

THE CURRENT

Fall2019 November13 Volume22 Issue5



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Please send any submissions to trccnewspaper@gmail.com

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A Walk Through Autumn:

Parks and Reserves to visit in Autumn

Written by Sam Bartosiak

New England features a wide array of things to do during the season of Autumn, otherwise known as Fall. From apple picking to pumpkin carving, the harvest season is a wonder for all who live here to experience to the fullest extent. I often hear people say that there aren't a lot of things to do in Connecticut, specifically Southeastern Connecticut, but is that really true?

Did you know that this area of Connecticut is abundant with parks and preserves that are always open for people to walk through and enjoy the scenery? Around this time of year, tourists from all over the world come to CT and other neighboring states to visit our parks and reserves to see the beautiful Autumn colors among the tree leaves. Some of the most beautiful parks could be right down the street from your own house!

Let's start with a park that's close to TRCC. Mohegan Park

The pond at Mohegan Park

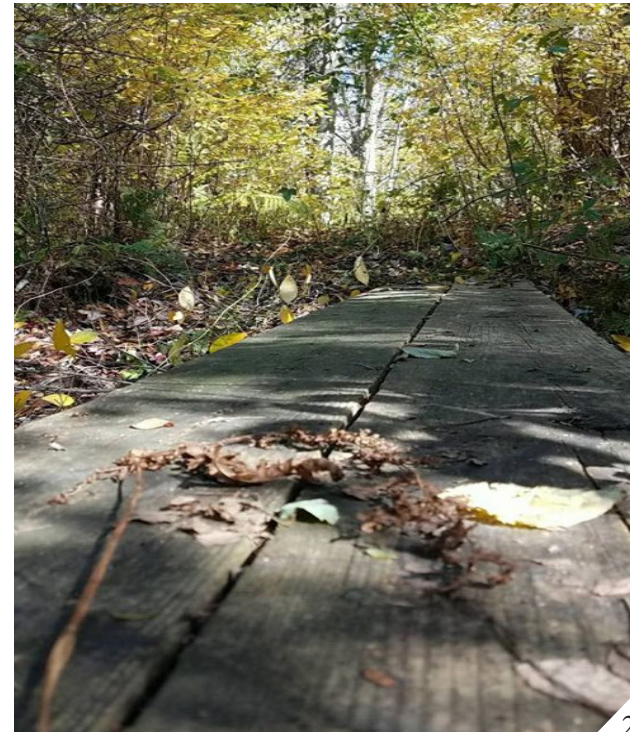


in Norwich, which is about a 10-minute drive from TRCC, is a beautiful park that features a water fountain, a fish-stocked pond, and wisteria-covered archways that are adorned with lovely purple flowers in late spring. You can see people fishing, hiking, doing yoga, and many other things at this park during all times of the year. You can host parties and enjoy the sounds and sights of nature at a close distance even if you're a full-time college student. Bluff Point state park in Groton is also abundant with people all season long.

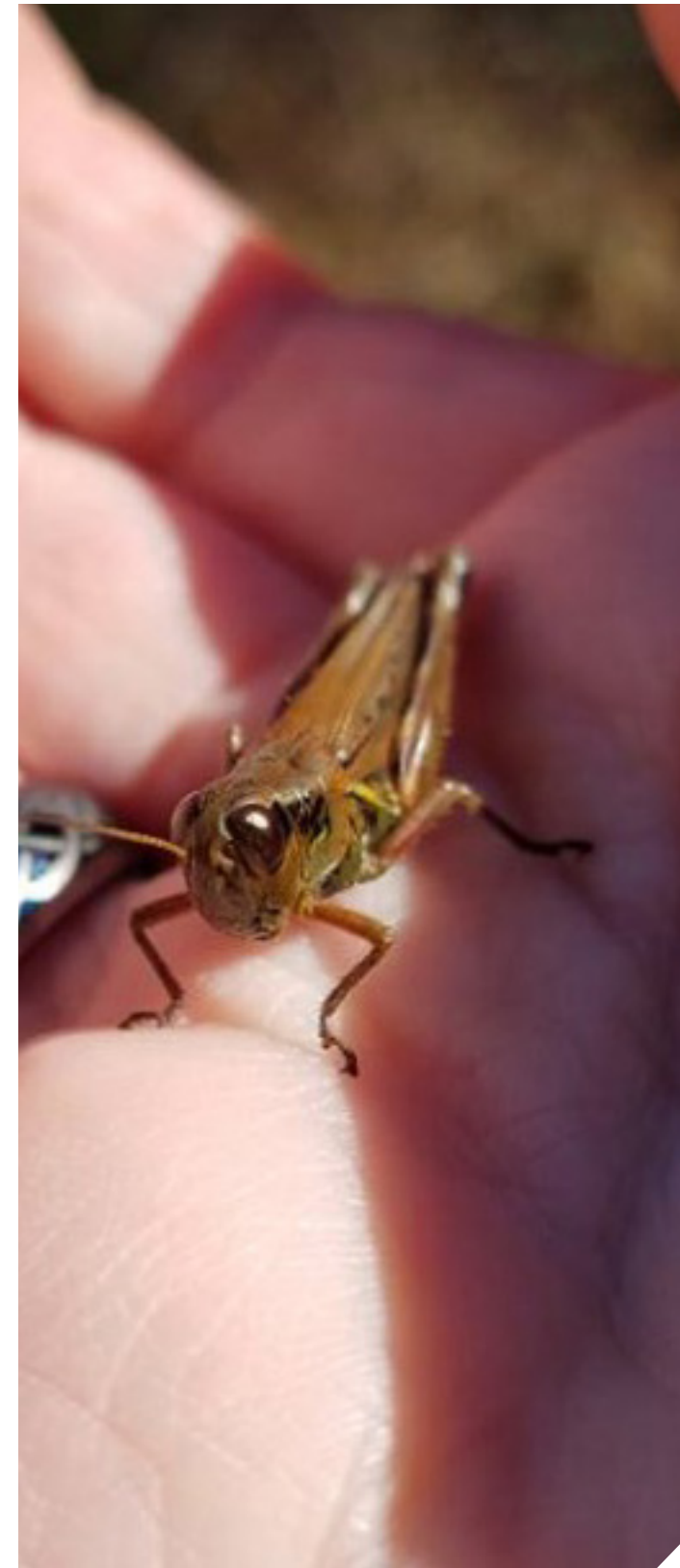


Despite being opposite to an airport, this coastal park offers a wide array of beautiful plants such as the salt-spray rose and other beach plants while still having a section with native deciduous trees and hiking trails for people to travel. If you have time, you can hike to the point which overlooks the sound. If you're looking for a more educational adventure, the Connecticut College Arboretum is a great place to visit. At the entrance to the Arboretum there are

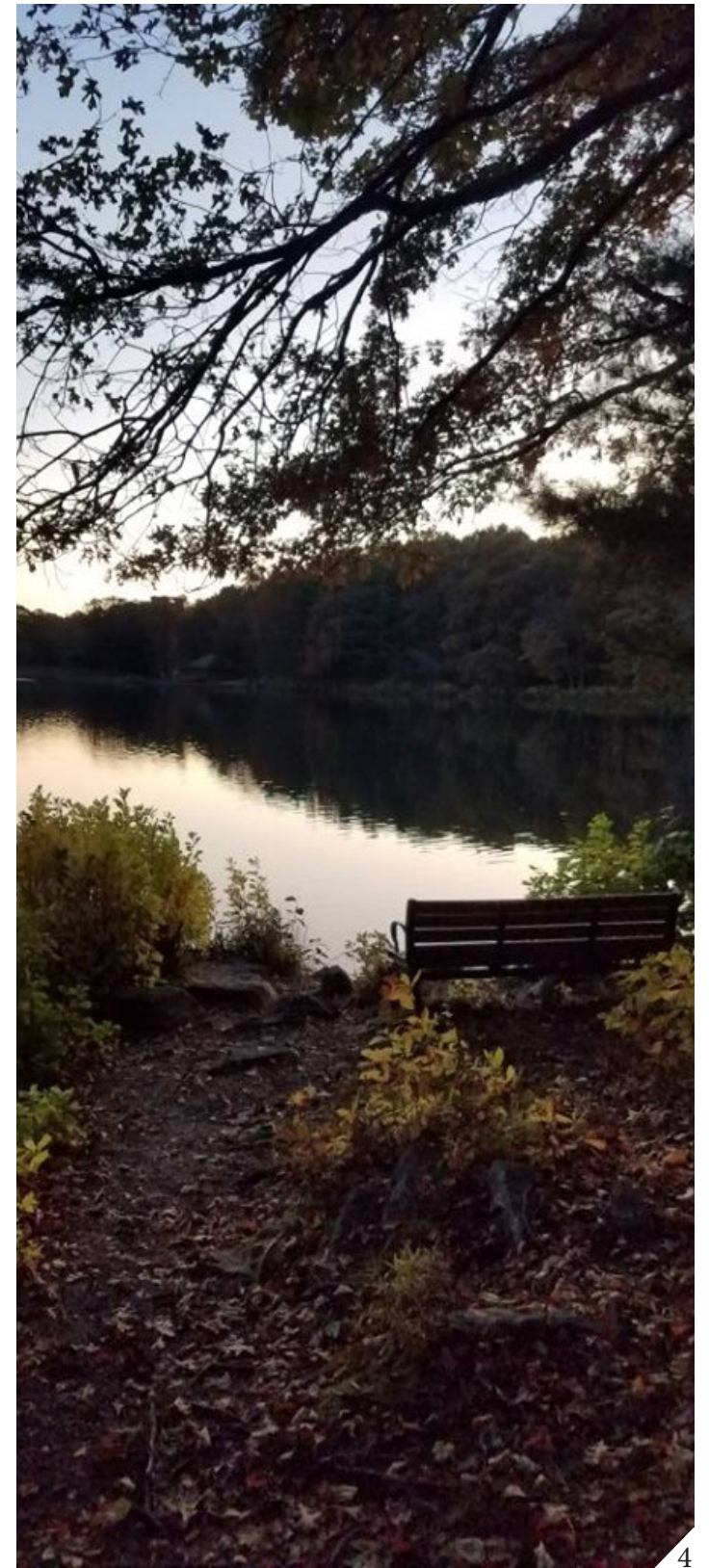
pamphlets and informational posters that explain some of the plants that are present. Most of the plants that you see in the Arboretum are labeled for those who wish to know what they are and study them. There are also monthly events hosted by the Connecticut College as well. Land trusts are great organizations that offer education and protection of Connecticut's native preserves. Most of these areas are listed as IBA's or Important Bird Areas, which are areas that birds travel to during their nesting season to breed and reproduce. One particular preserve is the Olde Field Preserve in East Haddam, which is maintained by the East Haddam Land Trust. If you're looking to see the colors of Autumn up close, this preserve is perfect for you.



Autumn is an ever-fleeting time of year, it's never here for long. Consider taking a walk and appreciating the forest's beautiful colors and peacefulness before we fall into the cusp of Winter once more. --



1 Olde Field Preserve in East Haddam
2 A small makeshift bridge at the Olde Field Preserve



3 A little grasshopper found at Olde Field Preserve
4 A bench in Mohegan Park at Sunset

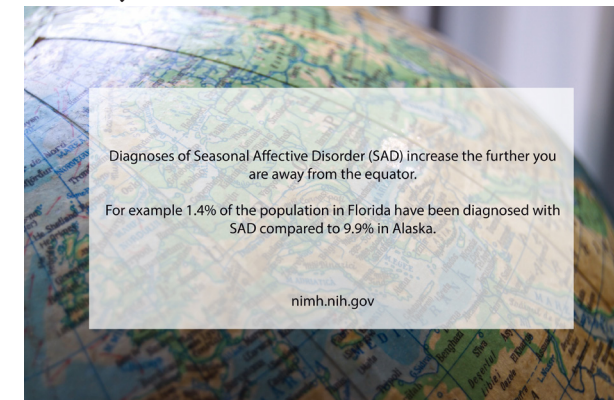


Seasonal Affective Disorder

Why it Could Be More Than the “Winter Blues”

by Jessica O’Brien

As someone who lived in New England almost all my life, I am very familiar with our Fall and Winter months. Crisp fall days that end too early that lead to cold winter days that bring the threat of snow. The fall and winter months also bring a series of holidays to celebrate.



This can be a recipe for fun and festivity for some. For others who may suffer from Seasonal Affective Disorder (SAD) this brings on what was once labelled the “winter blues.”

According to nimh.nih.gov, Seasonal Affective Disorder (SAD) or seasonal depression as it’s also known is a type of depression that comes and goes with the

season, typically starting in the late fall and early winter and goes away in the spring and summer months. The Mayo Clinic estimates there are more than 3 million cases a year. SAD can be self-diagnosable but would need to be treated by a professional.

How do you know if you may be suffering from SAD or seasonal depression? Some of the symptoms include:

- Having low energy
- Hypersomnia
- Overeating
- Weight Gain
- Craving for carbohydrates
- Social withdrawal, also

know as hibernation

Seasonal affective disorder can affect everyone, but women are four times more like to have SAD as are young adults, including college students. Often, the merriment of holidays and the stress of traveling and school can mask the signs, possibly making you feel like it is something else. It is important to pay attention to any change in your patterns of behavior during the winter and fall months.



The treatments for SAD include talk therapy, medications and light therapy, also known as phototherapy. There have been excellent advanced in

phototherapy, including light boxes and dawn simulators which simulate natural light and increase serotonin. Light boxes work by simulating natural light indirectly entering the eye and can be especially helpful during prolonged days of cloudy weather for those suffering from SAD.

Light boxes can be used at your home and/or office and can be purchased through several retailers

online. Please consult a physician before trying light therapy as there are a small amount of possible contraindications.

Highly-rated, low UV light boxes can start around

\$30. If a light box is out of your

budget, physicians recommend taking the opportunity to get sunshine whenever you can. The Mayo Clinic also recommends going for a lunchtime walk or sitting outside on a break between class if the sun is out. This may help ease your symptoms and increase your energy level.

As we fully immerse ourselves in fall and head into the winter months, please remember that what you may be feeling might not just be the “winter blues” and could be signs of Seasonal Affective Disorder. Please don’t hesitate to contact a medical professional if you exhibit any of the symptoms of SAD and seasonal depression. --



3

1 Teen sits on a step (Image by Pixabay.com)

2 Fall weather can lead to more than the “winter blues”

3 Example of a light therapy box



Maybe you Shouldn't Rake

*Why leaving the leaves
is a good idea*

By Julia Breen

Fall is the season of sweaters, apple cider, and raking leaves. Raking leaves is back-breaking work and it may not be completely necessary. While unsightly, fallen leaves can be great for the environment. It acts as a natural fertilizer, acting as an insulator for the grass root system, preserve soil moisture, and as

the leaves break down, essential nutrients are returned to the ground. Insects, butterflies, and moths also hide in leaves as pupa or caterpillars. Racking the leaves up may mean that you will never see them come spring. Instead of raking, you should instead run the leaves over with a lawn mower to turn the leaves into mulch, this has the added benefit of suppressing the amount of weeds that will show up come spring. While leaving the leaves can be great, there are instances where you may need to remove some of the leaves before you turn it into mulch. If you can't see the grass, gather up some of the leaves and move them somewhere else. If you have a garden or a planter, the excess leaves can be placed there. Going the leaf mulcher way is a great way to help the environment, just remember to go over the leaves on a regular basis to keep your lawn manageable. --

- 1 Rake leans on a staircase
- 2 Lawn with Leaves
- 3 Tree with Leaves





Holiday Shopping on a Budget

Tips for Saving Money This Holiday Season

By Jessica O'Brien

The holiday season will be upon us soon and that means family, festive treats and for some of us; shopping for gifts. If the idea of holiday shopping makes both you and your wallet tremble in fear, here are some tips to help make it a little easier (and less expensive).

Plan Ahead

Making a list seems silly, but you are more likely to stick to it and not overbuy. You can also make

a list of what stores to visit which will help keep you out of other stores you don't need to visit.

Take Advantage of Your Smartphone

There are several apps that will help you save money when shopping such as Discount Calculator and Shop Savvy, which will scan a product's barcode and see if it's priced lower at another store.

Price Matching

Speaking of lower prices, it can be advantageous to see if a store has a price matching policy. A price matching policy means the store will match the price of a the same item, even if their price is higher. This can be handy if you are trying to limit your shopping to one or specific retailers.

Shop Online

Everyone knows about Amazon, but brick and mortar stores will also have online shopping and will offer discounts if you use that instead

of coming into the store. Combining free shipping, reward programs like Amazon Prime and discount coupons you can save a lot shopping online.



Shop Used

Facebook Marketplace and Ebay can be great places to shop for gifts, especially for children. Often people will sell newer items they can't return or never got opened/used because their child grew out of wearing or using them. They are usually cheaper than the store and with Facebook Marketplace, the seller is usually local. Use caution when meeting people and always choose a public place to exchange money for the item. Ebay and Facebook can also be excellent resources for the collector's in your life as well.

Look at Specs Carefully, Especially with Electronics

Tech gifts can be expensive, but if you are looking for certain specifications and not the newest model, you can save money on gifts by shopping for older, cheaper models with the specs you require. Sometimes, upgrades on gadgets can be related to aesthetics which drive up the cost as well as the appeal of the "brand new." Check your specs to save some cash where you can.

Save Receipts

Some retailers have easy exchange policies, especially if you have a loyalty card program with them. Others require proof of purchase. Keep receipts handy in case you need to return or exchange items. If you have a store loyalty card, use it to make purchases as many will have an electronic receipt option.

Shop Early...or Late

The Black Friday and Cyber Monday early birds

do get the deals, but often the just in time to get it shipped crowd also lucks out with last minute savings as retailers try to purge excess stock so it doesn't become an "after holiday sale" item. If you have some gifts on your list you haven't purchased, checking out the last-minute deals might be worth your while. If you decide to pay shopping roulette though, it might be a good idea to have a backup plan in case you can't find what you need.



Gift Cards

It may seem impersonal, but if you know a Starbucks addict or an Amazon fiend, a gift card is a stick-to-your-budget option while giving them a gift they will use and love.



Holiday shopping doesn't have to break the bank if you plan ahead. Stick to a budget and use technology to your advantage and you can enjoy the spirit of giving without paying for it later! --

1 Shopping mall in December (Image by Wikimedia Commons)

2 Prime Photo- Amazon Prime members can save money on gifts and shopping

3 Deal Drop- Retailers like Walmart already have deals for holiday gifts online

4 Gift cards- Another stick-to-your-budget option is gift cards

Foraging in Fall

Useful Plants in the Autumn Season

Written by Sam Bartosiak

Plants are possibly the most important part of our ecosystem. They are incredibly diverse and allow us to live on this planet, but did you know that most of our most commonly known medicines originate from plants? Did you know that many of the plants that we eat can be found right outside in your back yard? From acorns to berries, there is no shortage of edible and medicinal plants that you can find here in New England in the Fall. Autumn is considered a great time for foraging, but you should always make sure to do your research before taking a bite out of any plant! Since we live in New England, one of the plants that you may have seen before is commonly called the Salt-Spray Rose, otherwise known as *Rosa Rugosa*, while this is not a native shrub, it is relatively useful in the way of being edible. Around this time, the plant is producing bright orange to red fruits known as rose hips. While I have not tried them myself, I've been told that they taste something in between a cherry tomato and a plum. If you happen to find rose hips that are dried up, they can still be used to make tea. This plant thrives in coastal salty areas and they can be found in abundance at Bluff Point in particular.

Another non-native plant that you may see quite frequently in state parks or reserves

is a plant called Autumn Olive. Also known as *Elaeagnus umbellata*, Autumn Olive isn't exactly what you'd think it is when you see the word "olive". Typically, when you hear that word, you think of a particularly salty or sour green or black fruit that you can find in the supermarket. On the contrary, this plant has bright red, squishy fruit with silver dots which are about the size of a pea individually and a silver sheen on the underside of its leaves. Depending on how ripe the fruit of this plant is, they can be either sour, or pleasantly sweet. The fruit has been used to make jelly or just to enjoy alone. Be careful if you're harvesting fruit from this plant, as the branches have thorns!

Nuts are a great example of a type of edible item that can be found in great numbers in New England. The Northern Red Oak, also known as *Quercus rubra* (a tree native to Connecticut) produces a plethora of acorns in October and the surrounding months. There are several factors that you should be cognizant of when harvesting acorns. First and foremost, never eat an acorn that has a small hole in the shell as this is a sign of a beetle known as a weevil has infested said nut. Never eat any nuts that have black spots on them or float when placed into water, and make sure to look for nuts that already have their caps removed as this is a sign that they are ripe. Northern Red Oak acorns should then be leached, which means soaked in water for a time, to remove tannis, which can taste unsavory. Bringing them to a boil and rinsing them about 5 times is acceptable to make the acorns edible. While acorns take a bit to become edible, they are still a good source of protein!

Remember to always do your own research before harvesting any plant. Many people have gotten sick from incorrect plant identification, which is why it's imperative that you research the plant you're looking for before enjoying the fun hobby that is foraging --

1 Northern Red Oak Acorns

2 Autumn Olive Berries (Image by Wikimedia Commons)

3 Salt Spray Rose Hips



1



2



3

To look into a mirror

The effects of body shaming

By Julia Breen

No one likes feeling like their ugly and body shaming can lead people into hating their body. When a person is humiliated by another person who makes mocking or criticizing statements about their body size or shape, they are body shamed. It can happen to people of all sizes.

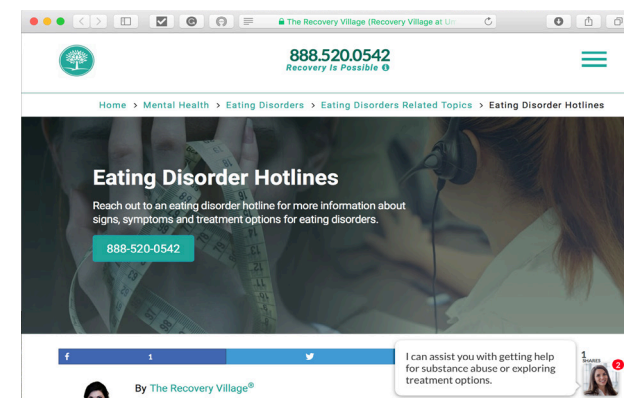
People feel like they have to achieve the perfect figure, and to reach this perfection people can take extreme measures.

Some people starve themselves, some exercise excessively, some shove a finger down their throat and others shovel food down their throat. No matter what they do, people feel disgusted or guilty, but they will continue the cycle because if they reach perfection, they will feel better right?

With today's beauty standards, body shaming doesn't have to be intentional. All it takes is an off hand comment, like telling

someone they'll be perfect if they just drop a few pounds or telling them to eat a burger because their too skinny. These are not compliments and can lead to serious problems.

Body shaming is very harmful to a person. It shatters their confidence, causes depression, and can lead to eating disorders.



If you are suffering from an eating disorder, don't be afraid to get help. You can visit <https://www.therecoveryvillage.com/mental-health/eating-disorders/related/eating-disorder-hotlines/>. Here you can multiple different eating disorder hotlines. The local hotline for Connecticut is 1-844-493-8255 --

A group of people (Image by Pixabay)



Drawing II

A class review for students by students

By Kiersten Galloway

Drawing II- ART*KII2

Prerequisites: ART*KIII

Available: Fall, Spring semesters

Instructor: Sandra Jeknavorian

Course Description

Drawing II builds upon the principles of Drawing I while allowing students a chance to explore new mediums and art forms. This course is an exploration of drawing basics in various media including color, with an emphasis on composition and technique. Both representation and abstraction are explored. Students work with still life, portraiture, and the figure. The final project series is of their own choice. The course meets 6 hours per week in the studio.

Sandra Jeknavorian, the instructor of the class, describes it as such, "Drawing II is a course in which students complete a variety of projects using soft pastels. They build upon the skills they learned in Drawing I to creat expressive

works, culminating in a final assignment of their own design in any drawing medium of their choice."

Review

This class was really transformative for me personally. Before I took Drawing II I saw myself as someone who enjoyed drawing but not really an artist. It was hard work, you get more



studio time than in Drawing I but you are also working on much larger pieces and that are considerably more complicated. You also receive less direct instruction and are expected to

practice and find your own way of applying the medium. This is also beneficial in assisting you to find your particular artistic style. The course really pushes you to improve your skills and attempt different art forms. I had never tried abstract before (and to be honest, never will again) and it was a great experience that taught me quite a bit more about composition.

I feel that it was especially helpful as a graphic designer. I got to play more with color and shape in ways that we do not really consider in my graphic design classes and I feel that it has made me a stronger designer.

There are critiques for each project and, while nerve wracking for me personally, they are a great opportunity to really view each other's work and hear feedback on your own from talented artists. Jeknavorian is an amazing resource as well. She uses pastels in her own works and is great at giving suggestions for how to apply the pastels to create the desired effects.

Jeknavorian says, "I enjoy teaching this course because I have been using pastels in my own recent artwork. Through my work, I contemplate and explore the cycles of nature and life and

their impermanence."

Tips for Success

Pastels are MESSY. Come prepared with baby wipes and old clothes.

Relax and have fun. Studio time can be a great time to check out and really focus on your art.



Give yourself plenty of time to finish projects. You have more studio time than in Drawing I but you need it and several hours outside of class to finish the pieces. You can come into the studio during open studio hours as well. Jeknavorian posts these times each semester on the board. --



1 One of the assignments is a still life.
2 Sandra Jeknavorian

3 You learn how to work from a photo in the Interior - Exterior assignment
4 Blue painting (Image by Samantha Zod)



Text-to-911 is now available in Connecticut.

If you need help, but can't safely speak on the phone or are unable to speak, use your mobile phone to send a text message to 9-1-1.

Can't Call, Text

It is possible to text 911 in Connecticut

By Julia Breen

It is not always possible to call emergency services and as of August 23, 2018, it is possible to text 911 in Connecticut.

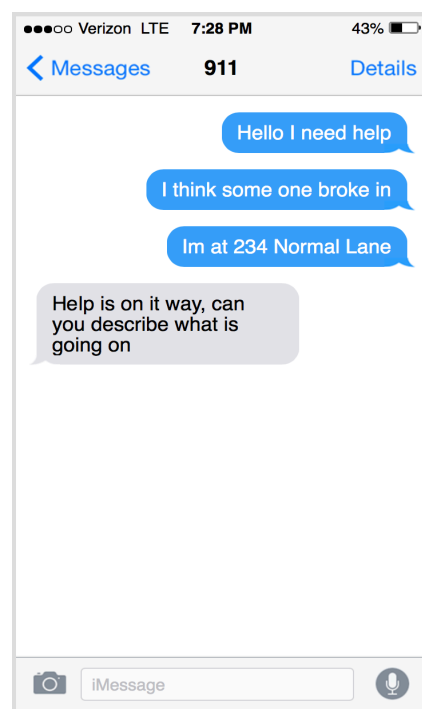
This is very helpful for those hard of hearing, those who cannot speak, or in a situation where it is not safe to speak.

In order to text 911, the device you are sending from requires a mobile phone number with a wireless carrier that allows the device to send and receive text messages.

If you are driving, please pull to the side first, don't text and drive. Only text 911 in case of an emergency, intentional misuse of 911 is a punishable offense. For more information please visit <https://www.text911ct.org>

To text 911 you need to :

1. Enter 911 into the to field
2. Text the exact location of the emergency or as much detail you can remember. The more specific the better.
3. Briefly describe the kind of help you need
4. Push the send button
5. Respond to any questions
6. Follow instructions



The Current presents:

TRIVIA NIGHT!

Thursday, November 14th

6:00pm

Three Rivers Cafeteria

Bring your friends!

\$20 per team up to 5

\$5 for singles

Complimentary food and drinks will be available.



Futuro Media visits TRCC

Written by
Samantha
Zod

On October 16th, Three Rivers Community College was graced by Futuro Media for a podcast workshop.

Hosts Julio Ricardo Varela and Nicole Rothwell joined the Three Rivers

“It was a great way to incorporate the modern aspects of mass communication [...]” - Kevin Amenta

student body to teach them more about the art of making and appreciating a well done podcast.

The workshop was a hit with Professor Kevin Amenta. Amenta brought his Introduction to Mass Communication class down to participate in the workshop being held. Amenta ended theming his final project after the information learned.

“It was a great way to incorporate the modern aspects of mass communication into the course rather than just another final paper,

students get to create their own podcast. This not only meets course objectives, this allows them to engage in their creativity.”

Futuro Media was founded in 2010 by Maria Hinojosa. They are based in Harlem, New York. Futuro Media is independent nonprofit. They are committed to representing the new American mainstream from POC perspective. They are passionate about maintaining journalist ethical.

Maria Hinojosa is an established journalist. She has received multiple awards included four Emmy Awards, American Women in Radio and Television, Robert F. Kennedy Journalism Award, and a New England Emmy Award.

Futuro Media produces NPR's *Latino USA*. A 26 year running weekly radio program about Latino news and culture. They also are responsible for PBS's *Humanizing America*, *In the Thick*, and *America By The Numbers with Maria Hinojosa*.

To find out more about Futuro Media or to donate visit futuromediagroup.org.

To hear the live taping at Three Rivers Community College please visit threeivers.edu --

1 Julio Ricardo Varela and Nicole Rothwell

2 President Mary Ellen Jukoski addresses a crowd of students.

3 A man checks audio

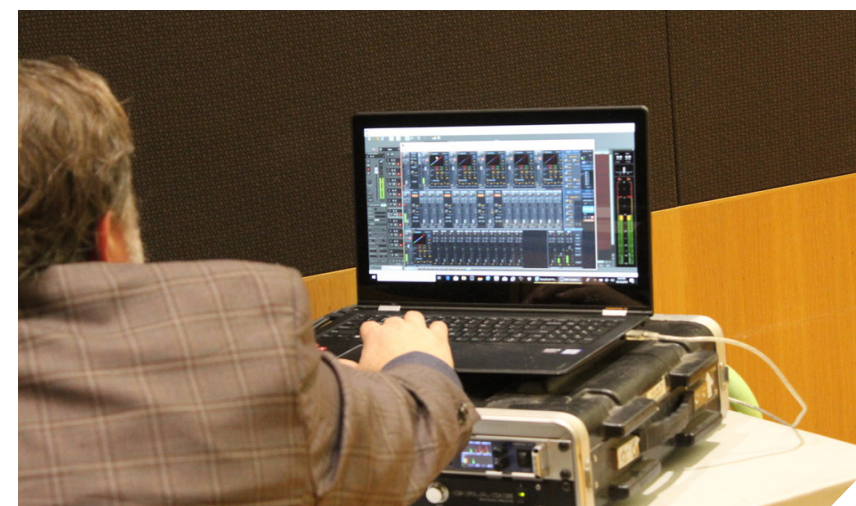
4 Maria Hinojosa And Julio Ricardo Varela and Nicole



1



2



3



4

New Student Tips

Things to know from those who've been there

By Kiersten Galloway

Advisors

With Advising Days just behind us hopefully you are well aware of who is your advisor. However if you are still in the dark, there is an easy way to find out! MyCommnet is a great resource for most things school related. If you head over to Banner Student Self-Service you can handle most paperwork matters online.

The screenshot shows the Banner Student Self-Service interface. At the top, there are two main tabs: "STUDENT RECORDS" and "REGISTRATION/SCHEDULE". Under "STUDENT RECORDS", there are links for "Check Grades", "Check Advisor", and "Request Transcripts". Under "REGISTRATION/SCHEDULE", there are links for "Register (add/drop) Classes", "Check Registration Status", and "Access Student Schedules".

Through the Self-Service feature you can find most of your important information under your Student Records. It is also where you can check who your advisor is and what is your listed major. If you need or want to change your advisor this is something you can easily do! If you head down to the Registrar's office in the A Wing you will find a form to fill out to change your advisor.

This is helpful for certain

The screenshot shows the "Three Rivers Community College PROGRAM/ADVISOR CHANGE FORM". It includes fields for "NAME", "STUDENT ID", "CURRENT ADVISOR", "NEW ADVISOR", "DATE OF BIRTH", "DATE OF CHANGE", "REASON FOR CHANGE", and "SIGNATURE". There are also checkboxes for "Have you applied for Veterans benefits?" and "Are you a transfer student?".

instances like when you change your major and you want your advisor to match. Having the correct advisor for your degree program helps get an accurate plan of study so you can graduate on time!

Registering for Classes

Once you have met with your advisor and received your plan of study it is time to register for classes! It is important to register as early as possible so that you can ensure that you get into the classes you want.

Classes fill up rather quickly, especially the general education ones, so if you have a specific class or a specific time slot then you need to jump on it promptly!

Now most people think of the Registrar's office when they need to register for classes. However, it is even easier and faster to do that through MyCommnet.

The screenshot shows the MyCommnet interface. At the top, there are three tabs: "BILLING/PAYMENT", "PERSONAL INFORMATION", and "SELECTIVE P". Under "PERSONAL INFORMATION", there are links for "Student Degree Evaluations", "Class Registration", and "Student". Under "Class Registration", there are links for "Perform a Degree Evaluation to check courses you will need to Graduate", "Register for Classes", "Add/Drop Classes", and "View Tuition Payment Options".

Again through the Self-Service feature you can find Registration/Schedule. Through that link you can search and add classes to your schedule. You can even drop classes. This is also where you will find your class schedule and can print it out for reference. As the beginning of the semester nears you will be able to see where the class is located. It is possible to pay your tuition online as well, saving you a trip to the cashier's office. You also have the option to set up a payment plan entirely online. --

DayCare

Read more on how to enroll your child in the Current Issue 4 (Online)

Gym

This space is free to use as students. Have your Student I.D number ready to sign in.

F-117

Most Large scale events are held here.

C101

This is a Lecture Hall that host a lot of events. Keep your eyes peeled for events happening here.

Gender Neutral Bathroom

Food Pantry

Read more about our food service Current Issue 3 (Online)

Security Desk

They are always here to help keep the college campus safe. This isDesk isalso where lost and found is located

A Wing

We have everything here. From signing up to classes to pay for them placed in this hallway. Any admission type questions you have the answer can be found here.

Campus Map

For the students by the students

Floor One

KEY

Entrance

Emergency Exit

Stairs

Elevator

Wings and things

Main Entrance

B Wing

A Wing

C Wing

D Wing

E Wing

F Wing

Bookstore

Cyber Cafe

Library

Student lounge

A place to relax away from all that school stress.

Veteran's OASIS

A place for members of our military to use for realxing or quiet study.

Student Programs Office

This office is our hub of student activities. They host many events for students and are an information head for those with questions about student life outside the classroom

Student Government Office

If you need to speak with a member of SGA or what to add something on to the agenda for an SGA meeting stop by here. Each officers hours are posted.

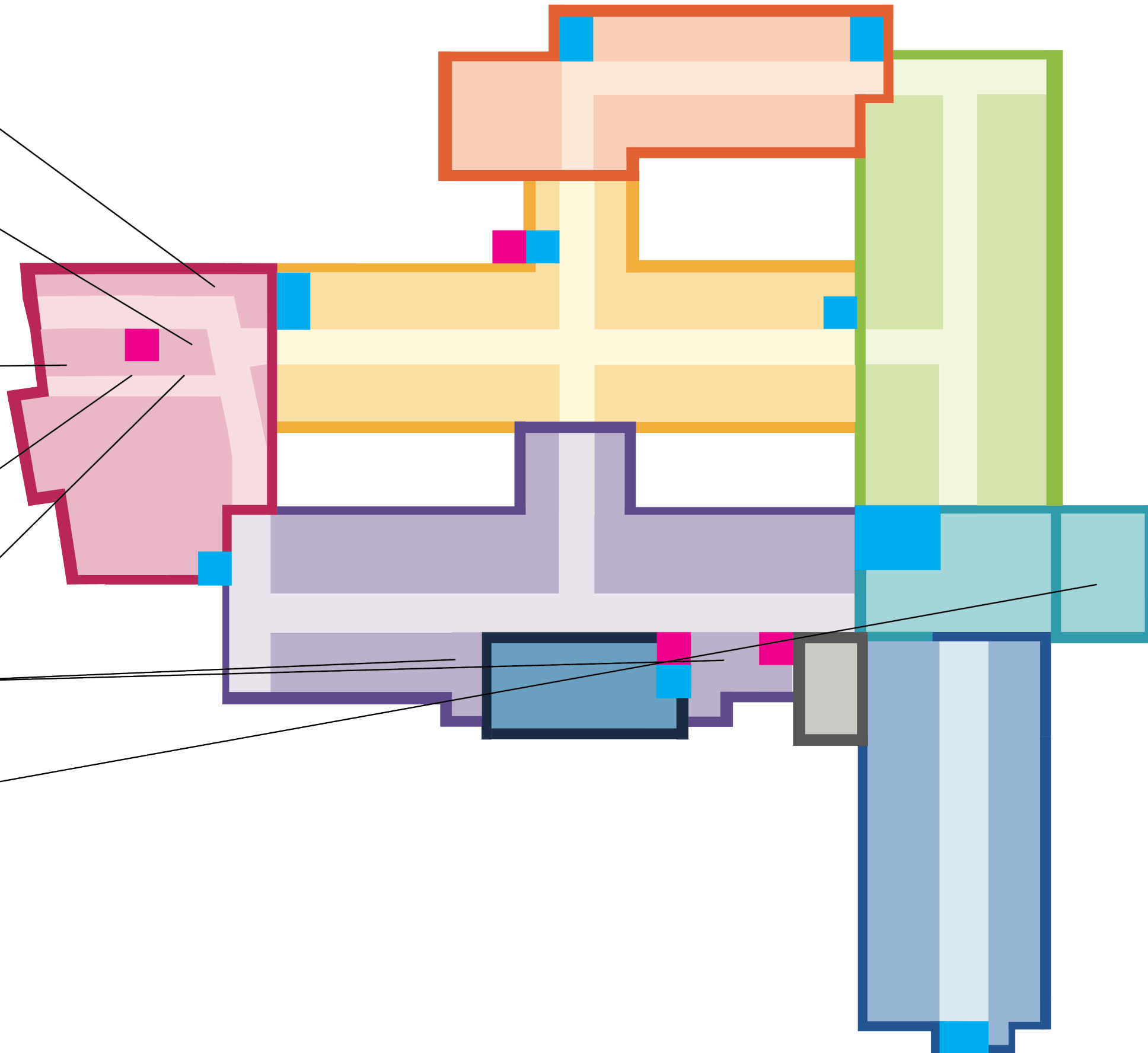
Club Office

Open office space for clubs to use. Please remeber to sign in.

Dean Offices

Art Gallery

See Student artwork displaces and celebrate our Arts Programs.



Floor Two

KEY

Stairs

Elevator

Wings and things

Main Entrance

B Wing

A Wing

C Wing

D Wing

E Wing

F Wing

Bookstore

Cyber Cafe

Library



A Bump in the Road

A Speedbump Editorial

Written by Sam Bartosiak

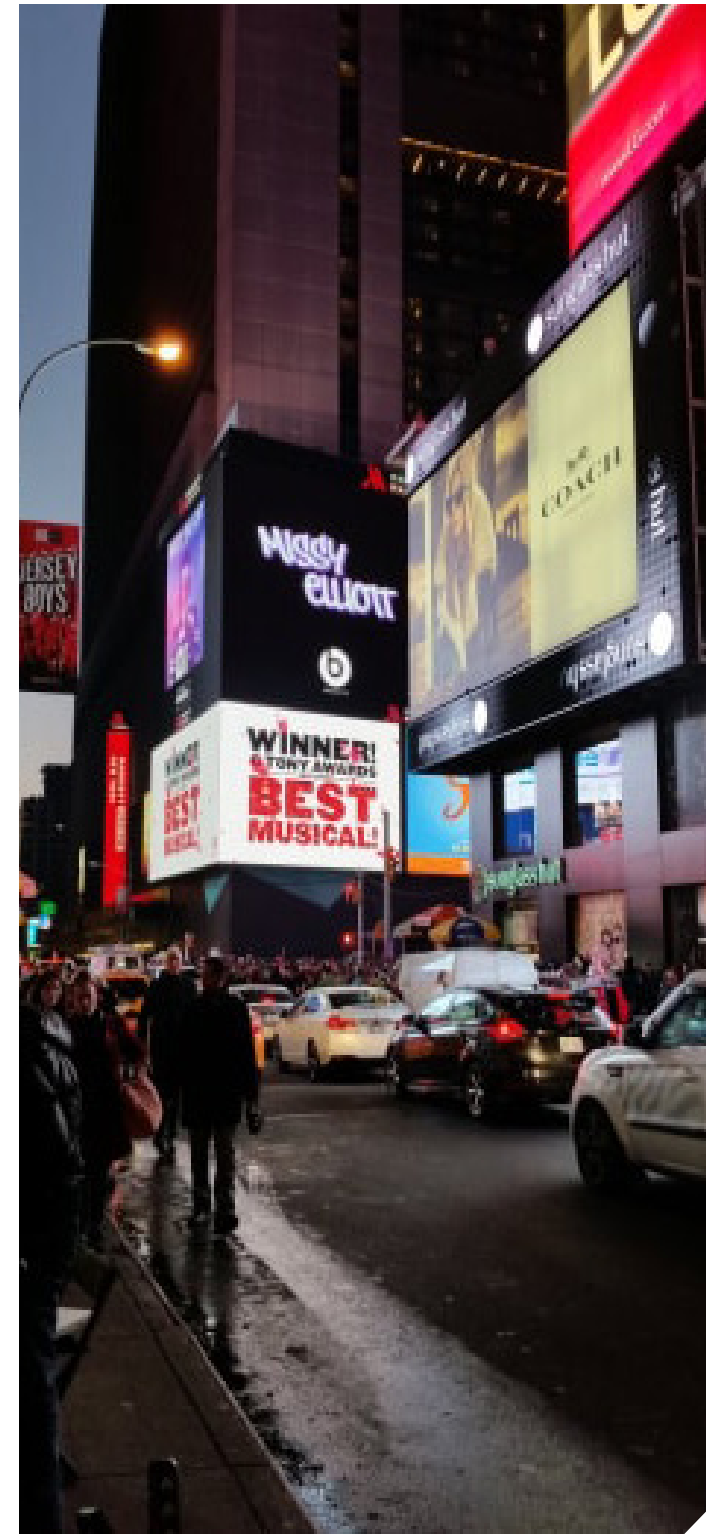
Speeding drivers are an issue all over the world where cars are present. Speeding in parking lots in particular can cause a lot of issues regarding pedestrians and of course, vehicles as well. Speed bumps are considered to be an efficient way to reduce collisions, improve traffic flow, and generally promote the safety of pedestrians. However, while speed bumps provide a lot of good things for our communities, they also are a cause for Co2 emission increases and increased gas consumption.

Speed bumps are controversial

for a few reasons. The first being that they are a direct cause of increased Co2 emissions. Studies found that Co2 emissions increased by double the amount while a car is on the road due to the increase in gas consumption from drivers having to slow down and then speed up again. Speed bumps also reduce fuel efficiency of cars as well. A car that normally gets 58mpg at 30mph would be reduced to just 30mpg with speed bumps present (BBC.com). In addition to Co2 emissions, speed bumps cause damage to cars that consistently must drive over them. They cause an excessive wear on tires, shock absorbers, breaks, and suspension systems that you do not see on cars that do not usually encounter speed bumps. If you have a car that is older or already has some damage done, you are more likely to see more damage no matter how slowly you travel over the speed bump.

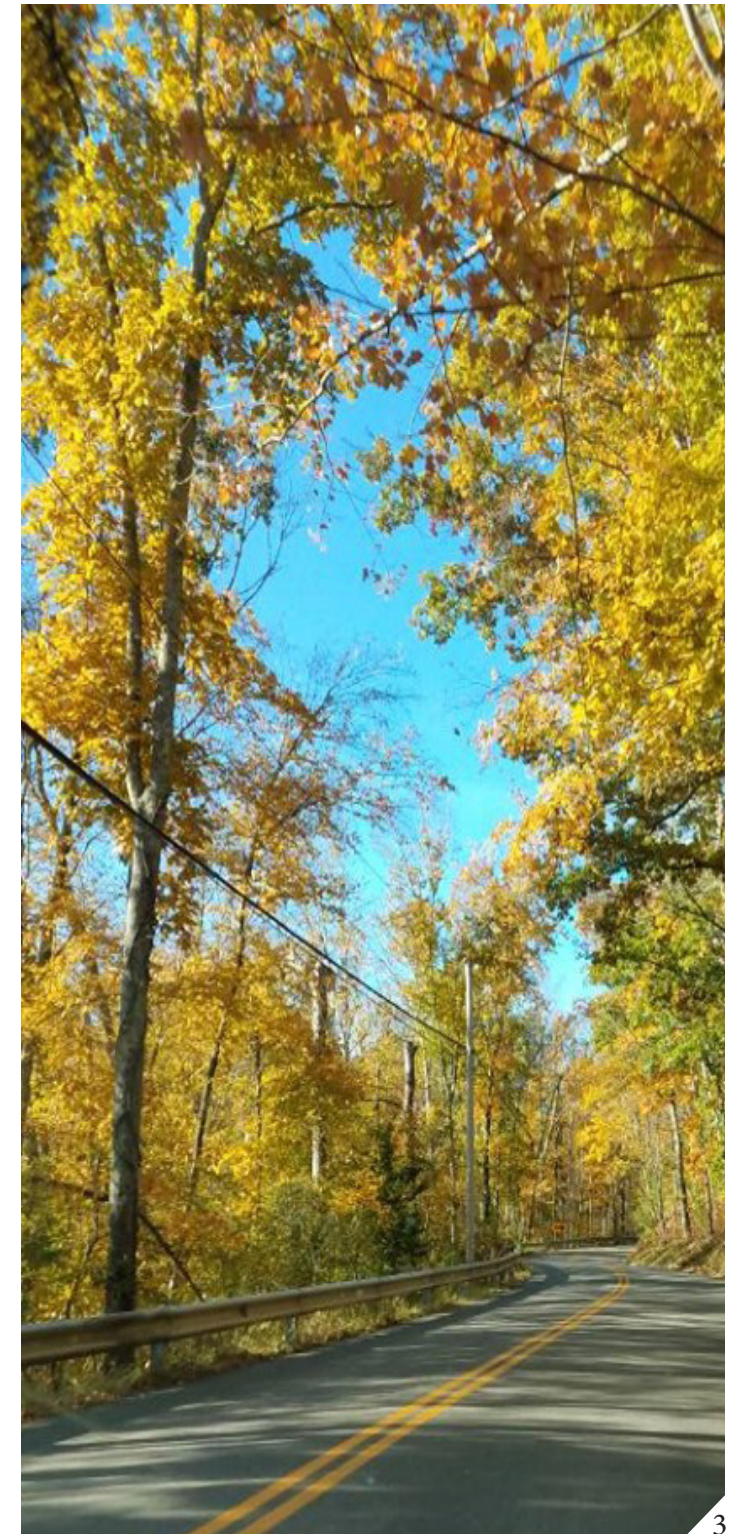
Even though damage to vehicles is a large factor, noise is also a large concern for communities. Many cities and towns see a large number of noise complaints in communities with speed bumps due to the scraping of car parts as well as revving of engines when those cars travel over the bump.

Emergency response vehicles and fire trucks are also affected by speed bumps. For each speed bump that an emergency vehicle crosses costs those



responders 10 seconds of response time (St. Petersburg Times). For some towns and cities, this alone has been enough of an incentive to not use speed bumps.

One particularly affective alternative to speed bumps are flashing speed signs, which are often used on highways and residential areas already. They are both movable, and do not cause the same



issues that speed bumps do. So instead of considering something like a speed bump, which are expensive to install and remove, consider something more efficient such as a flashing speed sign.

- 1 Speed Bump warning sign. (Image by Pexel.com)
 2 Congested Traffic in New York; would speed bumps prevent this, or make it worse?
 3 A peaceful roadway in East Lyme.

Of Blood and Bone: Chronicles of the One #2 by Nora Roberts

Will Fallon embrace her destiny as the One or will she leave the world to bleed?

Written by Jessica O'Brien

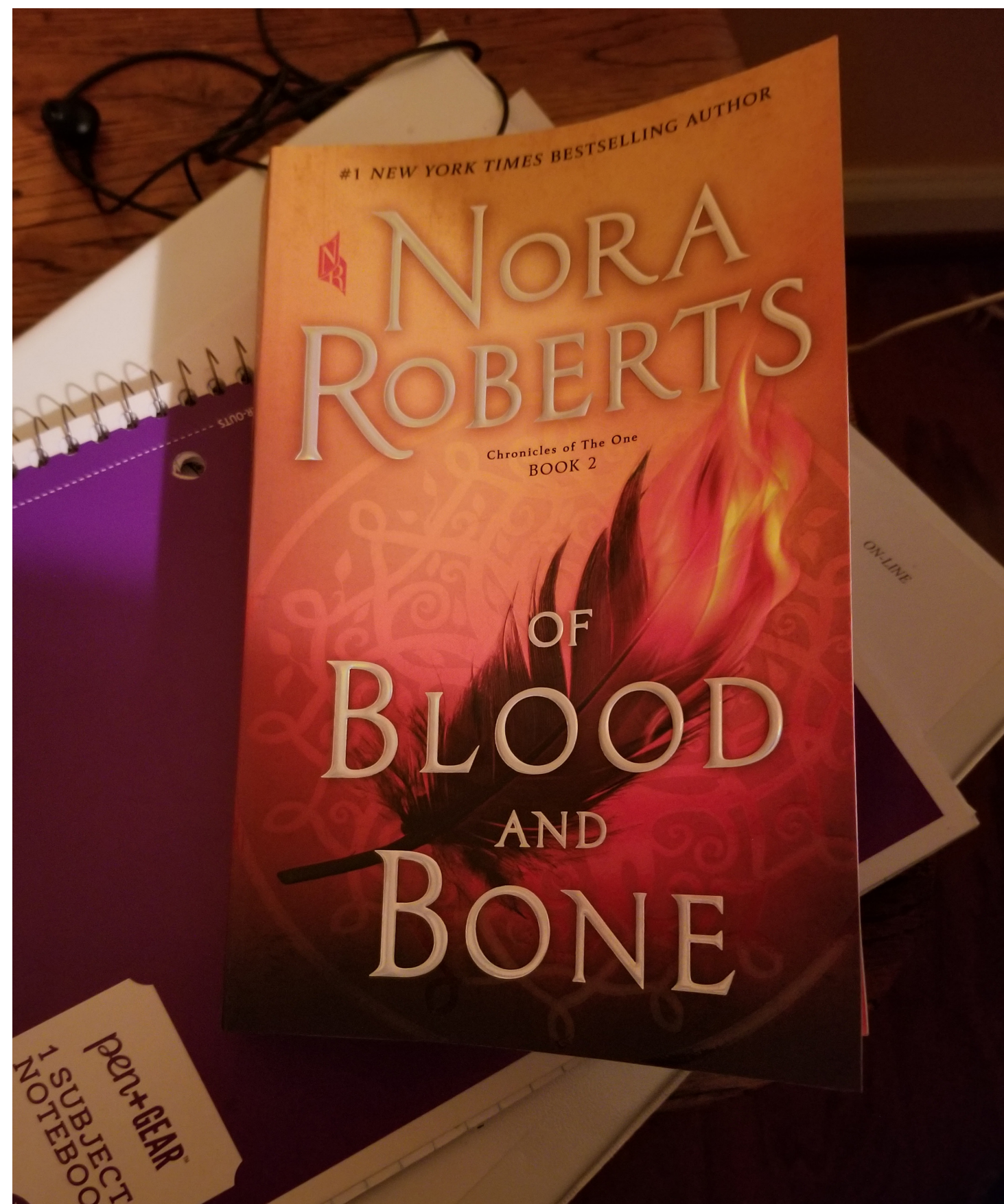
Nora Roberts's *Of Blood and Bone*, the highly anticipated sequel to *Year One* finds the new world attempting to rebuild itself after the Doom. Governments form and fail, the Dark Uncannies, the Purity Warriors and the Raiders making it impossible for fledgling cities to survive. But in the wake of the ugliness, there is hope. Across the country magickal and non-magickal people have come together and formed communities, bringing hope to the survivors of the Doom.

Of Blood and Bone revisits several important characters from the first book. Arlys Reid, the

"They said a virus ended the word. But it was magick, black as moonless midnight. The virus was its weapon, a barrage of arrows winging, silenced bullets striking, a jagged blade slicing."

brave broadcaster and leader of town of New Hope, her magickal friend Fred and the twins of Katie, whose parents were instrumental in the spread of the Doom.

While the other characters of the book are important to the story line, the main focus of



this book is Fallon Swift, Lana's daughter and The One. Fallon is on the cusp of her thirteenth birthday where she must begin training with her magickal mentor, Mallick.

Fallon is by far one of my favorite characters in the series thus far. Though she is not your typical teen by definition, Roberts takes care to write her that way, making the reader empathize with enormous responsibilities she must shoulder on behalf of the world. When she finds out that her own flesh and blood, her uncle Eric, was responsible for her birth father's demise, you can almost sense that is the moment her unease and indecisiveness about her training disappears.

Throughout the book, there are glimpses of what has happened to the world since the Doom, mostly seen through Fallon's visions. It is a dark counterpoint and visual of the post-Doom reality. Roberts achieves a careful balance with the dark and light themes, especially during Fallon's training.

In *Year One* we were introduced to the concept of magickal people, also known as the Uncanny and Roberts really amps it up in *Of Blood and Bone*, clearly indicating that magickal people have and will continue to be important to the events in the series.

This book ends with a mix of violence, love and hope which are prevalent themes throughout and lead the readers into the Roberts' third and last installment *The Rise of the Magicks*.

As a fan of first book and as a person who has been disappointed by follow-ups as well, I was delighted by how much I enjoyed *Of Blood and Bone*. Roberts conjures a masterful tale and I look forward to seeing how it ends in December. *The Rise of the Magicks*, the third book in *The Chronicles of the One*, will be available December 3, 2019.

Take a break from homework with *Of Blood and Bone*



1

Virgin Galactic Will Offer Rides into Space Starting in 2020

The Chance to be an Astronaut is Finally Here

By Ben Coffing

Space, the final frontier. Any Star Trek fan would recognize those words as a call to join the Starship Enterprise on its space adventures. The reality of space flight for an individual is now one step closer with the opening of Spaceport America this past August and rides into space starting in 2020.

Spaceport America, located in the desert north of Las Cruces, New Mexico, is the hub for Virgin Galactic's space flights for any individual with enough money to pay for the ride. Virgin Galactic was founded by Sir Richard Branson and he and his company have been in a space race with Elon Musk's Space X and Jeff Bezos' Blue Origin to offer individuals a ride into that final frontier. It appears that Branson and his company has won the race. However, a ride with Virgin Galactic will get the individual into, technically, outer space while Musk has his sights set for Mars and Bezos on the moon.

The ride will occur using two vehicles, the WhiteKnightTwo and the SpaceShipTwo. The WhiteKnightTwo is a jet aircraft with four engines and a dual fuselage and it is designed to carry the SpaceShipTwo piggyback to an altitude of approximately 50,000 feet. The WhiteKnightTwo has a catamaran design that allows for a clean separation from the SpaceShipTwo and makes the payload easily accessible. The SpaceShipTwo is the spacecraft that carries the passengers into space. The



2

SpaceShipTwo is powered by a hybrid engine that combines the designs of both solid and liquid rocket engines.

The most innovative feature of SpaceShipTwo however, is its ability to change shape during flight. To increase the vehicle's stability and to control the rate of deceleration upon re-entry, the craft can rotate its wings and tail booms in an upward direction. The cabin's design will offer safety and comfort by using custom designed articulated seats that will allow the passenger to safely experience zero gravity. SpaceShipTwo also had plenty of windows, one for each passenger, to catch the view of Earth. What will the flight be like? Passengers will board SpaceShipTwo where WhiteKnightTwo will take off much like any other jet down a runway. At approximately 50,000 feet SpaceShipTwo will detach from WhiteKnightTwo and achieve a near vertical orientation as the ship is propelled into space. "During the climb, passengers will experience 3.5 times the force of gravity and once in space will experience 4-5 minutes of weightlessness" said

Beth Moses, and aerospace engineer and Chief Astronaut Instructor at Virgin Galactic. The ship will then return to Earth.

To be a passenger on a Virgin Galactic flight requires \$250,000 for the space ride and some astronaut training. However, even if you have the money there is already a wait list of 2,500 people with 600 people having already secured a spot. Astronaut training takes three days and aims to make sure that each passenger is mental and physically ready for the periods of high acceleration and weightlessness. Each passenger will receive a thorough medical exam and tailored training.

Virgin Galactic's plans for the future include creating multiple hubs at various locations to make it more convenient for passengers all over the world. They are setting their sights expanding their flights to future orbiting hotels and science laboratories plus making transcontinental flight even faster. --

1 The passenger spacecraft, Unity (Image by Wikimedia Commons)

2 A look inside of Unity (Image by Wikimedia Commons)

"JOKER"

The Man behind the makeup
5 out of 5 stars

By Samantha Zod

I kept hearing about this maybe movie that was happening about the joker. I really didn't have high hopes for it. I had never really enjoyed Batman movies; The whole plot seemed tired, but the joker is a good character. When the movie came out and I heard the direction the movie had taken, I had to see it.

The overall theme is about a system that chews up and spits out it's mentally ill. Very much like the systems we have in place now. We started with bad ideas to begin with and just made them worse. "Joker" really hits on this point and shows a world a little to close to home. This movie is a message and a warning. We need to make sure we all hear it loud and clear.

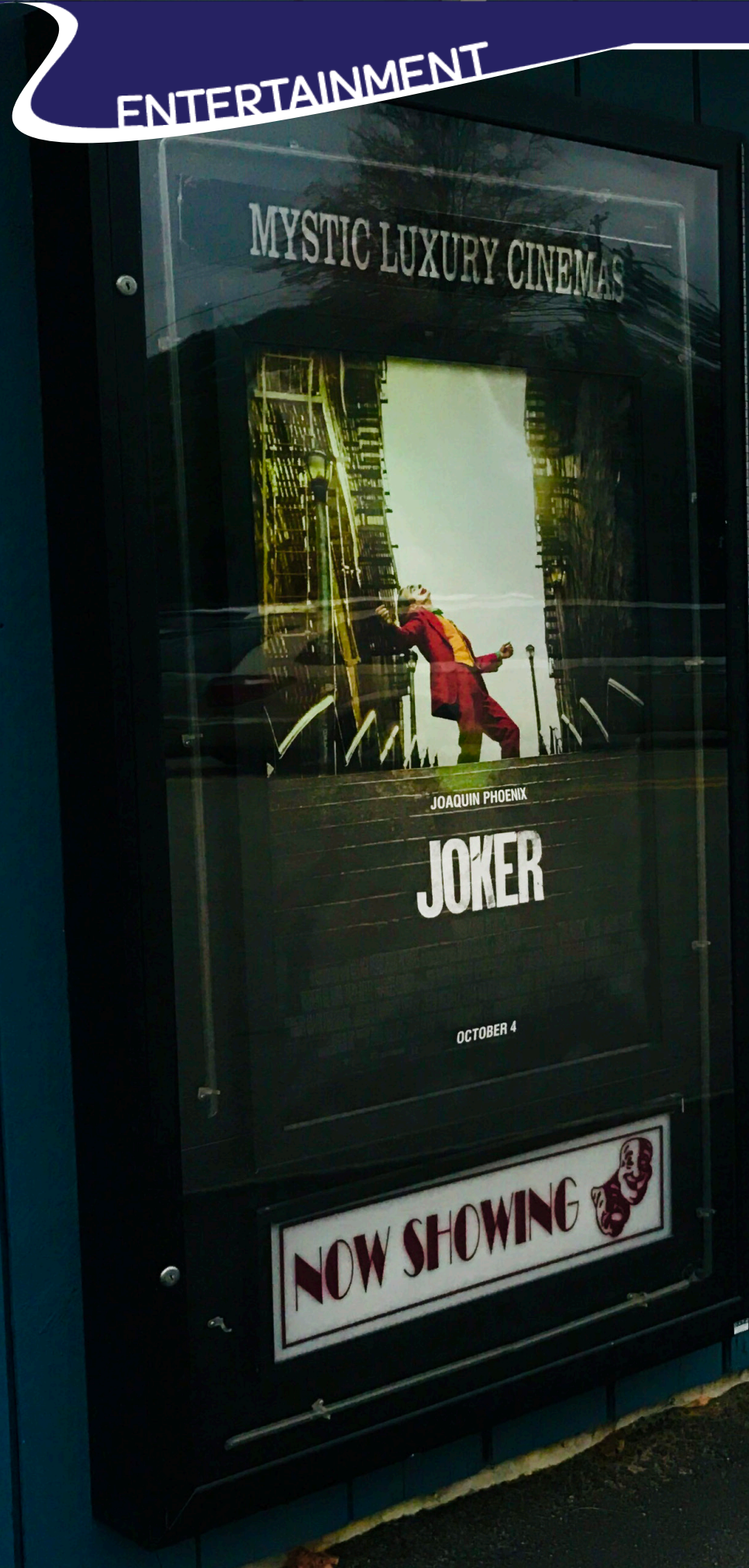
I really didn't feel like I was watching an actor on a screen. Joaquin Phoenix is the Joker. One of the best and well done ones I have seen. He plays him differently then most. He isn't mean. He is lost, confused, hurt. There is a deeply wounded man under the makeup and the hair. Mr. Phoenix is the joker.

This movie story is well developed. The thing that really got me is the technical side of it, the editing, the sound, camera movements, etc. I have taken film classes and know what it takes to

put together a film. The editor of this film should get a raise. Just perfect match frame editing, and shot changes for dramatic effect. If you watched the whole film without sound, I think you would be able to follow along just fine. That leads me to sound. Loud, jarring, all words that come to mind. The use of silences to dramatic and sudden full volume scenes really kept you involved. You feel disrupted for most of the film. It mimics the characters state of mind. Lets move along to the camera movements. Wow. Just wow. There isn't anything sudden with the camera. It is a gentle fall into insanity with the joker. The camera keeps you right there along side him. Without getting to technical each camera shot was planed to give you the information you needed and the reaction they wanted. It was just so beautifully done, I am still in awe.

Please respect the R rating on this film. It is well placed.

- 1 "Joker" tickets are discounted on Wednesdays at the Mystic Luxury theaters
- 2 Movie tickets
- 3 Enjoy with some soda and candy.



Rings and Things:

The Significance of Jewelry in Relationships

Written by Sam Bartosiak

The first thing that may come to mind when the words “jewelry” and “relationships” are present in an article is the ring. Commonly worn on the left hand on the ring finger, which is the third finger on the left hand, they are one of the most significant types of jewelry that are worn by those in relationships with others. While rings are incredibly significant in Western culture, this is not necessarily the only way that jewelry has been used to signify a relationship.

From bracelets, to earrings, to necklaces and chokers, there is a plethora of different ways to express devotion or love to a partner with a piece of jewelry. Of course, the ring is possibly the most well-known item to give to a significant other. Rings can have different purposes, from establishing a promise, to engagement and marriage. The symbolism of rings is ever-growing, but western culture typically supports the idea of bands and gemstone rings. Rings can be worn in different ways, such as inwards or outwards to display “availability” to potential partners, or the opposite.

Necklaces and chokers are also a significant statement within a relationship.



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1 A Celtic knot ring symbolizing something that never ends.

2 An eternity/infinity collar which symbolizes commitment and devotion to a cause or person.

3 A triquetra knot necklace otherwise known as the Trinity knot. This knot is typically used to represent harmony.



3

Locketts and hearts are quite common in North American culture, but there are other options as well. Chokers and collars are also a type of committal statement if both partners are to wear them together. One common type of collar worn is called an “eternity collar” which signifies commitment and devotion of both partners wear them. While necklaces, chokers, and collars can have a relationship significance, they are also often worn for aesthetic and style as well.

Anklets and bracelets are gifts that are commonly seen as a lower-tier type of statement. However, much like rings, anklets and bracelets can be used as a symbol of commitment and promise to another person. While wearing it on the left or right ankle is up to the wearer, it’s often

considered that wearing one on the left ankle is an indication of someone being in a relationship. Different gemstones and symbols also have different meanings. Things such as the cross, pentagram, Celtic triquetra, and yin-yang symbol all can mean different things ranging from harmony to friendship. Different gemstones such as the diamond hold a lot of significance within relationships. One example being that many people choose diamonds for their seemingly “perfect” qualities and are typically difficult to damage. This is often cited as reflecting how they may view their partner.

There are many different types of jewelry within different cultures that hold different meanings, ultimately, it is up to the person and their partner to decide what it means to them. --

Parker Solar Probe completes third pass around the Sun

Data about the Sun pours in

By Ben Coffing

On September 1, 2019, the Parker Solar Probe successfully completed its third close pass around the Sun. The Parker craft approach was approximately 15 million miles from the Sun's actual surface at more than 213,000 miles per hour. During the third pass, scientists were able to start collecting data sooner during the probe's pass based on data collected from the first two passes.

The Parker Solar Probe was first launched in August of 2018 and will end its mission sometime in 2025. During its mission it will make 24 passes close to Sun in an attempt to collect data about the Sun's corona. Each pass will bring the probe closer and deeper into the Sun's atmosphere. At its closest approach, the Parker Probe will be 3.8 million miles from the Sun, traveling at a speed of 430,000 miles per hour, experiencing temperatures of 1,400 degrees Celsius and will make 88 orbits around the star. Data gathered

from this mission will be useful in trying to predict space weather that can impact life on Earth.

The space probe was named after distinguished professor of Astronomy and Astrophysics, Eugene Parker. It was Parker, who in the 1950s, proposed several ideas about how stars, including the Sun, give off energy. He gave the name, solar wind to the cascading energy given off from stars. He also was able to describe the complex system of plasmas, magnetic fields and energy particles that make up the solar wind. He also had an explanation for the super-hot atmosphere known as the corona.

The close passes of the Parker probe will allow the study of the corona and possibly to get answers to the questions of why the corona is hotter than the Sun's surface or photosphere and why does it produce solar winds. Along with solar winds, the corona is also responsible

for producing solar flares and other coronal mass ejections. It can produce and cause the eruptions of several tons of magnetized material.

Parker Solar Probe has three main objectives. The first is to trace the flow of energy that heats and accelerates the corona and the solar wind. The second objective is to determine the structure and characteristics of plasma and the magnetic fields that are the sources of the solar wind. The last objective is to explore how energy particles are accelerated and transported. During its many passes the probe will get close enough to watch and record the solar wind speed move from subsonic to supersonic speeds not to mention that it will fly through space where the highest energy solar particles known exist.

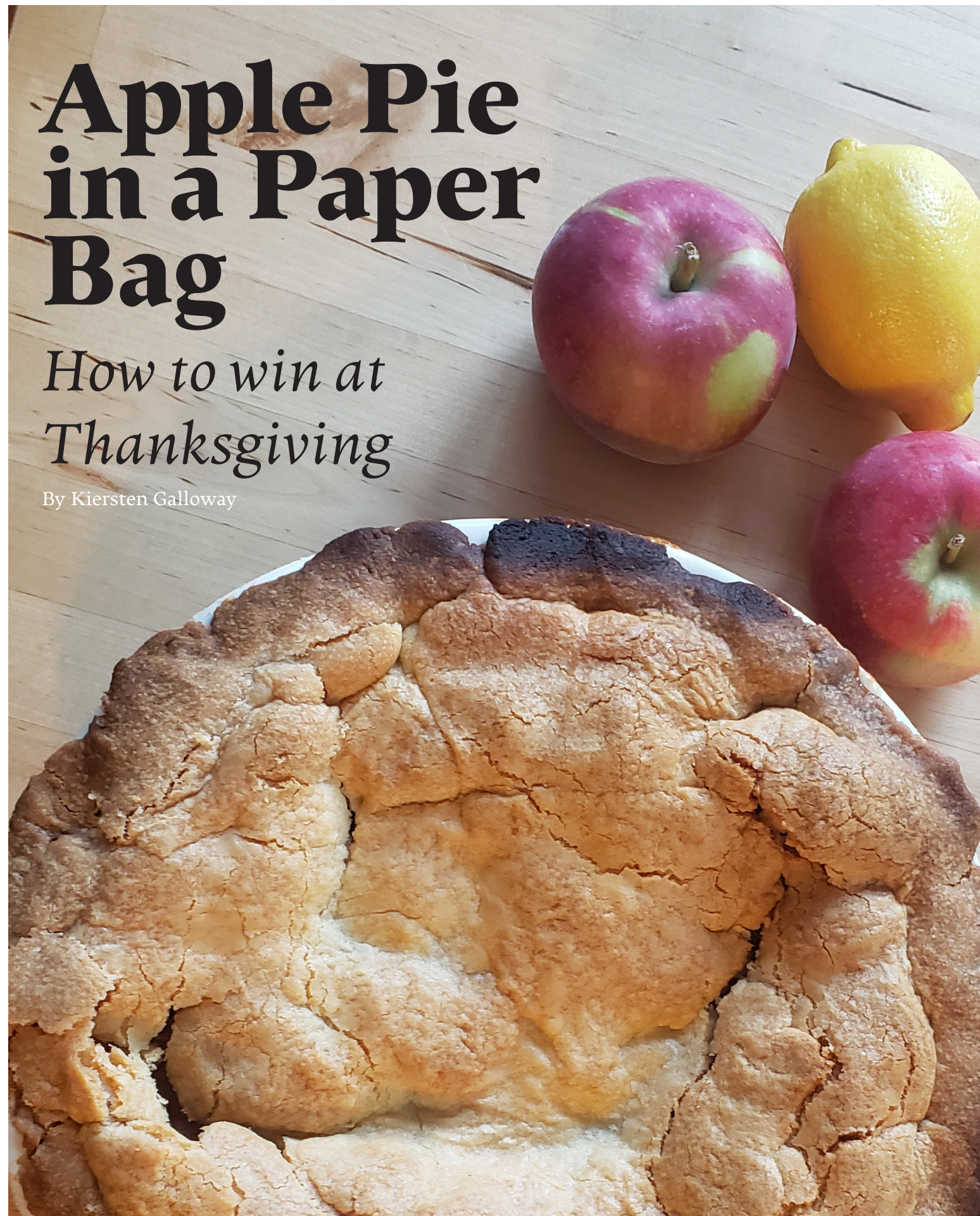
In late January 2020, the spacecraft will make its next pass. This time it will use the gravity of Venus to propel itself closer to the Sun.--



Apple Pie in a Paper Bag

How to win at Thanksgiving

By Kiersten Galloway



Ingredients:
9" bottom crust (store bought or homemade)
Top Crust:
2 c. flour
1 c. butter, softened
1 c. sugar
Pinch salt
Filling:
8 c. apples, peeled & sliced (recommended mix of Courtland and Ida Red) about 8-10 apples
1/2 c. sugar
3 TBSP flour
2 TBSP lemon juice
1 tsp cinnamon
2 tsp vanilla extract
Pinch salt

Recipe:

1. Preheat oven to 400°F
2. Begin assembling your top crust. Combine all ingredients into a mixer. Give it several minutes to come together. It will appear dry at first but after a few minutes will begin to resemble a soft cookie dough. Set aside.
3. Peel and slice apples to about 1/4" thick and halve them. It is best to use an apple slicer peeler corer. Once they are sliced, add the remaining filling ingredients to the apples. Stir to combine and let sit about 5 mins.
4. Press bottom pie crust into pie plate. Pour apple mixture into over top of bottom pie shell in an even layer. It should be heap over the top.
5. With about half of the top crust mixture and begin to work with your hands to flatten. Place on top of pie and do the same with the other half of the dough. Spread until covers all of the apples and the bottom crust.
6. Place pie in a large brown paper bag. Fold the opening closed. It is okay to staple it shut.
7. Place on large baking sheet and bake at 400°F for 1 hour and 20 minutes. Make sure the edges of the bag are not touching the sides of the oven.
8. Once the pie is finished baking, immediately cut a circle open in the top of the bag. Be careful of the steam!
9. Let it come to room temperature before refrigerating.

Enjoy!

TRCC Calendar

Your next 4 weeks

Monday	Tuesday	Wednesday	Thursday	Friday
Veteran's Day Breakfast 9:00 AM - 11:30 AM VETERAN'S DAY Classes in Session 11	United Way Food Pantry 5 PM - 6 PM Parking Lot 4 Breakfast with the Brass 9:30 AM - 11:00 AM FI17 12	Conversation Cafe 12:30 PM - 1:30 PM B214 Becker College Visit 10:30 AM - 1 PM Cafeteria 13	TRIVIA NIGHT! 6 PM Cafeteria Tickets in EI14 14	15
18	SPO Movie 10 AM TRCC Library 19	Conversation Cafe 12:30 PM - 1:30 PM B214 University of Bridgeport Visit 10 AM - 1 PM C-100 Alcove 20	21	22
25	26	College Open NO Classes in Session 27	Thanksgiving NO Classes in Session 28	Recess NO Classes in Session 29
2	University of Bridgeport Visit 10 AM - 1 PM C-100 Alcove Charter Oak State College Visit 11 AM - 1 PM Cafeteria 3	Conversation Cafe 12:30 PM - 1:30 PM B214 4	5	6