



The Current

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COVID-19

A pandemic's impact on the community, the nation, and the world.



The Current

The Current is the
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COVID-19 Emergency

*The latest on the novel coronavirus pandemic.**

Story & Photos by Chris Boyle

On 11 March 2020 the World Health Organization (WHO) had a media briefing in which they announced the Coronavirus Disease 2019 (COVID-19) outbreak is now being characterized as a pandemic. At the time of the announcement, there were 118,000 cases of the virus worldwide.

The COVID-19 outbreak began in late December of 2019, originating in Wuhan, China. The zoonotic virus is believed to have first been carried by bats before transmitting the contagion onto humans.

“Coronavirus” is a term used to categorize large viruses that cause a variety of illnesses. There are many coronaviruses that exist in animals that have not yet been transmitted to humans.

The COVID-19 strand is a respiratory affecting illness, similar to the flu, with symptoms including fever, cough, and shortness of breath according to the Centers for Disease Control and Prevention (CDC). Symptoms can appear anywhere between 2 to 14 days after exposure to the virus.

More severe complications of the infection can be pneumonia in a patient’s lungs. Those most at risk for major complications from the COVID-19 virus are the elderly and those with underlying health conditions that compromise their immune systems.

The virus is also known by the name Severe Acute Respiratory Syndrome Coronavirus 2



1. The most crucial step in stopping the spread of COVID-19 is maintaining good hygiene; specifically in washing your hands often.

(SARS-CoV-2), as the pathogen’s genome is closely related to the SARS virus outbreak of 2003.

At this time there is no vaccine for the virus, however, clinical trials are underway throughout the world as scores of countries race to find viable treatments. Naturally, for the time being the best way to avoid infection is to avoid being exposed to the virus.

People who are sick have been urged to use proper hygiene and wear surgical masks to avoid the spread of the infection. WHO, CDC, and other health resources strongly advise people to wash their hands often and to avoid touching their face to avoid transmission.

The transmission of the virus is caused “through droplets of saliva or discharge from the nose when an infected person coughs or sneezes” according to the WHO. To stop the spread of the virus, it is encouraged that if a person is sneezing or coughing that they practice “respiratory etiquette,” in that they should do so into their flexed elbow instead of their hands.

The COVID-19 virus at this time is known to live rather long on surfaces and so it is encouraged that, in addition to proper hygiene measures such as washing your hands frequently, frequently touched surfaces are disinfected just as frequently.

At this time, it is also being advised that people practice social distancing and to avoid large crowds until such a time when

the threat of the spread of infection has been minimized. In many states, legislators have put heavy restrictions on gatherings of more than 100 people, and some even advise against gatherings of more than 10.

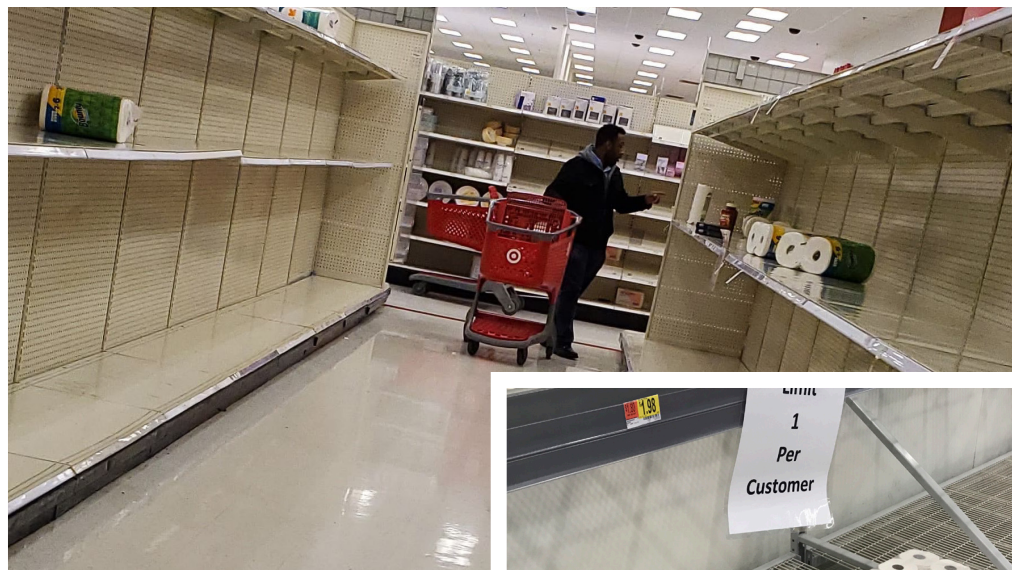
The narrative around the virus has shifted in recent days from focusing on prevention of a pandemic to now dealing with response to the pandemic. The WHO has been using strong language when discussing what the outbreak could mean globally.

In the March 11 announcement, WHO Director-General said “[we] have never before seen a pandemic sparked by a coronavirus. This is the first pandemic caused by a coronavirus [and] we have never before seen a pandemic that can be controlled, at the same time.”

“WHO’s mandate is public health.”



2. Panic buying of household essentials has led to empty shelves and nation-wide shortages of paper goods - like toilet paper.



But we’re working with many partners across all sectors to migrate the social and economic consequences of this pandemic. This is not just a public health crisis, it is a crisis that will touch every sector - so every sector and every individual must be involved in the fight.”

As of March 22, cases of the virus had been reported to have surpassed 300,000 throughout the globe including nearly 13,000 deaths caused by the virus. This figure also includes about 92,000 patients who were reported to have recovered after contracting COVID-19.

Internationally, the outbreak has caused a complete disruption of daily life in many countries, such as in Italy - the European nation with the worst outbreak - where on 9 March 2020 Prime Minister Giuseppe Conte and the Italian government instituted a national quarantine. This quarantine had put the country’s some sixteen million people on lockdown in hopes to get a better handle on combating the spread of COVID-19.



3. Three Rivers closed the college for cleaning over Spring Break, then later announced the building would be closed to students for the duration of the semester (Photo by Brent Meraviglia).

At this time, several European countries have followed suit in instituting a national lockdown as well as placing heavy travel restrictions during the duration of the international crisis.

On March 22, the CDC reported that there were 15,219 cases of the coronavirus in the United States; reported in all 50 states as well as the District of Columbia, Puerto Rico, Guam, and the US Virgin Islands. By this date there were also 201 deaths reported in association with the virus.

Federal response to the outbreak has been controversial as many believe that the Trump administration had initially downplayed the possible threat of the pandemic, and thus feel there has been a delayed response to the outbreak. The federal government has warned that by inferring data obtained from other countries with high numbers of cases, the healthcare system will quickly be overloaded.

It has also been warned that there is a nationwide shortage of critical medical equipment needed to fight the virus, including ventilators as well as essentials such as face masks. There is such a large shortage that

many hospitals have needed to reuse face masks and/or make their own using non-medical grade materials.

In light of this, President Trump has invoked the Defense Production Act which, when in use, gives the president power over American companies during times of emergency to suspend normal production in order to manufacture equipment and materials that may be needed. Automobile companies such as Ford, General Motors, and Tesla have offered their factories for the purpose of producing various medical equipment, such as ventilators.

The federal response to the outbreak has been largely criticized for being late in acting towards prevention of the spread of COVID-19 as well as downplaying the situation in the early days of the outbreak. In addition to concerns about the capacity of the healthcare system, the Trump administration has had their hands full in catering to crippled economy after the stock market crashed in response to the virus.

While the country prepares for its war

effort against a different sort of enemy, there are many questions that remain unanswered regarding the pandemic and its aftermath, including economic complications from the virus.

Many states have ordered their own lockdowns to protect their citizens, which have included ordering the closure of non-essential businesses such as restaurants, bars, cinemas, and more. As a result, the country now faces a rapidly increasing unemployment rate as states prepare for the worst in the coming weeks.

Throughout the country, panic-buying by fearful Americans of household essentials has left store shelves empty and many fearful of what the nation may look like in the aftermath of the pandemic.

In Connecticut, the outbreak of COVID-19 has fundamentally altered daily life and has left many uncertain of the future. As of March 21, there were 223 reported cases of the coronavirus in Connecticut (the majority located in Fairfield County), including 5 deaths.

Governor Ned Lamont has followed the lead of other states and set restrictions for businesses and gatherings in Connecticut, including the closing of non-essential businesses. Colleges and Universities in the state, as well as public schools, have closed for extended periods of time in an effort to stop the spread of the virus.

It is unclear how far measures to prevent the transmission of COVID-19

will go, as well as how long these measures will be in place. While state and federal restrictions and enforcement of quarantines ramp up, the White House has said that the outbreak is expected to last through late summer.

The White House released “The President’s Coronavirus Guidelines for America” in collaboration with the CDC that suggested there were just 15 days to slow the spread, and to do so required the guidelines to be followed. The document encourages working from home, avoiding social gatherings of 10 or more, and to work from home when possible.

New York has been one of the hardest hit states by the coronavirus outbreak, and Governor Andrew Cuomo has conducted frequent press conferences to keep information regarding the situation transparent. In a recent press release, Cuomo said (on the issue of ventilator shortages): “We need those ventilators. The ventilators are to this war what missiles were to World

War II... That is a key piece of equipment.”

“[New York state lockdown] provisions will be enforced. These are not helpful hints. This is not if you really want to be a great citizen. These are legal provisions. They will be enforced... Again, your actions can affect my health. That’s where we are. So there is a social compact that we have. Government makes sure society is safe for everyone.”

It is important to keep up to date with the most accurate and current information surrounding the pandemic during this time. For information regarding COVID-19, go to [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus), [who.int/coronavirus](https://www.who.int/coronavirus), or [ct.gov/coronavirus](https://www.ct.gov/coronavirus).--

**By the time of publication, numerical information will be outdated.*

4. Microscopic image of isolate from the first United States case of the COVID-19 virus (Image from CDC).

5. Coronaviruses are named by tribute of the crown-like spikes that sprout from the pathogen's surface (Image from CDC).



1. Election season has been turbulent, and in the uncertain state of the world and our economy, it is hard to predict who will be sitting in the Oval Office come January 2021 (Photo by Kevin Amenta).

2020 Presidential Election

A look at the remaining Democratic candidates running for POTUS

Story & Photos by Chris Boyle

Before the coronavirus crisis took the country by storm, election season was ramping up in the country and seemingly the main topic of conversation. Now, as Americans adapt to a rapidly changing world under the COVID-19 national emergency, questions regarding the future in the leadership of our country have become all the more pressing.

At the start of 2020's presidential election season, there were almost thirty democrats in the running, and each confident in their constituents as well as themselves to usurp

President Donald Trump come November. One by one throughout the past few months, democratic candidates dropped out of the race and gave endorsements to other presidential hopefuls.

Though time will tell if this remains the case, the democratic primary elections have so far narrowed down their rank of 2020 contenders to two: former Vice President Joe Biden and Vermont Senator Bernie Sanders.

The once seemingly overwhelming number of options has finally been whittled down, but as the coronavirus outbreak sweeps through the nation there have been unprecedented disruptions in daily life.

As some states are divided on whether concerns over the virus should result in

postponing primaries, Americans from both sides of the aisle have numerous questions regarding the state of the nation and who they may see in the Oval Office come January.

As the political discourse for the 2020 race continues to heat up, candidates must remain calm in the face of a new crisis that is sure to have social and economic repercussions that will stay with the United States for years to come.

Joe Biden

After a time of speculation, On April 25 of last year former Vice President Joe Biden, running mate of former President Barack Obama, threw his hat into the ring and announced he would be seeking

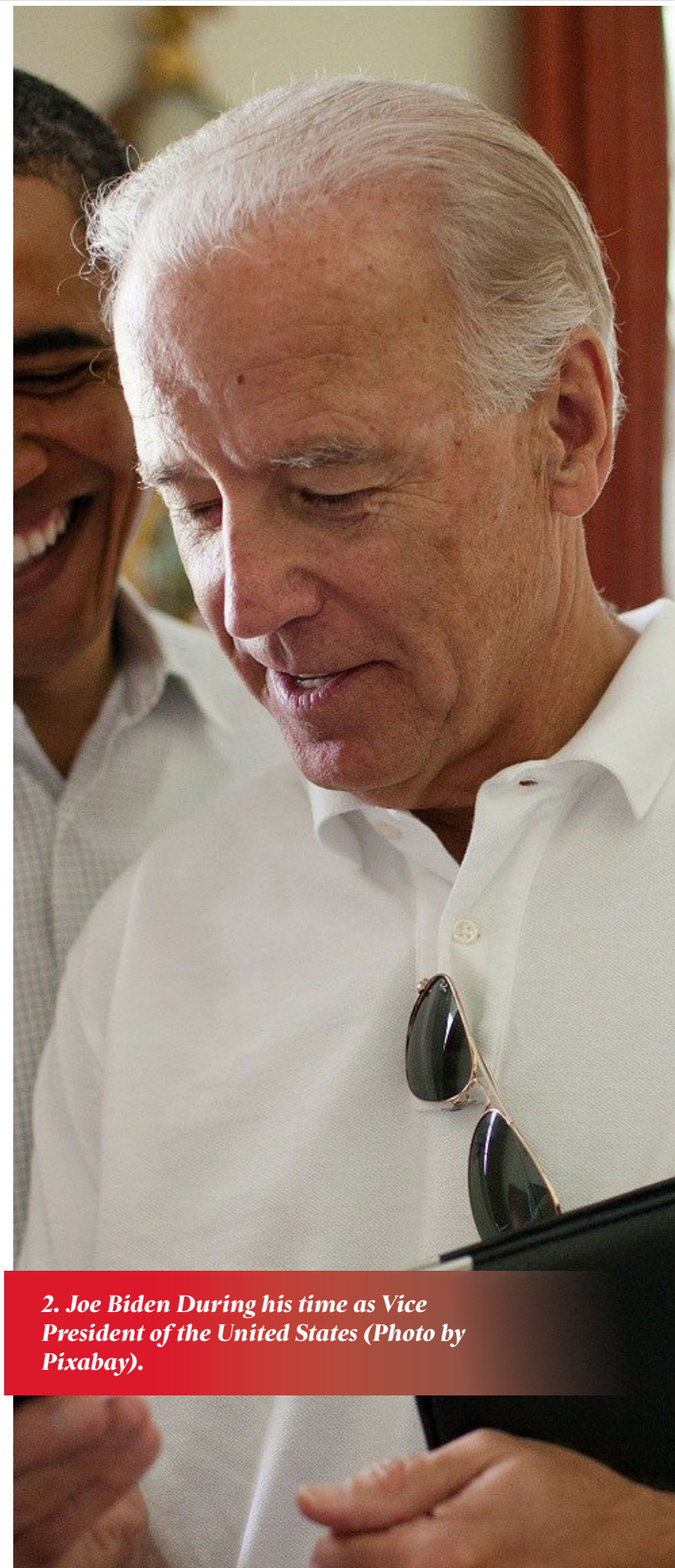
the democratic nomination for president. Biden quickly became a frontrunner in the democratic party and a favorite among primary voters.

Dubbed “Sleepy Joe” by incumbent President Trump, Biden’s political history is as long as it is notable, having originally represented Delaware in the United States Senate before becoming Vice President in 2009. Biden ran for president once in 1988 and then again in 2008, at which time he then joined then-candidate Barack Obama as his running mate.

On the issue of climate change, Biden’s campaign has stated they plan to invest a great deal of money (\$1.7 trillion) and effort into combating climate change in a plan he has dubbed Clean Energy Revolution and Environmental Justice. The plan (all of which are available on his eponymous website) states that on day one of his presidency, Biden will build on environmental policies put in place during the Obama administration and “[e]nsure the U.S. achieves a 100% clean energy economy and reaches net-zero emissions no later than 2050.”

The extensive plan, like much of Biden’s platform, operates on the basis of undoing Trump Administration policies if/when he is usurped from presidency. The Biden campaign states that the money will come from “reversing the excesses of the Trump tax cuts for corporations, reducing incentives for tax havens... closing other loopholes in our tax code that reward wealth not work, and ending subsidies for fossil fuels.”

In terms of healthcare, the Biden campaign is focusing its efforts on building on the Affordable Care Act; a legislation put in place under the Obama administration and aided by Biden. The goals of these measures are to give Americans more options in health care while reducing costs,



2. Joe Biden During his time as Vice President of the United States (Photo by Pixabay).

and “making our health care system less complex to navigate.”

The main takeaway from the Biden healthcare plan is that the campaign is focusing on expanding coverage of working class and low-income Americans, and to give Americans a new public health insurance option -- similar to Medicare.

In recognizing the increasing importance of higher education beyond high school, Biden’s platform includes support for two years free community college for “any hard-working individual looking to learn and improve their skills to keep up with the changing nature of work,” as stated on his campaign website. On the issue of college debt, the Biden plan is seeking to expand on existing programs for debt-relief.

Bernie Sanders

Bernie Sanders, a democratic Senator from Vermont, sought the Democratic nomination for president in 2016 where he gained a following in response to his social democratic and progressive style policies. Sanders’ campaign platform features a variety of bold policies that have made him a favorite for some and a controversial figure for others.

Sanders’ campaign includes an array of major issues he seeks to tackle as president, including the environmental crisis. Sanders is a vocal supporter of the Green New Deal that, according to his campaign website, seeks to “[t]-ransform our energy system to 100 percent renewable energy and create 20 million jobs needed to solve the climate crisis.”

The deal seeks to “[c]ommit to reducing emissions throughout the world, including providing \$200 billion to the Green Climate Fund, rejoining the Paris

3. Though their campaigns have shifted focus in light of the national emergency, both candidates have strong support from constituents.



Agreement, and reasserting the United States’ leadership in the global fight against climate change.” The deal would involve an immediate \$16.3 trillion investment to be put towards efforts in fighting climate change, and claims unemployment would be ended by jobs the Deal would create.

In addition to climate, Sanders has been passionate in his advocacy for a Medicare for All plan that would guarantee every American with a national health insurance program to provide comprehensive coverage at no cost to the patient. Moreover, the plan is seeking to expand coverage to include dental, hearing, vision, long term care, and more.

Sanders’ campaign seeks to directly tackle pharmaceutical and health insurance lobbyists and to “[c]ut prescription drug prices in half” with a planned legislative movement he calls the Prescription Drug Price Relief Act, according to the campaign website.

On the more controversial end of Senator Sanders' platform, the presidential candidate is seeking to provide debt-free College for All in a plan that would provide free higher education for all Americans as well as cancel all current student debt. This move would cancel student-debt for an estimated 45 million Americans, totalling \$1.6 trillion in outstanding balance.

Sanders' campaign is bold, but has garnered criticism for its socialist-inspired philosophies that are hindered on what the campaign has said will be "a modest tax" on the wealth class of America in addition to cutting government spending. The tax, a controversial component of Sanders' plan, will be placed on the wealthiest of Americans.

Different components of Sanders' plan are paid for by various taxes he plans

to place on the wealthiest of individuals as well as corporations. The Green New Deal, for instance, will be paid for by things like income tax on new jobs created, taxes on corporations, fines and taxes on the fossil fuel industry, and reducing military spending.

Though the 2020 Presidential race has been heating up, the national emergency

regarding the COVID-19 pandemic has raised new questions and has seemingly reshaped the world around us. As the United States government, under the current Trump administration, races to contain and reduce transmission of

the virus, both Democratic frontrunners have highlighted their own plans on responding to the crisis.

The emergence of this crisis has caused a great deal of social and economic distress, leaving voters on both sides of the aisle desperate and worrisome as

"... this is a war. [It's a] different kind of war than we've ever had..."



4. Election years are a crucial component to the American democracy (Photo by Kevin Amenta).

5. Senator Sanders' platform has resonated with a wide demographic of voters, but will it be enough to take on Trump (Photo by Unsplash).



to what the future may hold. Historically speaking, oftentimes American voters are simply not ready for a transition of power during times of national crisis and that very well may be the case this coming November.

President Trump's coronavirus response has faced criticisms for being delayed and poorly managed, however, many of his most vocal critics in the past have actually praised how the president has acted in favor of the American people during this time. Bold and eye opening legislation, such as the Families First Coronavirus Response Act, have garnered bipartisan support in the face of the national emergency.

The Trump presidency has seen equal amounts of praise as it has criticisms and, prior to candidates cancelling campaign events and rallies in response to the virus, his efforts to hold the presidency have kept their momentum. With a rapidly changing global crisis gripping the country, the President has had to shift focus from his reelection campaign.

Coming off his acquittal by the Senate from his impeachment trial in late January, Trump now faces a plummeting economy and a country gearing up to face the coronavirus. In a recent March press conference regarding the situation of the virus, President Trump said that he is "glad [Trump administration] are here for this horrible thing."

"I'm a wartime president. This is a war-- this is a war. [It's a] different kind of war than we've ever had... We are enduring a great national trial."--

Coronavirus: Social Impact

Effects of the pandemic panic

Story & Photo by Jerico Ciliano


With the fast spread of the Corona virus, also known as COVID 19, infecting people globally many countries have their governments involved during this pandemic. Legal forces have stepped in create and conduct rules to prevent the spread of the virus.

The United States government has made the difficult decision to close most business to slow the spread of the virus. For the past few weeks people have been clearing the shelves in most retail stores.


For example, people are buying a ton of cleaning materials, face masks, hand sanitizer, and toilet paper. Stores all over the United States have been experiencing shortages in common household items and are struggling to keep up with the demand.

Consumer News and Business Channel, better known as CNBC, reported that there had been thefts of respirator masks, gloves, and even test kits. There is a major shortages in face masks and people are stealing masks from hospitals.

Since the shortages, stores are creating signs with rules on them. Stores are asking that people only buy 1 item of what they need. For example, there are signs on the toilet paper

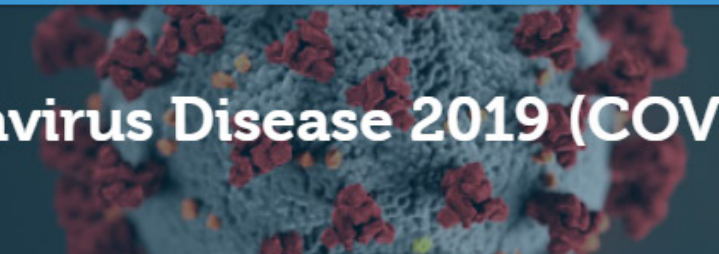


Notice Governor Lamont is telling Connecticut residents to "Stay Safe, Stay Home." All non-essential workers statewide are being directed to work from home, effective Monday, March 23 at 8:00 p.m. For the latest information, resources, executive orders, and guidance related to coronavirus (COVID-19), visit ct.gov/coronavirus



Connecticut's Official State Website

Language + Settings



Coronavirus Disease 2019 (COVID-19)

1. Connecticut's Official State Website has a page dedicated to COVID-19 with information for citizens on COVID-19, how to avoid infection, and what the state will do to adapt to the pandemic: ct.gov/coronavirus.

NOTICE: Businesses and nonprofits seeking guidance related to Governor Lamont's "Stay Safe, Stay Home" executive order directing all non-essential workers statewide to work from home are urged to [read the guidance provided by DECD.](#)

[CT.GOV HOME](#) / CORONAVIRUS DISEASE 2019 (COVID-19)

Coronavirus Disease 2019 (COVID-19)

shelves that say 1 item per person.

Racism towards Asians is increasing.

This pandemic is causing the population to panic and act irrationally, especially with the major decrease in necessities. There is an increase in racism, violence, and theft. Overall, crime has slowed down in a general sense because of quarantine, which means people are safe in their homes. Be careful with false information or scams. People have been scamming victims with false test kits, unproven treatments, and charity funds. So there is a lack in trust already.

The most concerning crime during this time is hate crime. According to the fbi.org website, hate crime is the "...criminal offense against a person or property motivated in whole or in part by an offender's

bias against a race, religion, disability, sexual orientation, ethnicity, gender, or gender identity.'" (Hate Crimes Page)

The source of COVID 19 is from Wuhan, China and the virus has spread to other countries due to overseas travel. People are using China as a source to express their fear or frustration on.

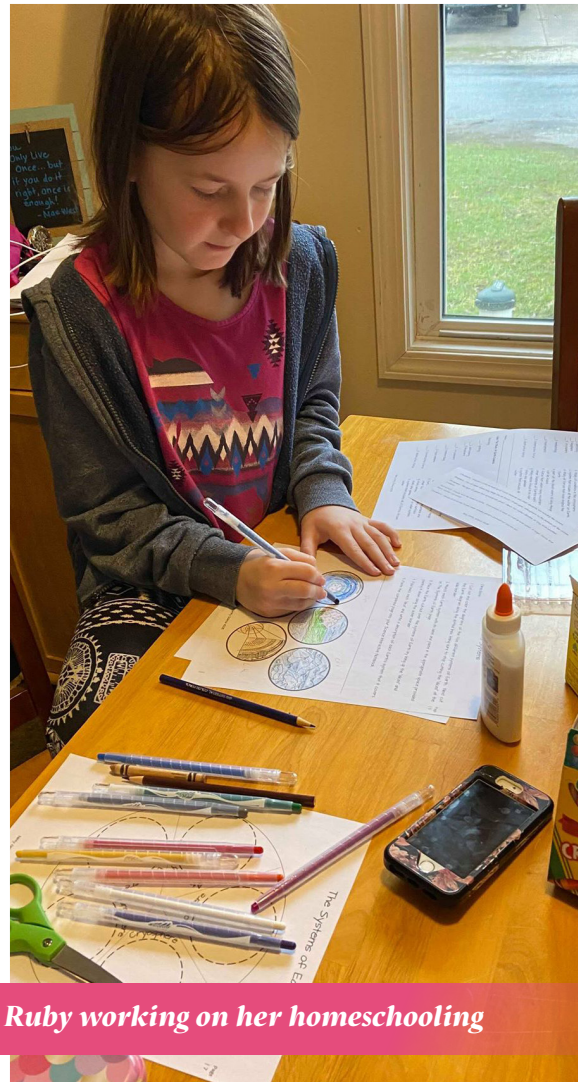
COVID 19 may have come from China but it does not give people the right to show prejudice against people of Asian descent. Please do not justify unkind actions with panic from the pandemic.

According to the New York Post, there has been a raise in discrimination towards people of Asian descent. On March 9, Yuanyuan Zhu was walking to a gym in San Francisco when a man was yelling racist

comments and telling traffic to run over the woman.

The woman was standing at the crosswalk and the man caught up and spit in her face. Zhu has been in the U.S. for 5 years and had not recently traveled to China. Just because a person is of Asian descent does not mean that they are responsible for COVID 19. Other reports include violence and verbal attacks.

During this tough time people need to work together to defeat this virus. Please listen to professional medical advice and stay home to stop the spread of the virus. Showing hate towards others will not solve the problem.--



1. Ruby working on her homeschooling

Story & Photos by Ariana Cloutier

Life as we know it has come to a screeching halt.

Businesses are closed down and kids are being taken out of school.

Many families are trying to understand and rearrange their new lives. Most parents are now stay at home parents as well as homeschool teachers.

Parents usually have about an eight hour period in their day, where they get to have

a break from their children and not have to worry about how to teach them or feed them.

Now, parents have their kids at home all day with no break and I'm sure for many parents it can be quite difficult as there may be more than one child at home.

"I have five kids, three of which are in school. It's been kind of difficult. I have one child that has a hard time in school as it is. He struggles to keep his grades up and is one of those children that needs the extra help in school because he's a bit behind on the learning curve when it

comes to math, reading, and writing," says Amber Brown.

Kids are being taken away from their usual environments and it can be difficult for them to adjust.

"He gets frustrated and upset with himself if he gets things wrong and will start shutting down and there's only so much I know and I struggle to help him as well," says Brown.

Not only does Brown have five children, there are two of them that are under school age, that need attention as well during this time.

Parenting at a New Level

Parents become teachers during the pandemic



2. Dad, Brody, and Parker working together at home



3. Kids enjoying science at home

Brown also has a daughter with a physical disability who is in kindergarten.

"I'm glad she's not in school right now, around all of this madness but, they expect her to be logged in like a regular school day. When she's at home it's different for her and she has a hard time concentrating," says Brown.

Even if parents are not having issues, it still is definitely an adjustment for kids. Humans are creatures of habit and children thrive when they have some sort of normalcy.

"I wish the teachers were able to record lectures. I think they would benefit more. Not that they don't have resources but I think it would help them feel like it's school," says Alexandria Markley, mother of two.

Some parents are understanding the fact

that their children are missing out on experiences in a school environment.

"Things are going pretty smoothly considering I have two VERY active boys. I was very honest with them about why we have to stay home and why they need to do the work the teachers have sent. The problem I'm having is a deep sadness for what they are missing. Both of them had the most special teachers," says Melanie Mauro of Niantic.

This is all quite a learning curve for everyone and we all have to be conscious of the fact that people are struggling in different ways.

We should be proud of all involved.

Together we will get through this and life will go back to normal.--



4. Parker and Brody doing homeschooling at the kitchen table

100 Years of Harry's Place

A milestone for a Colchester classic

Story & Photos by Tucker Noniewicz

The wooden panels are taken off the hatch windows of the white shack on Broadway for the 100th consecutive year. What could once be mistaken for a farmers market or a carnival stand becomes a classic local establishment.

The Colchester staple Harry's Place celebrates its' 100th season this year. The whitewashed shack located on Broadway in Colchester is built on the ideals of fresh American comfort food.

While Harry's Place is a nationally recognized historic place, throngs of people stop by every season for the restaurant's food and not for its historical significance.

Harry's Place opened in 1920 under its namesake Harry Schmuckler across from the Colchester town green. In the late 1920s the restaurant was moved to the corner of Lebanon ave and south main.

Rubin "Ruby" Cohen bought Harry's Place in the 1930s and ran the establishment until 1978. John Gare

and his family have run Harry's Place since then.

The American fare that Harry's Place offers is also affordable. Their 4-ounce Hamburgers are \$4.59 and their Hot Dogs are \$2.99 base price.

Harry's Place, 104 Broadway Street, Colchester; (860) 537-2410 or harrysplacect.com. Open daily, 11 a.m. to 10 p.m. through October. Telephone orders welcome; no credit cards accepted.--



1. Harry's Place emphasizes its history to the passing locals.

2. Left to right: Nicole Gaudette (manager), Katrinka Morgan (manager), John Gare (owner)..

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chelseagroton.enrich.org

Coronavirus Crisis Raises Unemployment

CT workers face unemployment as businesses are forced to close to stop the spread of the virus

Story by Jerico Ciliano

As of March 24, 2020, The National Broadcasting Company (NBC), reported that there are 27 thousand new claims filed since Friday-about 100 thousand in just a week.

The government strongly encouraged that Americans quarantine in their homes to stop

the spread of the corona virus. To further push people to quarantine, businesses and schools have been closed. This is a slight issue in regards to the working class.

If people are not receiving hours from work they are essentially losing money. Most companies are paying employees for this week. However, with the rapid spread of COVID 19, businesses and companies do not seem like their reopen anytime soon.

If people are not working at their job and receiving payment then they are eligible for unemployment insurance. Unemployment insurance programs pay citizens money if they lose a job through no fault of your own.

For example, people who work in nonessential businesses or companies will be temporarily laid off and will not be

paid for the time they spend quarantining at home. In this case they are standby since they technically still employed.

Most businesses are closing so that employees have no choice but to self-quarantine. The best way to avoid being exposed to the virus, it spreads mainly from person to person. You should stay at least 6 feet away from a sick person because respiratory droplets are produced



CONNECTICUT DEPARTMENT OF LABOR

1. The Connecticut Department of Labor website is where you can find more information regarding unemployment benefits for people affected by COVID 19.

[About Us](#)
[FAQ](#)
[News and Notices](#)
[Contact Us](#)
[Unemployment Benefits On-Line](#)
[Job Seekers](#)
[Employers](#)
[Labor Market Information](#)
[Directions/Office Information](#)
[Esta pagina en español](#)

File for Unemployment Benefits

IMPORTANT: If you become unemployed due to coronavirus (COVID-19), you should file for unemployment benefits. Click [here](#) for more information. For frequently asked questions about coronavirus (COVID-19) for workers and employers click [here](#).

****Please note: the start date for your claim is always on the Sunday of the week when you submit the**



2. The Connecticut Governor Ned Lamont (Photo by CT.gov)

when an infected person coughs or sneezes. Keep in mind, people are not showing symptoms right away. It takes about two weeks for a person to experience the symptoms and they will most likely spread the virus if they are feeling fine.

With this situation, Connecticut Governor Ned Lamont, sent out a PDF answering frequently asked questions regarding COVID 19 on the ct.gov website. Unemployment is on page 33 of the PDF. If a person is unemployed or laid off due to the virus, they should file for unemployment benefits.

The government is working on updating their systems to accept emergency rules made for the COVID 19. Based off an article, "Questions about unemployment? Here are some answers on filing in Connecticut during the coronavirus pandemic", by the Hartford Courant, most people are eligible to receive up to 26 weeks of unemployment insurance.

There are quite a few standard requirements for unemployment that have been waived due to the situation. However, it is difficult to conclude what will exactly be accepted when a person files for unemployment, there are many different situations to be evaluated.--

NOTE: This information will change as the virus continues to spread.

CONNECTICUT DEPARTMENT OF LABOR
Partners of the American Labor Union

IMPORTANT: If you become unemployed due to coronavirus (COVID-19), you should file for unemployment benefits. Eligibility will be determined on a case-by-case basis. We are processing claims as quickly as possible and appreciate your patience during this difficult time.

For faster claims processing:

Answer YES to the question "Did you lose your job after today?"

If you do not know your return to work date but expect to return to your job, enter 04/15/2020 for your return to work date when prompted.

Have your employer's DOL registration number available. If you do not have the number, enter 99-999-95.

When you are asked if you are able and available for full-time work on either your initial claim or your weekly claims, please answer "No" only if you are out of work because YOU are sick.

If your employer is shutting down for a period of time because of COVID-19 and will be paying you your usual wages for this time, you are not eligible for unemployment.

Due to the very high volume of claims being filed, we strongly recommend that you select direct deposit to your bank account as your method of payment. This is the most efficient means of payment and will avoid any potential delays in waiting for a debit card to be mailed to you.

We are working as fast as we can to process the claims we are receiving. Please watch your email for important notifications that will give you information on the status of your claim and next steps in filing. Emails to look out for include:

- Your claim has been successfully submitted – this means that DOL has received your claim and will process it as soon as possible.

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In the Know...

DIY Hand Sanitizer

A handy home-recipe and important information on proper use

Important things to know about hand sanitizer:

“Many studies have found that sanitizers with an alcohol concentration between 60–95% are more effective at killing germs than those with a lower alcohol concentration or non-alcohol-based hand sanitizers,” says the CDC.

Although hand sanitizer can kill germs, it can also be over used. Using too much too often can cause antibiotic resistance and

that can cause more sickness. “They’re not resistant to the alcohol — at least, not yet — but they’re becoming “more tolerant” of it, the authors write. That means the bacteria were able to survive for longer periods of time after being doused with alcohol,” says NPR.—

Story & Photos by Ariana Cloutier

Over the past few weeks, there has been an absolute craze over hand sanitizer. To the point where it is sold out everywhere.

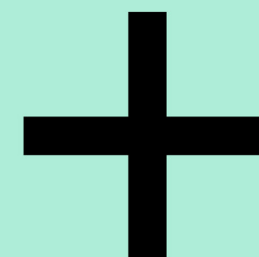
One man named Noah Covin of Tennessee, bought 17,700 bottles of hand sanitizer from multiple stores across Tennessee and Kentucky, as well as online.

As store shelves across the nation are left with slim pickings for cleaning supplies, many people have resorted to making their own on-the-go disinfectants.

Here is what you will need to make hand sanitizer in your own home

Directions:

1. In a bowl mix your aloe and alcohol together until it is completely smooth.
2. Drop in some drops of your essential oils and mix again. Continue adding the oils until you reach your preferred scent.
3. Place finished hand sanitizer into an airtight container and funnel it into an old soap dispenser for easy use.



Story & Photos by Bianca Lane

Downtown Norwich, Connecticut in disrepair? This issue hits close to home, quite literally as I live downtown and see the broken structures.

I will admit since I was a child, I have seen downtown fluctuate from being

a good location for businesses to not being such a good location. But as of now, February 2020, in my opinion, downtown is a booming location for small restaurants, with a foreign cuisine menu.

While I walk through downtown Norwich, all I really see are restaurants for the most

part. There's 'The Royal Punjabi' and many other restaurants just like it.

Besides that, there are a couple of different banks, a pawnshop, a tattoo place, two clothing stores that double as hair places, a small convenience store, the courthouse and other government buildings, a little coffee shop, some bars, Cafe Otis and Otis Library.

While that may seem like a lot, I find that there is not much of a variety as there is quantity. Even then, those don't

even account for all the old abandoned and deteriorating buildings that need expensive renovation work that can't be profitably paid for.

On the note of renovation, all of the proposed redevelopment efforts for downtown Norwich have often been prevented by conflicting conditions.

Those conditions being two sides of the same coin really, but I find them to be fair and logical. Businesses are reluctant to open downtown because of

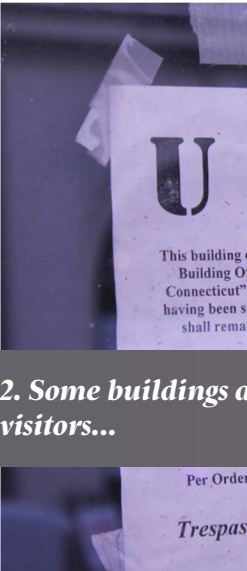
Downtown Disrepair

Buildings in downtown Norwich are dangerous



1. A long known abandoned building coming into downtown.

2. Some buildings are not so welcoming to visitors...





3. Drab scenery like this drags down the potential of downtown Norwich.

the lack of customers and foot traffic, and customers are reluctant to shop downtown because there is a lack of businesses.

I do not seem to be the only one to see the logic that comes from these conflicting conditions though, as there was a press conference held in June 2019, at the Wauregan apartments ballroom about it.

“We knew the building owners were struggling,” Norwich Community Development Corp. President Robert Mills said. “We recognized part of this market’s weakness is lack of feet on the street.”

Speaking of the Wauregan, it used to be an old hotel that was initially refurbished in 2006, and sometime after 2010 was transformed into apartments undergoing some more refurbishing. The apartments themselves are very nice, but I must say it is not an ideal location to live if you do not have vehicular transportation, as my cousin had found out the hard way.

Getting back to the topic of downtown being in disrepair, many of the abandoned buildings have building permits taped to their doors... unfortunately, many, if not all of the permits expired back in 2019. It is quite possible that the permits were there so the proposed redevelopment efforts could begin.

Out of all the abandoned buildings, the most prominent of them all has to be the old Dunkin’ between Main Street and Church Street, which has been abandoned since late 2006 when its lease expired, the old ‘YMCA’ and the Carroll building.

I feel like, if we could get these abandoned buildings repaired, it would bring more businesses downtown, as the incoming

businesses would not have to put all this money into repairing a building themselves. The question is, will the buildings ever be repaired?--



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COVID-19 Forces All Education to Move Online

Here are some tips to help the transition

Story & Photos by Bianca Lane

All Classes for all ages have switched to at home online learning options.

In light of the world's newest global pandemic, many schools and colleges have changed their on-campus classes, to online classes.

While it may be a different experience, its not all that different from an actual on-campus

class. You still have work and due dates, you can still have lectures and readings, really the only difference is that you turn in your work online, and you get to chill in your pajamas while completing your schoolwork.

If your still having problems, don't worry there's a whole bunch of tips to help you succeed in online classes about

Tip 1: Treat it as an on-campus class

When it comes to online classes, you need to have the discipline to sit down and say, "I am going to work on this," and actually follow through. You can be flexible as to when you do it, but you cannot, just not do it.

If you're still having trouble, remember you are still paying for the class, so treat it as an on-campus class, or even as a job! You have to do the work to keep your job.

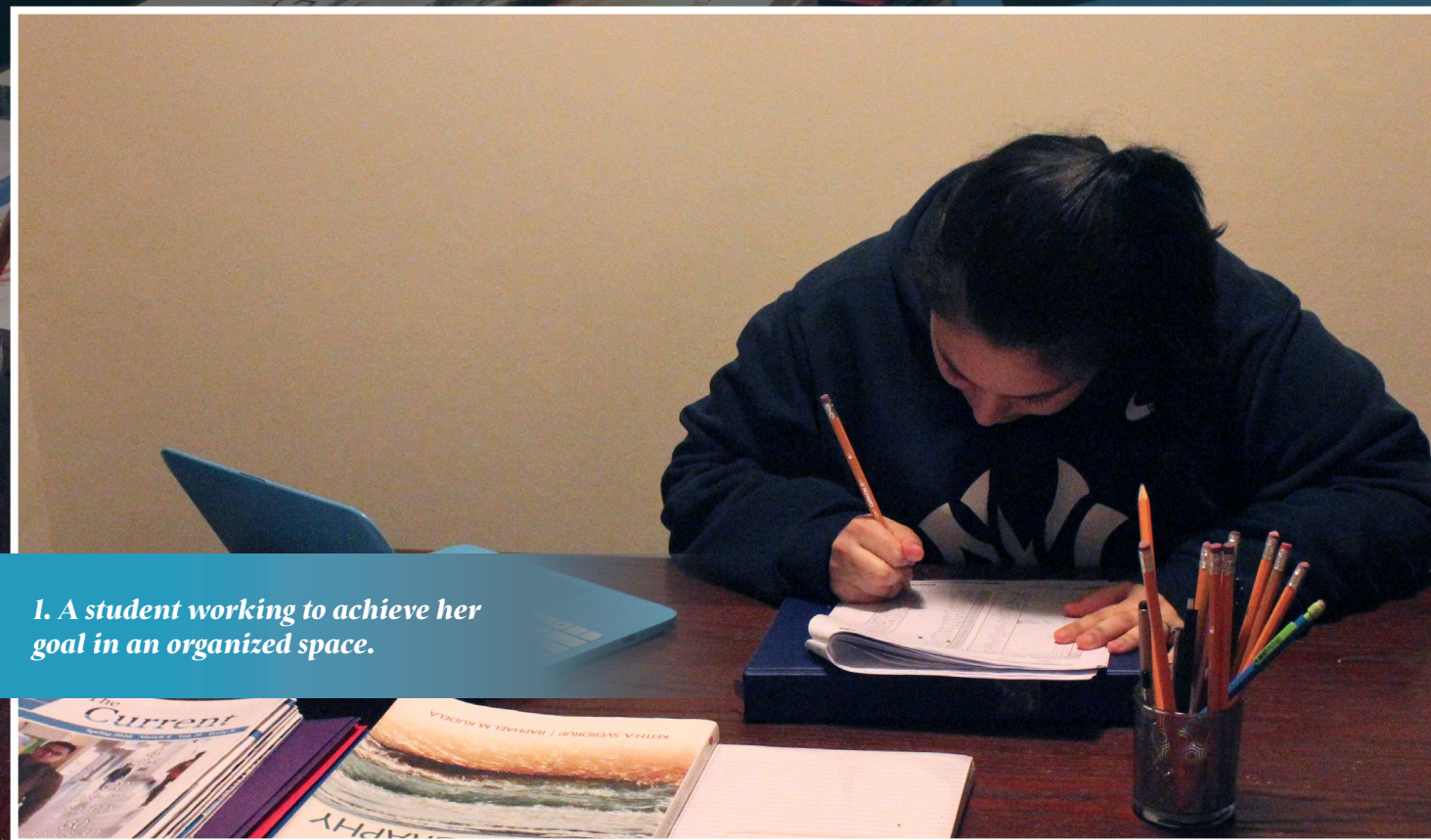
Tip 2: Time Management

The flexibility to create your own schedule can be a blessing and a curse. A blessing if you have specific times to work, a curse if you do not have time management skills.

If you do not have good time management skills, you might easily find yourself cramming before classes or handing in subpar assignments as you did not give yourself enough time to do them beforehand.

Look at the syllabus at the start of the semester and make a note, of major assignments. Mark them on a calendar you check regularly so you are constantly looking at your upcoming workload, but don't forget about prior commitments either.

1. A student working to achieve her goal in an organized space.



Tip 3: Create a regular study space and stay organized

Set up some space where you can sit and study regularly. By completing your work there repeatedly, you will begin to establish a routine.

While creating your study space, experiment to discover which type of setting boosts your productivity. This can also help with keeping track of all your assignments and important paperwork.

Tip 4: Figure out how you learn best and eliminate distractions

After setting up a place to work, think about when and how you accomplish your best work.

If you're a morning person, make time to study first thing in the morning. More of a night owl? Set aside an hour or two after dinner to settle down with your computer and books to work.

Not everyone learns the same way, so its best to find out what kind of information helps you best grasp new information and use learning strategies that work well with it.

Are you a visual learner? Then print out transcripts of the video lectures to review. Learn best by listening? Find time to play and replay all audio and video-based course content.

Distractions come in many different shapes and forms, from social media to streaming sites like Netflix and Hulu.

To help lessen distractions, consider turning your cell phone off to avoid losing focus every time a text message or

notification pops up. If you still feel the temptation to check your email or surf the web, try downloading a website blocker.

Using applications like Hocus Focus and Rescue time can help eliminate distractions by blocking apps or websites that tend to take your attention, like Facebook and Twitter.

Tip 5: Actively participate and use your provided network

Most, if not all online courses have a forum of discussion board allowing you to interact with your fellow students. Most online courses are built around the concept of collaboration, with instructors actively encouraging the students to work together to complete assignments and discuss lessons.

This might involve commenting on a classmate's paper on a discussion board or posting a question about a project you're working on.

“... think about when and how you accomplish your best work...”

Build relationships with your fellow students by introducing yourself and engaging in online discussion boards, which isn't as bad as it seems, for many

2. Keeping an organized daily time sheet can help to keep you on schedule.

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00							
6:30							
7:00							
7:30							
8:00	History	Study	History	Study	History	Study	
8:30	review	English	review	English	review	English	
9:00	Math		Math		Math		
9:30	review		review		review		
10:00	Math	English	Math	English	Math	English	
10:30							
11:00	Study	Lunch	Study	Lunch	Study	Lunch	
11:30	Math		Math		Math		
12:00		review		review		review	
12:30	Lunch	Spanish	Lunch	Spanish	Lunch	Spanish	
1:00	Chemistry	Spanish	Chemistry	Spanish	Chemistry	Spanish	
1:30							
2:00	P.E.	chem	P.E.	chem	P.E.	chem	
2:30		Lab		Lab		Lab	
3:00	Recreation		Recreation		Recreation		
3:30							
4:00	Work	Work	Work	Work	Work	Work	
4:30							
5:00							
5:30							

online classes do require you to give a small introduction of yourself. Your fellow students can be a valuable resource when preparing for exams or asking for feedback and help on assignments.

Don't be afraid to turn to them to create a virtual study group. Chances are good that they will appreciate it just as much as you will.

If you are still having trouble, you can always directly email your teacher with any concerns or questions you may have.--

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Jodi Calvert

River's Bed: A look at who keeps Three Rivers flowing

Story & Photos by Tucker Nonewicz

Q: When did you come to Three Rivers?

I first started working here in January of 2007. I started as a part-time grants coordinator.

I went out and recruited students and managed a cohort program. I loved it

Q: What are some services you provide Three Rivers?

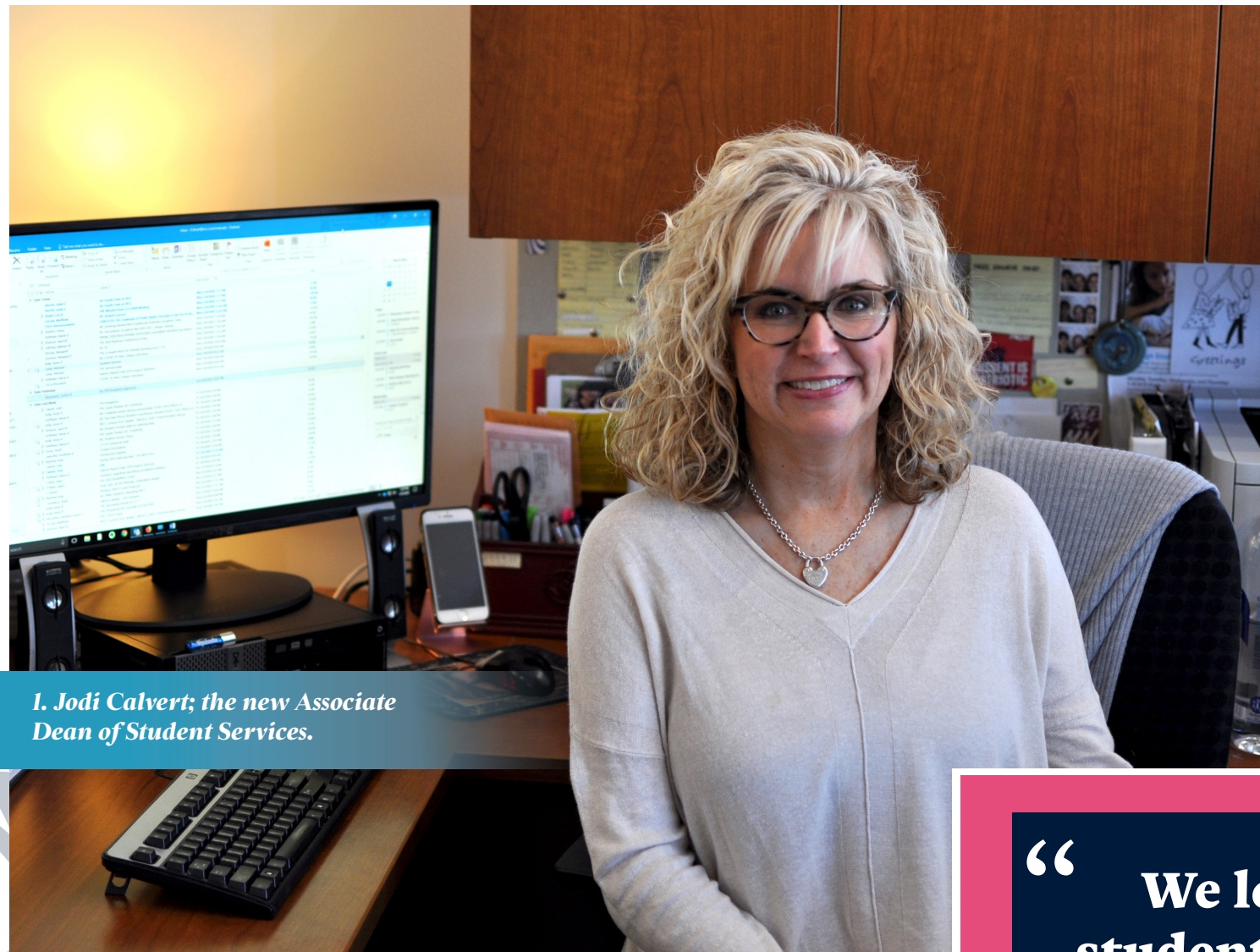
So I just recently got a new title as of this month. Now, I am now the Associate Dean of Student Services. I've held a variety of jobs, I've been a director of learning initiatives so I was in academics before this job.

Then I was the director of student services. I also managed some statewide grants. So I did all of the development of the manufacturing centers at six community colleges including Three Rivers.

This is my jam, I feel like I've finally found what I'm supposed to be doing which is completely front line student services which I love.

I oversee all of the advising and counseling, so anyone who comes down here to see an advisor or with a counseling issue that's all under the preview of my department.

I am working on some equity work called achieving the dream. And I have been the program coordinator for the first-year experience. That will change next fall, it will go back to being on the academic side of things.



Jodi Calvert; the new Associate Dean of Student Services.

Q: How does your work impact the lives of Three Rivers students?

I think the students are why anyone who works down in this crazy A wing does it. We love students. We have a true passion, and it's that daily interaction with students, that "in the trenches" perspective, that we love. We want our students to feel like they belong here and they matter, and that we

are here to help them better their lives. We do get a bit crabby in late August when people wait till the last minute.

I hope you felt that as a student. You have your strong academic person, your relationship with your advisor and your program coordinator, and we are

here as a backup.

Everyone here in the A-wing is very student-centered, and I feel that is what really makes a college.

I went to a conference recently and a student's quote really resonated with me. She said, "If we get blown off, we blow away." I never want a student to come here and feel blown off, or have to jump through seven different hoops to get one question answered.

I have a new counterpart, Kevin Kelly, he is the registrar and he also became an associate dean at the same time I did. We work really well together, and we are trying to streamline everything we do down here so it's easier.

It's easier for you as a student and it's easier for us as the people trying to serve you. It's a slow-moving process, but we are shifting the processes to make it not so convoluted.

"We love students. We have a true passion..."

Q: What is the most impactful change you've experienced at Three Rivers?

There are a couple. First I'd like to give a shout out to my boss, Rob Farinelli. He is the Academic Dean and when he became the Academic Dean they also told him that he'd be the Dean of Student Services as well.

Working for him has been such a joy

because he's open-minded, he's fair, he wants to do right by the students, and he has a killer sense of humor. As a leader that's who you want to work for.

He doesn't micromanage. He trusts us to do our work and we do it. So it's this true team collaboration and I feel that's changing and that's been a long time coming. I feel I'm a part of a bigger team.

We are starting this equity work as part of Achieving the Dream. It's something we should have been doing all along, but we move at such a fast pace that we never took the time to slow down and put a lense of equity over our work.

Ask questions like, are we serving every population that comes to this college? Are we making everyone feel like they belong here? Are we doing everything we can?

When people hear equity people think "race", but it is so much more than that. We look at gender and sexual orientation, non-traditional working parents or students who are caretakers, race, national and culture lenses, students with disabilities, veterans who might have specific needs, and populations that we know come to this college. What are we doing to help these different populations

I happen to sit on the nontraditional working parent team, and it has just started. That work is super inspiring because I really think that it is gonna change the whole culture of this college from being college centered to being student-centered.

The Dean was like, "You know our syllabi could use some work." He teaches math and he did this session with the faculty about making your syllabi more equitable. Working on the harsh punitive language and introducing some leeway and student input. I thought that was cool.

We are doing something this semester called

Cram Jam. Tod Barry was saying professors have office hours but the students that truly need us aren't coming to us. For some students, stepping over that doorstep is intimidating, that's an equity issue.

Alicia Ziegler is organizing this Cram Jam. It is multidisciplinary, so all different faculty will be there offering tutoring in a non-intimidating environment. The language on our signage, etc.

This work has got me jazzed, I think it is gonna make a big difference.

Q: Looking ahead, what excites you the most about the future of Three Rivers?

For the first time as part of this equity work, under Achieving the Dream, we are looking at the data. So we are pulling all kinds of data organized by these groups.

All the faculty were presented with a data

dashboard with all their classes on it with all the data for those classes. It is alarming because you look at it and can see problems with the data.

This initiative will allow us and professors to identify problematic data trends and start making moves to correct them. Looking at the data is such a different approach and that is a nice change.

People always harp on graduation rates, but with community colleges, it is a bit different. There are lots of people going at their own pace at community colleges, so I think looking at different metrics will be very useful for us.

Q: How has being a staff member here at Three Rivers made an impact on you?

We are kind of like a big dysfunctional family. I like to come to work and have fun and I like having the people around

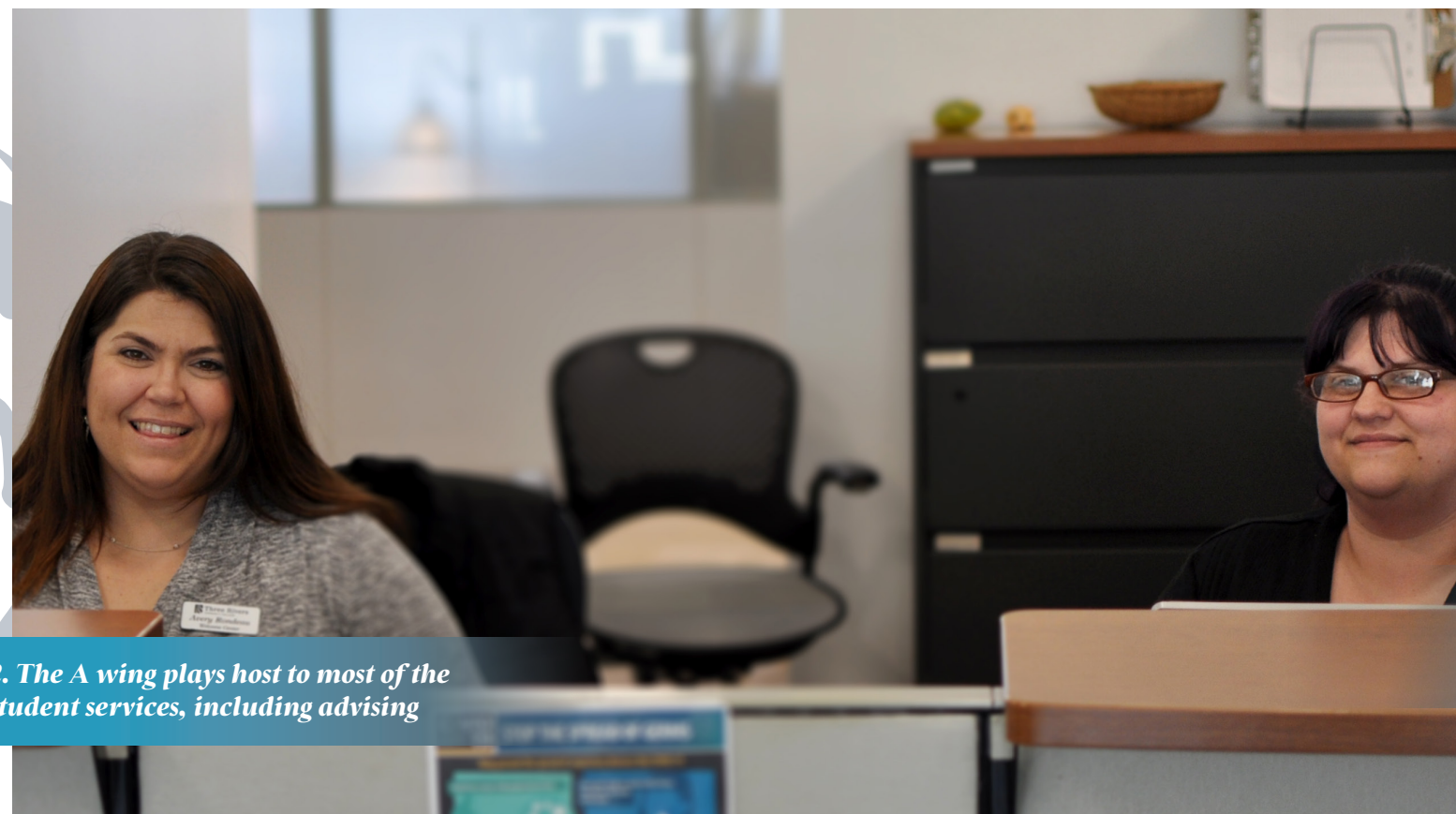
me to have a similar experience.

We are very supportive of each other, when one of us needs something we are there. I speak only for myself but I love coming to work every day. It's really good people who really do care

Q: Are there any other comments you'd like to make?

I'm so passionate about the mission of a community college to make a community. The students we serve are the best. I love the gambit that our students run. There are all ages all different goals.

Our students are so gritty, so driven, and so kind. I'm so glad that Three Rivers becomes a home for students like that.--



2. The A wing plays host to most of the student services, including advising



3. Calvert and her advising department are here to help in advising.



1. New students should be sure to take in the scenery at TRCC, as they may just find something extraordinary

Story & Photos by Bianca Lane

To all new incoming Three Rivers Community College students, welcome to our humble community college where we are all in this together and look to help any way we can.

For starters, coming into college you may be aware you are going to type an abundance of essays. So, let us focus on how to approach your essays to the fullest and take them more seriously than they may come. Take a look at the tips for you to consider here.

In terms of word processing programs, if you are not that big on using Google Drive then luckily for you TRCC offers free access to Microsoft Word. It will be a big help for all your essay work for your classes.

Do not lose focus on the goal when writing; make it a priority over those non-essential activities that you have going on in your day. Obviously, there are some instances that will take priority, but do not get caught up with events that will cause you to procrastinate.



2. A student relaxing in between classes.

Leave your high school habits behind and move forward in life.

Thus, bringing to light that the home environment may become a less productive place to work. On that note you can always come to the library here at TRCC. A place to do your studies and type away with the use of our computers provided.

Additionally, say you are in a study group for class or have a group assignment that needs to be done but you just cannot find a quiet place to think. Well, lucky for you the library has sound proof rooms that are available to the student body. Take advantage of these facilities right on campus.

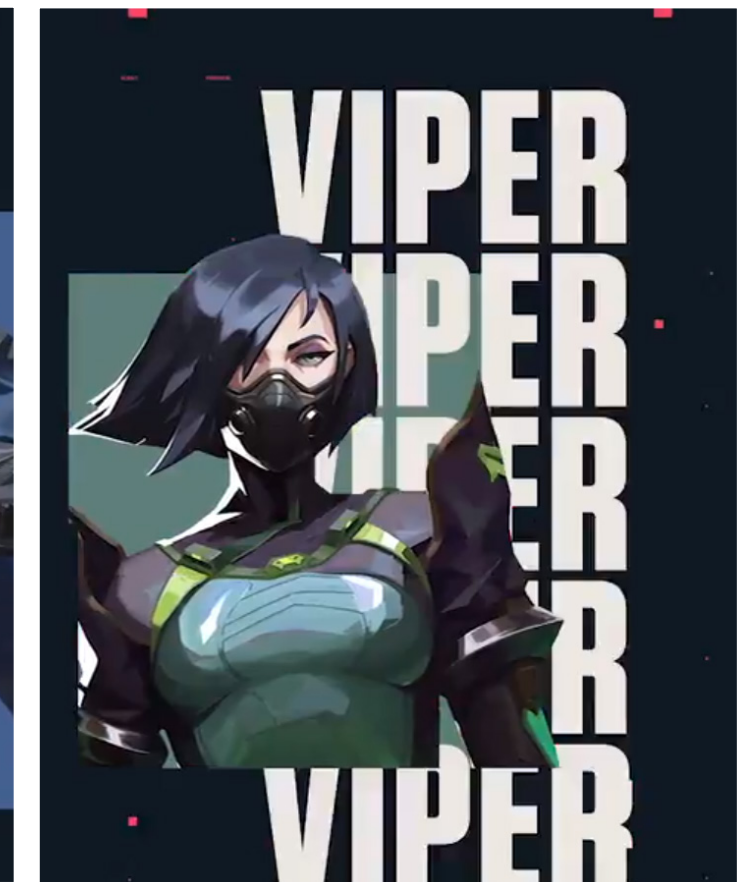
Do not procrastinate your college work to the point of where you are rushing last minute to make something up that will not be anywhere near what it could have been. To all new students coming in, make it a priority to do your best and do not wait last minute and take advantage of the programs and resources made available to students of Three Rivers Community College. --

Tips for New Students

A few pointers from the TRCC Survival Guide



The fiery Phoenix, the vigilant Sova, and the sinister Viper are revealed as the first three characters in Riot Games' new character-based tactical shooter Valorant.



Valorant

Project A gets its' brand

Story by Tucker Noniewicz

Photos by @PlayValorant on Twitter

October 15, 2019, was the day that Riot Games Celebrated its 10th anniversary. For 10 years Riot had only put out one game, League of Legends. On that day they announced their plans to earn the "s" in Riot Games.

October 15's Riot Pls video and accompanying Livestream held over 7 major announcements for League and Beyond, including a card game, a fighting game, a

top-down RPG, a character-based tactical shooter, etc.

Riot describes Project A, their new character-based tactical shooter, as, "Competitive, it has precise gunplay and it's set on a beautiful near-future earth."

On March 2, a tweet went out under a new twitter account named "Valorant." It simply read "Summer 2020, Été 2020, Verano de 2020," and was accompanied by a gameplay trailer. This gave us the name, the logo, and a release window for Project A.

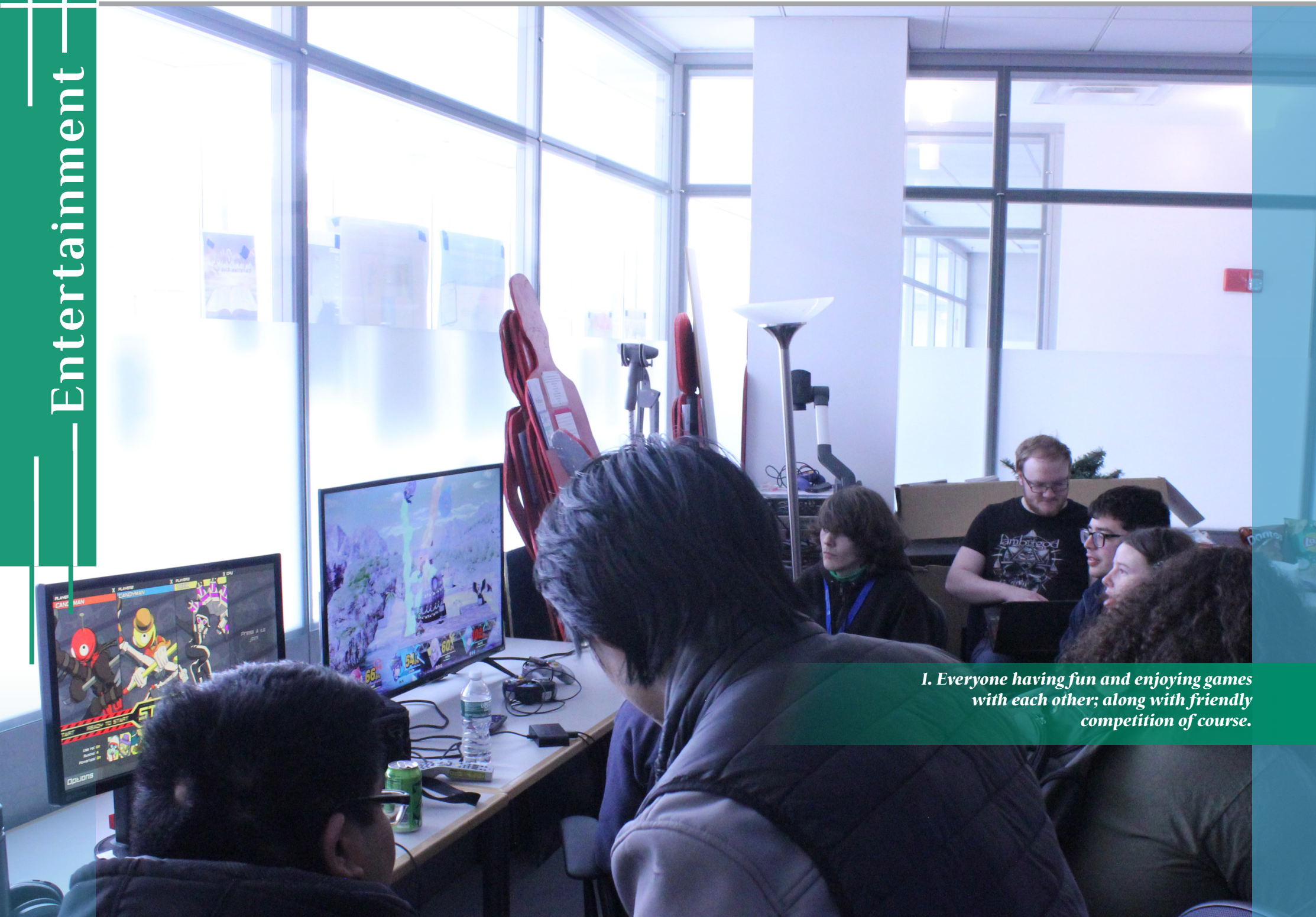
Starting on March 5, and continuing every Thursday since then Valorant twitter has released vignettes debuting heroes from the roster of their upcoming tac-shooter.

March 5 brought us "Phoenix." Billed as from the United Kingdom, Phoenix displayed a mastery over flame in his vignette showed off

the ability to throw fireballs that he could direct around walls, and his ability to conjure a wall of flame that can block line of sight.

March 12 brought us "Viper." Billed from the United States, Viper showed off her mastery over toxic gas. From small scale clouds that can be used to obscure choke points, to covering entire sites in the stuff, Viper looks to be an asset on any battlefield.

March 19 saw the debut of "Sova" of Russia. Sova has a tactical drone at his disposal, useful for scouting the battlefield. Continuing the theme of a scout, Sova has access to a dart that reveals enemy positions even behind terrain. Fans of Blizzard's Overwatch will recognize this ability as similar to Hanzo's--arrow.



1. Everyone having fun and enjoying games with each other; along with friendly competition of course.

Fighting Game Festival - 2k20

Gathered to have a fight to the finish

Story & Photos by Bianca Lane

No, not physically, but digitally. But just because it was digital fighting, doesn't mean it wasn't any less intense.

On March 11th, 2020 I went to the Video Games Club first and only event of the semester titled 'Fighting Game Festival - 2K21. The event started at 1 pm and lasted until 3 pm, and according to many of the club's members, the event was a huge success.

"Yeah, I mean, we never really had events that flopped. We're currently at 22 attendees and are expecting more to come." Joesph Victorino said.

The event featured many different fighting games on a variety of consoles.

The consoles included older ones such as an Xbox 360, to newer ones such as the Nintendo Switch. The video games included Tekken 7 and the likes of Nintendo's ever-famous Super Smash Brothers.

Unfortunately by the time I was able to get to the event, most of the food was gone. But the food included chicken wings from Buffalo Wild Wings and the usual bags of chips and bottles of soda and water.

While at the event Alycia Ziegler, the head of Student Programs popped in to grab a bite to eat and to check in on the event.

"VGC always does a great job, VGC and Anime is the gold standard for clubs on campus," Ziegler said.

Do you hear that other clubs of Three

Rivers Community College? Get on their level! I'm kidding, please don't shoot the messenger.

Looking around the event I could see all kinds of people sitting down and having fun together. The atmosphere was friendly and full of playful banter.

"Our little well niche community, it works out well," Ian Thompson said.

As time flew by, the competitive spirit could be seen, and the noise had progressively gotten louder. But it was all in good fun I assure you, nothing had gotten violent... well except in-game that is. Before I joined in on the competition, I

walked around and talked to a few people to get a feeling of those in the Video Game club. They were all nice and willing to talk to me.

"... we never really had events that flopped... more to come..."

We even had a few conversations about the different types of video games they play and what I play.

At one point, Victorino tried to play it off that he has never

played Super Smash Bros and asked for the rest to go easy on him.

"I've never played, goes easy on me," Victorino said.

It seems to me the others knew he was joking, which I did not know at the time, and went all out against him in the end. He ended up winning the whole match.

I joined in the fun after Victorino had to go do something, by taking his spot in Super Smash Bros, where I was up against four other members of the Video Game club.

I may have gotten my butt seriously kicked, not surprising I was up against the Video Game club, but I had a lot of fun. I even managed to take third place in the final round of Super Smash Bros though!

As the event came to a close, I was a little sad because I was having so much fun. But as they say, all good things must come to an end.

"I had a ton of fun battling players on Smash Bros Ultimate on Switch," Julie Chamrad said.--



3. All the competitors that attended the event



2. Victorino might have asked for other's to go easy on him, but he is far from a beginner.



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Music to Be Murdered By

Review of Eminem's latest album

Story & Photos by John White



1. Album art for Eminem's eleventh studio album

2. This album is best enjoyed when listened through high quality headphones

Eminem has been on top of the rap world since he began back in 1997 when he put his name out there. He has released hit after hit on his way down the road with hit Albums like “The Eminem Show” and “Recovery”.

Eminem has had some flops here and there but he still finds a way to be relevant in the industry. Whether he is dissing young rappers or just poking fun at celebrities, he is just doing it his way.

Surprising us all with his eleventh studio album, “Music to Be Murdered By,” looking to deliver his killer verses to the masses. His last album, Kamikaze, was met with disappointment from fans and critics alike.

The album cover was inspired by Jeff Alexander’s “Alfred Hitchcock presents: Music to Be Murdered By” in 1958. After listening to it this, it could be one of Eminem’s most talked about albums to date.

The rapper is known for taking shots at all who are famous and shoots from the hip at everyone he can think of. Putting it simply, nobody is safe from an Eminem verse.

Eminem rapped, “But Rolling Stone stars, I get two and a half stars outta/ Five, and I’ll laugh out loud”. This line, on the first song “Premonition,”

is in response to Rolling Stone having rated his album Kamikaze negatively.

In this album, he targeted criticism at plenty of other rappers from Macklemore to Machine Gun Kelly.

Another part of this album which I respect entirely is his concern on gun violence and how it should be focused on more. With the song “Darkness” he looks back on the Las Vegas shooting back in 2017.

The song is written from point of view of the shooter and relates to how he feels before a show. Obviously, the events on that day are more tragic and he knows that, but politically he is covering a lot of ground in the song.

In the song he raps, “But if you’d like to know the reason why I did this/You’ll never find a motive, truth is I have no idea/ I am just as stumped, no signs of mental illness”. The man took a big step to cover a very touchy subject.

Which is why when he released music video for the song, he uses the slogan “When will this end? When enough people care”. A valid point for today’s society, because he wants something to be done about this.

The album to me is probably some of his best work in the last couple of years, and I am hoping to see him keep it going for years to come.--

Coronavirus Halts Sports

The pandemic turns the Sports World upside down

Story & Photos by John White

Never in this lifetime would I think to see the day that there would not be sports on television or anywhere in the United States. The thought seemed so surreal and just utterly ridiculous.

That thought has now become a reality and quite possibly at the worst time. Due to the growing concerns of COVID-19, all sports have been put on suspension, canceled or postponed.

Everyone was aware of the virus before all of this had occurred, but the repercussions were not fully known. The most that was talked about was having empty stadiums.

That was all till on March 11 a Utah Jazz game was put to a stop due to a player being diagnosed with the virus. Close to 50 minutes later, the announcement came out that the NBA was putting their season on suspension.

The player that was diagnosed was later reported to be Jazz player Rudy Gobert. A few nights prior, Gobert jokingly touched every microphone in front of him during an interview before leaving the room.

The day after the game, fellow Jazz teammate Donovan Mitchell was diagnosed. Teams throughout the league



1. As the pandemic sweeps through the nation, the sports world has been put on hold

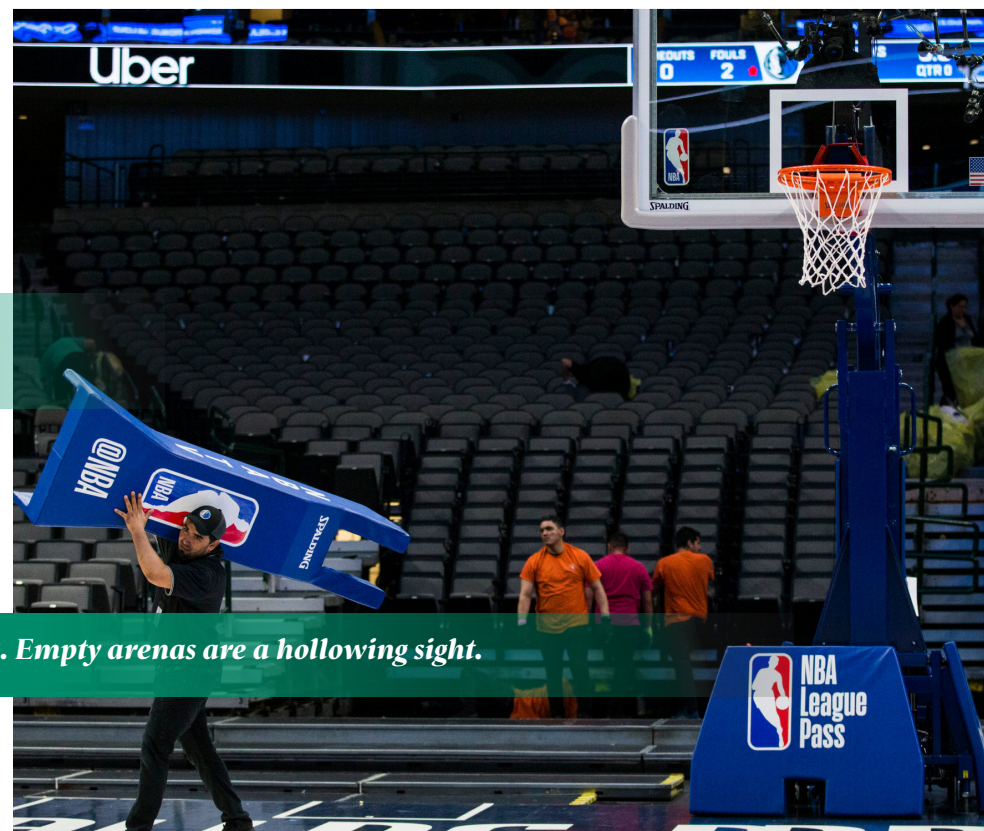
are being tested, leaving the mystery of if the season will even finish up in the air.

Additionally, the National Hockey League the following morning of the NBA suspending their season decided to follow suit. Now after two major sports leagues being put on hold, the world was put into a frenzy.

The biggest part of all of this is that this time of the year is a big time for sports. The NHL and the NBA are heating up as they are coming to end of their seasons and preparing for their respective post seasons.

Now with all of that in question, no one is sure whether they will go through with finishing up in the summer or not, and this was only the beginning of what would shake up the sports world.

One after another news would break of another sport taking precautions towards handling the virus outbreak. The NCAA went through with actually canceling March Madness this year which by itself is



2. Empty arenas are a hollowing sight.

a historic decision in sports.

PGA has put their tour on hold along with the PBA who both just recently started up their tours. On top of that we have the MLB who are preparing to begin their season but now have had it pushed it back almost a month now.

The only sport not affected by any of this currently is the NFL, who will not start until August. There is possibility of their draft getting delayed, but as of now it is still supposed to occur in April.

Say what you want about the whole situation, it is going to be weird and really boring without any form of sports on



3. Rudy Gobert was the first athlete on record to have tested positive for the virus.

television. For the health of athletes (and us fans), however, it is better we take precautions while we can.

At the start of the controversy, this all began with Rudy Gobert and his antics. In retrospect, however, he put a scope on the virus that some people were not seeing and made it clear this issue is not to be taken lightly. --

Meditation to Soothe the Soul

How meditation can get you through this stressful time

Story & Graphic by Ariana Cloutier

Everyone needs a little peace of mind to keep their cool.

Meditation is the perfect way to keep your mind, body, and soul happy.

“A review study last year at Johns Hopkins looked at the relationship between mindfulness meditation and its ability to reduce symptoms of depression, anxiety, and pain. Researcher Madhav Goyal and his team found that the effect size of meditation was moderate, at 0.3. If this sounds low, keep in mind that the effect

size for antidepressants is also 0.3, which makes the effect of meditation sound pretty good,” Forbes reports.

During this pandemic, it can be quite a dark and lonely time for some. Through meditation, there are many good outcomes of mental health.

Even if you can’t fully get into meditation and completely clear your mind, it is nice to just sit and focus on yourself just for a few moments.

“Adapt meditation to your needs at the moment. Remember, there’s no right way or wrong way to meditate. What matters is that meditation helps you reduce your stress and feel better overall,” says The Mayo Clinic.

If you feel like your meditation is going off track, just center yourself and remember it doesn’t have to be perfect. Don’t stress yourself out more trying to be perfect at meditation. --

Tips for Meditation

1. Sit somewhere quiet and if you can’t, just close your eyes and focus on your surroundings. Focus on a smell or the feeling of a certain objects.
2. Don’t put too much pressure on yourself. Have fun with it.
3. Focus on your breathing.
4. Take a walk to clear your mind.

Addendum

Rarely is it we find ourselves self aware when we are living in historical moments.

As the engines of the world come to an abrupt and unsettling halt, in one way or another each of us has been reminded that life can change in an instant.

As all of us adjust to our new normal, the best that we can, use this time to breathe and take in the world around you.

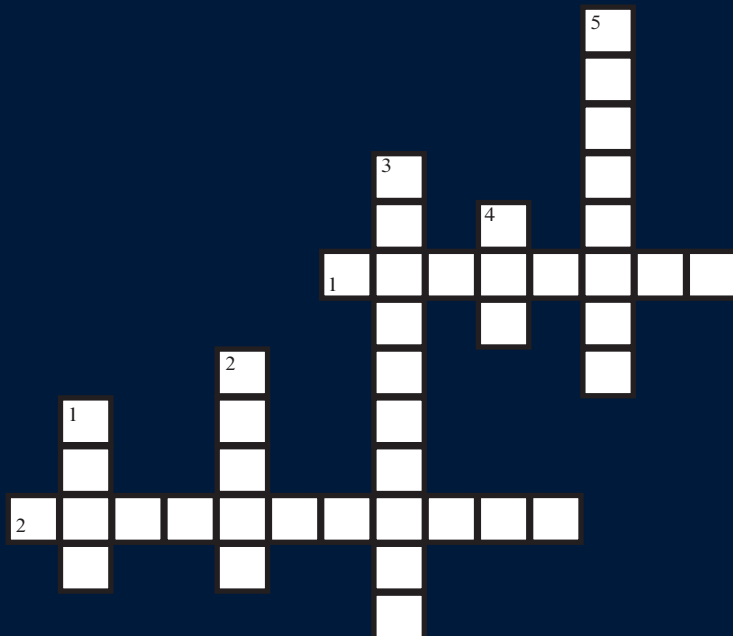
The road ahead in these uncertain times is long and arduous, but it is important to remember that not one of us is going it down it alone.

We are all in this together.

“You have power over your mind—not outside events. Realize this, and you will find strength.”
Marcus Aurelius

The Current

Crossword



Across

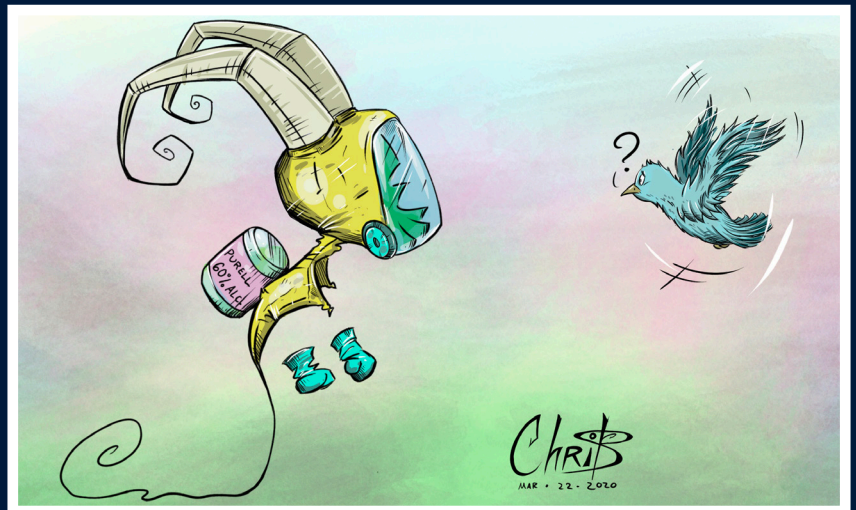
1. A nation or worldwide occurrence of an infectious disease.
2. A light beer, and a worldwide health emergency.

Down

1. The lovable green character featured on the back cover of this semester's issues of The Current.
2. The widely accepted origin city of COVID-19.
3. A period of isolation in which people who have been exposed to infectious or contagious disease are placed.
4. The leading national public health institute of the US.
5. A widespread occurrence of an infectious disease in a community at a particular time.

Too Cool for School #3

Comic by Chris Boyle



"Can you give me about 6 feet... 'Social Distancing.'"