



The Current

Volume 19 Issue 3

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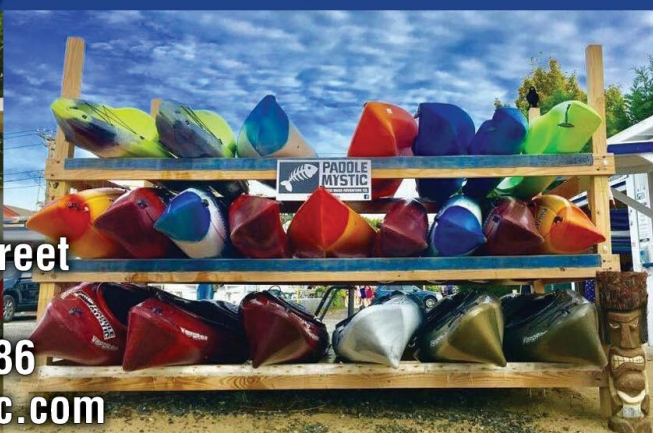
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A Bittersweet Exit for Vicki Baker

Jack of all Trades and Master of all Leaving TRCC After this Semester

Writing and Photography by Cheryl Gibson

A slayer in the realm of office machines is taking her final bow. Vicki Baker, a part of the fabric of this institution is one of four known upcoming soon to be retirees occurring at Three Rivers, sometime after the current semester ends, according to college's human resources department.

Before we could sit down to talk, the phone rings as it does many times during any given day. It's the cafeteria calling for an update on their printer, whose toner cartridge had come apart while Vicki was changing it.

For the past 30 years, Baker has been a constant presence on campus. Her focus has always been on supporting the school, faculty, staff and students. It takes constant dedication to keep the plethora of office machines of a busy campus working, and she has the tenacity to see each problem that arises gets resolved.

Getting a good education was important to her even though she already had skills as a programmer. She strongly felt a degree would allow her a more secure future. She earned an Associate's degree on this campus in 1987, when it was known as Thames Valley State Technical College.

She earned her bachelors and master's degrees from UCONN while working full-time. An avid writer since childhood, she naturally chose English as her major. "Which I think when I'm teaching, gives me a real insight into what my students are dealing with because I know what it's like to work full

time, run a household and go to school", she says.



Vicki Baker stands in front of the stained-glass windows which were once at the Mohegan campus.



Vicki Baker and her husband Tim St. Jean performing at a Renaissance fair.

Mrs. Baker began her career at the college in 1986 and has, through mergers and consolidations, worked at other campus locations as the college needed her since that time. She is responsible for many of the business machines situated throughout the campus in classrooms, offices, the library and even the cafeteria.

Throughout her time here, Mrs. Baker has had many other roles. She spent three years as chair of the Governance Council, served as Institutional Research officer, has served as Title IX coordinator and she was the TRCC representative on the board of trustees for the Otis Library and an adjunct professor.

During the consolidation, Mrs. Baker made an off-the-cuff suggestion to move the stained-glass window from the gallery at the former Mohegan campus. It is now located on the second floor of the E wing where it meets with the A wing.

The TRCC has been her second home. Her office is filled with mementos, achievements and artwork acquired over the years. On the floor is a dehumidifier and on the desk hanging from the walls are family and pet photos, a horse calendar and a billboard full of trinkets, mementos and accolades accumulated over the years. On the back wall hangs artwork by Roy Tookes.

She is proud of her involvement with the Otis Library in Norwich. A crystal clock representing her focus on time and transparency is a treasured memento of her sixteen years as chair of the Otis Library building committee which oversaw major renovations there.

In addition to her talent for business machines, Mrs. Baker is an avid photographer and musician who plays the guitar, recorder and penny whistle.

Life after TRCC will include more time with her parents in Massachusetts and South Carolina. She wants to start her own tutoring business and spend more time writing poetry and fiction.

Mrs. Baker's retirement doesn't mean she's going to take it easy, she'll just be doing, as she says, "other things."



The stain-glass windows originally from the Mohegan campus that sit proudly on our campus today

Lets Get Naked...And Paint!

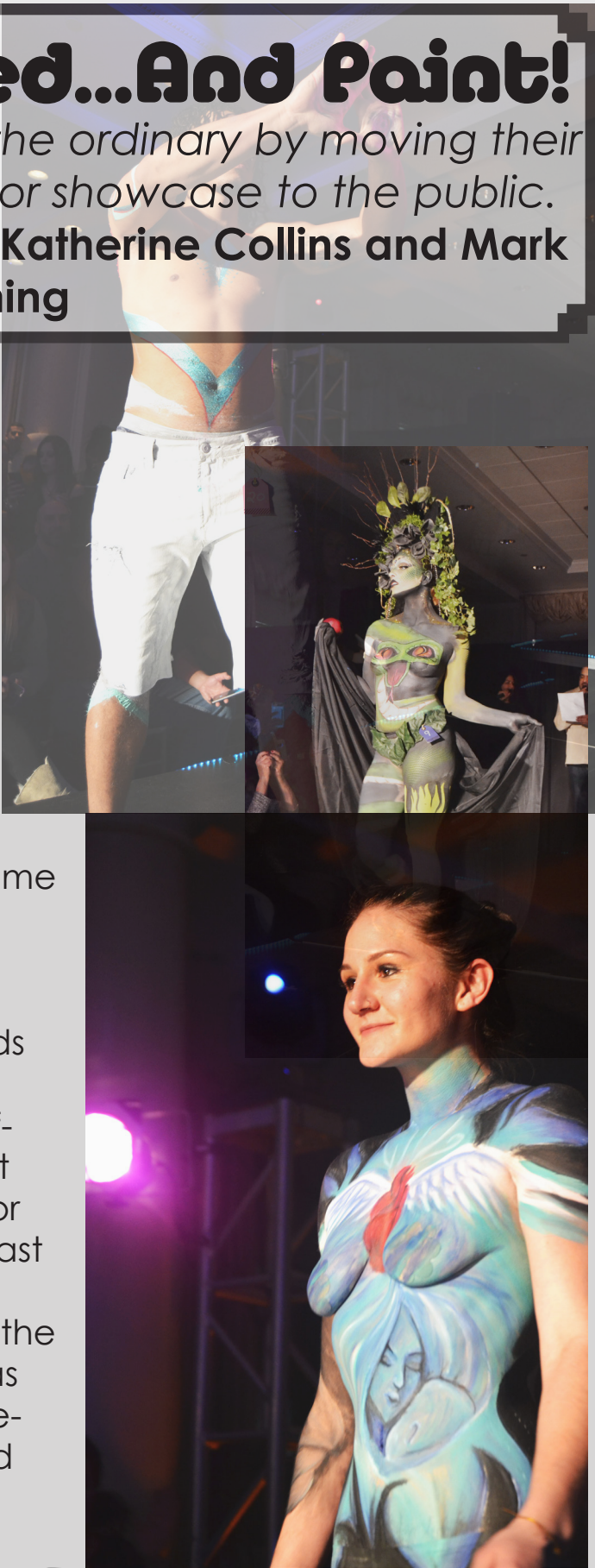
Twenty-five artists challenge the ordinary by moving their art from paper to bare skin for showcase to the public.

Photography and Writing by Katherine Collins and Mark Dunning

Coming back for the second year in a row, the Naked Canvas art gallery is an event that occured on February 1st inside the Crocker Ballroom in New London.

As an event hosted by Hygienic Art in New London, Naked Canvas was meant to turn heads. The 25 artists have four hours to paint their human canvas however they please from head to toe, and the top three models and artists would get a handsome prize for their efforts.

Hosting Naked Canvas this year is the owner and President of Creative Sounds Entertainment, Lavondia D. Carter. He loves the idea of combining several different art forms into one area, and that is exactly what he was inspired to do for Naked Canvas, which he also hosted last year, According to Carter, "One of my favorite things about Naked Canvas is the showcasing of art. We had musicians as well, but I think the body art is just something new to the area; It's been around for a while, but it's kind of cool,".





The host hopes there will be an even greater turnout next year, as the turnout this year was phenomenal, and the event was much more organized compared to previous runs.

Among the 25 models who participated this year was third place winner Crystar Azor, who had the theme of "Changing Faces" as her canvas design, which was created by artist Joe Monroe.

Decorated in florals and rhinestones, she felt the main message of her art piece was that "people {can change} the world with their smile, but not letting the world change their smile."

Along with mostly female models who worked during the Naked Canvas event remain several men, as well. David McDonald, painted by artist Samara Margolis, celebrated and performed during Naked Canvas for the second time this year.



Unfortunately, Samara's canvas had to drop out last minute due to going into labor, so McDonald swooped in to save the day, stating "Samara called me, and it was an amazing experience last year, so of course i'll do it again!". Although David and his artist did not win a prize this year, had fun, like always, during the event and will have great memories to go along with it.

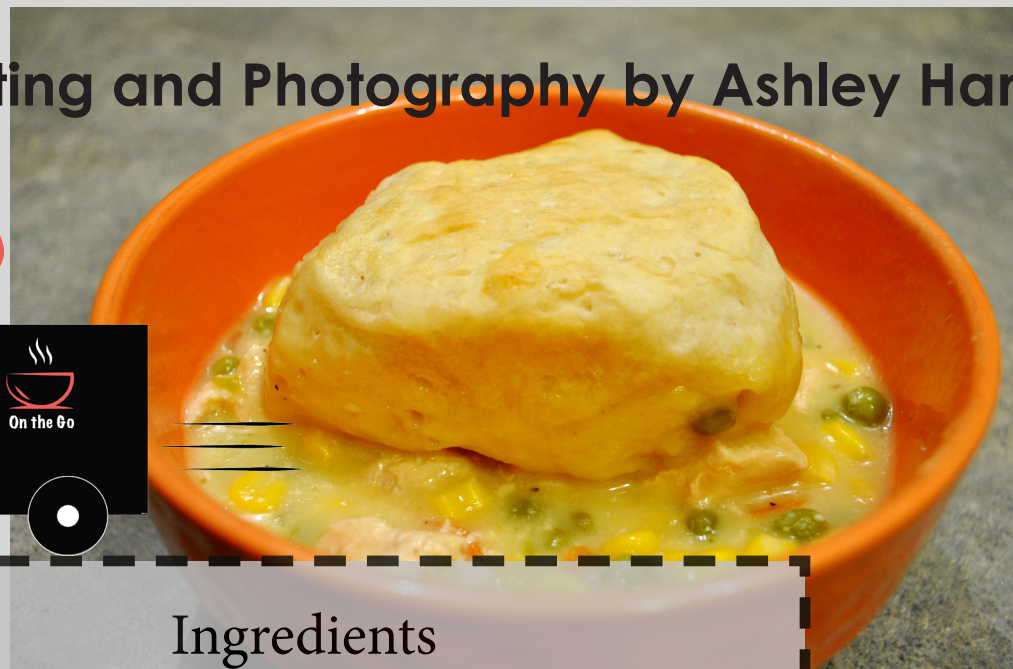
Although the Naked Canvas is newer to the area, the turnout this year was great, and compared to last year, has gained significant popularity. For a small \$10 suggested donation, Naked Canvas is definitely something that anybody can, and should, attend if they have the time.



Crockpot Chicken Pot Pie

Recipes for the Busy Student

Writing and Photography by Ashley Hanson



Ingredients

- 1 cup carrots, diced
- 1 medium onion, diced
- 1-10 oz bag of frozen peas
- 1-10 oz bag of frozen corn
- 2 lb. boneless skinless chicken breasts, chopped
- 3 cans cream of chicken soup
- 3 cups water
- 1 tsp. garlic powder
- Salt
- Freshly ground pepper
- 1 tube refrigerated biscuit dough

Prep Time: 15 minutes
Cook Time: 4-5 hours
Serves: 6-8

Directions

Step 1:

Pour the carrots, onion, peas, and corn into the slow cooker. Add the chopped chicken breast, as well as the soup and water. Season the mixture with garlic powder, salt, and pepper to taste and stir.



Step 2:

Cover the crock pot and cook on high for 4 – 5 hours or on low for 6 – 8 hours.

Step 3:

With 15 minutes left, preheat the oven to 350 degrees. Once preheated, turn off the slow cooker and place the biscuits side by side on top of the chicken mixture. Remove the ceramic inner part of the slow cooker and place it in the oven for 15-17 minutes, or until the tops of the biscuits are golden brown. Ladle the mixture into bowls and serve hot.

Lang Teaches Narcan

The nasal spray that could save a life

**Writing and Photography by Katherine Collins
and Abigail Moran**

On February 8th in Room B127, there was a special event that many would consider close to their heart. It was an opioid lecture and Naloxone, a form of over-the-counter Narcan, training by Shawn Lang who is the Deputy Director of Aids CT, or ACT. Naloxone is a nasal spray (or injection in some cases) that can save those that have overdosed on opioids.

Lang recommends half of a dose in each nostril, but then another half if the person is still unresponsive. She spoke about the nature of opioid addiction as well in a way to end the terrible stigma that is associated with addiction.

“Describe people as abstinent not clean”, she described because that goes with the stigma that all with Substance Use Disorder (SUD) are for some reason dirty.



She discusses the fact that out of reported statics, around 26-30% of youth have been offered/sold drugs during High School. As well, within the years 2009-2016, there have been greater than 2,500 deaths in Connecticut, and of those deaths, about 70% of those deaths involved the use of Opioids.

Last but not least, she discusses what Naloxone is and how to properly use it to help save a user's

life. Naloxone, like stated earlier in this article, is a nasal spray that you spray into a user's nasal passages during an overdose case where CPR does not work. You cannot get high off of Naloxone, and works for about 20-90 minutes after spray is used. Naloxone works by taking away a high, which will result in the user having withdrawal symptoms after use, such as grogginess, aggravation, and/or sudden alertness.

The down side to Naloxone is that the expiration dates do matter; the nasal spray only lasts about

people to walk away with is that if you see someone passed out from an overdose to please call 911. Try

to give them CPR first by rubbing your knuckles along their sternum to stimulate breathing. If that doesn't work, try to do some chest compressions, with the last resort being to lay the person on their side.

Use half of the spray in one nostril and then the other half in the other.

When calling 911, make

sure to give them your current address, along with stating if the person is breathing or not, if you gave them CPR, and if you gave them Naloxone/a form of Narcan.

18 months after manufacturing, and it will become less effective the more expired it becomes. Naloxone can easily be picked up at a local pharmacy, but you can also buy it from a manufacturer, and one can even get a prescription from a medical provider as well.

The major advice that Lang wants

Black History is History

Black History Month

Writing by George Simones



Black History Month (February and October) gives many people the predisposed notion that African-American history is more important during those designated months. However, is the title really necessary given that many African-Americans express their pride and history throughout the entirety of their lives and not just during a designated month.

An article entitled The Staying Power of Black History Month by Jeffrey Snyder from prospect.org, gives many pieces of information regarding the role of the month in modern society. "Carter G. Woodson created Negro History Week in 1926."

This was the first case of African-American history getting a designated title. "The week turned into a month in the mid-1970s, and Congress passed a joint resolution designating February as Black History Month in 1986."

Black History Month can be viewed from a multitude of perspectives. On one hand, it can be argued that Congress may have passed the joint resolution designating February as Black History Month because they felt it was a necessary form of apology for the history between Caucasians and African Americans.

Additionally, it can be argued that Black History Month is an important part of African American history in of itself and should



be taken as a positive thing. But a designated month shouldn't overshadow the fact Black History is history that should be common knowledge to society.

Letting the Good Times Roll at Club Carnival Student Programs Enriches College Life

Photography and Writing by Cheryl Gibson and Catalina Anzola

A place to get sweet and salty kettle corn, Italian ices and baked potatoes with all the toppings are lined up outside the multipurpose room where student programs held an event showcasing the clubs available on campus.

Alycia Zeigler, the educational assistant for student programs, worked a table where students stopped to get their activity card and some Mardi Gras beads before going inside. Zeigler

explained that this event has replaced the ice cream scoops theme as a recruitment activity for clubs. This type of event allows clubs to interact more with students. Each club has activities that fit their mission and purpose.

"It's statistically proven that involved students are successful students and we want all of our students here at Three Rivers to be successful students. So, we get them in, we get them involved, and we get them graduated," said Zeigler.

The event was coordinated by Student Programs. Zeigler adds, "We could not do what we do without the great Rhonda Spaziani, she's the director of student programs. Without her these events literally wouldn't be possible." Inside, there were a variety of games at each club table, a DJ, a whack-a-mole game and a photo booth.



Students Roy Colebut and Zay Wilson play the whack-a-mole game at Club Carnival.



Students inquire about a club at the carnival

Meeting new people, building relationships and

Benjamin Coombs and Morgan Quintanilla from Voices of the River, a club that focuses on boosting musical activities, sat at a table greeting students. Benjamin plans to sing the national anthem at commencement this May.

"I think it's a great idea," said Benjamin Coombs about the club promotion carnival that is held early each semester.

Students who participated received free baked potatoes, kettle corn and Italian Ice. When they completed four activities they got a ticket for a free lunch. For eight completed activities, they were entered into a drawing for prizes.

Most importantly, student clubs provide networking opportunities.

making lasting connections are important to personal and professional development. In today's job climate, knowing someone who's already on the inside gives an advantage over other candidates.



Many were excited to see the rows of kettle corn popcorn near the entrance to the carnival



Courtesy of DreamWorks Pictures, and Twentieth Century Fox.

The Post: Government vs. The Free Press. A Movie for the Present Time.

Writing by Catalina Anzola

information about the progress of the Vietnam War. This was the first time in U.S. history that the court system tried to stop the free press from doing their job: reporting the

news.

The Post addresses the importance of the first amendment in our society as a Democracy. Would the film have the same impact if the release was two years prior? We will never know, but its relevancy is what makes this film so appealing.

The Post tells the story of the leaked classified documents in 1966 to a reporter from The New York Times, Daniel Ellsberg (Matthew Rhys), about the US involvement in the on-going war in Vietnam.

The movie focuses on the battle between the free press and the White House's struggle to contain classified

Overall, the movie was entertaining. The talent of the star-studded cast delivers with Streep's superb portrayal of a woman faced with difficulties from her male counterparts. The release of this movie during a time when the media is being undermined is on point.

Should Senators be Paid During Government Shutdowns?



On January 20, 2017, United States federal government was under a shutdown that ended on Monday evening January 22. While the government shutdown occurred, thousands of government employees all over United States went without any pay until the situation in Washington is resolved. However, Senators and House

Yes!

members of Congress continue to get paid during the government shutdown. Under Article 1, Section 6, the Constitution states, "The Senators and Representatives shall receive a Compensation for their Services, to be ascertained by Law, and paid out of the Treasury of the United States." It is also stated in 27th Amendment that, "No law varying the compensation for the services of the Senators and Representatives shall take effect, until an election of Representatives shall have intervened," meaning that Congress cannot change its own salaries between elections.

U.S. Congress members are the ones who impact and influence our daily lives as American citizens. There are 535 members of Congress members who dictate where our country is progressing, and at times such as the shutdown, the U.S. does need these Congress members to figure out a solution to end the shutdown, so that the federal government figure out a way to come up with new ideas to make our country greater. These members deserve their paycheck for making sure everything is still in place when frustrating conflicts happens such as a government shutdown. **~Mark Dunning, Student**

No!

Senators being paid during the government shutdowns is the absolute epitome of inequality. Those that are considered "higher up" are

given their due salary during a government shutdown, but other staffers that work just as hard (if not harder) are skipped during these times.



Supposedly, this can be excused because there are portions of the Constitution that have been in place supporting this. However, the Constitution has been revised numerous amounts of time to change when it is deemed unfair – it's time to do so yet again. We cannot provide salary to one group of people, deprive another group of their salary, and then claim that everything is fair and just.

If senators are going to be paid during these government shutdowns, then at the very least pay the other staffers. These people have to make a living just as much as their superiors and there is no reason to deny them pay unless their superiors are being denied pay as well during those times. Regardless, with the current state of matter being that these staffers are not paid during government shutdowns, then government superiors should not be paid in these times. **~Abigail Moran, Student**

A Powerful Night of Taiko

Shijo Kameda Shows his Drumming Skill

Writing and Photography by Cheryl Gibson and Abigail Moran

Around seventy-five people gathered in the multipurpose room for a special performance by Taiko drummer, Shoji Kameda, a fourth generation Japanese-American.

Kameda stood at the three drums and started his first number. Making gentle hand movements using his fingers on the center and edges of the drumskin, he creates a gentle rumbling sound like thunder in the distance.

As the piece progresses the drum beats get louder and more rhythmic. He picks up his Bachi sticks and escalates the rhythms. The audience is engrossed in the sound of the drum watching his full body movements as he almost leaps to create the force put on the drum.



The Taiko drum was introduced to America in 1960's Bay area of California. Early on people who were interested in playing formed groups and helped each other learn to play. Taiko performances grew in popularity and in 1996 the first North American Taiko Conference was held attracting the largest group of Taiko players in the world.

The event included a mix of performance and presentation which showcases the history of Taiko and Kameda's experiences as he works to diversify the artform. Taiko gets its power from body movement which is why the drummer stands when playing. Kameda explained that Taiko is played using simple



patterns and rhythms allowing players the time to swing, jump and move around expressively. His techniques have been developed over time through practice, improvisation and experimentation.

Kameda is made available through the Booker T. DeVaughn lecture series, the efforts of

Anthropology Professor William O'Hare, and sponsored by the Community College Foundation. O'Hare accompanied Shoji on stage, playing several instruments including Irish Flute and Taiko drum. This created a piece that showed how beautiful music can be when multiple cultures come together.

Kameda gets inspiration from other drummers and percussionists, such as Pharoah Sanders, and a jazz trio known as The Bad Plus. In fact, much of his musical influences are rooted in his love of jazz, as the experimental and improvisational form appeals to him and inspires his creativity when performing Taiko.

Kameda joyfully talks about how he learned to play the Taiko at 8 years old and how he remains dedicated to his craft. He's passionate about the artform and has made it his goal to help bring Taiko to other cultures around the world to fulfill his desire to preserve Taiko tradition and expand its influence. He says, "I want to see Taiko turn into a world-wide thing."

College Consolidation Could Do More Bad Than Good.

“College Consolidation Would Cut Nearly 200 Jobs Over Five Years” – Hartford Current, Kathleen Megan, Contact Reporter.

Writing by George Simones

The consolidation of Connecticut's community colleges refers to the merging of the state's 12 community colleges into a single entity known as the Connecticut Community College.

Mark Ojakian, president of CSCU said, “The plan to merge the state's 12 community colleges into a single Community College of Connecticut would not cut faculty positions or any other

positions such as student advisers or counselors that deal directly with students. Instead the cuts would come in areas that do not affect students directly such as administrative services, finance, human resources, and information technology.” – [courant.com](#). This claim attempts to defend the actions of the consolidation.

Maribel La Luz, spokeswoman for the CSCU system (Connecticut State Colleges & Universities), states that they have two primary sources of income, one is state funding and the other is tuition fees. Both have been in decline over the past few years. – [courant.com](#). However, Erika Steiner, the system's chief financial officer said that even with the cost-saving plan in place, the systems projects a deficit of \$13.2 million in 2019. The



following two years, the budget is back in the black, but then returns to the red in 2022 with a deficit of \$13 million.’ Risk factors are also in play. Steiner explained that the plan assumes that state fund-

ing will remain flat after 2019 and that enrollment, which has generally been on the decline, will be flat. – [courant.com](#) This shows that the plan in place isn't looking fully into the future. The fact that many people will be losing their jobs and that there is already a projected deficit of a substantial amount of money shows that this is an idea that needs to be rethought, and re



Five Students Win Basket Raffles

Writing by Ashley Hanson

Every semester the students in Publication Practice head up a fundraiser which supports the improvement of The Current and provides funds for new equipment. In the Fall of 2017, the editor at that time, Chelsea Ahmed, ran a gift basket fundraiser from November 27, 2017 – November 29, 2017 that brought in \$210 and five winners.

Students and faculty were asked to donate to the cause and received a ticket in return to enter into any of the five gift basket drawings. Many who donated expressed their desire to win, stating “it only takes one”! There were five baskets to choose from, each filled to the brim with various prizes of a certain theme.

Good for the student on the go who needs some caffeine, the coffee basket featured Starbucks coffee and other delicious accompaniments.



The candy basket was by far the most popular, with 19 different varieties of candy from M&M's to Twizzlers. Those who were looking for a cozy night on the couch watching a movie, chose to put their tickets in the running for the movie basket, which was complete with two thriller flicks, a blanket, and snacks. For the coffee lover, there was a coffee themed basket with Starbucks ground coffee, snacks to accompany it, and all the essentials for any busy caffeine fiend on the go. Aspiring cooks

didn't go unnoticed either, the baking basket was packed with all the essentials for a culinary expert in the making. Finally, keeping the busy student in mind, the spa basket provided the winner with an experience of relaxation and self-care thanks to the facial masks, bath items, and aloe infused socks that were included.

The students running The Current this semester would like to thank all who participated

and helped to raise \$210 for improving the program. Among those who donated, were fifteen people who dug deep and donated \$10 or more in support of the program and for their chance to win a basket. Congratulations to the winners of the basket raffle; Steven Matile, Alana Gregor, Kenzie Costello, Samantha Zod, and John Raymond II.



A favorite among the students, the candy basket contained an assortment of over 19 different types of sweets.

Students on the Current this semester are planning two fundraisers for the Spring semester. Fundraisers are open to students, alumni, and the public. Professor Kevin Amenta, the advisor of the Graphic Design program, believes “it’s important to support these students because as staff members of the Current, they are the eyes and ears of the study body.” Keep an eye and an ear open for details!



A baking basket from the raffle sits on the table to release any inner bakers.

Special Thanks For Donating \$10 or More:

Rhonda Spaziani
Alana Gregor
Mark Dunning
Vicki Baker
Linda Mossberg
Steven Matile
Kumar Appadwedula

Tracy Dickson
Dawn Bertocki
Allana Allik
Irene Kleemann
Israel Lizardi
Ana Gonzales
Sheila Skahan

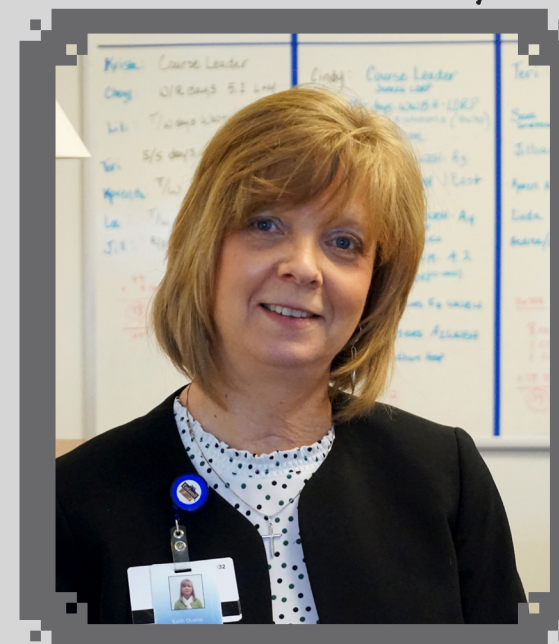
TRCC Nursing Program is a Career Jump Start!

Writing and Photography by George Simones



From state of the art equipment that you’ll find used at actual hospitals, to an enthusiastic and well-educated staff, the Three Rivers Nursing students have all the benefits of becoming a registered nurse for a fraction of the cost of most universities.

The Three Rivers Nursing Program began in the 1970s and has been highly successful since then. The staff measures their success by analyzing specific outcomes. One way they measure their success is by their licensing exam pass rates. The national first attempt pass-rate percentage of the nursing exam is 83.59%, according to results from the first-quarter of the 2016 National Council of State Boards of Nursing. However, the Three Rivers nursing program is “consistently above the national average.” – Edith Ouellet MSN, RN.





“I believe that the experiential learning that our program offers is the most important part of what is so great about us. Our students are out in the community, in healthcare setting, learning in the patient caring environment. By the time they finish, our students have 810 clinical hours on the field.” Edith Ouellet MSN, RN.

“At the end of the program, once they’ve successfully completed all of the required hours, learning activities and objectives, they are

eligible for the national license exam to practice as a registered nurse anywhere in the country.”
– Edith Ouellet MSN, RN.

It’s clear to see that there are many options as far as nursing programs go, Three Rivers is an efficient, affordable alternative to many other programs. If you are interested in nursing, don’t miss this opportunity.

Jumanji, Welcome to the Jungle.

Writing by Catalina Anzola

As I went to see Jumanji: Welcome to the Jungle, I was not sure if the movie was a remake or a sequel. It attempts to create a connection with today’s generation as it introduces the viewer to the Jumanji video game, complete with avatars that the characters turn into as they get sucked into the game.

The movie begins in 1996 when teenager Alex Vreeke receives the Jumanji board game from his father after the game is discovered on a beach. Uninterested in the board game, Alex sets it aside. The game senses Alex disinterest and magically transforms into a

video game, teleporting Alex into the game to never be heard from again.

The movie script is likeable with a few funny moments. Watching the actors play their roles as insecure high-schoolers keeps the movie afloat. The title, Jumanji: Welcome to the Jungle, was what peaked my interest in this movie, as I had enjoyed the special effects of the animals in the first Jumanji movie released twenty years ago. Twenty years later the special effects in the second movie are very similar



Courtesy of Sony Pictures.

to the first Jumanji movie, somewhat of a disappointment. If you are looking for a movie with spectacular special effects, save your money and wait for it to be released on TV.



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