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# The Current

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A publication by the students, for the students.

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

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# Members of the community come together for Empty Bowls charity

## Local charity event raises money for the hungry

by Bridney Casillas

On Thursday, April 11th the college campus held the 16th Annual Empty Bowls event in the multipurpose room.

Empty Bowls is a collaborative charity event between Three Rivers, Sankofa Education and Leadership, and Norwich Public Utilities, NAACP Robertstine Duncan Youth Council, and Stop & Shop of Norwich where proceeds are used to fight hunger in the local area of Norwich by selling pottery created by the art students at Three Rivers Community College.

The proceeds from the Empty Bowls event supported St. Vincent DePaul Place Soup Kitchen and Food Pantry located in Norwich. It was organized by Reverend Lynnell Axson, Sheila Hayes, Paula McNally, Zecariah Stover, and Meg Wichser.

Wichser, an advisor from student services and organizer of the event said, "It [Empty Bowls] was formally headed by Professor Ed Derr who took another position out west, and this is my second time organizing it from the college's point of view – the college piece of it."

Inside, the Multipurpose Room was filled with event goers sitting at tables mingling with each other and eating bowls of soup. In the back of the Multipurpose Room, there were staff members from the Three Rivers cafeteria serving three different kinds of soup, along with cookies and coffee made available to all who attended the event.

Dinner with a bowl of soup and a refreshment cost \$5.00, while dinner with a hand made pottery bowl and a refreshment cost \$10.00. Before going inside the Multipurpose Room, guests were greeted by Hayes, Stover, and a volunteer who handed them an event program and tickets for a bowl of soup.



Paula McNally [Left], an organizer of the event and Art Professor mingles with event goers



# ome rity event

"The college is incredibly generous with this event. They cover the food... The food is free, the cookies are donated, we cover all the printing for the publicity that goes on here," said Wichser.

Hayes, an organizer and member of the Sankofa Education and Leadership, a local youth organization, said, "This is what many teens and many adults have for supper on many nights who are homeless, and it's to raise that awareness to help end hunger in Southeastern Connecticut."

"From an evening like tonight, we would probably be able to feed two months' worth of food at the soup kitchen," said Hayes.

Tables were lined up throughout the Multipurpose Room featuring various bowls that gave all attendees a chance to pick out which bowl to keep as a souvenir and find out more information about the art program at Three Rivers. Attendees also had the option to pick out platters, plates, and mugs in lieu of a bowl if they chose to do so.

Paula McNally, an adjunct art professor said, "We have the Lifelong Learners who also help out by doing a workshop in the fall and spring, and then some of those Lifelong Learners decided to come back during the summer and they come and make the bowls."

When asked how she feels about doing such a kind, charitable act, McNally said, "The final outcome of this is that we all get to give back to the community."



From left to right: a volunteer, Sheila Hayes, and Zecariah Stover greet guests at the door of the multipurpose room

According to the information on the flyer from the event, there have been more than 150 active volunteers who provided 17,186.25 hours of service to feed the hungry. The food pantry program at St. Vincent de Paul Place has distributed 256,630 meals to 1,185 households.



Pottery created By TRCC art students

# Student Spotlight: Ariana Cloutier

## Daily Life With SMA

by Kenzie Costello

Ariana Cloutier is not your typical 22-year-old girl.

Cloutier was diagnosed with Spinal Muscular Atrophy (SMA) at the age of 2.

SMA is a neurological disease that robs the physical strength of individuals, affecting the motor nerve cells in the spinal cord. Essentially, individuals diagnosed with SMA have certain genes missing for the body's muscle make-up to power the body.

SMA can worsen overtime, meaning the individual's body can get weaker as they get older. SMA is a semi progressive disease.

When you see Cloutier, you will always see her in her electric green wheelchair.

One of the biggest difficulties that Cloutier is faced with in life is having to constantly have someone help her with every task done. Before doing something, she has to think "do I need someone to help?"

Cloutier doesn't really feel an absolute need to do what most people are able to do. Her "obvious answer" was that she would want to walk, but more than anything to have the ability to cook.



Ariana Cloutier in Mystic, CT



Before switching to be a graphic design major, Cloutier was originally a fine arts major. She found that she really enjoyed technology and computers and deciding to mash her love for art and being tech savvy together.

On her path in the graphic design program, Cloutier has become advanced in the adobe suite. This led to her chance of getting a scholarship.

Cloutier will be awarded with a \$250.00 scholarship from the TRCC oundation courtesy of the Graphic Design program.

Cloutier has found that there has been a vast difference between friendships and relationships. While all of her friendships have thrived, she has found her dating life is awful.

In Cloutier's experiences with dating, she has found that people are shallow. They do not care about her personality and only can see Cloutier for her disability.

Cloutier does not let any of this take her down, though.

She does not know what she is going to do after graduating with her associates at Three Rivers yet but plans to transfer to Quinnipiac University or UCONN to potentially major in social media studies for a mix of graphic design and proceed to start her own business.





# Café Anime

## The Anime Club fundraiser

by Rachael Burton

On April 15, 2019, the Anime Club held a fundraiser event in the multipurpose room called Café Anime. The event was held to raise money to be donated to the Backus hospital.

Café Anime had a broad variety of different aspects to it; these aspects included, beautiful decorations, an assortment of different collectable items on display, cosplayers, and a movie being projected onto screens around the multipurpose room.

The movie, in which was played at the start of the event, was called Your Name. I originally wasn't expecting much from the movie itself, but I ended up enjoying the movie the most.

The movie, Your Name, is about a young girl who switches bodies with a high school boy. So, basically Freaky Friday, but the characters only switched bodies every two to three days a week.

Unfortunately, I was unable to stay for the full movie. However, from what I did see, the movie was very comical and especially well animated.

Other than the movie, the event was very lively, and the people there were nice to speak with. Especially the members of the Anime Club as they encouraged people to come and join the event.

Overall, Café Anime was a successful and enjoyable event.



Lanterns and sakura flowers as table decorations

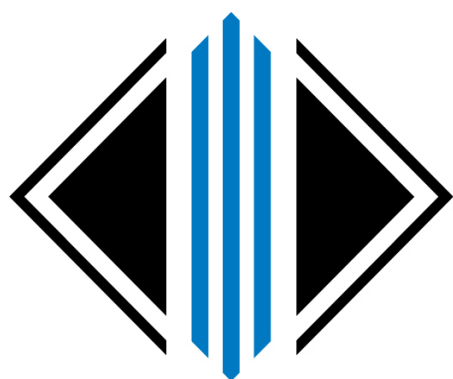


"Your Name" being shown on the projectors

# CSCU's new plan for consolidation

## Tension on both sides as Board of Regents pushes consolidation

by Nicholas Zujus



# CSCU

Two sides have developed throughout the Connecticut community colleges due to the plan to consolidate.

The president of Connecticut State Colleges and Universities, Mark Ojakian, presented his plan to consolidate the 12 Connecticut community colleges into a single entity. The plan has been named "Students First."

The single entity would be managed by one central group, called the Board of Regents, and each college would no longer have their own president. In the central management group, there would be three presidents to connect with all 12 colleges.

According to Ojakian, the plan to consolidate will be finished by 2023, and will save CSCU \$23 million a year.

As more revenue comes into the colleges due to the cuts, Ojakian predicts that this will boost enrollment and graduation rate.

Faculty, academic and student affairs staff will not be affected by this plan, but 23 percent of the administrative staff would be cut. The exact number is 233 staff members statewide, which is an average of 28 staff members from each college.

Three Rivers will be losing 23 positions, whereas the Regional Office of CSCU will gain 66 positions.

Specifically for Three Rivers, staff members would be cut from the purchasing department. Samantha Bartosiak of Student Programs said that this will be a problem for student clubs.

"We're losing 6 positions in our purchasing department. There's very few people there already," Bartosiak said. Student clubs will have to go through a purchasing department regulated in Hartford, which may take more time to put orders through.

Ojakian made an argument in favor of the cuts, due to the fact that most of these staff members do not have daily interactions with students. The cuts would not affect students directly in daily interaction, but may take effect in timeliness with certain departments.

In March, a petition was presented to Ned Lamont, Connecticut's Governor, with over 1,300 signatures from faculty members and students to stop the consolidation. It stated that the plan will take out the community part of the colleges, which will in turn reduce enrollment due to a lack of personal engagement.

The Higher Education and Employment Advancement Committee drafted a bill in February titled S.B. No. 749, referred to by many as bill 749. The bill is summarized by the Connecticut General Assembly as "an act requiring legislative approval for the merger or closing of institutions within the Connecticut State Colleges and Universities."

Bill 749 would have the state legislature sign off on any consolidation of a CSCU 2-year college. Ojakian has shown his opposition to this bill, saying that it will do a disservice to the students of these colleges.

Faculty members have urged Ned Lamont to slow down the process of the consolidation while the bill is reviewed by the State Senate.

A second bill was proposed titled H.B. No. 7254, summarized by the CGA as "an act concerning the Students First plan of the Board of Regents for Higher Education." The bill would require the Board of Regents president to release quarterly reports of the status of the Students First plan.

Three regional presidents have been appointed by the Board of Regents, with Dr. Rob Steinmetz being appointed to Region One, which Three Rivers will fall under. Steinmetz will be expected to visit all five of the colleges in his region and make connections with the faculty and students.

Steinmetz will come into the role of Region One President with more than 10 years of educational and administrative experience, most recently as vice president for student affairs at Portland Community College in Oregon. He holds a Bachelor of Science, a Master of Public Administration, and a Doctorate of Education.

He stated that he is "humbled and excited" to have been selected for the position, and looks forward to being part of the CSCU team. "The future is bright for Connecticut community colleges," Steinmetz said.

The implementation of three regional presidents is the first major step for consolidation. The presidents will bring new leadership skills and ways to bring each college together.

The plan was introduced once before in 2018, and was rejected by the New England Commission of Higher Education because they were not persuaded it was a realistic plan. Ojakian has worked to make the plan more detailed and specific, and reintroduced the plan to NECHE.

President of Norwalk Community College, Lois Aime, has expressed her concern with the consolidation as well. Aime urges that the legislature is given more control over the plan, as the Board of Regents pushes to get it done as quickly as possible.

A major concern for faculty members across the state is that the consolidation will take away each college's individual identity. The colleges would also offer the same degree programs, and some unique degrees may be taken out.





Three Rivers will be in Region One under the new consolidation plan

Another problem that Ojakian says the consolidation will solve is the budget deficits Connecticut has faced for higher education. Although Governor Lamont flat funded the budget earlier this year, Ojakian says that the community colleges still face a \$25 million shortfall for the next fiscal year.

Matthew Warshauer, a professor at Central Connecticut State University, said that the problem does not lie in the state colleges, but rather in the legislature. The state is in overall economic trouble, leading to less money being put into the budget.

If budget and enrollment issues continue, Ojakian will be forced to choose which community colleges will cease to exist. In an interview with Inside Higher Ed, Ojakian said "Somebody will have to pick winners and losers, and it won't be me."

To help deal with this problem, the CSCU board voted to increase tuition by 5 percent. CSCU has predicted that the consolidation will save \$11 million after administrative cuts, and \$23 million by moving to one college in 2023.

As faculty retires from the colleges across the state, Ojakian has filled them with new administrative positions that work for the consolidation. As the plan is set for a 4 year period, the positions will be paid \$139,800 to \$223,700 a year.

Aime expressed her concern for this, stating that the positions are not needed yet and that it is unclear where their incomes will come from. Elle Van Dermark, a faculty member at Asnuntuck Community College, said that the consolidation will not solve the economic problems, and will make it worse.

Van Dermark also fears that the "community aspect" of the colleges will be taken out as well. As a majority of community college students are first generation, minority, or second-language learners, the academic programs will be less centralized to them.

As of now, the Board of Regents is still in charge of what happens to the community colleges in the state.

# Students participate in Riffle Bioassessment

## Sampling water in Connecticut streams to determine quality

by Melissa Kuster



Group of students collecting a water sample

On April 13th students from Three Rivers Community College gathered at Devil's Hopyard State Park in East Haddam, CT to participate in the Riffle Bioassessment by Volunteers (RBV) Program. The RBV is a statewide volunteer water quality monitoring program coordinated by the CT DEEP Bureau of Water Protection and Land Reuse.

The RBV was started around 20 years ago in CT by Michael Beauchene from the DEEP (at the time DEP). Diba Khan-Bureau, Professor and Program Coordinator of the Environmental Engineering Technology Program at Three Rivers, decided to take advantage of this program and get her students involved.

The RBV allows volunteers to take samples from various streams across CT to monitor the water quality of the surrounding area. According to the DEEP, it's also known as the 'treasure hunt' to find CT's healthiest streams. Once the water samples are taken the volunteers separate and document the different types of benthic macroinvertebrates (insect larvae) found in the stream.

When all the macroinvertebrates are collected from the water sample they're preserved in isopropyl or ethyl alcohol and then sent to the DEEP in Hartford where they identify the insect larvae to species level. The water quality of the stream is determined by which macroinvertebrates are found in it.



After the students gathered at Devil's Hopyard Professor Khan-Bureau split them into groups to cover a variety of streams around the area. One group went to a stream located in the Pleasant Valley Preserve in Lyme, CT. This stream contained a variety of macroinvertebrates; however, it also contained a numerous number of black flies that are deemed as one of the least wanted macroinvertebrates since they are least sensitive to pollution.

Kiersten Galloway, a student in the Pleasant Valley Preserve group, said "It was fascinating to see the diversity that exists in our everyday streams. I was so ecstatic to be part of a good cause like helping the DEEP inspect our water quality."



Students collecting macroinvertebrates



Macroinvertebrates preserved in alcohol

Many students in the Environmental Engineering Technology Program at Three Rivers have been to numerous RBV's and enjoy the process. Casey David, a student in the program, has been to several RBV's. "It's interesting because you realize there's no intense, expensive procedures to testing water quality, just what macroinvertebrates you find because many cannot live in low water quality streams," David said.

"It's great for students, great for CT, great for learning, great for the environment, great for the 3 towns, and great for the DEEP and EPA," Khan-Bureau said. "I love it because it's an outdoor teaching classroom with real data and real quantifiable evidence and it's fun. We do it for a great cause."

The next RBV is scheduled for May 4th and leaves from Salem Elementary School in Salem, CT.

Revised 04/17/2013

**CT DEEP River Bioassessment by Volunteers (RBV) Program -- Field Data Sheet**

Stream Name: \_\_\_\_\_ Date: \_\_\_\_\_ Latitude/Longitude: \_\_\_\_\_

RBV Site Location (e.g., 100m downstream of Route 44, crossing): \_\_\_\_\_

Collection Date & Time: \_\_\_\_\_

Site Town: \_\_\_\_\_

Volunteers' Names (First & Last): \_\_\_\_\_

Organization Responsible for Volunteers: \_\_\_\_\_

**BEFORE PROCESSING MAKE SURE THAT ALL FIELDS ABOVE ARE COMPLETE**

**DIRECTIONS:** Using RBV Field Identification Cards, identify the macroinvertebrate types in your sample, check off each macroinvertebrate type found in your sample. (Note: Samples 1 & 2 are the 1st & 2nd samples from one site collection). Please use of each type into the voucher container. Please use a voucher sheet with the 1) stream name, 2) site location or GPS coordinates, 3) town, 4) collection date, and 5) collector names into the voucher. **IMPORTANT:** Make sure your final voucher 1) contains one of each type checked off below, 2) is filed with voucher, 3) contains a complete label and 4) is lightly sealed.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
<b>MOST WANTED</b>	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	1.10	1.11	1.12	1.13	1.14	1.15	1.16	1.17	1.18	1.19	1.20	1.21	1.22	1.23	1.24	1.25	1.26	1.27	1.28	1.29	1.30	1.31	1.32	1.33	1.34	1.35	1.36	1.37	1.38	1.39	1.40	1.41	1.42	1.43	1.44	1.45	1.46	1.47	1.48	1.49	1.50	1.51	1.52	1.53	1.54	1.55	1.56	1.57	1.58	1.59	1.60	1.61	1.62	1.63	1.64	1.65	1.66	1.67	1.68	1.69	1.70	1.71	1.72	1.73	1.74	1.75	1.76	1.77	1.78	1.79	1.80	1.81	1.82	1.83	1.84	1.85	1.86	1.87	1.88	1.89	1.90	1.91	1.92	1.93	1.94	1.95	1.96	1.97	1.98	1.99	1.100
<b>MOST WANTED</b>	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	2.10	2.11	2.12	2.13	2.14	2.15	2.16	2.17	2.18	2.19	2.20	2.21	2.22	2.23	2.24	2.25	2.26	2.27	2.28	2.29	2.30	2.31	2.32	2.33	2.34	2.35	2.36	2.37	2.38	2.39	2.40	2.41	2.42	2.43	2.44	2.45	2.46	2.47	2.48	2.49	2.50	2.51	2.52	2.53	2.54	2.55	2.56	2.57	2.58	2.59	2.60	2.61	2.62	2.63	2.64	2.65	2.66	2.67	2.68	2.69	2.70	2.71	2.72	2.73	2.74	2.75	2.76	2.77	2.78	2.79	2.80	2.81	2.82	2.83	2.84	2.85	2.86	2.87	2.88	2.89	2.90	2.91	2.92	2.93	2.94	2.95	2.96	2.97	2.98	2.99	2.100
<b>MODERATELY</b>	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	3.10	3.11	3.12	3.13	3.14	3.15	3.16	3.17	3.18	3.19	3.20	3.21	3.22	3.23	3.24	3.25	3.26	3.27	3.28	3.29	3.30	3.31	3.32	3.33	3.34	3.35	3.36	3.37	3.38	3.39	3.40	3.41	3.42	3.43	3.44	3.45	3.46	3.47	3.48	3.49	3.50	3.51	3.52	3.53	3.54	3.55	3.56	3.57	3.58	3.59	3.60	3.61	3.62	3.63	3.64	3.65	3.66	3.67	3.68	3.69	3.70	3.71	3.72	3.73	3.74	3.75	3.76	3.77	3.78	3.79	3.80	3.81	3.82	3.83	3.84	3.85	3.86	3.87	3.88	3.89	3.90	3.91	3.92	3.93	3.94	3.95	3.96	3.97	3.98	3.99	3.100
<b>LEAST WANTED</b>	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	4.10	4.11	4.12	4.13	4.14	4.15	4.16	4.17	4.18	4.19	4.20	4.21	4.22	4.23	4.24	4.25	4.26	4.27	4.28	4.29	4.30	4.31	4.32	4.33	4.34	4.35	4.36	4.37	4.38	4.39	4.40	4.41	4.42	4.43	4.44	4.45	4.46	4.47	4.48	4.49	4.50	4.51	4.52	4.53	4.54	4.55	4.56	4.57	4.58	4.59	4.60	4.61	4.62	4.63	4.64	4.65	4.66	4.67	4.68	4.69	4.70	4.71	4.72	4.73	4.74	4.75	4.76	4.77	4.78	4.79	4.80	4.81	4.82	4.83	4.84	4.85	4.86	4.87	4.88	4.89	4.90	4.91	4.92	4.93	4.94	4.95	4.96	4.97	4.98	4.99	4.100
<b>OTHERS</b>	5.1	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9	5.10	5.11	5.12	5.13	5.14	5.15	5.16	5.17	5.18	5.19	5.20	5.21	5.22	5.23	5.24	5.25	5.26	5.27	5.28	5.29	5.30	5.31	5.32	5.33	5.34	5.35	5.36	5.37	5.38	5.39	5.40	5.41	5.42	5.43	5.44	5.45	5.46	5.47	5.48	5.49	5.50	5.51	5.52	5.53	5.54	5.55	5.56	5.57	5.58	5.59	5.60	5.61	5.62	5.63	5.64	5.65	5.66	5.67	5.68	5.69	5.70	5.71	5.72	5.73	5.74	5.75	5.76	5.77	5.78	5.79	5.80	5.81	5.82	5.83	5.84	5.85	5.86	5.87	5.88	5.89	5.90	5.91	5.92	5.93	5.94	5.95	5.96	5.97	5.98	5.99	5.100

**Additional Volunteer Comments:** \_\_\_\_\_

COORDINATORS PLEASE DROP OFF DATASHEETS AND VOUCHERS TO: MEDHAN RUTIA, CT DEEP, 79 ELM STREET, HARTFORD, CT  
RBV Program Information is available at [www.ct.gov/deep/rbv](http://www.ct.gov/deep/rbv) or by calling 860-424-3281.

The River Bioassessment by Volunteers (RBV) Program datasheet

An RBV field data sheet



# Play makes a bold statement about female empowerment

## Students perform their rendition of The Vagina Monologues

by Bridney Casillas



Involvement in the performing arts is beneficial to college students as a way to be expressive and relieve some of the stress from college. Theatre is a form of artistic expression that is widely used by everyone.

On Wednesday, April 10th The S.A.G.E. (Students Advocating Gender Equality) and SIGMA (Sexual Identity and Gender Minority Advocates) clubs performed their rendition of the Vagina Monologues, an off-Broadway play by Eve Ensler. The Vagina Monologues was performed in an effort to raise awareness of sexual assault and female sexuality.

"I think a lot of times people consider talking about vaginas or anything that is considered taboo to not be discussed. I think it's important to vocalize things because putting words to it really gets rid of the shame and secrecy which I feel is overall a positive thing," says Elise Sperry, cast member and director.

The performance was held in Room D102, one of the lecture halls. Inside, the front of the hall was decorated with marker drawings with the title "Vagina Monologues," along with drawings of flowers to symbolize the topic of the play.

Each monologue included the perspectives of women from all backgrounds and societal classes. The three cast members included, Elise Sperry, Alyssa Rathbun, and Kinsley Green.

The actual names are kept anonymous from the script because their stories are supposed to reflect all women. All of the monologues are meant to "represent every women," and to empower all women to love themselves.

The performers of the play were dressed in black outfits, and read their character monologues from black binders, while taking on the persona of their character. In the play, all three cast members read personal stories based on real-life interviews with women from around the world.

Alyssa Rathbun performed her piece, called "Hair," which tells the story about a woman whose husband disliked seeing hair on her body. "I realized then that hair is there for a reason — it's the leaf around the flower, the lawn around the house. You have to love hair in order to love the vagina," says Rathbun, while performing.

Sperry says the support and idea to continue performing the production was to continue the tradition of performing it at Three Rivers, as well as educate young women about their bodies. Sperry says, "It's important for women to know that their vaginas are there, to know how they work, and things like that because some women are not familiar with their bodies."

When asked about the goals of the performance, Alyssa Rathbun said, "My own female friends don't understand the anatomy, and anything else related to own vaginas, and it opens up that discussion to be able to talk about it."

The Vagina Monologues was created by Eve Ensler in 1995, and is based on interviews she conducted with more than 200 women. According to her own website, the main goal of the play is to "stop violence, envisioning a planet in which women and girls will be free to thrive, rather than merely survive."



The cast members of The Vagina Monologues, from left to right: Alyssa Rathbun, Elise Sperry, and Kinsley Green.



# What's cooking on campus

## A look inside Three River's kitchen

by Michelle Chenail

During the drive to Three Rivers it's easy to see a mile of fast food restaurants and food chains lining the sides of Salem Turnpike's busy route. But for many students of TRCC that would prefer to catch a fresh meal before class or find a quiet place to study while eating, a popular alternative is available right on campus in the cafeteria.

The kitchen at Three Rivers is staffed by a small crew of full-time employees and student workers led by Kathy Shea, its current manager. According to Shea her work usually begins at 7:30 a.m., when the back of house begin to prepare fresh entrée meals that will be available throughout the day.

Many of the foods created by Shea and Donna Melton, a full-time cook who has been working for Three Rivers since 2001, are made with the interests of the student body in mind. Each week a menu is created with daily offerings that include comfort foods like housemade soup, shepherd's pie, and a variety of fresh bakery goods.

When students visit the cafeteria they can purchase food that is prepared by line cooks, such as custom made wraps, burgers, and french fries. Joe Maquin, a cook who has been working in the kitchen for two years, says that the line items are some of the most popular among the students at Three Rivers. When behind the counter Maquin performs a variety of multitasking that ranges from preparing grill items, making sandwiches, and serving items prepared in the back of house.

While the kitchen is fairly busy serving lunch during noon and the college common time hours, a lesser-known breakfast menu is available from the hours of 8:30-10:30 a.m. The breakfast shift is handled by Tyler Coleman, who originally worked at the Three Rivers Cyber Cafe and transitioned into working at the kitchen after its closure. Breakfast staples such as english muffin sandwiches, hash browns and eggs are available to order during these hours.



Snacks and drinks in the TRCC cafeteria



Another popular feature of Three Rivers' cafeteria is a salad bar that offers a variety of vegetables, fruit, cheese, and protein items that students can choose from to create their own meals. The salad bar was originally only available from 10 a.m. through 2 p.m., and its success led to its hours being extended until five in the afternoon. Items available in the bar can change on a daily basis, and Shea welcomes any suggestions from students of foods that could be included as options.

The staff also make sure that a variety of fresh entrees and "grab 'n go" items, such as refrigerated wraps and pasta salads, are available for students who attend evening and nighttime classes. With the exception of Friday, the kitchen is open until 8 p.m. during the week to give students plenty of time for an afternoon snack or dinner.

Throughout the day cashiers such as Carol Daniels and Julie Chinigo keep the salad bar area clean, brew coffee, and restock the coolers as products are sold. By the registers are baskets that are frequently refilled with cookies, fresh fruit, granola bars and brownies.

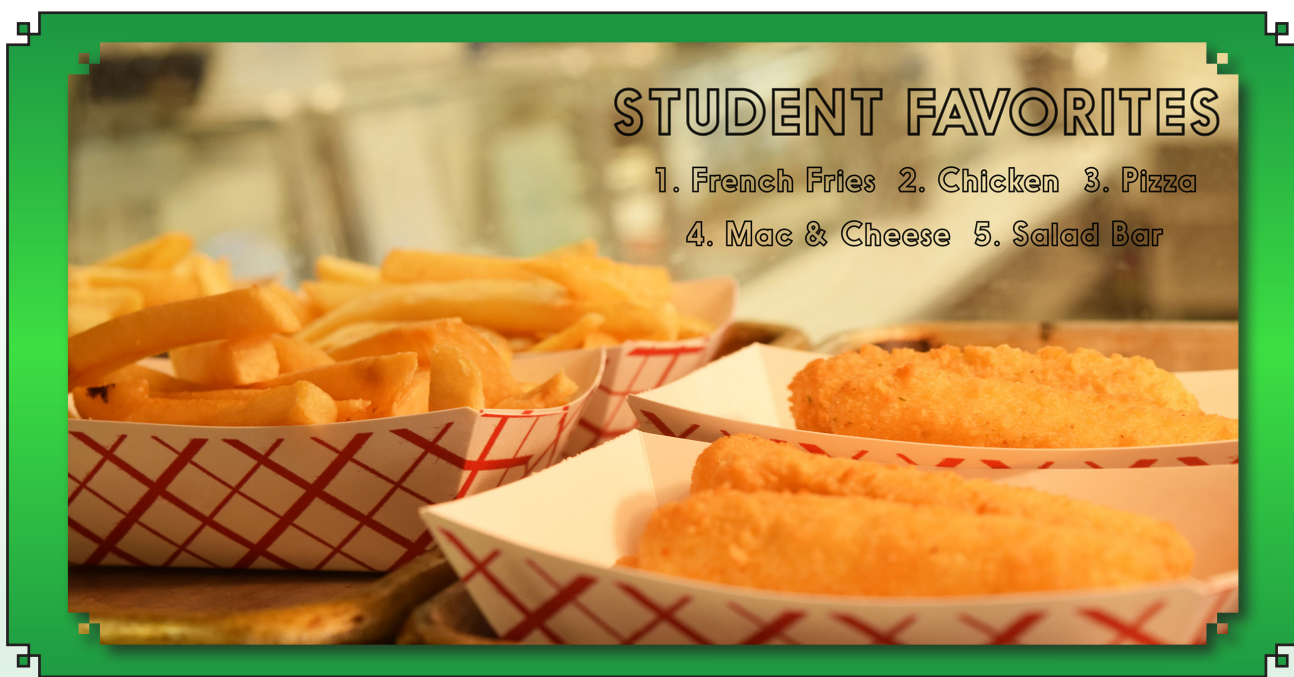
Occasionally the kitchen will have fresh baked bread or cinnamon rolls available, and they sell out quickly. The popularity of items created by the kitchen has even led to students occasionally requesting their recipes.

Outside of preparing food during the day for staff and students, catering orders are also created for events held locally and on campus. There is a large variety of items that can be prepared, such as salads, sandwiches, wraps, and platters of dessert items like cookies, donuts, muffins, and cake. During the fall semester a special menu is available during November and December to reserve orders for pies, cookie trays and other holiday foods. Catering can also be requested for student club events throughout each semester.

The work performed inside a kitchen can be very fast-paced, with frequently changing tasks and a need for flexibility. For the employees in Three Rivers' kitchen, it's a pleasant environment where they can enjoy cooking and interacting with students, along with training student workers. Shea and her team believe in making sure visitors are happy with the items available, and are open to receiving feedback and recommendations for their menu. At Three Rivers, the cafeteria is a place for everyone to enjoy.

#### **Cafeteria Hours**

Monday through Thursday: 8:30 am to 8:00pm  
Fridays: 8:30 am to 1:30 pm  
Breakfast is available from 8:30 am to 10:30 am  
Salad Bar is available from 10:30 am to 5:00 pm



### **STUDENT FAVORITES**

1. French Fries
2. Chicken
3. Pizza
4. Mac & Cheese
5. Salad Bar

# The JUUL epidemic and the harmful side effects

## E-Cigarettes causing concern

by Drew Denis



JUUL compare to other E cigarettes. The Juul is the fifth one from the left

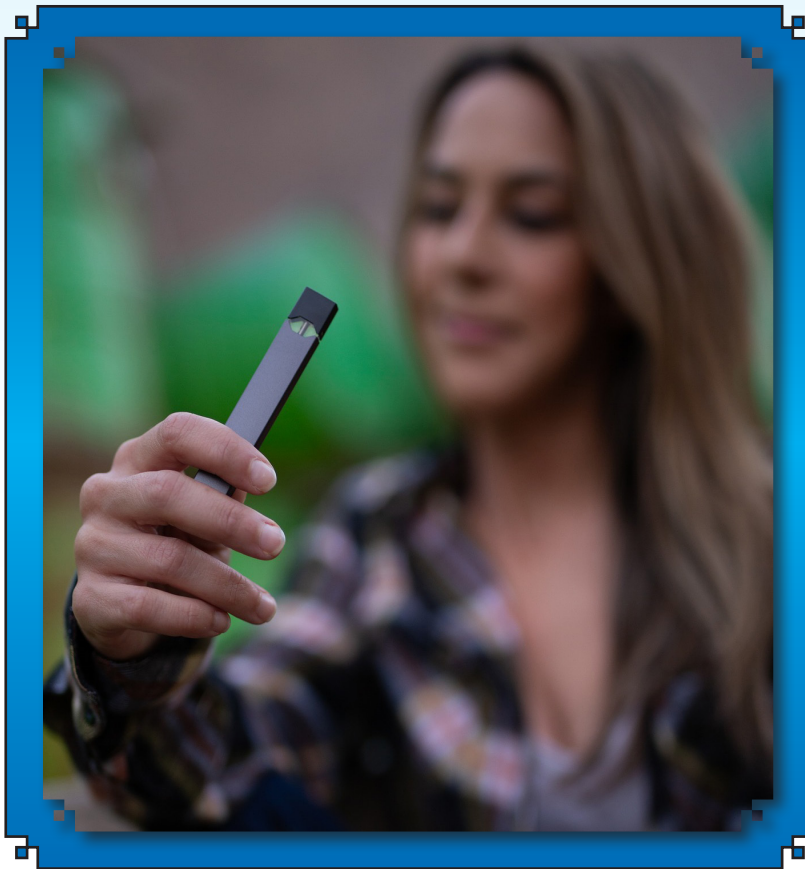
While vaping is nothing new, especially in a high school setting, it's become more common than ever. Nowadays even middle schools have been seen vaping in bathrooms or in class. In a study done by TruthInitiative.org, more than 32 percent of middle school staff have reported either hearing or seeing the use of JUUL in their schools.

Another study conducted by the FDA showed that there was a 75 percent increase in youth vaping from 2017 to 2018. In an interview with the Washington Post, former commissioner of the Food and Drug Administration said that "the rapid growth in teen use, emerging sales trends, and concerns among parents and teachers convinced him that underage use of

e-cigarettes has become a full-blown crisis that must be forcefully addressed. The disturbing and accelerating trajectory of use we're seeing in youth, and the resulting path to addiction, must end."

### The Harmful side effects

Studies show that compared to other E-Cigarettes the Juul has a much higher concentration of nicotine. One Juul pod is equivalent to one pack of cigarettes. Not only is nicotine extremely addictive but it is also known to impair brain and lung development in teens. According to the National Center for Health Research, more kids will be likely to switch to cigarettes if the continue "Juuling".



According to Business Insider, recently the company has started development on an app that will help smokers curb their habit. Most likely as a way to connect them with others with a similar problem. Business Insider believes this could be through a regular check-in through notifications as well as motivational videos and chat rooms.

### **Mission statement from website:**

“JUUL Labs was founded by former smokers, James and Adam, with the goal of improving the lives of the world’s one billion adult smokers by eliminating cigarettes. We envision a world where fewer people use cigarettes, and where people who smoke cigarettes have the tools to reduce or eliminate their consumption entirely, should they so desire.”

### **Why has it become so popular?**

The Juul has a sleek design that is easily concealable and looks a lot like a flash drive, which is why some teachers are still unaware of the device. Especially because you can plug it into the USB port on your laptop. Kids even are taking hits of it during class while the teacher’s back is turned. Students can easily take a small hit and then blow the odorless vapor into their bags or shirts.

### **What the company is doing about it**

Juul is owned by Altria, the company widely known for Marlboro cigarettes. The original purpose and concept of the Juul were to create a better E-Cigarette that would help people quit smoking. Despite all the backlash the company has received regarding the concerns of teen vaping, they have continued to show that they are doing some good.



A JUUL starter kit



# Professor Terrence Delaney speaks at the Sprague Historical Society

## A talk on the history of textile mill towns

by Hope Whiteley

Professor Terry Delaney, originally from the town of Sprague, returned to his hometown to give a presentation on "Changing New England: From Towns with Mills to Mill Towns."

The event was aptly held in the second floor of the Baltic Grist Mill, home to the library, the Community Center, and the Sprague Historical Society.

The second-floor room was filled by people of all ages hanging on Professor Delaney's word. The atmosphere felt much like a Three Rivers class, and there was participation by the group, answering questions thrown out by Professor Delaney and making comments.

After some difficulty with the technology provided, Professor Delaney started his presentation by laying down the basics of how industry worked in small villages like Norwichtown or Sprague before mills became industrialized.

He spoke on the "door yard," the place of the women where the chickens were kept and such items as butter could be made for bartering for goods they could not grow or make themselves, and the "barn yard," the place of the men folk with the animals and fields for growing things.

Towns had mills, of course, but they were operated by villagers only when needed, and only used to process the materials for one family at a time for that family's needs.



A bird's-eye view of Sprague, a mill town

# peaks ety



Professor Terrence Delaney giving a presentation on textile mill towns

The little towns scattered all over Connecticut were not built specifically around the mills until after the war of 1812.

The group sitting in that cool upper room as the sky darkened outside were surprised to learn from Professor Delaney that the first main workforce for these post 1812 mills were young women.

These ladies were able to use the mills and mill housing to be independent, industrious, and, this got a reaction from the group there, out from under their parents.

When the mills became bigger and owned by those who were not part of or invested in the town, the replacement of young women as mill workers in these towns were not, as the audience surmised, children.

Professor Delaney explained that it was the Irish and other immigrants were used, as they did not ask for better wages or living conditions.

The presentation ended with a description and images of Sprague itself when it was a proper mill town. Some of the older members of the audience were able to comment on how the town changed even within the last 50 years.

After the presentation the group were able to relax together in the Sprague Historical Society museum on the third floor.



Public library and community center in Baltic, CT





Yellow Ribbon College Fair in the TRCC Cafeteria on April 10, 2019

# Veterans Resource Fair at TRCC

## Three Rivers Community College hosts a resource fair for the community

by Kenzie Costello

Three Rivers Community College held the Veterans Resource Fair on April 10th, 2019 in the Multipurpose room and the cafeteria.

Kathleen Gray, Liz Wilcox and Sharon Lincoln started this event 6 years ago. In addition to the Resource Fair, they also were hosting the Yellow Ribbon College program.

One of the many resources included Manny Meneses, the Connecticut Veterans Service Representative for the 2nd district. Meneses works below Congressman Joe Courtney.

Meneses is a retired Navy Master chief, with 30 years in the service.

Meneses assists veterans with federal agencies, veterans that are having issues with benefits and medical monetary. Meneses job is to "help wade through bureaucracy."

Meneses deals with many other agencies, including the Department of Veteran Affairs.

Doug Capazzi, Army Veteran, was a Staff Sergeant E-6 with the job of being a light weight vehicle mechanic/vehicle recovery specialist.





Capazzi is the president of a nonprofit organization for veterans, The Guardians of the Purple Heart. Capazzi is consistently networking, and this event benefits him where he can network and gather information to further assist the veteran community, while making important connection and reconnecting with the individuals he doesn't see that often.

Originally, there was a Veterans committee on campus that started initiatives targeted towards veterans and increase the resources on campus.

Lincoln's nephew is a Marine Corps veteran, which made her more invested in helping the population.

Lincoln said this event "started small but has grown and grown."

When the Veterans Resource Fair first began, it was only veteran resources and services agencies for mental health. Upon expansion, the college added employers and the 2018 Yellow Ribbon College Fair.

The Veteran Resource Fair now has a waiting list for different vendors and providers.



Veterans Resource Fair in the TRCC Multi Purpose room on April 10, 2019



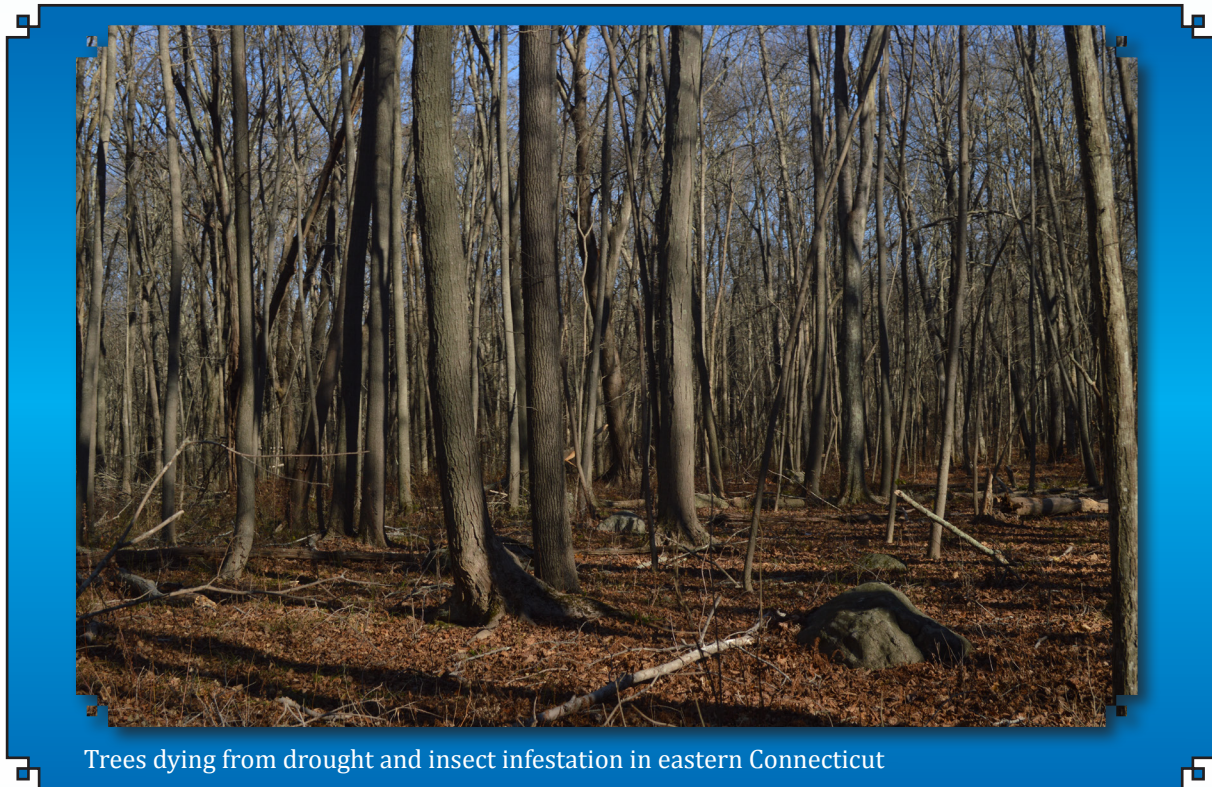
Veterans explaining their program to a student



# Trees in eastern Connecticut to be removed

## Dying trees are being removed due to drought and other causes

by Nicholas Zujus



Trees dying from drought and insect infestation in eastern Connecticut

Towns in eastern Connecticut are being forced to remove trees that are dying.

After years of drought, insect infestations and disease, millions of trees in the area have died and need to be removed. Eversource, a regional energy provider, removes trees that endanger power lines. Additionally towns in Connecticut have focused on removing trees near roads that do not obstruct power lines, to prevent hazards to motorists.

Eversource currently has 200 crews cutting and trimming trees deployed in 65 towns across the state.

Costs for removing trees can be high, costing in excess of \$1,000 to remove just one large tree. Pomfret officials have estimated that they will spend roughly \$26,000 this year removing trees.

With costs for the removal of dead trees ranging from \$700 to \$1,000 town budgets are strained by the excess cost of removing the additional damaged trees. Hartford, for example, has \$100,000 dedicated in its municipal budget for tree removal, while other towns budgets are significantly smaller in the \$25,000 range.

Two other towns, Sterling and Killingly, have not had as many trees dying as the surrounding towns. There, town officials predict, that they will not need to increase spending on tree removal. Canterbury however reports that their public works crews have found over 600 trees that may cause harm when they collapse, just on roadsides alone.

Roads that have multiple dead trees along the sides are becoming extremely dangerous to drive on, and town officials must take quick action to take them down.

As trees fall down on their own, they can take out power lines as well. This will cause power outages for homes in the area, as well as putting drivers in danger of a tree or power line falling on their car.

In some areas in eastern Connecticut, only one to two trees may need to be removed on each street, whereas other streets have 30 to 40 trees per mile.

In July of 2018, a man driving in Danbury was struck and killed by a falling tree. Most of the trees that have suffered from insect infestation or drought are larger than others, making the danger even more worrisome.

Years of gypsy moth infestations has weakened and killed trees all over eastern and southeastern Connecticut, and the problem has become very real. Towns are beginning to run out of money for removal, and the trees will still need to come down.

The problem is becoming worse every year, and continuous drought has not helped to make it any better. Large storms have also been a reason for trees dying or falling over, and Connecticut has seen worse and worse storms every year. With storm season being towards the end of the summer, towns will have to work hard to remove trees before the storm season to give better possibility to power lines staying in tact, and safety being ensured for drivers in the area.

Trees may also fall over due to old age. Cities like Hartford spent time a century ago planting trees due to an influx in the city's income, and the trees are coming to the end of their lifespan.

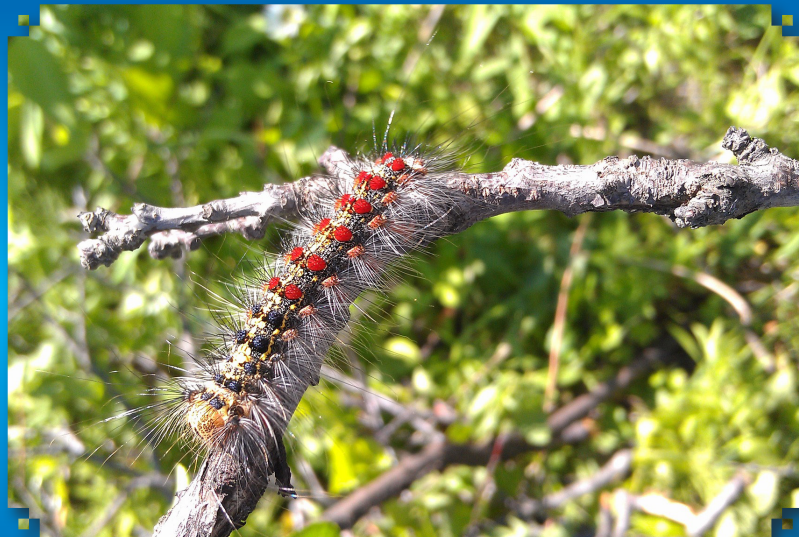
Specific trees that are being invaded by insects are those such as the ash tree, white oak tree and eastern hemlocks. Ash trees are invaded by emerald ash borers, white oaks by the gypsy moth, and eastern hemlocks by the hemlock wooly adelgid.

Noticeably in the summer, white oak trees can be seen covered in gypsy moths, still in the form of a caterpillar.

On top of all of these reasons, trees can also become diseased from the pollution of vehicles driving on the roads.

Cities and towns will need to remove the trees that have been deemed unsafe as soon as possible, which will devastate the Connecticut forests. In place of this, towns will also have to replant trees to keep the ecosystem alive.

Fungus that will eliminate gypsy moths has already been planted around trees in the area to save other trees from dying, and Connecticut officials will continue to do everything in their power to make the roadways safe, while also keeping the forests from decimating.



A gypsy moth caterpillar, which infest white oak trees across the state



# Plastics in the ocean

## Cutting down on plastic usage

by Miranda Cote

Do you ever wonder where all of your trash goes once it leaves your hands, be it you throwing it on the ground or you dropping it? One of the most important environmental issues affecting the planet is the mass plastic pollution of the oceans.

It travels into a sewer or drainage pit and makes its way to a creek or river and travels on into the ocean.

From there it gets swept up into the currents and brought around for a while. It then gets stuck in an ocean gyre. An ocean gyre is a place in the ocean where the currents are not actively flowing.

Plastic has the ability to absorb and release chemicals. When a fish eats a piece of contaminated plastic they then have the chemical in them and then someone eats the fish which transfers the chemical to humans.

Turtles, sea lions and many other larger animals tend to get sucked into the gyre zones where the trash is accumulating and then they get stuck in nets or plastic rings.

Birds end up mistaking a lot of the trash for food and then they die because their bodies cannot process the plastic and they can no longer fit any more food into their bodies.

Smaller fish, like the ones that we eat, end up accumulating small pieces of plastic and when we catch them and try to eat them we end up eating plastic. If the animals of the oceans are dying because of all of this plastic that means that a food source and an ecosystem of its own are dying.

"The question here is what got us to this point? What has occurred to have whales that have 80lbs of plastic in them or has caused some of the Pacific Island birds to eat plastic? The bigger question is what is our future?" said Professor Vincent Breslin, from the Werth Center for Coastal and Marine Studies.



Trash gathered on the beach



A reusable shopping bag

There are a few things that can practically be done to help cut down on the use of plastic in everyday life.

One thing is to stop buying single use water bottles. "You shouldn't have to buy water, you can get it for free" Diba Khan-Bureau, professor and program coordinator of environmental and civil engineering technologies, said.

Another way to reduce plastic usage in everyday life is to buy reusable shopping bags. They are usually made of plastic but, they are used much longer and they can be washed out if something gets in them.

You don't need to use a BIC lighter, you can use matches instead. Lighters are not recyclable because they are plastic and metal and lighter fluid. "You can't mix and mingle plastics and other materials in the recycling process, they have different melting points" Breslin said.

You can use the reusable plastic or metal bottles, you can bring cloth bags and use them instead of plastic bags, and you can use paper cups, plates, and take out containers.

You can also take action with your town and state representatives.

Many towns and cities have decided to ban the use of plastic bags and other single use plastics. You can support their adoption of these bans by going to the town meetings and trying to get others to engage in the support.

Just recently Stonington, Connecticut became one of the towns that banned the single use straws and plastic bags.

These are just some of the simple steps that you can take to reduce your plastic usage.



Reusable metal straws



# Melting ice sheets causing more damage to earth

## One major climate change problem that leads to many more

An editorial by Nicholas Zujus

The planet we live on is not something that should be taken for granted.

Climate change is a problem that hurts the earth. Although changes in the earth's temperature are caused by natural phenomenon, there are many reasons why the changes happen from humans as well.

Since the mid-20th century, humans have created energy from natural gases and fossil fuels. The use of these elements creates changes in the environment we live in, causing dangerous events that endanger the human species, along with all other life forms.

Among the problems that climate change creates is rising sea levels. With many cities and communities living on the coast, rising sea levels put these individuals in danger.

Homes can be destroyed by floods, and entire cities can be wiped out. Over the course of history, it has been proven that sea levels have risen and cities have gone completely underwater.

As climate change continues to happen due to the excessive use of fossil fuels, coastline cities are at risk of being destroyed. According to NASA, the sea level has risen 8 inches in the past century and is accelerating more each year.

Sea levels rise due to two reasons; the expansion of seawater due to warming, and the increase in total amount of water due to ice melting. Both of these issues create more individual problems, including harm to wildlife and the disappearance of ice sheets.

Greenland and Antarctica are dealing with the issue of melting ice sheets. From 1993 to 2016, Greenland has lost an average of 286 billion tons of ice sheets per year, and Antarctica has lost an average of 127 billion tons per year.

Over the last decade specifically, the amount of ice that has melted in Antarctica has tripled.

Melting ice sheets also cause problems other than sea level rise. According to Nature, an environmental magazine, the increase in melting ice sheets may also cause an increase in extreme weather events such as tsunamis and hurricanes.

Rising sea levels will be more detrimental in certain parts of the earth. With current conditions, sea levels will increase in the Pacific where many islands are, and fall in size where the ice sheets are melting.

This puts the people of Pacific islands such as Hawaii at risk. Rising sea levels can submerge the islands, forcing people to evacuate and communities to be left behind.

Hurricanes and floods will become more intense with this increase in sea level. As more water is evaporated into the atmosphere, rainfall will become heavier, and these extreme events will as well.

Category 5 storms and higher have destroyed entire cities in the past, raising concern on what will happen next. Storms such as Hurricane Katrina and Superstorm Sandy have devastated communities before, and prove that something must be done to help prevent them from happening again.

As the earth heats due to toxins released into the atmosphere, other extreme weather events become more prominent as well. Drought and extreme heat will be caused due to overall temperature increase and evaporation, which will lead to death of wildlife, crops and even people.

Theories have also arisen that melting ice sheets in the Arctic block jet streams, allowing colder air to travel further than before. This theory shows that global warming may also be linked to heavier snow falls in the eastern United States.

The warming of the planet will increase the temperature of the ocean as well. This puts many species of wildlife at risk of dying, and even going extinct.

Two-thirds of the earth is covered by the ocean, and more than 300,000 species of wildlife live in it. Warming oceans kill wildlife with very specific and delicate ecosystems, including coral and reef fish.

The ocean is warming at a rate of 0.13 degrees Fahrenheit a decade, according to the United States Environmental Protection Agency. The rate is continuing to increase, and wildlife is at serious risk.

Carbon dioxide from burning fossil fuels is absorbed into the ocean. This toxin increases the acidity levels in the ocean at a rate 30 times faster than if fossil fuels were not being burned.

Species such as coral, plankton and shellfish use calcium carbonate to form their shells and outer layers. The increase in acidity affects the pH levels in the ocean, which then affects the calcium carbonate levels.

Larger species in the ocean like fish feed off of these species, and will be affected because of the decrease in life. Fish are an important food in many cultures, and a vital source of protein may be lost due to climate change.

There are many ways that the human species can lessen their carbon footprint. Using more reusable energy sources such as solar and wind, and less fossil fuels will decrease the amount of carbon dioxide released into the atmosphere, slowing climate change.

An increase in use of electric vehicles instead of fuel vehicles will also help reduce the footprint. Car companies are all beginning to release fully electric vehicles, and even low-carbon substitutes.

Support of clean energy companies will put other companies that are increasing the carbon footprint at risk. Everyday decisions such as turning off lights or water earlier than usual can help to stop carbon dioxide from being released into the atmosphere.

There is nothing more important than the earth we live on. Without it, we would have nothing, and taking a stand to start saving it needs to be done.



Wind turbines, a source of renewable energy



# Something for everyone: Norwich's hidden gem

## A review of Norwich's Mahzu Japanese Restaurant

by Miranda Cote

You may not know about this hidden gem but, Mahzu Japanese Restaurant in Norwich was a pleasant surprise.

Mahzu is located on the side of the ShopRite in the Marcus Plaza just minutes away from Three Rivers Community College. Kiersten Galloway and I went there for lunch at 1:00pm and were immediately seated in a booth.

The waitress then took our drink orders and got them to us in a timely manner. There is more than just sushi offered here.

My friend got Maki sushi rolls with the salmon avocado and yellowtail cucumber. I got the lunch box C which includes teriyaki chicken, sticky white rice, shrimp and vegetable tempura, which is just fried veggies and shrimp, and Shumai which are dumplings.

"The fish was fresh and the rice was delicious. It perfectly complimented the fish. They give a generous amount of ginger and wasabi too!" Kiersten said.

My lunch box c had perfectly fried shrimp and vegetables that did not overpower the other flavors of the chicken and dumplings.

This is definitely going to be a repeat lunch place. Fast service, delicious food, and the fact that it is so close to the school makes this a prime lunch spot.

The atmosphere in the restaurant is very nice if a bit dark but, quiet and relaxing as well. If you do not know how to use chopsticks, you will have to ask for a fork or spoon.

While we sat in a booth there is also the option of sitting at the sushi bar and getting to see the chefs make the sushi.

All in all, I would give this restaurant a 4.5 out of five stars.



The lunch box C



Maki sushi rolls

# The danger of man-made space debris

## Why space trash leads to concern

by Michelle Chenail

Space debris are a myriad of objects that have been left circling the uppermost atmosphere of earth and throughout areas of space that have been explored with human technology. NASA has estimated that there are over 500,000 pieces of space debris orbiting our planet that are at least a centimeter in size, and more than 20,000 are the size of a softball.

Objects that have been left in a low Earth orbit include tools dropped by astronauts, defunct satellites, unused rocket fuel and pieces of multistage rockets. Debris that are pulled by Earth's gravity are generally burned apart as they travel through its atmosphere, but the items left in space can become a serious danger to space shuttles and scientific equipment. Space debris in orbit can travel as fast as 17,500 mph, and the event of a collision can instantly transform two objects into thousands of smaller pieces.

Due to experimentation and technological limitations of the past, large pieces of scientific equipment have also been stranded in Earth's orbit for decades. Satellites launched in space since the 1950s continue to circle our planet in the "graveyard orbit," an area that is separate from active spacecraft. Although their distance prevents collisions with modern equipment, these objects occasionally come into contact with one another and spread more debris throughout space.

Space debris collisions frequently occur unintentionally, but the deliberate destruction of objects in space leads to a needless amount of debris becoming trapped in orbit. During the month of March this year, India's Defense Research and Development Organization tested an anti-satellite missile by firing it at one of the country's weather satellites. The destruction of the satellite after it was struck by the missile resulted in approximately 6,500 pieces of debris being

scattered into the atmosphere. Missile tests performed by the United States of America, Russia and China have also left behind thousands of space debris in past decades.

An excessive amount of space debris can cause a variety of problems in the future, such as lowering the accuracy of weather satellites and damaging spacecraft. While traveling at high speeds debris as innocuous as paint flecks can become harmful to objects they strike.

The risk of debris striking active spacecraft has led to organizations such as NASA and Lockheed Martin to monitor the amount of debris currently surrounding Earth, and to develop plans for the event that debris cause severe enough damage to endanger astronauts at the International Space Station.

Like the Earth's oceans and wilderness, it's just as important to avoid excessively polluting space to prevent causing irreversible damage. Countries that have private and government organizations exploring space are increasingly testing ways to recapture space debris. In 2023 the European Space Agency plans to launch mission e.Deorbit, which will attempt to remove derelict satellites orbiting Earth with the use of nets and mechanical arms. If successful, EPA's experiment can lead to further developments in protecting our planet and its surrounding environment.



Space debris left by Space-X



# Preparing for allergy season

## Avoiding the allergens that spring weather brings upon us

by Nicholas Zujus

Spring weather is approaching quickly and allergy season is on the horizon as well.

Pollen and other allergens will begin to sprout soon, which will cause discomfort for many in Connecticut who suffer from allergies. With snow storms and cold weather from winter being delayed, allergens have been delayed as well.

There are three different types of pollen, coming from trees, grass, and ragweed. As the weather begins to warm up this Spring, grass and ragweed will begin to grow and pollen will be on the rise.

Currently it is tree pollen season in Connecticut. Wind currents will carry the powdery particles of pollen miles across the state. Nuts, fruits, and certain vegetables can pick up this pollen and be consumed by us, which makes the allergies even harder to avoid.

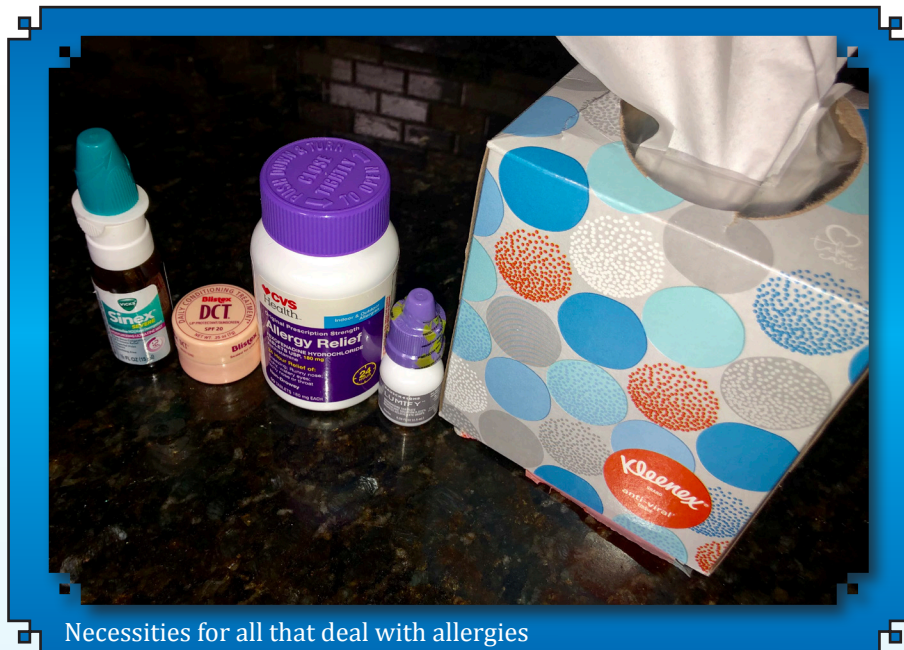
In the next month or two, grass pollen will begin to appear. During the grass pollen season, mid-day hours on warm, windy days will initiate airborne pollen travel.

For those who suffer from severe allergies, being outside in the spring can be tough. Allergy symptoms usually consist of sneezing and wheezing, runny noses, coughing and itchy eyes, but can also turn into symptoms which can mimic a common cold.

People with pre-existing conditions such as asthma can be even more susceptible to severe symptoms such as difficulty breathing. Seasonal allergy season can make this much worse.

To avoid running into these problems, people who suffer from allergies must avoid certain areas where pollen is prominent. Trees, grasses and other sources in close proximity outside will cause more allergies, so time outside must be managed properly.

Cleaning clothes frequently and having good hygiene can help lessen allergy symptoms. This includes washing hands when touching objects that have been outside, and making sure to take a shower at the end of the day to avoid sleeping with pollen particles and other allergens on the body.



Necessities for all that deal with allergies

# Factories in flames

## Two vacant factories mysteriously catch on fire

by Drew Denis



Firefighters try to put out the fire over at the former mill in East Killingly. Photo courtesy of John Shishmanian.

On March 30th almost 140 firefighters were called on the scene to vacant factories in both Killingly and South Windham. The fact that both of these factories in separate towns caught on fire around the same time either may just be a coincidence.

The mill located in South Windham off of Route 32 had been previously been used by a lawn care company but hadn't been used for almost 10 years. The Killingly mill had been bought just recently by Shennecock Reality, a company based out of Hartford.

In an interview with the Norwich Bulletin, Killingly Town Manager stated that the mill had been purchased by the company just recently but doesn't think any work had been done by the company as of yet.

Almost a month later and still no clue as to what caused these random fires and why they happened around the same time. However, these aren't the only fires that has occurred in Windham recently. Three days before an apartment building located in Danielson caught on fire. On the same day, another fire burned down an apartment building on Watson st in Willimantic.



# Game of Thrones

## Why now is the best time to watch it

by Melissa Kuster

Game of Thrones, an epic fantasy TV show created by David Benioff and D.B Weiss is finally ending after airing on HBO since 2011. With the final episode airing on May 19th now is the perfect time to dive into the medieval fantasy epic.

The show, which is based on George R.R. Martin's best-selling book series A Song of Ice and Fire, combines fantasy and drama with a compelling storyline that draws the viewer in from the very first episode.

Not only is the storyline of Game of Thrones brilliant and compelling, but it's also packed with intense fight scenes, massive realistic looking dragons, dynamic characters, and stunning shooting locations that draw the viewer into its complex fantasy world.

With a large following of millions of viewers, Game of Thrones has mastered engulfing audiences in sheer joy and dedication from the very first episode. With the final episode quickly approaching even more people are jumping on the Game of Thrones bandwagon in anticipation of seeing how it ends.

Even more reason to jump on the bandwagon is the numerous awards the show has won and the amazing cast. Every actor and actress in the show has spectacular a performance and have won several awards to show for it.

With it's exotic filming locations, remarkable cast, and captivating storyline Game of Thrones may be one of the most popular shows to grace television history. It all comes to a close on April 14th meaning if you jump on the bandwagon now you may be able to binge the entire series in time to reach the conclusion millions of fans have been waiting for.



Game of Thrones season 8 promotional poster

# Tips and tricks on gardening

## Techniques to grow your skills in planting and gardening

by Rachael Burton

Have you ever desired to enhance your green thumb skills? Well here's some tips and tricks on how to improve that gardening skill.

Gardening usually occurs around the months of May through October, depending on the crops that are being grown. Most common crops that are grown are: tomatoes, cucumbers, squash, and zucchini.

When it comes to tomatoes, space is a necessity and something that'll support the stem from falling over and breaking. To provide support for the plant, a stick of some sort can be placed into the soil with the plant. From there one can simply tie a string around the plant and the stick, this will provide the support to keep the plant from falling over.

To provide space for tomatoes, the best option is to plant them in large pots instead of directly in the ground. This way as the plant grows, the pot can be moved to provide that space the plant needs to grow.

These pots can easily be placed on one's porch, providing more space in one's garden to grow another vegetable/flower.

A special trick for growing potatoes at home only involves a used circular object (a used tire is used for this trick.) When it comes to growing potatoes, one is suppose to bury them in the ground. With being required to bury the potatoes in the ground, one can easily forget were they buried them. So, to remember were, one can easily place an old tire on the ground, and then plant the potatoes in between the hole of the tire.

If interested in finding some more tips and tricks for gardening, [www.diyncrafts.com](http://www.diyncrafts.com) has some more tips and tricks that are affordable to do.



Saplings taking sprout



Basic care for plants





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