



The Current

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STAY CURRENT WITH ALL THINGS COVID-19 & MORE...

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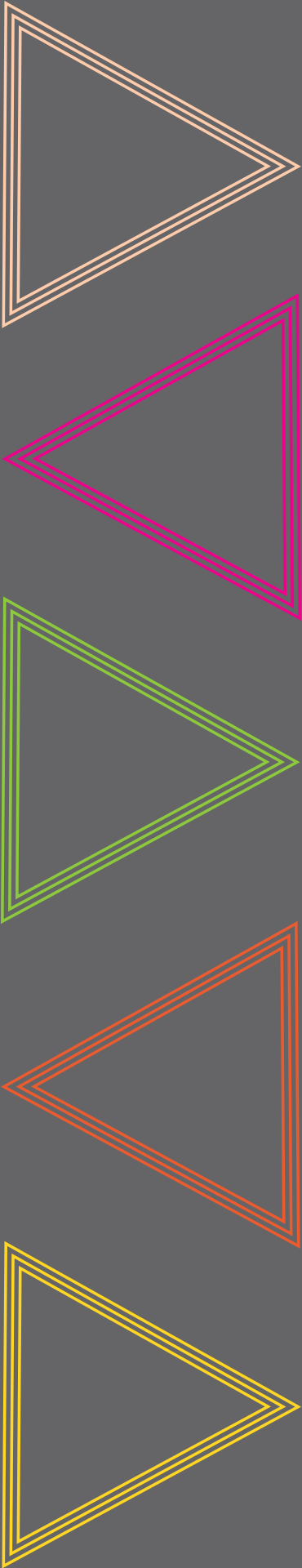
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On The Staff...

The Current is the official student publication of Three Rivers Community College.

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COVID-19: The Current Update

*The latest on the novel coronavirus.**

Story & Photos By: Chris Boyle

Coronavirus Disease 2019 (COVID-19) was officially characterized as a pandemic by the World Health Organization (WHO) on 11 March, 2020. The novel coronavirus has continued to spread and since caused a complete disruption of daily life on a global scale.

While several countries, the United States is racing to combat the spread of the contagion while trying to keep the medical system from becoming overloaded.

As of 5 April, 2020, there were over 1.1 million reported cases of the virus worldwide, including over 63,000 fatalities, as reported by the WHO. 245,000 people were reported to have recovered from the coronavirus.

On the same day, there were 335, 872 cases of the coronavirus in the United States with a reported 9, 582 deaths related to the virus. Cases have been reported in all 50 states, and US territories District of Columbia, Puerto Rico, Guam, Northern Marianas, and the US Virgin Islands.

Since the outbreak began, the world has seen 209 infected countries who are reporting cases of the coronavirus.

The COVID-19 virus is a zoonotic contagion, believed to have been carried by bats before it began to be transmitted to humans. It is believed to have originated out of Wuhan, China as early as November of 2019.

“Coronaviruses” are large viruses that cause a variety of illnesses when they are transmitted to humans. There are many known coronaviruses that exist in animals that have



Households across the nations have stocked up on cleaning supplies, causing shortages in grocery stores.

yet to mutate to being able to be transmitted to human beings.

COVID-19 targets an infected person's respiratory system and shares symptoms commonly associated with the flu. These symptoms include fever, cough, and trouble breathing in more severe cases of the infection according to the Centers for Disease Control and Prevention (CDC).

The virus has not been limited to these symptoms, however, as some patients have reported experiencing aches and pains, nasal congestion, runny nose, sore throat and even a loss of smell in some cases.

The “incubation period,” or the amount of time between exposure to a given infection and the emergence of its first symptoms, can be anywhere

from 2-14 days.

According to the WHO's website, the virus is mainly spread from person to person through “small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.”

“These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets.”

More severe complications of the infection can be pneumonia, and the most at risk for major health complications from the COVID-19 virus are the

elderly and those with underlying health conditions that compromise their immune systems.

The WHO, CDC, and government officials alike have all stressed the importance of maintaining distance from other people in public settings because of how easily the virus is able to spread in these environments. “Social distancing,” as these practices have been named, are a crucial component to the United States response to the pandemic.

Social distancing is a means for Americans to self-quarantine during the duration of the pandemic, and includes measures such as maintaining a 6 foot distance from other individuals in a public setting and remaining home when possible. Maintaining these practices for the duration of the pandemic will help to reduce the stress on the nation's medical system as hospitals across the country prepare to treat patients at the peak of the outbreak.

In states across the country, nonessential businesses have been ordered to close along with schools moving to exclusively online classes for the remainder of their semesters. These nonessential closures have impacted a variety of businesses such as entertainment, restaurants and bars, among others.

In Connecticut, Governor Ned Lamont signed an executive order, dubbed his “Stay Safe, Stay Home” initiative, instructing all nonessential businesses in the state to “prohibit all in-person functions if they are able to... [Lamont] is encouraging all businesses to employ, to the maximum extent possible, any telecommuting or work-from-home procedures that they can safely implement” (As stated on [ct.gov/coronavirus](https://www.ct.gov/coronavirus)).

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, but for the time being the best way to avoid infection is to avoid being exposed to people who are sick

with the virus.

The CDC originally stressed that only those who are sick should wear face masks or coverings in public, but have since changed their recommendations to advise that all healthy Americans now cover their face in public. On the official CDC website, they include an array of methods to make your own facemask at home, but highlight that N95 surgical grade face masks should be reserved for medical staff (who are known to be at a shortage of personal protective gear).

The CDC and United States government officials have advised anyone who does not need to leave the house to stay home until such a time when the spread of the virus appears to be slowing. In addition to advising people to wash their hands often, health resources are also stressing

the importance of disinfecting frequently touched surfaces in the home, as well as groceries.

COVID-19 is known to spread very easily from person-to-person, and has an unusually large percentage of asymptomatic carriers; people who are infected with the virus but who do not show symptoms. With more people staying home in self-quarantine until such a time when it is explicitly stated they no longer have to, the virus will spread less rapidly and sustainably than it currently is.

New York is currently the hardest hit state by the COVID-19 virus and has reported 64,955 cases as of April 5. Of those, there have been 14,205 hospitalizations and 2,472. The Governor of New York, Andrew Cuomo, has held regular press conferences and interviews with updates about the situation throughout the weeks since the state became the epicenter of our country.

March 23 on CNN's Cuomo Prime Time, a news

show hosted by Governor Cuomo's own brother Christopher Cuomo, the Governor responded to critics' reactions to the virus outbreak and claims that officials are overinflating projected numbers. "It's the consequence here... The numbers are big [and] it's life and death."

"[If] they are anywhere close to right on these projections of how quickly these numbers are going to grow, the number of people who we're going to lose can easily be in the thousands. And, god forbid we say, we could have saved them if we had the right equipment. That's what keeps me up at night."

Governor Cuomo, who has been working closely in coordinating with Connecticut and New England officials, has since instituted a strict lockdown in the state that will remain in place indefinitely as the war against the virus continues. His press conferences have become daily briefings viewed nationwide as the situation in New York rages on and the response of the Federal government and President Trump's task force is criticized for being slow on the draw and inconsistent.

Previously, President Donald Trump and White House officials had given "15 Days to Slow the Spread" and had claimed the disruptions to daily life, and subsequently reopening businesses, would end before the Easter holiday. Many criticized and disputed this claim, including Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases since 1984 and the White House task force's own medical expert.

Dr. Fauci has been a key scientific figure in the news regarding the nation's response to the pandemic, and has openly disagreed with President Trump on several points, including the time it will take for daily life to return to normal as well as treatment options for the infected.

In an interview on NBC Today, responding to the 15 day guidelines, Dr. Fauci said "I cannot see all of a sudden next week, or two weeks or three weeks from now it's going to all of a sudden be over. [There isn't] a chance of that. I think it's going to be several weeks."

President Trump's "Coronavirus Guidelines for America" have since been updated to read "30 Days to Slow the Spread." Moreover, travel advisories have been altered for the nation and international travel has been prohibited during the duration of these guidelines; which is subject to extension.

Dr. Fauci has stated that there are a variety of different models that project both worst and best case scenarios for the outcome of the virus in the United States, and said in a CNN interview there could be "anywhere from 100,000 to 200,000" deaths. This prediction is based on a variety of data and current information of the virus, at the time of the March 29 interview.

Currently, the United States has the most number of reported cases of COVID-19 of any country in the world. As the nation rushes to respond to the growing situation, both on a federal and state level, the pressure is on to prevent an overflow of the healthcare system while giving every patient in need of hospitalization the care they need.

It is crucial to remain up to date with information and recommendation from health officials regarding the constantly evolving situation of the COVID-19 virus. For the most accurate and current information surrounding the coronavirus, and how to keep your family and others safe, 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.*



The face mask should fit snug around your face, but comfortable for extended use.

Earth's Recovery

The silver Lining of the COVID-19 Pandemic.

Story & Photos By: Jerico Ciliano

Countries all over the world have taken precautions to slow the spread of the coronavirus. People all over the world have been cautioned to stay quarantined inside of their homes.

Quarantine has been enforced by closing non-essential businesses, traveling restrictions, and the use of social distancing.

Even though the impact is having a detrimental effect on human lives, the earth seems to be recovering while human activity is slowing down. Quarantine is keeping people at home for long periods of time.

Governments have set up traveling

restrictions, so people cannot travel if it is for nonessential reasons.

Nonessential businesses and companies have been closed so that people do not have a reason to leave their homes for either work or leisure activities.

With these restrictions enforced; the use of vehicles, planes, and public transportation has decreased the amount of fume toxins that are released into the air.

Non-essential businesses that were closed are not using a large amount of energy since the

buildings are closed off to the public.

According to NASA's official website, airborne nitrogen dioxide is decreasing in China. Satellite images showed what China looked like in the early stages of the coronavirus outbreak, from January 1-20, 2020. The nitrogen dioxide density levels were between 250 to over 500.



In just one month, February 10-25, 2020, the nitrogen dioxide density levels dropped to about 125 to 250. China is one of the top countries that causes the most harm to the earth.

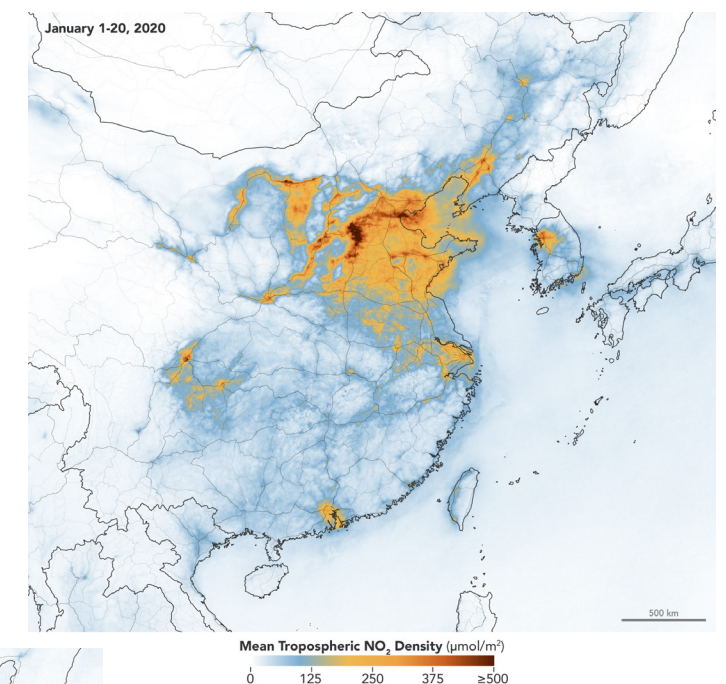
This drop in pollution is very drastic. Other countries have had a decrease of pollution as well.

An article, "Air Pollution" by the World Health Organization states that, air pollution kills about 7 million people worldwide. People that breathe polluted air for long amounts of time are

more prone to a premature death.

Air that contains high levels of pollutants can increase the chance of having a stroke, heart disease, pulmonary disease, lung cancer, and respiratory infections. Cities or heavily dense areas are at the highest risk of being exposed.

This pandemic may be impacting our lives dramatically right now but, the silver lining is that another aspect of our lives is improving, the earth we live on. If we did not have the earth to live on, there would be no lives at all.--



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“
Viruses are
by nature,
unpredictable.”

1918 Pandemic Influenza

Can pandemics in history help us today?

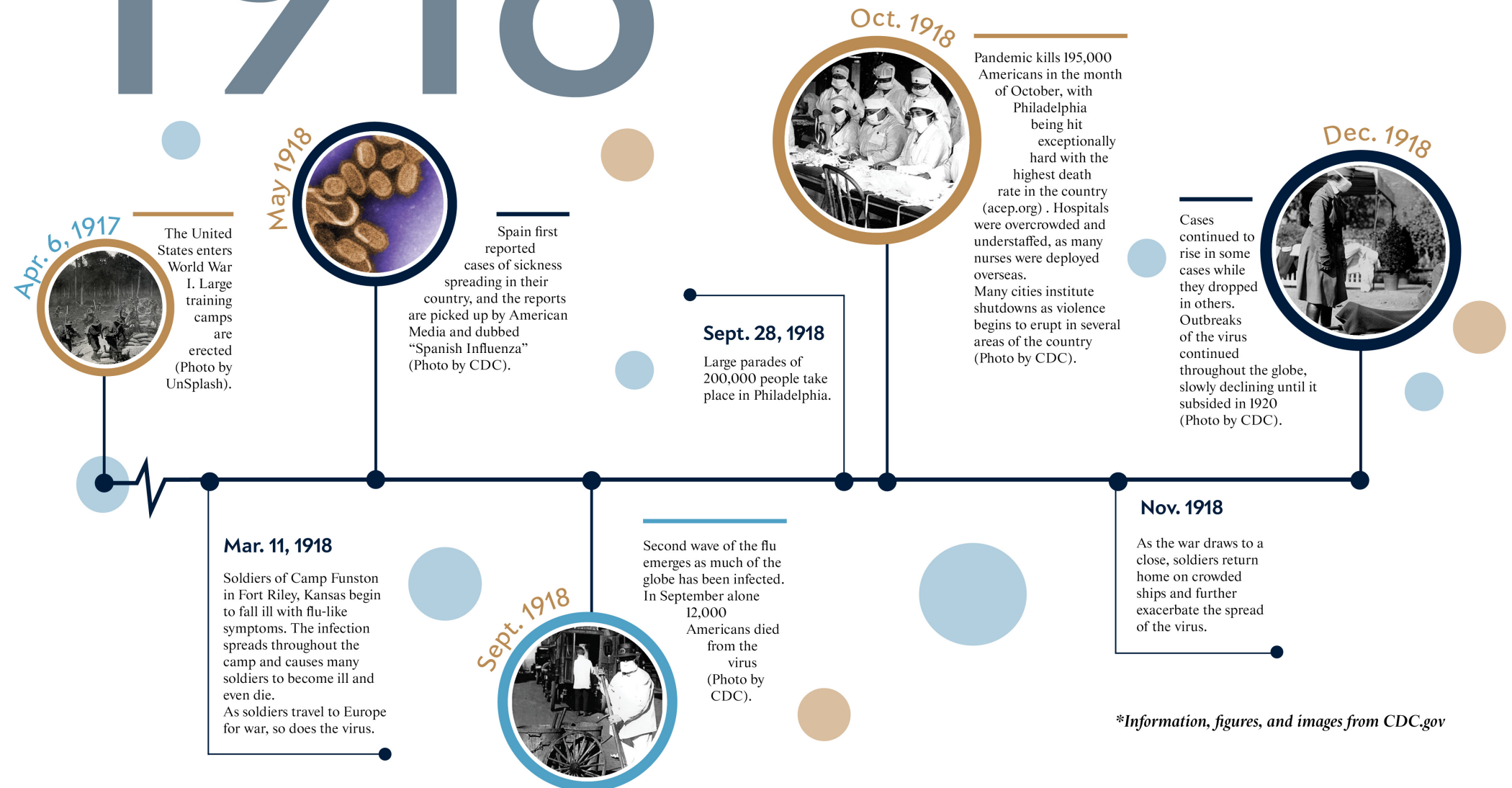
Story & Photos By: Chris Boyle

The United States entered World War I on April 6, 1917 after three years of having previously remained neutral in the European conflict. Shortly thereafter, as American soldiers were recruited and amassed in large training camps, many began to fall severely ill.

In the months that followed, the H1N1 Influenza, known today as the flu, spread quickly and efficiently throughout the world as WWI came carried on for another year. Soon, the outbreak of influenza reached global proportions and today is known as the 1918 Influenza Pandemic.

The global population was limited by the technology of their time and unable to understand the microbe enough to respond fast and effectively. The H1N1 virus is estimated to have infected one fifth of the

1918 Pandemic



**Information, figures, and images from CDC.gov*

In 1918, it took over a year to gain control over the pandemic, and longer for cases around the world to drastically decrease.

world's population and left speakable carnage in its wake for the duration of the pandemic.

According to the Centers for Disease Control and Prevention (CDC), there was a high mortality rate "in healthy people, including those in the 20-40 year age group," a unique characteristic of this pandemic. The 1918 virus caused the average life expectancy in the United

States to drop by 12 years.

The 1918 influenza pandemic is documented to have resulted in 50 million deaths worldwide, and among those an estimated 675,000 Americans according to the CDC.

Viruses are by nature, unpredictable, whether they be influenza or corona. By looking at history, however, we can

interpret the past and possibly have a better idea of what to expect, and subsequently what to prepare for, as we weather the storm in our own time with the COVID-19 Pandemic.--

The New Normal

Some options for digital collaboration.

Story & Photos By: Tucker Noniewicz



The Current staff collaborating over a Webex meeting.

In these unprecedented times students, workers, teachers, and so many more have to find creative ways to be collaborative. There are a multitude of digital collaboration platforms widely available to the public today.

Each has a slightly different functionality, so this article will detail what these digital collaboration platforms can do for you and how you can get access to them.

Discord is a collaboration platform that will be easily recognizable to the gaming community. Discord is a web and desktop-based community-building application.

The way Discord works is entirely on the idea of “servers”. A server is a collection of users with a list of text and voice channels where members of the server can interact.

A feature that Discord offers and has enhanced because of the recent events is the streaming. When connected to a Discord voice channel you can choose to “Stream” any window open on your computer.

This feature was previously used to show the other people in your voice channel the game you are playing. Discord has now increased the maximum view limit to 50 viewers per stream in hopes that teachers will be able to use these streams to run classes.

The major downside of using Discord as a collaborative tool is that only 8mb of files can be uploaded baseline. It is possible to up this file size to 50mb, but only with the paid premium Discord service “Nitro.” Discord’s web client and desktop client are both available at discordapp.com.

Slack is another team central collaboration tool, but it is actually marketed and designed to be a collaboration tool. That means larger file size uploads, 1gb base; integration with Dropbox, Github, Google Drive, Trello, and other organizational tools; dedicated data security; chat history; and video conference capability.

Slack advertises itself as a better alternative to email. While Slack has the power to be a tool for enterprise, it has a free option for small teams that includes a 10,000 message history and integration with 10 other applications. To start your own Slack visit Slack.com and select “Get Started.”

Webex and Zoom are platforms for holding digital meetings. They host features such as digital hand raising, an accompanying text chat, and priority speakers.

Both Webex and Zoom have free plans that allow for up to 100 participant calls. To start with either program go to Webex.com or Zoom.us respectively.--

In the Know... DIY Facemasks

An easy at-home craft to face the day with.

Story & Photos By: Chris Boyle



Probably the best part about making your own face mask is the unlimited possibilities for patterns.

On April 3, 2020, the Centers for Disease Control and Prevention (CDC) updated their recommendations for preventing the spread of COVID-19 to now include the use of facemasks. The CDC now recommends healthy Americans cover their face when in a public setting with normal cloth masks.

The cloth masks are recommended for use in settings “where other social distancing measures are difficult to maintain... especially in areas of significant community-based transmission,” as stated on the CDC website.

The CDC have stressed the importance of reserving N95 surgical grade masks for medical staff as they work on the front lines to care for victims of the virus outbreak in hospitals around the country.

“The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other

medical first responders, as recommended by current CDC guidance.”

On the CDC website, there are a multitude of at-home tutorials for face coverings for people with access to only select household materials and utilize anything from coffee filters, T-shirts, and bandannas. Moreover, with the novel Coronavirus becoming the top focal point of social discourse, a quick search query into Google will populate a number of guides, videos, and How-To’s on how to construct your own facemasks.

There are a variety of methods and procedures for making your own cloth face mask, even some for those without sewing materials. In this guide, we will explain the step by step process to sewing a DIY facemask to help keep you and your family safe should you need to leave the house.

For more face covering methods, and to learn more about how best to limit the spread of COVID-19, go to cdc.gov/coronavirus.

CONTINUE ON
NEXT PAGE



Two versions of a DIY mask: one using shoelaces and one fabric strips.

Materials

- Two pieces (10"x6") of a tightly woven, cotton cloth
- Two large (6") elastics (Can be substituted for cloth strips, hair ties, rubber bands, etc.)
- Sewing supplies (Needle+Thread)
- Scissors
- Sewing Machine

Step One

Ideally, we want to start with ironed out, flat pieces of a tightly woven household cloth. Placed in a landscape orientation, stack the two pieces on top of one another and fold the two long ends over about ¼ inch and sew them together.

sew start by sewing the two short ends together. Once done, turn the to-be-mask inside out so that the seamed edges are inside the fabric.

Step Two

Take the two short sides of the fabric and fold them over about a half inch and sew together. There should be a gap in this layer that is large enough to thread an elastic through.

Step Three

Using a bobby pin, thread the elastic through the gap on each of the shorter sides of the to-be-mask. When both elastics are thread through, tie the ends together on each side. Tuck the knots on each elastic into the gap so that they are concealed within the cloth.

If elastics are unavailable, they can be substituted for rubber bands, hair ties, strips of cloth, shoe laces, or even string if need be.

Step Four

To adjust the size of the mask, pull gently on the two elastic sections. This will adjust the mask to make it tighter or looser to one's liking.



The benefit to using a mask that hooks around your ears is that it can be adjusted.

It is important to note that these homemade masks do not replace previous recommendations regarding hygiene and social distancing measures as advised by the CDC. To slow the spread of COVID-19, it is still advised that people wash their hands frequently and avoid touching their face; even if they are wearing a facemask.

It is also recommended that if a person wears a facemask when in public settings, the masks should be routinely washed after use to remove germs from usage. Facemask users are urged to be cautious when removing the masks such as to not touch their eyes, nose, and mouth when taking off the masks.

We all have a role to play in slowing the spread of COVID-19, and by following CDC guidelines and recommendations for social distancing measures, proper hygiene, and the usage of face masks in a public setting we can do just that. --



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When You Order Online.



What About Local Businesses?

How they are handling all of the chaos.

Story & Photos By: John White

Everyone has been talking about all the establishments that have closed down due to the Coronavirus. During these hard times, there are few things that are open.

Only essential workers are allowed to go into work while the non-essential people are confined to their homes along with most of the population. The real question is what comes of the local business owners that are not allowed to open their doors.

They are affected by the situation as much as the next person but, are really hurt by this since it is their life's work at stake. There has to be some adaption for them to stay afloat or something to help them out.

Unfortunately, there is not much that they can do. Many businesses have to buckle down and bear the closure to help prevent the spread of this disease.

To worsen the circumstances further, analysts Lauren Thomas says, "The disruption to businesses from coronavirus could lead to 15,000 permanent retail store closures in 2020". It will be a heavy blow to the nation as a whole.

It leaves most store owners to wonder how they are going to afford their rent for the property. According to multiple store owners, their landlord is allowing them to stay put for a month or even two, with reevaluation down the road.

Even when the smoke has cleared from this situation there is no guarantee that business will pick up right away. There will still be those who fear that the Coronavirus will be airborne and rightfully so.

It is going to take time to fully recover from this unfamiliar time and that is the closure's purpose, to strengthen our fight. The more we stay home the more we can fight this and overcome it.

Restaurants have reduced to takeout only; the casinos are closed till further notice and everyone in between. These local business owners are the ones who have to worry about finances, unlike bigger corporations that have large funds saved up.

It's their own money that they live off and pay so that their business can shine wherever they are located. This is bigger than just individuals who are affected, it is the communities, the states, more importantly the entire country as a whole.--



Graphic to promote supporting local businesses.

The Importance of Keeping a Schedule

The tenants of time management.

Story By: Tucker Noniewicz

An important part of working, living, and lounging in a similar space, more than ever before, is a sound way to manage your time. One way to do this is to keep a schedule, and not just any schedule, keep the schedule you were on before you were obliged to socially isolate.

If you're working from home, use the times you would have been working on site as the times when you do your work at home. If you are a student, when you would normally have a class do school work.

This method utilizes the habits that you have already formed. Without a physical separation between the spaces in which you go to work, go to school, and goof off in, it can be difficult to get in the right mindset.

A common tool that can help in keeping a schedule is a calendar. Available in both paper and digitally, these help to separate the time you do have into manageable chunks.

Time management is a skill that most people tout as important, yet when their time management skills are challenged, they fold quickly. It is a problem that everyone faces.

Another way to schedule your time is to prioritize your tasks. Then you easily tell



Calendars are a simple way to set and keep a schedule. Courtesy of webandi on Pixabay.

which tasks are important, or which tasks are going to be difficult.

There are many ways to approach actually doing the work, some recommend starting with the hardest task on the idea that after you get the hardest work done the rest will feel easy. Some recommend the opposite, whatever way works best for you will work best.

Another simple thing you can do to keep your time managed is making lists, lots of lists.

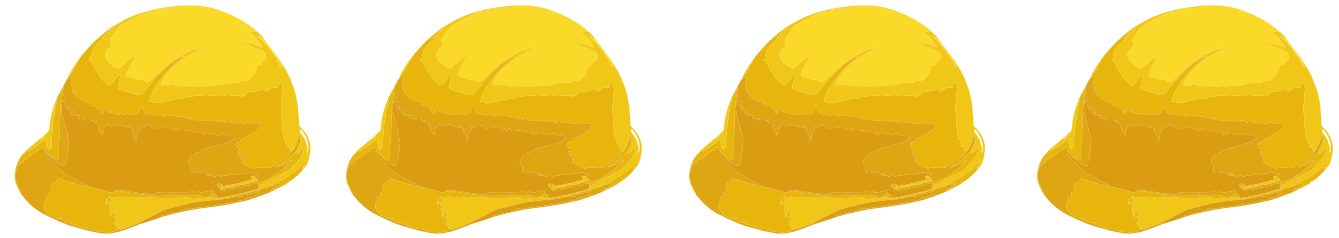
Patterns are an essential way that humans learn and keeping a schedule is just that, making and maintaining a pattern.

To keep your time managed in quarantine, keep a schedule.--

Arnie De La Rosa

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

Story By: Ariana Cloutier



Portrait of Arnie De La Rosa. Provided by Arnie.

Arnie De La Rosa is the Director of Facilities at Three Rivers Community College. His job affects the school, the teachers, and the student body. He is the main source that keeps the school running every day. De La Rosa was also a 1989 graduate of TRCC and continues to work hard for the school even after getting his degree.

Q: What are your main duties on campus?

I oversee and coordinate day to day happenings of the college from an operations standpoint, anything from overseeing the custodians, building heating and cooling, planning of construction projects, as well as general upkeep of the mechanics of the school.

Q: When did you start working at TRCC?
I've been working there since June of 2009.

Q: What about your job do you love most?

The best part is working with different people to solve issues, no day is ever the same. Each day I come to work and there is something different to take on.

Q: How does your work affect the students?

The most important thing is to get the teaching and learning environment right for all of the students. Also, working hand and hand with Skye Cohen and the IT department,

is so important so that students can continue to be successful.

Q: How has the school shut down affected your job?

I don't think it really has affected my job really, in relation to the operations of the school. Day to day, we still have to take care of the building. One positive note is that it allows us to jump on the summer work. We are able to get ready for the fall semester much quicker now. There is a lot of summer work that people don't get to see. I have to give praise as well to my custodian and maintenance staff for all the work that they do to have a ready building each semester.



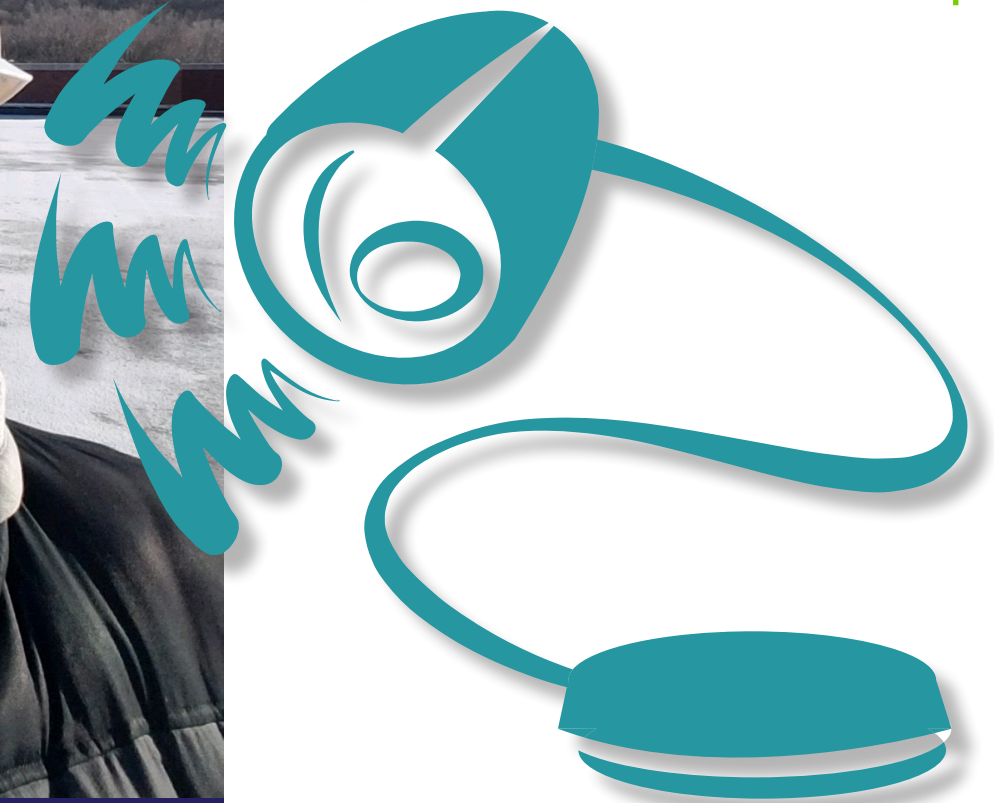
Arnie De La Rosa working on a roof project at TRCC. Provided by Arnie.

Q: What is something quite impactful that you have changed for the school?

We had a lot of construction going on this past semester in the classrooms. That project was really geared toward eliminating mold growth that happens during the humid months. So, the latest greatest impact is that dehumidification project.

Q: What are you looking forward to most when TRCC opens up again?

I'm looking forward to solving the next unknown problem. Three Rivers is a place where I believe everyone works together as one for the common goal. If I can be part of a team that promotes that for the near future and the long term then, that is the most satisfying to me.--



U.S. History I Review

Succeeding in this class.

Story By: Jerico Ciliano



Stack of history books. Photo by Kevin Amenta.

Note: This is just from my personal experience and my own opinions about the course.

This is a 3 credit hours class. Before a student can register for this class, they must have the prerequisite: ENG* K101 or ENG* K101S placement or completion of ENG* K096 with a "C#" grade or better.

U.S. History I will introduce students to early United States social, political, and economic events. The course begins with the examination of native culture, before colonialism and immigration. Then follows, the development of British colonialism and the establishment of the Union.

The class mostly focuses on the nature of immigration, slavery, and nationhood. It also includes sectionalism to unity, from westward expansion to urban development and other forces shaping society.

development and other forces shaping society.

To start this review, let me tell you the materials that are necessary for this class. You will need the book, "Founding Brothers the Revolutionary Generation" and "America: Essential Learning Ed, 2nd Edition". You will be expected to read from both books every day.

I strongly suggest getting a head start because the chapters are long and lengthy. It will save you the trouble of having to cram. I made the mistake of not reading "Founding Brothers the Revolutionary Generation" sooner. This book will be used to write a 5 to 6-page research paper on the events that occurred within the chapters.

Professor Marcotte also expects students to be prepared to take notes for every lecture. He provides slideshows and additional notes on Blackboard for students to use to their advantage. Students are also expected to select articles provided by Professor Marcotte and write a 4 to 5-page critique throughout the semester.

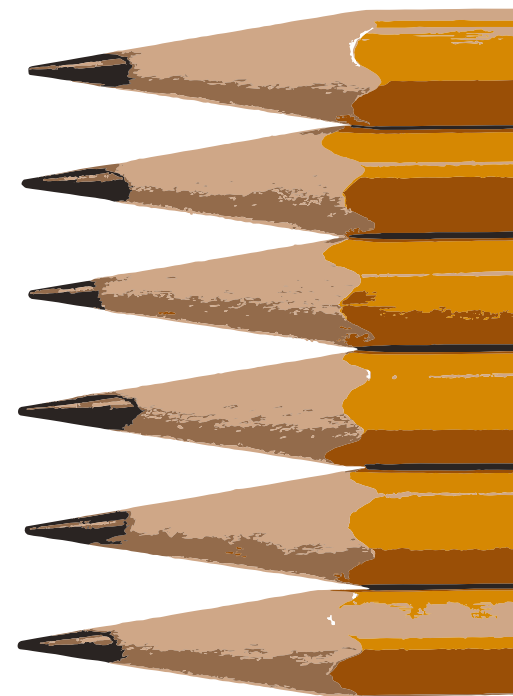
The class runs for 1 hour and 15 minutes, during that time the professor goes over the most important parts of the textbook and has slideshows created for it. During a class period, he would put the slideshows on the projector and discuss the notes. I suggest that you buy a notebook so that you will be prepared to take notes because it includes information that was not on the slideshow.

Professor Marcotte is a very straight forward and stern from what I saw in class. I am not going to lie, I found him rather intimidating. However, once you talk to him one on one, he is a nice and understanding person. He expects 100 percent from every student.

With that said, he is not very lenient, meaning he does not give extended due dates or extra credit assignments. If you get a late start you lose your chances of getting a good grade. Professor Marcotte is a bit of a harsh grader. To avoid that situation, I would start assignments sooner than later.

By getting your work started early you give yourself the chance to get your work viewed by the Tutoring Center staff or asking Professor Marcotte for his help.

I feel that this information could benefit this professor's future students. It will give students a glimpse into how the class is run.--



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GAME REVIEW

First Time Playing Animal Crossing!

An Animal Crossing newb experiences "New Horizons".



Story & Photos By: Bianca Lane

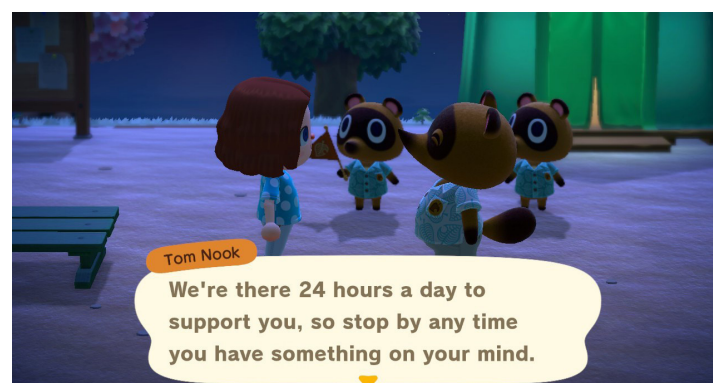
I have never played an Animal Crossing game in my life, so I decided to see what all the hype was about and purchased the newest addition to the series, 'Animal Crossing: New Horizons'.

Well that, and my sister bugging me to get it for her.

When I first opened the game, I was a bit sad to find out that unlike the other games, you can only have one island per Nintendo Switch system. So I was stuck living in the 'Underworld', as my sister was the first to play, and got to name the island.

For the record, I was gonna name my island either 'Kaiba Land' or the 'Shadow Realm'... which I guess is the Yu-Gi-Oh version of the Underworld in the English Dub.

I was greeted by Tom Nook's (The Island Developer) twin nephews Timmy and Tommy Nook, at the airport, where I created my villager name and appearance. Like every Animal Crossing game, it starts you off as the sole human in a community of extremely cute animals.



Tom Nook and his family are ruthless business people.



After all that was sorted, I was brought to the 'Underworld' to live and play.

You have no money or possessions, only a tent and some camping supplies that you get from the game's eternal entrepreneur Tom Nook, along with a debt to pay off.

After I landed on the island, I was happily kept busy by all the small, simple tasks the Nook's assigned me: finding the perfect spot for my tent, gathering twigs and rocks to make a fishing rod, insect net, and harvesting materials. I did not have to do other initial tasks the first player had to do, as I started after my sister.

The main goal of the game, if there even is one, is to fully upgrade your house and pay off your debt for each upgrade, but how you get there is up to you. You can catch fish and bugs to sell, dig

up fossils, make friends with the local animals, unlock new characters and features, or just wander around enjoying the scenery, as I have done for the most part.



But as I hunted for materials, there were soothing and realistic sounds coming from all around me.

I heard the sand crunching under my feet on the beach, that shifted to a pattering sound as I stepped onto the grass. The sound of the wind and the waves going back and forth were constantly present, and every action made a satisfying bloop, click, or whistle.

There was even jazz music playing in the background.

The game runs in real-time, meaning when it is 6 pm in the real world is 6 pm on your island, so there's a slow progression day by day as your town grows. That slow, day to day life is part of the reason Animal Crossing is loved; the repetitive, satisfying tasks of digging a hole, chopping down wood, and fishing.

And despite all the rumors of evil villagers on the island, everybody on the island was just so nice to me. There's even letters and gifts from neighbors that are constantly flooding my home's mailbox.

I have too much time on my hands at the moment, and I have spent most of that time playing 'Animal Crossing: New Horizons'... whenever my sister was not on it, I have extremely enjoyed the wholesome game thus far, and I still have much to do.

So, this is where I leave you, so that I may go on and continue advancing and playing the game, Sayonara.--

No Gym, No Problem

Story and Photos By: John White

The quarantine has affected many of our lives this past month, in many different ways. Whether it was a good majority of the American population being put on unemployment or leaving all major sports in uncertainty.

Whatever the reason may be, the Covid-19 virus has taken its toll on the population. We need to make do with what we have and adapt to the situation.



A free weight is always good to use for weight if you possess one.

For all those who include the gym in their daily routine, that obviously cannot get to the gym in these dark times. Take into consideration the gym is only a name and is limited to your own mind.

Realistically anything with the right mindset can be utilized to get in a proper workout. Saying there is no way to work out while the gym is closed is only an excuse.

If you are not exactly sure what you can do to perform a workout. There are plenty of apps and even YouTube videos online that can help you plan out a routine to perform based off of

whatever part of the body you want to focus on.

You are probably thinking “What if I don’t have any weights at home?” that is where the creativity comes into play. Look around, you have numerous amounts of weights within you living space.

It could be anything from that book by your nightstand or even that slight heavy object sitting in your bedroom. Whatever you can get your hands on will work fine, anything such as a bowling ball or anything with some weight to it.

Be creative and be fun with it, just try to be active while we live in quarantine. Post and share your workout plan online and share your creativity with your peers too.

We are in this together and should look out for each other. There is plenty to do in the house, you just have to find it.--



Assisted crunches are a good ab exercise to perform.

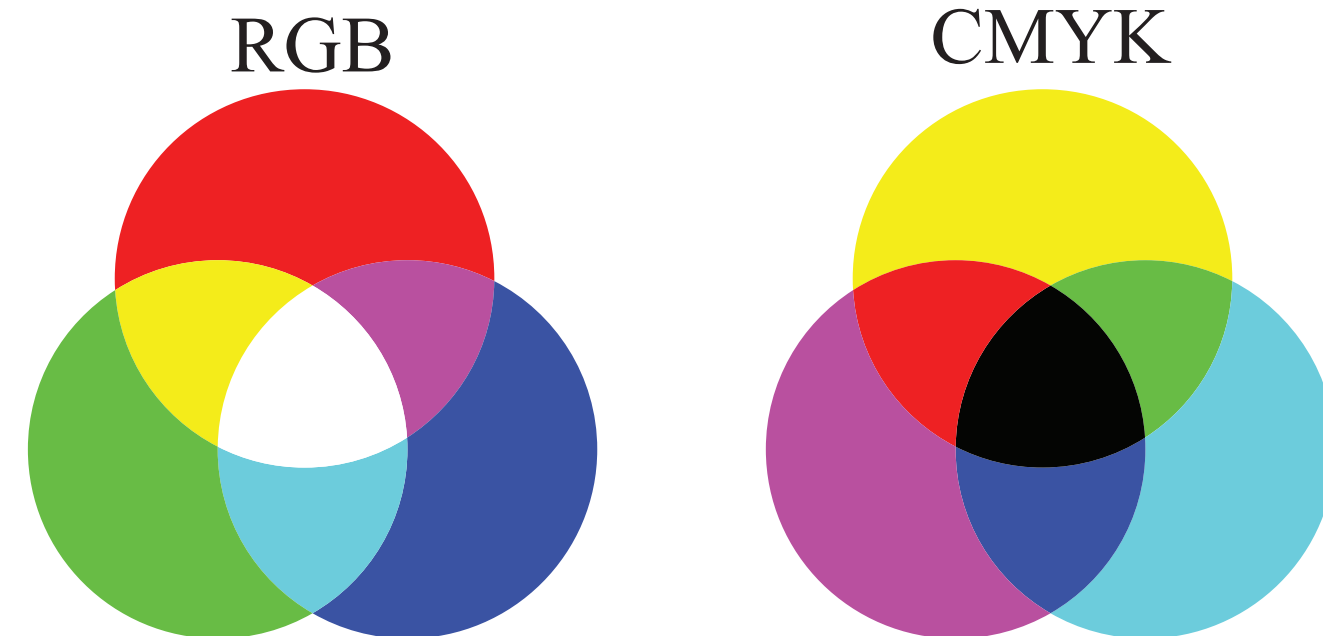


Squatting while holding something of weight is a good at home exercise.

What is RGB and CMYK?

What is the difference between these two color models?

Story and Photos By: Jerico Ciliano



Illustrates how the colors combine to create the colors you want.

RGB and CMYK are color systems that help people perceive color correctly, whether it be digitally or physically printed.

What is RGB?

RGB stands for red, green, and blue. RGB is used to display color through light in objects such as scanners, digital cameras, and computer monitors.

The RGB color system is created with primary colors that are added together in various combinations to produce a much wider spectrum of colors.

These colors are produced by blending light itself by superimposing the RGB light beam. Without the intensity of the light beam, the colors would appear black. If the light intensity is higher the colors appear white.

What is CMYK?

CMYK stands for cyan, magenta, yellow, and key. The three colors (cyan, magenta, and yellow) cannot create the color black so key, black ink, is included.

This color system is used for commercial printing presses or just a regular printer. Unlike RGB using light beams to create color, ink is used to create a different range of color.

CMYK is a subtractive color model since printed ink reduces the light that would normally be reflected. A piece of paper used for printing is normally a pure white, with that said, ink helps subtract the brightness of the paper. --

Chicken and Rice Casserole

An easy to make dinner.

Recipe By: Bianca Lane

Ingredients:

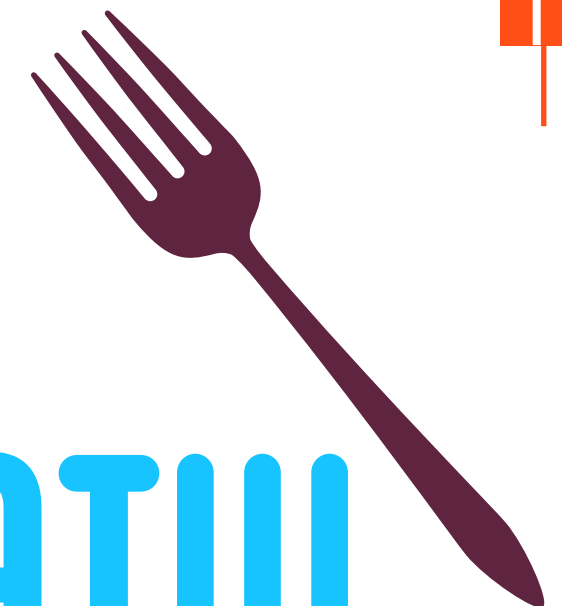
- 1 can of corn
- 3 Boneless Chicken Breast
- 2 Cans of Cream of Chicken Soup
- 1 can full of water
- 1/2 sweet onion diced
- 2 stalks of celery diced
- 12 baby carrots chopped fine
- White rice (8 servings)
- Salt + Pepper

Directions:

1. Cook Chicken on 425 degrees.
2. Chop veggies, add to pan w/oil or butter, add Salt + Pepper and 1 TBS Minced Garlic, cook until veggies are soft.
3. Cook White Rice.
4. Add Cream of Chicken and 1 can water to the saucepan with drained corn and cook.
5. Shred the chicken.
6. Combine all ingredients in a bowl.
7. Add to a baking dish.
8. Put it in the oven at 425 for 5-6 mins and serve!



Mmm, it tastes like Chicken!



LET'S EAT!!!
LET'S EAT!!!

The First Fanless Wrestlemania

The most unique Wrestlemania in WWE History.

Story and Photos By: Tucker Noniewicz



Even without the roar of the crowd to amp them up, the performers pulled no punches.



The original plan for this year's Wrestlemania was for it to be held in Tampa Bay, FL, and be themed around Pirates.

World Wrestling Entertainment has a history of making the best of a bad situation. The pinch that COVID-19 has placed on the entire business of sports was no different. The Wrestlemania that WWE delivered was by far the most unique show that they have ever produced.

For the uninitiated Wrestlemania is the company's largest annual event, the culmination of a year's worth of interwoven stories. This show draws the largest crowd, with the Wrestlemania attendance record being 101,763 at Wrestlemania 32 in AT&T Stadium in Arlington, Tex.

Until about March 19th Wrestlemania 36

was still scheduled to be held in Raymond James Stadium in Tampa FL. The pandemic of COVID-19 grew to a point that it forced WWE to put Wrestlemania 36 on a closed set.

Along with the weekly shows of Raw, Smackdown, and NXT, Wrestlemania was recorded in front of no live audience. However, this afforded WWE some creativity that they do not normally get because they were forced to pre-record the event.

This increased flexibility manifested itself as two highly produced matches. A clash between AJ Styles and The Undertaker in a Boneyard Match and a match between Bray Wyatt and John Cena in a ... Firefly Funhouse Match.

The Boneyard match was basically an extremely produced fight scene. It was set in a graveyard with a dug grave and the fight ended when one of the competitors was buried in the grave. Of the two produced matches, this one is much more recognizable as a fight.

The other produced match, the Firefly Funhouse Match, was more a short film that ended in a pinfall. Basically, Bray Wyatt delved into the mind of John Cena and exposed all his flaws and insecurities to the viewing audience. It was a trip, and definitely worth a watch even if you are not a professional wrestling fan.

The crowd is such a large part of a WWE show. Without a crowd, a show lacks intensity. There is no one to chastise the action of the heels, there is no one to cheer when a performer goes for a crazy move, and there is no one to recognize the performer's hard work.

Even without the roar of the crowd to amp them up, the performers pulled no punches. If anything they had to work harder to cover for the fact that there was no crowd to cover the mistakes in their performance.--



Fans are an integral part of the performance of Professional Wrestling.

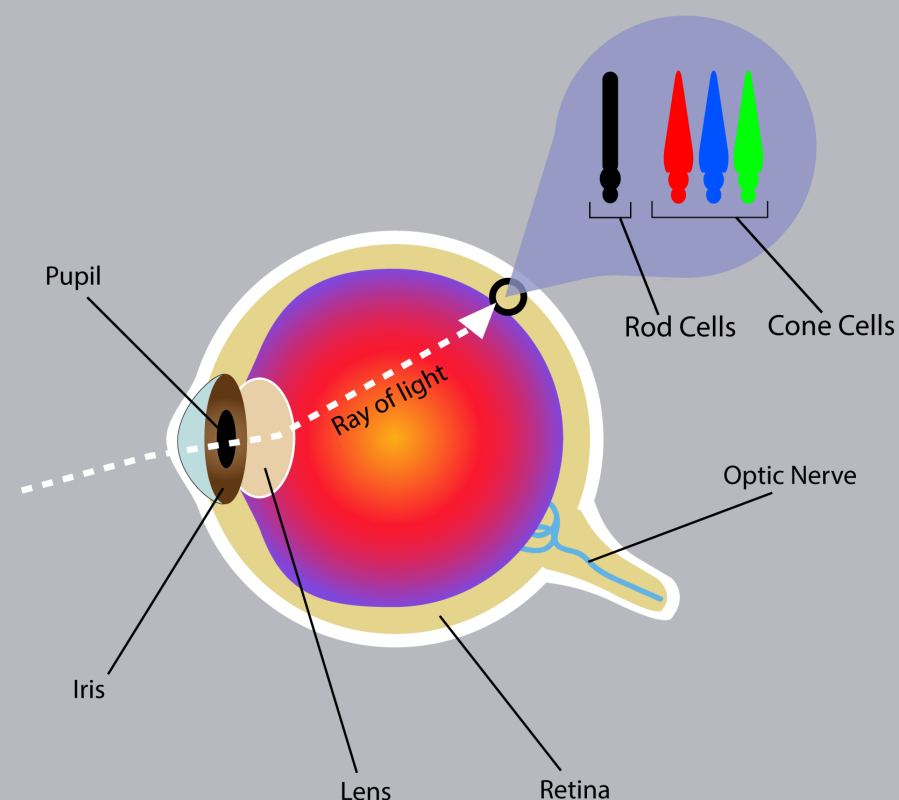
How the Eye Sees in Color

What part of the eye perceives colors?

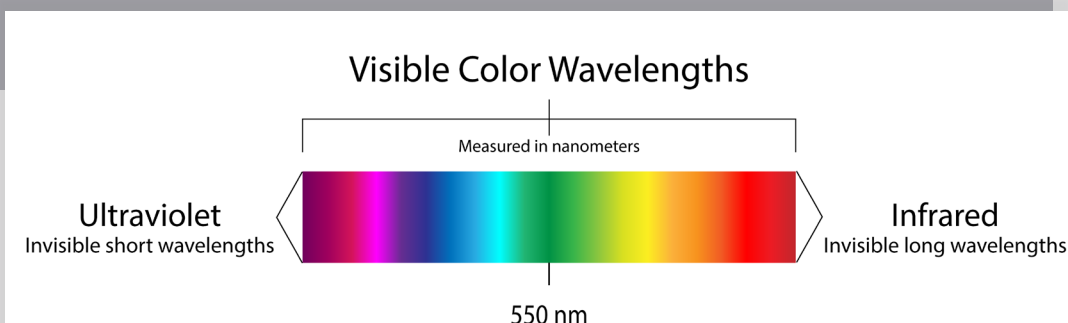
Story and Photos By: Jerico Ciliano



Eye Diagram



The eye's anatomy created by Jerico.



This illustrates how the eye sees color in wavelengths.

The human eye has a part called the retina. The retina contains cells called rods and cones that are sensitive to different colors of light. Humans have three cone types and are better at discerning color than most mammals.

However, most animals have more cones than humans. This means that animals have the ability to see a wider range of colors. They can perceive ultraviolet and wavelengths shorter than what a human can, those colors are practically invisible to the human eye.

The retina is mostly responsible for perceiving colors since it has cone and rod cells. Cone cells function best in bright light and are concentrated in the center of the retina. There are three cone cells: red, green, and blue. In total there are about 6 to 7 million cone cells that contribute to the ability to pick out small details on an object.

According to the website, <http://www.blueconemonochromacy.org/>, "Red cones, accounting for 64% of the total, also known as L-cones (sensitive to long-wave light, which is red). Green cones, accounting for 32% of the total, also known as M-cones (sensitive to medium-wave light, which is green). Blue cones, accounting for 2 - 7% of the total, also known as S-cones (sensitive to short-wave light, which is blue)."

Rod cells are more sensitive to light and function in dim light. There are some 120 million of them located outside of the central part of the retina. Fun fact: The rod cells do not help with color vision, humans see in grayscale when it is very dark. The rods are completely blind to light and are not used in daylight.

A quick glance into the eyes' anatomy

The top five functions of the human eye are:

1. Lens: Changes shape to allow the eye to focus light.
2. Pupil: Opening that allows light into the eye, this part of the eye constricts or dilates depending on how much light there is.
3. Iris: Controls the size of the pupil and the amount of light entering the eye.
4. Optic Nerve: Carries signals from the retina to the brain, this transmits visual information.
5. Retina: Light sensitive lining of the eye, also contains the cone and rod cells that help us see color.

In conclusion, the retina and its cell structure are the part of the eye that allows humans to see color. However, other parts of the eye help the retina receive the light.--



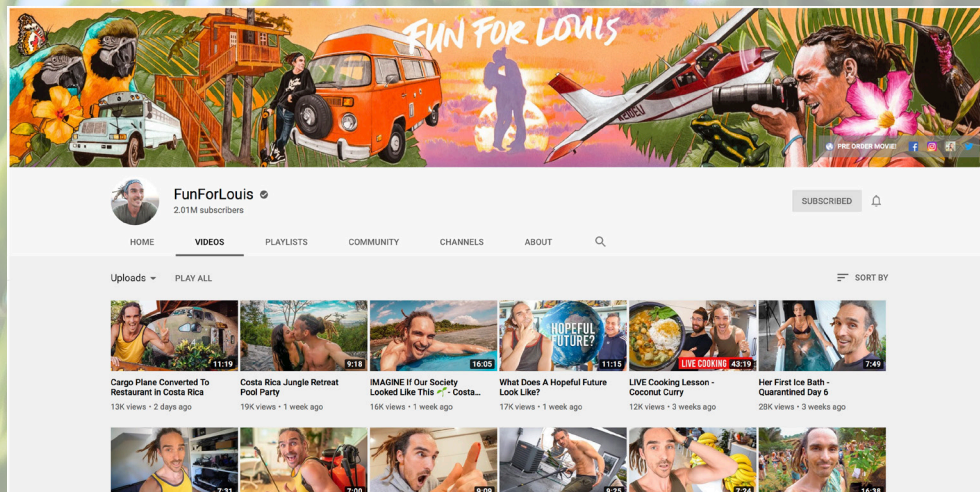
Up close of Jerico's eye. Picture taken by: Brent Meraviglia

Awesome Travel Vloggers to Distract you from Quarantine!

Get out of the house through YouTube.

Story and Photos By: Ariana Cloutier

Fun For Louis



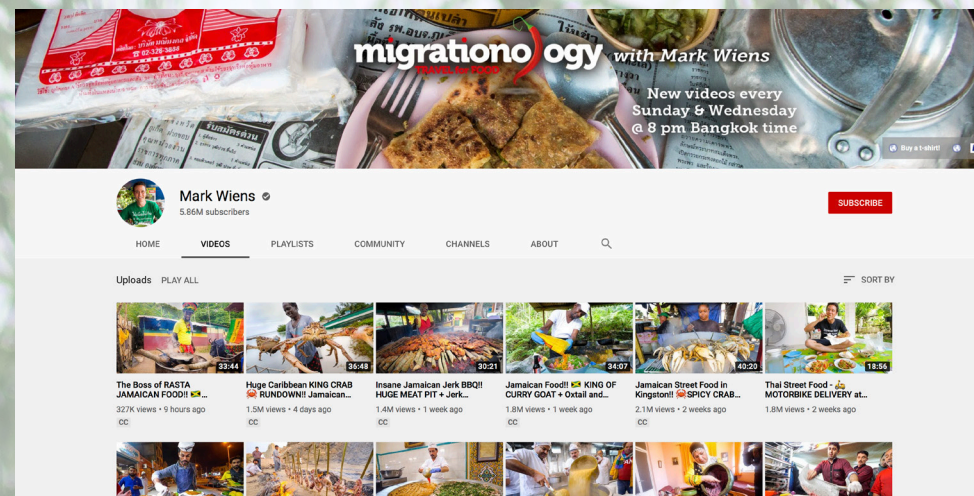
Fun For Louis' YouTube uploads page.

Louis' channel is all about adventure! He is a thirty-six year old travel vlogger who loves to eat new foods, visit new countries, and really delves into different cultures from around the world. If you are looking for someone to really take you on the "road" mentally, Louis Cole is your guy.



Louis Cole and friends in Costa Rica.

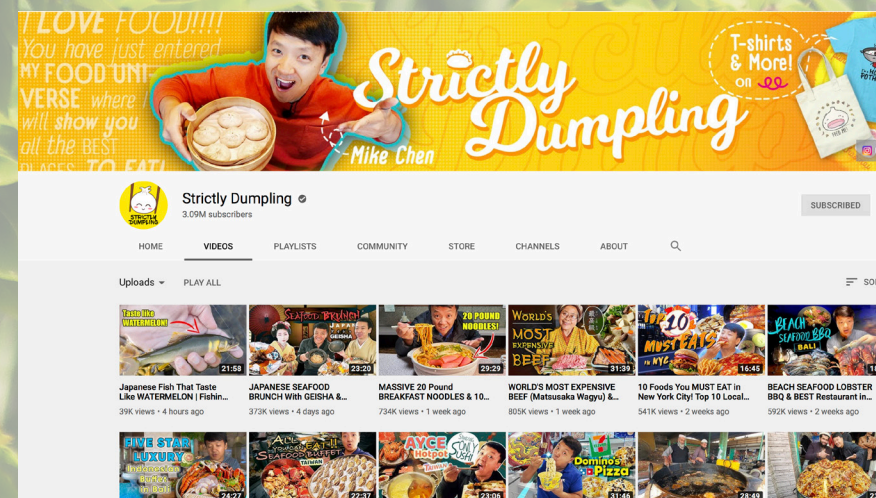
Mark Wiens



Mark Wiens YouTube uploads page.

Watching Mark really makes you feel like you are there in whatever country that he is visiting, eating the food that he is eating. Although Mark Wiens is mostly a food vlogger, he is still travelling the world to get that food and he really makes sure you are getting the full experience of the atmosphere and the culture of the country he is in.

Strictly Dumpling



Stictly Dumpling YouTube uploads page.

Mikey Chen is all about food, especially asian food. If you have always wanted to experience places like Japan, Taiwan, or Korea then, you have to check out his channel. He makes really interesting reviews on food from 7-Elevens in asian countries which is also quite fascinating to see since, it is so unlike the ones in the US.



Mark Wiens at the top of the Favelas in Rio De Janeiro, Brazil





Provided by Crunchyroll, Welcome and We hope you enjoy the show.

Demons, a Human and School?!

Anime review on a show just released in October 2019.

Story and Photos By: Bianca Lane

Hold on one moment, a human was adopted by a demon and is going to a demon school now?!

Mairimashita! Iruma-kun, or Welcome to Demon School! Iruma-Kun is about Iruma Suzuki, a 14-year-old human boy who was sold to a demon by his parents. Now stuck in the demon world, he goes to the demon school, Babirus, and has to hide the fact that he is human from his peers and teachers.

I was first drawn to this anime when Youtube recommended a clip of the show. While watching that clip, my first thought was... there's a demon version of Hogwarts very own potions master Severus Snape.

Naberius Kalego is a strict, short-tempered, dark-haired teacher, who is rather pessimistic when dealing with his students. He is shown to have a strong dislike for Iruma, who he knows little to nothing about, other than being the happy go lucky headmaster's grandson, and believing that Iruma is a troublemaker from the get-go, with an easygoing attitude similar to the headmasters.

Speaking of Iruma, he is the blue hair equivalent of My Hero Academia's green-haired protagonist, Izuku Midoriya. They both have big eyes and spiky hair, and this innocent vibe that makes some just want to protect them by hiding them away from all evils.

But not only does Iruma look a bit like Izuku, but their personalities are also almost the exact same. Iruma is a very kind gullible boy, who would like to avoid conflict as much as possible.

As Iruma's demon classmates are destructive by nature, his common sense does not play well with theirs, as he is a human. But watching every single demon slowly warm up to him and chill out makes me feel warm and fuzzy inside.

When I was able to find the anime online, which was difficult as it was only two episodes in, the only version airing was the Japanese, with English Subtitles. But don't worry, if English subtitles aren't your thing, they are currently producing an English version, and are 15 episodes into production.

This anime brought me back to the good ole days of Saturday morning cartoons, such as Pokemon, Sonic X and whatever else the late 90's - the early 2000s had. As not only did the episodes come out on Saturday mornings, the anime was all about kids doing their own thing in a fun, fantasy world, with bright colors and entertaining situations and adventure, just like back then.

The cast of characters is both literally and figuratively super colorful! Every single character has a unique and crazy design, even the background characters, that you can tell each of them apart.

The characters are super expressive and throughout the series, the art and animation maintain its top-notch quality.

This show is not meant to be serious, except for a few "find yourself" moments that the characters go through, as all good characters will go through to grow at some point.

This show is not a once and done type of anime like some I have watched before. As I watched this anime, I was always kept on my toes as nothing was all that predictable unlike in shows like Code Geass or Detective Conan, unless something was literally thrown at Iruma. I won't tell you what happens, as you're just going to have to watch and find out.--

Perspective of a Supermarket Worker

Inside look on an essential worker.

Story and Photos By: John White

Buzz...Buzz... Buzz, the alarm goes off at 7 o'clock in the morning and I am getting up out of bed. I get changed, put my work boots on to get in my car and head out for my shift at 7:30 A.M. Coming off of a previous few days off, feeling the usual grief of going in but, today was going to be different. Today I had no idea what to expect as the word of a virus had taken the nation by storm and no one was ready for what was to come.

Arriving at work, to a packed parking lot so early in the morning. Strolling into the circus that is my work environment. I come to dairy department and walk past every section to find everything is just about wiped out. I walk up to the time clock to punch in for my shift. Then, heading to the back cooler to see what there is to put out, I grab the first U-boat (cart that holds product for each section) and haul it out to the floor to load it.

Standing out on the floor in between the shelf and the U-boat, I start to load the small amount of product that was there from days before. The grocery manager approaches me after about 30 minutes of being there and says, "Welcome to Hell."

From that point forward through the day I experienced the most surreal experience in the many years I have worked for Stop and Shop. These were times of uncertainty and pure chaos. Wherever I looked I would see blown out shelves. No tissues, no peanut butter, no cleaning supplies and worst of all, no toilet paper.

The rest of my day consisted of doing the best I could to get whatever I could to the

shelf, which everything went out and just small amounts were staying put in the backroom. There was the occasional customer asking if there was an item in the back and of course the answer was, no. The rest of the week was the worst and really led off the first and currently the worst wave of the COVID-19 shoppers that were worried most of the impending quarantine.

Fast forward a bit and now I am still working in the middle of this pandemic. Toilet paper is still wiped out and deliveries are scarce as it is. Frozen foods have been toned back to one delivery a week, compared to its usual four times a week. Fellow employees and customers by the day are seen wearing masks and gloves to help protect themselves from the virus. New rules have been placed in order for society to one day return to how it once was. Every other aisle has become a one-way walking space and store hours have been changed to 7:30 A.M- 8:00 P.M in order to help sanitize and restock the shelves for the people.

Every day that I punch in is another day that we are in a battle with not only preventing this virus, but also to the best of our ability, providing supplies to all of our customers with what they need. These are the precautions that are in place to help with the fight and all that is asked is that anybody out there reading this, stay home and stay safe inside. You can be the change and that's what we all need right now.--



Look from the outside after it began to slow down some.



Gloves that are being used and given out to employees.

The Current

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QUARANTINE
 TOILET
 PAPER
 BORED
 WUHAN
 VIRUS
 UNEMPLOYMENT
 NETFLIX
 COVID
 ONLINE
 COLLEGE

Quarantine
Corner

"Cool, can you at least wear pants to these web-cam classes?"

