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THREE RIVERS COMMUNITY COLLEGE

# Current

## Sneak Peek

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**Spooky Pumpkins & Creepy Costumes**

**How to Beat Pandemic Fatigue**

**Opposing Editorials:  
The Electoral College**

Cover photo: Cucumber Hill Farm  
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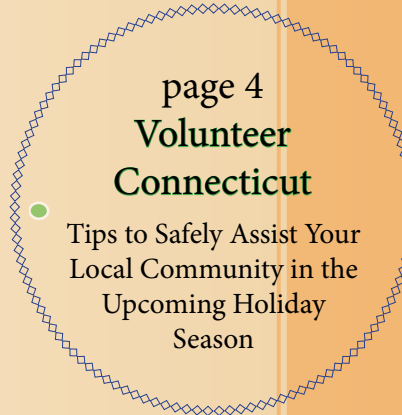
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Cassi Reyes, son Zayne,  
Zoe & Athena



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# Volunteer Connecticut

## Tips to Safely Assist Your Local Community in the Upcoming Holiday

Story and images by Maiquynh Truong

As Connecticut residents eagerly prepare for the much-needed cheer during the upcoming holidays, the State is also gearing up for the second wave of Coronavirus cases.

With the incoming winter, with the expected rise of cases, Governor Ned Lamont announced on November 2nd that he is rolling the State's reopening phase back to what he referred to as phase 2.1.

With the threat of a second shut down, many families are projected to rely on the local food pantry for support and hospitals are expecting to see an urgent need for qualified volunteer helpers.

Volunteerct.org, also known as 211 Connecticut, is the official hub created and revamped by the State during the Covid-19 pandemic outbreak for all residents to register as a volunteer.

Those with healthcare experiences are directed to the "Medical Volunteer" which will lead interested members to the CTResponse website.

There is currently an increasing need for assistants at local clinics, hospitals, Red Cross stations in preparation for the expected influx of patients over the winter months.

Volunteers can create an account and have their credentials properly verified.

"Non-Medical Volunteer" can also register for an account with the State and will be link to the Connecticut Voluntary Organization Website where a list of various positions around the State such as food pantry services, meal distribution and polling site assistance are open for signups.

Another approachable option is to sign up with Foodshare. They are one of Connecticut's largest food assistance centers that are always in need of volunteers daily.

In order to adhere to the State's new coronavirus guidelines, openings are limited and will be closed

Most locations allow volunteering opportunities for individuals 16 and older, family units, and groups. It is important to carefully view the time and date of the volunteering hours and make sure to note down the correct contact information of individuals in charge.

But before heading out and spreading some holiday cheers along with the much needed helping hands, do not forget to protect yourself and take notes of these personal preparation tips:

- once the maximum number of volunteers is met.
- Wear comfortable and appropriate clothing (especially if you are working outdoor or in cold environment)
- Do not wear open-toe shoes, sneakers or heavy-duty work shoes are the best option.
- Bring your own personal face mask which should always be worn throughout the volunteering hours.
- Carry portable hand sanitizers.
- Read or listen and carefully follow instructions from the site manager.
- Make sure that you are well rested.
- Inform site managers and do not show up if you have any active symptoms of illness.



## Notable Women of Connecticut: Marian Anderson

By Francisco Loreda



Marian Anderson sang on the steps of the Lincoln Memorial on Eastern Sunday 1939

**M**arian Anderson was an American contralto; she performed a varied range of music. From classical to spirituals. She performed with renowned orchestras throughout the United States and Europe between 1925 and 1965. Even though she was born in Philadelphia, she lived in Danbury, Connecticut for almost fifty years.

As a child, Anderson showed signs of vocal talent, but her family could not afford to pay for formal training. From the age of six, she was tutored in the choir of the United Baptist Church, where she sang parts written for bass, alto, tenor and soprano voices.

Members of the congregation started a “Marian Anderson’s Future Fund” and raised enough money so she could attend music school for a year. She was turned away by Philadelphia conservatories with the refusal “We don’t take colored”. However, her teacher, Dr. Lucy Langdon Wil-

son arranged for the famed Italian voice master Giuseppe Boghetti to hear her.

In 1925 Boghetti entered Anderson into a contest with 300 other contestants. The winner would perform a solo with the New York Philharmonic Symphony Orchestra. Anderson won; she was only seventeen years old. After winning this competition Boghetti took Anderson to Europe.

Sources differ about Anderson’s European debut. Some say it was in Berlin in 1930

and others say it was at the Paris Opera House in 1935. Her success on her European tour is not in question at all. The success she found in Europe brought her back to America in 1935 for her public debut at Carnegie Hall in New York City.

The day before her Carnegie Hall performance, Anderson broke an ankle. She performed the entire program standing on one foot, balancing against the piano. Her performance was so successful, and it earned her so much attention that in 1936 she became the first African American to be invited to perform at the White House.

Despite being so successful and drawing crowds to watch her perform, Anderson was still a subject to racial injustices. While traveling across the United States, she was often restricted to “colored” waiting rooms, hotels, trains, and cars. She learned to avoid this by staying with friends in the cities she visited and to drive her own car instead of taking the train.

In 1939 she attempted to rent the concert facilities in Washington D.C.’s Constitution Hall, owned by the Daughters of the American Revolution (DAR); she was refused because of her race. This caused widespread

backlash and protests from many people, Eleanor Roosevelt, along with other prominent women resigned the DAR.

After this incident, arrangements were made for Anderson to perform at the Lincoln Memorial on Easter Sunday where Anderson drew an audience of 75,000. There are videos on YouTube about her performance.

Anderson was awarded several recognitions such as the Presidential Medal of Freedom in 1963, and induction to the National Women’s Hall of Fame in 1973, a Congressional Gold Medal in 1977 a National Medal of Arts in 1986 and a Grammy for a Lifetime Achievement Award in 1991. She was also awarded a honoris-causa doctorate from the Howard University, Temple University and Smith College.

In January 1955 she became the first African American singer to perform as a member of the Metropolitan Opera in New York City. In 1965 Anderson gave her final performance at Carnegie Hall. After, she settled with her husband, Orpheus Fisher, on a farm in Danbury, Connecticut, where they lived for almost fifty years, until she died on April 8 of 1993.



# The American Dream is Still Real

## An immigrant's journey to realizing his dreams

Story and photos by Francisco Loreda

Lately, I've seen everywhere and heard from a lot of people that the so called "American Dream" is not real anymore. I hear a lot of people complain about our politicians, Democrats and Republicans alike. Granted, the system is not perfect and there is a lot of room for improvement, I tend to differ when I hear complaints. Here is why.

Everyone who knows me knows that I was not born in the United States.

I came here about four and a half years ago, and it has not been an easy process. With the help and support of my girlfriend, who is now my wife, we've managed to "make it in this world" which is something we both like saying after any achievement.

It all started in 2010. We were both avid video game players. A MMORPG named Tibia was the reason we met. Back then she had just broken up with her Brazilian boyfriend and I had been out of a relationship for about a year.

When I started talking to her, she made it clear that she did not want any sort of romantic relationship at that moment. She had her fair share of long-distance relationships and she did not want to suddenly be involved in one again.

### I was persistent.

Eventually, after talking for hours every day, she agreed to be my girlfriend. We dated for a year when I was finally confident enough to try to get a tourist visa to come visit her. The process, was painful, expensive, and filled with red tape. I ended up being denied.

Their reason was I didn't have a lot of savings in my bank account and the United States government was afraid that I might become a public expense.

in 2012 when my visa was rejected, I called Jamie, and told her that I couldn't do the long distance anymore. I was done with it and all the complications it brought to our lives. Somehow, we managed to make it work for four more years, she would come visit me as often as she could and I would try to get financially established to attempt again.

Life sometimes can be unfair, and things didn't work out for me and my finances. After attempting to create a tech business and spending all my savings, I ended up back to square one. I had left college and getting a decent paying job without a degree in Mexico is hard. I made it from one job to another, but it was never enough to obtain a visa, though I never really attempted again.

In 2015, my brother and I had a flourishing business and we had some promising plans. I grabbed my mother's heirloom ring and proposed to Jamie. She said yes!

But our business plans did not develop. Square one, again.

Then Jamie came up with the idea of me coming to the United States. We agreed that it would be the best for us if I did and we started the K1 Visa process.

A K1 visa or fiancée visa is a one-time permit to cross the border and then get married within 90 days of arrival.

We had to travel to the not-so-safe city of Juarez, Chihuahua in Mexico, where we had to build up a case file and bring as much evidence that our relationship was real enough to convince the consul so I could get approved.

Once again there was a lot of red tape, a lot of dollars spent, and Jamie had flown down to Juarez to be with me...even though she was not allowed in the Consulate.

After being approved, everything became real. I was going to leave all my family and everything and everyone I knew behind.

### I was terrified and excited at the same time.

This all happened in February 2016. I went back to my hometown and gave my current job my notice, then prepared everything to embark my journey towards my new life.

### Coming to America

Jamie and her dad came to Mexico to "pick me up". I had never met my soon-to-be father-in-law, not even online. It was strange and I was lucky that he is one of the best people I've ever met. He and my family made a great connection and he got to know the unknown man that his daughter was about to marry and learned that I came from a decent, good family.

After a couple of days visiting, we hopped on a plane and came to the U.S. I had a file that I had to surrender at the point of entry, at that point I could still be denied entry.

More red tape.

A customs agent had to go through my file and determine if it looked convincing enough to let me through. That was probably the longest hour I've ever experienced.

Everything worked out and hours later we arrived in North Stonington.

We had 90 days to get married, I had \$100 in my pocket, and Jamie suddenly had to take care of me.



Jamie (L), Biscuit, Francisco (R)

One of the restrictions of coming with a K1 visa is that you cannot work or volunteer until you get your work permit or green card. It was stressful times.

This is when I was asked if I wanted to take classes at Three Rivers. I am grateful I decided to do so, this made me discover how much I enjoy Graphic Design and made me want to pursue a degree.

After getting married in July and waiting for my work permit to arrive, I was finally able to work. I applied to my first job and never got a call back. My second job application was to UPS as a seasonal helper, I wanted to be able to make some money to help with the Christmas expenses so I took it.

Before I knew, I got my temporary green card. Two years after that, I got my permanent resident card, next, I will be working towards my citizenship. It's been a long, tedious and expensive process but it's been worth it.

After almost four years working for UPS I've been promoted twice, and I am on my way to obtain a full-time paying position. I am one class away from my Graphic Design A.S degree, Jamie and I bought our first home, and little by little we have been making progress towards a better life.

**The American Dream is absolutely real when you set your mind to it and work hard to get what you want. Anyone who says that's impossible is probably not trying hard enough. This country is filled with opportunities.**

# John Oliver vs. Danbury II: Everyone Wins.

For a Hefty Sum of \$55,000, the Last Week Tonight Host Finally Got His Wish.

By Maiqyunh Truong

Screenshot of HBO Last Week Tonight showing Oliver cheering as the sewage plant name was revealed



The tongue-in-cheek feud between John Oliver, the host of HBO satirical news program, *Last Week Tonight*, and the residents of Danbury came to a happy end when both sides agreed to a truce that had benefited them both.

This back and forth series of well-meaning insults and hard-hitting jokes was started by Oliver when he referred to Danbury as the town in Connecticut that deserved all his personal trashing. Danbury residents responded with their own arsenal of comical jabs that eventually led to a playful proposition to rename the Danbury Wastewater Treatment Plant to the John Oliver Memorial

Sewer Plant, because like the HBO host, “it’s full of crap.”

As someone who already had a koala chlamydia ward named after him in the Australian Zoo after his charity stunt with actor Russel Crow back in 2018, Oliver is more than happy to have his name on yet another unconventional and brows-raising facility.

On September 20, in a virtual interview with *Variety* immediately after his 5th Emmy Award win, Oliver told viewers: “My dream is to have a sewage plant name after me in Danbury, Connecti-

cut—and I’m close, I feel like I’m real close.”

After several meetings through Zoom, Oliver’s dream came true when Danbury Mayor Mark Boughton announced that in an overwhelming vote of 18 to 1, the town councils had accepted Oliver’s offer in exchange for his promise of donating \$55,000 to the State.

To seal the deal, however, Boughton requested that the host must be physically present at the ribbon-cutting ceremony for the name change.

Not backing down from Boughton’s challenge, Oliver made a covert trip to Connecticut in mid-November. HBO secretly filmed the event outdoors in a contained area with limited personnel to prevent the spread of Covid-19.

At the end of the October 22nd Last Week Tonight program, HBO aired the closing segment of the show featuring Oliver, decked out in full protective gear over his suit on his way to accept the honor he had been waiting for.

In the clip, Oliver, and Mayor Boughton stood on a decorated stage, appropriately 6-feet apart. The comedian was visually thrilled, grinning his way through the Mayor’s speech as he awaited the signal to unveil the new name sign.

After Boughton officially cut the ribbon and The John Oliver Memorial Sewage Plant sign is revealed for all to see, Oliver made his acceptance speech.

“This place takes the worst that humanity can produce and transforms it into something that we can live with,” Oliver said. “And now more than ever, there’s something inspirational in that, because at the end of this awful, awful year, what could be more important than evidence that, if we want to, we can come together, overcome our differences and sort our s--- out.”

Oliver was not the only one who was pleasantly surprised by the spat he had started. Danbury residents were both committed and energized to help the local community secure charity funds.

“I never have seen such passion from something in the community...this takes the cake. I’m still getting emails!” Boughton said in his weekly video update before the vote.

Preceding Oliver’s arrival in Connecticut, Boughton had started selling tours of the plant in order to fundraise for the local United Way food pantry to feed families in need. According to NBC Connecticut: “Union Savings Bank, Savings Bank of Danbury and Newtown Savings Bank began organizing a fundraiser and had donated \$45,000.”

In a time when everyday day life seems bleak and uncertain, a little bit of humor and generosity can go a long way.



## St. Vincent de Paul Place

### Helping Those in Need

Story and photo by Kim Stanford

**S**t. Vincent de Paul Place (SVdPP) located at 120 Cliff Street, Norwich, CT, is a charity organization that provides food, meals, case management, and basic human services to those in need.

It was founded in 1979 to meet the basic needs of the region's poor and homeless.

Since COVID-19 shutdowns, the meals program has increased 26 percent and food pantry sign ups have increased 31 percent.

Through donations, 93,000 community meals and 600,000 from the food pantry were provided in 2019.

**“W**hether you are a person in need or a person who would like to help others, come and get to know us.”

SVdPP sponsors many programs such as:

#### FOOD PROGRAMS:

Dining Room:  
COVID-19 restrictions limit the ability to welcome visitors to stay inside through the day. Monday through Saturday they serve meals to go.

Breakfast may include coffee, oatmeal, pastries,

hard-boiled eggs, and juices. Pancakes are served on Thursday and made-to-order omelets are served on Fridays.

Lunch meals range from turkey dinners, roasted chicken with potatoes to lasagna. Sandwiches are also available to take home.

Holiday meals are served on Thanksgiving and Christmas day. It is asked to sign up before the holidays if it is at all possible.

Meals are served:

- Breakfast - 8:00 a.m. to 10:00 a.m.
- Lunch - 11:30 a.m. to 1:00 p.m.

#### FOOD PANTRY:

Hours for the food pantry have been extended during the COVID shut down.

Clients that are registered can use this service once a week.

Tickets for the pantry are handed out starting approximately 7:30 a.m. when the front desk opens.

Newcomers receiving food will have to fill out a short registration form. Qualification is based on household income or benefits received. Once qualified, an ID must be proved for each household member receiving food. Examples of ID are a passport, benefit card, lease agreement, and

birth certificate. More information is provided on the “How to Participate” page of SVdPP website (<https://www.svdpp.org/food-pantry>).

Options for people with physical disabilities include:

- Call 860-889-7374 during non-pantry hours (ask for the pantry). A to-go bag will be made and brought to the vehicle.
- Someone else can go through line but must have the disabled person's ID.
- Email the pantry manager, there is an email form provided on the “Food Pantry” page of the website.

#### Food Pantry Hours:

- Monday and Wednesday – 9:30 a.m. to 3:00 p.m.
- Saturday - 8:00 a.m. to 12:00 a.m.

#### CARE AND ADVOCACY:

The Care and Advocacy program offers hope and support to individuals who often feel forgotten and unloved. – it is a place where they can begin to feel safe and motivated to make change. If someone is struggling with unemployment, underemployment, homelessness, medical or mental health issues, substance abuse, or hunger they are treated with dignity and respect at SVdPP.

#### CASE MANAGEMENT:

The Case Manager will assess the individual's situation to provide the appropriate guidance, referral, or intervention. This can include crisis intervention, homelessness, domestic violence, detox/treatment, medical care, mental health, elder care, Veteran services, state benefits, emergency funds, utilities, housing, and more. Care and Advocacy services are limited due to COVID-19 shut down.

- Front office hours: 7:30 a.m. – 3:30 p.m.
- Case Manager Hours: Monday thru Friday 8:00 a.m. – 3:00 p.m.
- Call 860-889-7374 for help. An email form

is also provided on the “Care and Advocacy” page (<https://www.svdpp.org/care-advocacy1>).

#### ADDITIONAL CARE SERVICES:

- Mail, phone, copies, fax, Wi-Fi, and computer,
- Personal care supplies, showers, and haircuts,
- Clothing, shoes, coats, and winter wear,
- Children's services,
- Pet care and pet wellness clinics,
- Community partners: Veteran services, mobile health services, HIV rapid testing, and
- Household items.

To provide many of these amazing services, SVdPP relies on donations and volunteers. Anyone can help by volunteering their time (for instance, help making sandwiches) or donating money or items needed.

At the time this article was written, SVdPP website needed canned tuna, pasta sauce, peanut butter, shampoo, conditioner toothpaste, and deodorant. They were also looking for cold cereal for both food programs. The dining room program gives small bags for breakfast and the pantry gives boxes to families with children.

For more information, visit <https://www.svdpp.org/> to see the amazing services SVdPP provides or learn how to help. On the website's main page, click the “How To Help” tab to learn the numerous ways to assist.

*Most of this information was taken from the St. Vincent de Paul Place website.*

# Haitian Health Foundation

Providing Hope in Haiti

By Danielle Branch

Nestled in Norwich, CT on Sherman Street lies a nonprofit organization dedicated to aiding in the provision of healthcare, education and community development.

Haiti is the poorest country in the western hemisphere with more than 59% of their population living below the poverty line and 24% living in extreme poverty. Things such as schooling, effective healthcare and basic services are limited and difficult to come by for the majority of the population.

In 2010, Haiti experienced the worst earthquake they had seen in nearly 200 years. A country in despair, was now devastated.

This is where The Haitian Health Foundation comes into play.

Dr Jeremiah Lowney, a Connecticut orthodontist who traveled to Haiti in 1982 to provide free dental care got the ball rolling. He served for three years and helped establish aid programs in some of the poorest areas of Haiti.

Providing support to more than 100 rural mountain villages and thriving off of volunteers and donations, the nonprofit organization is able to provide communities with essentials that are often taken for granted.

Essentials such as prenatal care. According to the World Health Organization, less than half of the women in Haiti receive the proper

prenatal care. Statistically, 1 in 44 are at risk of dying while giving birth compared to 1 in 4,300 in the United States. Additionally, 6 of every 100 children born in Haiti failed to survive their first year of life.

The Haitian Health Foundation has worked to provide 85% of pregnant women with at least three prenatal appointments and protected 80% of women from neonatal tetanus during pregnancy.

As far as education, which is not free or mandatory, the foundation has helped provide 3,286 children with access to uniforms, books, and supplies as well as an education.

The success of the foundation would not be without its volunteers. Volunteers who give their time to host fundraising events, provide secretarial services, and give their time to help make their mission as successful as possible.

The medical professionals who travel to Haiti to provide healthcare and training are also volunteers, as well as the electricians, plumbers, mechanics, and an array of other staff, all with a common goal.

The Haitian Health Foundation accepts donations and volunteers year-round. Whether food drive items, personal essentials, or monetary donations, no donation is too small.

*Anyone interested in aiding this mission can visit [HaitianHealthFoundation.org/volunteers/](http://HaitianHealthFoundation.org/volunteers/) for more information.*



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# Microaggressions: What They Are and How They Affect Others

By Francisco Loreda

Whether intentional or unintentional most of us have been part of a microaggression.

Did you ever use the term “like a girl” to refer to someone? “You throw, run, fight, like a girl”, is something that most of us as children used and did not stop to think much about it.

A microaggression is defined as a statement, action, or incident regarded as an instance of indirect, subtle, or unintentional discrimination against members of marginalized groups such as racial, ethnical or gender minorities.

Many might think that people are just being too sensitive and even comment on how the newer generations are more fragile.

The problem is that there are two sides for this scenario. While it might seem like an exaggeration, microaggressions can have profound effects on people.

Sarah Walsh, a Three Rivers Community College student, said that people that were close to her used to make comments like “I identify myself as an attack helicopter”, clearly referring to people who have different gender identities to

“They were my friends by they didn’t seem to even think twice about it”, Walsh said.

A clear difference between microaggressions and discrimination would be that the people perpetrating the microaggressions might not even be aware that they are doing so.

Microaggressions might come out of ignorance or plain discrimination in disguise.

Dr. Derald Wing Sue a professor at Teacher’s College Columbia University mentioned that “people who engage in microaggressions are ordinary folks who experience themselves as good, moral, decent individuals”.

Often, people think that they are throwing someone a compliment by saying comments like “you don’t look Mexican”, like denying someone’s ancestry and cultural background in order to blend with the stereotypical white American is something to be proud of. Heritage is important for many of us.

Kimberlin Stanford, a Graphic Design student at Three Rivers Community College, mentioned that she has gotten comments like “you don’t act black”.

Stanford also mentioned that “there has been many times I have been at a pricey store and an employee would either follow me or ask me if I could afford things in the store”.

Even though this made Stanford angry and made her want to yell or scream she would

not do it because she knows she would just be accused of being aggressive.

Racial biases play an important part on perpetrating and identifying microaggressions. People who do not recognize their own biases are hardly going to recognize they are perpetrating microaggressions.

Kimberlin Stanford mentioned that “Over time you get used to the slights, unfortunately, I have learned to laugh to myself.” She mentioned that it is not worth it getting angry over it anymore.

Joseph Victorino is also a Graphic Design student at Three Rivers. He lives in Mystic, a “predominantly white” area.

Victorino mentioned that he has been told that he is “the whitest Asian I know.” This was even more surprising to him because it came from another “Asian individual” as Victorino said.

This tells us is that biases do not exclusively come from white people.

“I get it, white people colonized a lot of things, but is it honestly white to like popular things”? Victorino said. He felt it was a minimal attack on both his Asian identity and his individuality as a whole.

Victorino said “If we could all just be a little more mindful and open, we could decrease the instances of microaggressions. We just need to acknowledge our preexisting racial and ethnic biases and stereotypes and understand how questions and comments formulated using them (microaggressions) could potentially hurt someone”.

We are living through times of uncertainty and division within the country. Identifying

and combating any form of microaggression or racism is of utmost importance.

Today more than ever.

In a video on microaggressions, Dr. Sue offers five suggestions for things individuals can do to avoid them:

- Be constantly vigilant of your own biases and fears
- Seek out interaction with people who differ from you (in terms of race, culture, ethnicity and other qualities)
- Don’t be defensive, be open to discussing your own attitudes and biases,
- Be an ally by standing personally against all forms of bias and discrimination.



Joseph Victorino (holding sign) attending a BLM protest



# Highest Risk Jobs During Covid-19:

## Many Jobs Have Become Dangerous Amid the Pandemic

Story and photos by Sarah Walsh

Thousands of occupations are dangerous for workers during the coronavirus. Some jobs require more frequent exposure to other people, while others entail greater proximity.

*The highest risk jobs involve both.*

Workers whose jobs put them in physical contact with many others suffer the greatest risk of becoming infected with COVID-19.

O\*NET, a database maintained by the Department of Labor, measures the risk of occupations by how often workers are exposed to disease and infection and the physical proximity of a worker to others while working. A chart by The New York Times rated risk of exposure between ‘never’ to ‘every day’.



Sandy Brower

Consistently, in frequency and proximity, health care workers are at the highest risk of COVID-19 infection, coming in contact with infection and disease daily, and typically working in close proximity to each other and their patients.

Dentists, paramedics, nurses, and home health aides are some of the health care workers at highest risk. Personal care and home health aides working with the elderly also face a high risk of getting sick.

“It’s mentally exhausting,” said Sandy Brower, a registered oncology nurse at William W. Backus Hospital. “You don’t walk in the same anymore. Most healthcare professionals don’t take the best care of themselves. Then this comes along and makes everybody unsettled.”

Police and firefighters are used to facing

danger on the job, but they’re encountering a new kind of threat as responders risking exposure to the virus.

Teachers, especially Kindergarten, Preschool, and Elementary school teachers, rate high for exposure and proximity. Other community and social service workers, such as probation officers and religious workers, are also high-risk.

Bus drivers and service workers risk exposure daily as well. Workers in fast-food and retail who interact constantly with the public are threatened regularly by the virus. Waiters, hairdressers, and cosmetologists are among service workers whose occupations place them at high risk levels for infection.

“Most people understand the seriousness of the situation and take the precautions placed, but the people who don’t wear their masks properly scare me a bit when they come close” said Alex Huber, a cashier at the Mystic Aquarium Gift Store and Spirit Halloween. “If they wear it like that at this store, I’m sure they do at other places, and you don’t know where they’ve been.”

Marissa Baker, an assistant professor in the University of Washington School of Public Health, conducted a study released in April that found 10 percent of workers in the United States face exposure to infection at least once a week, and nearly 18.4 percent face exposure at least once a month. Those statistics don’t include gig jobs like food delivery workers or rideshare drivers, however, so the actual percentage is likely much

higher.

The percent of workers with access to paid leave benefits is 74 percent of all workers in the U.S. according to the Bureau of Labor Statistics. Less than half of the bottom 25 percent of earners have access to paid leave, at only 47 percent, and these workers are also often less able to work from home.

In contrast, the highest earning jobs are often at lower risk, such as economists, who face virtually no risk of infection and are able to work from home.

“Workers in a number of professions facing elevated risk earn less than the national median wage,” wrote Lazaro Gamio for The New York Times. “Many of these workers in low-paying jobs do not have paid sick leave, and many could still go to work sick to not lose income.”



Alex Huber, cashier at Mystic Aquarium Gift Store in Mystic, CT



# Spooky Pumpkins & Creepy Costumes!

Taking a Look at the Winners of Spirits Week Competitions

Story and photos by Joseph Victorino

Katherine Trejo, dressed as the Original Harley Quinn, took first place for the Virtual Halloween Costume Contest this past Thursday, October 29.

Her victory was announced upon the start of the Virtual Fall Festival.

Trejo won the contest with 17 votes to her costume and achieved the prize of a \$25 gift card to Dunkin'.

"I plan on taking the kids out for breakfast and donuts with the DD gift card," said Trejo.



Katherine Trejo, costume contest winner

Trejo says that she was pleasantly surprised by her victory and that she thought the first runner up, dressed as Superwoman with her son and pets, would have won.

Trejo says that she is a big fan of Harley Quinn and that she loved her since she was young watching Batman the Animated Series. Her fiancé is also a fan as well.

"We named our youngest Harleen," said Trejo.

Trejo says that this original Harley Quinn costume is her go-to but she says that she has a couple different ones as well.

Katherine Trejo, 30, is living in New London, and is currently majoring in Business Administration and Management. She says she should be graduating by Summer of 2021.

Trejo says that she and her fiancé are hoping to get their car detailing business going next Spring. They invested into the business last Winter/Spring, however, didn't get the start they were hoping for due to the pandemic.

Trejo says that she planned on attending the Fall Festival where she was announced as the winner.

However, she says that she had to change plans last minute after her kids got sick.

Trejo says that she attended quite a few of TRCC's virtual events this past month and that they have been great and that she would definitely recommend others to participate in the events.

"It's a great way to take a break and have fun- for me with being home the last 8 months with my family, taking classes and helping my kids with their classes and not getting out as much, it has been a great way for me to relax," said Trejo.

She says she would like to see more watch parties held by the school and that with colder weather, they could try doing it virtually.

Along with the costume contest, another winner was declared for the pumpkin carving contest!

Having come in at a close second in the previous contest, Cassi Reyes turned the tables and ended up taking first during the pumpkin carving contest.

Cassi Reyes, 25, is a nursing major at Three Rivers.

Reyes says that she will also be

graduating this coming May. Reyes's winning pumpkin, titled as "The Warty Witch", took first place with 44 votes, with second place trailing close behind with 33 votes.

She says that she and her family were incredibly happy when her victory was announced at the Fall Festival.

Reyes says she was so excited, since in the long run, it all took so much effort.

"Growing a pumpkin from a seed and turning it into that, I was just really proud," Reyes said.

She says that she carved the pumpkin for around 3 hours, specifically trying to highlight the rotting parts of the pumpkin in her shaving.

Reyes says she planted the seed for her pumpkin in spring.

"It was a whole process all summer long."

Reyes says that she, her mother, and her son have a large garden. She says that they've been gardening the whole summer.

"I wonder if it's because with the pandemic, we were home more, so we were taking better care of the garden," Said Reyes.

She says they had grown around 100 cucumbers and she would highly recommend gardening. She also recommends others try shaving their pumpkin over

carving.

"If people like art and carving pumpkins, I think it is definitely a good technique to try," Said Reyes.

She says that it may seem tricky, but that there should be YouTube videos that teach how to do it.



The "Warty Witch"

"I just kept scraping and it came together," Said Reyes.

She says she wasn't trying to carve it for competition, but she says that it turned out well so she might as well.

Reyes says that she took a small sharp Knife to scrape away the hair and details in the pumpkin and used a grapefruit spoon to shape the pumpkin.

She says she recommends others to also get creative with their carving tools. She says Reyes says that she prefers this

method of shaving as opposed to carving.

"I was carving a vampire pumpkin with my son, and honestly that was more of a pain," Said Reyes.

She says that shaving feels leagues more intriguing as it's more than just drawing lines and cutting them out.

Reyes says that she loved the Fall Festival and that these virtual events are convenient for her, as she lives an hour away from the campus in Woodstock.

"Typically, if I'm not at school for class, I wouldn't make the extra drive to make it to festivities, I just don't have the time," Reyes said.

Reyes says that she would love to see another event like the Fall Festival, for the winter holidays and that it would be awesome to have a house or dorm decorating contest to get others into the holiday spirit.

All in all, the Virtual Fall Festival and the Spirits Week Competitions leading up to it allowed students to ease up and have some fun amongst all the pandemic and academic induced stressed.

## Public Speaking: A Course Review

A Helpful Class that Every Student Should Consider Taking

By Maiquynh Truong

Public Speaking is an intro course at Three Rivers, usually taught by communication Professor, Michael J. Stutz.

The class is available in both the Spring and Fall semester and is often times, a degree requirement.

As an introvert who usually does not speak unless spoken to, I was borderline terrified when I saw this class being on the list as a requirement on my Graphic Design degree. However, after finishing the course at the

end of the Fall 2019 semester, I was pleasantly surprised by my experience in Professor Stutz's class.

The first thing that you will learn that public speaking is not a natural innate talent, but a skill that can be gained through proper training, preparation and knowing your audience.

Though there are many components of the course, there are three main sections: **lecture, speech presentation and workshop.**

Lecture pertains to the traditional "information-dump" form of learning where you sit through the teacher's power point, reading the chapters and taking quizzes that are built into the e-learning portion of the textbook.

Professor Stutz' in class lectures are clear and to the point and you can tell from the way he delivers the information that he is very knowledgeable about the subject and

communication techniques.

It would not be public speaking if you do not physically present a speech to the public so these days are devoted strictly to student presentations. You have ample time to write out and prepare for each of the required speeches, which from my experience is best if you do not simply "wing" it on the day.

The workshop portion includes the 1-3 minutes of public speaking practices where you talk about yourself in front of the class. There are also days of group activities where within a small group, you will exchange the drafts of the speech that you've prepared and get feedback and critiques from your group members.

The class does help you see the short-falls of your communication ability and speech after each speech. I find that I'm more aware of my mistakes and try to catch myself beforehand. like speaking louder, mumbling less or keeping better eye-contact.

Some might be more naturally open and confident in their ability to communicate, but often times find that they talk too fast or too overbearing.

At the end of every big speech, you will receive both the teacher's evaluation and peer reviews. Reading through them does help you see what others think about your presen-

tation and improving bad speaking habits or method of delivery.

Overall, the classwork is manageable, as long you put in the effort of showing up to class, taking the quizzes, and giving your speech on the big days.

Professor Stutz is empathetic and reasonable. Even if you entirely botched your speech and it ends up being an incoherent mess, you still get points for trying.

If you are like me and feel uncomfortable speaking in a crowd, this class will help you break out of your shell and force you to communicate with others. Know that you are not the only one who feels that way. A lot of other students feel the same and you are all just trying to work together to better yourself.

Speaking skills are important. Once we enter the work force, we must be able to get over our initial nervousness and properly communicate with our boss, co-workers, and teammates to get things done.

The Public Speaking course is not just reserved for those working in the communication field. It's also an extremely useful experience that all students should consider having.



Professor Stutz lecturing in class



# THE ELECTORAL COLLEGE MATTERS

## The Electoral College and Why It's Important

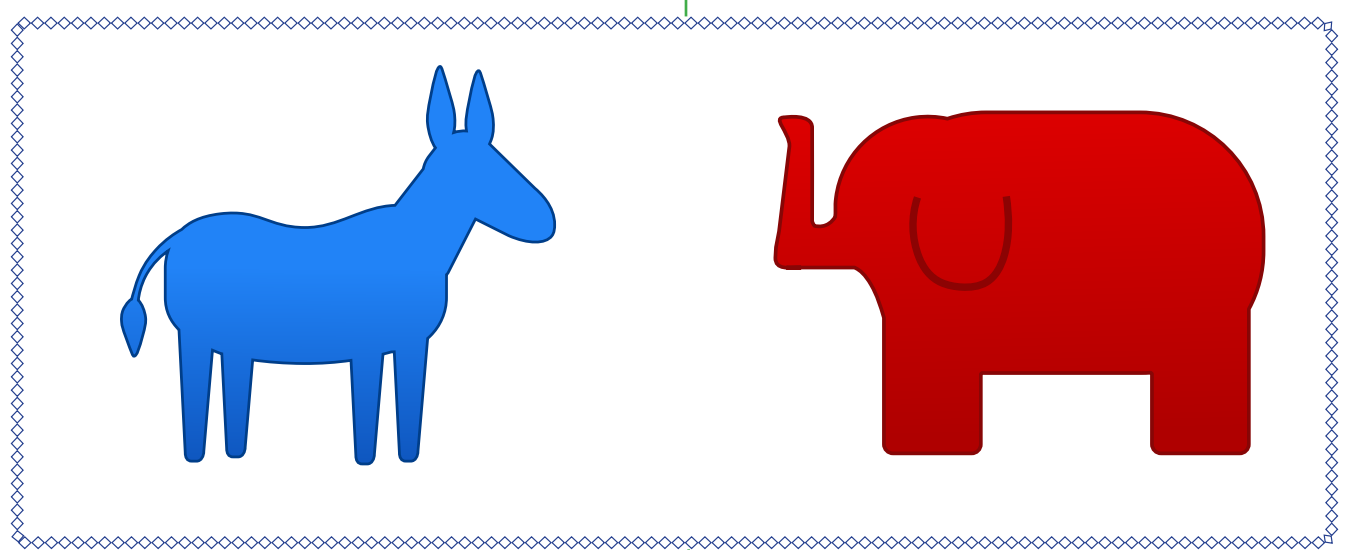
Story and images by Sarah Walsh

Despite the recent push to abolish the Electoral College, the institution is crucial to preventing nationwide chaos and even starker political polarity than we're seeing now.

The Electoral College was not a thoughtless solution for elections. The matter of how to select the President of the United States was hotly debated

intermediaries," wrote Dave Roos for History.org.

In 1787, after months of debate, "The Great Compromise" was drafted by Roger Sherman and Oliver Ellsworth, establishing the current Electoral College system in which electors are chosen by each state, equal to the number of representatives in congress. These 538 electors vote, and the pres-



by delegates of the Constitutional Convention. Some argued that congressional involvement in elections would lead to corruption in the executive and legislative branches of government while others vied that a leader elected by popular vote could appeal to uninformed voters and become an unruly power.

"Out of these drawn-out debates came a compromise based on the idea of electoral

idential candidate to receive 270 votes wins the presidency.

When citizens vote for a presidential candidate, they are actually voting for the state's electors. In 48 states, these electors allocate all of their votes to the candidate who wins the most popular votes.

Because this is the case whether the candidate wins by a slim margin or a landslide, candidates

have an incentive to win as many states as they can.

This is important because it means that candidates need to make an effort to expand their focus beyond the states where their party is popular.

Without the Electoral College, candidates would likely take more extreme positions to appeal to their base rather than trying to influence more moderate or independent voters.

"Removing the Electoral College would increase this favoritism and increase the polarization that already exists," according to policyed.org.

The Electoral College also ensures that candidates don't isolate their efforts to a minority of major metropolitan areas.

Senior Fellow Ronald Rotunda with the Cato Institute wrote an essay explaining the voice given to small states and minorities by the Electoral College. The District of Columbia, for example, has three electoral votes, without which, Rotunda argues, they would be overlooked.

"At the constitutional convention, the primary concern of delegates opposed to direct election was that big states would dominate presidential politics," wrote Trent England, director of the Save Our States project and the David and Ann Brow Distinguished Fellow at the Oklahoma Council of Public Affairs.

Requiring candidates to extend their influence to states they would otherwise overlook, the Electoral College improves parties, and therefore, the nation. After the Civil War, for example, democrats received the most popular votes in 1876 and 1888 but lost the Electoral College, which lead to a renovation of party efforts.

"They focused on voters in the north and in the

new western states," England wrote. "Their outreach to immigrants and Catholics rebuilt the Democratic party. It also helped break down sectional divides and heal the nation."

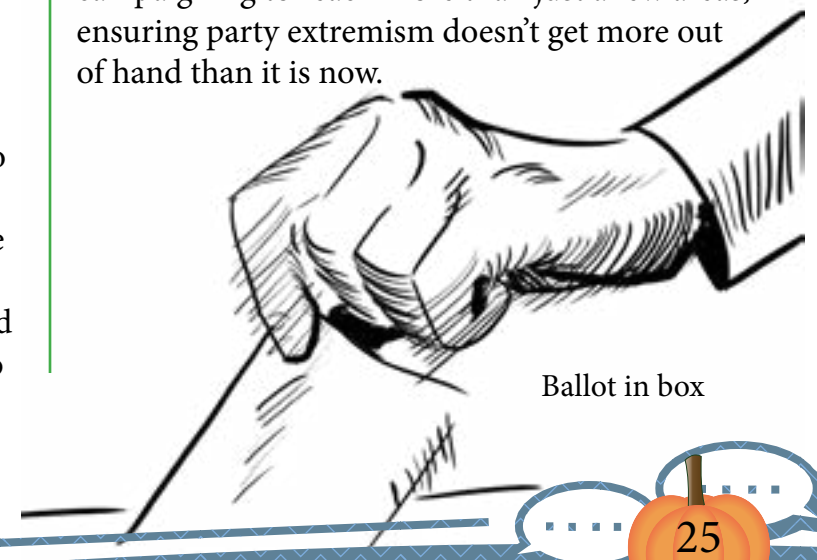
The Electoral College also prevents run-off elections and prolonged national recounts. Without it, elections like that of 1960, might have resulted in the chaos of national recounting.

"John F. Kennedy's popular vote margin over Richard M. Nixon was just 118,574," wrote Columnist George Will. "If all 68,838,219 popular votes had been poured into a single national bucket, there would have been powerful incentives to challenge the results in many of the nation's 170,000 precincts."

If we didn't have the Electoral College, we might see debacles like the 2000 election deadlock in Florida on a national scale.

The Electoral College maintains state control of election administration and contains challenges within states, keeping national politics on a national level rather than having nationwide disputes over recounts and questions of legitimacy.

Although the Electoral College doesn't always reflect the majority of voters in the United States, it prevents national chaos and keeps candidates campaigning to reach more than just a few areas, ensuring party extremism doesn't get more out of hand than it is now.



# Electoral College

The Electoral College Does Not Always Represent the Will of The People

Story and photo by Kim Stanford

The process of using electors comes from the Constitution. The Founding Fathers decided to create a system that would not easily sway the popular vote. It was a compromise between a popular vote by citizens and a vote in Congress. The number of electors each state gets is determined by the number of representatives a state has including its two senators.

No state can have less than three electors (Washington DC was given three electors by the 23rd Amendment to the Constitution). Usually, the electors vote for the winner of the popular vote in their state. The Constitution ultimately leaves it to the states how the electors will vote.

This is a system that gave Donald Trump the presidency although Hillary Clinton won the popular vote

To become President, the candidate must win 270 of the electoral votes, not the candidate who simply gets the most votes.

by nearly 2.9 million votes (according to CNN.com).

Here are some reasons why the Electoral College (EC) should be abolished:

- It is not democratic. Yourdictionary.com defines democracy as a form of government in which the common people hold political power and can rule either directly or through elected representatives.
- It does not represent this country's diversity, making it almost impossible for a third party to win the presidency.
- The reasons the EC was created are no longer valid. Then, it was believed presidential

electors were more qualified than other citizens to choose who would lead the country.

The presidential election has drastically changed since this nation's beginnings and several voting laws have been modified (for example, amendments made that allowed women and former slaves to vote). People today are more educated and knowledgeable about the candidates. Moreover, since voters already influence presidential primaries, the EC obscures voters' interests.

- The "swing states" are given too much power by the EC: In essences, a handful of states can decide the election's outcome. Britannica.com sites 90 percent of campaign stops are in just 12 so-called battleground states. A November 6, 2016

Signs outside Rose City Senior Center



episode of PBS New Hour revealed that Donald Trump and Hillary Clinton have made more than 90 percent of the campaign stops in just 12 "battleground states". Of those visits, nearly two-thirds took place in four battlegrounds with the most electoral votes – Florida, Pennsylvania, Ohio and North Carolina." This means 38 states are basically ignored by presidential candidates, including Connecticut which has seven electoral votes.

- The EC ignores the will of the people: The voting age population in the United States is approximately 255 million people vs 538 people which decide who the president will be.

Donald Trump, who benefitted from this system, was quoted saying, "I would rather see it, where you went with simple votes. You know, you get 100 million votes, and somebody else gets 90 million votes, and you win. There is a reason for doing this. Because it brings all the states into play." Two of the last five presidents, Donald Trump and George W. Bush, lost the popular vote but became

president anyway. Essentially, when a party that loses in a given state, all votes for that party only count at the state level.

In other U.S. elections, candidates are elected directly by popular vote. But the president and vice president are not elected directly by citizens. Instead, they are chosen by "electors" through the EC.

According to Britannica.com, for the 2020 election, electors are scheduled to meet and vote on December 14, and deliver the results on December 23. A September 2020 Gallup poll found 61% of Americans were in favor of abolishing the EC, up 12 points from 2016.

Regardless of what stance is taken, it makes it a little tough to buy into "your vote counts" when the popular vote is overridden by the EC.



## Thanksgiving Traditions Around the World

### Differences Among the Similarities

By Elizabeth Exley

**Canada:** Surprisingly enough, Canada actually celebrated Thanksgiving in 1578, 40 years before it was an American holiday. Martin Frobisher established the celebration in Newfoundlamd as a thanks for a successful voyage to America. Their feasts tend to look the same as an American Thanksgiving like turkey, sweet corn, stuffing, and pumpkin pie, but it's celebrated as a long weekend on the second Monday in October.

**China:** Chinese families come together for their annual "Chung Chiu" Moon festival, or the fall harvest, for a three day feast on the 15th day of the eight lunar cycle. This festival is known for it's sweet delicacy known as the mooncake. The mooncake is meant to be shared with friends and family to signify peace and unity for the upcoming year. Families then sing and recite poetry under the moonlight and is specifically special for couples who can celebrate some romance under the stars.

**Germany:** Germany celebrates their version of Thanksgiving known as Erntedankfest, which translates to harvest thanksgiving festival, in mid-September or October. It's not nearly as big as it is in America and it's usually only celebrated by rural, religious groups to give thanks for their harvest that year. There is no actual day for the celebrations as it varies across the country and is more of a church service than a feast for those in the big cities. After the church service, the big cities will put on a parade and present the "harvest crown", or Erntekrone, to the Harvest Queen.



Pumpkin pie from Shutterstock

**Japan:** Japan observes their Labor Thanksgiving Day on Novmeber 23rd as a celebration to honor their workers and most are given the day off. This holiday dates back to the seventh century known as Niinamesai that welcomed the new harvest season. It was originally meant to honor the farmers, but as Japan moved into an industrial country, it shifted to celebrating the workers and their progress. Special events are held across the country like the Nagano Labour Festival in the city of Nagano to celebrate peace, environment, and human rights.

Every household and family comes with their own unique way of celebrating Thanksgiving. This includes parties, desserts, games, movies, and even what they eat for dinner.

Every family has a favorite aunt's, uncle's, or mom's famous dish they make every year, but there are some traditions around the world that you wouldn't expect to be to be true. For some, it's a little more than just about the food.

## Pandemic Pastimes

### Discover a New Hobby to Keep Stress at Bay

Story and photos by Danielle Branch

Around the globe, many are finding themselves with a lot of extra time on their hands. As the warmer temperatures fade and chilly days take over, now might be a perfect time to discover or rediscover some interesting hobbies to keep busy.

Putting energy into something that's more than scrolling social media can help release stress and help express yourself. Here are some hobbies that might be worthwhile.

One way to help ease stress on the mind and body is to get creative. Tapping into your creative process can be both rewarding and beneficial. For some, taking up cooking allows for creative freedom along with a sense of accomplishment. Others might prefer baking which requires more of a precision-based experience, but allows for the same sense of accomplishment.

Knitting and crocheting is another outlet many have ventured to. There are countless instructional videos and tools available to make the process easier. What better time to knit scarves, hats, and cozy socks then during a pandemic?!

Adult coloring books have also become quite popular. Not only can they help relieve stress, but some are frame worthy works of art.

Photography is another creative outlet. Most cell phones are capable to taking quality photos, and basic editing software can make this hobby both satisfying and enjoyable.

Remember building Lego sets and putting together model car kits? Online retailers are littered with a variety of adult building sets.

Writing is another hobby that lets your creative energy flow. Poetry, short stories, the possibilities are endless.

Candle making is another hobby that produces a tangible product. It requires patience, but the process is rather straight forward. Homemade candles can also make a great gift giving idea!

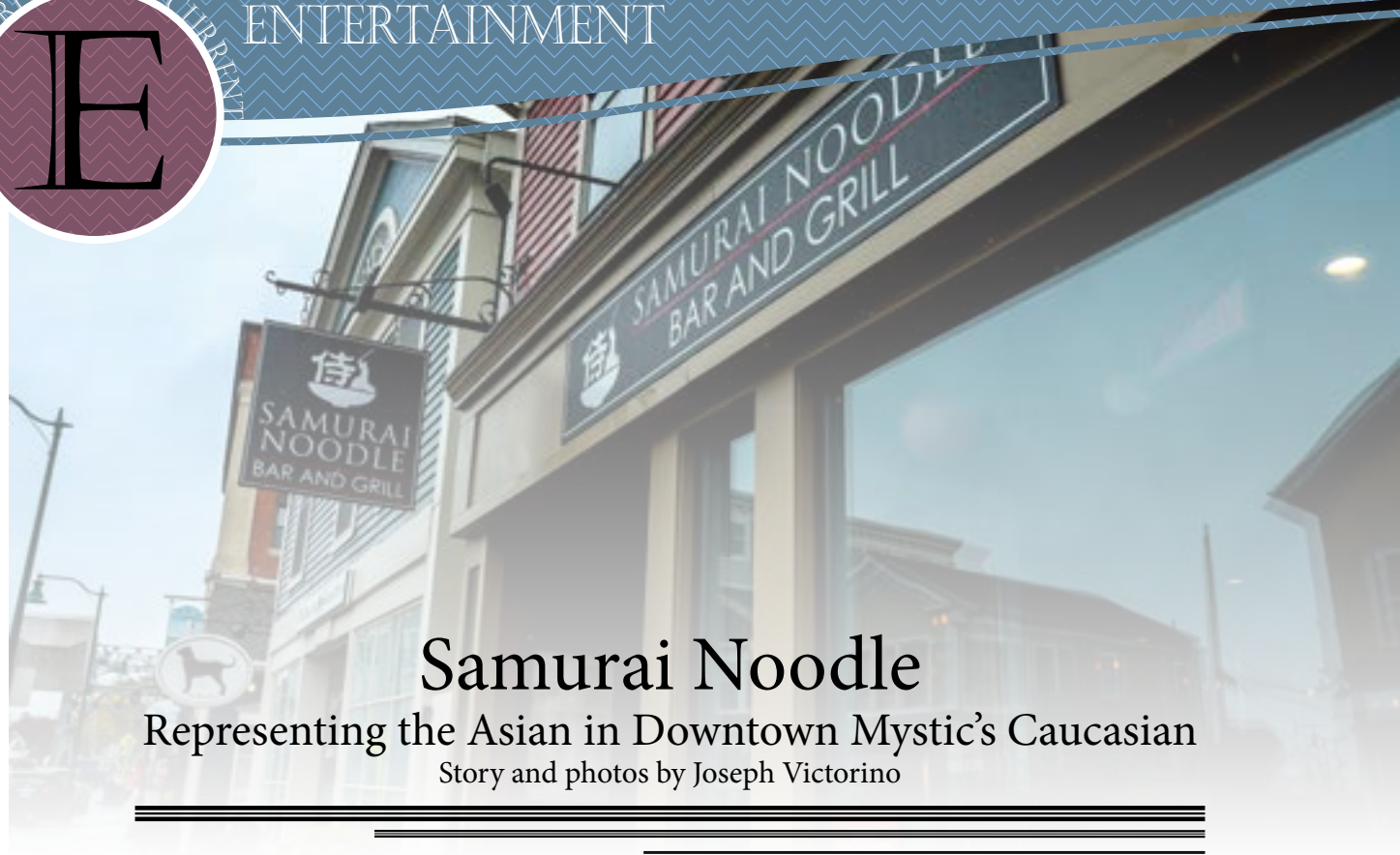
Learn an instrument. Virtual lessons have been prevalent in the past months and this outlet allows for both creative freedom and precision.

Some other hobbies include jewelry making, brewing beer, upcycling unused items in your home, and restoring furniture. What better time than a pandemic to put your spare time to use and let your creative mind grow?



Photography meets baking





## Samurai Noodle

Representing the Asian in Downtown Mystic's Caucasian

Story and photos by Joseph Victorino

**S**amurai Noodle Bar and Grill, located on 27 West Main Street, Mystic, brings a well needed ethnic presence to the overwhelmingly Caucasian experience that is Downtown Mystic.

Providing a plethora of Asian cuisine as well as a wide selection of alcohol beverages, this restaurant provides something for everybody.

Beginning with the restaurant itself, the exterior is sleek, showcasing two signs that immediately let passersby know what the place is all about. Upon entering, you can admire the samurai silhouette decals on the red walls as well as see the bar that has been effectively social distanced.

The restaurant does well with taking proper pandemic precautions. The bar itself is parted into socially distanced sections via clear dividers. Moreover, the bartender is separated by the patrons by a train of clear plastic curtains hanging along the ceiling above the countertop. As for the seating, these are separated out into small sections which provide enough room to safely dine in during COVID.

The Samurai Noodle staff are a pleasure to be served by and provide a welcoming and inclusive atmosphere. They are typically accommodating and patient with customers. Additionally, most if not all the staff continuously do rounds to check in on customers and cater to their needs. The staff are absolutely fabulous and deserve their tips!

Ordering take out is swift and easy. You can either call or use their website to make your order. I would recommend the website as it is simple, intuitive, and well designed.

All in all, the Samurai Noodle Bar and Grill is a lovely stop for anyone looking to have quality Asian cuisine.

The only thing is that the items on the menu can be pretty pricy. However, the restaurant is definitely worth it as a special treat.

Parking may be an issue as well. However, if you are comfortable with a short walk, I would recommend parking in the Union Baptist Church up the road. This makes your visit stress free and even lets you get in some exercise.

## Menu Recommendations

### Japanese Pork Curry \$14.95

My absolute favorite dish at this restaurant is the Japanese pork curry. This hearty dish packs a significant amount of flavor as it is served over rice. The curry tastes heartwarming with flavors of turmeric and cumin. The contents of the curry are equally as comforting, as you get a bit of potato, onion, carrot with every bite.

I'd say the highlight of the dish is the breaded and deep-fried pork cutlet. It ties in the textures of the dish, the crunch of the breading and the chew of the pork contrasts and compliments the tenderness of the rice and curry.

Additionally, the cutlet is cut into slices to make eating much more convenient. Overall, the dish is quite sizable, often requiring me to ask for a to go box. This dish is my absolute go-to whenever I feel the urge to treat myself. It stands as one of the pricier options on the menu, at \$14.95, however, I guarantee it is worth it.



### Tonkotsu Ramen / Spicy Tonkotsu Ramen \$13.95

Another notable option of the menu is the Tonkotsu Ramen. This is a meal for someone who wants a heartening and filling dish to soothe their soul.

This ramen's broth is made using the pork bone, resulting in a rich and fulfilling experience. Even more so, the dish is further elevated by its contents. The wheat noodles were quite tender and there was just the right amount as to not overwhelm the consumer.

Also present were these halved soft-boiled eggs that looked to be seasoned in soy sauce. They held their shape quite well added to the richness of the soup.

Additionally, slices of tender pork, known as pork chashu, were present as well. These definitely seasoned the broth more than the broth seasoning it. It was a nice addition nonetheless, as it helped further diversify the textures present.



This is further seen with the bok-choy and scallions, which provided a well-deserved vegetal crunch, while also helping tame the richness of the overall dish. All in all, the dish leaves you completely satisfied upon completion, and for \$13.95, it's definitely worth it. The meal also comes in a spicy version, which gives a little kick.

The only downside to this is that the pepper flakes that provide the spiciness often sink down to the bottom of the bowl, resulting in a spicier and spicier experience as you work your way down.





## How to Beat Pandemic Fatigue

As the days grow shorter, a new culprit emerges

Story and images by Danielle Branch

### Rethink Your Mental Health

As we swing into November, some states are being advised to hunker down as they report record numbers for new daily coronavirus cases.

The United States surpassed 8 million cases and had a reported 70,000 new cases the last week of October.

But a new culprit has also emerged, and it has been deemed pandemic fatigue.

In the spring, many were hopeful that the precautions in place would improve the chances for a swift return to normalcy. But as the United States faces its third

surge, the sense of hope is being replaced with a sense of fatigue.

For many, it has become exhausting trying to keep up with the ever-changing regulations and limitations and has left many wondering if this will ever end.

As a result, pandemic fatigue.

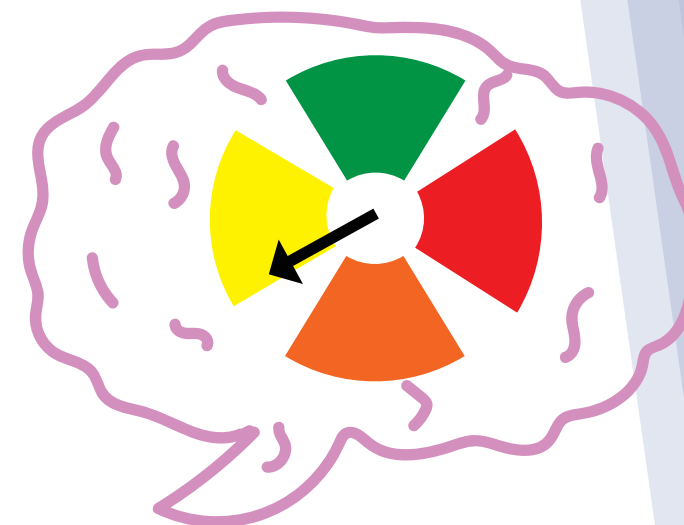
Alcohol sales have increased 23%, overdose deaths are steadily rising, and many towns are noticing a decrease in the positive outpour of support for essential workers like was seen in the spring.

With mental health being a major topic of discussion, many are realizing that this new feeling of restlessness, depression, and anxiety are becoming more prevalent as the pandemic lingers on.

**UCLA Health has compiled suggestions of ways to help you cope with pandemic fatigue including:**

- 1 Taking care of your physical body-eating a balanced diet and exercising which will help boost your immune system and energy.
- 2 Limiting your news intake-cell phones have become a lifeline. But unfollowing news stations or limiting your exposure can aid in alleviating some of the woe.
- 3 Lower your stress-This might seem obvious but becoming more difficult. As many states revert to a modified phase 2, getting out safely is becoming more challenging. There are many apps that offer relaxation breathing exercises, YouTube channels that offer yoga exercises and meditation, or simply watching a comedy might lower your stress.
- 4 Stay in touch with people. Check in with family, make a phone call, send a card. Staying socially connected, even virtually, can be hugely beneficial.
- 5 Create new traditions. Many have had to cancel weddings, graduations, parties, etc. As the holidays approach and social distancing remains, coming up with new and creative traditions may help alleviate the feeling of missing out.

With no foreseeable end in sight, it is becoming imperative to be aware of creative ways to improve your day to day life.





## Video Filmmaking 101 Getting Started

By Kim Stanford

So, it looks like COVID-19 restrictions will not subside any time soon. What to do to keep occupied? Consider video filmmaking.

This venture can be a little intimidating because of the potential cost. But to start, all that is needed is cellphone (preferably one that shoots 1080p) and a film editing app (the MAC comes with iMovie already installed). There are free video programs for desktops: OpenShot, VSDC Free Video Editor, Movie Maker 10, Lightworks, and Shotcut to name a few.

Video can be made indoors or out, but using natural lighting is best. Maybe there is a project like a video blog, putting a different spin on a music or TikTok video, or filming the antics of the family pet.



### Here are some basic tips for beginners:

#### BASIC TYPES OF SHOTS:

Wide: The entire subject is in view including the background.

Medium: This shot is a little closer, for example, includes a person from the waist up.

Close up: The subject fills the entire screen, great for catching someone's facial expressions.

Low angle: Shooting the subject while the camera is tilted up – this can give the subject a larger than life appearance.

High angle: Shooting the subject while the camera is tilted down -this can give the subject a small demeanor.

**TIP:** To make video more interesting, move the camera around, try different angles, mix angles (for example, low angle close-up). Of course, there are many more types of angle and shots.

#### BASIC TIPS FOR BEGINNERS:

When filming, always hold the camera horizontally.

Use a tripod - shaky film is hard to watch.

**TIP:** No tripod? Try holding the camera close to the body – tuck the elbows into the side of the body and hold the camera tight to the chest to stabilize the shot. Also constructing a dolly that can safely hold equipment can be done inexpensively.

Transition between shots instead of moving or zooming while filming to avoid camera movement. With improvement – go for the more difficult shots.

#### PLAN BEFORE SHOOTING:

Create a shot list,

Compose the shot (for instance, use the rule of thirds for more visually interesting footage).

Shoot plenty of footage.

#### EDITING:

Most likely, footage will need some editing to discard unwanted footage and piece together the story. As mentioned earlier, there is free software. For the more expensive software, perhaps try the free trial version or a student can purchase some programs with a deep discount. Whatever program is chosen, there will be pros and cons. Obviously there are plenty of YouTube videos to help with any trouble the videographer is having.

Even with the most basic equipment, this can be a fun and fulfilling activity. Visit <https://passionpassport.com/videography-basics-tips-for-beginners/> for a more detailed explanation videography for beginners.



Hold smart phone horizontally when filming





# Three Different Pumpkin Seed Recipes

Simple, Preboiled, & Pumpkin Pie  
By Joseph Victorino

**A**long with pumpkin pie, and pumpkin spice lattes, add to your autumn by baking up some pumpkin seeds!

## 1. (Traditional) Butter Roasted Pumpkin Seeds

Via *AllRecipes.com*

Ingredients  
1 Cup Raw Whole Pumpkin Seeds  
1½ Teaspoons Butter, Melted  
5/8 Pinch Salt

### Directions

Step 1)  
Preheat Oven to 300 degrees F.  
Step 2)  
Toss seeds in a bowl with the melted butter and salt.  
Step 3)  
Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown, stir occasionally.

## 2. (Preboiled) Olive Oil Roasted Pumpkin Seeds

Via *SimplyRecipes.com*

Ingredients  
1 Medium Sized Pumpkin  
Salt  
Extra Virgin Olive Oil

### Directions

Step 1) Cut pumpkin, scrape out seeds, rinse: Cut open the pumpkin by cutting a circle around the stem end with a sharp knife (knife blade angled in) and pulling off the top.

Use a strong metal spoon to scrape the insides of the pumpkin and scoop out the seeds and strings. Place the mass of pumpkin seeds in a colander and run under water to rinse and separate the seeds from everything else.

Step 2) Boil pumpkin seeds in salted water for 10 min:

Measure the pumpkin seeds in a cup measure. Place the seeds in a medium saucepan. Add 2 cups of water and 1 tablespoon of salt to the pan for every half cup of pumpkin seeds. Add more salt if you would like your seeds to be saltier.

**D**uring this time of year gourds are in abundance. Take advantage of these available pumpkins, as they are way more than just decorative pieces.

Bring the salted water and pumpkin seeds to a boil. Let simmer for 10 minutes. Remove from heat and drain.

Step 3) Bake seeds in 400°F oven until browned: Preheat the oven to 400°F. Coat the bottom of a roasting pan or thick baking sheet with olive oil, about a teaspoon or so.

Spread the seeds out over the roasting pan in a single layer and toss them a bit to coat them with the oil on the pan.

Bake on the top rack until the seeds begin to brown, 5-20 minutes, depending on the size of the seeds.

Small pumpkin seeds may toast in around 5 minutes or so, large pumpkin seeds may take up to 20 minutes. Keep an eye on the pumpkin seeds so they don't get over toasted. When lightly browned, remove the pan from the oven and let cool on a rack. Let the pumpkin seeds cool all the way down before eating.

Either crack to remove the inner seed (a lot of work and in my opinion, unnecessary) or eat whole.

## 3. Pumpkin Pie-Flavored Pumpkin Seeds

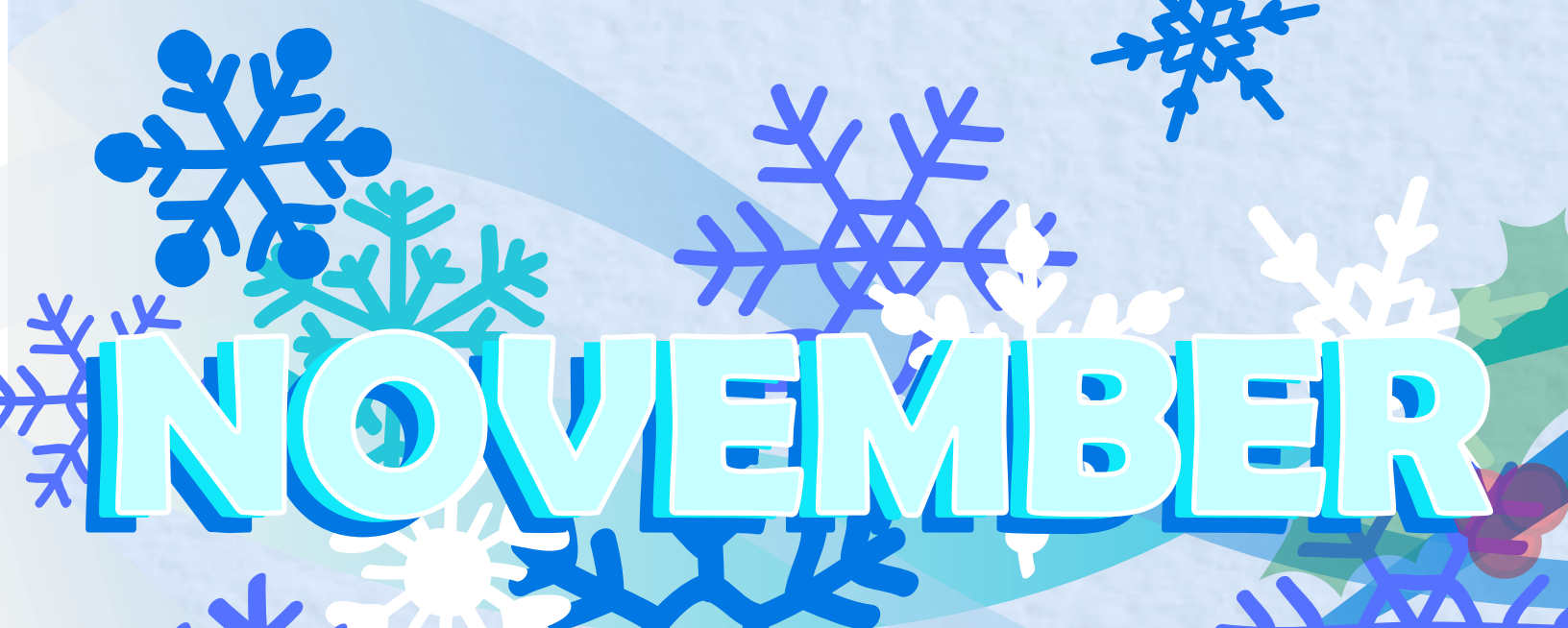
Via *Delish.com*

Ingredients  
1 Cup Pumpkin Seeds  
1 Tablespoon Butter  
1 ½ Tablespoon Brown Sugar  
¾ Teaspoon Pumpkin Pie Spice

### Directions

Step 1)  
Preheat Oven to 350° F. As it heats, microwave butter in 20-second intervals until fully melted.  
Step 2)  
Toss pumpkin seeds with butter, brown sugar and pumpkin pie spice, then spread them evenly on a baking sheet lined with parchment paper and cook for 30 minutes. Let cool for a few minutes before serving.





# NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> Daylight Savings Ends	<b>2</b> Winter '20 and Spring '21 Registration Starts For Current Students Advising Day	<b>3</b> Election Day Advising Day	<b>4</b>	<b>5</b>	<b>6</b> SNA Meeting 12:00 PM Deadline To Submit To Quill & Brush 11:45 PM Mod 2: Last Day To Select Audit Option	<b>7</b>
<b>8</b>	<b>9</b> Last Day To Select Pass/Fail Option Last Day To Submit Incomplete Work From Spring & Summer '20 Registration Starts For New Students	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> "Flex Start": Last Day To Withdraw From A Class & Last Day To Select Pass/Fail Option	<b>17</b>	<b>18</b> Mod 2: Last Day To Withdraw From A Class & Last Day To Select Pass/Fail Option	<b>19</b>	<b>20</b> SNA Meeting 12:00 PM	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> College Open By Appointment No Classes In Session	<b>26</b> Thanksgiving Recess Begins (No Classes)	<b>27</b>	<b>28</b>
<b>29</b> Thanksgiving Recess Ends	<b>30</b>	Graphic by Sarah Walsh				



# DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b>	<b>2</b>	<b>3</b> Test Event 8:00 AM-5:00 PM	<b>4</b> SNA Meeting 12:00 PM	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Mod 2: Last Day Of Classes	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> Last Day Of Classes	<b>16</b> Mod 2: Faculty Submit Final Grades (By Noon)	<b>17</b> Faculty Submit Final Grades (By Noon)	<b>18</b> Mod 2: Grades Available To Students On Web	<b>19</b>
<b>20</b>	<b>21</b> Grades Available To Students On Web	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> Registration Deadline For Winter '20/Spring '21 Deadline To Drop Classes For Full Refund	<b>29</b> Winter Classes Begin	<b>30</b>	<b>31</b> New Year's Eve		



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or  
[kamenta@threerivers.edu](mailto:kamenta@threerivers.edu)

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