading the Penguin, don't forget to put it in the paper recycling bin.

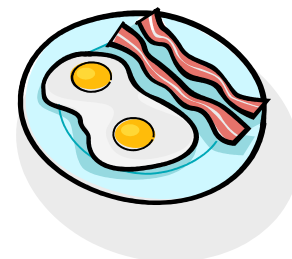
- Our composting program will be back with a splash in October. All of your food scraps as well as soup containers and white plates can be composted as well as many other things here in the Bistro. Help the Bistro better the environment by participating in this great cause!

- Stop in for breakfast before class or on your way to the office and use our coupon below to get a great deal on breakfast!

Breakfast for Less!

Oct. 13-16

Any Breakfast Sandwich or Omelet and get
Either free breakfast potato or small coffee.



*limit one per customer

Visit us at www.nec.campusdish.com, or join us on Facebook for updates & events

Times New Viking - Born Again Revisited

by Neal Markowski

Times New Viking (TNV) is back with their fourth LP, and let me say, it is something special. For newcomers, Times New Viking is a trio from Ohio comprised of guitar, keyboard and drums with occasional "vocals". Although the music is extremely catchy, TNV's "poppy" sound is masked due to the audio quality; the LP sounds like it was recorded in a garbage disposal with a microphone bought at Radio Shack some 24 years ago. The story goes that the master tape to last year's LP "Rip It Off" was just an average audio cassette. This year, their label claimed to have received the recording on a VHS tape (boasting a whopping "25% improvement in sound quality"). Whether or not you want to take those statements seriously is up to you, but what stands true is that once again, TNV has recorded yet another album of great songs.

The songs themselves are what we've come to expect from TNV – short, two minute "bursts" filled with shouting, drums, a Casio keyboard and a whole mess of guitar on top. In contrast, the four minute dirge, "2/11 Don't Forget", which references "Relevant: Now" from their previous album, moves in an unusually slow tempo!! There's also a thirty-six second jam that brings back memories of "Allegory Gets Me Hot!" from their second LP "Present the Paisley Reich".

While parts of the album seem to look back, other parts do in fact, look forward. Case in point: the second single (and also available as a stand alone 7") "Move to California". It's an unusually melancholic song – however, the audio is so distorted that the lyrics are as

easy to decipher as Chewbacca speaking through a broken vo-coder while he's mowing the lawn. In spite of the distortion, the mood seems surprisingly "down" for a song written by three folks who named their band after a variation on a font. Regardless, the meat grinding power trio known as Times New Viking refuses to be subdued for too long.



photo courtesy of MatadorRecords.com

Some songs like "Born Again Revisited" are more dissonant than anything they've done before and the last track "Teen Spirit in Hell" has some really weird funkiness going on that seems a little more like a failed experiment than breaking new ground.

For newcomers, TNV's music may best be described as well-written but sloppy pop songs that are covered in more fuzz than a new puppy-- who would want anything else?

OVERALL RATING – Imagine that really good

sandwich from Jimmy John's – the "Bootlegger Club" – that's this album.

KEY TRACKS – "Move to California", "Hustler, Psycho, Son", "No Time, No Hope"

Be sure to check out my blog at:

<http://recordreviewandtacosalon.blogspot.com>, which is updated weekly with a whole mess of albums new and old.---

Neal Markowski is a freshman composition major. Send your comments and questions about this article to neal.markowski@necmusic.edu.

Staying Healthy During the Flu Season

by Colin Markey

Editor's Note: this article is co-authored by NEC Health Services Coordinator and Nurse Practitioner Leah McKinnon-Howe to ensure validity.

So what is H1 N1 influenza ?

H1 N1 influenza, more commonly known as swine flu, is a strain of flu caused by a sub-type of influenza A virus. Influenza A virus is one type of flu virus that causes many cases of seasonal flu. H1 N1 virus is a novel strain of the virus that emerged in the United States in March of 2009. It has spread quickly to many parts of the world, due to a lack of widespread immunity. Health officials in different parts of the world are developing vaccinations to protect against H1 N1 influenza, with the expected release of a vaccine in mid to late October.

According to the NEC Health Center Coordinator and nurse practitioner Leah McKinnon-Howe, MS, ANP-BC, the influenza virus is spread by coming into contact with droplets that contain the virus. These droplets are spread when infected individuals cough or sneeze, releasing viral particles into the air, or onto hands or surfaces. Viral particles can live on surfaces for several hours and infect unsuspecting individuals who touch a surface contaminated with the virus, and then place their hands near their eyes, mouth, or nose. It is therefore extremely important to be vigilant about hand hygiene, especially during cold and flu season. The use of careful hand washing is the best way to protect yourself from any germs, including viruses and bacteria. Wash your hands before preparing a meal, after using the restroom, or after touching hard surfaces such as doorknobs or railings.

So what else can be done to protect yourself from

the influenza virus or from spreading the virus to others?

In addition to practicing proper hand hygiene, the best way to protect your self from seasonal and H1N1 influenza is to get a flu shot. According to McKinnon-Howe, seasonal flu shots will be offered at the NEC Health and Counseling Center on a first come first served basis and will cost \$15. The health service has requested several doses of H1N1 influenza vaccine from the state, when it becomes available. The health service plans to offer this vaccine, or make arrangements for an outside vendor to provide the vaccine in the event that it is not supplied by the state. In order to receive health alerts, and more information on seasonal and H1N1 influenza, you must check your NEC e-mail account.

It is also important to "cover your cough", and wash your hands after touching your mouth or nose. (This is important for individuals who are healthy and for those who suspect that they have a cold or the flu.) NEC has recently installed multiple hand sanitizer dispensers on campus. Use them to your advantage! To stay healthy, it is very important to get plenty of sleep, eat nutritious foods, maintain hydration by drinking healthy fluids, and exercise regularly.

What should you do if you think he might be infected with the influenza virus?

Common symptoms of the flu include the sudden onset of fever, body aches and muscle pains, fatigue, nasal congestion, sore throat, and cough. Some individuals might experience nausea, vomiting or diarrhea. If you are experiencing these symptoms, or believe that you might have the flu, call the health

center to discuss your symptoms with a health care provider. They will determine whether you need to be seen for an evaluation. If your symptoms are consistent with an influenza-like illness, you will be advised to remain home for 4 days, or for 24 hours after your fever has resolved without the use of fever reducing medicines like Tylenol (whichever is longer). Your risk for developing complications related to influenza will be reviewed and you may be treated with an antiviral medication. You will also be given instructions on how to manage your symptoms. If you live in the dorm, it may be necessary for you to go home if you live nearby. If this is not possible, your roommate will be advised to stay with a friend until you have recovered to decrease the spread of infection.

Who should receive the seasonal influenza shot?

In general, anyone who wants to reduce their chances of getting seasonal flu can get vaccinated. However, certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons. During flu seasons when vaccine supplies are limited or delayed, the Advisory Committee on Immunization Practices (ACIP) makes recommendations regarding priority groups for vaccination.

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WANT TO SEE YOUR STORY MAKE THE HEADLINES?

Write for the NEC's Monthly Newspaper,
The Penguin

Students, Alumni, Faculty and Staff are ALL welcomed to contribute articles, concert reviews, poetry, photos, and more!

Meetings are **Thursday at 6pm** in the Bistro 33

Contact us at:
thepenguin@necmusic.edu



Before It's Too Late

by Kyle Spraker

It's my favorite month of the year: October!! This is about the time when everyone begins to settle into their new environment and have a little fun. It's only a matter of time before (dare I mention the four-letter word that begins with 'S' and ends with 'W') you won't be able, or want to explore anything but a warm blanket in a heated room. Fortunately, New England provides the most beautiful turning of seasons you'll ever witness, so here are a few places I recommend checking out before that seasonal depression sets in:

1. **Arnold Arboretum**- this one's a no-brainer... It's FALL and the Arboretum is a place with lots of gorgeous trees. While you're there, you can also take a trip next door to Jamaica Pond. Both are great if you're looking for a little solitude from all things school related. Oh, and don't forget your camera!

2. **Chinatown**- FOOOOOD! Delicious, authentic, and cheap(ish) Chinese food that you won't find anywhere else in this city. Keep an eye out for some interesting cultural events in this area as well... and get yourself a little turtle buddy while you're at it.

3. **Cambridge**- visit Harvard and see if you can sit in on a class- you'd be surprised how often my roommate gets away with this ;-). Tons of bookstores, great Indian food, and street performers everywhere you look. The last time I was there I got a picture with a 10 foot Angel!

4. **The Sam Adams Brewery**- another JP favorite; take the tour then sit back and do a little tasting. You even get to keep the glass! Which reminds me: I need to do some dishes.

5. **Brookline**- is it Friday night already? Hit up Brookline if you don't mind cramming into a bar to pay for overly priced drinks. But, hey, some people like that vibe... my recommendation goes out for The Avenue and its tasty wings.

6. **Museum of Science**- two words: LASER QUEEN.... Embrace your inner rocker at the Planetarium. Oh, and don't worry, they won't actually brain wash you to work there like in South Park.

7. **Museum of Fine Arts**- It's FREE for NEC students! Go culture yourself before you start claiming to be an artist.

8. **North End**- Italian food.... Need I say more??

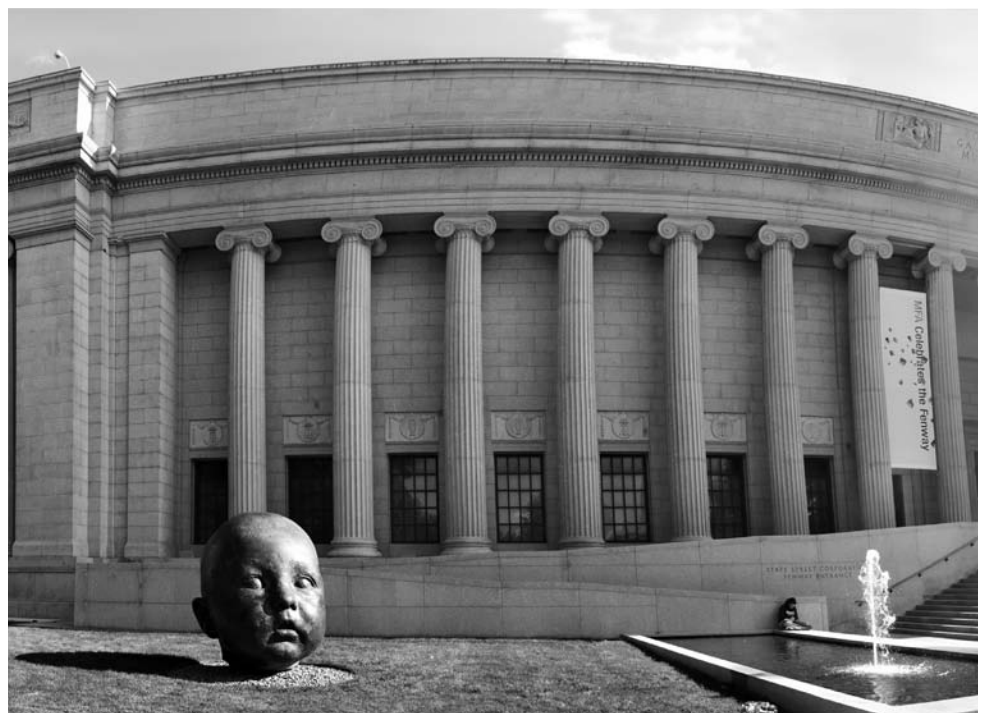
9. **Fenway**- I'll be the first to admit that I thought it'd be lame, but the tour is really fun. I just hope your guide was as enthusiastic about the Green MONSTAH as ours was.

10. **Unos**... just kidding :-p ---

Kyle Spraker is a second year grad trumpet performance major. Send your comments and questions about this article to kyle.spraker@necmusic.edu.



photos by Jesse Weinter



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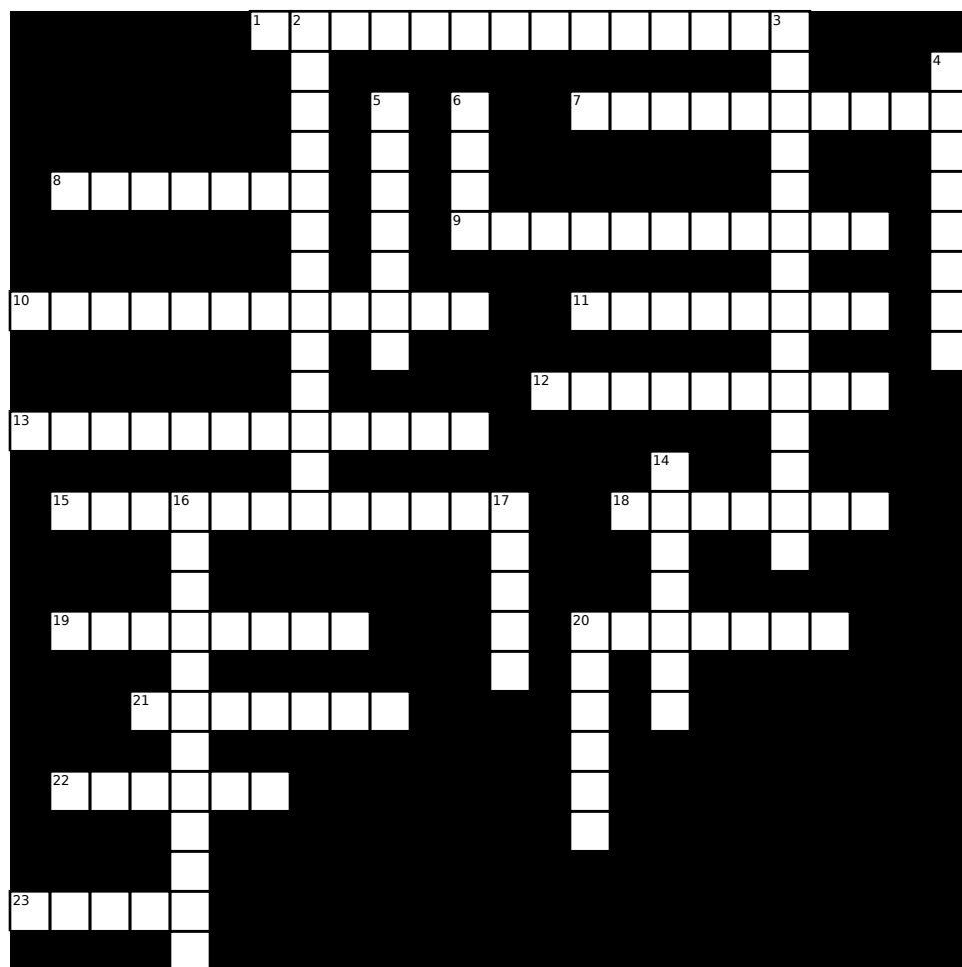
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hard



A Halloween Enigma



- Across
- The 1978 film "Halloween" starred this actress
 - The name of the boarding establishment in the movie "Psycho"
 - Bram Stoker's masterpiece
 - Author whose works aptly fit the ambience of the holiday
 - Tales that are told to induce fear
 - The creature that reveals itself only when there is a full moon
 - A sitcom from the 60s/70s about a witch who marries a mortal
 - A similar holiday celebrated in Mexico
 - First wrapped penny candy in America
 - _____ for apples is a traditional Halloween game
 - The most popular chocolate candy on Halloween
 - A _____ House/Mansion
 - The main characters of the 1978 film "Dawn of the Dead"
 - Halloween stems from an ancient _____ tradition for the harvest
 - A neo-pagan, nature-based religion

- Down
- Another name for Halloween
 - Having a deathly fear of Halloween
 - A witch's companion
 - What is carved to make a Jack O'Lantern
 - Nocturnal creatures, some species of which include vampire and fruit
 - What is worn for Halloween
 - The question asked to get candy
 - The name of the city in Massachusetts where the famous witch trials took place
 - The genre of film generally associated with this holiday

MEET YOUR ADVISOR!

by Dean Handel

NEC is delighted to welcome two new staff members to the Office of Student Services. Mary Weber and Rebecca Teeters have recently been appointed to the positions of Academic and International Student Advisors, providing academic and immigration counseling for students enrolled in the Undergraduate Diploma, Bachelor of Music, Master of Music, and Graduate Diploma programs. They help students select courses, meet educational and career goals, remedy academic difficulties, and better understand NEC's purposes and policies. In addition, they assist International students with I-20s, student visas, curricular practical training and optional practical training.

Rebecca hails from Oklahoma and holds a Bachelors of Music Education degree from the University of Central Oklahoma and a Masters of Vocal Pedagogy degree from NEC. While a student at NEC she taught Voice Class for Non-Majors and participated in the opera program. She is an active participant in the Boston Opera Collaborative and is a soloist at the First Church in Boston. Rebecca advises students majoring in collaborative piano, composition, guitar, harp, historical performance, musicology, music theory, piano, vocal performance/pedagogy and woodwinds.

Mary is originally from Delaware. She holds a Bachelors degree in Psychology from the University of Mary Washington and a Masters Degree in Intercultural Relations from Lesley University. Prior to coming to NEC, Mary worked as an advisor at Emmanuel College, working primarily with International students and students in the Study Abroad program. Mary advises students majoring in brass, contemporary improvisation, jazz studies, percussion, strings, and conducting.

Many of you have met Mary and Rebecca during orientation or during the add/drop period. You will have a chance to work closely with them over the next two months in one-on-one advising sessions as you prepare for the spring semester.---

Dean Handel is the Dean of Students at NEC. Send your comments and questions about this article to thomas.handel@necmusic.edu.

...continued from page 2

dependency of performing on health—makes it easy to recognize that affordable healthcare has a big impact on musicians.

Finally, as students at conservatory we have the benefit of excellent scholarship in our community, and as a result of that scholarship we can easily develop the critical eye needed to dissect complex issues. Although a discussion of health care is definitely not a musical topic—unless you're performing the opera *Angels in America* by Peter Eotvos—how to think shrewdly on any topic is a life skill of utmost importance and cannot be ignored. Beyond discussions of constitutionality and public policy are the practical lives of musicians who struggle to secure both preventative and reparative health care.

As musicians and citizens we are obligated to apply a high standard of critical thinking to both our understanding of music as well as other topics that are

seemingly un-musical, such as rights and healthcare. Why? Because there is a relationship between clarity of individual, critical thought and how musicians represent and participate in their artist class: The more one clearly understands the issues surrounding healthcare, the better one can effectively participate in creating positive, musician-friendly social policy. In sum, effective political participation must be preceded by clear, logical, critical thinking- nothing more, nothing less. Without it, we run the risk of abandoning our fellow musicians and even our own futures by compromising our ability to pursue healthy careers.

As the school year progresses, I challenge you to orient your minds to a year of inquiry and intellectual growth. Look back over the varied opinions you have encountered in the past few weeks at this school, and critically explore the ideological framework with which the opinions are supported.

What level of scholarship do you bring to your thinking as a musician? Do the opinions you hold reflect informed and logically thought out perspectives on your role as a musician and a citizen? Can you financially afford to support your career path as a musician throughout your life with preventative and reparative care?

So, talk amongst yourselves. Use this and other opinions in *The Penguin* as starting points if you need to. At the very least, you'll have some great conversations! ---



Ceceilia Allwein is a senior voice performance major. Send your comments and questions about this article to ceceilia.allwein@gmail.com.

LOVE
life,
so unfulfilled,
so misunderstood,
needing comfort,
needing strength
day after day,
passing by and by,
like the river,
a soft wind,
slowly finding meaning
suddenly ,
a glimpse,
you see different faces,
a mother,
a father,
a friend
and your other half,
an acquaintance,
a stranger

What do these creatures hold in their heart
for us?
they hold
kindness,
freedom,
beauty,
trust,
and above all things,
they hold
what completes who we are,
they hold,

LOVE.

Julia Partyka

People who should get a seasonal flu vaccination each year include:

- Children aged 6 months up to their 19th birthday
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
 - o Health care workers
 - o Household contacts of persons at high risk for complications from the flu
 - o Household contacts and out of home caregivers

(CDC website: <http://www.cdc.gov/flu/keyfacts.htm>)

Most people tolerate seasonal flu vaccine without significant side effects, although mild soreness at the injection site is common. Again, check your NEC e-mail account for NEC flu clinics as there will be a limited supply of vaccine.

Who should receive the H1N1 influenza vaccine?

The Centers for Disease Control’s (CDC’s) Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the 2009 H1N1 vaccine when it first becomes available. The target groups include:

- Pregnant women
- Household contacts/caregivers of infants < 6 m/o
- Health Care Providers and Emergency Medical Service Providers
- Persons 6 mos – 24 yrs/old
- High-risk persons 25 - 64 yrs/old (People with chronic illnesses like Asthma, Diabetes or Heart Disease)

As the flu season ramps up, we must be astute and take care of ourselves. We can protect ourselves from catching and spreading seasonal and H1 N1 influenza virus, through proper hand hygiene, diet, sleep, and exercise. In addition, we can also choose to get a flu shot. ---



Colin Markey is a senior voice performance major. Send your comments and questions about this article to colin.markey@necmusic.edu.

OOPS!

Contributing writers to the Sept. Issue Ross Holcombe and Jason Belcher are not sophomore composition majors: Ross is a senior trombone performance major, and Jason is a senior CI major.

Want to Contribute an Article to the Next Issue?

Deadline is OCTOBER 23rd

Send articles to our editor at:
anne.gregory@necmusic.edu

Want to see your name here?



Write for The Penguin!

Send us a line at thepenguin@necmusic.edu.

Meetings are every Thursday at 6 pm in NEC's Bistro 33.

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