

THE CURRENT

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#CLIMATESTRIKE

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SERIES TO BINGE



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Spooky Spotlight

The Norwichtown Public Cemetery
by Jessica O'Brien

Filled with historical homes and landmarks, the Norwichtown section of Norwich is rich with places where the past meets the present. One of those locations is the Norwichtown Historic Cemetery.

The Norwichtown Cemetery, also known as Colonial Cemetery or Old Burying Ground was officially established in 1715, but

visitors will note there are several graves that pre-date that. The cemetery is divided into two sections and contains the graves of almost 70 Revolutionary War veterans.

Several recognizable figures in United States history, including Samuel Huntington, who signed the Declaration of Independence, Jedidiah Huntington who led the 20th regiment of the Connecticut



Lafayette Soldier Memorial placed in 1901

Militia against the British and Benedict Arnold's mother Hannah are buried in the Norwichtown Cemetery.

The cemetery is also unique in its location. It can be difficult to find, as it isn't clearly marked, and it is nestled between several commercial buildings and homes. It is a perfect example of history surviving the encroachment of the city around it.



A plaque for Hannah King Arnold, mother of Benedict Arnold



Huntington Memorial

If you are a fan of history or just like spooky graveyards, the Norwichtown Cemetery is worth a visit. The town of Norwich often holds public tours of both the Norwichtown and Yantic cemeteries and private tours can also be booked with advanced notice.

The cemetery can be found at 1 Old Cemetery Lane or accessed through the Bank of America parking lot in Norwichtown.

Kindness Really Rocks!

The Kindness Rocks Project and 860 Rocks

by Sam Bartosiak

You may have seen some rocks spread around the New London county area over the past couple years. Not just your ordinary rocks either. These rocks are painted with vibrant colors and lovely images that are meant to be eye-catching. While painted rocks in and of themselves are not very interesting, there is something interesting about these rocks.

The 860 is a rock painting and hiding project hosted in the Connecticut area. The way to participate is simple, all you need to do is paint your own rock, add a friendly image or message, and hide it somewhere in the area or anywhere in the world if you wish to. All 860

rocks have the numbers "860" painted on the back or a call to action telling people to find their Facebook Page. The group doesn't aim to make any money, or to promote a business or anything of the sort. It only aims to spread small messages of kindness or an image that will make whomever finds the rock smile.

The way to participate is

simple, all you need to do is paint your own rock, add a friendly image or message, and hide it somewhere in the area or anywhere in the world if you wish to. All 860 rocks have the numbers "860" painted on the back or a call to action telling people to



Sailboat Kindness Rock- Image courtesy of Wikipedia



Kindness Rock- Image courtesy of Wikipedia

find their Facebook Page. The group doesn't aim to make any money, or to promote a business or anything of the sort. It only aims to spread small messages of kindness or an image that will make whomever finds the rock smile.

Rocks are not only hidden in Connecticut though. Rocks are hidden all over the world, with people finding them in England and even Australia. The rocks are painted with non-toxic acrylic paint as to not disturb any wildlife that may come across them. Those who are in the groups and continually make different rocks for others to find follow a "leave no trace" rule which states that anywhere that a rock is hidden is to be left as close to how it was found. For example, you can hide a rock at the base of a tree, but you can't cut out a hole in the tree to

place your rock.

This is not the only rule to follow when playing the game, the other rules include the following:

1. Don't leave rocks on store shelves as someone may mistake them as an item to purchase.
2. Don't leave rocks in areas that are likely to be run over by a lawnmower as it can cause injury to the person mowing the lawn by getting caught in the machine.

If by any chance you're looking for something fun to do that will make someone smile and brighten their day, why not paint a couple rocks and hide them somewhere around town? Who knows, maybe someone will find them and post them to the 860 Rocks Facebook page for everyone to see!



Image courtesy of pixaby.com



**The Current
presents**

HAUNTED MAZE



Performed by SPAG



October 30th and 31st

Three Rivers Cafeteria Green

4:00pm-5:00pm: Little Monster friendly

5:00pm-9:00pm: Get your spook on!

Tickets: \$5 and available at the door

A History of Halloween :A look at the Ghosts of it's past

**Over 2000
Years ago**

Starts as Celtic
Festival known
as Samhain.

609 AD

All Martyrs Day is
added Nov. 1st. by
the Roman Church
This is a day to
honor martyrs and
saints.

1000 AD

All Souls Day is
added to honor
the dead.

43 AD

Under Roman rule,
One day was added
to honor the
goddess Pomona.
Her symbol is
apples.

1556

Poor begin going
door-to-door
begging for food
and treats.

Moves from 3 days
into 2

17005

Turnips become lanterns.

"Tricks" begin being
played.

Moves to going
door-to-door for treats.

**Late 18005 - Early
19005**

Potato Famine happened
bring Irish and scottish
immigrants.

Halloween becomes more
popular.

Focus starts to move
away from religion.

19305

Halloween becomes
a mainstream
holiday.

Shop begin selling
costumes.

20005 - Present

Modern Day
Halloween

New Student Tips

Things to Know from Those Who Have Been There
by Kiersten Galloway

The Library

Did you know that our Library has textbooks? As long as your professor has put a reserve on the textbook there is one copy available to students for a 2 hour period in library use.

Some professors even leave their owned copies for student use and they set the usage for them. If that is the case, you may even be able to borrow those copies overnight.

To see if your textbook is offered ask at the circulation desk. They have an up to date listing on all textbooks available, on order, or being processed.

The Library is a fantastic resource. There are study rooms are provided for use on a first come first served basis.

Computers are free to use with internet access and printing capabilities. As a student you receive a \$25 credit each semester towards printing.

Black and white copies are \$0.05 and color copies are \$0.10. If you run out of credit you can go to IT and add money to your account.

any unused credit, even that which you pay for, will be wiped out and you will have \$25 in your account for the next semester.

Pro tip for scanning copies: you have to put a coin into the machine to get it to scan, however if you push the plunger afterwards you get your coin back!

One thing most students are unaware of according to Craig Guild, a reference and instruction librarian at TRCC, is that the TRCC Library is part of the CSU system. So if there is a book at another school in the CSU system that you want or need, it can be delivered directly to TRCC and usually in 2-3 business days.



The Testing Center is located in room A-117.

Guild was an incredible resource and eager to help. He mentioned that there are many research databases available to students, both from the Library and at home.

Classes are run by Guild and the other librarians for professors to teach them how to effectively use these databases but students can sit in on them as well.

The Library is often an underutilized resource. Go see what you can discover today!

TASC

The Tutoring & Academic Success Center here at TRCC is a fabulous resource and not just as a last resort. If you feel at all shaky about a subject they encourage you to make an appointment.

"My professor told me that he is not always available but you can set up an appointment with a tutor for free," said Jerico Ciliano, a graphic design major at TRCC. "I hate math but they were so helpful."

Your textbook not on reserve? Fill out this form.

Ciliano said there was a tutor from TASC that came into her class. At her appointments they provided information and additional worksheets that helped her understand the concepts she was struggling with.

"There's great availability," Ciliano said. Tutors are available either one-to-one or for group tutoring for whatever makes you comfortable.

There is also a Writing Lab at TASC. They take walk-ins or reserved appointments. You can also email your draft to TRWritingCenter@threerivers.edu.

TASC is located in room C-113, right next to the Library!

Testing Center

One final tip, did you know that the Testing Center is not just for placement testing?

Did you miss a quiz or test? You can set up a testing time at the Testing Center and then contact your professor to send the test down to the Testing Center.

Series to Binge



Stranger Things logo- Courtesy of Wikipedia

by Julia Breen

Do you like science-fiction? Want to add a dash a horror? Would you like to watch this from the comfort of your own home, potentially for free? Then Stranger Things is for you.

Taking place in the fictional town of Hawkins, Indiana in the 1980s, this Netflix series is riddled with mysteries.

Stranger Things is created by the Duffer Brothers and first premiered on July 15, 2016. The first season unravels a mystery of a little boy who vanished, the supernatural, secret experiments and a strange young girl.

The series is loved by both consumers and critics alike and is praised for its excellent writing and good plot. People also love how the cast brings the characters to life.

Stranger Things has been nominated for multiple different awards and has won multiple times, This includes 5 Primetime Emmy Awards.

Want more Stranger Things, you can watch Beyond Stranger Things for a look behind the scenes. Though it is recommended to watch Beyond Stranger Things after the second season. There are also multiple books published by Penguin Random House, a novel by Gwenda Bond that takes place before the series begins, and a comic series by Dark Horse Comics.

Stranger Things just released its third season, leaving you with 25 episodes that vary anywhere between 44-77 minutes long. With a Netflix 30 day trial you can watch for free. Just perfect for a binge.

Pumpkin Crisp

Best prepared in a cast iron skillet.

Ingredients:

FILLING:

- Cooking spray, for pan
- 3 eggs
- 1 c. granulated sugar
- 1 (15-oz.) can pumpkin purée
- 2/3 c. heavy cream
- 2 tsp. pumpkin pie spice
- 1 tsp. pure vanilla extract
- 1/2 tsp. kosher salt

TOPPING:

- 1 1/2 c. all-purpose flour
- 1 1/2 c. dark brown sugar
- Pinch kosher salt
- 3/4 c. cold butter, in 1/2" cubes
- 1 c. chopped pecans
- Whipped cream or vanilla ice cream, for garnish

Directions:

Preheat oven to 375°. Grease a skillet with cooking spray. In a large bowl, whisk together eggs and sugar. When smooth and fully combined, add pumpkin, cream, vanilla, pumpkin pie spice, and 1/2 tsp kosher salt. Whisk until smooth and blended. Pour into prepared pan.

In the bowl of a food processor, pulse the flour, brown sugar, and salt to combine and break up any clumps of brown sugar. Scatter the cubed butter over the dry ingredients and pulse again until crumbs form. Stir in the pecans.

In the palm of your hand, press handfuls of the topping into rough balls. Break off teaspoon-sized pieces and place over the pumpkin.

Bake 40-45 minutes until filling is set and top is golden brown

Serve with whipped cream or ice cream.

Just Because it's Not Visible

Recognizing Different Types of Domestic Violence
by Julia Breen

COMMUNITY

There are multiple ways to abuse someone. In honor of October being Domestic Violence Awareness month, to bring help bring awareness here is an overview of the non-physical types of abuse.

Control-Wanting to control every aspect of life. An example is checking your phone, keeping track of how many miles your drove, not letting you make choices, or monitoring your location.

Sexual Abuse- Forcing or coercing someone into sexual acts. Permission to have sex must

be renewed for each encounter. It is an enthusiastic yes, nothing else.

Emotional Abuse- An exploitation of vulnerability, insecurity and/or character. This includes threatening to commit suicide or hurting themselves if you do not do what they want.

Isolation- Keeping you isolated from those you want to see or other support, saying things like "if you really love me, you spend time with me instead of your family." Sometimes you isolate yourself due to shame, the perpetrator's behavior, or fear.



Verbal Abuse- Any language used to denigrate, embarrass or threaten you. This includes name calling, calling you unattractive, threatening physical violence to you or a loved one, yelling, screaming, or refusing to talk.

Economic Abuse- This is controlling you through finances. Giving you no or ridged access to family funds, preventing or causing you to lose your job. Economic Abuse also includes spending money for necessities like food and rent on non-essentials like drugs and alcohol.

There are many different ways to abuse someone. There are many different ways to get help. So if you or someone you know is a victim of Domestic Violence you can visit www.safefutures.com or call their 24/7 call line at (888) 774-2900 or (806) 701-6000.

Need to contact someone on Campus visit our Title IX Coordinator, Maria Krug, (860) 215-9208, MKrug@threerivers.edu room C131.



Safe Futures logo- Courtesy of safefutures.com

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Visit our Title IX Coordinator, Maria Krug
(860) 215-9208
MKrug@threerivers.edu room C131.

Movie Review

IT Chapter 2
by Ben Coffing



Pennywise Returns to Make Us Even More Afraid of Clowns

For a lot of people, clowns are not a favorite childhood memory but something that really scares them. "IT Chapter 2" does its' fair share to make us afraid of clowns. If we weren't afraid of them before, we will be after seeing this movie. "IT Chapter 2" is a sequel to "IT" and takes place 27 years after the events of the first movie.

The first movie centers around a group of seven middle schoolers who by the end have defeated Pennywise. However, as we see in "IT Chapter 2" Pennywise was not defeated just in hiding for 27 years.

"IT Chapter 2" starts off at a carnival in Derry where a couple gets jumped by a group of thugs who beats one of them almost to death. They throw him over the side of the bridge

into the river where he is saved by Pennywise. That is until Pennywise bites his heart out.

The old group of friends, who are now adults, are pulled back together after a series of gruesome deaths in Derry that points to the return of Pennywise. This time they hope to stop him for good.

What makes "IT Chapter 2" scary is that the violence is not always graphic but is left up to the imagination of the viewer. There are also a lot more jump scares, scenes that make the viewer jump, cringe or scream.

These scenes were scary because there was delay in the action. You knew it was coming but it didn't come when you thought it would. I asked my friend Travis Jabs what he thought of the movie and he said "Over all it was pretty good,

Balloon image courtesy of pixaby.com



defiantly had more jump scares then the first one did and it had a better story to it then the first".

Although "IT Chapter 2" is a horror movie, its main message is the power of friendship and that life itself can have a lot of horrors in it. Pennywise's power came from those real life horrors and the love and support of friendship in the end defeated him.

So, if you're a big fan of horror then IT chapter 2 is the movie to see. Scary, horrifying, and outright awesome all in one.

Image courtesy of wikipedia.com



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#ClimateStrike

We are the Youth, We are the Future
by Samantha Zod

COMMUNITY

Cow bells rang, horns blared in acknowledgment, the crowd of protesters cheered. A group of over 300 protesters and about 7 dogs sat across from the frog bridge in Willimantic, CT. While Willimantic holds weekly strikes here, this was an echo of global #ClimateStrike lead by Youth Climate Activist Greta Thunberg.

Climate Change needs to be treated like a crisis. We need action and not politics. "We cannot solve a crisis without treating it as a crisis," said Greta Thunberg.

Thunberg's message calls for systemic changes. Keeping fossil fuels in the ground, free access to clean water and reduction of meat industries by changing to vegan diet options. Developed countries need to reduce emissions levels to zero in the next ten years. Lastly we need to keep the planet under 1.5 degrees celsius (34.7 degrees fahrenheit).

Greta Thunberg is a 16 year old climate activist from Sweden. Thunberg starting taking Fridays off from school and sitting in front of Swedish parliament. She was joined by classmates and was

soon asked to present at Climate Change COP24 Conference where she gave her famous speech that lead her to be heard around the world. The movement was named Fridays for Future and is completely student led. On September 20, Thunberg lead an international climate strike. Many companies closed their doors in support and hit their local strike locations.

On December 15 of 2018, Thunberg left jaws on the floor in her address at the UN Climate Change COP24 Conference. She called on the inaction of political world leaders and asked youth to stand for the injustice to our planet. Since then she has become a moving force in our world.



Little girl holds a sign while staring off sadly at the Willimantic climate protest.

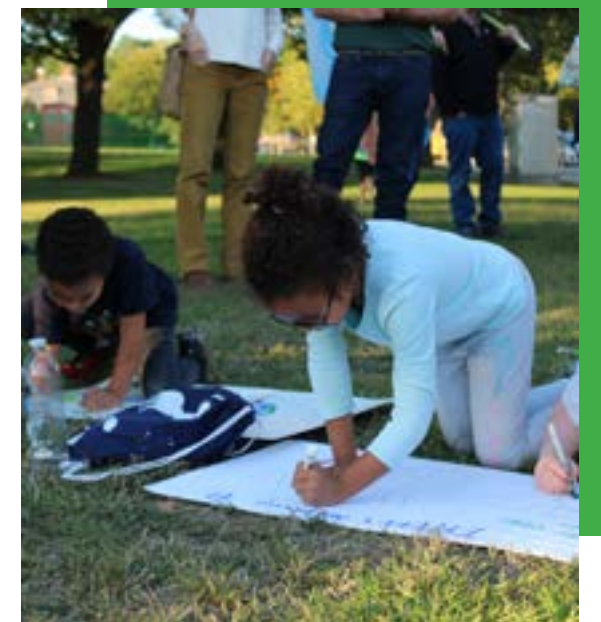


A woman smiles at the positive reactions of drivers passing by.

"We cannot solve a crisis without treating it as a crisis." -Greta Thunberg



A Lush employee holds up a sign.



Children make posters about climate crisis with the encouragement of their parents.

Course Review



by Ben Coffing

Earth Science is a course that deals with the history and science of planet Earth. The topics covered in this class are a mixture of multiple subjects including astronomy, geology, paleontology, climatology, and oceanography. The class is taught by Professor William Dopirak Jr. and consists of both a lecture and lab.

During the astronomy portion of the class students learn about the solar system. Topics include the planets that make up the solar system, as well as the sun and moon. Other topics include the various types of eclipses, both solar and lunar, and other solar system objects such as comets. The geology portion of the class covers what the Earth is made of and covers the rock cycle and the different types of rock found on Earth. One lab class was spent identifying the different types of rock by their various properties.

In the paleontology section of the class students learn about the different eras of the planet including the eras before the time

of the dinosaurs and the eras of the time of dinosaurs. Each era covers the types of plants and animals as well as the dinosaurs that lived.

Oceanography covers the different oceans, where each of them are located in the world and how deep they are. Students also learn the different types of marine life that live in them and at what levels they live and how they survive at the different levels of pressure and temperatures where they are located.

The last topic covered in this class is climatology which is all about the weather. Students learn about the various weather types such as hurricanes, tornadoes and thunderstorms.

This class is a great class for students who are not science oriented but need a science credit. Professor Dopirak is a down to earth teacher who makes the subject and topics interesting.

Headlights and Headaches

An LED Headlights Editorial
by Sam Bartosiak

Have you ever been driving home from work late at night when the roads are dark and there's nobody around to tailgate you when suddenly

blinded by them for a short period of time.

The issue isn't necessarily with the increase in lumens produced by LED headlights, but rather with the way that they're being projected. Halogen or iridescent lights spread light out in a wide cone and face the light that they're producing over a greater area where LED headlights are more focused. Additionally, LED headlights produce more blue light which can disturb sleep rhythms and impair night-time driving vision. As stated before, LED headlights are a fantastic step forwards, but perhaps an update on the light emission limit should be put in place. For example, Connecticut currently has a law which limits headlights to 300 candle power, with 1 candle power being the light emitted by one candle. This method of measuring light is both archaic and insufficient when trying to compare it to the lumens produced by a car headlamp.



LED Headlights- Image courtesy of Wikimedia

someone coming over the crest of the hill you were climbing blinds you with their brand-new LED headlights? Surely there isn't any reason to have headlights so bright that you can light up the road in front of the car that you're tailgating for them, right? LED headlights are a fantastic innovation that are overall more energy efficient than incandescent bulbs which require more energy and gas to function. They are advertised as the better lightbulb to use at home because they sport a longer lifespan and keep your electricity bill low. Over the past 5 years, newer cars that are being made are being fitted with LED headlights. This would be a great step forward if they didn't potentially cause more accidents due to drivers being distracted or



LED Headlights at night- Image courtesy of Flickr

When the Parent is Also a Student

A Brief Look at the Life of a Non-Traditional Student
by Jessica O'Brien

My mini classroom.



At some point in high school, there is the college rush. It was the time when you thought about whether you want to pursue higher education and where you wanted to go if you did. After that decision was made you went full on in pursuit of that plan.

My gears shifted in high school around my sophomore to junior year. I went from wanting to pursue a degree in early childhood education to marine biology. My college rush was making sure I did well on testing so I would look good when applying to Northeastern's marine biology program. My hard work paid off and I was accepted. Unfortunately,

I was unable to attend for financial reasons, so I got a job instead and worked at the same place for 19 years.

This is how a lot of non-traditional students begin. For some reason, their college pursuits are interrupted or are unable to get off the ground. The consistency of employment and the financial responsibilities of starting a family keeps a lot of people who may have thought about college in the working world.

It is also the reason that we decide to pursue college later in life.

After a great deal of time in my

career I desperately needed a change and Three Rivers offered a relatively easy and inexpensive way to obtain my Associates Degree. Despite the desire to entice the non-traditional students to their institutions, a lot of schools fail to accommodate these students with flexible schedules and the ability to take classes online.

So, two years ago at the age of 38, I became a first-time college student. At the same time, my soon-to-be-5-year old son was entering first grade.

We now had two students in my house.

I found myself reprioritizing and juggling being a full-time mom with a full-time job and part-time classes. Online classes were a lifesaver to be quite honest. Everything was laid out, deadline specific and could all be done after I put my son to bed and before I put myself to bed.

Even with above average time management skills, it hasn't been easy.

I have and still do find myself overwhelmed at times with the amount of juggling I have to accomplish. I can't take as many classes during the semester as a traditional college student, so my

When the Parent is Also a Student cont'd

degree is taking longer, which can be frustrating as well.

There are no typical days in my life. There are always things to be done and my homework is one of them. Now that school has started again, my son's homework has also been added back to the list because making sure he stays on track is equally important.

It is quite often we do our homework together, my dining table our mini classroom with his books and papers sharing space with my laptop and textbooks. We sometimes work silently until he asks for help or inquires how I am coming along with my work. He is invested in my success much like I am invested in his.

As more adults enroll in school later in life, non-traditional may be a moniker that is no longer relevant to describe them. Non-traditional students may become the norm and colleges like Three Rivers and others who are moving to accommodate them are on the cusp of a change in higher education and this brief look into my life as a non-traditional student has the potential to become typical for many.

I don't want to offer any tips for success as everyone's journey is different, but I can say from experience is be kind to yourself as you transition into a new phase in your life. College is hard for people who have time for it, so it can be said that it won't be easy for those who need to maintain a delicate balance with other life obligations.

Remember to breathe. It isn't rocket science and you can figure it out if you just calm down. My advisor has said



Finding time to study is a challenge no matter your age.

those things to me on a quite a few occasions. I also encourage you to remember why you did this. Your end-goal. The thing you wanted to accomplish by continuing your education. This will keep you going during those times when you feel like maybe this wasn't a good idea.

In a very short time, I will be 40 and my son will be 8. By the time I get my degree, I will have been a non-traditional student for 2.5 years. While it hasn't been easy, I know when Spring 2020 arrives and I have my degree in hand, it will certainly be worth it.



Graduation is its own reward.

To Take a Sip

The different types of reusable and single-use straws
by Julia Breen

Disposable straws are phasing out. Millions of straws are thrown out daily in the United States alone. This has led to the banning or limiting the use of disposable plastic straws. However, in the rush to protect the environment, those who need straws out necessity can not be forgotten.

There are millions of people who need to use straws due to disabilities that cause muscle weakness, paralysis, difficulties swallowing or involuntary muscle movement. People with cerebral palsy for example, have difficulty lifting and holding cups due to muscle spasticity. These people need straws and use them daily.

In the debate over the use of disposable straws we can not forget those who need them, and not everybody can use them.

Single-use plastic

Pros- disposable so less likely to accumulate germs, a lot are flexible, making it easier to drink from, come in a variety of lengths

Cons- pollutes the environment, taking years to break down, choking hazard to wild and ocean life.

Reusable Plastic

Pros- comes in a variety of lengths



image courtesy of pexels.com

and thicknesses, some are flexible or bendable, can be washed and reused for months or years.

Cons-not all are dishwasher safe, so they have to be washed by hand, more likely to absorb stains or bacteria, cheaper potentially can leach chemicals as they age.

Silicone straws

Pros- flexible but can be straight or angled, also comes in a variety of thicknesses, soft

and safe to bite, good for hot and cold drinks, dishwasher safe, can be sterilized in boiling water.

Cons- clean daily, potential choking hazard due pieces being bitten off.

Metal straws

Pros- stay in place, durable, dishwasher safe, can be sterilized in boiling water, easy to buy replacement silicone tips

Cons- may be difficult to place silicone tip, not flexible, may

cause injury, bad for those who have seizures, not good for hot beverages, one known death

Paper straws

Pros- disposable, breaks down easily

Cons- not flexible, break down in drinks, flakes, rumored to contain trace amounts of gluten

Pasta Straw

Pros- single use, sturdy, does not break down while using it.

Cons- not good for those with gluten or wheat allergies, slight pasta taste, not flexible.

Biodegradable plastic straws

Pros- disposable, easy to use, bendable, compostable, good for hot and cold drinks, similar durability to single-use plastic.

Cons-potential corn allergy, not microwave safe, takes weeks to months to break down.

There is no one solution to the straw debate. Remember not all disabilities are visible and everyone has different needs.

Cafeteria Goes Green

Balancing the environment and student's needs
by Kiersten Galloway

Our hardworking cafeteria at TRCC.

With the climate strike, businesses and governments are finally starting to take notice of the impact our waste has on the planet. Many towns and states have begun instituting plastic bag and straw bans.

Here at TRCC our own cafeteria has taken additional steps to respond to student concerns about our environmental impact. While some plastic still remains, all Styrofoam has been eliminated from the cafeteria.

This has been a plan for semesters now says Kathy Shea, the Food Service Manager at TRCC's cafeteria. The issue previously had always been the cost.

"We try to keep the prices low for the students," Shea said, "that's



the priority." When Shea started at the cafeteria 8 years ago wraps cost \$3.75 but you only had 2 options. While the price has increased to \$4, there are now between 12-15 options for students to choose amongst.

This change began rather unbelievably with coffee. Shea noticed that more and more students were coming in and asking to use their reusable cups because they did not want to use the Styrofoam ones provided.

Now nearly everything in the cafeteria is either paper or metal. The only plastic that remains are the lids on the metal containers so the cafeteria staff can properly and quickly ring people. Paper lids block what is inside and the cashier has to stop and ask what they bought, slowing down the line.

Shea stressed that she is very

receptive to student concerns and strives to accommodate as best as the staff can within the budget. "I'm open to anything within reason," she said.

This change was a balancing act for the budget. All prices for the containers used more than doubled and yet they worked hard to keep the prices for the students low.

Some sacrifices had to be made. The to-go containers for instance were only \$0.02 for Styrofoam, however they are \$0.30 for the paper so the cafeteria had to eliminate them.

The price of coffee also increased slightly. The paper coffee cups and the sleeves that go with them were such a significant cost increase that the price had to be raised to reflect.

While the prices for the paper goods may not seem costly, it quickly adds up. The cafeteria serves between 600-800 people per day. When you factor an increase of even \$0.20 per person the additional cost is between \$120 and \$160 per day.

It is also important to note that all of those people are served daily by only 5 full time staff and 2 student workers.

There was even a plan to deal with the leftover Styrofoam. All unused Styrofoam was donated to the Norwich soup kitchen.

Shea is hopeful that in the future they will be able to completely eliminate all plastic waste but is focusing on the small steps. "I thought it would be harder than it was," Shea said, "but we made it work."



We are going green!

Allergy Ailments

Common Plants that Cause Allergies
by Sam Bartosiak

Common Ragweed

Allergy season is in full bloom here on the East Coast. Typically, at the brink of spring and autumn, pollen levels spike dramatically, and the sneezing begins. Pollen is a key element to the reproductive cycle of plants and allows for plants to 'fertilize' other plants in the area. Both native plants and non-native plants release pollen throughout the year, however, Autumn is one of the most significant times

of the year for plants such as Common Ragweed also referred to its scientific name of *Ambrosia artemisiifolia*. The reason that Common Ragweed is such a significant plant is because it is the main culprit of the allergies that many people experience throughout this time of year. Pollen is released from this plant during early autumn due to the time in which this plant is due to flower and thus release pollen. Common Ragweed thrives in soils that have been disturbed by machinery and often proliferates on riverbanks, roadsides, and fields.



Mugwort- Image courtesy of Wikipedia.com.



Burning Bush

Burning bush- Image courtesy of Wikipedia.com

If there ever was a bush that should be burned, it's *Euonymus alata*, otherwise known as Burning Bush or Winged *Euonymus*. This is one of the most hated and invasive plants on the East Coast, and for a good reason. While adorning beautiful red leaves, this plant is both poisonous and it produces a considerable amount of pollen which can influence those with allergies. It may be tempting for people to plant this invasive during the autumn due to the changing color of its leaves from green to vibrant red which matches the colors in which all the

other native trees around it will be changing colors. States such as Massachusetts and New Hampshire have banned this plant entirely due to it pushing out native plants and taking over their space. Unfortunately, due to its deep root system, it is very difficult to get rid of and can further complicate the lives of those with hay fever. If you have one of these plants in your back yard and you're experiencing allergies, consider that those beautiful red leaves just might be what's causing your nose to be red from all the sneezing.

Allergy Ailments cont'd...

Mugwort

You've heard of hay fever, but hay fever isn't exactly what it sounds like. Hay fever isn't like your common cold which is caused by a virus that can spread from person to person nor does it cause you to have a fever. While there are allergy medicines that can significantly lighten the effects of hay fever, pollen will still likely find a way to make your life miserable in the autumn months. Another significant plant to be way of is Mugwort, also known as *Artemisia vulgaris* is an invasive plant here in North America and unlike Common Ragweed, Mugwort is a perennial, which means that it can live for two years or more, unlike an annual which dies off every year. Mugwort blooms from early July to late September and is often an issue for those with allergies due to the pollen spores that are abundant in the air. Mugwort can be identified by two major factors. The first factor being the fact that underneath the leaves is a silvery film and the second factor being that if you crush up the leaves of this plant, it will smell very pungent and soapy. Mugwort can be seen aggressively taking over fields, roadsides, and anywhere else seeds are deposited. A single plant can produce up to 200,000 seeds.

SGA

Why it Matters
by Samantha Zod

Student Government Association or SGA is the place where students have a voice. It is a vital and important part of the fabric of life here at TRCC. This school is our home and we have a powerful voice for positive change. SGA helps students to become leaders. From helping to train and refine our social skills to better grades in the classroom, SGA can help. It is proven that involvement helps build better students. The opportunities are worth more than their weight in gold. Whether you want to make friends, to helping future yourself through networking, awareness in your campus is a good thing. When it all boils down; it is good to be involved.

Let's meet the players:

SGA President, Sam Bartosiak is a passionate leader. Bartosiak's role requires them to run meetings and to really be "the face" of SGA. It goes as far as representing to school at events on and off campus. Their main goal

is help push the General Assembly.

SGA Vice President Lorenzo Enderle is humble, but driven. Enderle works as a "manager" to clubs. They oversee the roster to make sure clubs are involved in SGA meetings. If the president is unavailable, they are expected to fill in. They are working with Bartosiak to get the General Assembly going.

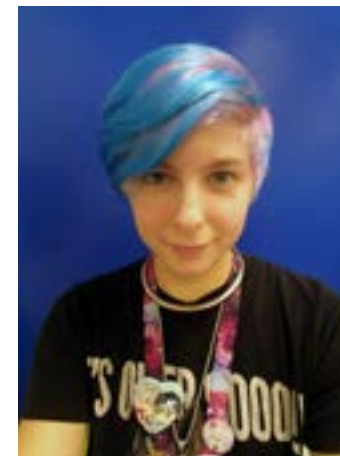
SGA Secretary, Josh Curry organized and public minded. Curry has a general knowledge of the schools history and events. He is responsible for the organization, recording, and distribution of the minutes taken at SGA meetings. He is also hopeful about the General Assembly helping keep club life and student life more organized.

SGA Treasurer, Joseph Whitmore a progressive leader. Whitmore is in charge of anything money. He keeps balanced and organized books. He is working towards an awareness and consistency with more of a focus on money.

SGA CAB Representative, Jaden Sperling is empathic and aware. CAB is your campus activity board and they host the SGA events. Sperling's wish is to have more events boosting awareness of mental health.

SGA College Congress Representative, Thomas Voigt is goal-oriented and caring. The college congress helps bridge the gaps between faculty and students and Voigt hopes to make student life better and more convenient. He also helps

to make life on campus for students more cost efficient.



*Sam Bartosiak
SGA President*



*Lorenzo Enderle
SGA Vice-President*



*Josh Curry
SGA Secretary*



*Joseph Whitmore
SGA Treasurer*



*Jaden Sperling
SGA CAB
Representative*



*Thomas Voigt
SGA College Congress
Representative*

TRCC Calendar

Your next 3 weeks

Monday Tuesday Wednesday Thursday Friday

University of Bridgeport Visit 10 AM - 1 PM Cafeteria	YOCA 12 PM - 1:30 PM Fitness Center Charter Oak State College Visit 11 AM - 1 PM Cafeteria		YOCA 12 PM - 1:30 PM Fitness Center	
30	1	2	3	4
	YOCA 12 PM - 1:30 PM Fitness Center		YOCA 12 PM - 1:30 PM Fitness Center	Dark Manor Haunted House Purchase tickets in F-211 TRCC Trip
2	8	9	10	11
	YOCA 12 PM - 1:30 PM Fitness Center	Becker College Visit 10:30 AM - 1 PM Cafeteria	YOCA 12 PM - 1:30 PM Fitness Center	
12	15	16	17	18

If you would like your event featured here please contact Kiersten Calloway at kgall0051@mail.ct.edu