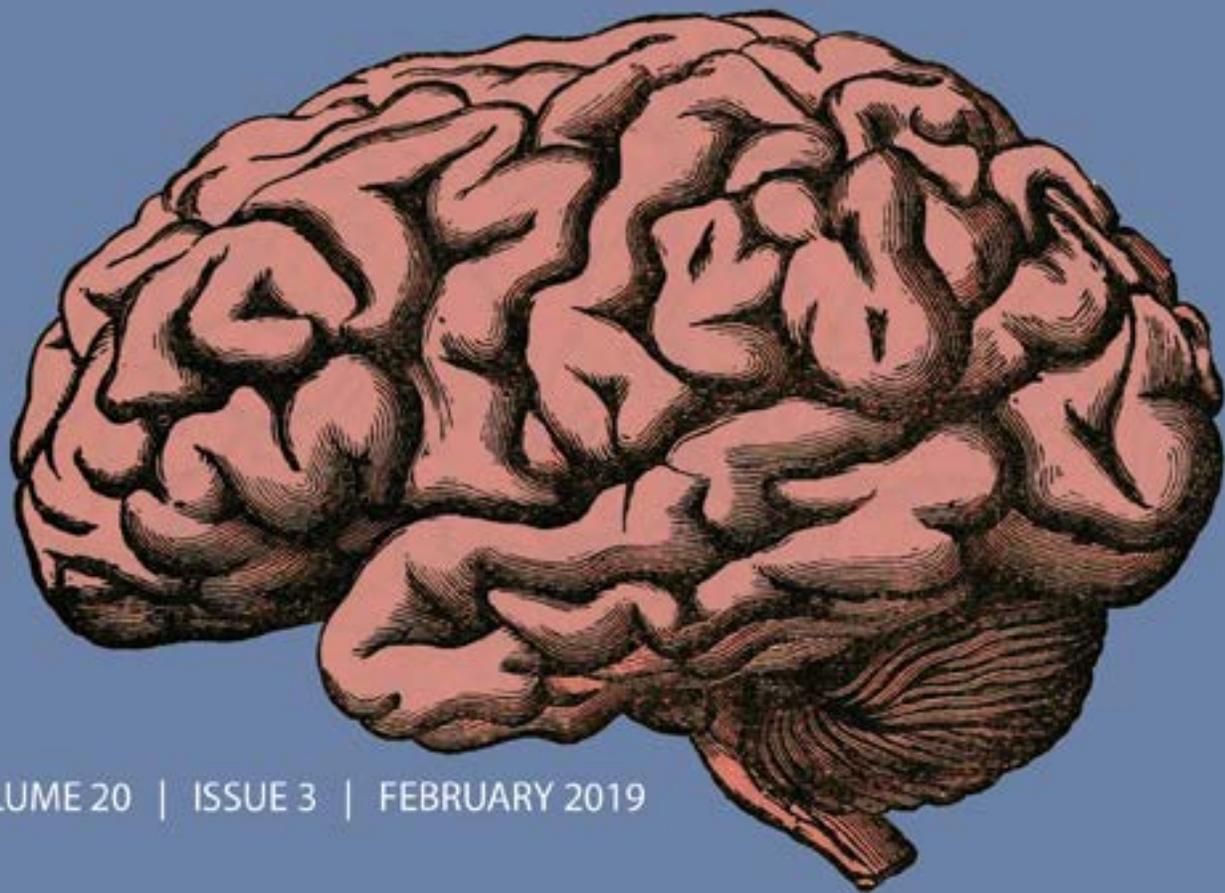


The Current



VOLUME 20 | ISSUE 3 | FEBRUARY 2019

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The Quickest 40 Seconds Of My Life: My Audition on "The Voice"

New Academic Dean Robert Farinelli: Bright Future Ahead for Three Rivers

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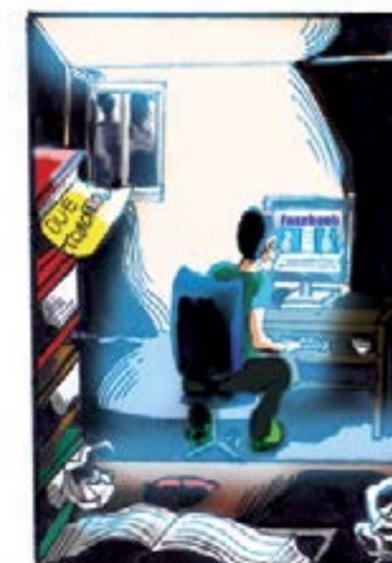
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Chris Boyle
Jennifer Nally
Dan Perotta
Rhonda Spaziani

“Social Media Tops Homework”



Rebekah Church 19

Invisible Inhibitors

A Meeting for Mental Health

By Tyler Riddle

College can be overwhelming at the best of times, of students surveyed by the National Alliance on Mental Illness (NAMI) 80% felt overwhelmed by the responsibilities college brought. Common stressors college students face include relationship breakups, financial stress, inadequate sleep, drug, and alcohol abuse, poor grades, feeling marginalized, and unmet expectations. With pressures like these looming over students, it's no wonder that 1 in 5 young adults experience a mental health condition (NAMI).

Due to the nature of mental illness, those suffering from one often go unnoticed by their peers. The victim may hide their emotions and avoid confronting their problem due to the negative stigma surrounding mental illness. The portrayal of mental illness in media, such as in the show Criminal Minds, helps to create a stigma of violence and insanity around the subject. With such commonplace negative depictions of mental illness in entertainment, it's understandable for students to be hesitant in discussing their own mental health.

Acknowledging that many students are unwilling to seek the help they need, the Center for Teaching Chair Jennifer Nally helped organize the February 1st professional day with a focus on mental health. Professors filled the multi-purpose room for the 5-hour seminar, discussing a variety of topics including stressors students face, reasons they don't disclose, how to help them disclose, reducing stigma, helping a student after a crisis, and more. Professor Nally hoped the meeting would "increase sensitivity and willingness to adapt and meet students where they're at" as well as "promote compassion in all interactions with students, (in) advising, instructions, supportive services, etc".



Jennifer Nally

Students were also present to testify their personal struggles and guide professors on how they can help others in similar circumstances. Dan Perotta, one of those who testified, hoped that the meeting would "Continue discussion for mental health, and bridge the gap of communication between faculty and students". He also urged those who are affected by mental illness to speak out, "Don't be afraid to reach out for help, we have a very helpful faculty at three rivers".

Armed with the knowledge from this meeting, professors should have an easier time identifying and aiding those suffering from mental health issues. As well as be able to empathize with what students may be facing outside of the classroom. In turn, students will hopefully find their professor easier to open up too when they need it. The last thing someone suffering from a mental illness need is noone to turn too.



Faculty learn about mental health in the multipurpose room

"The center for teaching demonstrated its commitment to student success by moving forward discussions about student mental health issues"

Rhonda Spaziani - Instructor

Robert Burns Night 260th birthday celebration

Enchanting evening of fun, food, and dancing

Hope Whiteley

On Saturday, February 9th, people from all over Connecticut and Rhode Island gathered at the Chelsearose Ballroom in the Holiday inn next to the Norwich DMV. These people came together to participate in Robert Burns Night: 260th birthday celebration, hosted by the Mystic Scottish Country Dancers.

You may know of Robert Burns' work, even if you have not heard his name. Ever heard the phrase "The best laid schemes of mice and men," or sang "Auld Lang Syne" at new years? These were written by Robert Burns.



Traditional tunes in the lobby: Tim Satterlee: Guitarist, Diane Cournoyer: Violinist, William Cournoyer: percussion/Bohdran, William Douglas: Banjo

The Robert Burns night celebration is special, however, because it is focused around Scottish culture, specifically the Scottish dish Haggis, Robert Burns' poem "Address to a Haggis," and is celebrated all over the world. This celebration encompasses Scotland's poetry, music, food, and dancing!

The night starts with some socialisation and hor d'oeuvres, and food is served through the night, starting with salad, moving to soup, then the main meal, and desert after. The night is led by a man from Scotland, Mr. Neil Sharpe, Master of Ceremonies, complete with sprinklings of Burns poetry, comentation, and bad jokes.

The night's entertainment, besides the Master of Ceremonies, includes the Stirling Highland Dance Company, a troupe of young women and girls who dance the authentic Scottish highland dances; and the Mystic Highland Pipe Band, complete with an entire array of bagpipes and drums. The dances are marvelous and the bagpipes are thrillingly loud.



Stirling Highland Dance Company

What makes the celebration in Norwich, CT different from anywhere else in the world, is the presentation of the Haggis and the recitation of Burns' "Address to a Haggis." It is the only place where this part of the evening is interactive! As the poem is recited, the audience is encouraged to participate, to make the imaginary sounds of the dying Haggis, to bang upon the tables and the floors to recreate the "trembling earth" which resounds under a Haggis fed Scotsman, and to "spew" at such preposterous meals as French fricassee.



"Address to a Haggis" - Andrew Fraser



Scottish social dancing

After the dinner, which is comprised of steak, chicken, salmon, or gluten free/vegan options, bashit neeps (mashed turnips), mashed Tatties (mashed potatoes), and Haggis (the quintessential scottish "pudding" made with sheep liver, heart, oatmeal, spices, fat and stock), a series of toasts are given. A toast to those gone before, a toast to the performers, and toasts in Burns' spirit to "the Lassies and the Laddies."

When all is said and done, the food is eaten, the entertainment is watched, and the toasts are given, the rest of the evening is spent dancing! There is no need to have prior experience, as each dance is taught that night.

Tracy Meddling, who has attended Robert Burns night for 5 years, expressed her feelings, "I look forward to this every year. I love the food, I love the people, and I LOVE the dancing!"



Four generations of Burns Night attendees

An Early Arrival for the Spring Season?

Students React to Punxsutawney Phil's Early Spring Prediction for 2019

Written By Bridney Casillas
Groundhog Vector Designed By Bridney Casillas



Fellow student Darryl Gallardo, a Sophomore majoring in Graphic Design, insists students to "take it with a grain of salt." He also added, "either way we got to deal with the cold."



Punxsutawney Phil being Held By His Handler, John Griffiths, a Punxsutawney Groundhog Club Member. Image from the Washington Post.

The results are in! Spring is approaching in six weeks according to Punxsutawney Phil, a weather-forecasting groundhog from Pennsylvania most famous for determining whether or not we will have an early spring each year.

According to the myth, if the groundhog sees its own shadow, then we will have six more weeks of winter. If the groundhog does not, then we will have an early spring.

According to the National Centers for Environmental Information, Punxsutawney Phil did not see his shadow in the years 2011, 2013, and 2016. This study shows that Punxsutawney Phil's predictions were only right less than half the time, which is a low accuracy rate.

For example, in 2011 Punxsutawney Phil predicted an early spring, yet temperatures from that year show a "slightly below" national average temperature for the month of February, according to the National Centers for Environmental Information.

A few students at Three Rivers Community College share their opinions as to whether they believe Punxsutawney Phil's annual prediction.

In other words, it is best to not only pay attention to the groundhog's prediction, but also to the local weather forecasts. According to the local forecasts from Weather.com, it shows "wintery-like" temperatures in the 40's for the remainder of the month of February in New London County.

Being that we are nestled in the Northeastern part of the United States, avoiding cold temperatures is nearly impossible.

As a whole, predicting cold or hot weather for the remainder of six weeks is not an easy task. This can be difficult, and especially for a large country with different regional climates.

According to History.com, The groundhog tradition has been around for 132 years after it first started in Punxsutawney, Pennsylvania in 1887. The editor of the local newspaper named Clymer H. Freas sold an idea to members of the Punxsutawney Groundhog Club, who were businessmen and groundhog hunters.

The Punxsutawney Groundhog Club went to a site which they called "Gobbler's Knob," and started the town's first groundhog ceremony. Since then, the tradition stuck with the town and it continues today.



Royalty Free Image of Gobbler's Knob in Punxsutawney, Pennsylvania from Wikimedia Commons.

However, the Director of the Punxsutawney Groundhog Club, Katie Donald, says that Phil's accuracy rate is 100 percent and his yearly predictions are a unique gift. She also said no one really knows why he has the special gift to be able to predict the weather.

"That is the fun and unique thing about Groundhog Day and Phil!" Donald states.

There are students like Terrance Jones, a Sophomore majoring in Accounting who feels optimistic about the groundhog's prediction. "It's an animal, and they have instincts and years of genetic information passed down," says Jones implying that animals can be born with special abilities.

Students explain why they believe Groundhog Day is still popular after a little more than 130 years since the tradition started.

"It's one of those strange traditions that should never go away," says Gallardo. "It lets us hope for better weather."

"I think it is a quite interesting day how people predict the length of winter just by looking at a groundhog seeing its shadow," says Angie Castiblanco, a Sophomore majoring in Pre-Nursing.

Whether Punxsutawney Phil's predictions end up being accurate for 2019, does it matter to students whether spring is approaching?

"It totally matters, and unless it's snowing winter is no fun. Right now, there is barely any snow to make a snowman. Spring can't come any sooner!" exclaims Gallardo.

"Yes, it matters if spring is almost here. If not, we don't have to do spring cleaning," says Jones.

"I love spring, and for me spring is just the beginning, or a new beginning, where plants begin to grow, the sun is shining more, and people are happier to be out," says Castiblanco.

We will all have to see what future has in store for the weather here in Connecticut. In the meantime, it is best to continue wearing fuzzy warmers and boots!

Campaigning for a Change

The Democratic Nominee for New London State Representative

written by Nicholas Zujus

Democrat Anthony Nolan is doing something most would say is over his head, but he has been proving to himself for years that he is ready for the task.

Nolan is working as a police officer for the city of New London, and devoting time away from the department into politics. He has been a police officer for 19 years and is currently serving his fourth term in the city council.

“Though we have things that we have to do to survive and to live, we find time for the things that we think are most important,” Nolan stated. With the obligations he has to working on the police force, Nolan has made it clear that his community means a lot to him. He uses the free time that he has spending time with his family and helping his city in any way he can.

Nolan’s job as a police officer has enabled him to see the issues inside of his community, leading him into politics. The help that he could offer to the people around him outside of his work obligations led his community to invite him on the city council.

“It’s important for me to be able to help people,” Nolan said. “I always had people there to help me that I think worked tirelessly to make an impact in the community and it set a standard for me.”

On January 26th, he announced on Facebook that he had accepted his endorsement for the upcoming special election to become New London’s State Representative.

The seat became vacated after Chris Soto, who was holding the position prior, was resigning to work with newly elect Connecticut Governor Ned Lamont. Nolan announced shortly after that he was considering running for the seat.

With 9 years devoted to working with the public, he understands his constituents and is aware of the issues they have in the town, making Nolan the perfect fit.

Anyone in the New London Public School System knows who he is, and what he means to the community.

While working inside New London High School as a police officer, Nolan took the steps to take away problems between students while also showing them that they mattered in their city.

“I wanted to close the gap that there was between the youth and the police.” Nolan had his own issues in school growing up staying focused to learning. He had a police officer who showed him that he meant more to the community than he knew, and helped him to get on the right track.

This is what Nolan aims to do for the youth now. He wants to show the children that they can make a difference no matter who they are. Being a police officer, city councilman, and reaching for even more, Nolan has become a great role model for the younger generations.

Getting involved in politics, Nolan had no trouble of communicating with and understanding his constituents. His connections made while being a police officer continued with the time he has been on the city council.

Nolan, an advocate for making the city a better place for the next generation of his community, has received an uproar of support



Officer Anthony Nolan



Nolan’s campaign sign, used throughout his endorsement.

“It’s how you treat people to get people to support you for the things you are trying to do,” Nolan said when talking about his community support. With the short election, it would be expected that there would be less of a turnout for meetings and getting his name out there, but the support has been incredible.

Between volunteers coming in to make phone calls, hand out signs around town, and even holding meetings in their homes inviting friends and family to come listen to Nolan, the community has banded together to show Nolan that he is not alone in his campaign.

Rather than creating his own goals for what he wants to accomplish as a State Representative, Nolan has sent out surveys for citizens to fill out voicing their concerns. With a focus on fixing what the public wants, he has shown that he will do whatever it takes to make his city a better place for everyone.

Survey responses have shown the biggest issues Nolan is going to push towards making a change. More help for working-class families in the area, criminal justice reform and equitable social services are a few of the issues Nolan has received in his feedback. He also plans on solving smaller issues inside the New London Public School District that can help to make a bigger wave.

Searching for the concerns of the citizens, Nolan has many ways he is staying connected. His phone number is public for anyone to call and talk about what they are concerned about, and he plans on going to and holding as many public events.

As far as influences, Nolan has connected with and looked up to many people inside of his community. Jane Glover, Wade Hyslop, and Bishop Benjamin Watts are past and present figures of New London that Nolan has looked up to and agreed with on political issues.



Anthony Nolan and Three Rivers student Nicholas Zujus

Nolan also looks up to activists Malcolm X and Martin Luther King Jr., who aimed to make a difference in their community and fought to make the lives of those around them better.

Nolan’s name will be on the ballot for the special election in New London on February 26th.



Nolan’s campaign office in New London, CT.



New Academic Dean Robert Farinelli

Bright Future Ahead for Three Rivers Community College

By Kenzie Costello

Robert Farinelli, Academic Dean, has quickly joined the college's upbeat community.

As of November 30, 2018, after a lengthy and nationwide search, Three Rivers Community College has welcomed a new academic dean, Robert Farinelli. This position, according to Farinelli, "requires good listening skills, being organized, being fluid enough to adapt to changes and adequate planning skills". Being the Dean of Academics requires reporting to the president and anything relating to academics.

When applying to be the academic dean, Farinelli did not hesitate. He was previously in an administrative capacity at the College of Southern Maryland. When conversing with a friend who recently retired from Capitol Community College, he informed Farinelli of what his position as Dean of Academics entails and encouraged Farinelli to apply for the open position at Three Rivers Community College.

President Mary Ellen Jukoski made the job worth It to Farinelli and sold It to him. The fact that he is still able to teach two classes made the opportunity stand out to him. Farinelli values student's lifestyles and helping them finish what they started. Farinelli wants to see all the students who come into TRCC succeed, whether that be taking a few credits to learn or obtaining a degree.

When it comes to staying current to the modern student lifestyle, Farinelli has many ways to involve himself in the student community. Farinelli states that he does a lot of reading to stay current, reading articles from different sources such as The Chronicle of Higher Education and Inside High Education. When Farinelli is teaching mathematic classes, he reminds the student that "I know where we are when we begin a class and where we need to end, how we get there can veer off the edge of the road.". Students are also not the only ones affected in the stress of college, so are the faculty and staff. Farinelli reminds everyone involved that "we are not performing open heart surgery, no one is going to die."

Reading is proved to be a great way to find out what is happening in the daily life of the college aged generation. Farinelli also attends different conferences and has a network of individuals across the country, which he met through being president of a national math organization. All these sources help our new Academic Dean see who and what is out there, and who and what is doing the latest and greatest.

For Dean Farinelli, meeting the faculty and staff helped him see that TRCC is a good fit for him for a work atmosphere. After his interview at the college, Farinelli stated he left the college feeling energized. He realized he can bring his experiences to help improve the college, while keeping what makes Three Rivers, Three Rivers.

According to Professor Delaney, who is a department chair, Dean Farinelli, despite being new, is bringing a lot of benefits to TRCC. Farinelli believes in shared governance, where he willingly wants feedback from other faculty members to help him and the college strive.

Being the Academic Dean, there are a lot of complaints that come to the office about grading situations and other issues with professors, staff and faculty. This typically occurs due to the student not being comfortable enough to confront the professor about the grade and ask questions. In this situation, Farinelli states, “there is a universal process: talk to the faculty member, many students are afraid to talk to the professor, but faculty members can devise a plan for the student to be successful”. He recommends to not send an e-mail, but to ask about the issue in person. If the issue is about policy or a syllabus issue, then take the matter to the department chair. If nothing is adhered from the conversation with the department chair, then the situation can be brought to the dean. When bringing a complaint to the dean, Farinelli thinks of it as: “You’re never going to like everything that a professor does, but sometimes it’s just needing the course, so get it done.” Farinelli is a big advocate of having a positive mental attitude, whether it be “I like this class” or “I need this class”.

Farinelli holds a Master of Science in Education from Capella University, a Master of Science in Mathematics from the University of Pittsburgh and a Bachelor of Science in Mathematics from Pennsylvania State University.



Meet with your Professor



Syllabus/policy issue? Meet with the Department Chair



Nothing adhered? Meet with the Academic Dean

Three Rivers Saves Due to the Lighting Upgrade Project

Article Written By: Miranda Cote

Three Rivers Saves Due to the Lighting Upgrade Project

Before May 2018, Three Rivers made the decision to switch from fluorescent light bulbs to LED light bulbs. This was achieved with the help of Norwich Public Utilities offering a rebate that allowed the school to make the switch over financially.

Norwich Public Utilities (NPU) had announced to businesses in the area that they had a rebate opportunity and were interested in the college reducing their energy consumption and cost.

All of the classrooms had been switched over before fall 2018 semester, with the remainder of the lights being changed over shortly after. More than 8,500 light fixtures were replaced during that time. DeLarosa stated that, “It was a time-consuming job, but once you’ve changed one lighting fixture, you’ve changed 8,500 of them.”

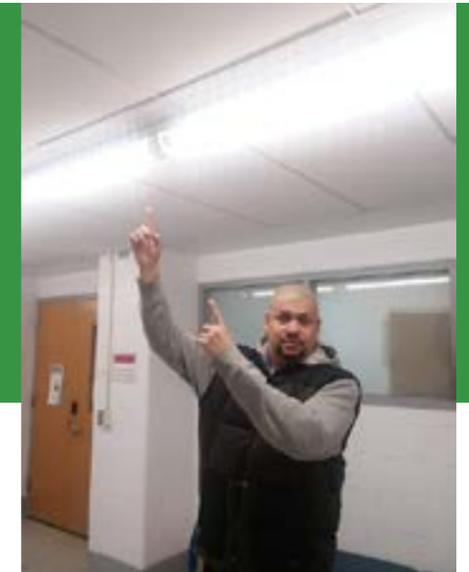
Facilities Manager Arnie DeLarosa and Purchasing Officer James Kelly provided major assistance with the project. DeLarosa was the direct connection between NPU, the student interns from the Institute for Sustainable Energy at Eastern Connecticut State University, and the college. He oversaw all of the project, from the initial audit on what light fixtures were needed all the way to installation.

DeLarosa mentioned that this was another step closer to having a more environmental friendly campus. The boilers were replaced as well as the parking lot lighting in 2015. Gayle O’neill, the Director of Finance at Three Rivers, mentioned in correspondence that the reasoning behind the switch over is because LED technology has been evolving, they used to be significantly more expensive than the other types of bulbs. The cost and availability of LED bulbs along with how good they are for the environment make them the perfect change over for the school to make, said O’neill. Additionally, the LED bulbs last longer and it made it easier to know the types of light bulbs that the school will need to keep in inventory.

NPU presented the school with the big cardboard rebate check at a press event on Jan. 15. The money given back to the school went directly to offset the cost of the project, said Gayle O’neill, the Director of Finance at Three Rivers.

Professional Day on February 1, 2019 the announcement was made to faculty and staff that the entire inside of the school had been changed over to LED lighting.

Fawn Walker and Devin Schleidt from NPU identified that they were offering 35% of the total cost of the project. The project had a total cost of \$270K with the rebate covering \$95K, said Walker. This switchover is estimated to save the school about \$52K per year, according to O’neill. O’neill expects that there will be a return on investment in approximately 3.3 years.



Arnie DeLarosa, Facilities Manager, oversaw the transition of more than 8,500 fluorescent lights converted to LEDs throughout TRCC from May 2018 to October 2018.

College For One, College For All

The benefits of taking night and online classes at Three Rivers

written by Nicholas Zujus

The normal schedule of a college student usually includes taking classes during the day and working a part-time job on the side. For many in the search of getting higher education after high school or finishing their degree, this schedule doesn't work.

As universities advocate for students to be full-time, Three Rivers Community College does something different.

Three Rivers invites students of all ages, income levels and other demographics to reach for higher education by offering night-time and online classes.

While night classes sound scary, the benefits are the opposite. Students can work a full-time job to support themselves and their families while taking classes that comply with their busy schedule.

Marc Bibeau, a student at Three Rivers, said that night classes have helped him with scheduling while working a full-time job.

"[Night classes] help me to be a student without having to compromise my schedule otherwise," Bibeau said. "It relieves so much stress of having to schedule around work and other activities."

He also stated how it's easier to study and be a better student in class with like-minded learners in the same situation around him. With the professor understanding and accommodating to the busy

schedules of the students, it makes the environment less stressful overall.

For older students, this is extremely helpful. Anyone who didn't have the time or ability to get the education they wanted has that option now by taking night classes at Three Rivers. The classes help for these students to graduate in a timely manner rather than having to wait semesters for a class to open up that they can take.



Marc Bibeau

Night classes offer a variety of other benefits, including more one-on-one interaction for students who need the extra help. Professors teaching night classes open themselves up more to how busy their students are, and help them to go after their degree.

Students can also have more time to prepare for their class. With busy schedules, being able to finish work before class is extremely helpful. Night classes are also only held one day a week, making it easier for students who cannot make it to the school often to finish their classes and have the time during the week to do assignments.

Jessie Wraichette, who teaches a night course at Three Rivers every semester, sees how night classes can help students of all ages to get the credits they need. Wraichette also teaches K-5 in the Norwich Public School System, and was named Norwich teacher of the year in 2016.

"When there is an assignment due that evening, students can come into the lab, they have that time to make sure they have everything prepared for their assignment," Wraichette said when speaking about the timing of night classes. She also spoke about how students have more time to think about and work on an assignment with the course being one day a week, rather than having to come to class twice a week.

For those who can't make it to school on a regular basis and need classes that revolve more around them, Three Rivers offers students online classes.

Online classes allow students to have a flexible class schedule, and finish assignments throughout the week instead of during class time.

With this, students can read the coursework at their own pace within the parameters of due dates and work from wherever they are to get college credits. The education remains the same, but students can earn their degree from anywhere.

Kevin Amenta, a professor and program coordinator for the Graphic Design degree at Three Rivers, has given students the opportunity to take his classes online. He sees how these classes can help to get more students involved, and strives to offer a fully-online degree for his program.

"The benefit is being able to pace yourself and work faster than you would in a ground class. If you work quickly, this is a huge benefit taking an online class," Amenta said. "You can work ahead and plan rather than wait for instructions to be given in class."

This makes it much easier for students to get ahead in the class. With the opportunity to see all of the assignments at once, you can work from home and complete them whenever you have the time.

With the classes being online, students get concerned with being able to stay connected with their professors if there is any confusion on an assignment. With Blackboard Learn, the software used by Three Rivers in online courses, students are offered communication via email, discussion questions, and even chat rooms.

Students can interact with one another and help each other out, with the professor being able to do the same.

With the different types of classes that Three Rivers can offer, it brings out diversity in the community and allows students to feel more comfortable with themselves in the classroom, and earn college credits without disturbing their ongoing schedule.

Still, students have to be highly motivated for taking these courses as they do not offer an easier workload. The assignments are still the same, they are just presented in a different manner. If the student is motivated and the style of the course works for their personal schedule, the courses are helpful in many ways.

Night and online courses are a way students can continue to live their busy lives, and make college an easier task for many who have had trouble before.

For more information about online classes at Three Rivers Community College, visit <https://www.threerivers.edu/academics/online-programs/>. For information about night classes at Three Rivers Community College, visit <https://www.threerivers.edu/academics/degrees-certificates/>.



Professor Kevin Amenta preparing for one of his night courses.

Full Plate Food Pantry Continues to Aid Students

By: Melissa Kuster

On top of paying for textbooks and transportation, students are also faced with paying for food to feed not only themselves, but in many cases their families too. For many community college students, food insecurity is a constant battle, including here at Three Rivers Community College.

To combat this, Three Rivers has been providing food for students from the Full Plate Food Pantry since 2012. The pantry, which used to be in a closet in a conference room, has come a long way since then.

Now with a bigger space in room D111, located near the library, more students have been utilizing it to grab a quick snack or ingredients to make a meal. “The headcount for food pantry usage from last semester is almost 300,” Sarah Gallagher, a student and worker at the food pantry said.

Any student, no matter if they’re on financial aid or not, can come in twice a week and grab one snack from the snack table and two or three items from the pantry closet, which has larger products like cereal and pasta in it.

All the students are required to do is sign in, which includes providing their name, student I.D. number, and the time they visited. This allows the pantry to keep track of how many students visit, which is typically twice a week on a regular basis according to Gallagher.

Not only does the pantry provide food items, but it also provides personal care items such as toothpaste, diapers, shampoo, and more. The students can take one personal care item a week.

“Any little thing helped me,” Sonia Ferragatta, a previous student at Three Rivers, said. She would grab a snack in between classes or grab a personal care item to take home. “I enjoyed how the school wanted to put the students first,” Ferragatta said. “They understand the struggle of most of the students there every day.”

Not only has the pantry helped students by providing food, but it’s encouraged a community. “The food pantry has been a wonderful place where students come and truly get a sense of community,” Gallagher said. “They are not alone, and they are truly cared about.”



Arrangement of Snacks on “Snack Table”

Calling All Singers! A New Club Awaits for You!

Karaoke Club Encourages Self Expression in a Welcoming Atmosphere

Written By Bridney Casillas
Karaoke Vector Designed By Bridney Casillas
Photos By Bridney Casillas



With more than 25 student clubs and organizations on campus, ranging from math, business, psychology and sports, one student felt something was missing. Jaleel Beddoe, a Freshman majoring in Graphic Design, founded The Karaoke Club last semester.

In the midst of his first semester, Beddoe, like many other first-time college students had trouble adjusting to college life.

As Beddoe recalls, “There were a lot of nerves to it. I was either really sad or really stressed about homework.”

There were times when Beddoe wanted to “burst into song” in the hallways as a way to let go of the stress.

“I just enjoy singing a lot, so I said ‘well, might as well start my own club’ and voilà,” states Beddoe.

The Karaoke Club kicked off last semester with more than 15 students in attendance. The club, which brings a hip, and friendly vibe to prospective members is surely a club that promotes self-expression.

Prospective members who join for the first time are greeted with smiles and a sweet, formal introduction by Beddoe. Then, all the members burst into song, singing songs ranging from Queen to Sam Smith to Beyoncé.

And for those who are wondering, you do not have to be a professional singer in order to join.

“I welcome people to have fun, and it’s a judgement-free zone. We are a free-range club, and there’s no practices or rehearsals,” says Beddoe.

The club will hold meetings twice a week on Wednesdays and Thursdays in Room D-226 from 12:20 PM to 1:20 PM.



Jaleel Beddoe,
Organizer of the
Karaoke Club

Three Rivers is Switching to TRCConnect and CORQ for Future Events

Article Written By: Miranda Cote

Spring semester 2019 marks the switch over to TRCConnect is just a rebranding of what we use now, which is Surge and alongside that will be the use of CORQ an app used to get event passes. When the presidents of all of the clubs got together for their meeting Thursday February 7th Alycia Ziegler, the acting Director of Student Activities, mentioned how since we now have a new dean it is a good time to reset how we run student activities.

There are so many events on campus throughout the semester and student programs has decided to implement new programs, you may know that the school is switching over to only using TRCConnect instead of surge and the use of the CORQ app for event passes.

Both this program and CORQ are run by a company called Campus Labs. The goal is to one day have a Three Rivers only version of both of these programs. This company is willing to work on making these programs specifically for Three Rivers in the future. CORQ will be used for event passes and tracking the involvement of students. TRCConnect will be used to update people with news from all these different.

A few of the features that the CORQ app are, once you login you stay logged on, it is the same login that is already with you grasp because of Blackboard and CommNet, events within the app are color coded as to what the event is (be is social, charity, etc.), and it keeps track of previous events that you have been to and events that you plan to go to.

This will be a platform for everything that goes on with student life here at the college. It will have the clubs, organizations and events that are here on campus.

CORQ is an app that is used over many campuses, including UCONN, CCSU, Connecticut College, and SCSU. The reason these other schools are mentioned is because if you plan to transfer to any of these school after your time here at Three Rivers is over, you should probably learn it now as to avoid confusion when you do transfer.

It will be required for future semesters, that in order to go to an event you will need an event pass from the CORQ app, although for those who do not have cell phones there will be an option to manually sign in for any event.

Ziegler has also been visiting First Year Experience classes to teach them about CORQ, the change from Surge to TRCConnect, and event passes. Event passes are free and just a way of tracking student involvement with different clubs and events.

The goal is to make it to where students don't just go to the school for classes and then leave immediately after, also known as PCP (Parking Lot, Class, Parking Lot), they want the students to get involved in all of the activities that happen throughout the semester.

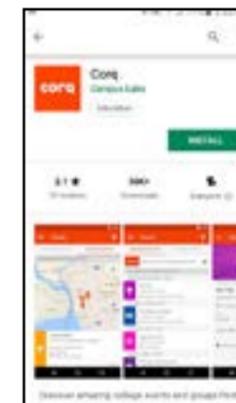
Student programs wants to be able to track student involvement and try to grow to make things more enjoyable for the student, staff and faculty in the school. The event pass portion of all of this has been in play since the beginning of this semester.

The CORQ app gives you a QR code that is directly related to your student ID number. This is a way for student programs to keep track of what events are more widely attended and what events are not. It will help them to allocate the funds to the events that the students really want to go to. Student government representative from the Current Michelle Chenail told me after their meeting February 7th that the other purpose being a new start for the types of programs used for student involvement.

With all this being said Ziegler says that “we do expect hiccups” due to the fact that it is a new program being brought into the school. They are offering training to student and faculty. She says that the longest process will be getting students onboard with downloading the app.



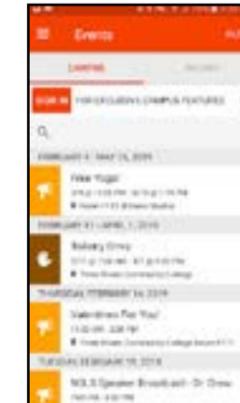
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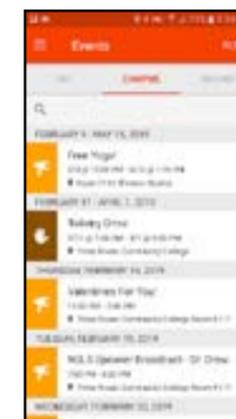
Download the CORQ app



Search for Three Rivers



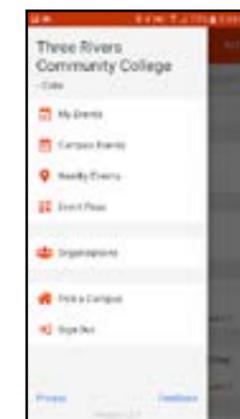
Sign in like you do to Blackboard



View the Three Rivers specific events



See events that you have RSVP'd to



Use sidebar to see other options

Getting Thrifty at Three Rivers

How Students Can Save While in College

By Michelle Chenail

Going to college can be expensive, but luckily there are a variety of ways to save money while you're enrolled. Before buying supplies for school it's useful to check if businesses have student discounts available; many have requirements that are as simple as showing an active student ID card.

As any school semester begins many Three Rivers students stop by the bookstore located by the main school entryway to purchase their required textbooks for courses. The school store recently began to price match textbooks with their prices at Amazon, Barnes & Noble, and other stores located in the United States. This discount can be applied to book purchases as well as rentals, and requires a screenshot or printout of the product with a matching ISBN.

Aside from the school bookstore online businesses such as chegg.com and abebooks.com sell used textbooks for steeply discounted prices. However, it's always important to inquire with a Professor if older editions of books are acceptable to use during their courses. For more leisurely reading, specially discounted newspaper and magazine subscriptions are available for college students at studentmags.com.

When it's time to get school work done anyone in the student body can use their college email to access Outlook, which offers all of Microsoft's Office software for free with an internet connection. Any files created are stored online via cloud, or can be downloaded directly to a computer. These programs are accessible by logging into Blackboard and selecting your student email, or by directly logging into outlook.office.com with your college email address.

Students at Three Rivers even have the opportunity to obtain a U-Pass, which is a card that can be used for free bus and train rides in Connecticut. The cost of the program is included in TRCC's student fees and only requires a valid student ID for registration.

For more information about the program, or to register for a U-Pass, students are advised to visit the Cashier's Office in the A-Wing of campus.



Outside of school, electronic tech providers such as Best Buy and Apple have discounts and trade-in offers available for students in-store and online. For many other retail businesses, discount services can be found on their websites or by inquiring with employees. If shopping at a brick and mortar store, remember to bring a student ID to show while cashing out.



An alternative to going store-to-store for discounts is to join a number of websites that offer exclusive deals for college students, such as myunidays.com, studentbeans.com, and studentrate.com. These websites have digital coupons for clothing stores, cell phone providers, travel and food services. The only requirement to join them is a valid college email when creating an account.

Student discounts are also available for online subscription services, with one of the most well-known being Amazon Prime Student. Amazon.com offers their Prime services to college students as a free six-month trial, after which Prime is available at a discounted price for up to four years. Having a Prime membership gives students free two-day shipping on Amazon orders and book rentals, along with access to Amazon's video and music streaming services.

Like Amazon, the video service Hulu has a discounted subscription price for college students, and this also includes a membership to the music streaming platform Spotify. For \$5 a month students can use Hulu's standard account to stream movies and television shows, along with Spotify Premium, which offers ad-free music that can be listened to on most devices with internet access. This deal can be found on hulu.com or spotify.com.

At Three Rivers the faculty and staff have a variety of free services available to students, including the Food Pantry in Room D111, the Wellness Center in F105, and ongoing events throughout the year. More information is always available for students through Student Services or by inquiring the Registrar's Office.

In Brightest Day in Blackest Night, A New take on the Emerald Knight: A Green Lantern Review

By Drew Denis



Cover of The Green Lantern #1. Artwork by Liam Sharp

Grant Morrison, writer of classic comic tales such as Multiversity and the New 52 series Batman and Robin, does not disappoint when it comes to his new comic series titled The Green Lantern. Morrison has done someone new and refreshing but at the same time stays true to what the Green Lantern character has always been.

While in the past previous writers such as Geoff Johns have delved deep into the lore of the Intergalactic Police keeping force it's been a while since we've truly seen the police side of things which is what he what exactly he's implying with this first arc being titled, Intergalactic Lawman.

For those out there that have never read a Green Lantern comic or seen the terrible movie adaptation, you may need a little background on the character.

GL gets his power by channeling willpower and his weakness is the emotion of fear, therefore, a Green Lantern needs to be able to overcome fear. The main character of the book is Hal Jordan, a test pilot whom one day becomes chosen as the Green Lantern of Sector 2814 (The designation of Earth). Throughout the near 60 years of publication history, we have seen quite the evolution in terms of where his character has gone.

He's been through a lot, he's been dead, possessed by the entity of fear and even reignited the sun (I know that sounds ridiculous). Coming into this new series, what needs to be understood is that Hal isn't truly afraid of anything anymore. He's been to the other side of the galaxy and seen things the average human will never see.

However, after being off the planet for so long he seems lost when he's back on Earth and he doesn't really have a life here anymore. He's lost his job as a test pilot and basically, at this point in his life, he's sort of a loser by Earth standards.



Professor Terrence Delaney, History Professor here at TRCC and longtime fan of DC comics, shared his thoughts on the new title.

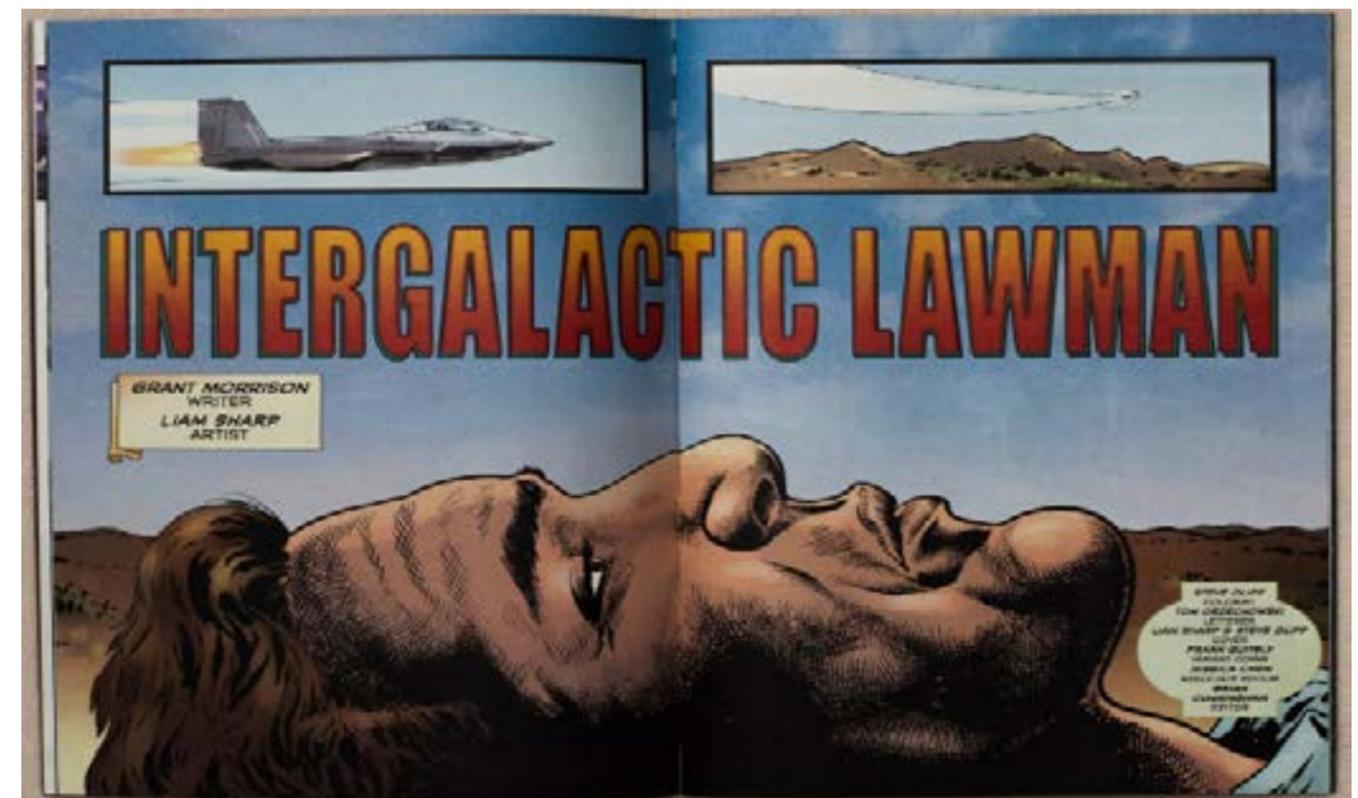
It's different but a good different and something so fresh there's almost nothing you can compare it to. It reads very much like a 70s Sci-Fi space opera.

Liam Sharp, artist best known for his work on The Brave and The Bold as well as Wonder Woman Rebirth, is creating something that is very different from what fans are used to. While it is highly detailed and eye appealing it also makes it very confusing at some points. On some panels, there's just so much going on that you can often get lost and might have to reread some of the dialogue.

Professor Terrence Delaney, a History Professor here at Three Rivers Community College and longtime fan of DC comics, shared his thoughts on the new title saying "At points, it reminded me very much of the bar scene in the first Star Wars. All these different things going on and it's not very clear. The other thing that this particular run reminds me of is when I was a kid you could read one comic book and be done. It's a story."



Pages 3 and 4 of The Green Lantern #1



Pages 11 and 12 of The Green Lantern #1

The Science of Smartphone Addiction

As smartphone usage has become a routine to many Americans, unhealthy habits are also surfacing.

By Michelle Chenail

According to the Pew Research Center, 77% of cellphone owners in the United States during 2018 were smartphone users. Smartphone ownership is a common occurrence among children and teenagers, but their usage by adults has also steadily increased. On average, Americans over the age of eighteen spend nearly four hours a day browsing the internet and using apps on their smart devices.

Why do we spend so much time on our smartphones? There are a number of answers, from using game and streaming apps for entertainment to FOMO, the fear of missing out while browsing social media. It only takes a matter of seconds to open Facebook, search a question Google, or check personal e-mails throughout the day. Research has also shown that browsing websites that implement infinite scrolling, a never-ending loading page, causes a release of dopamine that stimulates smartphone users to keep looking at their screen.

This screen addiction is not only a problem in the United States. A 2018 communications report published by OfCom in the United Kingdom reported that two out of five adults will look at their smartphone within five minutes of waking up in the morning. At the end of 2018 adults in both America and the United Kingdom were spending over an entire days' worth of hours every week on smart phones.

In order to help cellphone users understand how much time is being taken up by smartphone browsing a number of options have been created by tech developers in order to assist in reducing distractive phone usage.

During Apple's last system update for the iPhone a new monitoring option was placed in its phone settings, called Screen Time. Screen Time allows iPhone users to track how many hours they spend on their phone apps every week, and they can also restrict the amount of time apps can be opened.

Google also created a similar service for phones that use the Android operating system, in the form of an app called Digital Wellbeing. Once downloaded Digital Wellbeing can track the amount of time spent using phone apps, along with the number of notifications received and how often a user unlocks their phone.

Along with content blockers, apps have also been created to help promote productivity and wellbeing in smartphone users. Apps such as Habitica and OurHome encourage real-life taskmaking and awards for achieving goals while their users can participate in groups for instructions and support.

With side effects of smartphone addiction including neck pain, increased anxiety, and lack of socialization, it wouldn't be surprising to find many smartphone addicts to be unhappy with their habit. In fact, Pew's documents on smartphone research in America included a report that 54% of teens and 36% of adult phone owners say they spend too much time using their phones. As the new year is only in its second month, it's not too late to make a resolution to spend less time on smart devices.

TIPS FOR REDUCING SCREEN USAGE

- Keep your smart phone in another room when it's unneeded.
- Set time limits on websites and apps that are used frequently.
- Use an app or add-on to blacklist distracting apps and websites.
- Avoid websites and apps that use infinite scrolling instead of pages.
- Enable color filters, such as greyscale or a night filter to make phone and computer screens less appealing to look at.
- Turn your smart phone off at nighttime. Alternatively, put it on silent and try not to look at any screens thirty minutes before going to sleep.
- When unlocking your phone, ask yourself if it's something you really need to do, or if you only picked it up out of boredom or habit.



STARDEW VALLEY

Stardew Valley videogame Review

By Racheal Burton

Looking for a fantastic, laid-back, retro styled videogame to enjoy?

Then Stardew Valley is the game for you.

Stardew Valley was created by Eric Barone, and was released on Steam on February 26, 2016. With its retro style graphics and multiple features to it, Stardew Valley went from just being released on steam to be released onto the consoles: Xbox, PlayStation, and the Switch.

To summarize what Stardew Valley is, it is a farming game in which the player is working to construct their farm to produce the most amount of money. In other terms, Stardew Valley is like Harvest Moon, which is an older farming game.



However, even though Stardew Valley is similar to Harvest Moon, the playtime is very different. Harvest moon, last released on the Nintendo 3ds, costs roughly \$39.99. The amount of in-game time spent is roughly 48 hours to complete the story of the game. Considering that it's not really worth spending that much if you only get 48 hours of game time.

Stardew Valley, though, cost roughly \$7.99. It costs less than half of Harvest Moon, and so far for my in-game experience I have put in over 100 hours and still have yet to complete the game. Overall this game is defiantly worth its bucks given the number of hours one can devote to the game.

Given that, Stardew Valley would be rated an 8/10. The game overall is outstanding, and the characters and their events are quite enjoyable. The only feature that brings the game down is the fishing controls as they take a while to master.

The World of Stardew Valley



The Adventure Zone

A Graphic Novel Review

By Racheal Burton

Want a high class, kick ass, adventurous graphic novel? Then the Adventure Zone is for you.

The Adventure Zone, created from a pod cast by the McElroy brothers, is a comical, high spirited adventure taking place throughout a Game of D&D.

D&D, in other words, Dungeon and Dragons, is a board game of some sort that's based off dice rolling and the outcomes that'll come about.

In other terms The Adventure Zone, is a graphic novel that showcases the hilarious events that happened during a game of D&D the McElroy brothers had on their podcast.



Magnus Burnside

What makes The Adventure Zone a fantastic novel are the characters. The three main characters: Magnus Burnside, Merle, and Takko. These characters bring this twisted adventure to life.



Merle

Though this adventurous story is a fantastic read, and the visuals are outstanding. This novel would not be for children due to the fact that there is harsh language used throughout it, and multiple innuendos are used throughout the chapters of the graphic novel.



Takko

With being the first volume of a series, and like most good stories, the adventure zone leaves its readers anticipating what will occur when the second volume comes out this year.

The plot and overall layout of the pages in the graphic novel really catches the reader's attention, and grabs the reader's attention so much that they want to continue reading.

Overall, The Adventure Zone, would be rated a 9/10 for a graphic novel because of the outstanding visuals and the comical dialogue between the likeable characters seen throughout it.





Art by Chris Boyle