



THREE RIVERS COMMUNITY COLLEGE

Current

A Second Bush v. Gore?

Can Trump Reclaim the Presidency
Through the Supreme Court?

Vaccination

Editorial - Is The Flu Shot Worth It?

TRCC Spring Semester

Registering Information to
Help Every Student

History of Thanksgiving Food

People Helping People

2020

Election Update

Biden won, what's next?



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ELECTION UPDATE

Story & Art by: Sarah Walsh

BIDEN WON, WHAT'S NEXT?

After nearly four days of counting ballots, the presidential election for Joseph R. Biden Jr. was called on Saturday, Nov. 7 by several major news networks.

CNN, NBC, and MSNBC 55 were the first to announce Biden's victory. Later, the Associated Press and eventually Fox news also made the call. It was a tight race, with a number of states shifting between red and blue by narrow margins, but after days of see-sawing percentages, Biden reached 270 electoral votes with Pennsylvania and 290 with Nevada to become the United States' 46th President-Elect. Kamala Harris will become the first woman Vice President of the United States.

Both candidates received a record number of votes, Trump with more than any sitting president in the past, and Biden with the most votes ever received in a presidential election.

There are a few states still counting votes: Georgia, where Biden leads, and North Carolina, where Trump is ahead. Counts are ongoing in Arizona as well, which the AP called for Biden.

Shortly after the race was called, President Trump, who was at his golf course in Virginia when Biden's projected victory was announced, stated the election was "far from over", claiming that observers were not allowed into counting rooms. However, vote counting was observed as usual, and even livestreamed.

Trump has been making legal challenges to the voting process, with lawsuits questioning voting observation.

"It is not clear how such a legal challenge could shift the results of the election," reported National Public Radio. Whether or not Trump concedes will not affect Biden's presidency, however.

Several Republican Senators have voiced their disapproval of Trump's response to the election results. "The president's allegations of large-scale fraud and theft are just not substantiated," said Sen. Pat Toomey, R-Pa.

Utah Senator Mitt Romney said in a tweet that it is "wrong to say that the election was rigged, corrupt and stolen-doing so damages the cause of freedom here and around the world, weakens the institutions that lie at the foundation of the Republic, and recklessly inflames destructive and dangerous passions."

Election officials reported no evidence of fraud in any of the 50 states.

"The path for him winning is being able to back up his rhetoric and find sufficient fraud and irregularities in enough individual states to overturn their results," said Ben Ginsberg, a Republican lawyer who worked for George Bush in the 2000 election. "So far, they've utterly failed to do that and, based on their court filings, are not anywhere close."

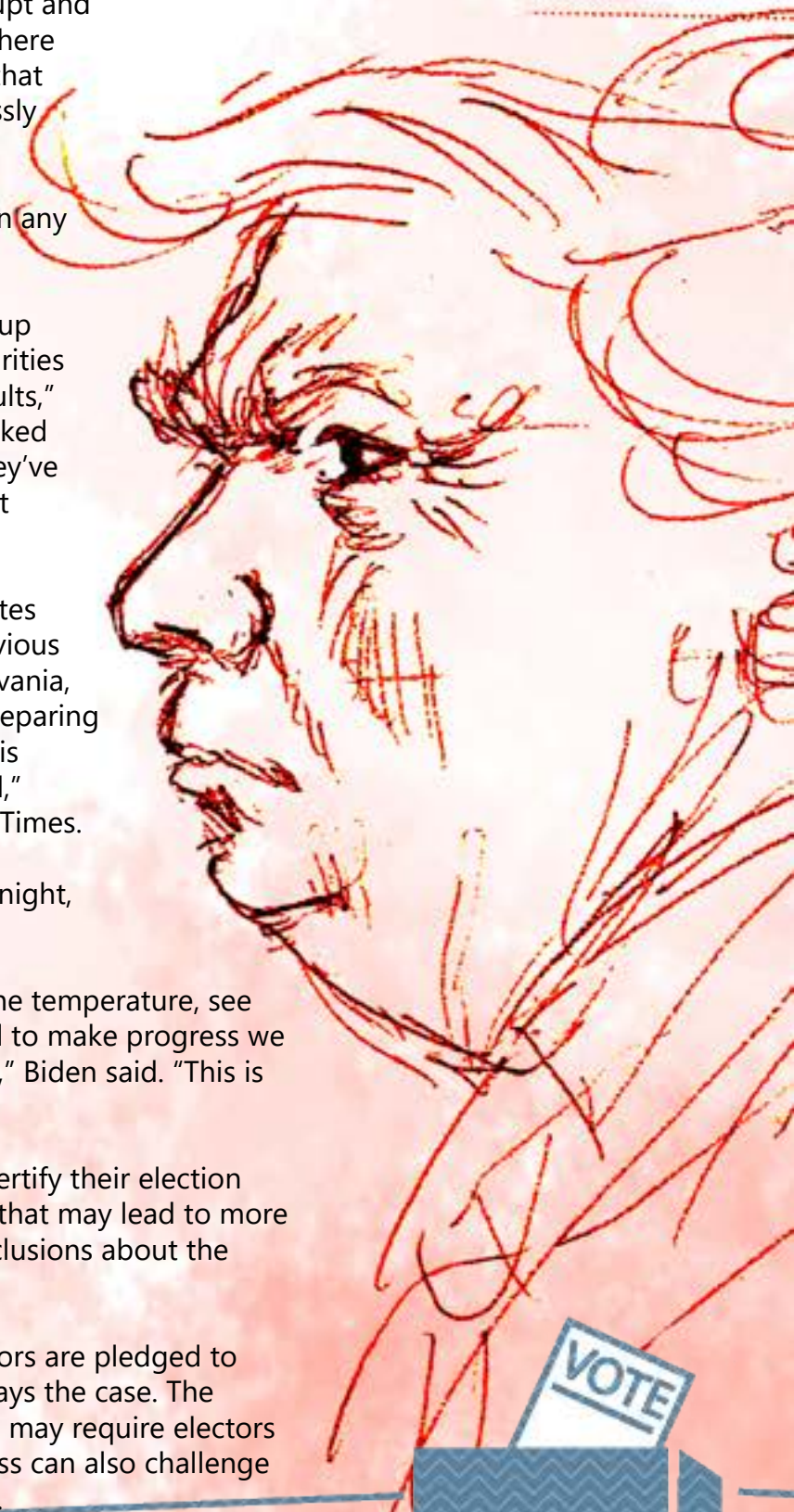
Biden's winning margins in key battleground states far exceed those that have been changed in previous recounts: 20,000 in Wisconsin, 54,000 in Pennsylvania, and 148,000 in Michigan. Georgia officials are preparing to recount, but Biden's lead there, 14,000 votes, is significant as well and "unlikely to be overturned," wrote Reid J. Epstein, Nov. 12, for The New York Times.

Biden delivered an acceptance speech Saturday night, Nov. 7, that emphasized healing and unification.

"It's time to put away the harsh rhetoric, lower the temperature, see each other again, listen to each other again. And to make progress we have to stop treating our opponents as enemies," Biden said. "This is the time to heal in America."

Between Nov. 10 and Dec. 11, states are set to certify their election results and declare winners officially, "a process that may lead to more official recounts this month but also formal conclusions about the results," wrote Epstein.

On Dec. 14, the electoral votes will be cast. Electors are pledged to support their state's candidate, but this isn't always the case. The supreme court ruled in July, however, that states may require electors to comply with their choice. Members of congress can also challenge or reject electoral votes, though it is uncommon.



Story by: Maiquynh Truong

Donald Trump has been crying election fraud to justify his refusal to concede the 2020 Presidential Election result. In addition to Trump tweeting false claims, conspiracy theories and grievances constantly on Twitter, many GOP leaders and conservative news outlets are recalling Bush v. Gore decision to discredit the current president-elect Joe Biden's claim to victory.

Biden was declared winner of the 2020 Presidential race after exceeding the needed 270 electoral college votes by Saturday, November 7. As of now, Trump has not concede and is exhausting every legal route possible to overturn the result.

However, despite the lawsuits and outcries of a “rigged” election, there is currently no proof of massive nationwide voter fraud.

Trump supporters are vocal online and through social media in echoing the President's unsubstantial claims while citing the Bush v. Gore decision to back their belief in his reelection once the case is sent to the Supreme Court.

On November 7, there was yet to be a clear winner between Republican candidate, George W. Bush and Democratic candidate Al Gore in the 2000 Presidential Election. Eventually, the fate of the extremely close race boiled down to the State of Florida and its 25 electoral votes.

TV networks projected that Gore had a substantial lead but late into the night, the majority of votes were being called for Bush. Gore contacted Bush and privately conceded until 3:00 AM the next morning when Gore regained more votes in Florida until the margin separating them was less than 600 votes. The new led him to call Bush again and retract his concession.

By the morning, with the 0.01 margin of error between the vote counts, Gore's team contested Florida for a recount by hand. The Florida Supreme Court ordered a state-wide recount but did not provide adequate guidelines for the recount staff to clearly discern valid votes.

At that time, many counties were utilizing punch card ballots. Since many Floridians did not thoroughly punch out the paper tabs called "chad," their votes were considered unclear. **Terms like "hanging chad" and "dimple chads" began to circulate around America.**

As the mid-December counting deadline approached, Bush's lawyers requested the Supreme Court to step in. In a decision mere hours before the deadline, the court, in a 7-2 vote, deemed Florida's recounting guidelines and rules inconsistent, especially in each county.

For example, a “hanging chad” in one county may be processed as valid while it’s seen as invalid in others.

The conservative majority cited that Florida's recount rules had violated the Equal Protection Clause of the 14th Amendment—which is that state will not "value one's vote over that of another." Hurt then moved on to a 5-4 that put a stop to the entire counting process and ultimately gave him then 25 electoral votes in to Bush.

On December 13th, Gore publicly conceded through a televised address though he stated that he did not agree with the Supreme Court's decision. **Thus, despite losing the popular vote, Bush won the 2000 Presidential Election and became the 43rd U.S. President.**

The 2020 Presidential Election shared many similarities with the 2000 Presidential Election, especially with the current situation in the state of Georgia, where the election board had announced that they will recount the votes by hand.

However, unlike the extremely close margin that prompted the recount in Florida back in 2000, Biden's 14,000 votes lead over Trump is too big to be completely overturned by a recount.

Despite winning the majority of popular and electoral votes, it does not constitute that Biden will smoothly solidify his transfer to presidency if Trump continues his refusal to concede and bring the case to the Supreme Court.

With the 6-3 conservative majority, it is possible that conservative judges like Samuel Alito and Brett Cavanagh-- **Trump appointees will likely evoke the previous Bush v Gore decision to dismiss the counting of mail-in ballots.**

If the Supreme Court does choose to intervene, a substantial amount of vote-by-mail ballots that were mailed on Election Day but arrived late will potentially be dismissed.

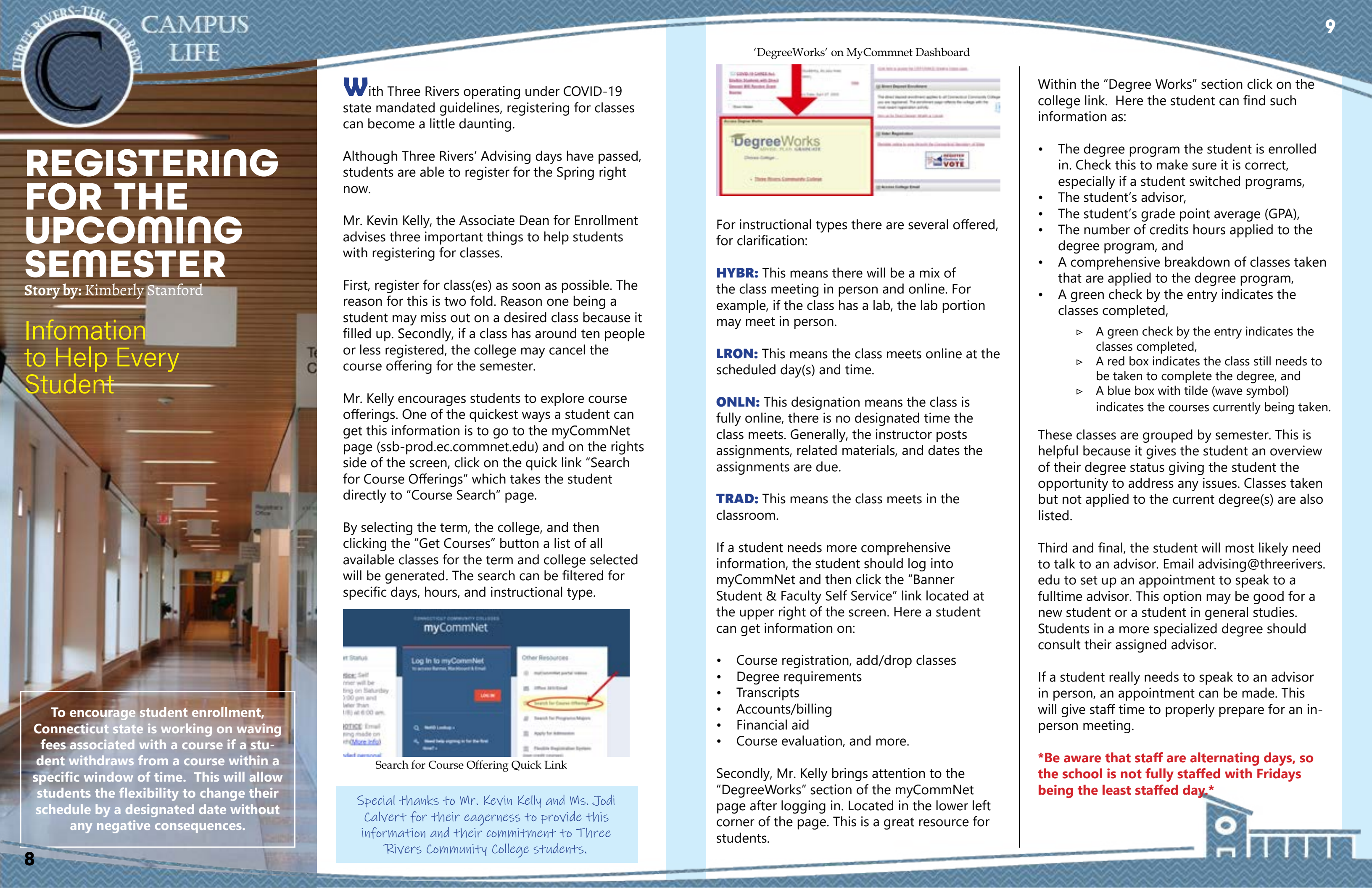
As the situation currently stands, it is unlikely that history will repeat itself and it may not be possible for the Republican candidate to regain the electoral votes needed to win the presidency.

However, with the current President and his administration sowing doubt in the American election process and riling their base to deny the outcome, **the tumultuous transitional period will greatly damage the mental wellness and physical safety of the American people and our democratic institutions.**



Al Gore & George W. Bush in the televised 2000 Presidential Debate, image from the 'washingtonexaminer'





REGISTERING FOR THE UPCOMING SEMESTER

Story by: Kimberly Stanford

Information to Help Every Student

To encourage student enrollment, Connecticut state is working on waving fees associated with a course if a student withdraws from a course within a specific window of time. This will allow students the flexibility to change their schedule by a designated date without any negative consequences.

With Three Rivers operating under COVID-19 state mandated guidelines, registering for classes can become a little daunting.

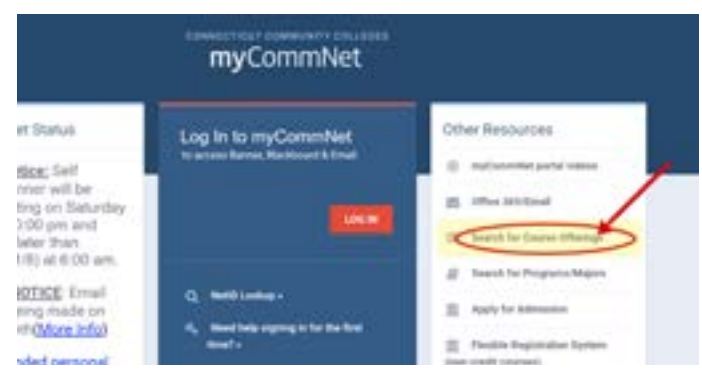
Although Three Rivers' Advising days have passed, students are able to register for the Spring right now.

Mr. Kevin Kelly, the Associate Dean for Enrollment advises three important things to help students with registering for classes.

First, register for class(es) as soon as possible. The reason for this is two fold. Reason one being a student may miss out on a desired class because it filled up. Secondly, if a class has around ten people or less registered, the college may cancel the course offering for the semester.

Mr. Kelly encourages students to explore course offerings. One of the quickest ways a student can get this information is to go to the myCommNet page (ssb-prod.ec.commnet.edu) and on the rights side of the screen, click on the quick link "Search for Course Offerings" which takes the student directly to "Course Search" page.

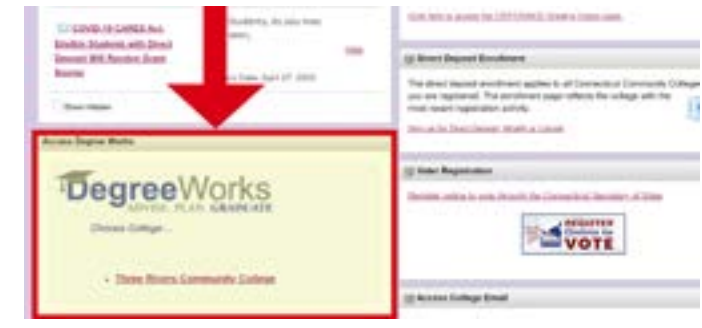
By selecting the term, the college, and then clicking the "Get Courses" button a list of all available classes for the term and college selected will be generated. The search can be filtered for specific days, hours, and instructional type.



Search for Course Offering Quick Link

Special thanks to Mr. Kevin Kelly and Ms. Jodi Calvert for their eagerness to provide this information and their commitment to Three Rivers Community College students.

'DegreeWorks' on MyCommnet Dashboard



For instructional types there are several offered, for clarification:

HYBR: This means there will be a mix of the class meeting in person and online. For example, if the class has a lab, the lab portion may meet in person.

LRON: This means the class meets online at the scheduled day(s) and time.

ONLYN: This designation means the class is fully online, there is no designated time the class meets. Generally, the instructor posts assignments, related materials, and dates the assignments are due.

TRAD: This means the class meets in the classroom.

If a student needs more comprehensive information, the student should log into myCommNet and then click the "Banner Student & Faculty Self Service" link located at the upper right of the screen. Here a student can get information on:

- Course registration, add/drop classes
- Degree requirements
- Transcripts
- Accounts/billing
- Financial aid
- Course evaluation, and more.

Secondly, Mr. Kelly brings attention to the "DegreeWorks" section of the myCommNet page after logging in. Located in the lower left corner of the page. This is a great resource for students.

Within the "Degree Works" section click on the college link. Here the student can find such information as:

- The degree program the student is enrolled in. Check this to make sure it is correct, especially if a student switched programs,
- The student's advisor,
- The student's grade point average (GPA),
- The number of credits hours applied to the degree program, and
- A comprehensive breakdown of classes taken that are applied to the degree program,
- A green check by the entry indicates the classes completed,
 - A green check by the entry indicates the classes completed,
 - A red box indicates the class still needs to be taken to complete the degree, and
 - A blue box with tilde (wave symbol) indicates the courses currently being taken.

These classes are grouped by semester. This is helpful because it gives the student an overview of their degree status giving the student the opportunity to address any issues. Classes taken but not applied to the current degree(s) are also listed.

Third and final, the student will most likely need to talk to an advisor. Email advising@threerivers.edu to set up an appointment to speak to a fulltime advisor. This option may be good for a new student or a student in general studies. Students in a more specialized degree should consult their assigned advisor.

If a student really needs to speak to an advisor in person, an appointment can be made. This will give staff time to properly prepare for an in-person meeting.

Be aware that staff are alternating days, so the school is not fully staffed with Fridays being the least staffed day.



TRCC

COVID-19 UPDATE

The School's Recommended Corona Virus Tracking App

Story & Photo by: Joseph Victorino

Across the nation, 155,201 new cases of COVID-19 were reported Tuesday November 17th, according to the COVID Tracking Project. While the number of new cases was down from last Friday, which set a record at more than 171,000 new cases, Tuesday's figure still far exceeded the worst day last month, Oct. 30, when health officials reported 96,700 new cases. Hospitalizations rose to 76,830, and 1,565 new deaths attributed to the disease were reported.

Vermont was added to Travel Advisory List for Connecticut. That makes 47 states, with the green lit only being New York, Rhode Island, and New Jersey.

Moreover, Branford, CT-based Wren Laboratories developed a saliva-based COVID-19 test that has been approved for emergency use by the FDA. The saliva test kits are self-administered and provide results within 24 hours. The test has a 12-month shelf life.

The total number of COVID cases in the US has hit 11,136,253.

The total number of COVID cases in CT has hit 94,986. The results came from 32,964 new tests for a daily positivity rate of 5.16 percent. The total number of tests for the virus conducted in the state has now surpassed 2.8 million.

In response to this rise in cases, the school sent out an email, encouraging students to download COVID tracking app, titled COVID Alert CT, which is available for both iPhone & Android. It is essentially a exposure notification system.

Attached to the email is a video titled, Exposure Notifications System: Helping Health Authorities fight COVID-19, made by google that further explains the app.

According to the video, the app's purpose is to assist in contact tracing. In the health field, prevention is far more valuable than treatment, thus, having a tool that can warn others about potential COVID risks is immensely helpful.

"Smartphone apps that public health authorities build can help people at risk of infection get notified much more quickly." The google video said.

The app makes an easy, streamlined, and anonymous way to spread awareness of COVID exposure.

This contact tracing app is far more effective when more people have it downloaded. Having more people with the app means better COVID Positive reports, which then lead to better exposure notifications and a slowly spread of infection.

Of course, it begs the question, does this app breach users' individual privacy?

The video assures users that both Apple and Google developers have worked together to ensure that users' personal privacy is protected when using this service.

In fact, google has an entire webpage, titled Exposure Notifications: Using technology to help public health authorities fight COVID 19, dedicated to discussing how the app protects your identity. It is an Apple – Google co-op that clarifies and explains the benefits and safety of the app.

Here's how it works:

Once you opt-in to the notification system, the Exposure Notifications System will generate a random ID for your device. To help ensure these random IDs can't be used to identify you or your location, they change every 10-20 minutes.

Your phone and the phones around you will work in the background to exchange these privacy-preserving random IDs via Bluetooth. You do not need to have the app open for this process to take place.

Your phone periodically checks all the random IDs associated with positive COVID-19 cases against its own list.

If there's a match, you will receive a COVID-19 exposure notification, with further instructions from your public health authority on how to keep you and the people around you safe.

Legal terms

Privacy policy

TERMS OF PRIVACY

You control whether you receive Exposure Notifications

This technology only works if you decide to opt-in. If you change your mind, you can turn it off at any time.

The Exposure Notifications System doesn't track your location

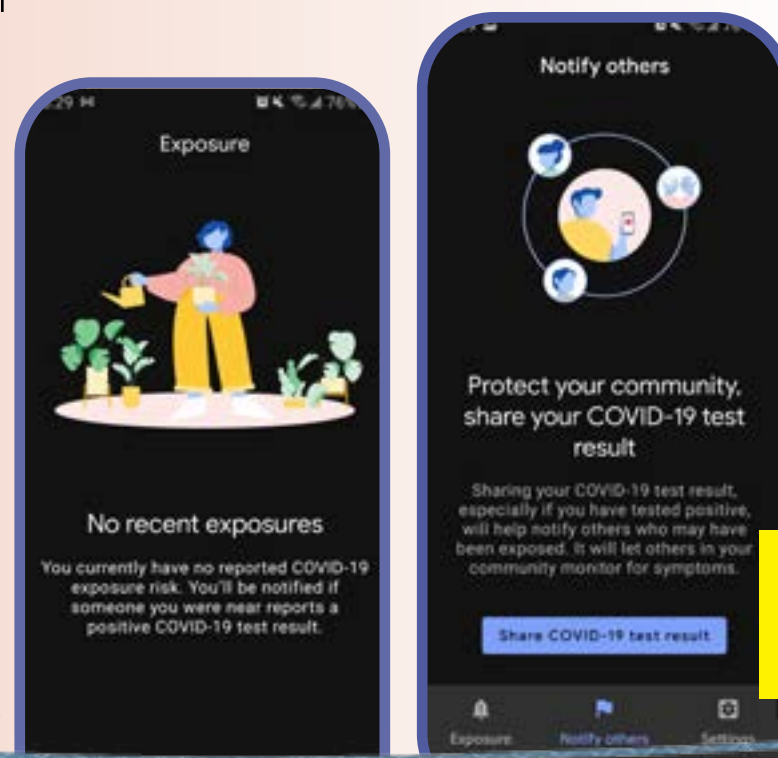
The Exposure Notifications System does not collect or use the location from your device. It uses Bluetooth, which can be used to detect if two devices are near each other — without revealing where the devices are.

Neither Google, Apple, nor other users can see your identity

All of the Exposure Notification matching happens on your device. The system does not share your identity with other users, Apple, or Google. Public health authorities may ask you for additional information, such as a phone number, to contact you with additional guidance.

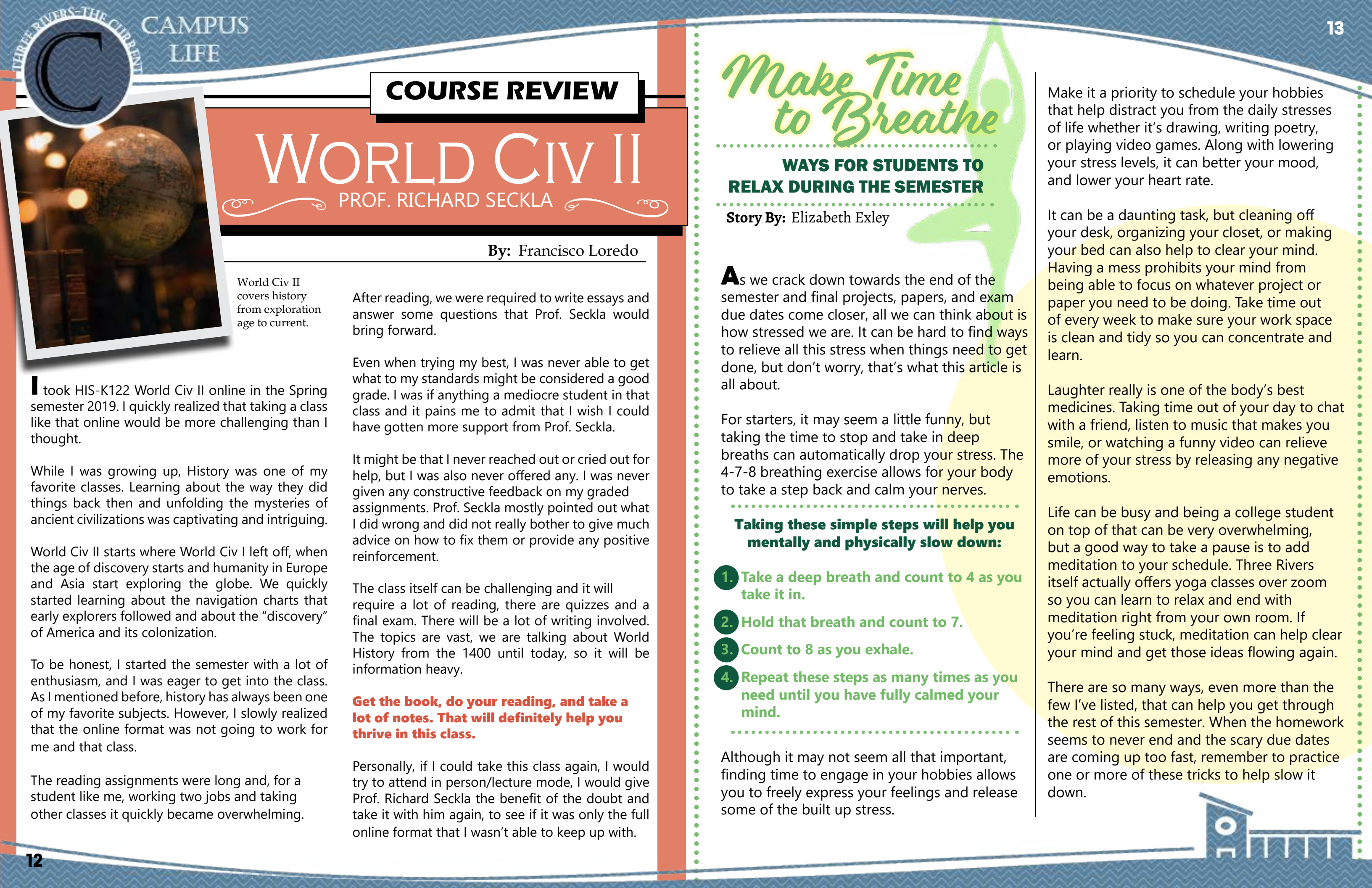
Only public health authorities can use this system

Only public health authorities will be able to use this system. They must meet specific criteria around privacy, security, and data use. It is highly encouraged to download the COVID Alert CT app, as it will keep users informed on potential COVID exposure and assist in our journey towards normalcy.



IT IS HIGHLY ENCOURAGED TO DOWNLOAD THE COVID ALERT CT APP, AS IT WILL KEEP USERS INFORMED ON POTENTIAL COVID EXPOSURE & ASSIST IN OUR JOURNEY TOWARDS NORMALCY.





COURSE REVIEW

WORLD CIV II

PROF. RICHARD SECKLA

By: Francisco Loreda

World Civ II covers history from exploration age to current.

I took HIS-K122 World Civ II online in the Spring semester 2019. I quickly realized that taking a class like that online would be more challenging than I thought.

While I was growing up, History was one of my favorite classes. Learning about the way they did things back then and unfolding the mysteries of ancient civilizations was captivating and intriguing.

World Civ II starts where World Civ I left off, when the age of discovery starts and humanity in Europe and Asia start exploring the globe. We quickly started learning about the navigation charts that early explorers followed and about the "discovery" of America and its colonization.

To be honest, I started the semester with a lot of enthusiasm, and I was eager to get into the class. As I mentioned before, history has always been one of my favorite subjects. However, I slowly realized that the online format was not going to work for me and that class.

The reading assignments were long and, for a student like me, working two jobs and taking other classes it quickly became overwhelming.

After reading, we were required to write essays and answer some questions that Prof. Seckla would bring forward.

Even when trying my best, I was never able to get what to my standards might be considered a good grade. I was if anything a mediocre student in that class and it pains me to admit that I wish I could have gotten more support from Prof. Seckla.

It might be that I never reached out or cried out for help, but I was also never offered any. I was never given any constructive feedback on my graded assignments. Prof. Seckla mostly pointed out what I did wrong and did not really bother to give much advice on how to fix them or provide any positive reinforcement.

The class itself can be challenging and it will require a lot of reading, there are quizzes and a final exam. There will be a lot of writing involved. The topics are vast, we are talking about World History from the 1400 until today, so it will be information heavy.

Get the book, do your reading, and take a lot of notes. That will definitely help you thrive in this class.

Personally, if I could take this class again, I would try to attend in person/lecture mode, I would give Prof. Richard Seckla the benefit of the doubt and take it with him again, to see if it was only the full online format that I wasn't able to keep up with.

Make Time to Breathe

WAYS FOR STUDENTS TO RELAX DURING THE SEMESTER

Story By: Elizabeth Exley

As we crack down towards the end of the semester and final projects, papers, and exam due dates come closer, all we can think about is how stressed we are. It can be hard to find ways to relieve all this stress when things need to get done, but don't worry, that's what this article is all about.

For starters, it may seem a little funny, but taking the time to stop and take in deep breaths can automatically drop your stress. The 4-7-8 breathing exercise allows for your body to take a step back and calm your nerves.

Taking these simple steps will help you mentally and physically slow down:

1. Take a deep breath and count to 4 as you take it in.
2. Hold that breath and count to 7.
3. Count to 8 as you exhale.
4. Repeat these steps as many times as you need until you have fully calmed your mind.

Although it may not seem all that important, finding time to engage in your hobbies allows you to freely express your feelings and release some of the built up stress.

Make it a priority to schedule your hobbies that help distract you from the daily stresses of life whether it's drawing, writing poetry, or playing video games. Along with lowering your stress levels, it can better your mood, and lower your heart rate.

It can be a daunting task, but cleaning off your desk, organizing your closet, or making your bed can also help to clear your mind. Having a mess prohibits your mind from being able to focus on whatever project or paper you need to be doing. Take time out of every week to make sure your work space is clean and tidy so you can concentrate and learn.

Laughter really is one of the body's best medicines. Taking time out of your day to chat with a friend, listen to music that makes you smile, or watching a funny video can relieve more of your stress by releasing any negative emotions.

Life can be busy and being a college student on top of that can be very overwhelming, but a good way to take a pause is to add meditation to your schedule. Three Rivers itself actually offers yoga classes over zoom so you can learn to relax and end with meditation right from your own room. If you're feeling stuck, meditation can help clear your mind and get those ideas flowing again.

There are so many ways, even more than the few I've listed, that can help you get through the rest of this semester. When the homework seems to never end and the scary due dates are coming up too fast, remember to practice one or more of these tricks to help slow it down.

NATIONAL NOVEL WRITING MONTH

The Annual Writer's Challenge of November

Story & Images by: Sarah Walsh

*Want to write a book?
You're in the right month!*

November is National Novel Writing Month, also known as NaNoWriMo, an internet-based creative writing project where participants endeavor to write a 50,000-word manuscript between Nov. 1 and Nov. 30.

The project was started in July, 1999 by Chris Baty, a freelance writer, along with 20 other participants in the San Francisco Bay area. Six of the 21 participants completed the challenge. In 2000, the month was changed to November "to more fully take advantage of the miserable weather". A friend of Baty's designed an official website which was launched that year and 140 participants signed up for the event.

Two years later, media attention from major stations like National Public Radio and CBS Evening News increased public attention and participation grew to 14,000 in 2002. In 2005, NaNoWriMo was registered as a nonprofit organization because of its annual growth. Now, over 300,000 people participate in the event around the world, and over 95,000 take part in the Young Writers Program for writers under 18 years old.

The rules are simple:

1. Writing begins 12:00 a.m. Nov. 1 and ends 11:59 Nov. 30.
2. No one is allowed to start early. However, outlines and plot notes are encouraged to be started ahead of the start date.
3. The novel must be written by one author and cannot be co-authored.
4. Novels can be any genre, including fanfiction, metafiction, and poem format.
5. Novels must reach a 50,000-word minimum before the end of November to win. If the novel is longer than 50,000 words and unfinished, it will still count if it has reached 50,000 by the deadline.

In 2007, self-publishing company CreateSpace teamed up with NaNoWriMo to offer winners a free paperback copy of their book, with the option to use the proof to sell the novel on Amazon. Each year, NaNoWriMo has new sponsors who award winners and participants prizes and discounts.

Sign-ups begin in October and kick off parties are often held the weekend before November starts. A "Thank God It's Over" party is also held after the event ends.

The National Novel Writing Month official forum helps participants track progress, set milestones, and connect with writers in a writing community, all for free.

Additionally, NaNoWriMo's website includes pep talks in the form of inspirational letters written by well known authors during the month, including Brandon Sanderson, Brian Jacques, Dean Koontz, and Holly Black.

Nearly 400 NaNoWriMo novels have been published by traditional publishers, and over 200 have been published by smaller presses or through self-publishing. Some of the most notable books to have been published include *Water for Elephants* by Sara Gruen (a New York Times bestseller), *Persistence of Memory* by Amelia Atwater, and *Anna and the French Kiss* by Stephanie Perkins.

Although November is halfway through, it's not too late to join, or to start plotting a novel for next year and join the NaNoWriMo community.

Writing longhand can be an effective way to start a draft

NaNoWriMo's official forum is free and available to anyone who wishes to participate.





Portrait of Harriet Beecher Stowe

To talk about the Beecher name is to talk about abolitionism, women's suffrage, and education. Harriet Beecher Stowe was one of the most notable members of the Beecher Family.

Harriet Beecher Stowe was born on June 14, 1811 in Litchfield, Connecticut. She was a writer and philanthropist. She was the author of 'Uncle Tom's Cabin' which historians claim created anti-slavery feelings which can be cited to be among the causes of the American Civil War

NOTABLE WOMEN OF CONNECTICUT:

Story by: Francisco Loreda

In 1832, at the age of 21 Harriet Beecher moved to Cincinnati, Ohio, with her father and her sister Catherine. There, she became the president of the Lane Theological Seminary and she taught at another school founded by her sister.

In Cincinnati she took an active part in the literary and school life. In 1836 she married Calvin Ellis Stowe, a clergyman and seminary professor. She wrote continually and in 1843 published 'The Mayflower; or, sketches of scenes and characters among the descendants of the pilgrims'.

While living in Cincinnati, Harriet Beecher Stowe came in contact with fugitive slaves and learned about the life in the South from friends and from her own visits to a slave-holding community she lived in proximity with.

Harriet Beecher Stowe moved to Maine in 1850. There, she began writing a long tale of slavery based on her reading of abolitionist literature and on her own observations in Ohio and Kentucky. Her writings were published serially from 1851 to 1852 in the National Era, an antislavery paper of slavery that captured the nation's attention.

Harriet Beecher Stowe

After the start of the Civil War, Beecher Stowe traveled to Washington D.C. where she met President Abraham Lincoln on November 25, 1862. Beecher Stowe's son reported that President Lincoln greeted her by saying "So you are the little woman who wrote the book that started this great war," although this is not a verified statement.

In 2018, BBC featured *Uncle Tom's Cabin* as number two of 100 stories that shaped the world, according to writers around the world.

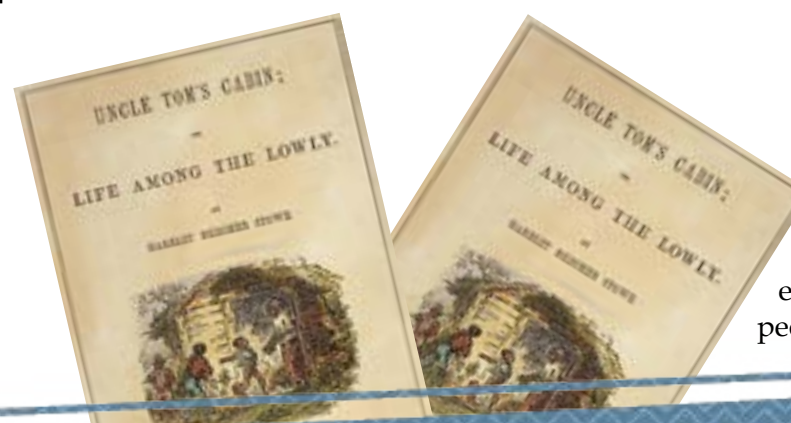
Uncle Tom's Cabin brought Beecher Stowe financial security, and this allowed her to become a full-time writer. She published 30 books and countless short stories, poems, articles, and hymns. With her writing, Beecher Stowe discovered that she could publicly express her thoughts and beliefs, in a time where women were discouraged from public speaking and could not vote or hold office.

Harriet Beecher Stowe moved to Hartford after her husband's retirement in 1864. There, she built her dream house, Oakholm, in Nook Farm. She later sold her mansion in 1870 due to the high cost of maintenance and encroaching factories. She remained in Hartford for 23 years after.

While living in Hartford, Beecher Stowe undertook two speaking tours, one along the east coast and the second through the western states. She promoted progressive ideals, she worked to reinvigorate the art museum at the Wadsworth Atheneum and helped establish the Hartford Art School, later part of the University of Hartford.

Beecher Stowe wrote some of her best-known works while living in Hartford, such as *The American Woman's Home* (1869), *Lady Byron Vindicated* (1871) and *Poganuc People* (1878).

Harriet Beecher Stowe died on July 1, 1896 in Hartford, Connecticut, 17 days after her 85th birthday.



Uncle Tom's Cabin was an eye opener book for many people in the North.



PIONEERING ECO-FRIENDLY HOTEL

How **Becker + Becker** is Turning the Vacated Marcel Breuer Building into a Hotel with Net-Zero Energy Standards

Story & Photo by: Joseph Victorino

On 500 Sargent Drive, New Haven, CT, the Becker + Becker architecture firm is carrying out a historic restoration and adaptive re-use of mid-century modern Armstrong Rubber Company Building aka Pirelli Building. The building was originally designed by Marcel Breuer in 1967.

The construction on the building will result in a hotel that will meet net-zero energy standards. This means that the hotel will generate as much green energy as it uses. According to their official Becker + Becker website, the hotel will feature recycled and local construction materials; high-performance envelope with industry-leading thermal insulation technology; energy recovery system; high-efficiency variable refrigerant flow, or VRF, air-source heat pumps.

Additionally, solar power generated from rooftop and parking canopy arrays to provide 100% of electricity for lighting, heating and cooling, and electric car charging stations. **The project is being led by the firm's president, Bruce Becker.**

"It's probably the most challenging project I've ever undertaken, particularly since we're doing it during a pandemic, but I've been intrigued with the building at least since I was a graduate student at Yale in the late '80s, and I thought it could be fascinating." Becker said in an interview with The New York Times.

Owned by Ikea since 2003, Becker + Becker has purchased the 2.5 acres from the Swedish company in 2019 for \$2.5 million. In total, the entire project costs about \$50 million.

"It will probably cost about \$5 per square foot more, but we'll be saving about \$1 per square foot every year on energy, so it really does make a lot of sense. It's an opportunity to create a new paradigm that the hotel industry can look at and study and learn from." Becker said in an interview with The New York Times.

Construction on the Breuer building began this past summer.

The building will have 165 rooms in total, which adds up to an area of 110,000 square feet. The hotel will include a restaurant on the ground floor, a gallery and meeting space on the top floor. The hotel will be a Hilton as part of its Tapestry brand.

Chesapeake Hospitality will be the operator of Hotel Marcel, which already runs 30-40 hotels on the East Coast.

According to their official website, the Becker and Becker Associates, Incorporated, aka Becker + Becker, was founded in 1950 by Nathaniel Becker and has been under the leadership of his son, Bruce Becker, since 1988. The firm is located in Westport, Connecticut.

The firm focuses on green supportive, affordable, and mixed-income housing, community centers, child and senior day care, and urban and historic revitalization projects.

"Becker + Becker seeks projects that are social and environmental game-changers: restoring underutilized historic buildings and transforming urban sites to enrich and revitalize communities," the Becker + Becker website said.

Named the Hotel Marcel, renovations are projected to be complete by next summer in 2021. All in all, the success of Hotel Marcel in the future will influence the of the hospitality industry all over the country.

New Green Hotel is Currently Under Construction

PEOPLE HELPING PEOPLE

Story by: Danielle Branch

A woman dedicated to her community comes up with creative solutions during stressful times.

Many have fallen on hard times over the last several months. And while the media seems to focus more on the division of our communities, some are taking matters into their own hands and adding a positive spin.

Christine Johnson, a real estate agent for REMAX, is one of those people.

Johnson had lived in Plainfield for twenty-six years and has settled down with her family in the neighboring town of Sterling.

"I love my job because I enjoy helping others," said Johnson. "You can't replace that feeling when you see how happy and excited your clients are."

Plainfield and Sterling are close knit communities and even share a high school. It has become apparent over the last several months how many people are struggling and feeling defeated.

"For twenty years this community has supported me," she said. "These are my neighbors, it's my hometown, and people are struggling".

Johnson uses Facebook as a platform to reach out into the community and discover where there are needs that need to be met.

Whether giving mugs to hairdressers and bus drivers to show appreciation, or hosting backpack drives and providing school supplies, Johnson sees no task too small.



Plainfield residents and their children join together to provide the Plainfield Police officers with Thanksgiving Turkeys

On any given day, residents may find a Facebook post from Johnson asking what she can do and seeking out volunteers to help her get it done.

The community always seems to pull together.

Some of Johnson's most memorable community projects have taken place during the coronavirus pandemic. These events included when she and volunteers provided Easter dinners and baskets to children, leaving Mother's Day gifts anonymously on doorsteps of mothers who had been nominated, dropping off waterslides and summer toys to children, and even gifting the local police and fire department with custom mugs and corn hole boards.

With Thanksgiving around the corner, Johnson has turned to holiday meals.

Volunteers have provided turkeys, all the fixings, and gift certificates to help Johnson make this another successful venture.

Enough turkeys were donated to also be able to gift the Plainfield Police officers each with their own turkey.

"One of the biggest struggles is that there are so many people," said Johnson. "Residents continue to reach out in their time of need and I already have people asking about toys for Christmas," she said.

Johnson urges people to get involved in their communities if they feel inspired to do so. Many are hesitant to reach out for help because they don't know it's there. But the combination of a simple Facebook post, the generosity of volunteers within the community, have all helped make it possible.

Not Your Typical Squash

Calabash Gourd: A Versatile Vegetable with Shapes to Amaze.

Story by: Maiquynh Truong

In the upcoming holiday season, it is not unusual for a family dinner table to have dishes pertaining to pumpkin, zucchini, and squash. But unfamiliar to many American households there is a certain member of this vegetable family that deserves some recognition.

Calabash or bottle gourd is a high climbing vine plant that produces edible fruit. Unlike a regular slim and elongated squash, the Calabash can produce various unique shapes that Western consumers rarely encounter. Other than the gooseneck variety, they can also be round shape, serpentine snake long and the recognizable pear shape bottle.

In addition, unlike Western squash which grows and spreads along the ground, Calabashes are preferred to be grown upward and their fruits are usually suspended in the air. Some growers believe that gravity played a part in shaping their unique fruit.

A hanging Calabash Gourd in the Garden

The Calabash plant was first domesticated in Asia, specifically China and Japan, followed by Africa 4,000 years later. It is unknown as to how the plant arrived in America, but the earliest sample dated back to 8,000 years. Despite its age-old presence, the Calabash is still a relatively uncommon plant to grow and market.

But if successfully grown to maturity the plant will produce young fruits that are mild and slightly sweet.

The gourd has smooth, sturdy light green skin and milky white flesh can be cooked in various dishes from stir-fried to soup.

When they are left to grow old, the outer wall of the fruit will harden while the previously soft innards will dry and shrink. At this stage, it is harvested to make utensils, instruments, and everyday items.

In Africa, the gourd is hollowed out and converted to liquid containers. It is also used to make musical instruments like harp-lutes, percussions, rattles and even toys and puppets. The Calabash can also be converted to string instruments that are common in India.



Gourd containers from liveauctioner.com

In Chinese culture, the gourd is referred to as *hulu* and is believed to be a carrier of health or good fortune. The dried Calabash are usually filled with water, medicines, or liquors. Fans of Asian cinema will instantly recognize these figure-eight shape *hulu* as they are often present in period pieces and classic kung-fu flicks like the *Drunken Master* (1978.)



Scene from *Drunken Master* (1978) - imdb.com

Today, bottle gourd fruits and seeds are available at local specialty/ethnic markets and can be grown at any tropical or subtropical area of the United States. In the Northeast, they can be planted during springtime and produce fruit until the end of summer.

If you are an avid or a hobbyist gardener, why not add the Calabash gourd to your next garden variety?

The quirky bottle shapes hanging in your yard will certainly perk some interest and bring smiles to neighbors and friends!



THE HISTORY OF *Thanksgiving* FOODS

Story & Photo by: Sarah Walsh

Most Americans know the origins of Turkey Day, also known as Thanksgiving, but the foods commonly served today were mostly not part of the original Thanksgiving meal in 1621.

The Thanksgiving feast foods have their origins in various places and made their way onto the Thanksgiving table over time. Cider, turkey, cranberry sauce, stuffing, sweet potatoes with marshmallows, and pumpkin pie are some of the United State's favorite Thanksgiving dishes. But where did they come from? And how did they become part of the holiday?



Favorite Thanksgiving dishes are cranberry sauce, sweet potatoes with marshmallow and pumpkin.

“The typical menu of Thanksgiving dinner is actually more than 200 years younger than that 1621 celebration...”

wrote Kathleen A. Curtin in *Partakers of Our Plenty*.

Cider

Before the 1800s, cider was “the drink of choice for Americans” wrote Kathleen A. Curtin in her book *Partakers of Our Plenty*. Apple trees were first imported to North America from Europe and apple orchards became common among New England families. It was once thought to be healthier than water and used to be the national beverage.

Pumpkin Pie

Pumpkin was cultivated by colonists since the 1500s. “English cookbooks featured pumpkin pie recipes from the 1600s” wrote Amanda Moniz for *The Washington Post*. It has long been a culinary tradition in England to fill crust with meat, vegetables, or fruit. By the 1800s, pumpkin pie was popular at Thanksgiving.

Cranberry

Cranberry berries had been raised and eaten by indigenous peoples of North America before the Mayflower's arrival. Cranberry sauce was probably not around in 1621. About 50 years later, however, it was often eaten by natives and colonists. A 1672 account noted “Indians and English use it much, boyling them with sugar for a sauce to eat with their meat.” By the 18th century, pairing turkey with cranberry sauce was common in North American cooking.

Turkey

The Wampanoag and the Plymouth Colonists often ate wild turkey. It is probably the only food that a modern Thanksgiving meal shares with the original meal of 1621. But no one knows for certain that turkey was eaten during the first Thanksgiving celebration. Edward Winslow, an author and leader of the Plymouth Colony, wrote that large amounts of fowl were eaten. But they were more likely to be “seasonal waterfowl such as ducks and geese” according to Curtin.

Sweet Potatoes with Marshmallow

Potatoes were not a typical part of the Colonist's diet in 1621. The sweet potato originated in the Caribbean and was cultivated in Spain, then imported to England, where it was rare and reserved for the wealthy. Toward the end of the 1800s, “Northerners discovered sweet potatoes-long eaten in the South-and incorporated them into a special meal,” wrote Moniz. In 1917, the Angelus Marshmallows company produced a booklet of recipes using marshmallows and the sweet potato and marshmallow combination was born.



VACCINATION

Needle with Caps in Packages

Is it Worth it to get Your Flu Shot?

Story By: Elizabeth Exley

Deciding whether or not to get an influenza vaccine each year has been a controversy amongst parents and people of all ages for years. Personally, I think it's important to get the shots needed to allow for your body to have the proper immunities to protect it from these diseases. Many studies have shown that these vaccines have helped billions of people from getting influenza illnesses every year.

During the Fall and Winter, the flu virus and those similar to it are much more susceptible to being caught. By getting the vaccine, you reduce your risk of going to the doctor for it by 40-60%. In 2018-2019, 4.4 million influenza related illnesses were prevented by the vaccines.

A main concern that many people fear is whether or not the vaccines are safe enough to receive every year. For over 50 years, hundreds of millions of people have gotten their vaccines safely with only 0.2 out of every million cases having an extreme reaction.

For over 50 years, hundreds of millions of people have gotten their vaccines safely with only 0.2 out of every million cases having an extreme reaction. These extreme reactions are rare due to the careful evaluation and approval of every vaccine by the FDA.

The flu vaccine will help prevent you from getting the flu, but there is still a slight chance of still getting a strain of it. However, by getting the vaccine you've helped your body gain some form of immunity to it and will reduce the severity of any flu like symptoms or passing it to someone else.

The more people that receive their vaccines, the less the illnesses could spread through communities and prevent those who are at high risk to catch it.

This kind of prevention is called having community immunity, which makes flu shots important for protecting others from influenza illnesses.

Children are more likely to catch the flu due to their weaker immune systems that haven't been exposed to nearly as much as adults. From the ages 5-12 years old flu vaccines significantly reduce the risk of death from the flu.

By giving them and everyone around them vaccines, it prevents it from spreading and protects any other children who could easily get it.

No doubt there are many questions about whether or not a vaccine for COVID-19 will have the same effects or if it will ever feel normal again. There will be a lot of back and forth on how long the vaccine will last, if the protection will be strong enough, or how often it will be required.

IT'S TIME WE NO LONGER LIVE IN FEAR SO WE CAN BE WITH OUR FRIENDS AND FAMILIES AGAIN.

Unfortunately, there really is no telling what those answers will be and we won't know until it happens. We all want to be with our families, especially during the holiday seasons, but with COVID going around, it's a scary risk.

Once the vaccines come out, it will probably work a lot like the flu shot and will allow for the masks and quarantining to end.



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macy's

THANKSGIVING DAY PARADE: PANDEMIC STYLE

Coronavirus Causes Cancellation of the Traditional Parade for the First Time Since World War II

Story by: Danielle Branch

The 94th annual Macy's Thanksgiving Day Parade will still go on despite the global pandemic. But with a twist. Macy's and the city of New York have worked together to deliver a "reimagined" parade that will be broadcasted live on NBC Thanksgiving morning, Thursday November 26, 2020, from 9am-12pm.



The event has changed quite a bit since it began in 1924. The first parade included elephants and donkeys and was known as "Macy's Christmas Parade," even though it was held on Thanksgiving.

The parade took shape during the Roaring Twenties, a time of prosperity and joy. It was staged by Macy's employees, many of whom migrated to America from Europe and wanted to stage a celebration like the ones in their countries.

The first parade followed a route from 145th Street and Convent Avenue to the Macy's store at 34th Street and Broadway.

There were three floats pulled by horses, four bands, and zoo animals from the Central Park Zoo—camels, donkeys, elephants and goats—that starred in the parade.

Santa Clause was last in the lineup, a tradition that continues to this day. In 1927 the first giant balloon, Felix the Cat, made its debut, and it moved from being played on local channels to being broadcast on NBC in 1952. Snoopy, the balloon that holds the record for most versions, was first flown in 1968.

The only time the parade was cancelled was from 1942-1944 during World War II. This was due to a shortage of helium.

Since 1924 over 3.5 million spectators have lined up and crowded the 2.5-mile route. The parade has contained over 8,000 participants including performers, marching bands, dancers, celebrities, students, and more.

This year the reimagined Macy's Parade will have 75% less participants and will not follow the 2.5-mile parade route.

The "parade" will be held around Herald Square in Midtown and will be televised from there with no spectators allowed.

Local high school and college bands have been pushed back to the 2021 Thanksgiving Day Parade which will hopefully follow the customary style of parades past.

Despite changes, there will still be some of the traditional big balloon characters. Instead of guiding them through the city streets with people hanging on to the guide wires, the floats will be pulled by vehicles.

There will also be performances by actors from four of Broadway's shut down musicals and other musical performances by professional musicians that will be staged in Herald Square.

The Coronavirus has cancelled countless events in 2020.

While the Macy's Thanksgiving Day Parade will appear different this year, the parade will still go on.



ANIME ON NETFLIX

An Impressive Collection that Continues to Grow

Story By: Kimberly Stanford

In 2014, Netflix took its first serious steps in the anime streaming business by producing its first original anime *Knights of Sidonia* manga (manga: a style of Japanese comic books and graphic novels) series.

The same year Netflix locked down the license to stream the popular action/adventure manga series *The Seven Deadly Sins* exclusively.

The Verge (theverge.com) said Netflix in 2018, by spending a sizable amount, has secured high-profile creators and studios like Shinichiro Watanabe (*Carole & Tuesday*), Production I.G. (*Ghost in the Shell: SAC_2045*) and Kyoto Animation (*Violet Evergarden*).

Although Crunchyroll is the anime streaming giant, Netflix has become second in choosing an anime streaming service.

Currently, Netflix streams several anime titles including anime titles that are Netflix Originals. Note that a Netflix Original can mean produced by Netflix or Netflix owns the exclusive license to air the program.

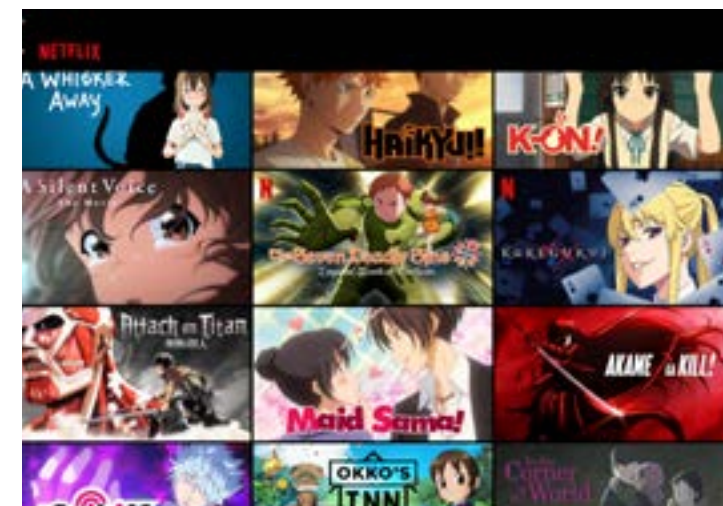
This article will highlight a small sample of anime titles labeled "Netflix Original" in the categories of Action, Children and Family, Dark Fantasy, and Drama.



Some anime that are available on Netflix

ACTION

- **Blame! (movie, TV-14, 2017):** Loner Killy emerges to guide and remnant of humanity desperate to survive through a self-replicating city bent on destroying all life.
- **Cannon Busters (series, TV-MA, 2019):** A friendship droid (S.A.M.), a maintenance robot, and an immortal fugitive make an unlikely team that search for S.A.M.'s best friend, the heir to a powerful kingdom under siege.
- **Dragon's Dogma (series, TV-MA, 2020):** Ethan is a warrior on a quest to hunt down the dragon that stole his heart. Ethan does not realize his true fate if he is successful.
- **Kengan Ashura (series, TV-MA, 2019):** Fighter, Ohma Tokita, becomes Nogi Group's representative in the Kengan Annihilation Tournament. A low-level employee of the Nogi Group is forced to be Ohma's caretaker. They form an unlikely bound during this brutal tournament.
- **Knights of Sidonia (series, TV-MA, 2015):** Earth was destroyed by a shape-shifting race called the Gauna in 2394. The story takes place thousand years later. Survivors of the invasion fled on massive spaceships. Pilot, Nagate Tanikaza, along with other knights flight the Guana that attack what remains of humanity.
- **Ni No Kuni (movie, TV-14, 2019):** When a life-threatening situation arises, two teens are transported another world. They set forth on a magical quest to save their friend and her counterpart. Love and an unfortunate rule that binds the two worlds complicates their quest.



Some anime that are available on Netflix

CHILDREN/FAMILY

- **A Whisker Away (movie, TV-PG, 2020):** A girl transforms into a cat to get closer to her crush. She may have stayed in this form for too long losing the ability to be human again.
- **Little Witch Academia (series, TV-Y7, 2017):** This story follows Atsuko, a girl without a magical background, who dreams of becoming a witch. She enrolls at Luna Nova Magical Academy hoping to be like her idol Shiny Chariot.
- **Dragon Quest - Your Story (movie, TV-PG, 2019):** To rescue his mother from the evil Ladja, Luca only hope is to find the heavenly hero who wields the Zenithian sword.





DARK FANTASY

- **Ajin: Demi-Human (series, TV-MA, 2016):** Student Kei Nagai discovers he is an immortal Ajin after being struck by a truck. Ajin are powerful creatures who create excessive amounts of invisible black matter (IBM). After this discovery, he is targeted by the government who want to conduct experiments on him. Beings like him have escaped from government control and want revenge. Kei must pick a side.
- **B – The Beginning (series, TV-MA, 2018):** Keith Flick (a genius investigator) and Koku (a seemingly normal boy) paths intertwine when Flick is tracking a serial killer – Killer B; and Koku is looking a lost companion.
- **Castlevania (series, TV-MA, 2020):** When Count Dracula's wife is burned for witchcraft, he commands his minions to kill all Wallachia residents. Outcast monster hunter, Trevor Belmont combats this threat.
- **Kabeneri of the Iron Fortress (series, TV-MA, 2019):** During the Industrial Revolution of the Samurai era, a virus infects humans turning them into Kabane. Uninfected humans live in fortified stations. They travel between stations on steam-powered locomotives that are constantly under attack.

DRAMA

- **BNA (Series, TV-14, 2020):** High schooler, Michiru Kagemori, turns into a tanuki beastman. She travels to Anima City for refuge and a way to return to normal.
- **Japan Sinks 2020 (Series, TV-MA, 2020):** As the Motoh family go about their daily lives, a series of powerful earthquakes cause massive destruction throughout Japan which changes their lives forever.
- **Violet Evergarden (series, TV-14, 2018):** This series follows an Auto Memory Doll (a ghost writer for those who cannot write themselves) Violet Evergarden. She lost the use of her hands as a child which are replaced with mechanic ones. Each episode focuses on clients she helps.

Netflix stream several other anime titles other than "Netflix Originals." They cover several genres from the classics to recently released.

Some other titles included in their impressive selection are *Attack on Titan* (TV-MA, 2013), *Berserk* (TV-MA, 2012, 2013), *Bleach* (TV-14, 2006), *Toradoras* (TV-14, 2008), *Parasyte* (TV-MA, 2014), *The Dragon Prince* (TV-Y7, 2019), *One Punch Man* (TV-14, 2015), and *Your Lie in April* (TV-14, 2014).

Netflix provides their anime lineup in their original language but most of their selections are dubbed in other languages including English.

Netflix will continue to add to their outstanding anime lineup with *Pacific Rim*. Comicbook.com announced Netflix has confirmed "for a 2021 release, the series is officially titled *Pacific Rim: The Black* follows a pair of siblings and their battered, long-abandoned Jaegar as they battle across a continent of danger."

POD FOR THOUGHT

By: Maiquynh Truong

3 Podcasts You Should Definitely Check Out

THE DAILY
NEWS/POLITICAL



Produced by the New York Times and hosts by political journalist Michael Barbaro, the Daily Podcast provides listeners with daily analysis of current hot press issues. Unlike a typical news update, Barbaro sits down with experts and fellow journalists each episode to discuss the different aspects of the latest breaking news and problematic current events. This podcast is a great way to get the most information on the latest issues we are facing today. Instead of getting snippets on social media which can be tamper with bias and misinformation, the Daily provides reliable investigations and analysis. Listening to this podcast will surely keep you focus, especially while doing chores or during an extended drive.

CONAN O'BRIEN NEEDS A FRIEND
COMEDY



Known for his lightning-quick quips, self-deprecating jokes and incredible improved skills, Conan O'Brien's talent truly shone in the form of podcasts. What really makes the show a true head turner is the hilarious on-mic interactions Conan has with his co-hosts: his assistant, Sona Movsesian and podcast producer, Matt Gourley. You are guaranteed to laugh your head off in every single episode. Tune into the Michael Che episode to hear Conan reads *Fifty Shade of Gray* out loud as a jittery auctioneer or the Dana Carvey episodes to audibly witness the pair impersonate Paul McCartney talking to the ghost of John Lennon.

QANON ANONYMOUS
INVESTIGATIVE



Created and hosted by three free-lance American journalists and an English correspondent, the focus of the podcast is to deliver the latest updates concerning the far-right conspiracies group: QAnon. Tune into the podcast to hear the crew present their weekly investigations into this fringe movement, uncover unfathomable cases involving their members, and check in on the increasing amount of QAnon believers currently in our government/popular culture. The most impactful episodes are the one involving the hosts going undercover in QAnon rallies and marches to record the happenings of their gathering. You have to listen to believe the intensity and the insanity of things people chose to believe in.



Canggio is located at 20 Lafayette Street, Norwich, CT. Canggio's hours are Wednesday through Sunday 5 p.m. to 9 p.m.

"We are a[n] American Peruvian restaurant serving American food with a Peruvian flair in a classy yet casual dining room."

This restaurant's atmosphere is low key yet cozy, inviting, and casual. The lights are dimmed enough to give the crisp and clean interior a relaxing atmosphere.

The wait staff was attentive, cheerful, and friendly without being overly present. They were also knowledgeable about the menu, the wine, and the beer selection – offering recommendations if asked.

Canggio offered a decent selection of wines. The restaurant also offered wine at a discount; customers could pick their selection from a wine display. Canggio also offers a generous variety of beers without being overwhelming. Beer choices include pilsner, ale, IPA, lager, and porter. The menu also had specialty drinks varying from martinis, to cocktails, and to margaritas while offering a full bar.

The meal started with a Flat Tire ale and a tall Green Tea drink (the adult version).

RESTAURANT/ BAR REVIEW

By: Kimberly Stanford

The appetizer was two hand-made, chicken, cheese, and tomato-stuffed empanadas served with kalamata (olive) aioli and aji verde (Peruvian sauce containing cilantro, jalapeno, parmesan, and lime juice). The empanadas were crispy on the outside while light inside. The chicken stuffing was flavorful, and the dipping sauces complemented the dish well.



Empanadas Appetizer

Two meals were ordered for the main course, one was Jalea (fried seafood platter of calamari, white fish, shrimp, mussels, and Yuca fries (a starchy root vegetable). The portion was filling. The food was fried golden but not overdone, and the batter was lightly seasoned so the seafood flavor would be unhindered. Not having Yuca fries before, it was a nice change from French fries, having a lighter taste and a slightly grainy texture.

The second entrée, Lomo Saltado which was sauteed sliced steak, tomatoes, onions in a pan sauce tossed with fries and served with a garden salad, rice and a fried egg. This portion was also filling. The French fries absorbed the flavor of the steak and sauce nicely.



Passionfruit Cheese Cake Dessert

Jalea Entree & the Lomo Saltado dish.

Two desserts were ordered. One dessert was cheesecake with a passionfruit topping. This dessert was unexpected but delicious. The topping was not a fruit sauce poured on top but a sweet and slightly sour puree seemingly infused on top the cheesecake while being baked. The cheesecake itself had a creamy texture.

The second dessert was Picarones. The Picarones were a mixture of pumpkin and sweet potato served in a doughnut form with a syrup lightly poured on top. The actual doughnut is not sweet, but the doughnut was lightly crisp, and the inside was tender - seemingly flavored with only the natural flavors of the pumpkin and sweet potato.

After a pleasant meal in this cozy setting, the bill was a nice surprise. For a cocktail, beer, an appetizer, two entrees, and two desserts the cost was eighty-two dollars without tip.

Canggio offers a nice change from the ordinary for a reasonable price. Check out this nice find tucked away in an unusual location.



Recipe

'Buckeye'

By: Elizabeth Exley

What a better way to celebrate *Thanksgiving* than a family tradition of making our own version of buckeyes. If you don't know what they are, Buckeyes are peanut butter balls covered in chocolate, but my family adds a little something extra. This easy recipe makes for a great addition for your family *Thanksgiving* desserts or just to have as a snack!

Ingredients

- 2 cups of Peanut Butter
- 2 cups of Rice Krispies
- 1 box of Conf. Sugar
- 1 stick of butter (softened)
- 1 package of chocolate chips
- ½ bar of paraffin wax

Steps

1. Combine peanut butter, rice krispies, conf. Sugar, and butter.
2. Roll mixer into bouncy ball sized balls.
3. Melt chocolate chips and wax in a double boiler.
4. Dip peanut butter balls in chocolate mix and put on a cookie sheet lined with wax paper.
5. Put in refrigerator until completely cooled.



A Bowl of Buckeye

A
Family
Tradition

THANKFUL
THE
CURRENT
STAFFS
APPRECIATE

2020 HAD BEEN A WILD RIDE. WE'D LIKE TO TAKE A MOMENT AND APPRICIATE THE LITTLE THINGS IN LIFE THAT HELP US THROUGH EACH DAY!

Kevin A.

I am thankful to be in a position where I can guide such creative students through their educational journey. They not only continuously impress me with their work but are a source of inspiration for my own creative endeavors!

Danielle B.

This year allowed me to slow down and fully appreciate all the things I am thankful for. I am thankful for my children for keeping me young at heart, my family for keeping me grounded, my amazing friends for being my voice of reason, and I am thankful for a cozy home full of all of my favorite people.

Elizabeth E.

Although this year has been hard on everyone, I have been very lucky with the opportunities I've been given. I am incredibly grateful to have been able to move into a house with some of my best friends in Maine. Because of this opportunity I will be able to start my apprenticeship to become a tattoo artist.

Francisco L.

I'm grateful because despite everything the world is going through me and my family are healthy and have not lost our jobs!

Kimberly S.

I'm grateful everyone close to me is doing well in these crazy times.

Maiquynh T.

I'm incredibly grateful for my family and friends, who despite our distances were always there for me when I'm in need. I'm also thankful to all the healthcare workers working endlessly to save lives and the essential workers who make our quarantine life easier.

Joseph V.

I'm thankful for the understanding and support from everyone in my life. To say that this year has been difficult is an understatement. However, knowing that I have people who I hold dear that I can lean on and find comfort in makes each day, just a bit more bearable.

Sarah W.

I'm thankful for the opportunities I've had to pursue a career and a life I want, and for all the people, family, friends, and mentors, who have supported me in my pursuits throughout my life.

*Have A Safe, Healthy and
Happy Holiday!*



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