



The Current

Summer 2020

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Summer Issue

Say Goodbye to the 2020 Olympics...



Read Up on Current Events in Connecticut

The Current

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

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The previous medalist showing off the flag, before it is sent up the pole.

2020 Tokyo Olympics Canceled!?

This pandemic has gone way too far!

Story By: Bianca Lane

For the first time in history, not due to war, the summer Olympics have been postponed! The 2020 Tokyo Olympics has been postponed until summer 2021.

While the Olympics have been canceled in the past, because of World War I and World War II, they have never been postponed to a different year.

Yes, what was just read is true, just like the rest of the major sporting events, the 2020 Tokyo summer Olympics have been canceled!

This decision was not made a whim, as many of the Countries that compete in the Olympic Games, committees urged for the postponement.

The Canadian Olympic Committee and Canadian Paralympic Committee had announced that their teams wouldn't head to Tokyo and urged that competition be postponed for one year.

The Australian Olympic Committee's executive board also unanimously agreed not to send a team and encouraged athletes to prepare for a summer 2021 event.

And USA Swimming, the national governing body for competitive swimming, sent a letter to the US Olympic and Paralympic Committee urging the group to postpone the Summer Games to 2021.

Though COVID-19 did hit close to home when it was announced that Tokyo 2020 Olympics chief Yoshiro Mori, 82, attended a meeting on

March 10th, with Kozo Tashima, the deputy head of the Japanese Olympic Committee who later tested positive for coronavirus.

The men sat 32 feet away from each other, and since then Mori has no symptoms and has yet been tested.

In an official statement sent out on March 24, the International Olympics Committee had mentioned that the Games would 'be rescheduled to a date beyond 2020, but not later than summer 2021, to safeguard the health of athletes and everyone involved in the Olympics'.

They have released the new dates though, so get ready to mark your calendars!

The Olympic Games will now start on July 23rd, 2021, and run until August 8th. The games were originally supposed to take place from July 24th until August 9th in 2020.

As a result, the Paralympic Games have also shifted dates. It will now run from August 24th until September 5th, 2021. The Paralympics are Olympic style games for people with impairments

"When the Paralympic Games do take place in Tokyo next year, they will be an extra-special display of humanity uniting as one, a global celebration of human resilience and a sensational showcase of sport," said Andrew Parsons, the President of the International Paralympic Committee.

Despite the postponement, the Summer Olympics will still be called the Olympic and Paralympic Games Tokyo 2020. The Olympic flame will also remain stored and displayed in Fukushima.

The reason for this is that it was agreed upon by the IOC President and the Prime Minister of Japan, that the Olympic Games in Tokyo can be held as 'a beacon of hope to the world during these troubled times and that the Olympic flame could become the light at the end of the tunnel in which the world finds itself at present'.

The Olympics is a big deal, in the number of people involved and in the billions spent to produce it.

Big as in, there were 206 nations and more than 11,000 athletes ready to compete in the 339 different events and thousands were planning to work in some part of the games, from food and souvenir vendors to hotel clerks to trainers and coaches.

Plus the fact that the tickets sold out last July, thousands more were planning to just watch the events.

After Tokyo, the next Olympics are to be the 2022 Beijing Winter Games, followed by the 2024 Paris Summer Games, and then the 2026 Winter Games in Milan and Cortina, Italy.



The flag has arrived at the host city.



Three friends, proud to be graduating.

Graduation Party Must Haves

Have a party to remember!

Story By: Ariana Cloutier

The best thing about graduation parties is well, the food but, other than that, it's the people you invite.

Inviting friends and your closest family is so important as even though this day is about the graduate, it is also for the people around you that are most proud of your accomplishments.

Now, let's talk about food, it's not a bad idea to ask family and friends to bring a dish to the party. They will be happy to bring you something in celebration of your hard work.

The easiest thing to do is, get a grill dad. A master of the grill if you will.

Feeding your guests will be simplified by plopping some burgers and hot dogs on the grill. Nothing says, "the start of summer" like a good cookout on the grill.

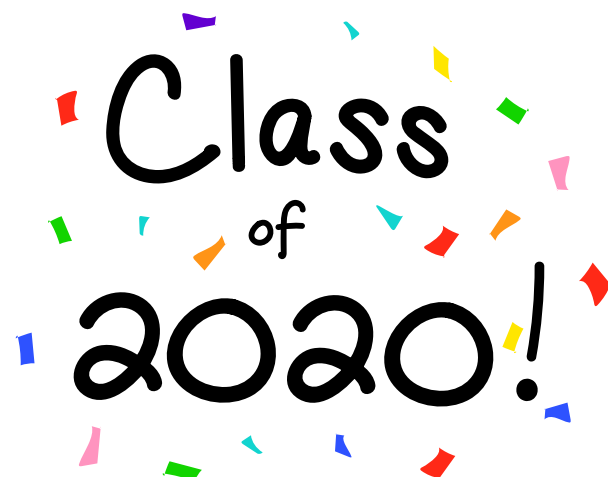
Having social media now makes it so much easier to look back on big memories. Try coming up with

a unique hashtag to represent the occasion.

Have all of your guests take photos and use your unique hashtag so that you have a place to go and find all the hidden gems of your party.

This is supposed to be an exciting time so don't forget to actually enjoy the party for yourself. Don't work too hard as the host and forget about having fun at the party yourself.

Don't be afraid to delegate tasks to family or friends who are willing to help.



Have You Been on the Foxwoods HighFlyer?

Be adventurous this summer!

Story By: Jerico Ciliano

The Foxwoods Resort Casino located in Mashantucket, Connecticut has many activities to offer all year-round. The zipline, the HighFlyer, is opened every season but it gets the most attention in the summer.

The HighFlyer is the biggest zipline in Connecticut and the only zipline off a 33 story hotel tower in America.

Gather a small group of friends, the zipline has 4 lines. The launch is 350 feet in the air from the rooftop of the tower to the Museum and Research Center on the ground.

The way down is over 3,700 feet and covers the whole resort. Not to mention the ride is 15 minutes long and you travel as fast as 45mph!

There is a quick process to follow before you go on the zipline. You go to the area called Base Camp, it is the location where you check in.

You must sign a waiver to ensure that you are responsible for any bodily injuries.

You must be weighed to ensure the safety of yourself and others. The weight limit is 65 to 300 pounds. The staff then brings you to Flight School.

Here you will be given gear, a speech about safety, and a wristband that indicates you are prepared to go ziplining.

You are then escorted up to the tower's rooftop deck and get on the zipline.

Here are the prices:

- Adults: \$59
- Youths (age 15 and under): \$39
- Active Military: \$49
- Fly 4 Pass (minimum of 4 people and a maximum of 7 people): \$50

The summer hours and dates for this year:

June 1st - September 7

- Sunday-Thursday: 12pm-6pm
- Friday-Saturday: 12pm-8pm

If you wanted to visit the zipline at a different time go to <https://foxwoodshighflyer.com/> for more information.



A customer traveling 350 feet up in the air!



HighFlyer gives its customers safety gear.



Hanging out while staying protected.

The Sun is Causing Wrinkles!

A few tips on how to protect yourself from the harsh sun.

Story By: Bianca Lane

According to the American Academy of Dermatology (AAD), one in five Americans will develop some form of skin cancer during their lifetime.

Skin cancer is the most common form of cancer in the U.S. According to Cancer.org, excessive sun exposure raises the risk of melanoma, which is the deadliest form of the disease.

It's essential you take care of your skin, especially during the summertime when UV levels can damage exposed skin. While sun rays may feel amazing, the effects of sun exposure may not be as agreeable over time.

The question is, what are you doing to protect it from the harsh summer sun?

After all, your skin is your body's most important organ and is not just a protective shell for your body's squishy guts.

Need another reason to protect your skin? Well here you go, sunlight is a major culprit of wrinkles, dryness, and age spots, no matter one's age.

The best way to avoid skin damage is to block the harmful rays of the sun from your body when you're out during the day. Yes, that even means use sun protection during cloudy days.

Sun rays can penetrate light clouds, mist, and fog, so while it is mostly summer you have to watch out for, the danger exists in every season, and the longer you wait, the longer the damage builds up each year.

So, here is some great protection tips against the sun:

Tip #1

Use a sunscreen of a sun protection factor (SPF) of at least 30 and is water resistance, every single time you go outside. Apply sunscreen at least 15 to 30 minutes before going outside, reapplying at least every two hours, or every hour if swimming, as water and sand reflect the sun.

You should also use a lip balm or lipstick that contains sunscreen with an SPF of at least 30, as well.

Tip #2

For the babies, you should keep babies younger than 6 months old completely covered and in the shade, as their skin is much more delicate than their older counterparts.

Tip #3

Limit the amount of time you're in the sun between 10:00 AM and 4:00 PM. This is when the sun's rays are the most intense. Practice the shadow rule: if your shadow is shorter than you, the sun's rays are at their strongest, and you should find shade.

Tip #4

If possible, wear a long-sleeved shirt and long pants, for which darker colored clothing with tightly woven fabric blocks out more sun than white or loosely woven fabrics. There is even clothes made with special sun-protective materials, you can buy as well.

You should also wear a hat that shades your face, neck, and ears and a pair of sunglasses to protect your head and eyes. However, sunglasses with lenses that have 99% to 100% UV absorption provides the best protection for the eyes and surrounding skin.

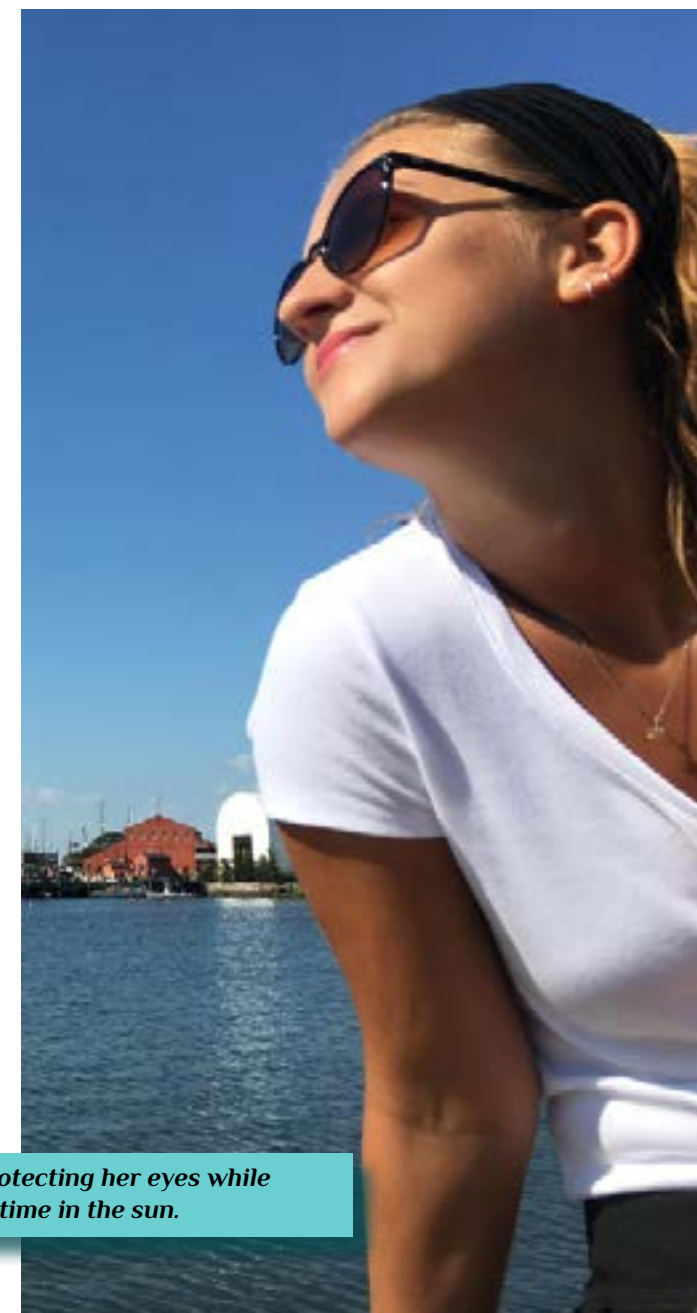
Tip #5

Know your medication!

You should be cautious if you are taking medications that may make you more sensitive to the sun. These medications can include specific types of antibiotics, anti-

inflammatories, antifungals, blood pressure medications, and chemotherapies.

So, read the provided directions, and if you still have doubts you can contact your local doctor or pharmaceutical technician with any questions you may have.

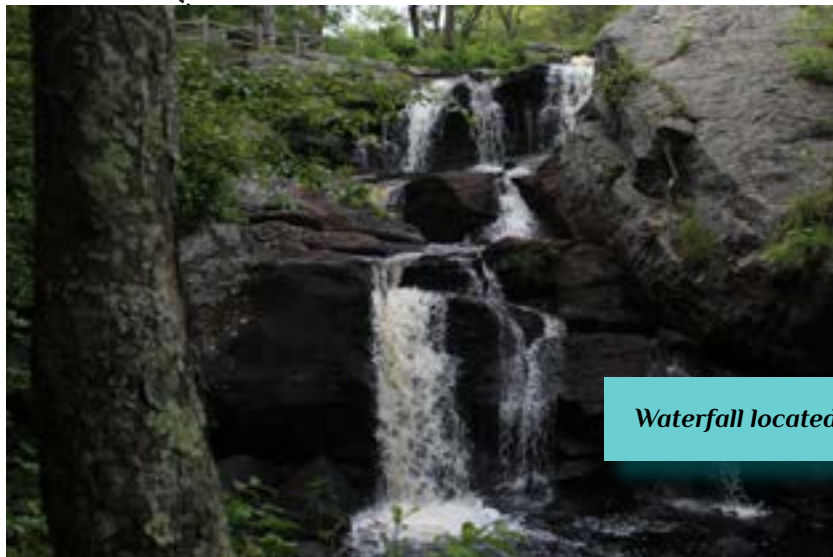


A young girl, protecting her eyes while spending some time in the sun.

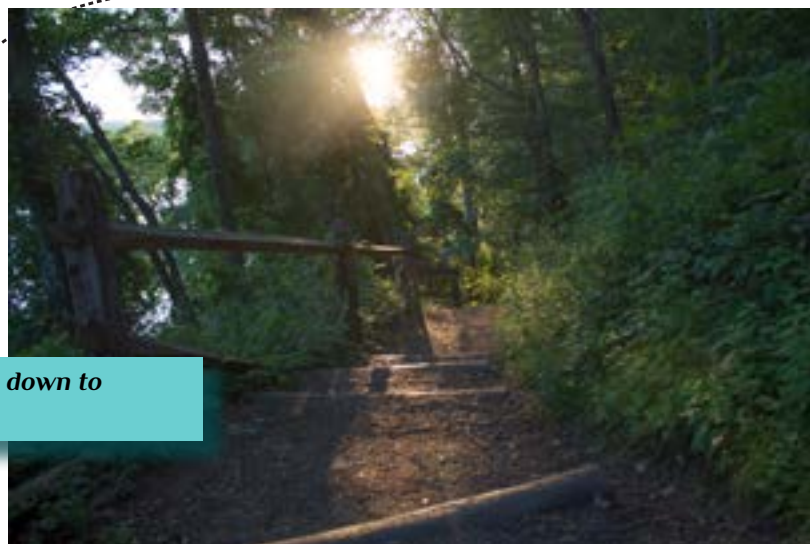
View of the lake from the beach.



Waterfall located at Devil's Hopyard.



Pathway or stairway leading down to opening at beach.



Hiking Spots in Connecticut

Go take a hike at these wonderful locations.

Story By: John White

Summer has arrived and with the season kicking off slow there will be a lot of you out there looking to hit the trails. There are plenty of trails and such throughout Connecticut and here they are

Devil's Hopyard- East Haddam, CT

Probably one of the more popular of the trails that will be talked about. When you pull into the picnic area right after the entrance you come to a bridge that signals the start of the trail.

Cross the bridge and walk the trail for a bit and you will come to an open clearing. Two paths come off of the clearing. One to a river and the other that scales a hill and leads to a point that overlooks the area.

Both are wonderful choices and can lead to so many possibilities of adventure. Whether your rock hopping or just scaling the vast trails that accompany the hopyard.

On top of that there is another path off of the cookout area that leads over to a waterfall area. Choose to chill at the bottom and admire the falls from below or sit at the top and look down on the falls.

Lantern Hill- Stonington, CT

Located off of a hotel by the Foxwoods Casino and Resort, Lantern Hill lives up to its name by basically being a big hill. The many trails form tiers of the mountain each leading a different way to help you reach the top.

If you are looking for a more challenging hike, then this is the trail for you. It has plenty of steep hills and it involves a lot of work to scale parts of the hike.

Lantern Hill is definitely would say this one is very scenic as well though with all the different openings

and ledges. Of course, when you arrive at the top you get this wide-open view looking over the vast area and a view of the casino.

Ayer's Gap- Franklin, CT

Ayers Gap is a very kept hush hush trail up in Franklin. Not very talked about, or at least not as much as the other trails there are in Connecticut.

There is not much story behind the trail itself besides the fact of how remote it is. The parking lot consist of small spot off the road for like 5 cars max maybe 6.

Trail probably takes about an hour or so to do but depends on how intensely you take the trails. There is a steep hill to it in the beginning, with a river towards the end of the trail.

Gillette Castle- East Haddam, CT

More of a history lesson than a full-on trail to hike on. The highlight of the park is the medieval fortress at the center, but here you will also find a few small trails that are very worth it.

Walk past the castle and come to a few trails one that leads to a beach area that can host a picnic or just a beautiful view of the water. Watch as jet skiers and boaters' breeze by skipping across the water.

There is also another path that leads you through the woods more. More of a tougher path, but is well worth it at the end, with another fantastic view of the water from atop rock cliffside.



This is a metal firepit, it is a safe way to burn objects.

Residential Open Burning Regulations

Be mindful of your neighbors.

Story By: Jerico Ciliano

The term open burning is used to describe uncontained fires with various objects burning and combustion fumes into the ambient air without passing through a channel. Open burning creates pollution in the air and can make it difficult for people to breathe.

The fire itself is dangerous and cause injury, such as burning people. It is especially not a good idea to have an open fire in a densely populated area. Be aware of others because you never know what kind of health problems they have.

People's health are not the only things that are affected. Open fires could potentially become uncontrollable and start forest fires or damage property.

This article will only be covering residential regulations. Open burning in residential areas are exclusively located in residential property. Other locations or situations may not follow the residential regulations. To be sure that you are following the correct regulations visit the [CT.gov](https://portal.ct.gov/DEEP/Air/Open-Burning/Open-Burning)

website and go to the Connecticut Department of Energy and Environmental Protection (DEEP) page (<https://portal.ct.gov/DEEP/Air/Open-Burning/Open-Burning>).

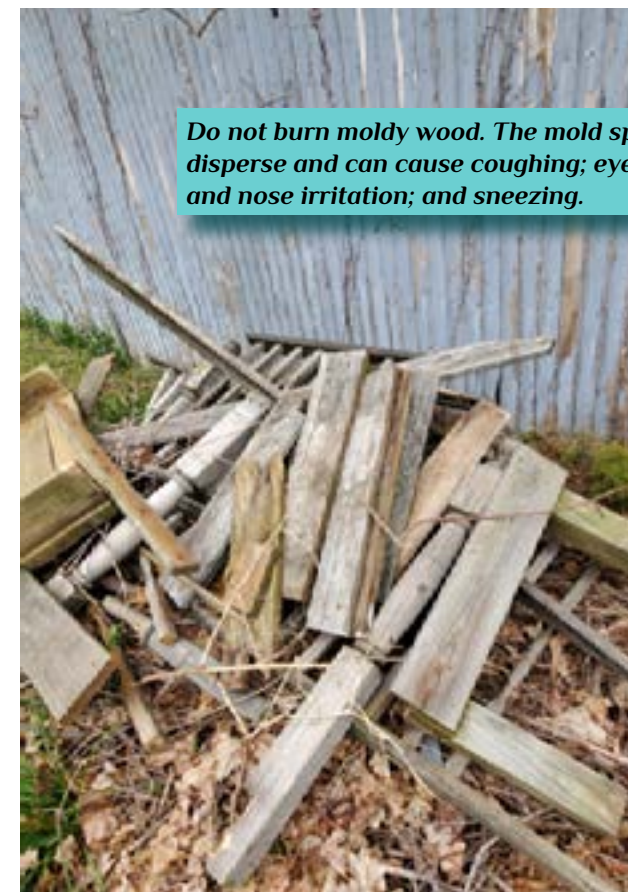
Each city and town have their own rules for the regulation. The website lets you search for your area and it brings you to a page of what regulations that town or city follows. The town, Norwich, is going to be used to specify the regulations. According to the [norwichct.gov](https://www.norwichct.gov) website, a person does not need a permit to create and maintain a fire.

The types of fires that are accepted are:

- Barbecues, Grills, or any outdoor cooking materials
- Campfires, bonfires, ceremonial, or recreational
- Fire department training
- Construction work

The open burning restrictions are:

- Burning must be ceased during an advisory of threatening atmospheric conditions and air



Do not burn moldy wood. The mold spores disperse and can cause coughing; eye, throat and nose irritation; and sneezing.



Matches are a safe way to get the fire started!

pollution emergency (forest fire danger or near 100 feet of woodland or grassland).

- You must comply with local ordinances and regulations.
- Cease burning if you are directed by lawful order or DEEP.
- The fire must not omit a questionable odor or excessive smoke.
- Carry out safety precautions; such as clearing the surrounding area of combustible materials.
- You can only burn clean, unpainted, untreated wood or charcoal outdoors.

There are a few laws that are applied to this situation as well. Open burning is covered by the Administrative Regulations for the Abatement of Air Pollution. The regulations prohibit odd odors beyond the property line of any source.

Open burning can be considered as a criminal offense as well. The penalties that might be imposed are a fine of \$50.00 for first violation, if there are subsequent violations the fine increases to \$200.00. If there is a state order violation, the

offense is punishable by a fine not less than \$250.00 nor more than \$1,000.00. The crime's severity could also make imprisonment an option. The imprisonment is no more than 6 months.

With this information, please be more aware of you and your neighbors and follow regulations to open burning.



Summertime Outdoor Fun!

Guide to some of the great places in and not far from Connecticut.

Story By: John White

For the summer no one enjoys being cooped up inside all the time, which leads to wanting to get out of the house and getting out there. So, grab your keys off the counter, get out of your house get in your car and head on over to one of these locations that we got for you.

Gillette Castle

Gillette Castle is a good start to places to visit in the summertime. A national park that is known throughout the state and their main attraction is a medieval castle

Along with the trails and the picnic area they have, you can enjoy a tour showing you the inside of the castle. The tour is an in depth look on what the architect behind the castle, William Gillette, had created.

Though the tour runs on a certain schedule, take the time to yourself to look around the exterior of the castle grounds. Walk some of the trails of the park and take plenty of photos around you of the neat architecture.

Fisher's Island

So, this one is a stretch for people in Connecticut, but if you are feeling adventurous take a trip down to the Ferry in New London. There you can get tickets to go over the water to Fisher's Island.

On the island you can wonder around and take in the scenery of the area. From the sandy beaches all the way to the mysterious bunkers on the island.



Colorful garden area at Harkness Park.

Fisher's Island is a quiet place with not much commotion going on but has a unique flair to it. Small town area with all the shops within the vicinity of each other.

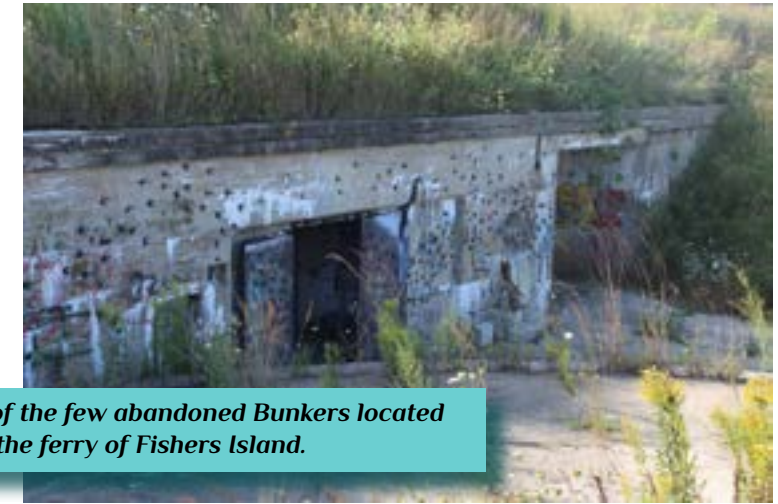
Harkness Park

Harkness Park is another park that is located down in the Great Neck/Waterford area. It is a quaint park and also has some fancy buildings around it.

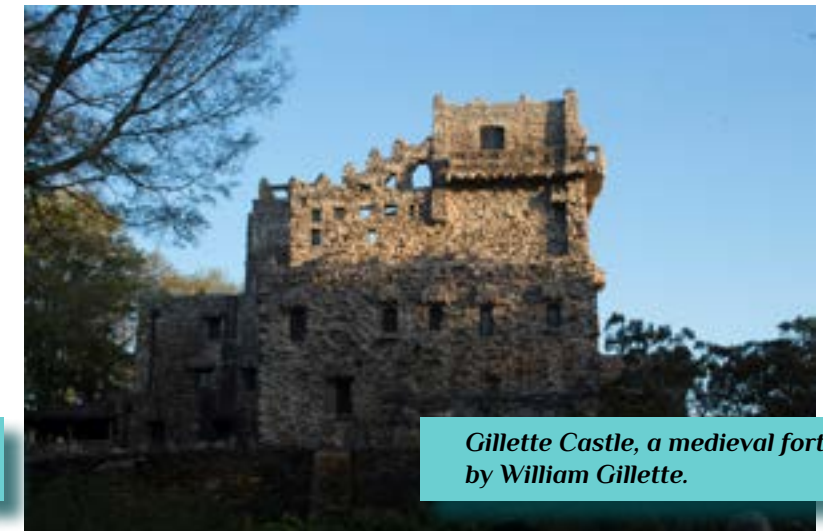
A mansion at the center of the park which used to house the residents of the park many moons ago. Next to the Mansion is a tranquil garden area with much beauty to it.

A prime location for many photoshoots and summertime weddings. On top of all that, there is an endless amount of field for

anyone to use for anything from ultimate frisbee to football games.



One of the few abandoned Bunkers located near the ferry of Fishers Island.



Gillette Castle, a medieval fortress built by William Gillette.



Where the Ferry lands and takes off from.



Fitness gear and apparel is not as important as creating small, manageable goals for yourself, and a routine that works for you.

Simple Summer Fitness

How to stay fit and focused even without your gym partner.

Story & Photos By: Chris Boyle

Though national quarantine from a global pandemic may have robbed us of a proper Spring, warmer weather is upon us and with it comes opportunities to practice social distancing with a change of setting. While gyms still might be a germaphobe's worst nightmare, luckily there are plenty of exercises you can do from the comfort of your own home or close to it.

We might not all be rushing to the beach during this very unusual Summer of 2020, but we are all in one way or another dealing with the consequences of weeks of shutting ourselves in our homes and gorging on our canned rations. While it is completely understandable to have put on some pounds in this stressful time, there are simple ways to revamp our fitness routines.

Cardio is an integral part of any lifestyle, and doubly as important to maintain during these stressful times. 20 minutes a day of cardiovascular exercises -- like a morning jog -- can improve cholesterol, reduce stress, lower blood pressure, help with weight issues, and above all can improve a person's mood and boost self-esteem.

Running and jogging are the perfect summertime workout because they can burn a lot of calories in a short amount of time and can be done relatively anywhere. Whether it be on a local street or maybe in your town park, running is a relaxing way to get yourself out of breath (in a good way) and enjoy some health benefits.

Understandably, however, some might find the notion of a morning jog to be quite boring while others might not enjoy running at all. Thankfully, cardiovascular exercises are not limited to just running and with a variety of options there is surely something for everyone to enjoy.

One such activity is biking; something that is much more commonplace as the sun begins to shine more and temperatures begin to rise. Benjamin Tracy, a student at the University of Connecticut and fitness guru, said that biking is his way to "fit cardio into my workout routine, and it has helped keep [him] lose weight."

"I just think running is mad boring, especially if it's just on a treadmill. If the sun is out and the weather's nice, I try to get a workout outside rather than in my house and the best way for me to do that is biking. Anything outside really; hiking, biking, I



Quiet, mid-afternoon streets are a jogger's dream in the summer.

like to swim when I can too."

Another key component to staying in shape without overthinking it is something a lot of people seem to overlook: calisthenics.

Calisthenics are simple body weight exercises that many of us overlook in favor of working out via machines at gyms. These are your standard push-up, sit-up, pullups, squats, and other simple workouts that can be done anywhere and require minimal or no equipment.

These versatile workouts are a great way to build muscle when you cannot get to a gym, and the best part is they can be done in the comfort of your own home and at your own pace.

These exercises can also be manipulated and built upon to increase difficulty. When you master a standard push up, why not take it up a notch and try different forms or hand placements that target a different muscle group.

As the temperature begins to heat up and most of us begin to (hopefully) venture out of our mandated COVID-19 Spring hibernation, it is important to know that everyone needs to start somewhere in terms of fitness. Moreover, it is doubly important to remember there is no need to overcomplicate things.

Summertime is meant for being outside and enjoying the warm weather, even if your favorite gym buddy is still practicing social distancing. Taking care of ourselves, especially in these most stressful of times, is crucial and sometimes the only thing needed to brighten a mood or clear our heads is a 20-minute jog down the street and back.

Whatever it is you do to stay fit in Summer, this year especially be sure to take this time to be outdoors and enjoy the fresh air while keeping your mind and body healthy and happy.



A beautiful prime cut of steak.
Credit: Mali Maeder Pixabay



Steak Recipe

Prime time for a juicy steak.

Story By: Tucker Noniewicz

This is my go-to steak recipe. This recipe works for any respectable cut of steak and is easy to adapt for any desired doneness.

Directions:

1. Starting 30 minutes before you plan to start cooking the steak, take it out of the fridge and season on both sides with Salt, Pepper, and Garlic Powder.
2. Start with your pan on high heat with a small amount of oil or butter in the pan.
3. Sear both sides of your steak and then turn the heat down in the pan.
4. Now you get to decide how you want your steak done

Tips:

- For rare heat to an internal temperature of 130°F ~ 135°F.
- For medium-rare: 140°F
- For medium: 155°F

And that's it there are no other acceptable ways to cook a steak

Definitely DON'T heat your steak to 165°F for a well-done steak.

Always let your steak rest, covered, for as long as it has cooked.

Summer Fashion Trends 2020

Don't be a bummer this summer.

Story By: Ariana Cloutier



Different sunglass options for Summer 2020.

Spring was the time for suits but, guess what? So is Summer!

Summer is going to be the time for a shorts suit. Yes, a shorts suit.

It's a normal suit jacket but with shorts to go with it!

It's kind of a funky look but it's something cool and interesting to fancy up your closet.

Another incredible fashion statement this summer is neon. We've seen it a lot from companies like Fashion Nova with their neon biker sets.

"The colour of the season? These days, there's never really just one. There is a consensus, however, on look-at-me colour - and it's on acid," says Vogue UK.

For summer 2020, be bold with your colors! Try a new number, with a bright orange or green dress.

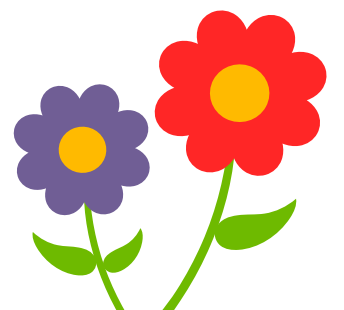
If you are feeling scared to go all out, add some bright 80's inspired earrings or bracelets.

The biggest accessory statement this summer (no pun intended, okay well, a little but intende) are big sunglasses. The bigger the better.

"Oversized shield sunglasses are trending this summer," says Stephanie Schafer (Senior Fashion Director of Nordstrom) to Elle Magazine. "Think '90s sport with a futuristic take and the bigger, the better."

All in all, think statement pieces for summer 2020.

The more outgoing and quirky the article of clothing, the better. Think outside the box.



Grilling Gospel

Your go-to for summertime eats.

Story By: Chris Boyle

A long break from school and warmer weather is always something to look forward to, but the unusual events of this year have left us all giddier to throw on our bathing suits and enjoy some time in the sun. Moreover, the shift to summertime ushers in a cornucopia of exciting dining options; perhaps most notably, grilling.

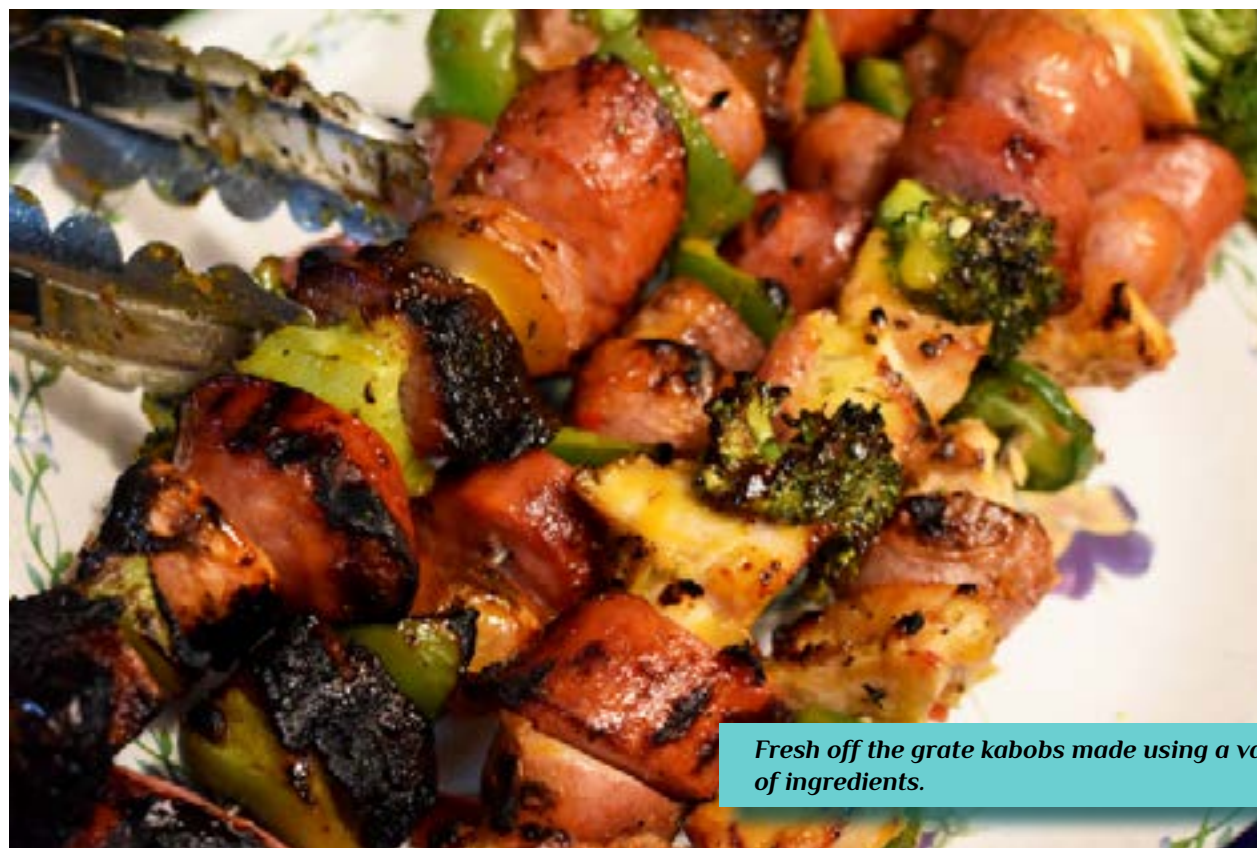
Grilling is a summertime favorite activity that brings people together and creates memories as well as fan-favorite cuisine. When most people think of grilling, however, they are often hung up on the more universally known options.

While at first it does not seem like too involved of a task to invite over some friends, crack a few cold ones and throw some hotdogs on the barbeque, grilling is as much a skill as it is a culinary art. Somewhere between an extra-rare steak and a burnt-to-a-crisp hockey puck of a hamburger is a happy medium.

We all know a self-proclaimed grill master that makes it seem like a herculean task, but what is really special about this summertime cooking method is that it lends itself well to the beginner. Grilling, in its own way, is very welcoming to the inexperienced and, more so than other methods of cooking that are much more precise (such as baking), grilling allows for experimentation and the possibility of failure.

Gabrielle Perrone developed a love for cooking when, after living on her own, she frequently visited her mother's house to cook the family dinner. "Grilling gets my whole family involved, even my little brother," she said.

"I think my favorite thing to make is kabobs because, even if they're so easy to make, there's something so fun about them. It's so simple, just



Fresh off the grate kabobs made using a variety of ingredients.

poke whatever you want onto a skewer and throw it on the grill; even the kids can get involved. Something about the smoke makes whatever you are making taste even better."

Grilling is a cooking method that embodies everything we love about the summertime season. It is carefree, fun with friends and family, and focuses less on being precise and timely and more on welcoming the possibility of new fan favorites.

More than just the standard all-American summertime staples we know and love, barbequing on a warm summer evening provides something for everyone.

For the meat lovers, the possibilities are endless

from classic hamburgers and hotdogs, to more involved gourmet meals like tender steak, delectable salmon, or even a Kielbasa stir fry.

Grilling, however, is far from being meat exclusive. Vegetarians of any variety can rejoice in knowing that there are infinite ways to roast their veggies, such as vegetable kabobs or even sautéed broccoli in a cast iron skillet.

While warm weather has always been a time to kick back and enjoy the outdoors, this year especially it seems new life has been breathed into our favorite summer activities. Be sure to use this time to cook up classic summertime meals, as well as discover your own love of grilling by getting a bit more adventurous. --

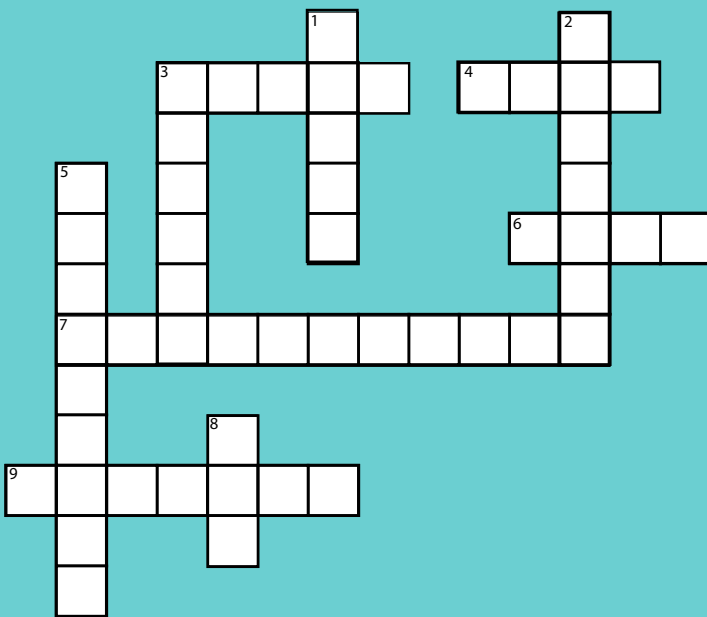
Barbeques are fun for everyone, informal, and always tasty.



Starting up a propane grill may be intimidating at first, but it will soon become second nature.

The Current

Summer Crossword Puzzle



Across

- 3.) A location with a lot of sand.
- 4.) A clean, contained body of water.
- 6.) The color of the ocean.
- 7.) What do men wear to go swimming?
- 9.) What kind of bird do you see at the beach?

Down

- 1.) A large body of water.
- 2.) What helps you see underwater?
- 3.) What do women wear to go swimming?
- 5.) It protects your skin from the sun.
- 8.) It's far away yet so hot!

