

THE CURRENT

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The Current is the official student publication of Three Rivers Community College. The fall issues will be published two times this semester and is free of charge. The Current is written, edited, and designed solely by students.

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Welcome

Welcome to the first fall 2018 issue of *The Current*, our Three Rivers Community College student run publication. We seek to be both informative and entertaining. If there are topics you'd like to see covered, please reach out to us. We encourage students, faculty, staff, and other readers to contribute to future issues.

Coastal Cleanup

International Coastal Cleanup Day comes to New London, Connecticut.

Written by Shelley Reynolds | Photos by Willam Dopirak, Jr.

Nine hundred thirty two cigarette butts, 202 bottle caps, and 136 pieces of foam were among the debris collected by volunteers combing the Green Harbor Beach in New London, Conn., as part of the annual International Coastal Cleanup Day on Saturday, Sept. 15.

Six bags of garbage, totalling over 100 lbs, were collected along the beach, which spans less than 1/10th of a mile.

"Glass accounted for most of the weight," said Beach Captain William Dopirak, Jr., professor of biology and general studies at Three Rivers Community College.

Dopirak has been participating in these cleanup events for just over 12 years. He organized the cleanup at Green Haven Beach this year and has done so in the past as an annual fall semester kick-off event for the Trailblazers, a student organization at Three Rivers.

The cleanup was a part of International Coastal Cleanup



Day, an annual event that takes place world-wide on the third Saturday of September. The aim of the cleanup is two-fold: to cleanup the coastlines and to catalogue the marine debris.

The 12 volunteers recorded each piece of trash as it was collected and sent a totalled ocean trash data form to Save the Sound, Connecticut's coordinator for Ocean Conservancy. Ocean Conservancy is the federal organization that orchestrates the cleanups nationwide.

Once collected, the debris was separated into recyclables and non-recyclables and disposed of properly by the volunteers, who were mostly made up of residents of New London county, including past and present students and faculty of Three Rivers.

According to the 2018 Ocean Conservancy report, volunteers world-wide picked up more

than 20,000,000 pounds of garbage along the coast during the events in 2017.

Of that, more than 3,000,000 pounds came from the United States, and 28,427 pounds of garbage came directly out of Connecticut's coastline.

Professor Dopirak Jr. would like to thank all the volunteers for their help: Professor Phil Mayer, Jessica Reid, Ed Paul, David Muller, James Hubbert, Ramon Briones, Jim & Julie Lewis, Pat Bolles, Lindsey Cauley, and Andrew Lopez.

For more information or to get involved in future cleanups, visit OceanConservancy.org

[TOP LEFT] Volunteers removing trash on International Coastal Cleanup Day pause for a photo.



[BOTTOM LEFT/TOP RIGHT] Volunteers collect debris washed up on the shore of Green Harbor Beach, New London, Connecticut.



[BOTTOM RIGHT] Volunteers gather all the trash collected from the .1 mile beach and prepare to weigh the debris.

POP UP MAKERSPACE

Written by Shelley Reynolds | Photos by Ashley Hanson and Shelley Reynolds

Three Rivers' art gallery transformed into an experimental learning space.

POP UP
MAKERSPACE

People gather around
Kem Barfield to watch his interactive Google Tilt Brush demonstration in the Pop Up Makerspace

As the first month of the semester came to end, so did the experimental Pop Up Makerspace in The Gallery at Three Rivers Community College.

The makerspace, which had been in the works since May, closed its doors for deconstruction on Thursday, Oct. 4, 2018.

While it was open, the makerspace offered students and faculty a place to explore a multidisciplinary approach to learning and problem solving that encouraged individuals to work with one another in new and creative ways.

The space consisted of different work stations and creative materials, including large open bins full of white Legos, a corner devoted entirely to building with KEVA planks, and several smaller stations stocked with a variety of different materials, from wooden blocks to buttons.

Over the span of five weeks, from its grand opening on Wednesday, Sept. 5, to the day the doors of the space closed, the makerspace had over 600 visitors.

Sheila Skahan, a professor of early childhood education, introduced the idea of bringing

the space to Three Rivers in May. With the help of the Three Rivers Foundation and a determined committee, she was able to bring the space she envisioned to life.

“Some were reluctant to see how in the beginning stages, how visual arts, architecture, graphics, education, and engineering could connect,” Skahan said of the preliminary planning process.

Skahan said she was pleased with the outpour of support and interest that was shown in both the makerspace itself, and the materials made available in the space.

“From the beginning, the intent was that we could disseminate materials throughout the school. We purposely bought these materials so they could be reused in classrooms. At this point, we’re very happy that the space was embraced and that we’ve planted a seed,” Skahan said.

The materials used to transform The Gallery into the Pop Up Makerspace will be available on loan in the library in the near future as a way to allow faculty to continue to adopt the active learning setting encouraged in the makerspace.

“Even just having a different format, where you’re sitting at the same table with your teacher, can be eye opening,” said Sandra Jeknavorian,

professor of art and the gallery director. Jeknavorian also had a hand in building the makerspace.

During the month of September, faculty was encouraged to incorporate the makerspace into their curriculum as a way to promote an engaging environment that allowed for a multifaceted approach to learning and teaching.

One of the goals of the makerspace, according to an informational flyer that hung in the glass doorway, was “to provide a chance for self-expression and self-regulation in ways that may not be obtainable behind a desk.”

Faculty members reserved a day and time to hold their classes in the makerspace. One Three Rivers Middle College engineering class held four weeks of classes in the Pop Up Makerspace, which lended itself to creative problem solving.

There were also Lego competitions hosted by Mike Gentry, professor of engineering. Students were encouraged to create structures that highlighted form, shape, scale, and 3-D architectural study. Each of the two winners received a gift card from Amazon for \$50.

The unique space also served as a stage for creative presentations and

Kem Barfield guides a student through a Google Tilt Brush demonstration.



[TOP RIGHT] A student builds
with KEVA Planks at the Pop Up
Makerspace at Three Rivers.



demonstrations to the larger
Three Rivers community.

Over the five week span,
the makerspace hosted guest
speakers on a variety of subjects.

An informational presentation,
"Building Makerspaces in your
Community," was delivered by
Casey Moran and John Curran,
members of Spark Makerspace,
a non-profit organization in New
London, Conn., on Wednesday,
Sept. 12.

On Thursday, Sept. 13, Associate
Dean and Director of Educational
Technology Kem Barfield held
a presentation on Google's Tilt
Brush, a drawing tool that allows
the user to create sculptures by
painting in a three-dimensional
virtual reality.

Enthusiastic onlookers watched
both Barfield, and the screen,
which mirrored what he saw
through the virtual reality

goggles, as he drew—and then
built—a chair that he could
physically walk around in his
virtual surroundings.

The makerspace also hosted a
family night on Wednesday, Sept.
19, that encouraged the Three
Rivers community to engage
their families in the creative
exploration of learning.

On Tuesday, Sept. 25,
Alyson Maderson Quinlog
of Spark Makerspace held a
demonstration called "Book
Binding and Paper Arts."
Attendees at the event learned
how to bind their own books.

Skahan, who works closely with
the Spark Makerspace through
her volunteer work at the
Hygienic Art of New London,
was excited that the Pop Up
Makerspace was so well received
by the Three Rivers Community.

She would like to thank all of the
committee members, without
whom this project would not
have been possible: Sandra
Jeknavorian, Mike Gentry,
Mildred Hodge, Kevin Amenta,
Brad Columbus, Arnie DeLaRosa,
Kem Barfield, Ashley Hanson,
Mercedes Alger, Sean Langlais,
and the TRC Foundation.



A young boy sorts
through a large bin of Legos
in the Pop Up Makerspace
during family night, Sept. 19.



[TOP LEFT] A student and
faculty member sit at one of
the creative work stations in
the Pop Up Makerspace at
Three Rivers.

[BOTTOM] Three Rivers
Community members gather
together as they create their
own works of art in the Pop Up
Makerspace.

Maria Krug

Meet TRCC's new Title IX Coordinator.

Written by Shelley Reynolds | Photos by Shelley Reynolds

"I ALWAYS KNEW I WANTED TO HELP PEOPLE."

Maria Krug always knew she wanted to help people.

Early in her education, she thought much of that help would come in the form of a nursing career as she pursued a degree in biology, first at Binghamton University and then at Post University, with hopes of becoming a registered nurse.

As a student-athlete on a full scholarship for soccer, Krug finished her undergraduate studies with a Bachelor of Science in Criminal Justice and a minor in biology in May, 2008.

Born in India, but raised in Norwich, Conn., she set her sights back to helping the Southeastern Connecticut community that had allowed her to grow and thrive.

After graduation, she began working with adolescent boys and girls at Stonington Institute, an organization that provides an array of behavioral and mental health services. "I fell in love with doing that type of work as soon as I started working there," said Krug. It

was her compassion for those she serviced that made her approach to helping clear; counseling; which led Krug into her next academic journey in September of 2008.

The roles and responsibilities as a residential counselor with Stonington Institute ignited a passion for human services. "That's what made me want to go back to get my master's," Krug said.

Determined and eager to gain the knowledge from the educational arena, Krug received her Master of Science in Human Services from Post University in less than a year and a half; with specializations in clinical counseling and program administration. In 2012, she added drug and alcohol counseling to her list of specializations.

She has since continued pursuing the helping field, including over 10 years of academic and employment experience; with four and a half years being in higher education as an academic counselor for undergraduate students. "I fell into higher education,"

Krug said, speaking of her transition as the student to the professional in academia. "I absolutely loved it. I connected with hundreds and hundreds of students."

Currently, Krug is All but dissertation (ABD) for her Doctor of Education in Counseling Psychology (EdD) and Licensed Professional Counselor (LPC) eligible in the state of Connecticut with high hopes of continuing her professional development in higher education.

It was this summer that Krug embarked on a new career path in higher education to help students, being named the new Title IX Coordinator at Three Rivers Community College.

To date, the U.S. Department of Education's Office for Civil Rights is the regulatory agency that enforces Title IX (9) under Title 34—Education (34 CFR Part 106.1)—Nondiscrimination on the Basis of Sex in Education Programs Or Activities Receiving Federal Financial Assistance. In accordance with Federal and State Statutes, Three Rivers Community College continues to place emphasis, assistance, and resources to prevent and raise awareness about Title IX, where:

'No person in the United States shall, on the basis of sex, be excluded from participation in,

be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.'

Title IX of the Education Amendments of 1972 prohibits sex-based discrimination. Individuals are protected from misconduct of the sexual nature, including sexual assault; sexual exploitation; sexual harassment; intimate partner, dating, and domestic violence; and stalking.

The Title IX coordinator is responsible for roles including, but not limited to, responding to reports and disclosures of sexual misconduct, facilitating campaigns, prevention, and educational programs about sex discrimination and sexual misconduct. Incidents of sexual discrimination and sexual misconduct are taken seriously, treating individuals with compassion; and providing



Maria Krug
smiles in her office,
Room C131.

knowledge, resources, and support for all parties involved. “I want students to be familiar with me, to be comfortable, and to want to come talk to me about whatever is happening, whether they want to disclose it or report it. I want students to know that I believe them, and that there is compassion here,” said Krug, who is new to the Three Rivers Community College campus.

Coming into this position, Krug received the support and guidance needed to transition into this role from the Dean of Student Services, Steve Finton; Director of Student Success and Student Advocate, Christine Languth; and former Title IX Coordinator, Vicki Baker. In addition to the Title IX Trainings, her first tasks and projects for the fall 2018 semester as Title IX coordinator include working with Dr. Kem Barfield, Dean and Director of Educational Technology, to roll out the Not Anymore Program; Jodi Calvert, Director of Learning Initiatives, to conduct presentations on sex discrimination and sexual misconduct in the First Year Experience (FYE) classes; and Kevin Amenta, Associate Professor of Graphic Design and Communication, to create campaign graphics with his digital imaging students, to publicize the importance of Domestic Violence Awareness Month, which is in October.

Krug is looking forward to connecting with hundreds or more individuals in her

outreach and advocacy with the students, staff, and faculty of Three Rivers Community College.

She is hoping to engage in projects and conversations about sex discrimination and sexual misconduct, answer any questions or concerns as a community, and provide the support and resources needed. She can be found on the first floor of the C-Wing, Office C131, from 10 a.m. to 3 p.m., Tuesday-Friday, and Monday by appointment.

If you have any questions or concerns, or wish to report an incident of sex discrimination, sexual misconduct, or domestic violence, please reach out to:

TRCC Title IX Coordinator
Maria Krug
(860) 215-9208
mkrug@threerivers.edu
Room C131

Student Advocate
Christine Languth
(860) 215-9260
clanguth@threerivers.edu
Room A113

For immediate, free, and confidential 24/7 counseling and advocacy services:

Sexual Assault Crisis Center
Hotline:
(888) 999-5545
www.saccec.org

Safe Futures
Hotline:
(888) 774-2900
www.safefuturesct.org

FALL FAVORITE

No-Bake Double Layer Pumpkin Pie

INGREDIENTS

8 oz. (1 pkg) cream cheese, softened
1 Tbsp. sugar
1 cup plus 1 Tbsp. milk, divided
8 oz. (1 tub) Cool Whip whipped topping, thawed, divided
1 (6 oz.) ready-to-use graham cracker crumb crust

1 can (15 oz.) pumpkin
2 pkg. (3.4 oz. each) JELL-O Vanilla Flavor Instant Pudding
1 tsp. ground cinnamon
1/2 tsp. ground ginger

1/4 tsp. ground cloves

Beat cream cheese, sugar and 1 tbsp. milk in large bowl with whisk until blended.
Stir in half the COOL WHIP (4oz.)
Spread onto bottom of crust.

Whisk pumpkin, dry pudding mixes, spices and remaining milk in medium bowl for 2 minutes. The mixture will be thick. Spread mixture over cream cheese layer.

Refrigerate 4 hours or until firm.

Serve topped with remaining Cool Whip. ENJOY!

Recipe found on Kraftrecipes.com, perfected in the kitchen.

**PREP
TIME**

20
MINUTES

**COOK
TIME**

4
HOURS

**TOTAL
TIME**

4:20
HOURS

Written by Shelley Reynolds | Photos by Shelley Reynolds

FRESH CHECK DAY

More than 300 students and community members gathered on the Cafeteria Green at Three Rivers Community College in Norwich, Conn., in an effort to raise awareness of mental health and wellness resources.

Fresh Check Day, which took place from 11 a.m. to 2 p.m. on Wednesday, Sept. 19, was the fifth of its kind at Three Rivers. It was hosted by the Student Programs Office, with help from the Jordan Porco Foundation, a national organization that seeks to prevent suicide in the college student population.

According to the foundation, one out of ten college students contemplates suicide, which leaves nine out of ten students with an opportunity to help.

Fresh Check Day, which focuses on both high school and college students, encourages peer-to-peer messaging that emphasizes ways to help others struggling with mental wellness by staffing the booths with student workers.

"We had about 30 students volunteering," said Sam Bartosiak, vice president of the Student Government Association (SGA).

Volunteers included students from many student organizations including Business Club, Anime

People attending Fresh Check Day wait in line for Spuds Your Way, a food vendor at the event.

A mental health awareness fair comes to Three Rivers.





Gillian Taylor, a TRCC freshman, smiles from ear to ear after winning an HP Laptop in the Fresh Check Day raffle.

Club, SAGE, SPAG, SIGMA, Video Game Club, Veterans Organization of Three Rivers, Exercise Science, SGA and more.

Members of these clubs worked at different interactive booths during the event to deliver mental health resources in a fun and engaging way.

Each booth provided tips to deal with stress or facts about mental wellness while also providing an activity for students to participate in. The activities ranged from blanket making, to dart throwing, to demonstrating how connected we are through our similarities.

The facts ranged from the suicide hotline and warning signs of depression, to different ways to alleviate stress from your life.

"It gave me ways to cope with mental stress if need be, and to show other people how they could do it as well," said Christian Aledia, a student and peer mentor at Norwich Technical High School, whose favorite booth was the yoga station run by Sarah Flynn. Aledia was taking part in a school field trip from Norwich Tech to the event.

"We want to take these ideas and see what we can do to put them into our school. We're peer mentors and we want to set the vibe and the positivity for our incoming freshmen," said Edgardo Cruz, another

student and peer mentor at Norwich Tech.

Alongside the student staffed tables were tables from local community resources including representatives from Access Health CT, Noank Community Support Services, Natchaug Hospital, UNCAS Health District and National Alliance on Mental Illness (NAMI).

"It was a mental health awareness fair. It included all the different resources that are around town, and all the different information packets available," said Bartosiak.

Upon arriving at the event, students were encouraged to visit the registration table first in order to collect a card to be stamped at each of the 11 booths and a blue ticket for one free Italian ice from Keifer's Kettle Korn.

Students who visited five booths and collected five stamps on their cards received an additional ticket for a free meal from Spuds Your Way, or Brick & Basil Wood Fired Pizza Co., two food vendors at the event.

"I went to Three Rivers. It's great to be back and be a part of this," said John Ryan, owner of Brick & Basil Wood Fired Pizza Company.

Students who visited seven booths and collected seven stamps or more on their cards were asked to complete a

"IT GAVE ME WAYS TO COPE..."

survey and entered in a raffle to win prizes.

The prizes, which ranged from a \$10 Burger King gift card to an HP Laptop and widescreen television, were donated by Student Programs and the Jordan Porco Foundation.

"There are a lot of ways to get help, or have your friends get help, or your family members," said Gillian Taylor, 17, a graphic design major and freshman at Three Rivers.

Taylor heard about the event from her First Year Experience instructor, Rhonda Spaziani, who helped organize the event alongside Acting Director of Student Activities Alycia Ziegler.

Taylor, who won the HP Laptop in the raffle, said she had a lot of fun at the event.

The event, which focused on the serious subject of mental health and suicide prevention, was balanced with fun-filled activities that allowed students to enjoy themselves as they learned healthy ways to deal with stress and the importance of removing the stigma surrounding mental health.

The Conduit Center was also on the Green, offering meditation sessions accompanied by sound therapy tools including gongs.

"Know Your Limits" was an activity run by the Norwich Police

Department. Participants at this activity donned a pair of 'drunk goggles' and attempted to walk nine heel-to-toe steps in a straight line, or drive a golf cart successfully through an obstacle course.

The goggles impaired the participant's vision in the same way alcohol does, allowing them to experience the dangers of drinking and driving while remaining in the safety of the officers' supervision.

Also present was the Connecticut National Guard with their bungee run and their punching speed-bag, which measures how much force participants deliver in a single punch.

The event was accompanied by music supplied by DJ John Cardona of Norwich.

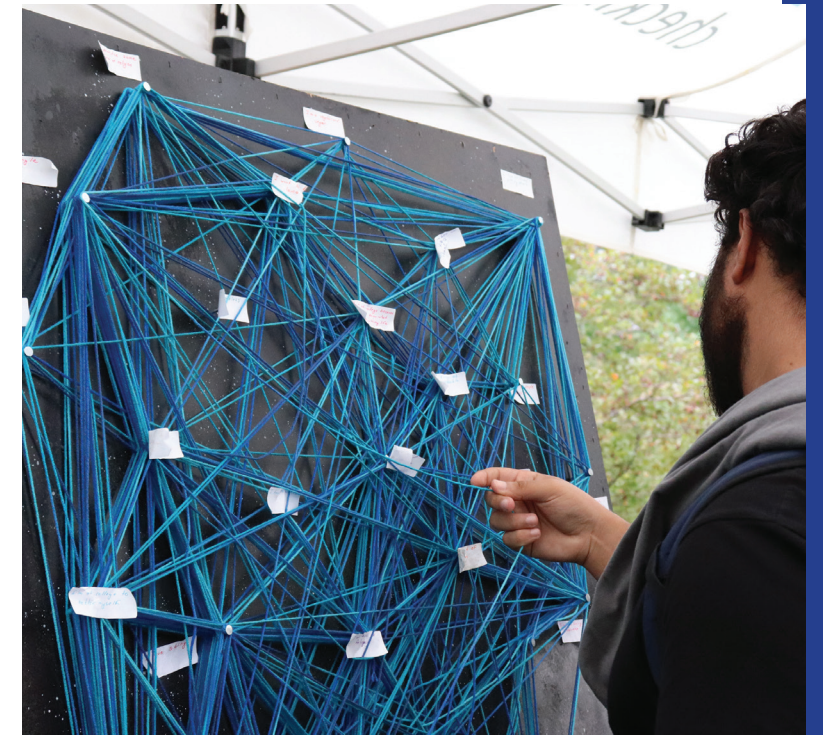


Office Stephanie Reichard, Norwich PD, helps Kenneth Briggs attempt the 'drunk goggle' walk.

John Ryan, owner of Brick & Basil Wood Fired Pizza Co., adds a pinch of parmesan.



A student winds a long piece of string around facts that apply to him, symbolizing how much we have in common.



A group of people settle in for a session of sound therapy at The Conduit Center booth.

Monthly Music Series Returns

Tang Sauce performs as the first artist in a series of monthly 'Cyber Sessions.'

Written by Cheryl Gibson | **Photos by** Sam Zod

Choral orations escaped the confines of the glass walls and lulled everyone inside with its rhythmic message. The beats beckoned from the Cyber Café where students hung out, taking a break between classes and studying.

"This is for them, the students," said Professor Fred Knowles, a Community Involvement and Support Committee member, as he stopped in the lobby outside the entrance.

One of many student events on campus this semester, the Cyber Sessions Monthly Music Series is a monthly event held in the Cyber Café and sponsored through the Community Involvement and Support Committee. The purpose is to highlight and provide a venue for creativity.

Performances this semester are held in the Cyber Café, with refreshments provided by Student Programs. The events will occur monthly on Wednesdays during common hour, 12:30 p.m to 1:30 p.m.

The first session took place Wednesday, Sept. 26, and featured a hip-hop performance by Tang Sauce.

Tang's motto is 'peace, love and positivity.' He says his music is supposed "to bring you up, not take you down."

Tang Sauce, known offstage as John Manselle-Young, performed two sessions for a total of twenty songs.



John Manselle-Young, also known as Tang Sauce, performs in the Cyber Cafe, Wednesday, Sept. 26.

The committee is currently seeking out the hidden talents of students. Still looking for next month's performer, they encourage anyone interested to contact one of the committee members. Committee members include Kenneth Briggs, June Decker, Victoria DiFilippo, Frederick Knowles, Steven Neufeld, Sheila Skahan, Rhonda Spaziani and Margaret Wichser.

Feedback can be directed to Professor Knowles at fknowles@threeivers.edu.

Tang Sauce entertains students and faculty gathered in the Cyber Cafe on Wednesday, 26.



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