

THE CURRENT

Volume 19 Issue 2 | November 2017



Inspiring Better Health

There's an Oil for That

Yoga and Academic Stress

A Message from Your Microbiologist

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A Message from Your Microbiologist

Behind the Scenes of Flu Testing

Written by Chelsea Ahmed and Peter Yednorowicz
Photography and Graphics by Chelsea Ahmed

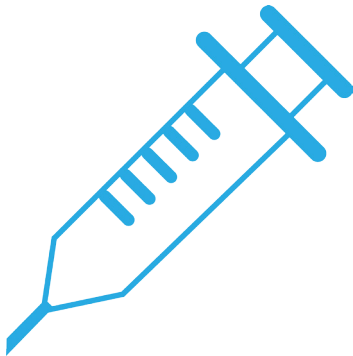


Photo of Peter Yednorowicz

Peter Yednorowicz is a 64 year old, diagnostic medical microbiologist who has been in the field for the past 40 years. Yednorowicz became interested in microbiology, while doing a summer internship with the CT Department of Public Health Laboratory. He enjoyed the challenge posed by microorganisms, (bacteria, parasites, fungi and tuberculosis like organisms). Yednorowicz graduated from Central Connecticut State University with a Bachelors in Biology and a minor in Chemistry. He then started as a bench technologist and eventually became a supervisor of a microbiology lab. He is certified as a specialist in microbiology with the ASCP. His primary role is to find and identify disease causing organisms and determine which antibiotics will be effective in killing them. He has two daughters, Laura and Lisa. In his free time, he enjoys playing tennis and bike riding with his wife Linda.

Historically the flu season gains traction around November. Generally, October is when pharmacies and doctors usually begin to recommend getting the flu vaccination, as this allows time for your body to develop antibodies to the flu virus.

According to the Connecticut Department of Public Health, every year in the United States, on average, 5% to 20% of the population gets the flu.

More than 200,000 people are hospitalized each year from flu complications and about 36,000 die from the flu. Each year vaccine manufacturers tailor the current vaccine

based on recommendations from the WHO (World Health Organization).

Typically there are several vaccine formulations, a trivalent that includes the two anticipated A and a type B strain, a quadrivalent, which includes two type A's and two type B's, lastly a high dose vaccine designed for seniors to help induce an antibody response.

The end of 2016 to the beginning of 2017 was especially a long flu season. The predominant strain last year was a type A (H3N2) and a minimal amount of H1N1. As is typical for many flu seasons as they progress, Type A

tends to decline, Type B begins to rise. Type B became the predominant virus in April and May of 2017.

Flu seasons are often times characterized by a single wave that peaks between the end of January through March. Although there have been flu seasons with two peaks, which means that there were two waves of strong flu activity.

Symptoms:

According to the Connecticut Department of Public Health, the symptoms usually include rapid onset of fever, chills, headache and muscle ache, followed by a runny nose, sore throat, and cough which is often severe and lasts for many days. Most people with influenza recover within two to seven days.

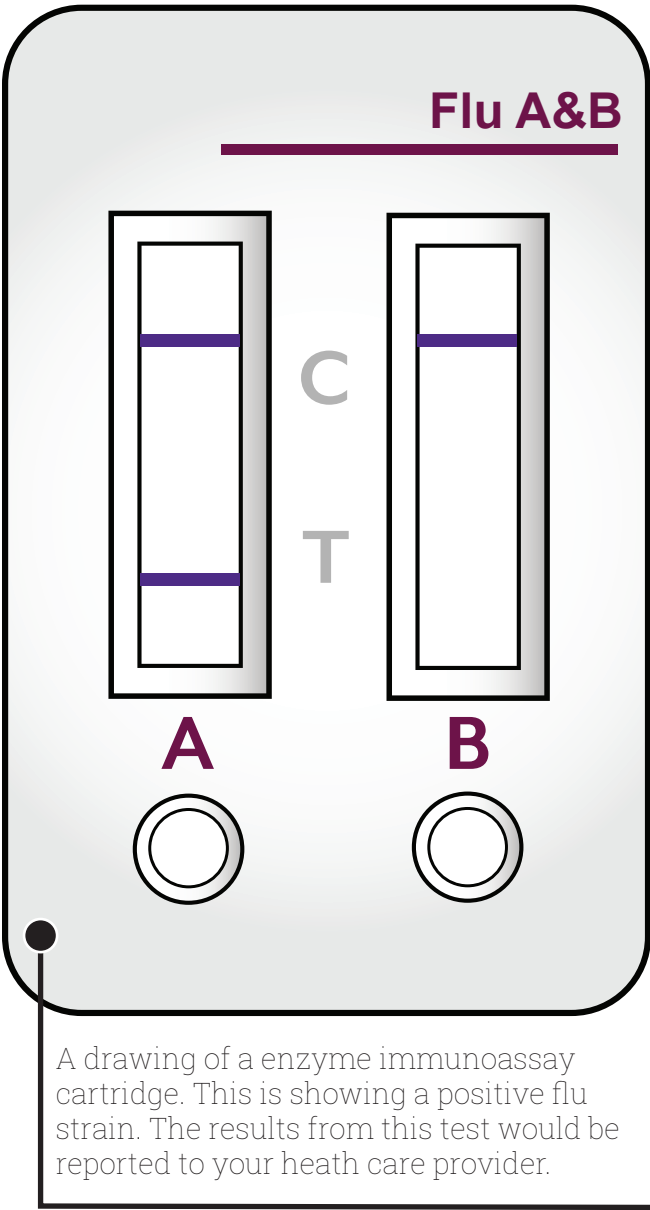
Testing:

The role of the microbiologist is to evaluate different test methods available considering accuracy, cost, and turn around time. Once adopted they are responsible for educating the medical staff on specimen collection and interpretation of results (including the limitations of each test).

A microbiologist has a variety of tests available to detect the flu virus. Specimens for testing usually mean a sample of nasal secretions.

A virus culture (which takes several days for results), molecular test (which are semi-rapid and very accurate) and then rapid antigen tests, these are rapid and test results are generally accurate when positive, but may not detect all people with the flu.

A virus culture grows in a tissue culture, and is probably used less often because of the time required to get the result.



The rapid antigen test has become the most common test used due to its ease of use and fast turn around time.

This test detects the nucleoprotein within the virus.

This is when a microbiologist takes the swab of the nasal secretion and mixes it with an extraction fluid. Then a sample of this fluid is introduced into an enzyme immunoassay cartridge.

If a flu virus is present, it will bind with the

antibody in the cartridge and produce a visible line indicating that the virus is present.

Then the results are reported to the healthcare provider who then decides whether treatment is necessary in your situation.

For those of you who wish to avoid the flu this year, do your best to avoid people who are sick, and stay home when you're sick.

Avoid touching the mucus membranes which include your eyes, nose and mouth where germs spread more easily.

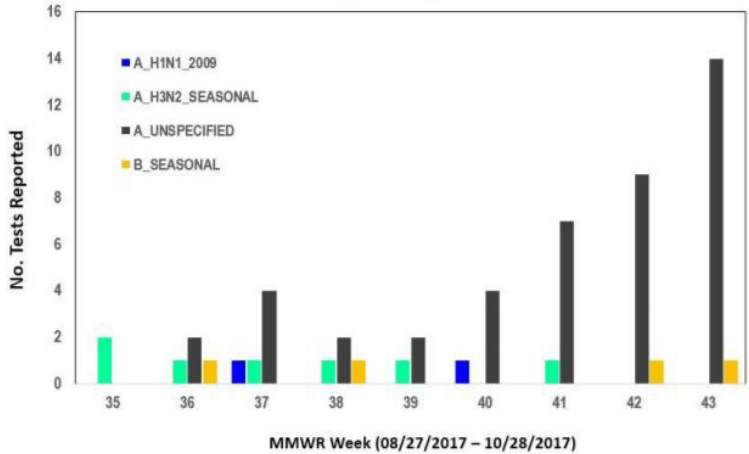
According to the Connecticut Department of Health, see your healthcare provider as soon as possible if you develop any flu-like symptoms; antiviral medications can help.

If you haven't gotten your flu shot yet, then consider visiting your doctor or local pharmacy for the vaccination.

For more information about the flu, and to view weekly Flu updates, go to:

<http://www.ct.gov/dph/>

Figure 6. Positive Laboratory Tests (n =57) by Influenza Subtype and Week, Connecticut, Through 10/28/2017



1- As of 10/28/2017, we are now in week 43. National influenza activity remains low. This graph shows the reportable findings in CT. The A_unspecified influenza is growing each week.

Graph from: <http://www.ct.gov/dph/>

2- Don't stress too much about flu season! For those of you that don't want to get vaccinated, wearing masks can greatly reduce your chance of coming in contact with germs.

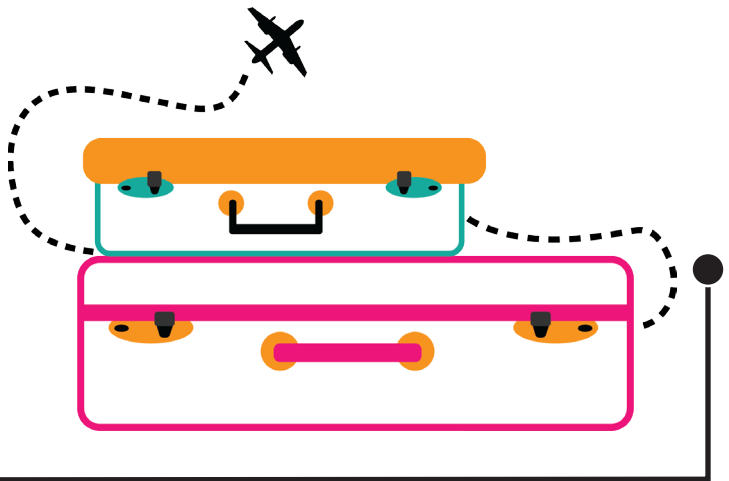
Travel

Traveling Made Easy

Quick Tips on TSA in Airports

Written by Chelsea Ahmed
Photography by Chelsea Ahmed

Suitcase drawing by Chelsea Ahmed



Winter holidays are just around the corner and for some of us that means traveling to see family and friends in a different state. Airports provide a quick and easy way to visit loved ones.

Unfortunately, not everyone gets TSA pre-check or can afford to spend the extra money to bypass security check points.

Here are some easy tips, for when traveling, to make the airport lines less intimidating.

Do your best to arrive to the airport early, especially if traveling on weekends when lines can be longer. This is one reason why airports suggest arriving three hours early for international flights and two hours early for domestic travel.

To begin with, all shoes must come off even if a person is wearing flip-flops. It is highly recommended to wear socks to not only protect your feet, in case you drop something on them while waiting in line, but also to lower the chance of getting athletes foot.

All carry-on luggage must go through the x-ray scanners. They must be small enough to fit in the overhead bins, as well as under the seat in front of you, on the plane.

On their website, United Airlines suggests that the carry-on bag not exceed the following dimensions: 22 inches long by 14 inches wide and 9 inches tall. This includes the luggage handles and wheels. A suitcase should not exceed fifty pounds.



Carry on luggage with wheels makes traveling a breeze! Just be sure it fits airport size requirements.

Some airlines will charge extra for bags exceeding this size and if they exceed the posted weight. Be sure to check your airline carrier's baggage policy online.

Most recently, local airports such as the Bradley International airport, in Windsor Locks, CT, have stated that each electronic device needs its own bucket.

A person is limited to two electronics, but these don't include phones. For example, a person may carry a laptop, a tablet and a cellphone, each of which should have its own bucket and will need to go in the x-ray scanner.

Be sure to take off any tablet covers or laptop covers, as well, for the security officers may ask you to take them off while standing in line. Do mark your personal items with your name and address so you know it's yours.

Everything will need to be emptied from your pockets including wallets, keys and even gum wrappers. It is best to keep those in your carry on item/backpack to avoid having to put them into the buckets at check in.

One thing that is not allowed is belts; they must be removed before entering the full body scanners. When traveling, wear a pair of pants that doesn't require a belt, or take it off, before entering the line to reduce scanning time.

All travelers are limited to one quart-size, zip-top, plastic bag for carrying bathroom necessities, such as shampoo, soap and toothpaste. Each container must be smaller than 3.4 ounces.

It is best to downsize items as much as possible, and stores such as Walmart and CVS sell items specifically made for traveling to make your packing easier.

These baggies must be removed from your

carry on and placed in the bucket to go through the scanner.

For those traveling with sleep apnea machines, or other large medical devices, be sure to place them in their own bucket. Also, have any information from your doctor that allows you to carry that device. If you are unsure about your device, ask a security officer.

In addition to having luggage go through security checkpoints, security officers or airplane personal have the right to inspect your luggage at any time. Never leave your personal items unattended or leave them with someone you don't know.

Some airlines and airports have more rules and are stricter about their policies. Be sure to research and read online about the specific airline your traveling with!

Just remember that everybody is in the same situation and only wants to get to their final destination. Happy and safe travels!



Quart size plastic bags are essential for carry-on luggage. One bag is allowed per person. Be sure to only bring items that you need, for items can always be bought at your final destination.



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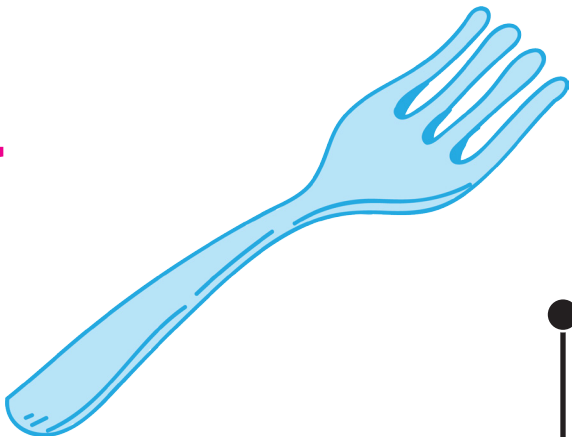
Recipe

A Cheesy Way to Start the Day

Hash Brown Spinach and Cheese Egg Nests

Written by Chelsea Ahmed and Penney Ahmed

Photography and Graphics by Chelsea Ahmed



Overview

These Egg Nests are perfect for breakfast, brunch or even a snack. They not only look beautiful, but are delicious. These Egg Nests are filled with protein and can easily be grabbed on your way out the door!

This dish also offers a lot of flexibility with its ingredients. Try different cheeses, and switch out bacon with pieces of ham or sausage. Buying pre-shredded frozen hash browns will make your meal prep time twice as fast.

Silicon muffin pans would help with the cooking process as well. The hash brown nests have a habit of sticking and you don't want to ruin your creation!

Enjoy this tasty meal! Feel free to share it with others!

10
Minutes

Prep Time

30
Minutes

Cook Time

40
Minutes

Total Time

Ingredients

- 15 oz. frozen shredded hash browns, thawed
- 1 cup of cheddar cheese, shredded
- 3 tablespoons of fresh spinach (optional)
- 1 tablespoon olive oil
- 8 medium eggs
- 2 slices cooked bacon, crumbled
- 1/2 tablespoon parsley, chopped
- 4 small cherry tomatoes (optional)
- 1 avocado (optional)

Additional 1 tablespoon of cheddar cheese
Salt and Pepper to taste
Cup cake pan
Non-stick spray



Instructions

1. Mix hash browns, salt, pepper, olive oil, spinach and 1 cup of shredded cheddar cheese in a mixing bowl.
2. Really spray your muffin pan and divide the hash brown mixture into each well of the muffin pan. Don't be frightened to use your fingers, to tightly shape them into little nests.
3. Bake at 425 degrees F, until the edges have browned and the cheese is melted, (about 15 mins).
4. Take them out of the oven, crack a medium egg into each nest and season with salt and pepper to taste.
5. Top with crumbled cooked bacon, spinach, the additional tablespoon of cheddar cheese and fresh parsley.
6. Bake at 350 degrees F until the egg whites set, (about 13 to 16 mins).
7. After cooling, gently slide a knife along the edges and use a fork to lift them out of the pan. Be patient when removing them, as they do like to stick.
8. They are ready to serve with your cherry tomatoes or avocados.

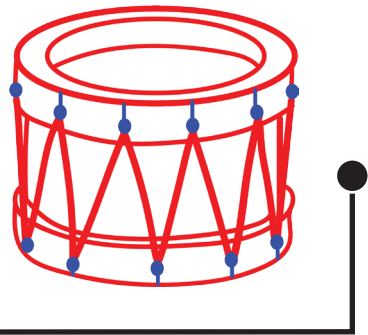
- 1- Lay out of all your ingredients ahead of time. It makes prep work go a lot faster.
- 2- Try pairing this dish with tea or even coffee for a yummy breakfast!
- 3- These hash brown nests pair perfectly with fresh baby tomatoes!

Dedication of Plaque

Eighteenth Connecticut Volunteer Infantry Ceremony at TRCC

Written by Chelsea Ahmed
Photography by Penney Ahmed and Chelsea Ahmed

Graphics designed by Chelsea Ahmed



On October 13th, 2017, at 3:00 p.m, a dedication ceremony occurred at Three Rivers Community College, in honor of the Norwich Civil War Regiment.

This Regiment was made up of men from surrounding towns, including Windham, Colchester and Tolland, who mustered into service in August of 1862. These men served primarily in the Shenandoah Valley of Virginia.

The plaque was originally intended for the former New London Country Fairgrounds. It was cast in September of 1938, but a hurricane later that year prevented its placement.

The plaque was recently rediscovered in a vault in Norwich City Hall and returned to the Sedgwick Camp #4 group.

The weather was a warm 70 degrees as about forty people gathered on the green lawn, across from the clock tower, by the C & F wings.

Dale Plummer, a Norwich City Historian, welcomed attendees and passed out programs. Plummer started the dedication by reciting a short prayer.

Next, the Norwich Police Color Guard marched

in with flags. A drummer followed the guard and beat on his drum. Then, the Pledge of Allegiance was recited.

Norwich Mayor, Deberey Hinchey, shared a few words with the audience.

“It is wonderful to understand a little bit more of our history,” she said.

Steve Goetchius, Dean of Administrative Services at TRCC, welcomed all the attendees and thanked everyone for coming to the ceremony.

John P. Sullivan, a member of the Sedgwick Camp No. 4, recited a roll call of the Battle Dead. After each name was announced, a short drumroll was given in their honor.

Sedgwick Camp is a group that seeks to preserve the legacy of the Grand Army of the Republic, as well as honoring and preserving the memory of Union Civil War veterans.

For those interested in joining, membership is open to all male descendants of Union Soldiers who served during the Civil War. They have monthly meetings held at the Buckingham Memorial Building in downtown Norwich.



The Norwich Police Guard with their flags before the ceremony.

After about fifteen minutes, the guests made their way into the school to watch the unveiling of the plaque.

The plaque is located by room D11, and is in the hallway that connects the D wing to the C wing. If one was to come out of the library, and walk straight up the ramp towards the bathrooms, the plaque will be on the right side about halfway down the hall.

The attendees all grouped together in a circle and joined hands as Dianne Daniels, began to dedicate the plaque.

“We join our hearts and hands and give our thanks and honor their names, hearts and sacrifice,” she said.

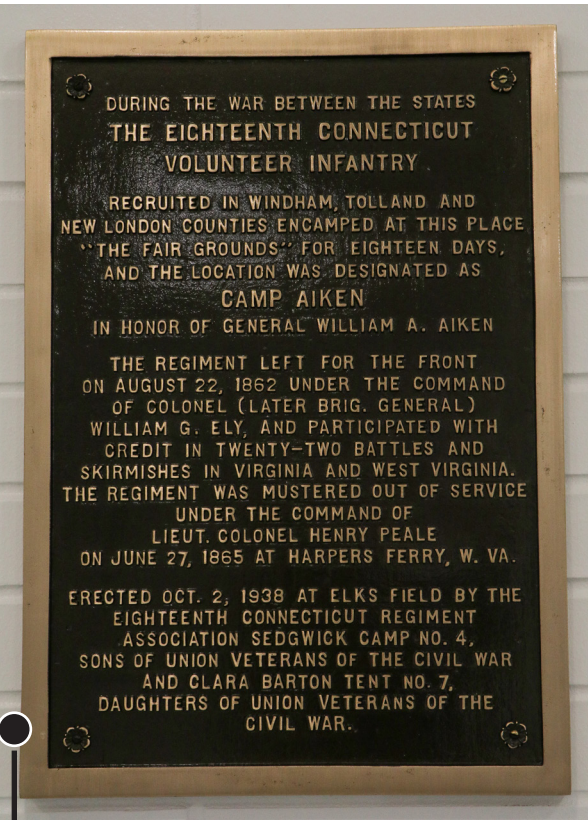
The crowd also sang the song, the Battle Hymn of the Republic.

There was a drumroll before the unveiling of the plaque, and the blue sheet containing the TRCC logo was removed by Matthew Reardon and some of the members from the Sedgwick Camp.

Father Robert Washabaugh, from St. Mary’s R.C. Church in Norwich, led the benediction which was the blessing at the end of the service and there was a silent prayer that let the audience reflect on the soldiers that were lost during the war.

Everyone was thanked for attending and offered light refreshments in the room across from the plaque, courtesy of Three Rivers Community College.

The plaque is now on display for all of TRCC to see; be sure to swing by and thank the men that gave up their lives during the Civil War.



The Eighteenth Connecticut Volunteer Infantry plaque can be found by D11. Be sure to check it out.

There's an Oil for that

All You Need to Know About Essential Oils

Written by Chelsea Ahmed and Beth Wrobel
Photography by Beth Wrobel



The Blissful Teacher LLC logo

Q. How did you find out about Essential oils?

A. I discovered essential oils at a hair appointment for my daughter, then 6 years old. She was very stuffy at the appointment. Ironically, the hairdresser also was an oil distributor. She tried some of the peppermint oil in Avery's palm...and treated it like a diffuser as she had her inhale. Magically, throughout the appointment, her congestion started to subside. I was so pleased with the benefits of this oil, that I immediately began researching other types of plants and how they heal.

Q. What is an Essential oil and what are their benefits?

A. Essential oils come straight from the earth. They are extracted from plants (fruits and vegetables, mainly) and flowers and are all natural. The oils have various benefits. For example, lavender aids in calming the body. Citrus oils help energize you.

Q. What are the ways to apply essential oil?

A. There are several ways to apply essential oils. I was not a fan of applying the powerful oils directly on the skin. We have come up with alternative ways to experience the

benefits of the oils with our sensitive skin types. One way is to inhale the oils with our diffuser lockets and inhalers. Creams are another way to reap the benefits, roll-on's with carrier oils, and mists containing Epsom salts and distilled water. Applying oils through the bottoms of the feet is the most effective way, as this is the quickest absorption point into the bloodstream. The oils work at the cellular level and enter the bloodstream.

Q. Can you use more than one (oil) blend at a time?

A. Yes...absolutely! You can and SHOULD layer the oils. If you have allergies AND cannot sleep—like myself, you would mist both our Sunday Night Soother and A+ Allergies. Some perfect combinations include our Perfect Attendance for immunity and our Field Trip Fantasia for mood. These are blends of several oils, and are super effective! The favorite is the Secretary Serenity, because lavender and bergamot both calm, but the bergamot also gives you energy during the daytime hours.

Q. What is a carrier oil? What does it do?

A. Carrier oils help dilute the strength of the pure oil, so it does not burn your skin.



Acronyms Aside, an essential oil sold by the Blissful Teacher. This is considered a healing mist and can help with focus and infection.



More of the Blissful Teacher's essential oils. Be sure to visit the website to find a perfect mix for you!

Q. What is a "hot oil"?

A. You can heat the oils but we don't condone this.

Q. Can you consume essential oils? If so, how would you consume them?

A. Essential oils can be consumed, however, in moderation. They can be added to shakes, ice cream, broth, tea...you name it. The recommendation is only a couple of drops. Helpful and delicious!

Q. How often should you use essential oils?

A. We use them daily. It is important to know that oil usage varies from person to person and from need to need. For example, for some individuals, the benefits start right away; as with Avery and the congestion example. For others, like our friend with migraines, it took a couple of weeks of consistent usage to reap the benefits and notice the results.

There are wavering philosophies to this, I feel, as with chiropractic, that I need to maintain and keep up with this aspect of my health. Personally, I use the lavender nightly for sleep and the anxiety/mood booster daily. I mist a few times a day, usually three pumps each time. At night, I apply about five mists on my face and five on my feet before bed.

Q. Are there any precautions that should be taken while using essential oils?

A. The brands matter. Look into high quality oils and stellar brands. There are reviews all of the time. You want to add a sufficient amount to a base (cream/oil base/liquid application) to ensure effectiveness.

Pregnant women and those with cats should ask for more information. The products we make can be applied to the face, and they can even help to set makeup

Q. Students are busy working on final projects and papers. Do you recommend any essential oils to help with stress? What about sleep problems? Are there oils to take for relaxation?

A. A list of these are in our brochure and on our site. Lavender assists in calming, night use only. Citrus oils, such as Bergamot and Wild Orange, help with energy. Basil, as well as peppermint, are the focusing oils for mid terms or papers!

Q. You have your own business. How can people contact you to order essential oils?

We do, and we are so excited to help others.

www.theblissfulteacher.com

Beth's cell 1-860-622-1449
beth@theblissfulteacher.com

Q: What message would you like to leave to our readers?

A. In the world of drugs, try the healthy route. They are just as effective.

Take alternative approaches, YOU MATTER. POWER OF OILS!



Beth Wrobel is a part of the Nutmeg Collective which is Connecticut's Creative Chamber of Commerce. It's a group of entrepreneur artists, crafters, and vintage curators looking to expand their businesses locally and online.



Beth Wrobel, her husband Matt, and daughter, Avery, with their dog Bella.

The need for essential oils is growing increasingly popular. The Blissful Teacher recognized this need in 2012 when they launched their line of essential oil mists. Beth discovered the effectiveness of peppermint through a friend as it helped with her daughter's cold almost immediately. She diligently spread the word and attended some workshops about the power of oils. The personal need expanded and so did the line to include body exfoliating scrubs, creams, mosquito and tick formulas as well as pet spray.

Beth Wrobel was a proud educator of Elementary education and Gifted education for 23 years. She started seeing the need in her field as colleagues were very stressed with the growing behavioral challenges, standard changes and increasing in academic testing and demands. She resigned from teaching to pursue her goal of helping all of those in the education field and beyond. Beth has had extensive training with the oils and continues to grow and learn as an Oil Fairy! She also enjoys decorating, cooking, singing, traveling and spending time with her loving husband Matt, blissful eleven year old Avery, crazy black lab Shadow and adorable puppy Bella.

Health

Yoga and Academic Stress

Release Exam Anxiety and Strive for a Better You!

Written by Catalina Anzola
Photography by Catalina Anzola
Graphics by Chelsea Ahmed



Catalina Anzola is a student at Three Rivers Community College. She will be part of the school's graphic publication, The Current, next semester. She will also complete her Associates in Graphic Design in Spring of 2018. When Anzola isn't busy with homework, she turns to yoga to relieve her stress. She's been actively practicing yoga for the past ten years and loves the benefits that yoga has to offer.

Photo of Catalina Anzola

Academic stress is prevalent throughout all school districts. Student's desire to achieve academic success for respect, family pride, and social advancement.

During exams, college students experience academic stress due to various reasons such as poor preparation, study approach and lack of course material.

When stress becomes excessive, it leads to pre-and post-exam anxiety, which ultimately affects their academic achievement. This stress causes strong feelings of worry or anxiety. One way to manage stress is through the practice of yoga.

Yoga is more than a physical workout. It is a mind-body practice. It is a combination of postures (asanas), breathing practices, relaxation, and meditation, which help transform your mental and physical health.

Yoga has also been shown to reduce depression, anxiety, and stress, while also increasing energy levels.

According to Harvard Health Publishing (Harvard Medical School), "Meditation, progressive muscle relaxation, guided imagery, deep breathing exercises, and yoga are powerful relaxation techniques and stress releasers".



Yoga has been scientifically proven to be beneficial for the body and mind. Yoga works all the systems of the human body; one example is the brain.

This art form activates areas of the brain that increase joy and diminish emotions linked to stress. Studies have shown that yoga helps reduce both stress and anxiety, and can enhance your mood and sense of well-being.

Yoga helps you learn not to focus on the things you can't control, but instead, to focus on living in the present. As it becomes incorporated into your life, you'll begin to notice you're handling stressful events easier, whether they're school, family or work.

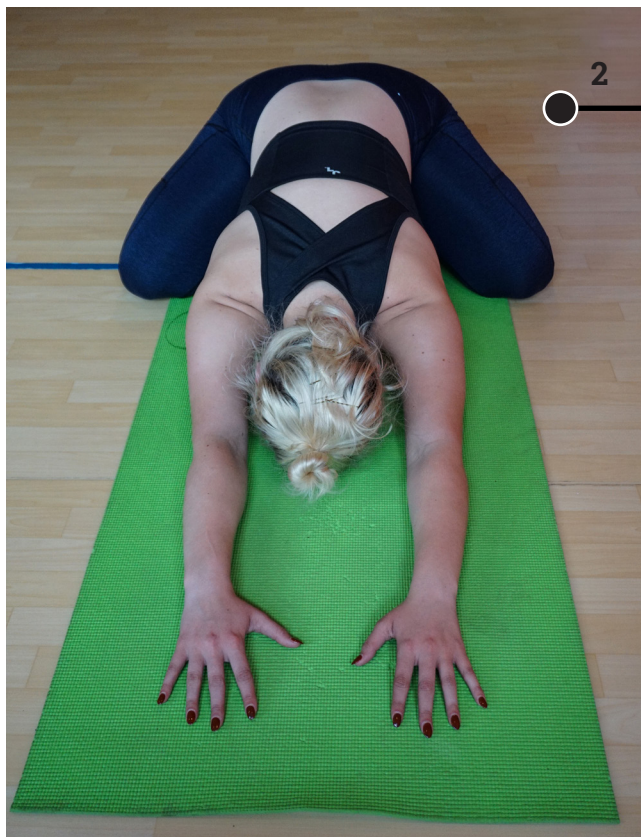
Physical flexibility is not a requirement. Achieving the right balance is important because, everyone has different abilities and different body types; therefore, comparison is inapplicable.

Beginners tend to find it helpful to learn with an instructor in a class environment with other like-minded students.

Remember, yoga is a breathing practice.

1- Ally Campbell is in the Full Lotus Pose. There are many variations of this pose because no two bodies are alike.

2- Ally Campbell is in Child's Pose. This is a great pose that you can come to whenever you want to relieve some stress.



Movie Review

Let's Play a Game

Jigsaw Returns to Theaters

Written by Chelsea Ahmed
Drawings by Chelsea Ahmed

Total movie time: 1 hour and 31 minutes.

Warning! This review will contain spoilers of Jigsaw.

For those of you that aren't familiar with the Saw movies, the films center around a serial killer who captures his victims and makes them confess their sins; the truth will set them free. However, they must encounter gruesome challenges, and almost all of them don't make it out alive.

This is the eighth installment of the movies and Saw fans will appreciate the gore and familiar story line.

John Kramer, "Jigsaw" has supposedly been dead for ten years. This movie aimed to change that and bring him back from the dead.

The movie begins with an action packed police car chase. A man is running from the cops and anxiously looks for a red X.

"Five people are going to die," he tells the police.

The police shoot the man, who ends up in the hospital in a coma.

The next scene focuses on five people who wake up in a poorly lit room with a bucket like

contraption on their heads. Saw's infamous voice comes through the speakers saying all they need to do is offer their blood and they will be set free.

They are scared and confused, and the contraption begins to pull them towards a wall of moving saw blades. This scene was exceptionally gruesome. Four out of the five members survive, while the other man doesn't wake up and gets slashed by the wall. Blood spurts everywhere, which really added horror to the scene.

The movie continues to jump from scene to scene, showing three separate stories. This can be confusing at times. One part focuses on Detective Halloran and Hunt, and the second focuses on the morticians helping to solve the case, Logan and Eleanor, and the other on the deaths of the victims.

At this point the victims are now in a barn with chains around their necks. Billy the Puppet, slowly comes out of the darkness on his tricycle holding a sign that says, "Confess". Saw fans will appreciate the use of Billy, since he is iconic to the films.

Three syringes are offered to the victims and they must stab Carly with the correct syringe. They stab her with all three.

It seems that only Saw goes after people who have committed murders. I think this adds to Kramer's character, and that he kills with a cause.

For every person that dies, their bodies are found in strange places. It is not until the autopsy report, where Logan the mortician finds a flash drive with a message from Saw on it. After a voice analysis, it is an identical match for John Kramer.

The torturing continues as one of the victim's leg's are cut off due to wires in the

floorboards. The other two victims get stuck in a grain container. All the deaths in this movie were gruesome and cringe-worthy.

The detectives even dig up John Kramer's casket to make sure that he's not alive, but the body is no longer in there. Instead it is the man that was in a coma from the hospital.

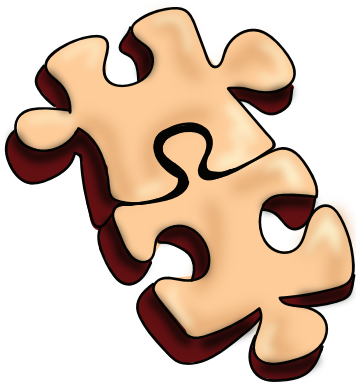
I found the last part of the movie to be exceptionally confusing. At this point, you believe that Saw is alive. However, Kramer is not the one killing people.

Logan, is the one behind the gruesome murders. He recreated all of Saw's murder's in order to frame Detective Halloran. The detective killed one of Logan's relatives. This movie was all about revenge!

The scenes of the victim's dying, actually happened years ago. Logan was the man who was chopped up by the wall covered in saw's. John Kramer took pity on him, and raised Logan to be an apprentice and had him learn Jigsaw's ways.

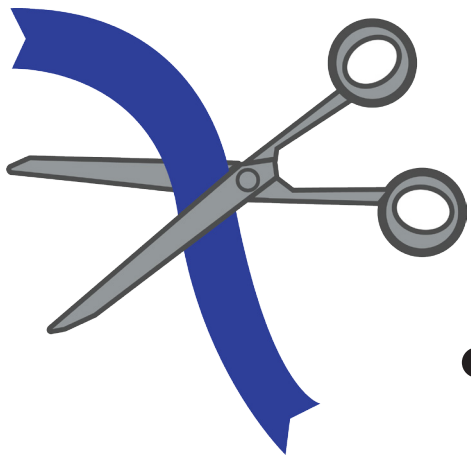
The movie wasn't very well executed and scenes happened too fast. The ending felt exceptionally rushed. It was horror filled and bloody, but so were the other Saw movies.

2017 is the year of movie remakes and sequels. This was just another movie that missed the bar. 2 out of 5 stars.



TRCC Event

Tutoring Center Ribbon Cutting



New and Improved Tutoring Center

Written by Chelsea Ahmed
Photography and Graphics by Chelsea Ahmed

The Three Rivers Community College Tutoring Center Ribbon Cutting occurred on, October 30th 2017, at 10:00 a.m.

For those of you that are familiar with the old tutoring center, this new space is larger, brighter and allows room for double the amount of students from last semester. There are now six private tutoring rooms, collaborative technology stations and a renovated reception area.

There was a large turn-out for this event. Megan La Casse, Betty Baillargeon and Kathryn Gaffney, as well as Alexa Shelton were all in attendance.

Everyone was in good spirits and the room filled with laughter. Multiple people posed in groups for selfies.

TRCC President, Mary Ellen Jukoski, welcomed the crowd and thanked CSCU President Ojakian.

"Thank you for believing in the students and putting them first," she said.

Jukoski went on to mention the architects responsible for creating the new space; Diversity Construction Group located in Cheshire, CT.

CSCU President Ojakian spoke next and stressed the importance of student success.

"This is about understanding what your goals are and understanding your objectives to reach your goals," he said.

President Ojakian and President Mary Ellen Jukoski used giant scissors to cut the blue and white ribbon and the room was filled with applause.

If you haven't submitted your work for review, or made an appointment with the Tutoring Center, be sure to do so!



(CSCU) Connecticut State Colleges & Universities President Ojakian and TRCC President Mary Ellen Jukoski cut the ribbon in the TRCC Tutoring Center.

Attending College Just Became Cheaper

Save Money on College Textbooks at TRCC

Written by Linda Mossberg
Photography by Linda Mossberg

Graphics by Chelsea Ahmed



Let's face it, attending college can be expensive. Whether going to a state or local community college, like Three Rivers, tuition, fees, books and supplies can run into the thousands per academic year. With tuition and fees set in stone, and the average for books and supplies being \$1,242, looking for ways to save just became easier.

You may recognize the Follett name from when you click on what required books you need to purchase for a class.

However, you may not know that Follett Higher Education Group just made a deal with this college and the other 11 community colleges in the state, to help reduce the costs of books, both new and used.

The generosity of Follett was the result of discussions between them and Connecticut State Colleges and Universities President Mark Ojakian, who collectively were looking for ways to make things a little easier for those continuing their education.

Since this past summer semester, students have been able to take advantage of this coordination; students will now get a 10% discount on books at the school's bookstore. In addition, they will price match from

Amazon and Barnes and Noble. Normally, the book for Advertising Design, Advertising by Design, has been \$60 at the college bookstore, and is now \$54.40; however, at Amazon.com, the same book is \$41.04, which the bookstore will match.

The process is quite simple. On the day you wish to purchase your books from the school bookstore, print out the page from Amazon or Barnes and Noble, showing today's price of the in-stock item. Give the book and your print out to the friendly sales associate, and you will get the discount.

If finding it cheaper on either of those websites fails, you will still get the 10% off new textbooks. Keep in mind, our bookstore will price match for new, used and rental textbooks. It seems like a win-win.

Recently, students were asked as to whether or not they were aware of this news and if it will encourage them by purchasing from the bookstore now.

Anna Estrada was not aware of the deals, but felt it would make things easier and quicker, since ordering online takes time to arrive at your house; as compared to, going to the college bookstore and getting it instantly.

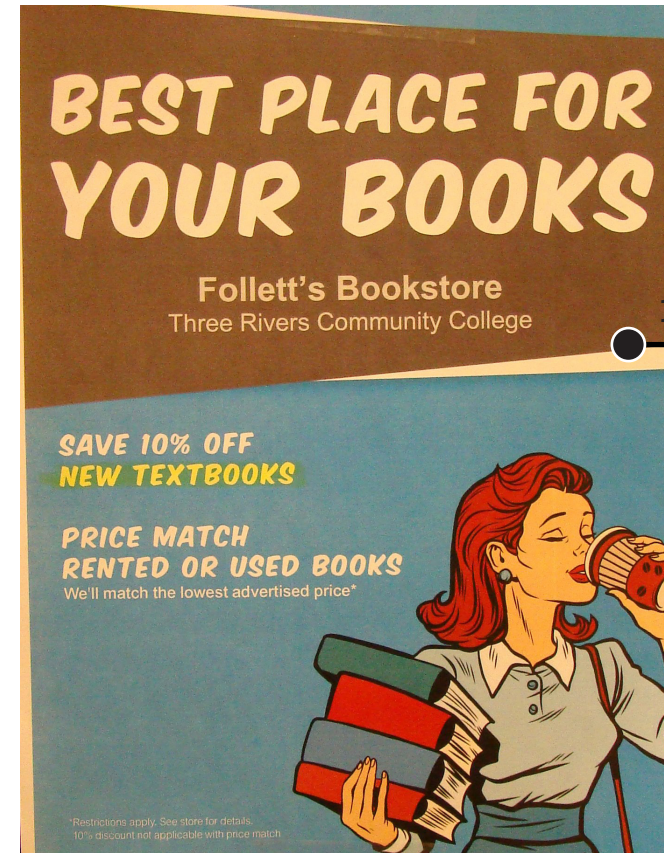
Curtis Patsiga, also didn't know this was an option and was encouraged to make his purchases at TRCC since they price match.

Casey Hank echoed Estrada's and Patsiga's position on not having this information; however, Hank did reply that, "I am looking forward to the potential for lower prices in books. I personally always get my books through the bookstore, so I will be more interested in getting them at the school store."

If you would like more information about the details, visit the bookstore, conveniently located just inside the main entrance or jump online to:

<http://www.bkstr.com/threeriversccstore/shop/textbooks-and-course-materials>.

Enrollment in class for the Spring semester are going on now, so check out the deals and save some money.



1-Flyer from Three Rivers Community College Book Store advertising 10% off new textbooks, as well as the new Price Match program. This flyer can be found by the check-out line at the bookstore.

2- Davon Brown, has been a sales associate at the bookstore for the past year and a half.

4th Annual Men Against Domestic Violence (M.A.D.V.)



Bringing Awareness to Light With Stories

Written by Kenzie Costello

Photography by Kenzie Costello

Domestic Violence Ribbon by Chelsea Ahmed

On October 24th 2017, Professor Frederick Knowles held the Fourth Annual Men Against Domestic Violence (M.A.D.V.) Artistic expression event in the Three Rivers Community College Art Gallery. This event featured spoken word poetry and live body painting by a body artist and model, and also speakers from Safe Futures and the "I Choose" program.

October is domestic violence awareness month. The M.A.D.V. event was created to bring heat and fire, raise energy, especially positive energy, for families and members of communities going through a very tough time of domestic violence ills and so forth. Despite the heavy issue, the artists were able to raise awareness by spreading love and bringing love to light. There was a commonplace for all individuals to feel comfortable telling, sharing and exchanging stories, along with helping others heal.

The first M.A.D.V. event was created by Edward Deer, four years ago. Deer's purpose was to address the stigma that men are the only perpetrators of domestic violence, giving balance to the equation. When Professor Knowles joined him, he wanted to add an artistic twist to the discussion of domestic

violence. Knowles first got involved in expressing domestic violence and other social ills after graduating from undergrad school. He worked with Anne Wernau in the Women's Center, speaking of domestic violence and sexual assault, to different elementary and high schools.

Throughout the night, there were a collection of artists. These artists expressed themselves through poems, stories, talks, visual and interactive aspects. Featured in the event were: Frederick Knowles, Empress-Ayana Nadira, Mufasa Bastet, Alicia Cobb, Croilot Adames, Neiel Israel, and Tarishi Midnight-Shuler.

The first artist to recite one of their poems was Professor Knowles. He set off the night with the topic of telling a story. Something that he feels needs to occur more between individuals in the society. "Our ancestry is not in a dot com, it's in our stories" were the first words to echo through the room.

He continued on stepping back in history, where there were scriptures on the walls, expressing the cultural development growing year after year, including the racism and violence throughout the eras. Knowles

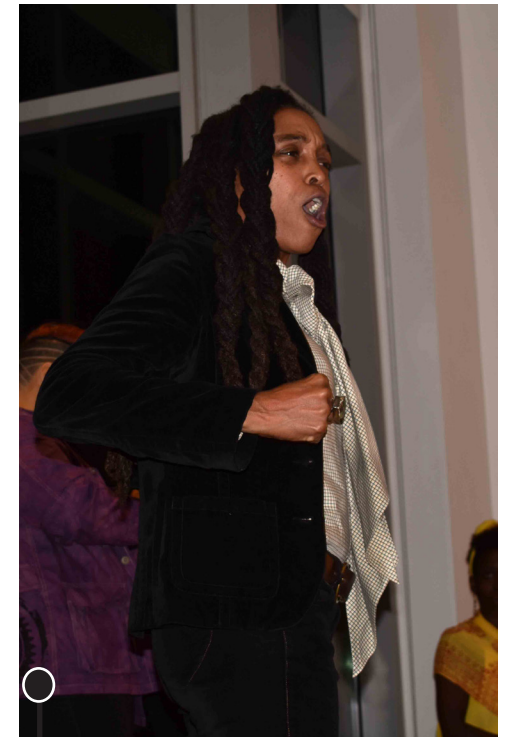
expressed that he, in fact, was a storyteller, therefore, "calculated every word, verb, vowel and phony to say what I mean and mean what I say... with a love of speech."

Empress-Ayana Nadira is the founder of Justice Activist at ONYX Restorative Justice, with their motto being "empowering excellence in community advancement". Some programs offered, are self-adequacy workshops, empowerment workshops, (communicate to someone for any needs,) certified holistic health consultants and certified sexual assault counselors (such as Empress-Ayana). She continued with a piece she titled "We Just Wanna Be Free", where it begins explaining that the message isn't for everyone, but mainly directed at the "black queens with big dreams". It is apparent that it's hard for society to learn that in order to create equality and happiness, there needs to be an end to the constant war between others in the community, whether it be gender, race, or disabilities.



Empress-Ayana Nadira taking in the words of other presenters.

Croilot Adames stepped up and began spouting the words "black teacher". He began speaking expressing how there are noticeable differences between each ethnicity, and there are strong descriptions of how blacks were treated, such as slaving in cotton fields for days, having comments being forced down their throat such as "go back to your country", or at traffic stops where the statistic is strong that when a Haitian or Dominican is stopped, it is an instant stereotype thought that they are a threat and must be a criminal due to the black skin, without even saying a word.



Neiel Israel in the midst of performing one of her spoken word pieces.

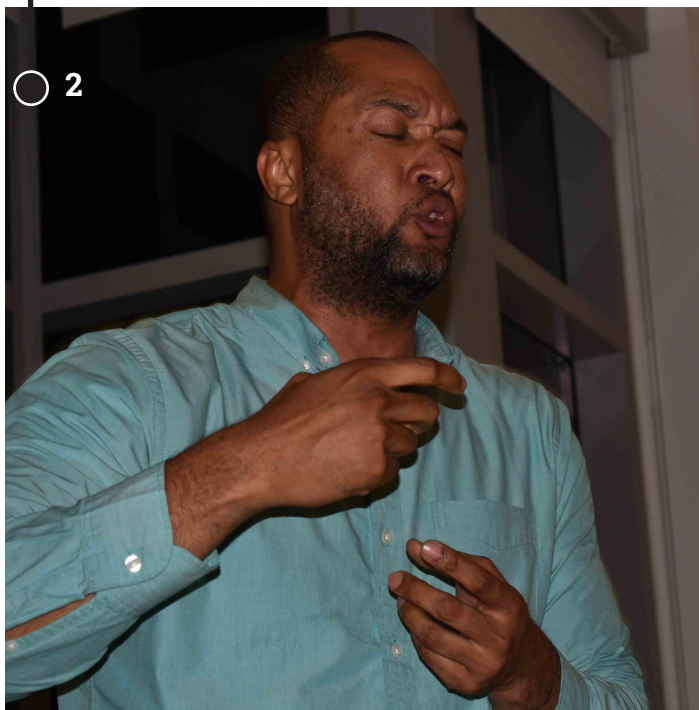
Traveling from Massachusetts, Neiel Israel was also a guest speaker present. Her opening piece was titled "You Ain't". In this work, she expressed how black girls are constantly seen differently. She infused her spoken word with a short passage from "Swing Low, Sweet Chariot". She expressed how all of the negative pushes that society places upon them with a "shh" noise, should be questioned with "who says?".



1

1- Professor Frederick Knowles performing one of his many pieces from the night.

2- Croilet Adames whilst presenting one of his spoken words on October 24th, at the M.A.D.V. event.



2

Knowles introduced the next poet, Tarishi Midnight-Schuler. He began with words of his family. He made the metaphor of how cameras and guns relate heavily in many aspects. He mentioned how his father was the worst photographer ever, as he attempted to crop a headshot of his mother with a gun aiming at her face with the words of love at the end of the barrel.

Knowles expressed a story he experienced from back in 1999, of a friend, whose body was found in the floating in the river. It was assumed to be in correlation of a domestic violence relationship, but was unclear of what occurred.

Sharing this story, truly showed the wounds that are being held from society, and where there needs to be communication to truly heal as a community.

Along with this, he spread HIV Awareness by taking song lyrics from numerous hip-hop songs and reconstructed them into a spoken word piece.

Nadira returned with an interactive piece that she acquired while at her workplace ONYX, of restorative justice. The workshop offered was "share the name of emotional intelligence. This relates to the topic of domestic violence with how it strengthening the skills it takes to communicate in personal relationships, especially with people you love.

A large piece that reflects Nadira was self-awareness. She stated that, "The more I'm me, the more I grow". Self-awareness is a major key in transition to strength within communicational relationships. "Are your fears real or are you manifesting and justifying it?" was a question Nadira posed; which caught the attention of many individuals due to how we impose what we are feeling onto other people.

Croilet returned to the stage and expressed the extreme issue of how there are constant stereotypes, just by the way an individual appears, particularly those that are minorities.

He continued on how when two ethnicities mix, it is considered a match of demons, due to the constant differences and fighting, the rest of time as history. He mentioned how everything is information, even art.

Neiel Israel spoke in lieu of Halloween. She stated how she spent a long amount of time with Halloween occurring every day. She proclaimed how she feels as though she is wearing a mask daily, and only in 3/4th of her costume.

Being a black female with a different style of hair, she was consistently treated differently by white individuals, who don't need to wear their costume on a daily basis. She also mentioned how there is a stereotype of women, this being that they are selfish for "not sharing" apparently, to men, valuable information, such as how to do kegel exercises.

Tarishi decided an important topic would be the story behind his name, which was given by his aunt, which is Swahili for "messenger". He went through life not only having his name consistently mispronounced, but even changed by other kids, such as being called "Hershey".

He expressed how his name has a compass and purpose attached to it and he no longer accepted the change with no care behind it.

Tarishi then brought a humorous piece to the floor, with a twist of star trek and aliens. He told a story about humans that wanted to land on the planet mars, but the aliens consistently respond with a panicked shriek of "don't come here!".



3

3- Tarishi Midnight-Shuler in his poem relating cameras and guns to each other.

4- Tarishi Midnight-Shuler (left) in the midst of performing one of his spoken word poems whilst Alicia Cobb (right) paints on model Mufasa Bastet.



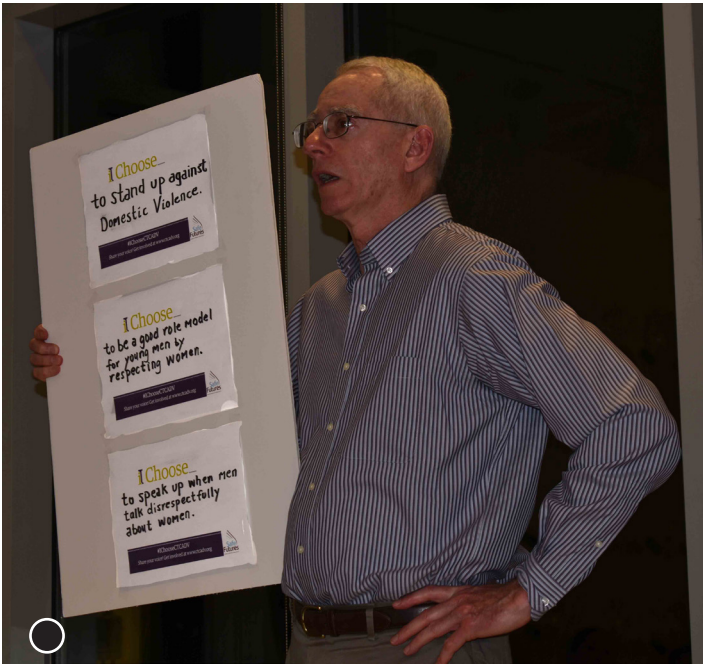
4

Alicia Cobb is a body painter from Bridgeport, CT. Her website can be found at: www.artsimplicated.com.

At this event, she was able to artistically express how Mufasa Bastet, the model she was painting, transformed from being broken down to healing with colors and happiness.

The concept she brought up was to have the right side be the broken, abused and lost side that is black and white. The colorful brick layers brought the process of healing into perspective.

Mufasa is a model and a certified life coach. She does a lot of public speaking and she runs her own radio show, called the Lionsden, as her way to heal and share with others.



Bill Wernau from SafeFutures, presenting the "I Choose" campaign.

Bill Wernau from SafeFutures came to this event and expressed how they service men, women, and children from all over different communities, but primarily New London County.

At the M.A.D.V. event, most of the men who were in the room participated in the "I Choose" campaign. This campaign is to raise awareness of why they choose to be the man they are and support the domestic violence stigma occurring in today's society.

Leighann Luchiano planned to attend this event because she felt it sounded interesting, being her first event with this background, she was very excited to attend. She wasn't sure what quite to expect, but she found a lot of energy and inspiring stories in such a short amount of time. She concluded with it being fantastic and brilliant.

Tarishi Midnight-Shuler was inspired by personal moments and things been through in his life such as personal struggles. Now 41, he began writing 24 years ago. He found it is a way to release for him and to be able to connect with others by performing in college. He plans to continue to do events, especially about M.A.D.V. topics due to the misogynist views in the contemporary United States.

Nadira started writing for approximately 5 years, but just recently became a joy for her to be able to present her knowledge and ability to connect with others. She originally started writing for herself, for a self-healing journey. She then evolved into sharing her stories due to her previous experiences from childhood that affect her into her adulthood.

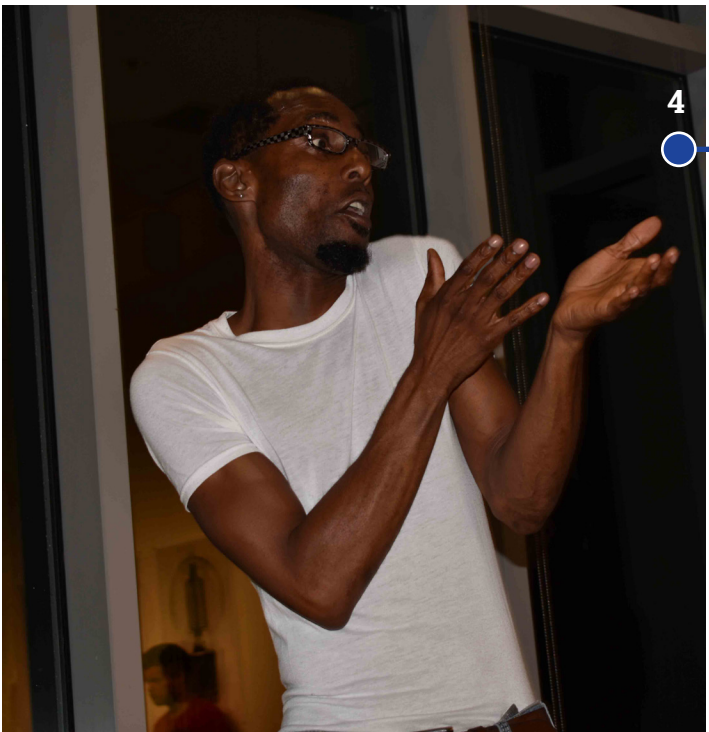
When Nadira first saw this event appear, she was instantly interested with her background knowledge and plans to continue coming back to express the self-love and self-healing.



1- Model and public speaker Mufasa Bastet.

2- Neiel Israel serenading the crowd in the middle of one of her spoken words with "Swing Low, Sweet Chariot".

3- Group photo of all speakers and models. From left to right: Croilot Adames
Empress-Ayana Nadira
Frederick Knowles
Mufasa Bastet
Alicia Cobb
Neiel Israel
Tarishi Midnight-Shuler
Bill Wernau.

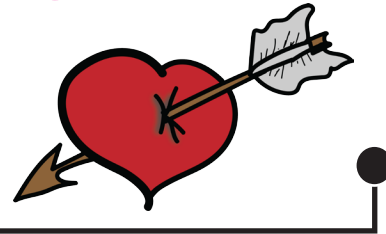


4- Professor Frederick Knowles explaining how the Men Against Domestic Violence event first came about.

Finding True Love Means Paying a Big Price

Matthey Hussey's "Get The Guy" Dating Advice

Written by Chelsea Ahmed
Graphics by Chelsea Ahmed



Matthew Hussey is a dating guru that originally started off as a dating coach for men. After working with over 10,000 guys in a two-year period, he found the answers to women's dating life problems.

His program, "Get The Guy", and his videos are appearing more frequently on social media every week.

Hussey even writes for Cosmopolitan and is a New York Times Bestselling author.

Hussey's program is aimed at women who are looking to make a change in their dating lives. He provides books and resources to help you achieve the man of your dreams.

If you sign up for his email list, you will get emails with the subjects stating:

"Try This – He'll Beg to Be Your Boyfriend" or "THIS Gets Him Addicted to You Forever..."

These titles are the perfect click bait for women who want to know how to improve their love lives.

However, when you click on the links to get your guide called "How to Talk to Men", there's a \$47 fee. If you want to find love even faster, Hussey also offers additional support for an

extra \$70 a month. In just a year, you'd paying him close to \$900, which is an astronomical fee. At least there is a 100%, 60- day risk-free guarantee. But really, can you put a price on love? Apparently, you can.

A video is even available to watch that reinforces the need to buy into his program.

"I'll show you a way to sneak around a man's logical brain and speak right to his heart using simple but powerful words that make any man melt in your hands," Hussey said.

Hussey is a well-produced infomercial. His British accent and striking appearance draw you into his videos. If a handsome guy is giving advice to women, perhaps there is hope for us yet.

Strangely enough, Hussey neither married nor engaged. So if his program is revolutionary, then why isn't he following everything that he learned from other men?

For those that think this program is too good to be true, the sad thing is that it takes advantage of women who feel that they aren't good enough.

His emails make you feel like you're the problem. That you're picking the wrong men,

you aren't confident enough and that you aren't teasing them correctly.

Hussey does, however, provide weekly free blogs that contain excerpts of his program... but of course, these always lead to the same clickable links, wanting the viewer to give their credit card. It's a tempting scheme for sure and the website constantly updates with women's names who have bought the program.

In dating, everyone says it's important to "be yourself". On the contrary, Hussey's program gives women scripted lines to use for situations when men are involved. He reassures you with catchy phrases that make you feel confident that you will get the man you want:

"A first date can't go wrong when you know which questions to ask him."

"If a guy doesn't text you back, you can text him lines to make sure that he responds!"

"That's because I'm going to teach you how to influence men in a powerful way that most women could only dream of. Like mind control, only better," Hussey said.

The program does sound like a dream come true.

The problem with this quasi-mind control is that these lines may work for some people, but they aren't coming from your heart.

And since Hussey is doing all the guesswork for you, none of this is your personal thought, either. You aren't being your authentic self when using these lines for they are already pre-written and waiting for your disposal.

If a man is attracted to those witty lines and perfectly asked questions, what happens when the two of you get married and you run

out of things to say? A book can only teach you so much.

Perhaps that first date that you thought was awkward wasn't because you were shy, but rather because there was no connection. Perhaps he simply was not the one for you. Chemistry plays a big part in relationships, and a program can't make you more attracted to someone.

The program may work for some woman and may change their lives. The choice is up to those who are willing to pay for a chance at love.

Here is Hussey's website.

<http://www.howtogettheguy.com/>



Photo of Matthew Hussey.
Courtesy of Google images..



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