

# The Current

Volume 20 Issue 5 April 3rd 2019

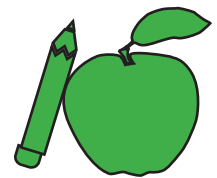


**Spotlight on Frederick Knowles...pg.4**

**Tolling Bills Approved by State Transportation Committee...pg.14**

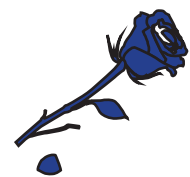
**Netflix's The Umbrella Academy: Why You Should Watch It...pg.33**

# Table of Contents



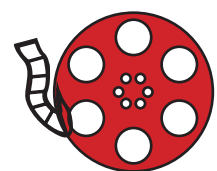
## College Life

Spotlight on Frederick Knowles: A Man's Journey Across the Street by Miranda Cote.....4  
 A New Partnership Fuels New Opportunities by Kenzie Costello.....6  
 Visual Fine Arts Graduate Exhibition by Hope Whiteley.....7  
 Student Submission by Heather Palardy.....8  
 A Guide to Keto in College by Drew Denis.....12



## Community

Pay the Toll: Tolling Bills Approved by State Transportation Committee by Tyler Riddle.....14  
 Connecticut joins suit against testing for offshore drilling by Nicholas Zujus.....16  
 Chic, Trendy Bakery Opens in New London by Bridney Casillas.....18  
 Should You Vaccinate your Child? by Nicholas Zujus.....20  
 O'Niantic: St. Patrick's Day 5k Marathon by Rachael Burton.....23  
 Dangers of the Internet: The Momo Challenge by Bridney Casillas.....24  
 Still No Plans for The Former Benny's Location by Drew Denis.....26  
 The Ospreys are back once more in Connecticut by Rachael Burton.....28  
 Ash Landfill Expansion in Putnam Connecticut by Hope Whiteley.....29  
 Western Style: Mohegan Sun Nominated in  
 Academy of Country Music Awards for "Casino of the Year" by Tyler Riddle.....30



## Entertainment

Staying Fit in College by Kenzie Costello.....32  
 Netflix's The Umbrella Academy: Why You Should Watch It.....33  
 DIY Lip Scrub by Melissa Kuster.....34  
 How to Make the Food of the Gods by Miranda Cote.....35

**Editor:**  
Drew Denis

**Staff:**  
Rachael Burton  
Bridney Casillas  
Michelle Chenail  
Kenzie Costello  
Miranda Cote  
Melissa Kuster  
Tyler Riddle  
Hope Whitely  
Nicholas Zujus

**Advisor:**  
Kevin Amenta

**Special Thanks:**  
Rebekah Church  
Heather Palardy  
TRCC Marketing  
Department  
TRCC Copy Center  
Samantha Zod

Please send any  
submissions to  
trccnewspaper@  
gmail.com

The Current is the official student  
publication of Three Rivers Community College.  
The Current is written, edited, and  
designed solely by students.

# Spotlight on Frederick Knowles: A Man's Journey Across the Street

By Miranda Cote



Professor Frederick Knowles II

## Night with Knowles

Hartford's first poet laureate, TRCC Professor Frederick-Douglass Knowles II, was honored on Wednesday, March 20th in the multi-purpose room at TRCC. The "Night with Knowles" kicked off with a small speech by Dean Farinelli.

Knowles read aloud poems from his book *Black Rose City* and some of his newer pieces as well. Knowles' book was published in 2011 but "due to a lack of advertising, it did not really hit it off" Knowles said. Now it is having a resurgence due to him being named Hartford's poet laureate.

Knowles is also the recipient of the first place for the 2019 Nutmeg Poetry Award, which he

won with "Sunday School in the 90's (The Way I Understood it)." A lot of his poetry is written about his childhood, life, and societal issues.

Knowles is a Norwich native as well as an alumnus from Mohegan Community College before it merged with Thames Valley to form TRCC, the Three Rivers website has more information on the merge, and he lived in a house across the street from the Three Rivers Campus when he was younger.

The poetry pieces that he read at the event included, "Petersburg, VA", "How Many Fanatics in the Realm of Roller Skating Actually Overdosed on Rhythm and Speed", "Ashes", "Big C", "Sunday School in the 90's (the way I understood it)", and "Mason Freeman cuts Jenkins Down".

The audience appeared as if they were drawn into every word that Knowles said. Some members of the audience wept as he read his deeper pieces.

Before Knowles started signing books, Alycia Ziegler, the Acting Director of Student Programs at TRCC, presented him with an award from the college "commending him on the work that he has done within his time at Three Rivers" said Ziegler. After the reading, Knowles signed copies of his book that were on sale for \$10.

"The reason that this event was so important to the school is that we are a community and we want to put an emphasis on the community part and what better way to do that than to spotlight the local poet who is also a professor at the school," said Ziegler.

As a mid-roll for his event, Knowles let the audience know about the scholarship that his family runs. It is called the Martha Montgomery



The award given to Professor Knowles

Memorial Award and is granted to an African-American student who has displayed an incessant commitment to their academic studies. The deadline for this scholarship is April 2, 2019, and will continue forward every year.

## From School Readings to Commencement

Hartford Poet Laureate and Professor at Three Rivers Frederick Knowles will be the keynote speaker for the fifty-fourth commencement ceremony on May 22, 2019 at 5pm. Knowles learned that he was nominated for keynote speaker on February 14.

Around the time of Commencement in May, Knowles will also learn whether he has won the Pushcart Award for his poem "Mason Freeman Cut Jenkins Down."

According to patch.com, Mary Ellen Jukoski, the President of Three Rivers Community College, said, "Frederick-Douglass' community activism, appointment as Hartford's inaugural poet laureate, and close ties to Norwich made him a natural choice for Commencement Speaker.

We are honored that he will be speaking and fortunate to call him one of our own." Knowles is very involved in the school. He helps run the Men Against Domestic Violence in October, as well as Soul Food Jazz Night. He is also the Chair of the Community Involvement Committee and much more.

When asked how he felt about speaking at the upcoming commencement of the class of 2019, Knowles said, "It is a great opportunity to share my story of how things can come full circle, and I am extremely humble and nervous."

# A New Partnership Fuels New Opportunities

Grasso Tech new building bringing in \$700,000 upgrade to TRCC B wing

By Kenzie Costello

A new partnership between Electric Boat, Ella T. Grasso Southeastern Technical High School, and Three Rivers Community College is fueling a novel manufacturing program. This multi-million dollar project will supply manufacturers with skilled employees.

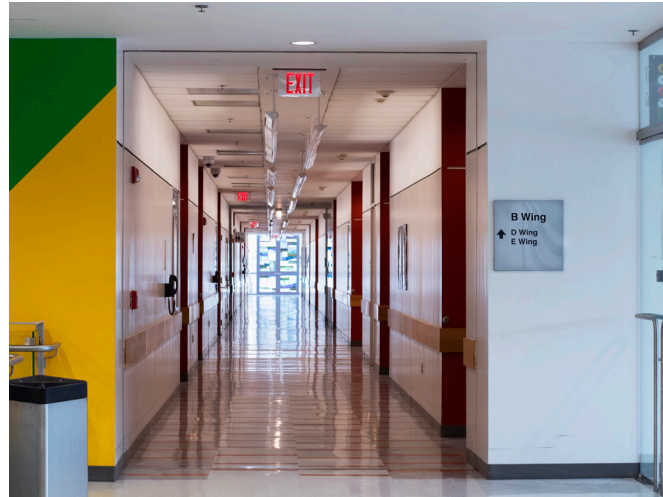
This new program is debuting alongside the opening of the new building for Grasso Tech. The 220,000 square feet, \$135 million facility will open this fall and offer hospitality, restaurant, and welding programs in addition to the manufacturing program.

The Manufacturing Apprenticeship Center is the brainchild of TRCC professor Brett Jacobsen. Jacobsen went to Norwich Free Academy's graduation and found that 17 of its graduates were not planning to go onto college.

Over this past summer Jacobsen was inspired to design this program. Out of the pilot group 16 graduated and immediately found work with EB.

Grasso Tech's portion of the program will feature an 8500 square foot shop with mock submarine

walls and will be available to TRCC. TRCC in return will upgrade its B wing with \$700,000 of new equipment.



Second floor B wing in TRCC

According to Jacobsen, the program, previously referred to as the Manufacturing Pipeline Initiative, will accommodate 15-20 students at a time but will run as demand dictates. It will require employers, such as EB, to fill the class.

"The program will spin to meet the needs of particular manufacturers in southeastern Connecticut but mostly EB," said Jim Kelly, the purchasing officer at TRCC. Students who graduate will go into EB's workforce starting at \$17 an hour.



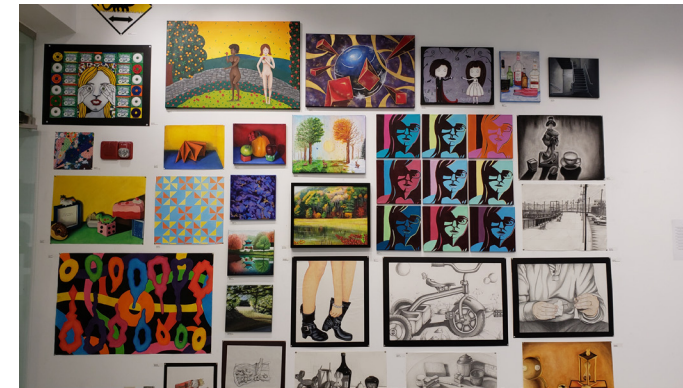
The new Grasso Tech building in progress

# Visual Fine Arts Graduates Exhibition

By Hope Whiteley

The art gallery is a lovely, quiet place. It is very nice to sit amongst the silence and the beautiful art.

This exhibition contains not only paintings, but digital photography and sculpture as well. The opening reception for the second wave of graduate art will be on April 11, 2019.



Art by Briana Weaver

In Three Rivers Community College there is an art gallery free and open to the public.

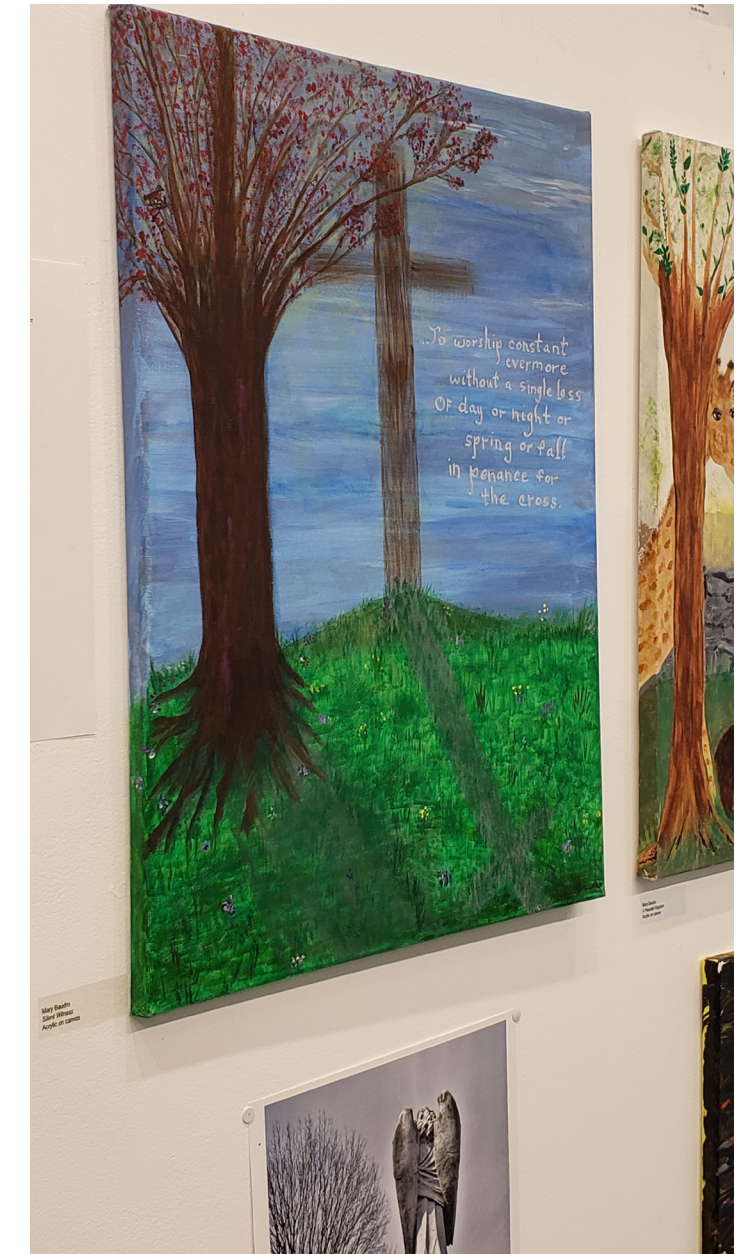
The art gallery is located on the second floor right above the main entrance and is a beautiful white room with a large set of windows looking over the parking lot and into the woods behind the school.

On March 21, a new exhibition held its opening reception, featuring 2019 graduates of the Visual Fine Arts program.

In talking to some of the artists, it was easy to see that they really enjoy creating these beautiful pieces to share in some moment, mood, or feeling. One of the artists, an older woman by the name of Mary Baudro, was very open to discussing her art and her passion.

"Nature constantly inspires me and grounds me... I want to share the beauty I perceive in all of the seasons with those around me. I want to translate the splendor I see into a picture that I can share with the viewer, so we can enjoy it together."

- Mary Baudro



Silent Witness - Mary Baudro

## Honors Project General Biology 2 (BIO K122)

By Heather Palardy

**Background:** Water chemistry plays a major role in the symbiotic relationship between species in different types of waters. Saltwater in particular supports approximately half of the Earth's species with millions more left to be discovered. Phytoplankton and algae being at the bottom of the complex food web, many species, including humans rely on saltwater for a food source. Saltwater is susceptible to pollution, overharvesting, and over fertilization, making it an important aspect of study.

**Aim:** The first idea to research involved the symbiotic relationship between algae and or phytoplankton with oysters, however, the research was not feasible due to time constraints. Instead a more suitable investigation would deal with correcting of the water quality in various methods, observing the substrates that sea anemones attach to, and observing the behavior with the clownfish and anemones.

### Materials and Methods:

- 25 Gallon Saltwater Tank
- Eheim Thermo Control
- Aerator
- Bio-Magnet Clarifier
- Saltwater Master Test Kit
- Mysis Shrimp (Krill)
- Shrimp Pellets
- Clownfish (*Amphiprioninae*)
- Time Lapse Camera at 5 Sec Intervals
- CaribSea Live Reef Sand
- Thermometer
- BioWheel Filter
- API Quick Start
- Hydrometer
- Prime Reef Flakes
- Sea Anemone (*Anthopleura hermaphroditica*)
- Live Rock (Coral)
- 18" Reef Sun 50/50 15 Watt Light



The 25 gallon tank was set up with CaribSea live reef sand, Coral (one of which was an established live rock (Fig. 1), and about 23 gallons of ready to go saltwater.

**Figure 1:** Clownfish (*Amphiprioninae*) and Established Live Rock (Right Side) in Clean Established Tank 21-March

The sand and coral needed to be established with lights on for 2 hours a day, for a couple of days before adding the other live species, which began with Clownfish (*Amphiprioninae*) (Fig. 1).

Once the clownfish were established in the tank, a sea anemone (*Anthopleura hermaphroditica*) was added to the tank (Fig. 2). The clown fish feed on frozen mysis shrimp brine, prime reef flakes, and *Anthopleura hermaphroditica* feed on shrimp pellets. The water was tested after tank setup, testing salinity, specific gravity, pH, ammonia, Nitrite, and Nitrate.



**Figure 2:** Sea Anemone (*Anthopleura hermaphroditica*) Top Left with Saltwater Master Test Kit(front)

**Findings:** Once the anemone was established in the tank, observations determined a green hair algae growth (Fig. 3) as well as red algae, possibly due to a contaminated tank at Petco where the anemone was purchased. The water was tested again (Table 1) to determine the cause and continuation of the spread of the algae.

**Corrected Materials and Methods:** Four Astrea Snail's (*Lithopoma tectum*) were added to the tank in an effort to consume the green hair algae (Fig. 3). A turkey baster was used to suck up as much red algae off the sand as well as dead green hair algae off the live rocks, as the snails will not eat. Water change was done again as well as water testing (Table 1).

**Results:** The Astrea sea snails had began cleaning up the tank of green hair algae. The Feeding and lighting were reduced and Nitrites declined. However, the Nitrate remains high. An observation was made that during the low counts of Nitrites and Nitrates the anemone stayed on the live rock, the anemone moved on the aerator.



**Figure 3:** Green Hairy Algae Growth and Astrea Snail's (*Lithopoma tectum*) on Glass.

A second aerator was added to the tank increasing the temperature. The anemone then moved away from aerator and appears to be lethargic and one of the snails died. The red algae has not returned, the green algae is slowly starting to go away. The water testing results in figures 4 and 5 show a decline in nitrite; steady ammonia, pH, specific gravity, salinity; and a steady increase of nitrates.

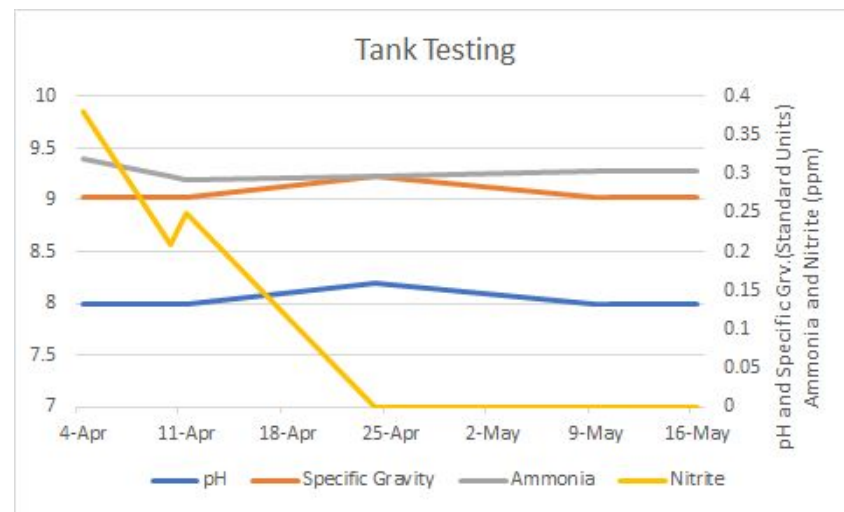


Figure 4: Tank Testing Results for pH, Specific Gravity, Ammonia and Nitrite

	4-Apr	10-Apr	11-Apr*	24-Apr	9-May	10-May**	16-May***
Salinity(ppt)	28	25.5	30	33	35.8	35.8	37
Specific Grv.	1.021	1.018	1.022	1.024	1.026	1.026	1.026
pH	8	8	8	8.2	8	8	8
Ammonia(ppm)	0.38	0.21	0.18	0	0.25	0.25	0.25
Nitrite(ppm)	0.38	0.21	0.25	0	0	0	0
Nitrate(ppm)	20	40	40	40	60	60	50
Temp(F*)	78	78	78	78	78	78	82

Table 1: Saltwater Master Testing (\*= 2 gallon saltwater change)(\*\*= 3 gallon water change with 30 mL added API QuickStart)(\*\*\*= Added second aerator near heater)

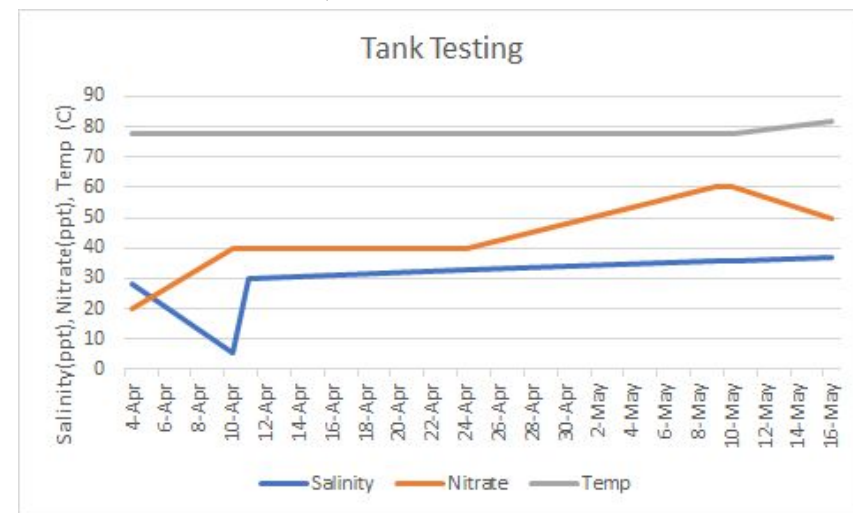
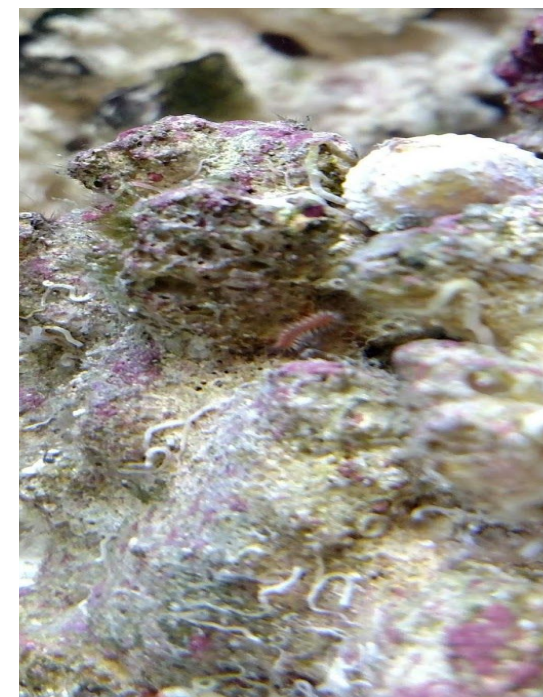


Figure 5: Tank Testing Results for Salinity, Nitrate, and Temperature

**Discussion/Conclusion:** Water testing plays a major role in the care for any type of tank, whether saltwater or freshwater. Unfortunately, our efforts of snails, water changes, and hand removal of green hairy algae wasn't enough of an effort to adjust the water's nitrates to a lower reading. It has come down a bit, but not where we would like it to be which would be at little to none. With the semester being over, another study perhaps could be done in regards to the different types of lighting and the role it plays on the water chemistry.



An interesting aspect of this project was observing the new life that was emerging from the live rocks. There are at least 7 Cnidarian Polyps fixed on the established live rock (Fig. 6), as well as Polychaetes (Bristle Worms) that come in and out of the live rock from time to time (Fig. 7). There is also several Amphipods (Scuds) around the tank.

The red algae is gone, it appears to have cleared up due to the reduction in feeding as well as the reduction in lighting. However more research is still needed in order to lower the nitrates and get rid of the green hair algae for good. I would recommend another Biology student to continue this project.

Figure 7: Polychaete Bristle Worm (Center Red Worm with White Legs)

# A Guide to Keto in College

By Drew Denis

In most recent years there have been many different fad diets that have surfaced. One in particular and what is definitely the most common is the Keto diet.

The gist of going Keto is that you have to cut carbs, increase your fat intake and consume a moderate amount of protein.

The biggest thing for college students, which might be the most challenging, is avoiding alcohol. Beer is essentially liquid bread so it would be in your best interest to stay clear.

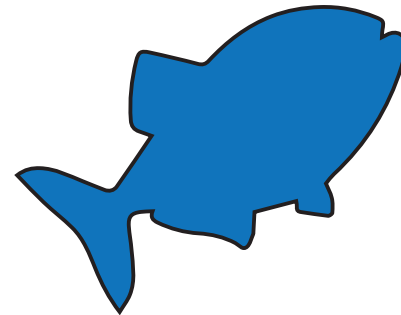
Your two best friends will be water and coffee to make up for the lack of Carbohydrates. Look at carbs as if they were the gas in the car so caffeine and just staying hydrated will be important.

For Breakfast, especially for a broke college student, the best and cheapest meal would be plain eggs and black coffee. You can add some shredded cheese to the eggs to add some extra flavor. However, check the eggs to make sure they don't contain fillers.

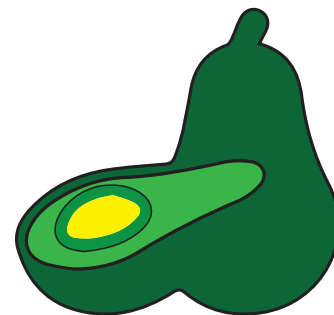
Lunch has the most when it comes to the recommended meals. Deli meat and cheese wrapped up in lettuce would be the easiest to put together and the cheapest. Please note a lot of deli meats contain sugars and preservatives so that's definitely something to watch out for.

The Three Rivers cafeteria has pre-packaged salads that could be a good alternative if you're looking something on the go just without the croutons. Since you need to increase your fat intake you can use dressings but try to go for the dressings with the least amount of sugar.

Avocados are also a good thing to eat with your lunch or just for a snack. Unlike most fruits that consist mostly of carbs, the avocado is very high in healthy fats. Just be aware that the average avocado has around 12 grams of carbs.



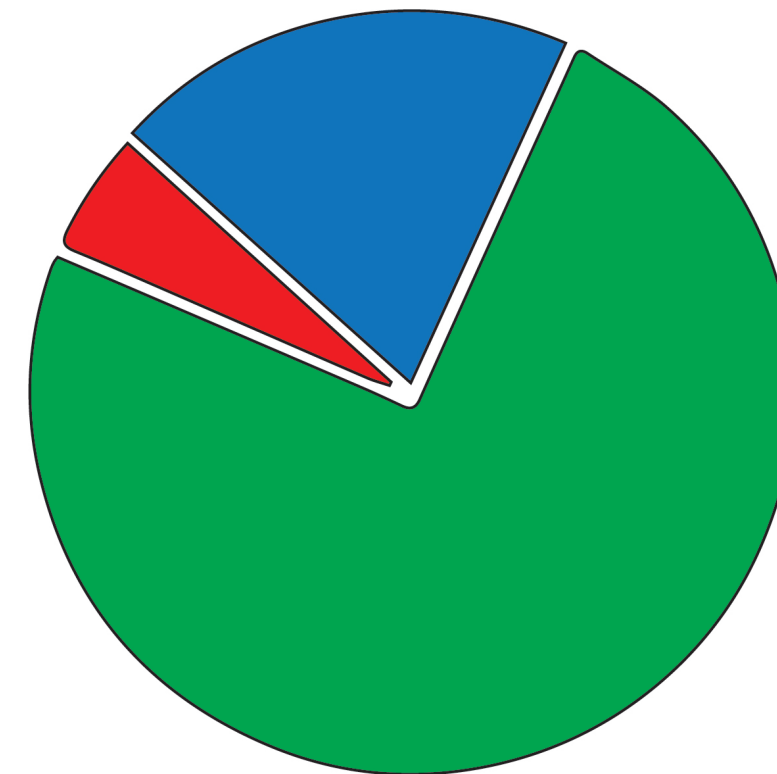
Fish



Avocado



Pasta



## Ketogenic Diet

Protein: 20%

Fat: 75%

Carbs: 5%

### Breakfast:

- Eggs (Plain with some shredded cheese)
- Black Coffee

### Lunch:

- Hard-boiled eggs
- Avocados
- Sardines
- Plain Tuna
- Plain Chicken breast
- Pre Packaged Salads (Without Croutons)
- Deli Meat and Cheese (Watch out for sugars and preservatives)

### Dinner:

- Cheeseburgers (Without the bun, ketchup and onion)

Go to [RealBalanced.com](https://www.realbanded.com) for more meals

### Drinks:

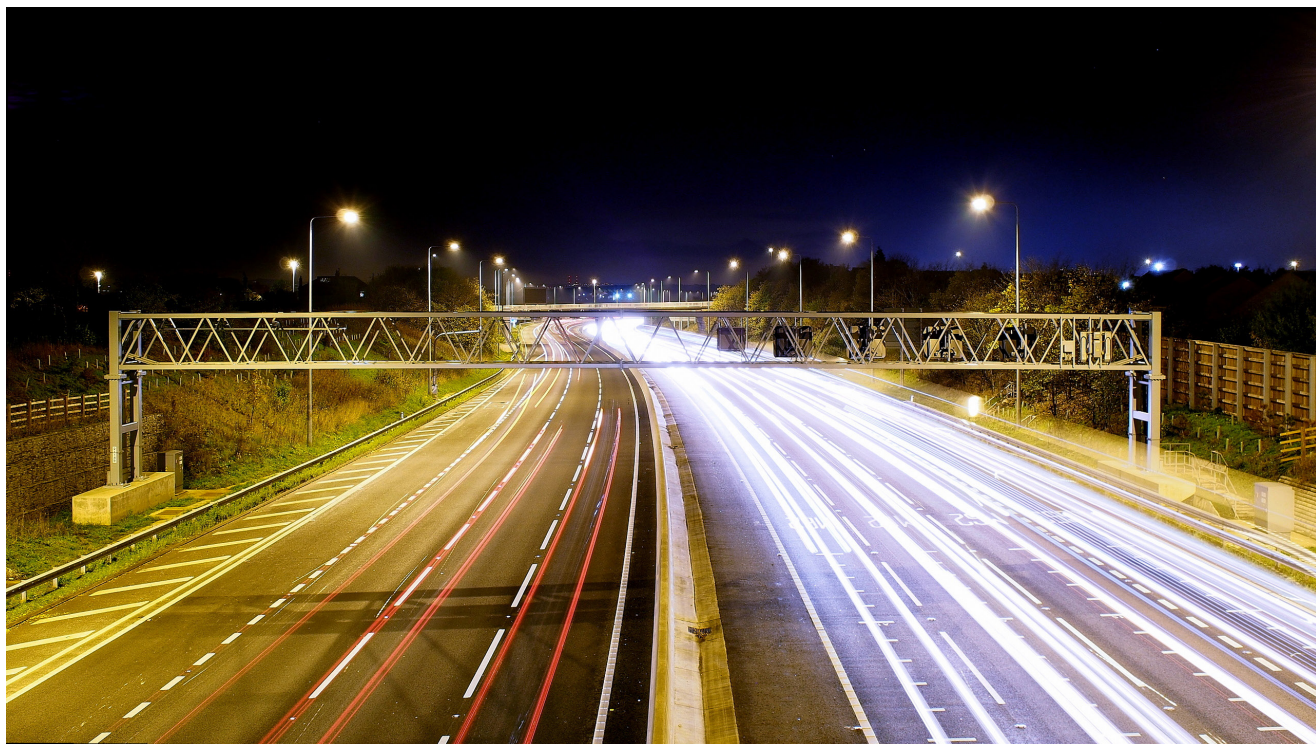
- Water
- Coffee
- Tea

### Snacks:

- Cheese sticks
- Pepperoni
- Canned Tuna
- Salmon Pouches
- Nuts such as Pecans, Walnuts, Macadamia, Chia seeds and Brazil Nuts (Please note that these still contain carbs. However they only consist on 1-2 grams of Carbs per ounce. So you can still eat these but in moderation.)
- Blackberries (10 grams total carbs)
- Blueberries (14 grams total carbs)
- Raspberries: (12 grams total carbs)
- Strawberries: (8 grams total carbs)

## Pay the Toll: Tolling Bills Approved by State Transportation Committee

By Tyler Riddle



Metal gantry over a highway

Highway commuters may have to be wary of increased travel expenses in upcoming years.

The Connecticut Transportation Committee voted on March 20th to go along party lines and approve several tolling bills. These bills include plans to introduce new tolls along interstates 91, 95, 84 as well as parts of Route 15.

The new legislation would have electronic toll gantries (used to track travel distance) constructed every 6 miles, costing drivers around 4 cents per mile.

State Governor Ned Lamont supports the highway tolling, proposing legislation to toll all vehicles that use these roadways. This move by Lamont is a stark contrast to one of his campaign promises, where he stated he would only seek to toll large trucks.

A spokesperson for Lamont claimed that we “need a reliable, sustainable revenue source for funding transportation. 40 percent of which will be paid for by people who don’t even live here. That will be necessary to make the infrastructure investment we need to get our state growing again,” (NBC Connecticut).

The details of the tolling bill are to be worked out by the state Department of Transportation, although legislation demands that all toll proceeds are to be used to fund transportation projects. The Lamont administration projects that annual tolling proceeds could be as high as \$800 million (Hartford Courant).

The proposal of the bill has sparked outcry across the state, with rural and city residents alike in solidarity against the toll. Those opposed to the

legislation fear that it would damage the economy, while also raising the cost of living within the state.

State Representative Travis Simms from Norwalk (Democrat), says “I have residents who I serve that are hardworking middle class workers and low income residents that are scratching the barrel just to get by. Putting tolls in the state would have tremendous implications on my constituents.”, withholding his right to vote no if the bill reaches the house (Hartford Courant).

There is no set fee structure within the bill, although it does specify that the toll fee cannot be raised for 10 years minimum. It also provides an unspecified discount to low-income residents, as well as set fines to those who fail to pay the toll (\$25 1st offense, \$50 second offense, \$100 third offense).

State Representative Gail Lavielle from Wilton (Republican), said she is worried by the lack of detail in the proposed legislation, such as how many gantries would be built and the depth of residents discounts. “I don’t know how many tolls I’m voting for, where they will go, what they will cost ... what it will cost to operate them let alone install them and what exactly will they bring in,” she explains (Hartford Courant).

The proposed highway tolling bill is facing contention from both sides and only time will tell if the house will approve it. Regardless, tolls take extensive time to set up and motorists shouldn’t expect a change in driving costs for at least a few years.



An electronic toll gantry equip with cameras that can read license plates



# Connecticut joins suit against testing for offshore drilling

Seismic testing could potentially harm wildlife, and the environment

By Nicholas Zujus

Oil and gas are primary source in the world for creating fossil fuels. With a constant need worldwide, companies look to test the ocean floors for oil that they can collect and sell.

When President Trump took office, he announced that he would turn against researching renewable energy and focus more on oil production, reducing restrictions on oil exploration.

Testing for offshore drilling has been going on for decades. The recent scientific discoveries prove that burning oil is causing damage to the environment. Renewable energy can be much more cost effective, and safer for the environment.

The testing for offshore drilling consists of large vessels equipped with air guns that emit strong energy pulses into the sea floor. The data is recorded where oil is found, and mapped out, producing a bigger picture.

The energy pulses harm, harass, and even kill wildlife. As part of the Marine Mammal Protection Act and the Endangered Species Act, any form of harm or harassment to wildlife is prohibited.

One of the problems that occurs with offshore drilling is the harming of wildlife. Creatures of the ocean can ingest the large amounts of oil released from the drilling, leading to problems within their environment and even ours.

With fish and other wildlife ingesting oil, food becomes less edible and more fish need to be caught to feed the public. This also puts species of the ocean at risk of endangerment.



A fisherman on the coastline of Rhode Island.



The historic Connecticut coastline

Many states have joined a lawsuit created in South Carolina, challenging the Trump administration to stop the testing of offshore drilling. One of the most recent states to join is Connecticut.

Attorney General William Tong has stated that Connecticut has joined the suit specifically because of the harm it may cause to the marine wildlife. Many local businesses on the coastline have filed their own suits against the testing as well.

Within the states that have joined the suit, 300 municipalities and 2,000 elected federal and state representatives have opposed the testing as well.

The suit is also fighting against the National Marine Fisheries Service and federal officials. It also explains that the NMFS has violated the Marine Mammal Protection Act, Endangered Species Act, the National Environmental Policy Act, and the Administrative Procedure Act.

According to Gail Adams, a spokeswoman for the International Association of Geophysical Contractors, no research has been collected that the testing harms any form of wildlife.

On the other hand, environmentalists across the nation have done research that shows wind turbines create little, if any harm to the environment.

The areas that have been proposed for offshore testing have also already been proven to have few resources available. The costs that the testing would take would be much greater than the income received from potential oil and gas reserves found.

The historic coastline also features 68 national park sites, which would all be under potential harm if testing were to begin.

President Trump is standing firmly on his views of energy management, and the debate has been left in the hands of the state vs. the nation.

The five companies who will begin testing for offshore drilling are expected to receive their permits from the Bureau of Ocean Energy Management soon. The lawsuit cannot prevent the permits from being granted, but could halt the operation altogether.

While environmentalists argue that it is extremely difficult to prove harm to marine wildlife, the suit aims to prevent any harm that

# Chic, Trendy Bakery Opens in New London

## NoRA's Cupcake Company Expands their Middletown Cupcake Shop

By Bridney Casillas



Cash Register and "Cake Life" Artwork Display

Satisfy your sweet tooth in New London! A new cupcake shop, called NoRA Cupcake Company, owned by Carrie Carella, 43, opened their doors on March 5th in an opening ceremony that featured a local DJ named Frank Lo and notable elected city officials, including mayor Michael Passero of New London.

NoRA is a hip, and trendy bakery that makes and sells uniquely named cupcakes from non-traditional recipes.

Efrain Dominguez, a member of the New London City Council who attended the grand opening, tasted three different cupcakes, including his favorite, Dulce de Leche, which is made from caramel cake, caramel filling, caramel buttercream frosting, and caramel drizzle.

"This is a great place that is welcoming and family oriented. They sell such delicious cupcakes," says Dominguez.

The idea of expanding their cupcake business into New London came to Carella after her food

truck was among several vendors selling food at festivals in the area such as Sailfest and the New London Food Stroll.

Scott Whalen, an employee and delivery man who also drives the NoRA Cupcake Truck says, "we've done a number of events down here with our food truck, and done well, so we kind of liked the vibe that was going on here. We looked into it, and decided to open up our bakery." Whalen also states, "A lot of the recipes are what the owner came up with herself. They are very unique to us."

This new location is an expansion of the flagship cupcake shop located in Middletown, Connecticut. NoRA Cupcake Company got its start on New Year's Eve in 2011, when Carella partnered with her former boss to open up a bakery.

According to her biography from Millennial Magazine, Carella worked her way up from bartender to manager after 15 years at a craft beer bar called Eli Cannons, and when the business space across the street became available, she decided to take a chance and open up NoRA Cupcake Company.

Carella says she worked in bars since she was 18-years-old. "That was my comfort zone, so I decorated and set up NoRA to what I'm comfortable in," states Carella.

The interior of the NoRA Cupcake shop is elaborately decorated with painted black walls and pink décor, including mirrors with pink candles, and fancy carpets. The hip atmosphere makes customers feel like they're inside a trendy nightclub in New York City.

"We are definitely creative with the names and the flavors, and our look is different from most pastel color themed bakeries. Ours is black and pink, and it catches people's eye," says Whalen.

NoRA Cupcake Company is named after North of Rapallo Avenue, a nickname given to a "bad neighborhood" in Middletown referred to as the North End of town. "My former boss told me that in order to change the perception of the neighborhood, you do what New York City does - you rename it," says Carella.

"I'd say about every other customer asks the staff 'are you Nora?'" states Carella, confirming that people often assume that NoRA is an actual employee who works inside the bakery.

"The original idea was that I would still run his restaurant while I baked cupcakes for events, weddings, etc.," says Carella. NoRA sells about 12 flavors during the week, and sells an even more wide variety of flavors on the weekend.

Each month, NoRA sells "Headliners," or cupcake flavors that are sold for a limited time each month. For the month of March, NoRA featured festive cupcake flavors just in time for St. Patrick's Day, such as Chocolate Shamrock Shake, Pistachio, and Lucky Charms that will be available until the beginning of April.

All cupcake recipes are original to the employees, and all ideas for coming up with new cupcake flavors are inspired by the foods they love to eat and alcoholic beverages most people enjoy.

The most popular cupcake flavor NoRA sells is called Irish Car Bomb, and is made from chocolate Guinness cake, Jameson dark chocolate ganache filling, Bailey's Irish Cream cheese frosting, and topped with a malt ball.

A regular cupcake is \$4.95 while a vegan cupcake is \$6. Customers also have the option to order customized cupcakes for any occasion.

Carella explains what the best part is about owning your own business. "I like being able to express myself creatively whenever I want - whether it is with a cupcake flavor, a cake design, a social media post... I don't have to ask permission [for the most part]. I have an idea and I do my best to execute it the way I know how."



Pistachio and 50 Shades Darker Flavors



Lucky Charms Flavor, a March Headliner



Seating Area Inside NoRA Cupcake

# Should You Vaccinate your Child?

A National Norm that has quickly turned into a Controversial Topic

By Nicholas Zujus



A child receiving their immunizations, courtesy of Katja Fuhlert.

Vaccinating children has quickly become one of the hottest debates in the nation.

The shots that children receive prevent illness not only in the child getting the shots, but children around them. With most children attending public school systems, vaccinations turn into more of a necessity than a choice.

Although history has shown that the shots have prevented illnesses, an alarming number of parents have decided to forego vaccinating their children. One of the main reasons of concern for these anti-vaxxers is autism.

According to autismspeaks.org, autism is defined as a “broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication.”

On the other hand, arguments are made that the common vaccinations given prevent children from dying of illnesses such as polio, measles, and even the common flu. Conflicting information spread by social media about vaccines has caused confusion.

Scientific research documented about the positive outcomes of vaccines, and the results are

astounding. According to the American Academy of Pediatrics, childhood vaccines are 90-99% effective in preventing diseases.

Shot@Life, a United Nations foundation partner, has also stated that vaccines save roughly 2.5 million children a year from disease.

Although this information is hard to argue, vaccines still contain chemicals and ingredients that some speculate cause disease and illness.

Aluminum, a metal found in vaccines, has been proven to cause neurological harm in the human body. Formaldehyde is used in preserving and sterilizing vaccines, and is a known carcinogen.

The FDA has provided research that shows while these properties can cause harm, they are such trace amounts that they are safe to put in the human body.

With so many different sides to this debate, families are beginning to form their own opinions and argue amongst themselves.

Ethan Lindenberger, an 18 year old from Ohio, decided to get vaccinated against his mother’s wishes. In March, Lindenberger spoke in front of the Senate Committee on Health, Education, Labor and Pensions about why he chose to get vaccinated.

Beyond the world of what is right and what is wrong, Lindenberger said that his mother gained most of her information from social media websites such as Facebook. Examining the information and doing his own research led him to getting vaccinated.

Most school systems require that children have their immunizations before attending school, some parents still look for ways around this. For Lindenberger’s parents, they found a loophole of using a religious belief to avoid immunizations.

As of 2019, there are 18 states in the US that allow nonmedical vaccine exemptions due to personal beliefs.

Vaccines are mandated by the federal government, which some say infringes upon protected religious freedoms. Multiple religions oppose the idea of vaccinating children, which creates conflict when it is mandatory to have a child vaccinated.

Another cause of concern for anti-vaxxers is the belief that companies are profiting widely from immunization shots, and the shots are making children sicker.

This information is hard to prove right or wrong, as there has been no research indicating how children could get sicker from more common illnesses like a cold after getting their immunization shots. There is no information to how shots would affect a child who is sick with a cold, or how it would benefit them.

With vaccines being relatively cost effective, it makes sense to get children vaccinated before they have to be treated for a serious illness. With so much controversy, vaccines will continue to be one of the most hotly debated topics in the country.



A bacterial virus, courtesy of Gerd Altmann



# Lafayette Dental GROUP

- ✓ **PREVENTIVE CARE**
- ✓ **RESTORATIONS**
- ✓ **COSMETIC BONDING**
- ✓ **CROWNS AND BRIDGES**
- ✓ **IMPLANT RESTORATIONS**
- ✓ **AND MORE!!!**

**WE ARE ACCEPTING NEW PATIENTS**  
**(860) 889-5213**  
 67 Lafayette Street Norwich, CT 06360

**DR. JOEL ZUCKERBRAUN PC**  
**Optometrist** COMPREHENSIVE EYE EXAMINATIONS

*Family Practice • Children & Adults*



**OPTOMETRIST**

- Computer Assisted Examination
- Diagnosis & Treatment Of The Eye
- Medicare-Participating Provider
- Laser Surgery Evaluation
- Insurance Programs Accepted
- Discounts For Senior Citizens
- Fashionable Eyewear For The Entire Family
- Contact Lenses

**Office Hours  
By Appointment**

**860-376-2848**  
 8 North Main Street • Jewett City  
[www.drjoelzuckerbraun.com](http://www.drjoelzuckerbraun.com)

## O’Niantic: St. Patrick’s Day 5k Marathon

By Rachael Burton

The Niantic St. Patrick’s Day 5k marathon was held on March 16, 2018 in in downtown Niantic and Pine Grove.

This event was held from 9:45 to 11:00 a.m., in which over 1,200 marathon runners attended.

This event was a factor of a four-part event that included three additional marathons that took place in different location, on different days. The first marathon took place in Southington on March 10. This marathon was called the O’Shenanigans 5k.

The second marathon occurred on March 11 in Putnam. This marathon was called the O’Putnam 5k.

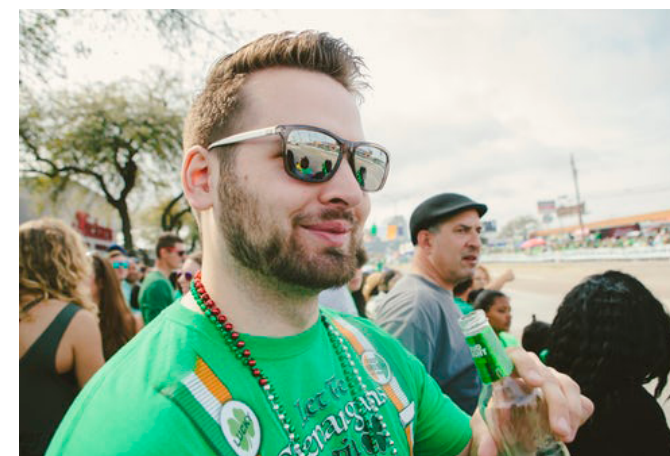
The third marathon was the O’Niantic 5k, while, the last marathon was the O’Hartford 5k that took place in Hartford on the 18th of March.

These four marathons were used as a charity to collect non-perishable goods to donate to the Gemma E. Moran United Way/Labor Food Center.

The event itself was a fun and successful one as it encouraged civilians of Connecticut to get out and celebrate St. Patrick’s Day.



Celebrating St Patrick Day in all green.



Enjoying the marathon from the sidelines.



Three guys enjoying St. Patrick Day together.

**PURE ROMANCE BY JADA**

Empower. Educate. Entertain.

PURE ROMANCE BY JADA

**Get 25% OFF YOUR FIRST PURCHASE! ANY ITEM!**

CONTACT JADA ● ENDS APRIL 30, 2019

Book a Party With Me!

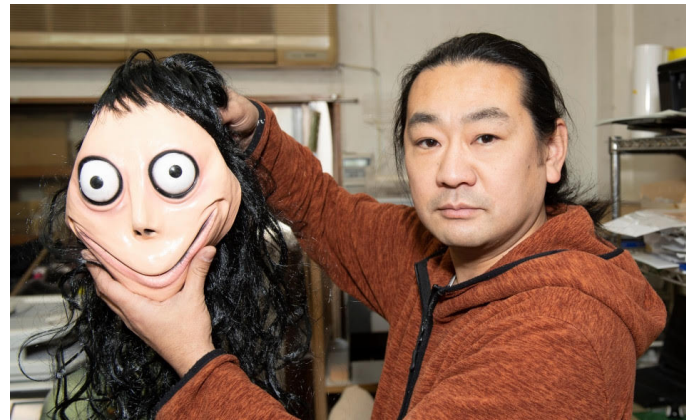
Jada Mercado  
 Bath & Beauty Independent Business Owner  
 TEL: (860) 334-6251  
 EMAIL: jadamercado.pureromance@gmail.com  
 WEB: pureromance.com/JadaMercado



# Dangers of the Internet: The Momo Challenge

## How a Viral Urban Legend Hoax Created a Media Frenzy

By Bridney Casillas



Artist Keisuke Aisawa Holding the Head of His “Mother Bird” Sculpture. Courtesy of News.Google.com.

The internet can be a place filled with games, music, and information to entertain millions of people, but it can also be a place of hidden dangers lurking behind each web page. In the digital age of the internet, there have been numerous online challenges that have caused a media frenzy, including the recent Momo Challenge.

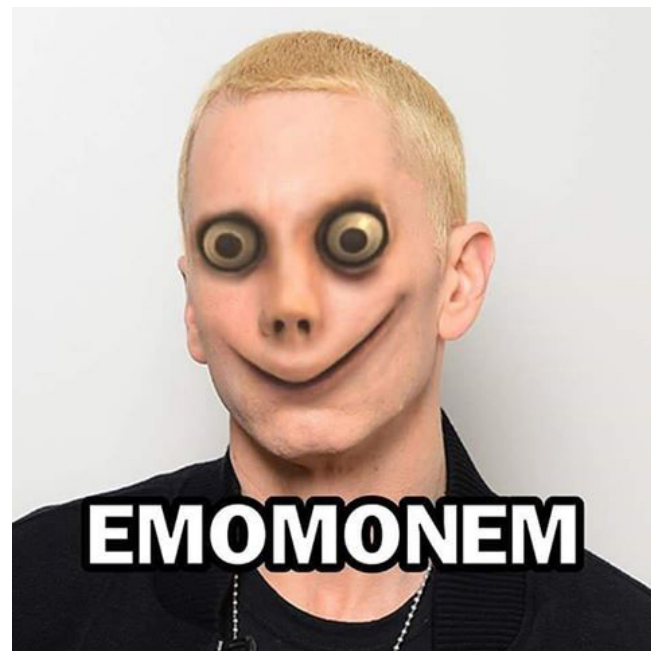
The Momo Challenge is a nonexistent challenge that was spread on social media, best described as a suicide game targeting children and teens on a social media text messaging app called WhatsApp where adolescents send a text message to the number from the app and in turn, they will receive a creepy message from Momo, a woman who entices children and adolescents into participating in violent acts or committing suicide. The signature face of the Momo Challenge is a bird-lady with a scary, eerie facial expression, long black hair, and chicken legs – named Momo.

Students at Three Rivers share their opinions and concerns in the wake of the viral Momo Challenge, which has now been confirmed to be a hoax. How can children and adolescents stay safe online?

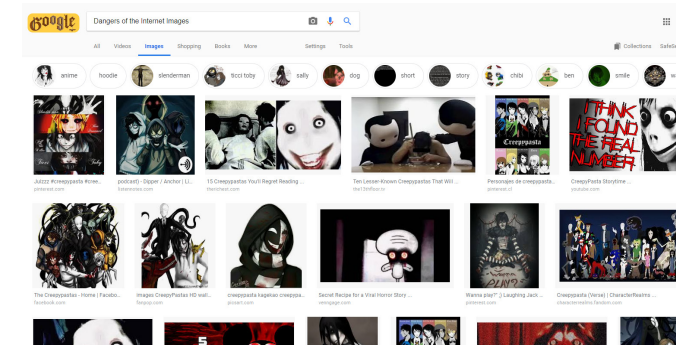
Roberto Robles, a sophomore majoring in General Studies believes, “The only thing parents can do is to limit their child’s access until they are mature enough. There are programs that you can download to monitor what they do and restrict access to different sites as well as limit the time they spend on the internet.”

Jaleel Beddoe, a freshman majoring in Graphic Design has a slightly different take, “We can keep kids safe by trying not to throw the internet at kids at a young age. We need to talk to kids about the internet like you’re giving them the talk about the birds and the bees.”

The “face” of Momo comes from a statue called “Mother Bird,” created by Japanese artist Keisuke Aisawa in 2016 while working for a special effects company called Link Factory, according to an article from Rolling Stone. The image of the “Mother Bird” sculpture was re-uploaded online in July 2018 by users on Reddit, and from there, the myth of the Momo Challenge started.



Momo’s Face Blended in With Rapper, Eminem’s Face in a Meme. Courtesy of iFunny.



Google search of Dangers of the Internet

In all, what are students’ thoughts on the Momo Challenge?

Rebekah Church, a sophomore majoring in Visual Arts feels, “It’s not a good idea to leave young kids on their Kindles alone if they have any. I feel that the national alert to warn parents about the Momo Challenge is a great idea. Parents should always keep monitoring what their kids do on techs such as tablets and phones.”

“This goes to show you if you just throw a tablet in front your kids it doesn’t mean they are safe and secure. It shows you that the internet is the internet, and there is no safe space even for children,” says Beddoe.

“It’s just another image that that the internet took and ruined,” says Robles.

The mass hysteria surrounding Momo started from a news report about the suicide of a 12-year-old girl who hung herself on a tree branch in her family’s backyard in Argentina, according to the Buenos Aires Times. A few months later, authorities in Mexico reported that children were being harassed by an unknown user’s profile named “El Momo” on Facebook.

In early 2019, Momo began to raise concerns in the media, as both local and national news advised parents to “Protect kids from a disturbing internet game.” Kim Kardashian asked her 131 million Instagram followers to be careful on the internet, according to People Magazine. The Momo Challenge not only caused a panic, but

there were also numerous memes being made and shared all over social media. It appears that Momo will forever be a staple in pop culture, and will be one of the many motifs of the modern-day bogymen who have crept their way into our minds.

So, how will students protect their future children?

“Easy, I’ll watch them. It’s not difficult as long as you parent your kid correctly, and they shouldn’t be exposed to things like that... teaching them about things like that is just as important as keeping them away from it,” says Robles.

“I wouldn’t let them use the internet at a very early age. And hopefully I would give them the tools to recognize when content is inappropriate,” says Church.

In the summer of 2014, two 12-year-old girls stabbed their classmate 19 times in a wooded area in Wisconsin, in order to conjure a dark, fictional being called The Slender Man. Due to the national attention that case brought, it served as a cautionary tale for parents to monitor what their children encounter on the internet.

Internet safety among children and adolescents is one of the many concerns parents have when their children are given access to the web. According to Childtrends.org, “Three in five children ages 3 to 17 (60 percent) used the internet at home, nearly six times as many as in 1997 (11 percent).”

Clearly, the internet is here to stay. Given the number of teens and adolescents online every day, it is important for parents to educate their children on the dangers of using the internet. By warning children about online dangers, they will be aware of certain websites and social media apps to stay away from.



The Norwich Benny's location at 33-35 New London Turnpike first opened in 1970

## Still No Plans for The Former Benny's Location

By Drew Denis

On December 11, 2017, all 31 of the Benny's stores across Connecticut and Rhode Island closed their doors. Since then the "Carpionato Group" has purchased the locations of 29 former Benny's stores, including the two in Killingly and one right here in Norwich.

Less than two years have passed and still, nothing has been done with these buildings. Rumors had been floating around that many of them would turn into Ocean State Job Lots and recently it was confirmed that three of the Rhode Island locations would do just that.

As for Connecticut, we haven't seen much development. One of the Killingly locations was recently seen unplowed, only containing a chair and a table inside. The Norwich location has seen slightly more activity but there are still no concrete plans for the property.

The Mayor of Norwich, Peter Nystrom, spoke about how the Carpionato Group expressed the idea of possibly turning it into a U-Haul location or another retail store. Nystrom also said that the closing of the Norwich store still stings. In a recent interview with the Norwich Bulletin, Nystrom said "It was a tremendous loss; it was Americana to me, that store had become a part of Norwich's identity."

Recently, a small grocery store located in Richmond, RI decided to name the business "Benny's Fresh Market". While most people would see no issue with

this, the store simply decided to reuse the exact logo design of the former chain.

Keep in mind there's no affiliation with Benny's so it's bizarre to say the least. They didn't receive

permission to legally use the trademarked name. The only thing that was different about the logo was the inclusion of "Fresh Market" underneath.

## KARAOKE CLUB

Meet friends and sing your heart out to your favorite songs!

**Wednesdays**  
**Room D226**  
**12:20 PM to 1:20 PM**

For Questions Contact:  
[beddoejaleel@gmail.com](mailto:beddoejaleel@gmail.com)



# The Ospreys are back once more in Connecticut

By Rachael Burton

Nests can also be located in areas around towns that surround Norwich or that are just a few towns over, such as Groton, Stonington, Mystic, Preston, and Waterford.

In Norwich there is one osprey nest area, which is located in Bog Meadow Reservoir. As of 2017, this nest is still active with osprey.

With the increase of nests located around CT, the numbers will be growing in the years to come as the ospreys take flight once more.



Ospreys returning to their nests.

Ospreys are returning to Connecticut. These birds are taking flight once more and return to their nests, from down south, as spring approaches around the corner.

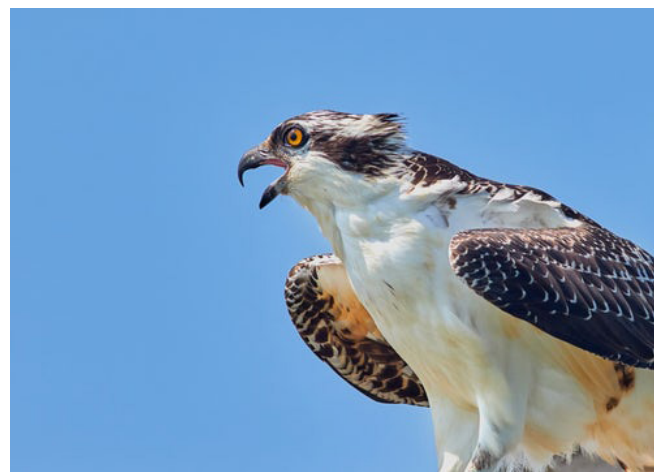
Ospreys are large hawks that have a white underbelly; because these birds can be located around most shorelines, they have required the nickname as the "Fish Hawk."

As their nickname suggests, Fish Hawk prey mostly small fishes for their primary food sources.

The most active spots for osprey nests are in eastern and southern Connecticut due to the proximity to the shoreline.



Ospreys are back in CT



Ospreys taking flight once more

# Ash Landfill Expansion in Putnam Connecticut

## Putnam extends land lease for Wheelabrator to expand ash landfill

By Hope Whiteley

Tom DeVivo, partner in ownership of Willimantic Waste Paper Company with his brother Tim, had this to say about the expansion of the ash landfill. "The Town of Putnam is lucky to have a quality business [Wheelabrator] continue to invest in the community. The jobs and revenue will help Putnam continue being a great town."

The expansion was viewed and approved by the Board of Selectmen, the Planning Board, and the Finance Committee already.

Wheelabrator is only waiting on the okay from the Inland Wetlands commission, the Zoning commission, and the Army Corps of Engineers.

In order to receive approval from the Army Corps of Engineers, Wheelabrator will pay a compensation fee for impact to the area's wetlands. This fee will be paid into a fund managed by the Connecticut Audubon Society.

The applications sent to the Army Corps of Engineers are expected to be under review through 2020.

The first phase of expansion is lined up to begin in 2021, with completion and operation beginning in July 2021.



Photo from Norwich Bulletin

The company Wheelabrator Putnam Inc. has requested that they be allowed to expand the Putnam ash landfill.

The Putnam ash landfill is the only ash landfill in Connecticut. Trash is brought to incinerators and burned to fine ash, then brought to the landfill. Right now, the landfill has enough room to operate for five more years.

The suggested expansion would allow the landfill to operate for another twenty-five to thirty years. The new agreement with Wheelabrator is considered very good for Putnam, bringing in \$147,000 in PILOT (Payment in Lieu of Taxes) annually.

The Wheelabrator landfill is also expected to bring in \$100 million in revenue to Putnam during its extended lifespan.

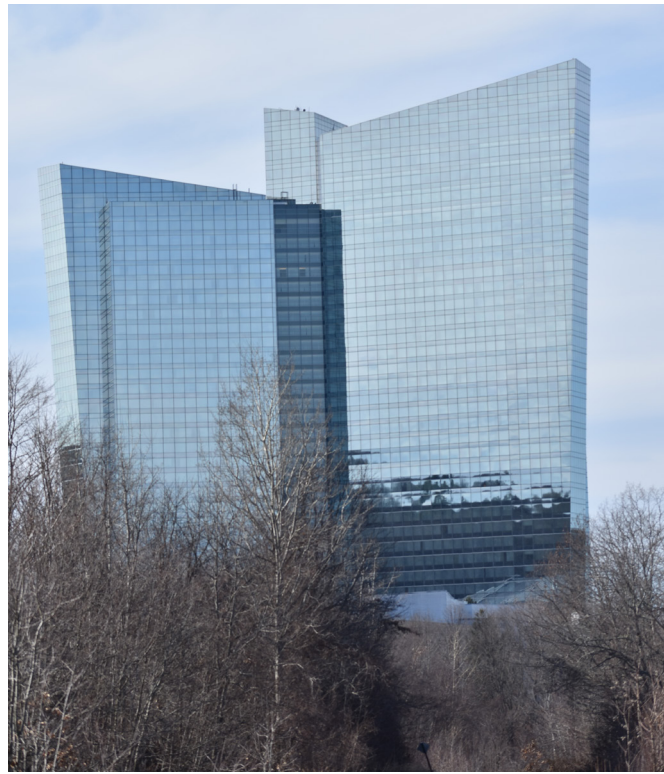
According to research done by The Bulletin, "[T]he landfill receives ash waste from facilities that burn municipal trash. It is also an important source of revenue for Putnam, generating an estimated \$3 million in host fees a year."



The Claw at Lisbon Incinerator

# Western Style: Mohegan Sun Nominated in Academy of Country Music Awards for “Casino of the Year”

By Tyler Riddle



Mohegan Sun in Uncasville, CT

The Mohegan Sun is a hotspot for entertainment, offering food, shopping, games, and plenty of live entertainment for fans of all types. Boasting 3rd largest casino in the country, the Mohegan Sun pulls in countless visitors each year.

Keeping the spirit of country alive through their special guests may also have just netted their arena an award. Last February the Academy of Country Music announced that the Mohegan Sun Arena was nominated for “Casino of the year - Large Capacity”, setting up the casino to potentially win its 16th national award.

Tom Cantone, Mohegan’s senior vice president of Sports and Entertainment said that the award would be “a tribute to our entertainment program and the staff who run it”. “We have had legendary acts like U2 tell us we’re the best venue they’ve played, really speaks to the success we’ve had in becoming one of the top entertainment venues in the world,” he said (Norwich Bulletin).

The Academy of Country Music industry awards are chosen by the academy’s professional members, who will vote in favor of venues that contribute to the “success and longevity of country music.” (ACM).

The Mohegan Sun held 92 live country music performances across all their properties in 2018, making them one of the largest contractors of live country music within the casino industry. Country stars who have performed at Mohegan in the past include Carrie Underwood, Keith Urban, Kenny Chesney, Little Big Town, Old Dominion, and many more.

According to the AMC site, the competition for the “Casino of the Year - Large Capacity” award includes the Casino Rama in Ontario (Canada), Grand Casino Hinckley in Minnesota, Sandia Casino Amphitheater in New Mexico, and the WinStar Global Event Center in Oklahoma.

Winning the award would be great news for the Mohegan Sun and country fans alike, potentially drawing more country artists to the venue. To learn more about the Academy of Country Music, or to see other nominations, check out their website at [www.acmcountry.com/noms](http://www.acmcountry.com/noms).



Chelsea Groton is proud to introduce our new complimentary e-learning platform. Take financial courses, review articles, watch videos, use calculators and more. Register today at [chelseagroton.enrich.org](http://chelseagroton.enrich.org) and begin working toward achieving your goals.

## Chelsea Groton





## Staying Fit in College

The college students biggest fear: The Freshman 15

By Kenzie Costello



Every day, college students are faced with stress from their studies. What better way to cope with stress than to eat junk food and sleep?

While sleep is necessary and junk food is okay in moderation, there is a line that is crossed when enough becomes too much.

Staying healthy in college is important, as it will help not only your physical appearance and how you feel throughout the day, but will also help improve your studies and keep your mind flowing.

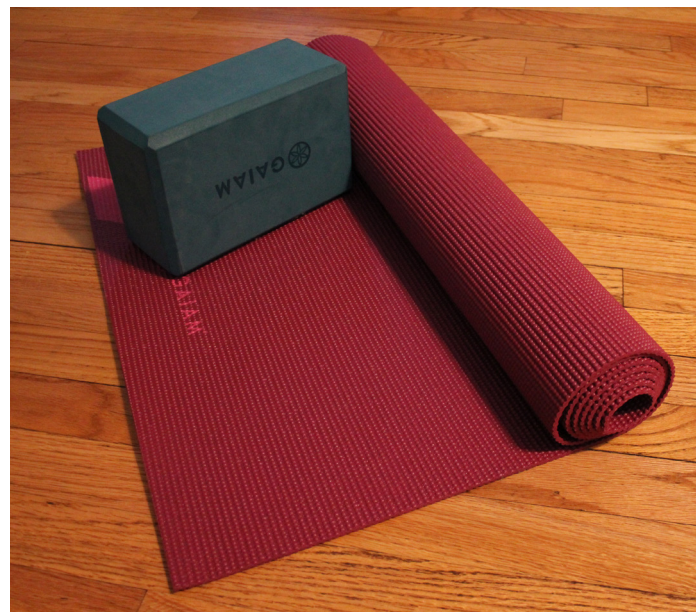
The best way to stay healthy and fit while attending college is to exercise regularly. Three Rivers Community College has a campus gym, the Health and Wellness Center, that has available hours through the week for students to be able to use for free. The health and wellness center is located in F105.

The health and wellness center on campus includes a cardiovascular room, weight training machines, free weights and a studio for classes. If you're looking for more of a class setting workout, TRCC offers classes like Zumba, Tai Chi and yoga.

Working out by yourself isn't for everyone, grab a friend and attend a fitness class together. Trying out new workout classes is less intimidating when you know you have someone to try it with. After working out, then there is still plenty of room for a study session.

Living an active lifestyle is the best way to get rid of stress. College is not only a lifestyle change for many individuals, but the workload and pressure gets to be an intense weight on students shoulders. Walk off stress by taking a lap around campus or doing a quick round of yoga to reset your mind.

When it is time for a snack or meal, college students go straight to the fried-comfort food. Having a side of fries is okay, but add to your meal another side of fruit or veggies with a bottle of water. Fruits and vegetables will fill you up before filling your out, therefore keeping you fuller longer while still enjoying a side of fries with your meal.



## DIY Lip Scrub

By: Melissa Kuster

### Ingredients

2 Tbsp Sugar

1 Tbsp Olive Oil

1 Tsp Honey

1 Tsp Vanilla Extract

# Netflix's The Umbrella Academy: Why You Should Watch It

By Melissa Kuster

The peculiar and hilarious new series, Netflix's The Umbrella Academy, is a show about a family that's far from normal.

The show was developed by Steve Blackman and Jeremy Slater and is based on the comic book series of the same name by Gerard Way and illustrated by Gabriel Bá.

The Umbrella Academy takes a delightfully odd take on superheroes and has a lot of similarities to Marvel's X-Men. One major difference, however, is that none of the characters act like superheroes.

The first episode begins with an unusual scene that raises questions and intrigues the viewer from the very beginning. On the same day in 1989 forty-three infants are born, what's bizarre however is that those women were never pregnant when the day began.

Sir Reginald Hargreeves, a successful billionaire, takes seven of these children into his custody and creates the Umbrella Academy. Within the academy he raises the children to become superheroes destined to save the world.

Many years later when news of their adopted father's death arises, the children, now adults, reunite at the Umbrella Academy after not seeing each other for years. Once reacquainted, news of an impending apocalypse forces the

family to unite once again to prevent it from occurring.

From an interesting plotline, a catchy soundtrack, and hilarious and lovable characters, The Umbrella Academy is an overall fantastic Netflix show to binge on.



# How to Make the Food of the Gods

A Simple and Easy Recipe for Ambrosia

By Miranda Cote

If you are looking for a fresh and delicious treat for a spring event then look no further.



## The Steps:

- 1: Drain all of the liquid out of the fruit cans.
- 2: Mix all of the fruit together in a bowl.
- 3: Mix in the sour cream.
- 4: Fold in (do not mix in) the mini marshmallows, you do not want to crush them.
- 5: Cover the container and refrigerate for 24 hours (this is the most important step)
- 6: Enjoy your tasty and refreshing treat.

## What you will need:

- A bowl or a container with a lid
- Spoon
- Tin foil or plastic wrap (You do not need this if you have a container with a lid.)
- 16oz. of Sour Cream
- 1 bag of Mini Marshmallows
- 2 big cans of fruit cocktail
- 1 small can of mandarin oranges
- 1 small can of pineapple tidbits
- 1 small container of maraschino cherries



The early-man 'Keto Tribe' stalks through the Ketonian jungle. They seek their primary food source, the keto beast.



The hunting party's oldest leader uses the legendary 'keto-call' to lure out their prey.



The call is a success! The tribe hurries down the mountain for the beginning of the hunt!

KEEEEE-TOOOOOOH!



HEALTH



But wait! The tribe stumbles upon an invader. It looks like both the tribe and invader are after the same keto beast!

The old leader lets out a mighty battle-cry at the invader. It scares him off, leaving the Keto Tribe as the victors.



And so, comes the end of our extraordinary adventure with the remarkable Keto Tribe.