

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 are free of charge. The Current is written, edited, and designed solely by students.

Email submissions, responses, and ideas to:

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Welcome

Welcome to the second 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.

The Future of FAFSA

U.S. Department of Education launches a mobile app to help students apply for federal aid.

Written by Shelley Reynolds | Photos by Shelley Reynolds

Applying for federal student aid just got a little easier!

The first of October marked the beginning of the Free Application for Federal Student Aid (FAFSA) application period for the 2019-2020 school year.

For the first time ever, the U.S. Department of Education has launched an all-in-one, mobile-accessible, and mobile-complete process for submitting FAFSA applications. That's right, there's an app for that!

According to the U.S. Department of Education, the mobile app was designed, "as part of its continued efforts to modernize and improve the quality and services provided by Federal Student Aid (FSA)."

The app, named myStudentAid, is available for Android and iOS users. It is intended to provide students and parents with time-saving and useful tools to help create a more user-friendly experience on devices that both students and borrowers are using – their phones!

The switch from a computer-based process to a mobile-based process will hopefully provide those who have not applied for FAFSA with some much needed access to the free federal aid application.

According to NerdWallet, the high school class of 2017 missed out on over \$2 billion in federal grant money allocated for college.

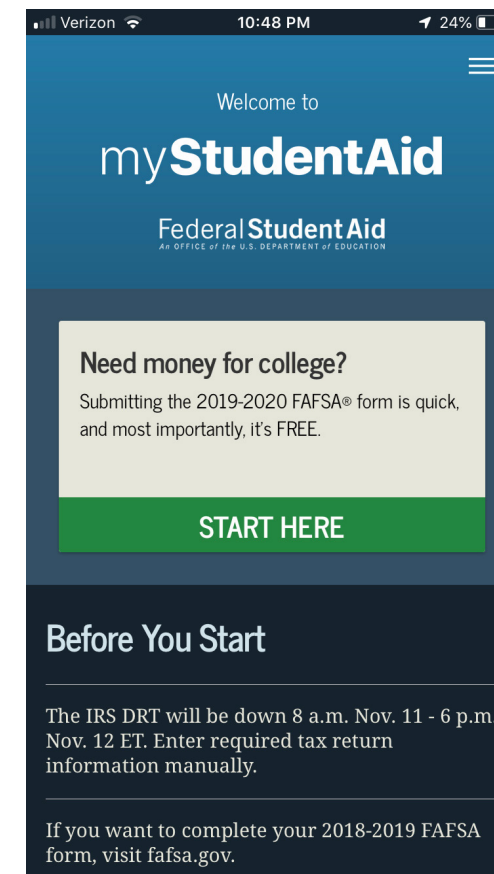
A study released by the National College Access Network found that 20% of college students did not apply for any financial assistance in 2011-2012. Furthermore, only 45% – less than half – of all high school seniors complete the FAFSA by the time they graduate.

Access is thought to play a large part in the reasoning behind the low application submissions. Not every home is equipped with a computer. Without access to a computer at home, many students attempt to fill out their FAFSA forms at school. By providing mobile access to the in-depth and often difficult questions asked by the FAFSA form, the

app allows students to take these questions directly to the folks with the answers – their parents!

The myStudentAid app, available in the App Store, is intuitive and easy to navigate.

The process begins by asking, quite simply, "Need money for college?" The answer, which for many of us is most definitely yes, can be found with the touch of a button, "START HERE."



The app then prompts you to identify yourself as either parent, student, or preparer of the form (neither the parent nor the student).

If you've applied for Financial Aid in the past, and created a Federal Student Aid ID (FSA ID) account, all you'll need is that FSA ID username or email, and the corresponding FSA ID password. If you haven't yet created a FSA ID account, you can do so right from the app!

The mobile app also provides students with the Internal Revenue Service's Data Retrieval Tool (IRS DRT). This tool auto-populates your key tax return information into your FAFSA form and allows for easy, fast, and accurate information to be transferred with the click of a button, according to the U.S. Department of Education.

Three Rivers Community College (TRCC) awards over \$11 million in financial aid each year, according to the TRCC Financial Aid Department website.

The deadlines will be here before you know it! The Connecticut state FAFSA deadline is Feb. 15, 2019, and the federal FAFSA submission deadline is June 30, 2020. Keep in mind, many schools have their own FAFSA submission deadlines.

Free federal aid for students has never been so accessible. The money is there, right at your fingertips! So what are you waiting for? Download the app, and get your application in today!

TRCC AWARDS OVER \$11 MILLION IN AID

GNACC CAREER EXPO

Written by Shelley Reynolds | Photos by Shelley Reynolds

Career Expo brings opportunity to local students and local businesses

High school students wait with cover letters and resumes in hand.

The Greater Norwich Area Chamber of Commerce (GNACC) held their very first Career Expo for students on Friday, October 19, at Three Rivers Community College.

Students from Norwich Free Academy, Griswold High School, Three Rivers Middle College and Three Rivers Community College were invited to get to know local business and industry employers in an effort to broaden their career paths.

Students, dressed in their best work attire, were encouraged to participate in mock interviews and have their cover letters and resumes looked over by human resource representatives as a way to gain real life interview experience to help prepare them for future job opportunities.

"Not every student might be college bound or have a college career in place, but there are so many different resources and jobs available that don't require that, and a lot of the businesses within the community will train students from the start and help them grow," said Alysha Yepes, the chairman of the GNACC's education committee.

The GNACC hosted 26 local businesses ranging from newspapers, to marketing companies, hospitals, and local police and fire departments.



“...NOW I’LL HAVE CONFIDENCE...”

“We’re looking to bridge the gap between the employers, who are looking for valuable employees once they get out of school and for internships, and the students, who don’t know what resources or industries are out there and don’t know that much about those industries,” Yepes said.

JAMMIN’ 107.7’s Alyssa Engdahl, better known to her listeners as ‘Pebbles,’ was also in attendance. “I think it is a great opportunity for the students to be here to see what their future has in store for them,” Engdahl said.

The event served as a meeting place for students and businesses to introduce themselves to one another and get to know each other. Students were encouraged to ask questions to help determine if they would be interested in a career in these industries.

“I found out what I like and also what I don’t want to do,” said Matthew Dudek, a senior at Norwich Free Academy. “I’d like to be a ranger in the US Army,” Dudek said after the event.

“I wish I had this when I was in highschool. I definitely would have been able to get a jump start on a career that I thought I wanted but I didn’t know much about,” added Engdahl from her 107.7 booth.

Angela Adams, the chamber’s Executive Director, said the chamber is aiming to make the Career Expo an annual event.

James O’Shea, professor at Three Rivers Community College and the program coordinator for the business school, is on the chamber’s Board of Directors and helped to bring the career expo to life. He was pleased with the event and is already looking forward to improving the Expo.

“We learned a lot in the process and that will definitely help us to come up with an even better plan for next time,” O’Shea said. “We got great feedback on the mock interviews,” he added.

Nazaiah Paul, a student at Norwich Free Academy, participated in a mock interview. “I think today helped, because now I’ll have confidence when I do have an interview,” said Paul, who said he gained that confidence through this experience.

O’Shea is also on the GNACC’s education committee. He said one of the goals was, “to start to build connections between the business community and the business school.”

The event was intended to be mutually beneficial for the students and businesses involved. It allowed local businesses to engage with over 100 potential employees, eager to join their workforce.

Students introduce
themselves to employers at
the GNACC Career Expo.



[TOP RIGHT] A student visits
Miranda Creative's marketing booth
during the Career Expo.



"We didn't know how much participation we were going to get from the schools or the employers, so initially we thought if we get 60 students, that's successful. This is well above that. The first school alone turned out 72 {students}, and the second was 54," Yepes said as she explained the planning process for the event.

"The employers really love the fact that we're bringing the students to them because there really has been kind of a segregation between the students and the employers. This is a really great way for them to reach out to the students and let them know about internships they might have because a lot of students don't know what opportunities are there or even how to get to these opportunities," Yepes said.

"This was a great first time event with a lot of people here. I would

love to see it almost be all day," said Nadine McBride, publisher of The Bulletin in Norwich. McBride said her table had many visitors curious about advertising and online ad creation at the local newspaper.

The GNACC plans on scheduling the next Career Expo on a different day of the week so that more Three Rivers Community College students can attend, said O'Shea. Many of the students on campus don't have classes on Fridays. He would like to see more of the college students attend in the future, he said.

"I do think that the teachers in the classrooms should be encouraging this because there are some very unique students out there and some of the avenues for careers aren't as mainstream as they used to be. I think if you're here, you get a little bit more of a taste of what those avenues could be," said McBride.



[TOP LEFT] Nadine
McBride and Dan Graziano
smile from The Bulletin booth.

[BOTTOM] Students engage with
the Norwich Fire
Department booth at the
Career Expo.



The Greater Norwich Area
Chamber of Commerce
sets up a booth outside the
multipurpose room at the
career expo.

Written by Shelley Reynolds | Photos by Shelley Reynolds

5TH ANNUAL MADVAE

Speakers, artists, and guests at the MADVAE
event (from left to right) Summer Tate,
Kimolee Eryn, Anne Wernau, Frederick-
Douglass Knowles II, Pierre Sylvain, Abu
"Baba" Carter, Tarishi Midnight-Shuler,
Patrick Sheehan-Gaumer, and Kris Wraight.

TRCC hosts its annual Men Against Domestic Violence
Artistic Expression Event

Students and community members gathered together in support of the fifth Annual Men Against Domestic Violence Artistic Expression (MADVAE) event held in the Three Rivers Community College art gallery on Wednesday, October 24, 2018.

The event, which takes place every October as part of Domestic Violence Awareness Month, was hosted by Three Rivers Community College Professor Frederick-Douglass Knowles II and featured musical, visual, and literary performers.

In addition to the artists, the event also highlighted the life and legacy of William "Bill" Wernau. Bill, who passed away in January of this year, contributed much of his time to improving the lives of those affected by domestic violence. Working alongside his wife, Anne, Bill participated in many community outreach programs, including mentoring survivors and volunteering at Safe Futures, a non-profit crisis organization based out of New London, Connecticut.

Knowles presented Anne with a plaque honoring her late husband, calling him "a pioneer in domestic violence prevention and awareness." He dedicated the event to Bill, in honor of all of his hard work and outreach efforts.





Professor Frederick-Douglass Knowles II presents a plaque to Anne Wernau honoring William "Bill" Wernau.

The night showcased artists and speakers whose work focuses on domestic violence and sexual assault, as a way to start a deeper conversation about the subject and garner a deeper understanding of the power of communication and its role in the healing process, as well as shed some light on the resources available to people who may be suffering from these situations.

Among the artists and performers was Abu "Baba" Carter, who was first to take the stage and offered an opening libation to the ancestors of humanity, setting the tone for the night as one full of love, understanding, and appreciation for one another and everyone who has come before us.

Artist Pierre Sylvain of Middletown, Conn., performed a live painting during the event as other artists and speakers shared their stories and poems with the crowd.

Knowles, who read from writer Tracy Strauss's article, "Me Too," began with a passage about the author's goal of "transforming tragedy into art, and hoping that somehow that piece of art may help someone else who is going through something unbearable, who doesn't yet see that there truly is a light at the end of the dark tunnel."

That theme carried on throughout the event as artists and speakers shared their own

experiences through their stories and the poems they performed.

With a soft drum beat that echoed through the packed room, Knowles performed some of his own work for the crowd.

"Our ancestry is not in a {dot}.com, it's in our stories," said Knowles as he began one of his pieces, which emphasized the importance of passing down knowledge through storytelling from one generation to another. Knowles also shared a poem that detailed the loss of a close friend at the hands of domestic violence.

Summer Tate, a writer and teacher from Hartford, Conn., shared her poem, "Daddy's Gun," which focused on 'verbal bullets' whose scars run deep, and 'played russian roulette' with her chances. The poem spoke to the effects of domestic violence; how it can taint one's self esteem and negatively impact one's future.

Tate also shared a poem that detailed the noises heard through the walls of a young girl's room whose house had been rocked by domestic violence. The poem was titled, "The Girls Father Awakened Her Nightly With the Sound of His Brutality."

Kimolee Eryn, an artist from Hartford, Conn., also attended the event. "This piece is an ode to the women in my

"THERE IS THE ABILITY TO RECOVER"

family who have had a knack for finding themselves in abusive relationships,” said Eryn, as she began her poem, “Love Suicide.” Eryn also shared her poem, “Prodigal,” about losing herself and then coming back to herself after an unhealthy relationship.

“You point. Aim. Shoot. They both fire. One, keeps memories. The other, takes them away,” said Tarishi Midnight-Shuler, another artist at the event. His piece explored the similarities between guns and cameras. “Everytime my father said cheese, all I heard was freeze, not knowing if I’m posing for a family portrait or my own obituary,” Shuler said as he ended the poem.

Jeff Nixon, a Three Rivers Community College professor and retired Waterford and Groton police officer, shared his experiences dealing with domestic violence crises as a police officer on duty, and also off duty, as a private citizen who has dealt with domestic violence in his own life.

“As Jeff Nixon, the person, I was petrified to walk through that courtroom. I have gone in that courthouse a thousand times to testify, for everything from a speeding ticket, to someone being killed. But I was petrified to walk through those doors because I was Jeff Nixon, the private citizen, who had no idea what they were going to do or not do to assist us. But because of people, like the folks at Safe Futures who took us by the hand

and walked us through that process, there is the ability to recover,” Nixon said.

Safe Futures is a non-profit domestic violence and sexual assault services agency for southeastern Connecticut.

“Our goal is to support every survivor, every victim, who needs help,” said Patrick Sheehan-Gaumer, of Safe Futures.

Safe Futures offers a 24-hour counseling hotline and emergency shelters as well as the staff they have available at courthouses to help with navigating the legal process, said Gaumer.



Artist Kimolee Eryn recites her poems to an eager crowd during the MADVAE event.

Professor Jeff Nixon speaks about his experiences with domestic violence throughout his career.



Abu “Baba” Carter provides the soft drum beats for a speaker during the MADVAE event.



Professor Frederick-Douglass Knowles II reads at the MADVAE event as artist Pierre Sylvain adds details to his live painting.

"What matters to us is that people's experiences are acknowledged, they're affirmed, and that people know they are being believed," said Gaumer.

"This is not just about services, we need to change our culture," Gaumer said speaking of the importance of establishing healthy relationships with one another.

"Where is the movement of people willing to come forward and say, 'I screwed up, I didn't know, I thought that's what love was.' Without that side of the movement, I just think we're never going to be able to create change. I have no idea what that looks like. But I'm desperate for us to figure out how to create that, together, here in New London county. I think we can do it, but I think it'll take a lot of courage," said Kris Wraight, Associate Director of Prevention & Restorative Practice at Safe Futures.

Maria Krug, Three Rivers' new Title IX officer, also offered insight into the many resources available to students and the Three Rivers community members who may be suffering from these types of violent acts.

Krug can be found on the first floor of the C-Wing, Office C131, from 9 a.m. to 12 p.m., Monday-Friday, and in the Office of Workforce Development in the A-Wing the from 1 p.m. to 5 p.m., Monday-Friday.

The MADVAE event was sponsored by the Three Rivers Community College Community Involvement Committee.

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

TRCC Title IX Coordinator

Maria Krug
(860) 215-9208
Room C131
(860) 215-9223
A-Wing
mkrug@threerivers.edu

Student Advocate

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

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

Safe Futures

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

Sexual Assault Crisis Center

Hotline:
(888) 999-5545
www.saccec.org

If you are in immediate danger, or fear for your safety, please call 911

NEDUCATION 101

Our new Governor-Elect's stance on higher education and what it means for TRCC

Written by Shelley Reynolds | Graphics by Shelley Reynolds

Ned Lamont, Connecticut's new Governor-Elect, announced the leaders of his transitional team on Thursday, November 8, 2018.

Among them were two individuals who have fought for better access to higher education throughout their careers: Elsa Nunez, Eastern Connecticut State University President, and Garret Moran, president of Year Up, a nonprofit organization that focuses on closing the opportunity divide.

With these two proponents of education as appointees, it seems Mr. Lamont is making strides to honor the proposals he made during his campaign on reforming higher education, although no formal plan to do so has been announced.

So what are the governor-elect's plans for education? Here is a quick recap of Mr.

Lamont's proposed higher education reform, according to his campaign website.

1. Tuition-free community colleges to in-state students who pledge to live and work in Connecticut for a period of time after they graduate.

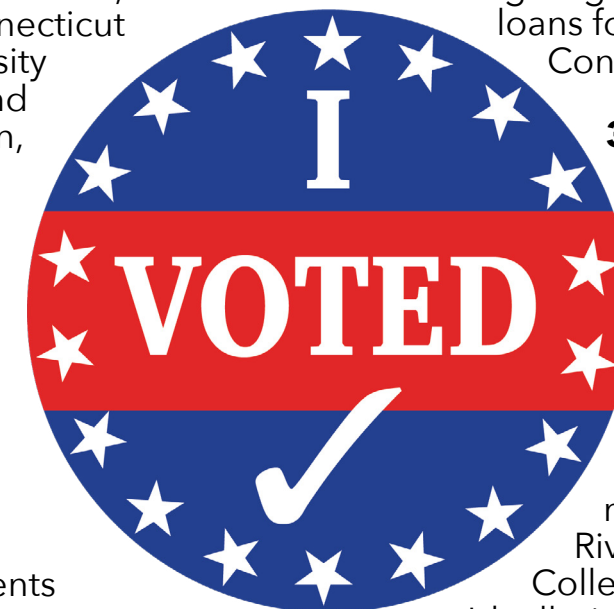
2. Forgiving student loans for teachers in Connecticut's cities.

3. Pledge to improve partnerships between employers and community colleges.

What does this mean for Three Rivers Community College students? Ideally, it means that college just got much cheaper for all students!

However, waiving the fees for students doesn't necessarily mean it's free for everyone.

Where will the money to do this be coming from? With a delicate budget to balance, we'll have to wait and see.



From TRCC to NASA and Beyond

“PUT YOURSELF OUT THERE, MAKE YOUR PRESENCE KNOWN”

The sky is NOT the limit for TRCC graduate and NASA intern George Simones.

Written by Shelley Reynolds & George Simones | Photos by NASA

George Simones is a 21-year-old recent graduate of Three Rivers Community College who earned his Associate Degree in Graphic Design in May 2018. Originally from Waterford, Conn., Simones has relocated upon graduating to Houston, Texas in order to pursue his dream of working with the National Aeronautics and Space Administration (NASA).

Q: What do you do for NASA?

A: I currently work with the International Space Station communications team. I edit video from the space station for outreach purposes and at the request of the rest of the communications team. It truly is an honor to edit video that was literally taken in space.

Q: How did you first get involved with NASA?

A: I applied for NASA's Community College Aerospace Scholars Program (NCAS) while I was still enrolled at Three Rivers Community College. Upon acceptance, I participated in an extensive online program and scored high enough to be eligible to go to a NASA center for a 4-day learning experience.

At NASA's Langley Research Center in Virginia I toured facilities, worked in a team rover competition, and learned about the many internship opportunities that NASA had to offer. I was inspired by what I saw there and decided to apply for several of NASA's available internships in the fall.

I was accepted to the Johnson Space Center in Houston, Texas, where I have had a life changing experience ever since. I've been at NASA for three months now and am enjoying every moment.

I never saw NASA as a possibility, but after the NCAS program I realized that there truly is a place for everyone at NASA.



George Simones, 21, smiles as he is photographed for his professional NASA portrait.

Simones stands in front
of a NASA Rover.



Q: What kinds of tasks do you do?

A: For the past few months, I have been working on project called CineSpace.

CineSpace is a short film competition hosted by NASA and the Houston Cinema Arts Society that allows creative filmmakers from around the world to participate. In order to be eligible for the competition, the videos submitted must contain at least 10% of NASA's footage.

I am responsible for editing the submissions into a reel to be shown at the awards ceremony. I also edit footage for promos and

other outreach videos as needed.

Q: How has Three Rivers Community College prepared you for this position?

A: I consider myself very lucky to have landed a position editing video for NASA. Video Filmmaking was my favorite class that I took during my time at Three Rivers.

I definitely feel that TRCC prepared me for this endeavor both from a time management, and project management perspective. This class really prepared me to take on the heavy and fast paced work flow that NASA has to offer. If I didn't have

this prior experience and the know-how of handling multiple tasks at once, I don't think I would have been as successful here. Of course, the actual video editing experience has come in handy, as well!

I don't think I would be where I am now without TRCC. For one, the NCAS program that I initially applied for is offered exclusively to community college students. If I hadn't gone to TRCC, I wouldn't have been eligible for the program, and I wouldn't have had that earlier exposure to NASA that really helped me get my foot in the door here.

I also just learned how to grow as a person through my time at TRCC. It helped prepare me for the real world.

Q: What have you learned about yourself through this experience?

A: I have learned that I can trust myself, because I do have a lot to offer. I have shown many people here that I am someone who can be relied on and I know now to hold myself to a higher standard than I ever thought possible.

Q: What's next for you and NASA?

A: I hope that this opportunity continues to further my career here with NASA. I would love the opportunity to shoot video or take photos for NASA, to

move from behind the scenes to behind the camera.

Q: Do you have any advice for current students at TRCC?

A: Go for something that seems unreasonable. I didn't think for a second that a graphic design major would get picked to go to NASA, but I was able to make it happen. Really just put yourself out there, make your presence known.

As community college students, definitely look into the NCAS program. It's there to help us make these tough life choices and you will only grow from it.

Q: Is there anything you'd like to add?

A: I would like to thank Professor Kevin Amenta, the Graphic Design Program Coordinator. He was a huge asset to me throughout my time as a TRCC student and I hope to be able to work with him again someday. Without his guidance, I wouldn't be who I am today.

Additionally, I'm thankful to the school as a whole and all of the individual professors who helped make me a better man.

Thank you to Professor Amenta, Professor Patsouris, Professor O'Shea, and all of the others who helped me on the journey through life.

Editorial: Millstone

Millstone provides a public service for community.

Written by Joseph L. Whitmore IV

“... PROVIDES STUDENTS WITH THE BEST ...”

Henry Ford once said, “Quality means doing it right when no one is looking.” I am speaking to you today as a humble student of the Nuclear Engineering Program. I have greatly benefited from the Nuclear Engineering program that Millstone has incorporated in my school.

At first I was hesitant to enter the program, due to all the negative attention that Millstone has received. I was curious, yet apprehensive in choosing my major.

I decided to go back to school to benefit my future – many of you have done the same. I chose Nuclear Engineering not only due to my fascination with man’s ability to affect matter on a nuclear level, but also because its real-life application can better the future for us all.

Once I entered the program, I quickly realized that Millstone has provided a great deal of dedication toward furthering the education of students in the nuclear field.

Millstone has provided myself,

and all of the community, with the tools necessary for success.

Millstone offers a scholarship program that not only monetarily pays for all of your college fees, but also offers the opportunity for hands-on experience with a paid internship during the summer.

Yes, the course load is extremely demanding, but so is the career that we are pursuing. Millstone even provides students with events that enhance an interest in the field, outside of the school system.

Millstone provides students with the best of the best. The company does not simply send anybody to teach at our school – they send professionals with decades of experience in their own respective field.

As a student eager to learn, this not only shows complete dedication on their part, but also ensures that I am learning from the best.

Each educator in the program is passionate and optimistic about having the opportunity

to share their knowledge. They challenge me in ways that I have never been challenged before.

Recently, in my electrical circuits class, I was given a far more advanced problem than I had seen before. My professor’s first statement was, “I want you to use your imagination. Think outside of the box.”

Put yourself in the shoes of a college student and imagine this:

You just got to your desk after searching the halls for the right classroom. You are about 15 minutes early, watching the clock, eager to begin your first Nuclear Systems class. Out of the blue, your professor comes running through the door panting, and drenched in sweat. Another student makes a remark about how dreadful he looks, and he chuckles along with the students.

“I just worked a 12 hour shift because we are in the middle of a shut down. I just walked out of a 120 degree control room, but missing this class was not an option,” he said.

To find such teachers are almost a godsend. How can a student not be dedicated to class when their teacher equally sees the significance in education?

Along with the dedication you receive from the professors, this program provides high-quality guidance in other forms as well.

For example, my advisor is on the board of directors at Millstone, which I’m sure is time consuming. Yet, he will still spend hours with you going over your schedule so that you can get the most out of your academic career.

My advisor does not just allow you to walk in with a plan of study and sign off. He takes his time and goes over every minute of everyday, trying to find a schedule that works best for you.

I work two jobs, one full-time and one part-time, plus have the honor of being elected to President of the Math Club.

Yet, my advisor was still able to find a school schedule that benefits me, after sitting down

... I QUICKLY REALIZED THAT MILLSTONE HAS PROVIDED A GREAT DEAL OF DEDICATION TOWARD FURTHERING THE EDUCATION OF STUDENTS IN THE NUCLEAR FIELD.

**IF THAT KIND OF COMMITMENT
IS NOT CONSIDERED PUBLIC SERVICE,
THEN I DON'T KNOW WHAT IS.**

and talking it out. I am currently taking six classes and two labs.

To most, my schedule is overwhelming, but the dedication I see in my teachers and staff makes me want to push the envelope.

Not only are the advisors willing to help you in any way possible, but Millstone also brings in private tutors to help all Nuclear Engineering students.

If that kind of commitment is not considered public service, then I don't know what is.

Millstone and their employees have dedicated their lives to the betterment of human society through furthering education in the nuclear field. The employees of Millstone work grueling hours to provide our state with all of our power demands, and still find time to teach the future generations.

-Editorial by Joseph L. Whitmore IV

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trccnewspaper@gmail.com

or

kamenta@threeivers.edu

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OVEN FRESH...

Easy Bake Banana Nut Bread

INGREDIENTS

1/2	cup butter (or margarine)
1 1/4	cups sugar
1	teaspoon vanilla
2	eggs (beaten)
3	ripe bananas, smashed
1/4	cup milk
2	cups flour
1/2	teaspoon salt
1/2	teaspoon baking soda
1/2-1	cup chopped pecans or walnuts (optional)



Cream butter & sugar. Add vanilla & eggs.

Combine dry ingredients, add alternately with bananas & milk. Add nuts, if desired.

Grease & flour 2 small bread pans, or pour into muffin tin.

For bread pans - bake at 350° for 45-60 minutes.
For muffin tin - bake at 350° for 20-25 minutes.

Recipe by sktaggart on Geniuskitchen.com, perfected in the kitchen.

**PREP
TIME**

20
MINUTES

**COOK
TIME**

1
HOUR

**TOTAL
TIME**

1:20
HOURS

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