



The Current

Volume 19 Issue 6 • April 18th Issue

Ways to Celebrate Earth Day
Free Office Software
TRCC Daycare
And More!

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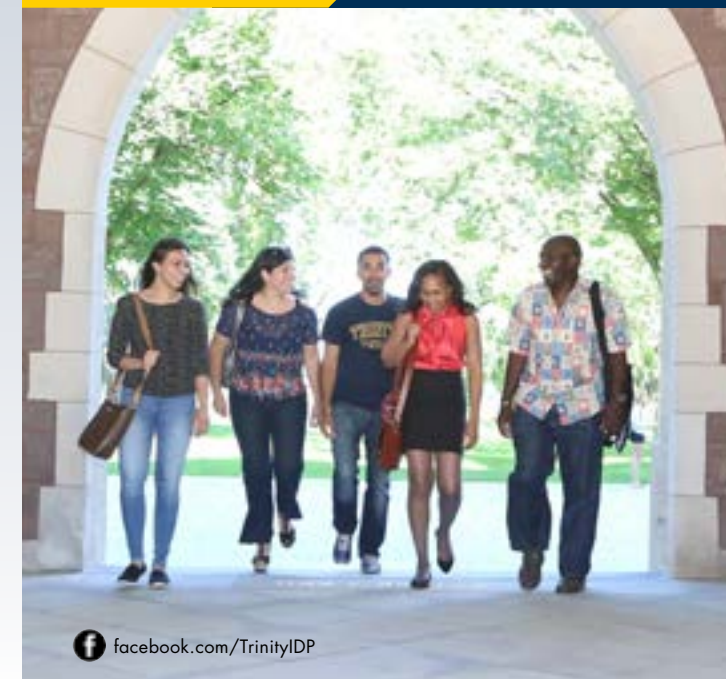
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Gunned Down: The Power of the NRA

TRCC's Movie Viewing about Gun Control

Writing and Photography by Abigail Moran

On March 28, 2018 in the TRCC Lecture Hall B127, there was a gathering of people wanting to see the documentary from PBS; "Gunned Down: The Power of the NRA." This was sponsored by the Community Support and Involvement Committee. Steven Neufield, the presenter for the viewing, spoke on the reason for the event saying that it was "to raise awareness about the NRA and some of the challenges with it and to motivate people to be more motivated to do more."

For some people, this was for personal reasons and others simply wanted to catch the viewing. It was a Frontline documentary from 2015 that went over the issues of guns, gun control laws, and the power that the NRA has over the government. It started with an array of examples of shootings, starting with the story of Gabby Giffords. It played a video recording from the actual event and talked about the weak gun laws that were around at the time. It moved onward to other stories such as Columbine High school, where the NRA had actually issued a statement that had essentially cleared their name.



Professor Neufield explaining the documentary before its viewing.



The Lecture Hall just before people piled in.

After talking about such examples, even mentioning the assassinations of Martin Luther King Jr and John F. Kennedy, the documentary moved on to actual gun control laws. This would include the Effective Crime Control Laws that banned the mail-order sales of guns as well as the Brady Bill which enforced background checks during Bill Clinton's presidency. This later led to their discussion of the National Rifle Association also known as the NRA.

The documentary went on to talk about the Election that was George W. Bush versus Al Gore. It spoke of how the NRA had actually put in \$22 million into the election which included advertisements promoting Bush. With Bush in the position of presidency, it took gun control off of the presidential agenda which was one of their main motivations.

The documentary was followed by a discussion showing the varying opinions of others on the subject. Varying opinions flew around the room from those who agreed with the documentary and those who did not, even though the conversation remained civilized.

How to Get Office Software for Free!

One resource many students don't know about

Writing and Picture by Catalina Anzola

All Connecticut Community College students have access through the school website to Office Online, and Office 365 ProPlus. These programs are vital to creating assignments that meet professor standards, and most professors expect you to be fluent in their usage.

What are the differences? Office Online gives users online access to Word, Excel, PowerPoint, and other Microsoft applications from anywhere that you have Internet access. Office 365 ProPlus is a full downloadable version of Office with all the same applications as Office Online. With the Plus version, students are allowed to install on up to 5 devices such as tablets and laptops, as well as mobile phones. Each student can have direct access to Office.

If you are not familiar with Office 365, the program delivers the tools to help you get your work done. Whether from home or school, from desktop to web, and any device in between, you can have access to Word, Excel, Outlook, OneDrive and more.

Office 365 ProPlus can be downloaded on either Windows 7 or higher or on Macs with OS X 10.6 or higher. For installation on an iPad, version 7.0 or higher is required. Accessing either of these applications can be done by logging into your student e-mail. To install Office Plus on your computer, you first need to log into your email. At the top left of the screen, click on the Office 365 tab.

Once the download page appears, an Install Office apps tab is located on the right side of the page.



Directions on how to install Office for free

Click on “Install Office apps”, then click on “Office 2016”. Microsoft Office 2016 will begin to install. After downloading the file, open it to start the setup process. If a security warning pops open, select run the program. It may take a few minutes, so be patient and wait for the next prompt. Once installed, you will be greeted with a Welcome to your new Office window. At the bottom right corner of the new window, click on Next. When the next window pops up, select the Use Recommended Setting then click accept. The sign in form will come next and you will be prompted to sign in. Type in your Net ID (studentID@student.commnet.edu) then click Next. after that processes, type in your password then toggle Sign In. There are several screens with information on Office products, just click Next until you see You're good to go.

Now you have the latest version of Microsoft Office installed on your device! Super convenient if you don't have internet connection. Keep in mind your subscription is active as long as you are enrolled as a student in one of the CT State schools.

Confronting the Opioid Crisis in Our Community: Hope Exists

Writing and Pictures by Ashley Hanson

Thinking about hope, one might consider a quote from Emily Dickinson's famous poem Hope is the Thing with Feathers. "Hope is the thing with feathers, that perches in the soul, and sings the tune without words, and never stops – at all." On the afternoon of April 3, 2018, hope came in the form of four panelists in Room F117 at Three Rivers Community College.

Some of the participants brought their personal stories of overcoming addiction, while others shared hope through optimistic statistics and resources for those who are or support someone who is battling opioid addiction.

According to statistics from the Southeastern Regional Action Council (SERAC), the average age of opioid overdose related death in New London County is 42.

Angela Rae Duhaime, the community educator at SERAC, provided the statistic to attendees and offered words of encouragement to friends and family of people addicted to opioids. "That's really where the power is. It's in the family and friends who have those hard conversations rather than wait before it's too late", Duhaime said.

Tiana Powell, the peer advocate for Partners for Success at Norwich Human Services, also provided statistics on the state of the crisis in Norwich. According to recent survey results from Norwich Human Services, misused prescription drug use among youth in Norwich is down to 4%. In 2015, that number was 12%.

As a means of inspiring confidence in others, Norwich Human Services started a website called Norwich Unhooked which provides information on substance abuse. Powell encourages those who have experienced and prevailed in their own battle with addiction to share their stories on the website to provide hope for others.

Tammy de la Cruz, a panelist whose son battled addiction, spoke about her experience, saying it wasn't just his addiction alone but rather "it's a family addiction." As tears streamed down her face, she talked about how her son, Joey Gingerella, struggled for many years to overcome his addiction to prescription painkillers and a whole community rallied around him.



Victoria Jenkins moderates for panelists who gave statistics and stories of hope to attendees.



Angela Rae Duhaime of SERAC responds thoughtfully to an attendee's question.

“There are so many drugs in this area but not enough recovery options,” de la Cruz said. As she supported her son through his healing process, she realized that she needed to do more for the community at large to break the stigma of addiction. With her husband and two other local women, she founded **Community Speaks Out**, a non-profit organization in Groton, CT committed to helping families through the process of getting addicted family members into treatment.

Addiction to opioids was a battle Marco Anthony Fabretti knew very well. Fabretti, a spoken word artist for #StopTheLie gave his own message of love and teamwork to help loved ones overcome their battle with addiction.

Fabretti’s conflict with substance abuse began in his early 20’s and lasted about 10 years. He explained how it started with alcohol and marijuana, insecurities and trying to fit in. Participating in drug abuse became a cultural sign of acceptance he said, “You smoke, I smoke. You drink, I drink.”



Marco Anthony Fabretti gives a preview of his poem “Homeless”.



An attendee responds to the discussion on the need for more support services and resources for people struggling with addiction.



Officers Michael Lax and Michael Krodel accepted expired and unused prescription medicine during the event. These medications will be brought to the incinerator to be disposed of properly.



A candlelight vigil was held for all those who have ever been affected by the opioid crisis.

Through 10 years of addiction that included 4 close-to-death experiences, over a dozen arrests, and several trips to rehab, Fabretti found his freedom 3 years ago. “It’s love that won for me and it’s a new day tomorrow,” Fabretti said of what got him through to the other side of addiction.

Fabretti believes that there was a greater purpose at work the whole time, and counts himself blessed for having never been convicted of a felony so he can work with youth who struggle with addiction. The Stop the Lie movement he leads is about encouraging others to find themselves, their passion, and their dreams.

Fabretti’s words of wisdom to the youth of today is that there is hope and they need to pull strength from that knowing that every day is a new day.

The event concluded with a candlelight vigil in honor of all those who are affected by the opioid crisis. Attendees silently stood together, candles in hand and heads lowered in a state of reflection while moderator Victoria Jenkins said a prayer of hope.

How to Contribute to Earth Day

Some ideas one can follow to make a local community a healthier, happier place

Writing and Photography by Katherine Collins

Earth day is a great way to celebrate the local ecosystems, take control of your environment, and make a significant change in one's community.

There are several events one can attend, such as the Earth Day Festival being held in Woodbury, Connecticut, which include fun events such as live music, food trucks, and tons of vendors such as farmers, non profit organizations, landscapers, home improvement services and many more! To find out more about all of the events that Connecticut has to offer for Earth Day, go to www.ct.gov/deep and click on "Earth Day - April 22".

However, there are plenty more ways to Celebrate Earth Day, such as picking up trash from the side of the road and performing a roadside cleanup. For this, there is only a need of a garbage bag, disposable gloves, and shoes/clothing one does not care about... and that's it! From there, go to a road around where you live and pick up any cans, bottles, paper products, bags, and any other trash you can find and throw it away.



How to perform a Road-Side Cleanup

1. Gather trash from ground
2. Place trash in garbage bag
3. Fill garbage bag until you can no longer hold any more garbage
4. Properly dispose of garbage

12 One more thing that many can do to contribute to Earth Day that can easily be forgotten is... recycle! If unsure how to recycle, please use the next page as a guide for what qualifies as recycling and what to do to support the environment.

How to Recycle

Want to learn how to recycle? Learn the three different ways to recycle in this guide!

Writing and Photography by Katherine Collins

Recycling by definition is converting waste into reusable material. There are multiple ways of recycling, but the most common one is quite simple. Collect all of the cans, plastic bottles, and glass bottles from drink containers and clean them off. Put them all into garbage bags and take them to a local grocery store. Each container returned gives back a 5 cent return that one can spend on groceries.



Many local towns and cities supply their own recycling bins for citizens to use.



How to make a Headband

1. Cut 9 inches from the bottom of a t-shirt sideways and stretch the fabric with your hands
2. Twist the loop twice to make a loose knot.
3. Put the two circles together.
4. Put onto your head whatever way you please!

Reusing by definition is using again or more than once. More commonly today, clothes are given new life by being donated to shelters, become Do-It-Yourself projects to be made into accessories or blankets, and many more uses. After Macklemore's hit song "Thrift Shop" surfaced the Internet and went viral, the trend of buying and giving clothes away to thrift stores has increased significantly. Learn how to make a T-Shirt into a headband below!

The last R that many also forget about is reducing. To reduce by definition is to make smaller or less in amount, degree. Easy ways to reduce waste is by using to-go boxes from restaurants, carrying a high quality water bottle that is machine-washable, and more. An example of reducing is down below!

A pre-packed lunch inside carried by leftover chinese takeout boxes are a great way to reduce paper and plastic waste.



Midnight Sun

The Teenage Dream in a Movie

Written by Mark Dunning

Midnight Sun is the latest romantic teen film to release this year and viewers would probably expect the typical popular boy falls in love with the quiet girl that no one knows about. Although it follows the similar formula of any teen romantic film, this film does try to obviate from that stigma.

Midnight Sun is directed by Scott Speer and written by Eric Kirsten, and is based on the 2006 Japanese film. The film stars Bella Thorne, who plays a character named Katie Price, an 18 year-old who lives with a life-threatening sensitivity to sunlight caused by a rare genetic condition called xeroderma pigmentosum or XP for short. During the day, Katie only stays inside all day but once nightfall comes around she goes outside to play her guitar at a local train station to entertain passengers.



Courtesy of IMDb

One night, while playing guitar at the train station, she comes across a boy named Charlie, played by Patrick Schwarzenegger, who is actually Katie's longtime crush since she was a little girl. She would always watch him from the windows whenever going to school, but Charlie had no idea because Katie has been in her house all of these years because of her condition, plus Charlie did not even know who Katie was either.

Eventually as they gotten to know each more on a personal level, their relationship started to blossom. The two would eventually fall in love and during their relationship, Katie struggles to whether to tell him about her condition or pretend to live a normal life so Charlie does not feel sorry for her condition.

The film had some mediocre moments that felt unsettling or blatantly inauthentic. There were certain scenes that when the actors played these characters, there emotions were not up to par. Schwarzenegger does try to have his character feel that his care for Katie is beyond, but it feels forced and overbearing at times too. The romantic chemistry between both characters were lacking and rushed. It felt that two of the characters just suddenly in love out of nowhere. There was not no build up to them actually start loving each other.

Aside from that, the film has fun quirky moments that try to have the characters feel that life is okay and that they are living in the moment while in love. Like mentioned earlier, the film does try to stay from the stigma of the same formula that teen love movies have, like having funny moments that Katie interact with throughout the film that'll give the audience a laugh.

Midnight Sun isn't perfect. There are definitely some issues that the film does suffer unfortunately, but the film also has a winsome side to it as it models bravery, healthy teen relationships and the importance of loving the life you've been given. It is a film that that is fun, heartwarming, and enjoyable to watch when seeing a romantic film.



Courtesy of The
Entertainment Project

Game Night: A funny, over the top comedy about a murder mystery party gone awry.
Written by Catalina Anzola

Jason Bateman and Rachel McAdams star as Max and Annie, a competition-obsessed couple who love board games and struggle with infertility. The movie takes a witty look at family and couples' dynamics in subplots that are woven throughout the film.

The film's main couple, Max and Annie, host a regular game night at their home. They are joined by their friends and Max's unexpected brother, Brooks, who zooms up in his classic red corvette: which happens to be Max's childhood dream car. Their sibling rivalry is taken up a notch when Brooks decides to host the next game night. It will be his own murder mystery party at his rented house , with the corvette as the prize.

At Brook's party, the murder mystery takes a turn when Brooks gets kidnapped in a home invasion that everyone else assumes is part of the game. Threatening to kill Brooks if the others do not deliver a Faberge egg to the one giving orders, the couples split up into pairs to try and solve the mystery. The film has many twists, which I won't spoil for you, but ultimately this movie is designed to entertain, and on that point it delivers despite the graphic comedic violence. The movie is funny and witty, pushing the boundaries just right. The characters continuously sustain physical injuries that would incapacitate people in reality, but bounce back to continue the game.

Game night is good entertainment for adults. Applause to Bateman, who's great at this sort of thing, and McAdams, who shows her strength with comedy here. The film is not an Oscar contender, but is definitely good fun out at the movies. An 8 out of 10 stars for sure.

Grab and Go Breakfast Sandwiches

Recipes for the Busy Student

Writing and Photography by Ashley Hanson

Looking for a quick and hearty breakfast? These sandwiches can be cooked in the microwave and thrown together in under 10 minutes. Eat one now and freeze the rest for grab-and-go convenience!

INGREDIENTS:

4 eggs	2 bacon strips, sliced in half width-wise
1 splash milk	4 English muffins, halved
salt, to taste	4 slices American cheese
pepper, to taste	
2 sausage patties	



With just a few ingredients you can make a few breakfast sandwiches to eat, share, or save for later.

DIRECTIONS:

1. On a plate, place the sausage and a microwavable mug in the center.
2. Crack the eggs into the mug, add a splash of milk, and season with salt and pepper. Stir until evenly mixed.
3. Microwave the entire plate for 2 – 3 minutes until the egg is cooked through, checking the microwave every minute to make sure it doesn't bubble over.
4. Remove the plate and microwave the bacon strips on a separate plate for 4 – 7 minutes. Check the bacon at 4 minutes, then every minute or so to make sure it doesn't over cook.
5. Drain fat from the bacon and set aside.
6. Invert the mug with the egg onto a cutting board, then slice it into 4 equal rounds. You may need to run a knife around the edge of the mug first to ensure the egg comes loose in one solid piece.
7. Assemble your sandwich to your liking with the 1 type of meat, 1 slice of egg, and 1 slice of cheese.
8. To save for later, wrap each sandwich in a damp paper towel, then with parchment paper. Place the sandwiches in a zip top bag and freeze.
9. To reheat after being frozen, unwrap the parchment paper and microwave for about 2 minutes. Cool for 1 minute, then unwrap the paper towel.



For a quick fix on eggs, break them into a mug with some milk, pepper, and salt to taste and throw them in the microwave for 2 – 3 minutes.



Under 10 minutes and you have all the ingredients you need to make breakfast sandwiches to freeze for later.



Sausage gives this sandwich additional protein to stay full longer.

Crispy bacon tops an egg sandwich cooked in under 10 minutes for a bite on the go.



TOSTADA CUPS

THE CLASSIC RECIPE IN A MUFFIN TIN!

WRITTEN BY ABIGAIL MORAN

Ingredients

1 muffin tin (12 cupcake tin)
6 flour or corn tortillas (6 inch)
3/4 cup refried beans
3/4 cup salsa
1 cup shredded cheddar
1 tablespoon cilantro
1 cup shredded lettuce
2 tablespoons sour cream

Servings:

6 servings
Prep Time:
10 minutes
Cook Time:
20 minutes

Instructions

1. Preheat your oven to 400 degrees F and coat every other muffin tin spot with non-stick cooking spray. Press a tortilla into each sprayed tin and flatten the edges out. Bake for 8 to 10 minutes until golden.
2. Add beans and salsa to each tortilla cup and finish by sprinkling cheese on each one. Return to the oven for 7 to 10 minutes which will allow the filling to warm up.

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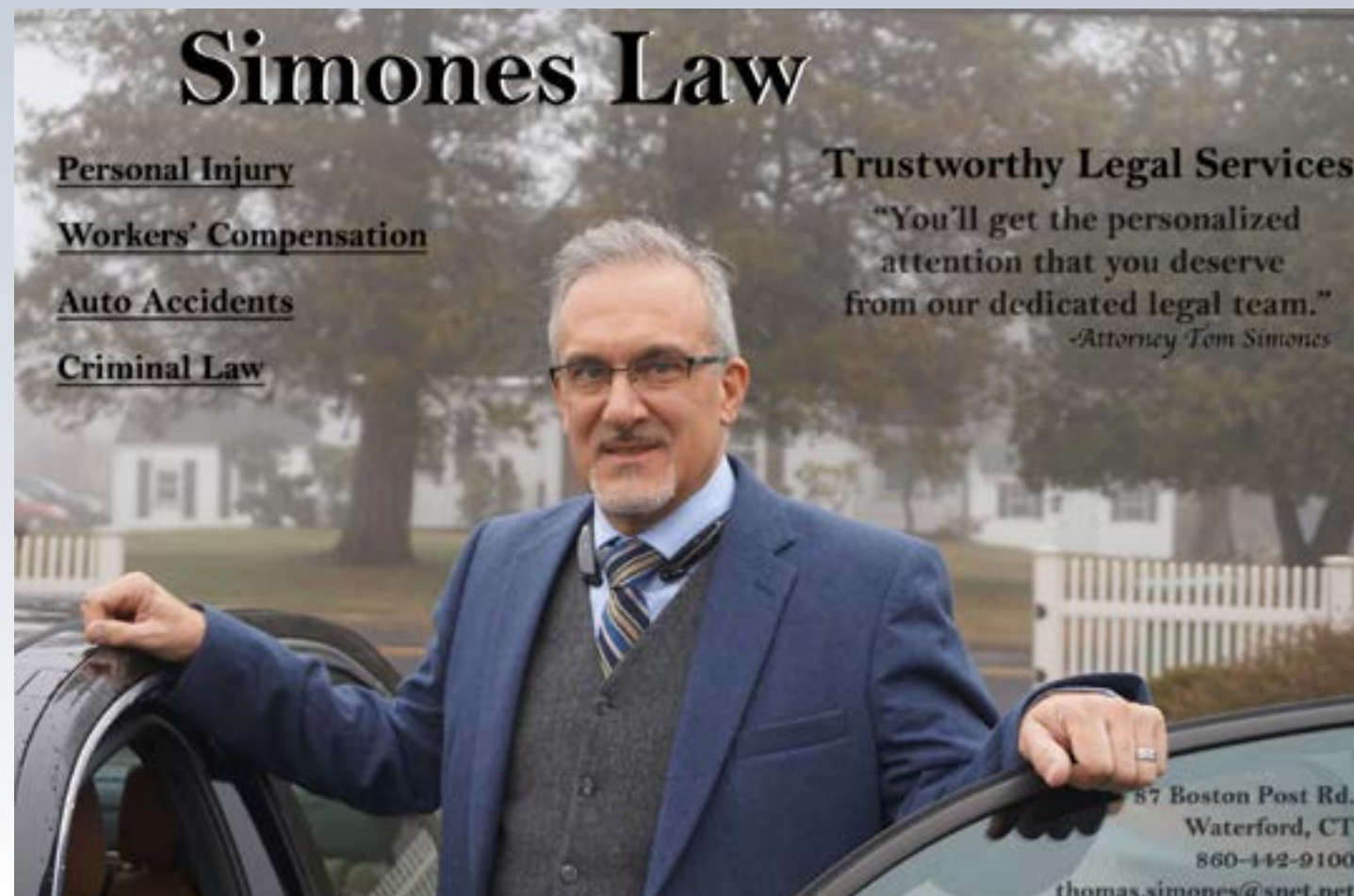
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The Current's Photo Booth was a Super Fun Time

"No one beats the hero that you already are!" - Abby Moran

Writing by George Simones

Photography by Catalina Anzola

The original Batman theme song filled the halls as the Spring 2018 TRCC Current team took photos for their photo booth! The photo booth was a fundraiser that raised money for The Current at TRCC.



Some of the props available at the Photobooth event sponsored by The Current.

TRCC Current members and students George Simones, Mark Dunning, Abby Moran, Catalina Anzola, and Katherine Collins participated in the photo booth fundraiser which featured tropical themes and superhero themes.

Current member George Simones shows student their photos taken and has them register their email to receive their photos electronically.



The original Batman theme song filled the halls as the Spring 2018 TRCC Current team took photos for their photo booth! The photo booth was a fundraiser that raised money for The Current at TRCC.

TRCC Current members and students George Simones, Mark Dunning, Abby Moran, Catalina Anzola, and Katherine Collins participated in the photo booth fundraiser which featured tropical themes and superhero themes.

The first day of the photo booth could have been better. There was an early snow storm that really did a number on the moral of students and everyone involved. However, the second day was fantastic. The enthusiasm was in the air as Abby Moran boosted everyone's spirit with her catchphrases, one-liners, and overall inviting attitude.

People couldn't help but look at the photo booth as Abby enthusiastically brought a smile to the faces of both students and staff. "Come Be Super-Duper at the Super Hero Photo Booth" was Abby's go-to catchphrase that helped bring attention to the photo booth.

People smiled as they passed by and remarks could be heard from them as they passed by. "Wow, super heroes," "Oh cool super heroes! Awesome!" It was clear that the music set the mood and made the whole scene come together.

Many students were in a rush to get to class and chose not to participate. "I want to be a super hero to my teacher", "This is cute, but I don't have \$2", students exclaimed.

The third and final day of the photo booth revisited the tropical theme that didn't fare well on the first day, on account of the snow. It was by far the best success out of all three of the days.

The tropical theme was a hit with many people and even contained the first group photo out of all three of the days. Abby also had fun with getting people involved as well. Hawaiian music filled the air, a tropical vibe could be felt, and Aloha was the word of the day!

The TRCC Current Spring 2018 Photobooth Fundraiser started off rocky, but it bounced back from adversity and turned into a fun event that truly brought a smile to faces of many people. Always keep an eye out for future fundraising projects around the TRCC campus.



Current member Mark Dunning takes a picture of a student participating in the event.



Members Mark Dunning, Abigail Moran, and George Simones making attempts to gather a crowd of people for the event.

Editorial: Should there be a Nurse's Office at TRCC?

Writing and Photography by George Simones



Hospital bed that is identical to the one used in actual hospitals, located in TRCC Nursing program and a TRCC nursing student as the practice in a mock hospital setting.

It comes as a surprise to many that Three Rivers Community College doesn't have a nurse's office. With a great nursing program, it would seem that TRCC is the perfect school to have a nurse's office. However, it's not as simple as just adding a nurse's office to the school with no issue.

An article from lawyers.com entitled School Nurses are Rare, gives plenty of information regarding nurses' offices in schools.

The article states, "When it comes to school RNs and LPNs, the states have different laws, too. For example, some states, like Connecticut, require school boards or districts to hire at least one school nurse. Other states, like Texas, have no such requirement."

Now high school rules differ from community colleges; however, it still seems to be common knowledge amongst many people that a nurse's office belongs in a school. As far as high school's go, it's shown above that here in Connecticut schools are required to hire a nurse.

A TRCC student stated, “I think it’s strange that Three Rivers doesn’t have a nurse’s office, but I guess that it makes sense; If I was feeling sick, I would just go home.” This raises a solid argument and poses the question, should adults be able to care for themselves.

The TRCC security desk reported that the most they will see regarding health-related issues amongst students is the need for an occasional band-aid. It seems as if the demand for a nurse’s office at TRCC isn’t necessarily high.

The article continues, “The rules vary on other matters, too. In Connecticut, for example, the school district nurse must be an RN, have at least one year of experience and a valid state license. In Texas, if a school or district decides to hire a nurse, he must be licensed by the state.”

This shows that different states have different views on nurses in schools. Again, these are high school statistics; however, they still show how different states view nurse’s offices in schools.

It’s clear that it wouldn’t be a bad thing for Three Rivers to have a nurse’s office, however it doesn’t seem to be the most necessary addition to the school at this point in time.

It is still important to talk about and address, because it is an interesting topic to think about. Nurses offices are so common throughout our lives that most people just expect them to be a part of school. However, when you stop to think about it, it begins to come clear that it is not an essential addition to the school at this point in time.



Some of the equipment and items used in the TRCC nursing program.

Three Rivers is For The Children An Inside Look On TRCC’s Childcare and How It Benefits Students Writing and Photography by Mark Dunning



The Little Learners Childcare Center is a licensed provider that can help a parent reach their academic goals.

If you are ever walking around campus near the cafeteria hallway, you notice outside that there is a small playground in the open. Now of course, the majority of students that attend Three Rivers is adults, so of course there is no way that students are playing on that playground. Instead, there are little children that roam around playing tag. That is because Three Rivers offers a Childcare Center that helps parents who are students who take care of their child when pursuing their education.

The Little Learners Three Rivers Center is licensed provided by The Little Learners Childcare Center, which is also located in two other locations Ledyard and Gallup Hill School. The center helps the children focus many skills such as hands on activities, discussion, and critical thinking to develop their knowledge. Other activities include multiple intelligences through manipulative items, books, music, and more.

Little Learners Childcare Center primary goal is to have an environment for children that is safe, positive learning experience while also encourage on a caring and cognitive development. This Childcare Center is very beneficial to Three Rivers students who are parents, while balancing their school life as well.

“It is very beneficial to the students,” Said Nicole, who is the Director & Preschool Head Teacher of the Little Learners Three Rivers Center. “Students can focus on their classes more knowing that their child is in a safe environment and it makes it less stressful for the parents. Plus it revolves around their schedule smoothly so that they can drop their child at a certain before attending class.”

Little Learners follows the Three Rivers academic calendar as well, which helps the student plan their semester better. Little Learners Three Rivers Center is open from 7:00 AM – 6:00 PM, Monday through Friday and to find out more information about the Childcare Center, go on the Three Rivers website or call (860) 215-9033 for more info.



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