

THE CURRENT

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The Real Life Ghost Whisperer

A Deeper Look Inside the Paranormal World

By Chelsea Ahmed
Photos: Kristen Hendricks



Kristen Hendricks was born with a special gift. At only thirty six years old, Hendricks is a clairvoyant. Originally raised in Killingly, Connecticut, she now resides in New York City with her husband Ray. She spends her free time with her team of paranormal investigators, where she enjoys helping people ease their fears about the supernatural world. When Hendricks isn't investigating, she enjoys watching The Golden Girls and working on her YouTube channel called "the singing alto channel" and writing poetry.

Photograph of Kristen Hendricks

Q: You are a clairvoyant. What does that exactly mean?

A: A clairvoyant is someone who can see, hear or feel spirits.

Q: What is an aura and what does it look like?

A: The aura indicates health issues, as well as past and present emotions. I will see a spectrum of colors varying in degrees of intensity with varying locations on the body.

Q: What is it like to communicate with the dead?

A: It's thrilling, interesting and sometimes nerve wracking.

Q: What is the worst part about seeing spirits?

A: You never have an advanced warning!

Q: When did you realize you first had a gift?

A: I was three when I had my first odd experience. I would astral project out of my body during naps. My first real experience communicating with a spirit was when I was eight years old.

Q: What is astral projecting and what does it feel like?

Astral projecting is when your soul separates from your physical body allowing your soul to travel. It feels like you are being lifted up, mostly by your bottom half first, and then followed by your upper body. When I was younger I would only astral project above my bed. But when I was older, I could travel down the road or across town. I haven't astral projected since I was seventeen.

Q: How did your family and friends react to your abilities?

A: My family was very supportive and encouraged me to develop my gifts. I rarely discussed my experiences with friends, although there were times when things would happen that they couldn't explain, so I helped them understand. It's difficult when it comes to the paranormal, because there will always be skeptics and the subject of ghosts can be very taboo.

Q: What do you think of others who claim to be psychic, especially those on television?

A: This is a difficult one. Many people are fascinated by the afterlife and they are comforted by the fact that their deceased loved ones may be around them. Unfortunately, some psychics may take advantage of this. Some are the real deal, and others you need to watch out for. Many that you see on TV and elsewhere perform what is known as "cold readings". This is when they will be in a group and throw out random information that could apply to anyone and they work from there relying on facial expressions and emotions. They won't have to really ask probing questions. When a spirit comes into contact with me, I get a full name and facts. If I go into an investigation and there isn't a spirit there, I will tell them and look into other reasons why they may be experiencing strange occurrences. However, I don't mess around. Ed and Lorraine Warren are good examples of this. Ed has been deceased for some time now, but Lorraine has always been a great friend and mentor.

Q: Can you tell me about an experience you've encountered with a spirit?

A: One night I dreamt that my friend Amy, who had passed away, came to me and plainly stated that someone I loved would be joining her that night. A couple hours later, the phone rang and my mom told me my cousin had died due to an accidental prescription drug overdose.

As Ed Warren always said "messaging around with the occult and its consequences are like crossing a busy freeway. Most will make it, but some won't."

Q: Are there different types of hauntings?

A: Yes, conscious and residual hauntings. An example of a conscious haunting would be a loved one hanging around because of unfinished business or because they simply do not want to let go of the life they had here on earth. A residual haunting is just left over energy from the deceased or object.

Q: How can you tell a house is haunted?

A: The most typical signs are power surges, temperature fluctuations, moving objects and any unexplained noises. Remember, there may be good and logical reasons why these things may be happening, such as old wiring or plumbing and drafty rooms. It's important to know that the deceased usually won't try to do scary things to get your attention. If you hear growling, see flying objects, experience foul smells or bodily harm, then you are dealing with the demonic.

Q: Can someone become possessed?

A: Absolutely, although it is extremely rare. Those that claim to be possessed, may be due to stress, medications or mental illness. So claiming that someone is possessed could do more harm than good. Although people who suffer from mental illness or intoxication are more prone to possession. Before an investigation, we make the client fill out an extensive questionnaire and sign a release form. Even in the small chance of a possession, an exorcism is almost never performed, and if it is, permission must be given by the Vatican.

Q: What are your opinions on the occult?

A: The occult is extremely dangerous! I strongly urge people to not perform séances, play with the Ouija board, or get involved with any type of witchcraft. Will everyone who gets involved with these things have a bad experience? Of course not, but why risk it? The consequences are far worse than the advantages. As Ed Warren always said “messing around with the occult and its consequences are like crossing a busy freeway. Most will make it, but some won't.”

Q: Do you have any suggestions for those that may want to investigate the paranormal?

A: Yes, study up on it, be careful and remember people’s feelings are at stake.

Q: You are releasing a book next year, can you tell me what it’s about?

A: It is an autobiography titled “My Haunted Life”. It is mainly about personal experiences with the paranormal and some cases. It will have a surprise ending that many will be shocked to read and which I hope will lead people down the right path. I encourage everyone to pick up a copy when it becomes available sometime around October of next year.

Q: What message would you like to leave to our readers?

A: Lead a simple fulfilling life. Remember that friends, family and basic necessities are all you really need to be happy. Don't focus on things like expensive clothes or jewelry or social media to make you happy. Always remember to be kind and giving to others and be thankful for what you have. Chelsea, it has been wonderful speaking with you and I wish you and your readers the best.

Have there been any levitations? ☐ Yes ☐ No

Have there been any uncommon cold or hot spots? ☐ Yes ☐ No

Any occupants having nightmares or trouble sleeping? ☐ Yes ☐ No

Have there been any physical attacks? ☐ Yes ☐ No

Are pets affected? ☐ Yes ☐ No

When was the first occurrence of the phenomena?

What was the witness's reaction during the phenomena?

How long was the duration of the phenomena?

Who first witnessed the phenomena?

What time was the first occurrence of the phenomena?

How often does the phenomena occur?

Do the occupants feel the phenomena is threatening?

What do the occupants believe is happening?

Do all of the occupants agree on what is happening or do SOME think it's nonsense?

Describe what happened in your own words?

Where were you when it first occurred?

This is page 8 out of 9 of the extensive questionnaire that Hendricks has her clients fill out.

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You'll Float Too



Movie Review

The 2017 Remake of *It*

By Chelsea Ahmed
Drawings by Brissett Cuadros

Total Movie time: 2 hours and 10 minutes.

Warning! This review will contain spoilers of the 2017 remake of *It*.

Pennywise the Dancing Clown has once again crawled out of the sewers to terrorize and feast on the children of Derry.

The original *It* was a mini television series that premiered on ABC in 1990. It has been 27 years since it was first released. This adaptation is different, as the original series was based in the 1950s, while this new film was based in the 1980s.

Stephen King released the book in 1986, and it took four years to bring *It* to life on television. *It* instantly became a best seller despite the 1,138 pages.

The opening scene focuses on Billy, a 12 year old boy making a paper boat and covering it with wax for his younger brother Georgie. Despite the pouring rain, Georgie decides to go outside and chase the boat down the street.

After hitting his head on a construction sign, Georgie watches in despair as his paper boat, the S.S. Georgie, floats down into the street sewer.

No worries though, for Pennywise the Dancing Clown was there to catch the boat and lure Georgie into his trap and subsequently biting Georgie's left arm off with his multiple layers of teeth.

Bill Skarsgard was chosen to play the new clown, and for those of you who aren't familiar

with Skarsgard, he recently played Roman Godfrey in Netflix's original *Hemlock Grove*. His glowing yellow eyes and tall appearance, made the children he was after look small and terrified.

There are multiple scenes in which Pennywise is seen carrying his red balloons. The infamous saying "You'll float too!" is repeated throughout the movie.

It was Ben, played by Jeremy Ray Taylor, who determined Pennywise came around every 27 years in Derry.

"People die 6 times the national average and that's just adults," he said.

This adaptation was filled with jump scares and horrifying blood-filled scenes. The typical door-slamming, and loud music, which is common in most horror films, seemed to happen anytime Pennywise appeared on screen.

The movie also highly depended on Computer Generated Imagery and some scenes played way too fast to process.

Pennywise appears to the kids in multiple forms, for his ability to make their fears come alive is what allows him to feed on them.

Between headless men and zombie-like children, the film touched on different parts of the monster universe.

The children decide to stick together and defeat the clown by venturing into the Well House to save their friend Beverly. Their weapons range from a tranquilizer gun that was used on sheep to spears made from outdoor fencing.

The movie wasn't completely filled with

horror, for there were some slight touches on romance as the boys from the "Losers Club" developed crushes on the only girl in the group, Beverly. It was a kiss from Ben that helped save Beverly from Pennywise's spell.

One of the last scenes where the children ganged up on Pennywise was filled with action as the clown continuously morphed into the children's fears. Yet the children stuck together, and each took their weapon and stabbed it into the monster. Pennywise was defeated (for now) and the children decided to make a blood pact, for if *It* returns, they will once again protect the citizens of Derry.

It wasn't until the end of the movie, that the secret subtitle was released; *It Chapter 1*. Hopefully, in the year 2019, audiences will be able to go into theaters to watch the second part.

This movie had the audience screaming at the screen and jumping out of their seats. The children, as well as Pennywise, were memorable characters that made the movie easy to watch. Five out of Five balloons.

Just remember, you can float too.



Event

Pedal Power in Mansfield Connecticut

Cycling to Raise Funds for Social Services

Written by Chelsea Ahmed
Photography & Graphics by Chelsea Ahmed

The New 2016 Steeple Chase Bike Tour Logo

The Steeple Chase Bike Tour was off to a great start despite the rising humidity and fog in the air. Cyclists parked their vehicles at the Eastern Connecticut State University Track Complex in Mansfield, Connecticut.

This Steeple Chase is a large annual fundraiser currently in its 26th year. There are three organizations that the funds go to. One organization is called Perception Programs, which helps people with addiction and mental health issues recover. The second organization is the Windham Area Interfaith Ministry (WAIM), which helps provide basic necessities from clothing to heating assistance for under-resourced people. Lastly, Windham No Freeze Project helps to shelter the homeless and reconnect them with their community.

The event gets its name by having cyclists stop at area faith congregations along each route. Volunteers hand out drinks and snacks and sometimes even provide a bit of pampering.

The rest stop at the Eastford Baptist Church, on the 100-mile route, offers free manicures for people willing to get their nails painted. The Holy Cow shelter is a favorite rest stop

as well, for their peanut butter and jelly sandwiches help to keep cyclists motivated to the finish line.

Cyclists have a choice of choosing several different routes depending on the mileage they would like to ride. This year there were the 20, 35, 50, 62.5 or 100 mile routes. A newer edition to the Bike Tour is the 5.6 mile walk which allows people to participate without having to worry about handle bars.

John Burton, who helped cyclists complete their registration and was Chairman of the Board for the No Freeze Project, said that only nine walkers registered this year.

Burton was excited about the new Jeffrey P. Ossen Family Foundation grant, for in 2016 the Steeple Chase raised \$58,000 for the three charities.

"All three charities are saving lives. Ride a bike and save a life," he said.

Since the event started in 1992, the Steeple Chase has raised over \$1.1 million for social services.

This year proved to be an even better



John Markham showing his Colchester Dental Group jersey as well as his Steeple Chase number.

fundraising year because the Jeffrey P. Ossen Family Foundation matched every dollar for two.

Registration began early at 7:00 am and continued until 11:00am. They also allowed day-of registration to encourage cyclists and walkers to join in on the fun event. Donuts and bagels awaited the cyclists as well as Gatorade and water.

All cyclists that registered were given a free water bottle, and a Steeple Chase t-shirt featuring the new 2016 logo.

All cyclists were given a map that was color-coded to their route. Cyclists needed to pay attention to the roads on the route that were marked with their specific color.

100 mile bikers followed white arrows, 50 mile bikers followed green and so on. Those that want to travel without worry could install the app "Ride With GPS" on which users can follow the route with their iPhone's.

Ron Manizza, an ambassador of cycling and the Ride Route Coordinator, made announcements for the cyclists in the morning.

He was in charge of planning all of the routes and made sure that everyone was having a good time.

Manizza made sure to keep as much of the routes on the back roads as possible because they are safer and have less traffic, he said.

"Cyclists get to ride on roads that time has long forgotten," he said.

Manizza also announced over the microphone that the top fundraising teams were as follows; "Colchester Dental Group, Thread City Cyclers, Home Selling Team Homies and Saint Pauls following close behind."

In the past years, there has always been a competition to help raise the most funds between the Colchester Dental Group and the Thread City Cyclers.

David Burdette, a 64 year old from Willimantic, was a member of the Thread City Cyclers that biked the 62.5 mile course.

"We're in a contest with the Colchester Dental Group to see who can fundraise more," he said.

Cyclists began coming back from their routes around 11:30 a.m. to the track complex to eat

sandwiches, cold pasta and refreshments. Massage therapists set up booths, ready to stretch out any cyclists that needed aid.

John Markham, a 66 year old from the Colchester Dental Group intended on riding the 35 mile bike course but ended up riding almost 38 miles, he said.

“I’m obviously colorblind, I can’t tell the difference between yellow and orange. After 13 miles I realized I was on the wrong path,” he said.

Markham accidentally followed the orange markers which was the 60 mile route. He made it to the first rest stop at St. Francis of Assisi and took short cuts to get back to the parking lot in the track complex.

Despite all of this, Markham enjoyed the ride and he wasn’t going to let the swag vehicle help him with his route. The swag vehicle is always provided by the tour to help cyclists who need assistance on the roads.

“If I had to put my bike on my shoulders, I would,” said Markham.

Amber Pierce, a 36 year old professional road cyclist from Mansfield, rode the 62.5 mile course. Reportedly it was her third year participating in the event.

Pierce had attached a video camera to the back of her bike and as she passed fellow riders on the route she asked them to wave, she said.

Ruth Gordon, a Human Resources Director from Perception Programs Incorporated, emailed the winners the final results of the Steeple Chase to share exciting news.

“This was a truly amazing year! Great weather and all money raised up to \$70,000 was matched by the Jeffrey P. Ossen Family

Foundation. We raised \$61,000 and the Lester and Phyllis Foster Foundation pledged \$9,000 so we reached the \$70,000 match,” she said.

A total amount of \$140,000 was raised for the three organizations. Thread City Cyclers came in first with \$6,371, then Colchester Dental Group with \$5,423 and in third Home Selling Team Homies at \$2,324.

Join next year’s Steeple Chase to ride a bike and support three deserving charities.



1- Cyclists line their bikes outside the registration area.
2- This year’s water bottle that was given to each of the participants.



Health

A Message from Your Dental Hygienist



The Darker Side of Halloween That Only Teeth Know About

Written by Chelsea Ahmed and Robyn Sleath
Photography and Graphics by Chelsea Ahmed



Robyn Sleath, a Dental Hygienist

Robyn Sleath has been a Dental Hygienist in Connecticut for the past thirteen years. At only 40 years old, she understands the importance of proper mouth care. She attended the University of New Haven and graduated with a Bachelor’s of Science in Dental Hygiene. For the past three years Sleath has worked as an adjunct faculty member at Goodwin College in East Hartford. Sleath believes that educating students on how to better their oral health will benefit them from preventing future oral complications. She currently works at Colchester Dental Group and resides in Colchester. When Sleath isn’t working, she is a busy mother of three and enjoys running and a nice cup of tea.

With Halloween approaching, it is imperative to understand the effects that prolonged sugar has on teeth. Everyone loves to eat sugar. Candy is addictive and an inescapable threat that can be found all year round and especially on this popular holiday. Bad eating habits are easy to pick up and it is important to establish good oral hygiene and practice it daily.

Constant sugar consumption is damaging to your oral health. Eating candy, drinking sugary beverages, and bad hygiene habits will contribute to future dental problems.

Decay will develop from all of these factors. Decay is also known as a cavity. A cavity resembles a piece of Swiss cheese. This is

where a dental hygienist will see small dark holes in a tooth during a teeth examination.

If cavities do not get fixed by a dentist, the cavity will get bigger and will start to cause pain. If there is pain, then it is highly suggested to visit your dentist in order to prevent further damage to the tooth.

Sticky and hard candies are especially bad for teeth. Candies such as caramels, raisins and taffies will stick into the grooves of the teeth and make it difficult to clean.

Many well-known brands of candy contain these ingredients and people easily forget the damage they can cause to a tooth. If a candy sits on a tooth for a long period of time, it will

start to decay. Eating candy throughout the day and snacking at night will also cause cavities. Drinking sugary beverages such as Mountain Dew (which has a Ph of 3 and contains high levels of sugar). This causes rampant tooth decay. Diet sodas are more acidic and therefore cause damage to the surface of the teeth.

People who have braces have been warned to stay away from sugary foods such as gum, and hard sticky candy. The hard sticky candies can cause the orthodontic brackets to pop off of the teeth. They are also known to chip teeth if a person bites down on them with a lot of force; it is better to allow the candies to melt in the mouth instead of biting down on them.

You can be smart when eating candy and still have fun on Halloween. The best way to eat a nice treat safely, would be to eat it in one sitting and not throughout the day. Rinsing with water after eating some sugar will help to reduce your risk of getting a cavity.

Mistakenly, many people believe it will help to brush after eating candy; however brushing your teeth after eating candy or drinking a sugary beverage, will only cause more damage to your teeth. Brushing will burnish the sugar onto the tooth and make you more susceptible to getting a cavity. Wait at least a half hour after eating anything before brushing.

The best way to take care of your teeth and prevent getting cavities, is to practice good oral hygiene habits. A healthy diet of low sugar is recommended. Eating a piece of candy or two will not hurt you; but be smart with your eating habits. Do not eat candy all day long and drink sugary beverages. Brushing twice a day and flossing daily will help reduce your susceptibility of getting a cavity.

Halloween is a fun time of the year when most people like to dress up. Mouth guards,

Count Dracula teeth, fake teeth, and black out material are all safe to use and will not cause cavities. Be sure to follow all directions on the back of these packages to ensure proper mouth safety. Don't forget it is not an excuse to neglect brushing or flossing your teeth on Halloween night or any other night after consuming candy!



TRCC Event

International Coastal Cleanup 2017

Students and Staff Help Clean Up Green Harbor Beach

Written by Chelsea Ahmed
Photos by Professor William J. Dopirak, Jr.

Volunteers work together to clean up Green Harbor.



Saturday, September 16th was “International Coastal Cleanup,” a day when volunteers from around the world participated in cleaning up oceans and striving to make the world a cleaner place.

21 volunteers made the trip to Green Harbor Beach in New London, Connecticut, and started cleaning at 9:45 a.m. and continued till 1:00 p.m. Together they were able to remove roughly 80 pounds of trash.

They were surprised at the treasures they found while cleaning, in particular a car key that was in a plastic bag that was floating in the water. A volunteer even found a dead mouse that was impaled by a straw.

Jason Kohl, a 20 year old Communications Studies Major at TRCC, saw a flyer at the school mentioning the Coastal Cleanup.

Kohl belongs to the TRCC Trail Blazers Group that was helping to advertise the event.

“I love cleaning litter up and cleaning the earth. This is my kind of event,” he said.

Kohl brought his friend, Sophie O’Shaughnessy, and the two of them picked

up plastic bottles and other types of garbage.

“We found a lot of cigarette butts,” he said.

Professor Dopirak would like to thank all of the volunteers that helped, including TRCC students and staff along with some of their family members: Heather Palardy, Angelina Palardy, Aaron Mims, Karen Little, Ed Paul, Jen Paul, Carol Mones, Diana Clark Hall, David Muller, and Phil Mayer.

To find out more information and to join in on next year’s clean up, go to:

<https://oceanconservancy.org/>.



Group photo of volunteers that helped to clean up Green Harbor Beach.

Recipe

Chick Out This Recipe!

Sheet Pan Chicken Thighs with Roasted Potatoes and Garlic Green Beans

Written by Gabrielle Mohan (Gem)
Photography by Gabrielle Mohan (Gem)



Photo of Gem by Kevin Amenta

Hello Three Rivers!

If you don't know me, I am Gem and I have a blog called Food Drinks Life. At one point, I went to this school and graduated back in 2015. But enough about me; I'm here to help you out!

When I was requested to make this article, I knew I wanted to give you a recipe that you could make easily, cheaply, and with as few dirty dishes as possible.

I know when I was going to school, the last thing I wanted to do was make a meal that was going to take me just as long to make it as it was to clean it up.

Enter the one-pan meal.

This recipe ends up being the best of all worlds.

First, it's one pan. Everything is cooked in the oven in the same pan, making it only one pan to clean!

Second, it's really easy. Prep everything for the oven and throw it in. Like I said, the last thing you want to deal with at the end of a

long day is spending hours prepping, cooking and cleaning after a meal.

Third, it's purposefully inexpensive eats. Chicken thighs are arguably my favorite cut of chicken because of their flavor, versatility, and cost effectiveness. You could make this recipe for \$10 or less, easy.

Fourth, it makes great leftovers! You could very easily eat your fill for dinner, put leftovers in single serve containers, and heat it up the next day at school for lunch!

Go ahead, be the envy of everyone in the lunchroom who just spent \$5-10 on one meal alone.

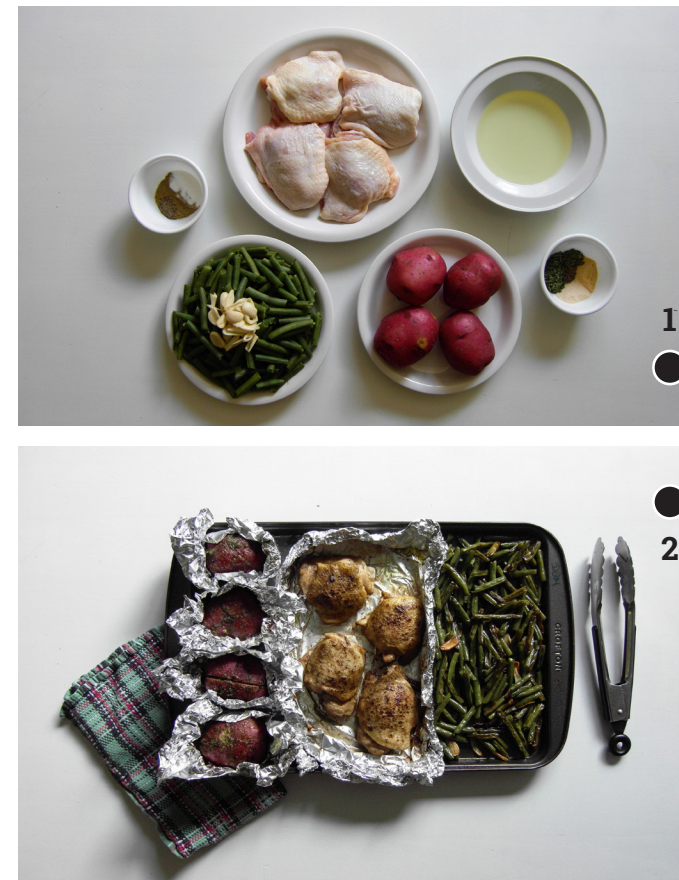
Do you want more easy recipes? Be sure to check out my blog:

www.fooddrinkslife.com

I write about a lot of different topics, including drink recipes and various experiences in life.

Cheers dears!

Gem



- 1- Separate your ingredients
- 2- All the food is cooked in one pan
- 3- Remove foil and set the plate for dinner!

For the chicken Thighs:
4 Chicken thighs, skin-on, bone-in
2 tsp. poultry seasoning
4 Tbsp. melted butter
1 tsp. salt
1/8 tsp. pepper

For the beans:
1 lb. green beans
3 cloves garlic, sliced
Salt and pepper, to taste
Oil

For the Potatoes:
1-1 ½ lbs. Red or yukon potatoes
cut into one-inch cubes
1 tsp. onion powder
1 tsp. garlic powder
½ tsp. oregano
¼ tsp. thyme
2 tsp. parsley
Oil
salt and pepper, to taste

Preheat the oven to 400°F.

Rinse off chicken and pat dry with a paper towel. Place on a piece of aluminum foil. Pull skin away from meat, but not completely off the chicken.

In a small bowl, mix together poultry seasoning, butter, salt and pepper. Spread on the bottom, under the skin, and on top of the skin. Wrap a piece of foil on top of the chicken and place on the middle of the pan.

Place the potatoes on one of the sides of the pan. Pour on oil and seasonings. Mix to coat. Place the beans on the other side of the pan. Add garlic, oil and seasonings. Mix to coat.

Place in oven and cook for 30-40 minutes, or until chicken reads 175°F, potatoes are fork tender, and the green beans are browned and softened. Remove items from the pan as needed.

Colors Soar To The Sky

Hot Air Balloons Attract Crowds in Plainville

Written by Chelsea Ahmed
Photography by Aimee Sehl

Drawing by Brissett Cuadros

The 33rd Annual Plainville Balloon Festival was a weekend filled with colorful hot air balloons soaring into the sky. The event took place at Norton Park on South Washington Street in Plainville, CT.

The Plainville Fire Company helped to sponsor this event that ran from Friday August 25th through Sunday, August 27th 2017. The firefighters had a goal of raising \$7,000 for scholarships for local students.

They set up their own food booth, where they served hamburgers and fried dough.

30,000 people were expected to attend this popular event. It was free to the public and a total of three balloon launches were planned for the whole festival. Each balloon launch featured 30 hot air balloons.

The festivities began on Friday night at 5 p.m., when people lined up an hour before the tethered twilight balloon glow, in hopes of riding on a balloon. The visitors were taken up about 30 feet off the ground so they could experience a bird's eye view of Norton Park.

All of the pilots that flew the balloons were FAA licensed and visitors had to apply online in advance to go up in the air.

Fireworks went off in the sky about at 9:15 p.m. that night and were also sponsored by the Plainville Fire Department.

To donate for next year's firework display, go to:

[Http://www.plainvillefireco.com/Balloon_Festival.html](http://www.plainvillefireco.com/Balloon_Festival.html).

Saturday morning the first balloon launch took off at 6:00 a.m. and were in the sky for about an hour. When all the balloons had landed, everyone toasted with champagne and cheese.

Later on that morning, the Car Show began, drawing large crowds of spectators to see the parked vehicles. All owners of the cars in the show donated \$10, which went to the Memorial Scholarship Fund. For those who weren't interested in cars, the event included an Arts and Craft show.

Aimee Sehl, a 38 year old from Lebanon, CT, attended the event for the first time with her husband, Jeremy, to watch the second balloon launch at 6 p.m.

"Parking was very difficult as we didn't see any signs or any information online with

addresses for the GPS. I would change this," she said.

This was the second year of the festival, in which parking was not allowed at the event. DATTCO buses brought in visitors from four locations around town.

Sehl wanted to go in a balloon, but the line was too long. So she pulled her camera out and took photos of the balloon launch.

"My favorite was the blue and purple one, and it went right above me for the perfect shot," she said.



1- Sehl's favorite photo from the festival
2- Hot Air Balloons taking off for second balloon launch at 6 p.m.



A lucky visitor in a Hot Air Balloon from second Balloon Launch

Deborah Mullen, a 56 year old resident from Brooklyn, CT, heard about the balloon festival from the Internet. She got a chance to go up in a tethered balloon and had fun, she said.

"The balloons are colorful and they instill excitement and thrill," she said.

Mullen purchased some fried dough, but was disappointed that they didn't have more of a food variety. She also wished that there were more craft items available.

The last balloon launch was on Sunday at 6 a.m.

The Plainville Balloon festival takes a whole year to plan, so be sure to help donate and mark your calendars to see the balloons take off next year.

Zombie Transformation Tutorial

Turn Yourself Into the Dead for \$10 or Less!

Written by Chelsea Ahmed
Photography by Chelsea Ahmed

Zombie drawing by Brissett Cuadros



Overview

This year turning yourself into a decaying zombie is super easy with basic makeup techniques that anyone can try. No bite marks required! This is considered a beginner tutorial and those that have no makeup experience will be able to follow along. All makeup is easily removed by using Vaseline or makeup wipes. This look was originally inspired from Emma Pickles Zombie Makeup Tutorial on YouTube and was adapted for our readers! All makeup used in this tutorial was bought at the Dollar Store. Some of the materials such as brushes can easily be substituted by using Q-tips or using your fingers to apply the makeup.

** This look requires no cover-up or foundation. However if you easily get stained by lipstick, or have sensitive skin, it is highly suggested to place a base coat of foundation under the eyes. This will help in protecting your skin from potentially being stained. (Or if they want to look extra pale!)

Materials Used

- A red, red-violet or red-brown lipstick- must be a red-purple tone when blended out
- Brown and black eyeshadow
- Blending brush
- Eyeshadow brush
- Fake blood (optional)



Skill Level



Application



Money Spent

There you have it! You can now practice your zombie shuffle and impress your friends with this super easy zombie makeup tutorial!



1. Start by hollowing out the neck to give the appearance that your skin is bruised and sunken in. Apply a thin line of red lipstick to both sides of the collar bones, as well the base of the neck. You can add lipstick to the thyroid area as well. Then take your fingers and blend out the lipstick until it is smudged. You can extend this look to go down the chest area, if you choose.

2. Apply red lipstick directly underneath the eye and below the eyebrows. Smudge to fill.

3. Now with the red base down, take your blending brush and start shading in these areas with a brown eyeshadow to give dimension. Be sure to take your time as lipstick can be tacky and you might have to work the eyeshadow into the lipstick. Go over any little lines you have on your neck as well. Add as many layers of brown eyeshadow until you get your desired look.



4. With the same brown eyeshadow, use a blending brush to build up the color until the eyes look dark. If you aren't getting the achieved look above, try adding in a bit of black eyeshadow to create more depth.

Shade around the eye sockets, where the cheek bones are, to help create the effect that your eyes are sunken in. This part can be very tricky, so be sure to apply the eyeshadow in light fluffy strokes.



5. Use the brown eyeshadow around and under the nose to create a bony effect. Blend the eyeshadow out with your fingers.

Apply some brown eye shadow on top of the lip where the cupid's bow is (i.e., the little dip under your nose). To make your lips appear smaller, lightly apply brown eyeshadow around your lips, in a thin line and blend it out.



6 & 7. To contour the cheeks, go below the cheek bone with the red lipstick and blend downwards. Line the forehead, as well as the sides of the face, with the lipstick and brown eyeshadow as well. When contouring the chin, only use brown eyeshadow to add contrast.

Optional: add some fake blood to make it appear as if you just had some tasty brains!

TRCC Event

Three Rivers College Foundation 20th Annual Golf Classic

Golfers Tee Off to Raise Funds for TRCC

Written by Chelsea Ahmed

Photography by Chelsea Ahmed and Catalina Anzola

Golf Cart Vector designed by Chelsea Ahmed



The Three Rivers College Foundation 20th Annual Golf Classic, was held on Monday, August 14th 2017 at Fox Hopyard Golf Club in East Haddam, CT. The weather was perfect, and the bright blue sky could be seen over the rolling green hills of the 530 acre course.

The teams would be competing on an 18-hole golf course and would take about four hours to complete.

The mission for the event was simple, "to support the college," said Betty Baillargeon, Director of Institutional Advancement at Three Rivers.

The money raised from this event goes to scholarships, and upgrading equipment in the school, such as microscopes and even professional development.

"Not only was the day a great success in raising over \$43,000, this event also always helps to bring the corporate and community together on a beautiful and challenging course," said Baillargeon.

Meghan La Casse, is the Assistant Director of Institutional Advancement at TRCC, and she explained that this was one of the main fundraising events of the year.

Registration began at 11:00am and La Casse welcomed the golfers and helped give everyone a golf shoe voucher, which was the tournament gift this year.

La Casse has been working the event for the past four years and said that this year, 90 golfers were registered to participate.

The Golf Classic promotes good networking for companies, she said.

This year there were over 43 sponsors. Mohegan Sun, Dime Bank and Builders Hardware were just a few mentioned in the program.

"This event has raised over one million dollars over the past twenty years," La Casse said.

The day was filled with fun and prizes.



1

1- Betty Baillargeon poses for the camera.
2- Meghan La Casse helps golfers at registration.



2

The Contest Holes were as follows:

Longest Drive #13 Women and #18 Men
Sponsored by Norwich Public Utilities
For Women- Linda Congdon
For Men- Sabar Parkeh

Closest to Pin #8 Men
Sponsored by Above & Beyond Equipment Rentals, LLC
Chris Jewell

Closet to Pin #4 Women
Sponsored by Dominion
Jen Delucia

The Contest Hole was located at Hole #16, which was a vehicle donated by Columbia Ford to be given to the lucky winner who was able to get a hole-in-one.

Dr. Mark Tramontozzi, a 59 year old member of the Three Rivers Board of Directors, only had one goal, and that was “not to embarrass myself,” he said.

Though not an avid golfer, Tramontozzi enjoys playing golf and he was happy to support the tournament’s cause.

Susan Dombrowski, a 50 year old from CorePlus Credit Union in Franklin, was a repeat visitor having attended the classic for the past ten years, she said.

Dombrowski and her team, consisting of Ray Currier, Tracy Lewis, and Paul Pescatello, wanted to have “the most fun and exhibit the best sportsmanship,” she said.

By 12:15 p.m. golfers made their way to their carts, which were sponsored by Backus Hospital. Each golf cart had the registered golfer’s name on a sign.

At 12:30 p.m. the game was officially started by the Director of Golf, Ronald Beck, who opened

the event with a small speech. Beck belongs to the Professional Golfer’s Association of America, and is certified by the PGA to run these events.

“The course is in great shape,” announced Beck over the microphone.

Baillargeon then welcomed everyone to the Golf Classic and wished them good luck.

Mark Farrell, a 57, year old Golf Shop Assistant from Colchester, along with other employees of the course, assisted in escorting some of the golfers to their starting tee-boxes.

Farrell explained the rules of the game, and graciously toured the Current journalists around the course in a golf cart.

“The rules of the tournament are as follows: the game is to be played in scramble format, where men will play from white tees and ladies will play from red tees. These are the markers that are found on each tee box where the first shot is played,” said Farrell.

For those of you who do not play golf, this format emphasizes fun without the pressure of players keeping individual scores.



3

3- Sadly, nobody won the contest hole.



4

4- A golf cart from Fox Hopyard

The shot-gun start allows the players to all finish their rounds together, so that everyone can participate in the banquet and award ceremonies.

“For example, when one player hits from the tee into the fairway, the three other golfers will hit as well. The team then makes a decision on whose ball is best to play. It’s usually the longest ball that landed closer to the flag in the fairway. From there, the team all goes to that ball and continues playing until someone puts the golf ball in the hole,” said Farrell.

However, the team is also keeping one score of their strokes with their customized score cards that were designed specifically for this tournament.

Each hole has a designated par, based on the holes yardage and slope. A par indicates the number of shots a very good player would take to complete the hole. The par for this golf course is 71.

If a hole has a par of 4, and the golfers were able to shoot under par and got the ball in at only three hits, this is referred to as a birdie. If they were able to get the ball in after only two hits, then this is referred to as an eagle, said Farrell.



5- The pressurized air cannon that golfers got to play with.

Hole #6 proved to be a favorite where the golfers got the opportunity to shoot an air cannon. For a price of \$10 a shot, golfers were eager to try and get a birdie.

The cannon is an air pressurized gun that shoots the ball approximately 300 yards onto the green.

James Litevich from Leaderboard Air Cannon, a company based in Hampton, New Hampshire, helped the golfers shoot the cannon and tried to get their golf ball closer to the hole.

Litevich explained that his company's goal was to work with 500 charities, and helping TRCC raise more money, was one more step closer to their 2017 goal.

This writer was encouraged by Litevich to experience shooting the cannon and had the opportunity of shooting a ball onto the green for a foursome.

After successfully hitting the green on her first shot, earning the foursome an opportunity to putt for an eagle, three shots under par from 15 feet away.



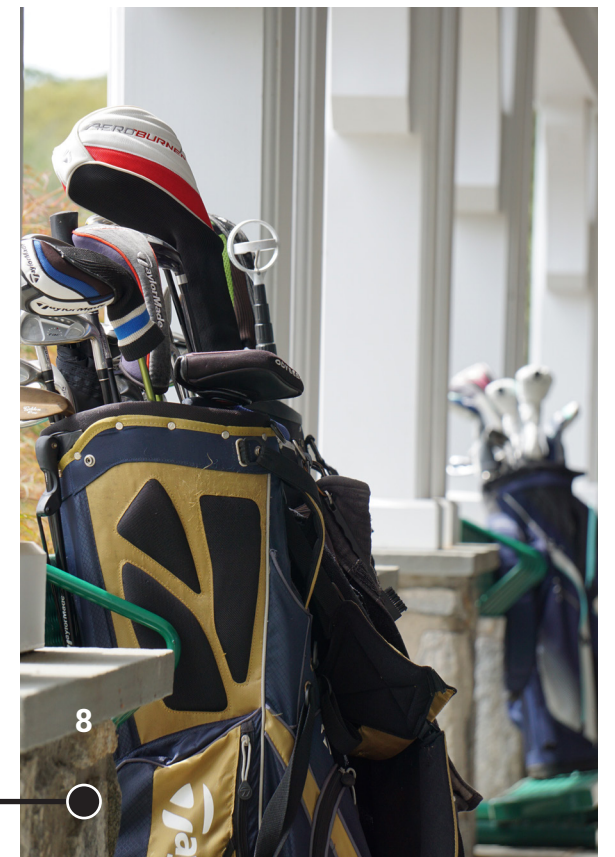
6- James Litevich helping a competing golfer shoot the cannon.

At 4:30 p.m. golfers who won a golf prize could pick them up in the reception area. Then at 5:00 p.m. was the reception where the tournament winners were announced. Congratulations to all that accomplished their goals and won prizes!

The date for next year's Golf Classic has already been set for August 15th, 2018. Be sure to swing by and help raise money for the school and participate in a truly fun experience.

Also be sure to check out Fox Hopyard's Website and see more pictures of their course!

[Http://golfthefox.com/fox-hopyard/](http://golfthefox.com/fox-hopyard/)



7- Statue of Fox Hopyard's Fox
8- Golf clubs outside the Golf Shop waiting to be placed in golf carts.
9- Dr. Mark Tramontozzi smiles for the camera.

Festival

A Food Lover's Dream Weekend

The Taste of Italy and Greek Food Festival in Downtown Norwich

Written by Chelsea Ahmed

Photography by Chelsea Ahmed and Catalina Anzola



Greek and Italian Flag Vector designed by Chelsea Ahmed

The Taste of Italy is a popular food festival that draws in large crowds at Howard T. Brown Memorial Park in Norwich. The festivities began on September 9th 2017 at 11:00 a.m. and continued to 9:00 p.m.

This was the 26th year of this event and is free to the public. However, parking can be difficult and nearby parking garages can charge up to \$5 to park for the event.

Visitors had the opportunity to visit various vendors before entering the massive food tent. Silver jewelry, handmade soap and even Fidget Spinners, were available for purchase.

There was even free face painting for children from 1 p.m. to 5 p.m. where donations would go to the Italian Heritage and Cultural Committee Scholarship. All children that got their face painted received a free balloon bracelet.

A Justice League castle themed inflatable, kept children entertained as parents ate food and listened to the live Orchestra that was playing Italian music in the park's Gazebo.

"All The Right Moves" Dance Center also had children in their tutu's and dance shoes, ready to perform for their parents and friends.

Over ten local restaurants and catering services set up tables inside the food tent ready to serve hungry visitors. The prices were affordable, ranging from \$3 to \$10 per item.

Salem Prime Cuts sold Italian Ice, Italian Sausage and Peppers as well as grinders. Prime Eighty Two, a steakhouse restaurant from Norwich, CT, served Stuffed Peppers and Tuscan Bruschetta.

There was an Italian Wedding Soup and Rigatoni Vodka from Modesto's, a restaurant based out of North Franklin Connecticut, that specializes in Italian cuisine.

For those that wanted to just eat some desserts, Café Mangia from Colchester, CT served freshly made cannoli's, that were dipped in chocolate and made with ricotta cream.



The sky was filled with puffy clouds and Italian Flags decorated Howard T. Brown Memorial Park.

Jack Cipriano, a 65 year old man from Voluntown, CT, used to attend the festival with his sister. He usually swung by the Greek Festival, as well, but this year he didn't have time.

Cipriano ordered a plate of Rigatoni Pasta while he waited for his girlfriend to order some food. Cipriano believes that love comes through Italian cuisine and that no food can compare to his mother's.

"Italian culture is really blossoming and it's really become part of the U.S. Culture," he said.

Beverages were also available for purchase and there was plenty of wine and beer to choose from, as well as soda and Snapple teas.

Alexandra Guo, a 25 year old woman from Stanford, CT, accidentally stumbled across the Taste of Italy Festival, while lost in her car looking for the Preston Ridge Winery, which was ten minutes away from the festival.

"I saw all these sights and figured I'd stop," she said.

Guo ordered some Garlic Knots from Illiano's, a restaurant chain that is found in Norwich and Colchester, CT. Guo thought they were very good.

"I'm eating a bunch of garlic," she said.

Despite getting lost, she was still able to order herself a glass of Pinot Grigio and plans on attending the festival next year.



Stuffed Peppers from Prime Eighty Two a restaurant based in Norwich.

Not only was the Taste of Italy Food Festival in full swing this weekend, but so was the Annual Greek Food Festival.

****Turn the page to read more!**

The Greek Food Festival started on Thursday, September 7th and went to Sunday the 10th, at the Holy Trinity Greek Orthodox Church on 247 Washington Street in Norwich, CT. The event had free and open to the public.

This was their 42nd year providing delicious food, church tours and live Greek music to the public.

Visitors were able to visit vendors who featured souvenirs, as well as pastries and Greek cookbooks, which were for sale. Loukoumades, a fried dough, was also available for purchase.

Parking was also free and available in the back of the Church, but quickly got filled up and visitors had to park on the sides of nearby roads.

In the front of the church, visitors lined up to visit the fast-food tent that was serving up homemade food on flat iron grills.

Gyro's, a traditional Greek sandwich, were only available outside. These sandwiches featured seasoned beef or lamb, served in pita bread, with lettuce, tomato, onions and tzatziki sauce. There were also chicken and vegetarian options available.

Adin Loewenstien, a 48 year old man from Norwich, CT, has been attending the Greek Food Festival for the past 15 years. Loewenstien was looking forward to eating the Gyro's and he thought they were very good.

Visitors were able to sit outside at big round tables, that fit up to ten people, and enjoyed the food. There was also interior dining for those who wanted to experience the Greek music. Although there were plenty of places to sit, food was available for take-out.

Upon entering the church, volunteers greeted

visitors and passed out menus which featured all of the food for sale as well as descriptions of the items.



A Gyro ordered from the outside fast food tent.

The buffet style menu featured items such as Spanakopita, a phyllo dough filled with feta cheese, ricotta, eggs and seasonings. There were also Dolmathes, hand rolled grape leaves, that were stuffed with hamburger, rice and herbs.

The festival also featured a Wine and Beverage Booth, which served a wide range of drinks such as the Greek White Retsina Wine to Ouzo and Metaxa, a Greek Liquor that was ordered by the shot glass.

Peter Patsouris, an International Studies Professor from Three Rivers Community

College, was working at the beverage booth. Patsouris is a member of the church and has attended the festival since 1976.

Patsouris enjoyed the Lamb Shanks, which were oven roasted with garlic, celery, carrots and spices in a fresh tomato sauce. They were fantastic, he said.

Patsouris was also looking forward to eating some pastries from the dessert table. There were desserts available ranging from Baklava, a multi layered phyllo pastry covered with honey and filled with walnuts, and Galaktoboureko, a creamy custard and flaky phyllo dough with a lemon and orange infused syrup.

The live Greek band was only playing on Friday and Saturday of the festival from 5 p.m. to 9 p.m.

"Music is great; during the day they play music from the sound system. In the evenings they have live music," Patsouris said.

He plans on returning to the Greek Festival as for it is "one of the highlights of the year," for the Greek Orthodox Church, friends and family, and to enjoy the Greek and Italian culture.



These are Dolmathes, hand rolled grape leaves stuffed with hamburger and rice.

Dawn Tessmer, a 40 year old from Bozrah, CT, was attending the Greek Food Festival for the third year in a row. Tessmer had purchased some Gyros, Baklava and Pastitsio, a seasoned beef with noodles in a béchamel cream sauce.

Tessmer originally found out about the event from one of her co-workers.

"My co-worker would come and get everyone Gyros and bring them back to everyone in office," she said.

These food festivals almost always fall on the same weekend every year, so be sure to gather friends and family and enjoy the Greek and Italian culture.



Professor Patsouris and George Grossomanides helped serve visitors at the Greek Food Festival.

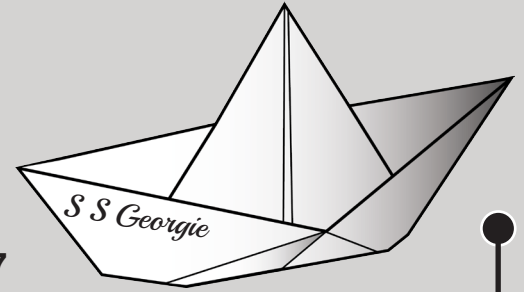
Survey

Unleash Your Inner Monster

Students Predict Top Halloween Costumes for 2017

Written by Chelsea Ahmed

The S. S. Georgie from *It* designed by Chelsea Ahmed



Last year Suicide Squad characters flooded the Halloween market, and Harley Quinn costumes could be seen everywhere. The Current interviewed 100 students to find out what costumes would be popular this year. These are the results! Fifty percent of students believed that Pennywise the Dancing Clown, from the new IT 2017 movie, would be the most commonly seen costume. Then thirty percent of students believed that Marvel/DC comic book characters would be the most commonly seen costume. These costumes included Wonder Woman, Spiderman and even Deadpool. Last, but not least, twenty percent of students selected a wide range of costumes, that included Annabelle, Donald Trump and, even Darth Vader from Star Wars. Students seemed to believe the more popular a movie or television show was, the more that the costume would be seen on Halloween. Pennywise the Clown from IT made a huge impact in theater's and, therefore college students agreed that many people would attempt to replicate the costume. Wonder Woman also did very well in the box office this year and many girls would be willing to emulate her for Halloween. Will Pennywise the Clown terrorize all the neighborhoods or will Superhero's save the night?

50%

Pennywise the Dancing Clown

30%

**Wonder Woman
Spiderman
Deadpool**

20%

Other