

CURRENT

SPRING 2021, VOLUME 22, ISSUE 09



WOMEN'S HISTORY MONTH

HOW TO CELEBRATE ST. PATRICK'S DAY FROM HOME

MOVIE REVIEW: MALCOLM & MARIE



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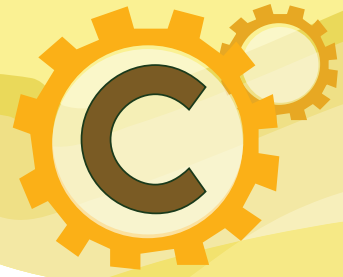
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MARCH IS: WOMEN'S HISTORY MONTH

by William Silva

This month is a celebration of women's contributions to history, culture, and society. In the United States the month of March has been celebrated annually since 1987. Women's History Month 2021 will take place from Monday, March 1-Wednesday, March 31, 2021. The National Women's History Alliance selects and publishes the yearly theme. According to the National Women's History Museum, the National Women's History Alliance has announced that the annual theme for 2021 is "Valiant Women of the Vote: Refusing to Be Silenced."

Women's History Month is a reminder for us to honor the often-overlooked contributions of women to America's history. This includes contributions from history's prominent female

figures like Abigail Adams, Susan B. Anthony, Sojourner Truth, and Rosa Parks. The timeline of women's milestones reaches back to the founding of the United States.

Something that many people don't know is that Women's History Month first started as Women's History Week. It all began as a local celebration in Santa Rosa, California. This was planned and executed in 1978 by the Education Task Force of the Sonoma County Commission on the Status of Women. The week of March 8th was selected by the organizers so that it would correspond with International Women's Day. From here the next step was to get national recognition

In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week. In his message Carter made a statement that truly advocated for all women.

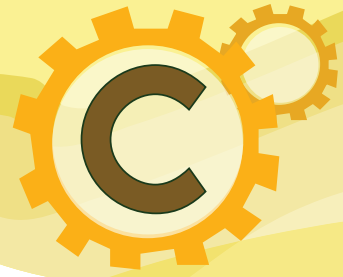
"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength, and

love of the women who built America was as vital as that of the men whose names we know so well.

Presidents after Carter continued to proclaim a National Women's History Week in March until 1987. This was the year in which Congress passed Public Law 100-9, designating March as "Women's History Month." From there the rest is history.



A monument showcasing the accomplishments of Harriet Tubman.



BRING IN THE NATURAL HAIR!

How an alliance of organizations is changing the workforce by Brent Meraviglia

Black women are 80% more likely to agree that they must change their hair from its natural state to fit in at the office. This is from the Dove CROWN research study in 2019. As a result of data like this and discrimination, The Crown Act has passed in 7 states and is being looked at in Connecticut.

The Crown Act is a law aimed at stopping discrimination versus hairstyles. Many are forced to conform



and wear their hair a certain way that is deemed professional or acceptable in public. For some, this requires

products that contain damaging chemicals and have long lasting effects on hair or controls culture norms. The Crown Act official website states “The CROWN Act, which stands for “Creating a Respectful and Open World for Natural Hair,” is a law that prohibits race-based hair discrimination, which is the denial of employment and educational opportunities because of hair texture or protective hairstyles including braids, locks, twists or bantu knots”.

Both men and women have been targeted at school or at work for cornrows, afros, bantu knots and more. The hair type most targeted is “coily” hair, also known as type 4 hair. Not to be confused with curly hair, coily hair is naturally very dry and almost spongy. This type of hair is very tight and without the right care, can be very difficult to take care of. This hair type can easily break combs other may be free

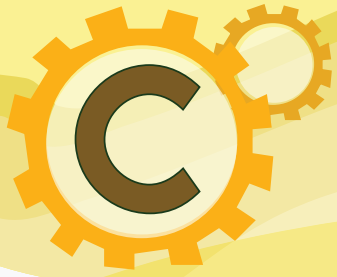
to use.

The Crown Act was first successfully passed into law on July 3, 2019 in California. Since then, it has been passed in Washington, Colorado, New York, Virginia, Maryland, and New Jersey. The Crown Coalition was founded by Dove, Color of Change, The Western Center on Law and Poverty and The National Urban League. Dozens of companies both support and are a part of the coalition.

Legislation for the Crown Act was already raised last year and passed 11 to 3 but did not make it to the house due to COVID-19. State Representative Robyn Porter supports the law. Porter said, “Many of us are judged, reprimanded and passed over for promotion or even fired for the way we wear our hair to work,” in an interview with NBC Connecticut. Passing this law would allow Connecticut residents to sue for



hair discrimination. Connecticut Senator Julie Kushner also wishes to pass the law. She said “We don’t want any unclarity as to whether natural hairstyles are protected under current statute,” in support of the act.



STUDENT SPOTLIGHT:

by Alex Slane

Here at Three Rivers, we have a very talented group of people making up the student base. Between all the different programs and certificates, we're surrounded by people who will surely move on to do great things.

For example, former student and member of the Current, Drew Denis and his team have just printed their first comic!

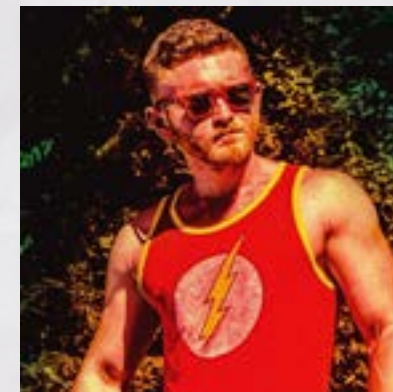
"The Price a Hero Pays" by A Hero Story follows the story of a father comforting their sick son in the hospital with the story of a great hero by the name of "Aspire". This hero story is different than most as you see inside the mind of "Aspire" and see how they handle the internal struggles that come with the responsibility of being a superhero. It's a great story and it's told very well. I could go on and on, but you should experience the story for yourself!

A HERO STORY: THE PRICE A HERO PAYS



The front cover for issue 1 of The Price A Hero Pays

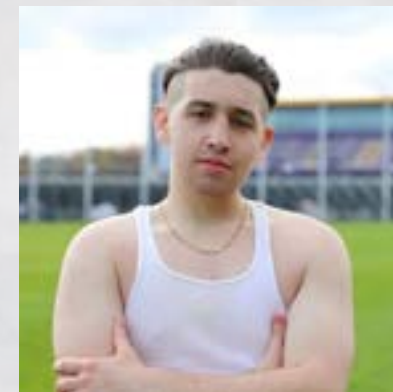
A Hero Story Comics, comprised of Drew Denis, Hunter Murray, and Josh "JD" DeGrazia have been making content since



Drew Denis, Colorist and Letterer

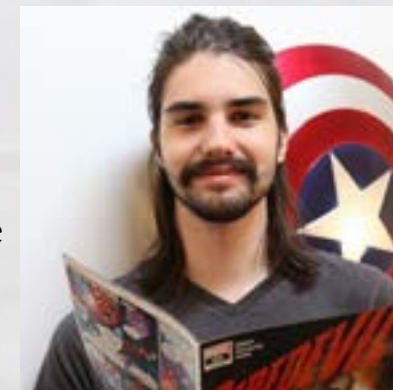
2017 with their podcast. This will be their first printed comic!

This is a story made by fans for fans. The team is made up of long-time comic book fans who have a story to tell and want to share it with other comic book fans.



Josh "JD" DeGrazia, Writer

The project's campaign was hosted on a crowd funding website called Indiegogo. "The Price a Hero Pays" had a crowd funding goal of \$2,000 and offered a variety of perks for those willing to help make the project a reality. They were able to reach \$2,086, meaning



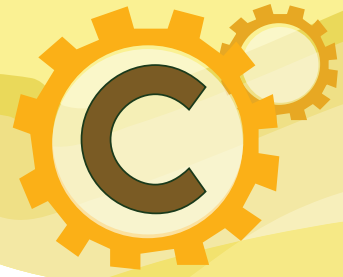
Hunter Murray, Artist

they achieved 104% of their goal! The campaign allowed for digital and physical copies to be produced and sent to supporters. The perks included bonuses from getting copies of the comic from being an extra written into the story! There's also a page in the comic thanking the backers with a list of their names.

The team is built of only three members. Josh "JD" DeGrazia has the role of writer, Hunter Murray is the artist, and Drew Denis is the Colorist and Letterer. Having such a small team makes this feat all the more impressive. You can check this comic out on the website: www.aherostorycomics.com



Various merchandise sent out to backers of the Indiegogo campaign.



COURT CASE BACKLOG

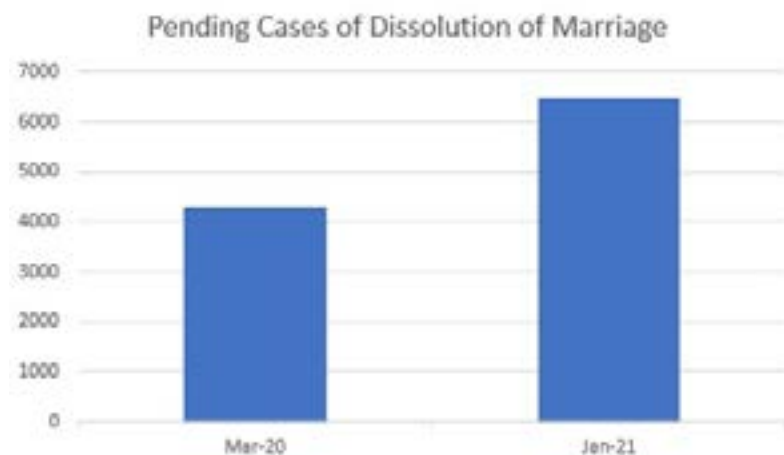
But wait, there is more.
by Brent Meraviglia

Legal battles among other things are now facing a backlog due to the pandemic. Chief Administrative Judge for Family Matters, Michael Albis reported that there is a severe number of backlogged cases. He said, “It’s in the thousands.” This includes divorces, evictions, smallclaims, seeking protection and more.

While it is common for hundreds of cases to be pending, limited staff and the current situation of the pandemic has tested the courts. This backlog is the result even though courts never fully closed throughout the pandemic. Albis said, “Despite all that we did, it was impossible to keep up with all the cases. With limited staff, limited courts open, limited ability to have people come into the courtroom”.



A Connecticut Superior Court House



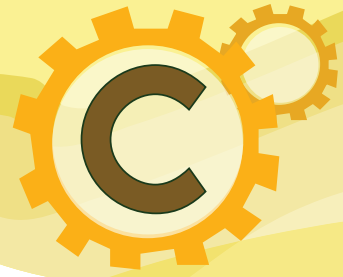
For instances like divorce, this situation has taken an emotional toll on those who are stuck waiting for months longer than originally anticipated. For example, if certain motions in a divorce are considered non-urgent, it takes even longer for a judge to address it. This may include child support or other things threatening someone’s way of life.

Mostly all hearings have moved virtually and over 6,500 more are scheduled for the upcoming months. Bruce Meraviglia, a local resident recently went through the process while evicting a previous tenant. “Everything was online, and I could only see the judge during the hearing. The

person I was disputing had been blacked out. Everything went smoothly and there were no issues with technology, but it was delayed for many months. For me it was a minor inconvenience due to the situation, but I can imagine the difficulties for someone else”.

For many, this is prolonging situations many wish ended months ago leaving lasting emotional effects from divorces to cases regarding money that may affect someone economically. Along with the backlog, all jury service has been suspended until April 30th.





COVID: A MENTAL HEALTH UPDATE

by William Silva

In 2020 the world watched as China was the first country overwhelmed by the COVID-19 virus that killed almost 90,000 people. From here the virus then spread to Spain and Italy. Italian residents took to social media to plead with Americans to heed their warnings. They warned us to take social distancing seriously, as they watched their senior citizen population be annihilated.

America began to take the virus seriously mid March 2020 as states shut down social gatherings, schools, businesses, and all forms of physical interaction between people. Following this lockdown on March 25th the nation watched George Floyd's last breath get taken as a white police officer's knee strangled the life out of him. This caused riots and chaos within the city of Minneapolis, Minnesota. Floyd's death quickly became known around the whole country causing a strong divide between Black Lives Matter protesters and white supremacists. Boiling racism has further traumatized American citizens and



Increased phone use during quarantine.

continued to undermine mental health. With all of this combined, mental health has been harder than ever to maintain. It was one year ago that the World Health Organization declared COVID-19 to be a pandemic. Right now as the pandemic persists we are seeing the highest levels of anxiety and depression out of the whole timespan that the virus has existed.

The 2021 State of Mental Health in America report confirms the trend that mental health in the United States continues to get worse and many states are ill-prepared to handle this crisis. The report reveals that policy makers at every level of government need to act immediately.

According to the Kaiser Family Foundation "mental health issues have increased during the COVID-19 pandemic. On average, more than one in three adults in the U.S. has reported symptoms of anxiety and/or depressive disorder since May 2020. In comparison, from January to June 2019, approximately one in ten adults reported symptoms of anxiety and/or depressive disorder." This increase in mental issues is alarming, but there are things citizens can do to deal with it.

According to the Centers for Disease Control and Prevention, there are several ways to cope with stress. An important suggestion is to "take breaks from

watching, reading, or listening to news stories". This can mean shutting off your television and sitting outside or going on a long drive somewhere. Another suggestion is to focus on your body. This involves taking slow deep breaths, eating healthy, exercising, and getting enough sleep. Connecting with others and community or faith based organizations is also suggested. Therefore even though this is a hard time for our country, there are still things we can do to stay healthy physically and mentally.

Ad



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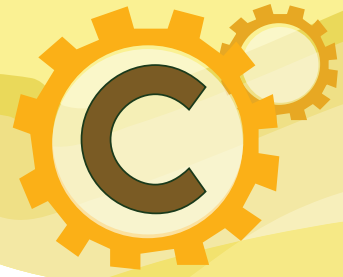


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IN PERSON LEARNING DURING COVID

by Alex Slane

Last year when the pandemic first started, schools were forced to shut down and begin remote learning. With little to no time to adapt to this change, teachers, students, and parents alike were struggling. Luckily, summer was right around the corner and the schools only had to hold off for a few months. However, once the summer was coming to an end, schools had to consider what the plan would be for the new school year.

With restrictions slightly lifted, they began adapting to the new guidelines and preparing for in person learning.

After taking a trip to local school, Wildwood Christian School, you can get a good look at how schools and teachers are handling this new way of teaching. Wildwood is a local school that houses students in preschool through eighth grade. To begin in person learning again, major changes needed to be made within the classroom. Some obvious changes such as spacing out seating arrangements, installing plexiglass, and having to wear masks are a given, but many smaller more specific changes had to be made as well. For example, students are unable to enter the building until school is set to begin due to the guidelines set. After talking to some teachers, you can learn how some of the changes have affected how the class is run. To start, the teachers no longer have much of any preparation time for their class. This is heavily influenced by the class always being in the same room. No preparation time makes it a lot more difficult and hectic for teachers.



The outside of Wildwood Christian School



Latin class being taught by Beth Dickerson

learning, digital learning is still available. Having to manage both in person students as well as online students is very difficult for teachers.

One thing many teachers mentioned is how unfortunate it is to have lost a lot of the social aspects of school. Due to having to stay in such close proximity to the teachers, students have lost their freedom and privacy to be themselves out of sight from teachers. For many, school is normally very social driven and without this aspect, the teachers feel bad for the students. For a while, some classes were set up outside to help feel less claustrophobic, but the cold weather has put a stop to that.



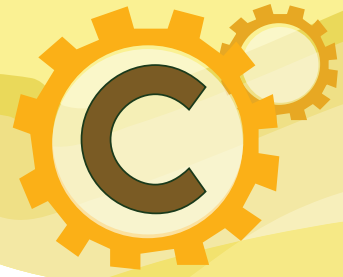
Wildwood's Principal, Kathy Anderson

As mentioned before, the students all remain in the same classroom during the day. Instead of having lunch in the cafeteria, they now eat at their desks. In fact, the teacher also cannot get up to get materials, so they have to keep everything they need on hand. The desks are spaced out with plexiglass dividers between them, and the students remain masked throughout the day. Of course, if a student does not feel comfortable with in person

learning, digital learning is still available. Having to manage both in person students as well as online students is very difficult for teachers.

To find out a bit more of how this feels for the staff, principal Kathy Anderson was asked what the worst and best thing about their situation was. She begins by saying that everyday something can and will come up that you can't always be prepared for, which can cause a lot of stress on everybody. However, she goes on to describe the greater feeling of community everyone is feeling because of this. Everybody has a greater drive to

keep things going to keep everyone safe and are willing to put in more work to achieve this.



BUSINESSES DURING COVID

by William Silva

Due to the changes that the pandemic has had on everyday life, certain businesses have plummeted financially while other businesses have prospered. Small businesses have been devastated by the pandemic and plunged millions of Americans into poverty last summer and fall. Several themes emerged as businesses struggled. First, just a few weeks into the crisis, mass layoffs and closures had already occurred. Second, the risk of closure was negatively associated with the expected length of the crisis. Another theme that caused even more problems is that businesses had widely varying beliefs about the

likely duration of COVID-related disruptions.

While many small businesses have struggled, certain companies have seen benefits.



increase in users since in-person dating has diminished. The dating sites have

added video chat features so that people can have face to face conversations virtually rather than risking spreading the virus. However, even though Tinder has seen an increase in user engagement, the app has not had a big increase in paid memberships since most Americans are currently struggling financially.

Big food and beverage companies seem to be taking advantage of the pandemic by using it to push their products.



Reports have been made on companies like McDonald's, Krispy Kreme, Heineken, Red Bull, PepsiCo, Coca-Cola, and Lay's. These companies were responsible for giving healthcare workers free meals, donuts, or energy drinks, or by creating new packaging that highlighted or thanked front-line workers. "It is a bitter irony that companies such as tobacco, alcohol and junk food, whose products increase the risk" of diseases "thereby putting people at higher risk of suffering through the pandemic, have positioned themselves as heroes and partners in the response

and have interfered in public policies that seek to protect population health," said Lucy Westerman, policy, and campaigns manager with the NCD Alliance and report co-author, per the NCD Alliance. This statement from Westerman really gives some perspective to how companies can twist the perspective of the consumer to make themselves look better.



Tinder's Logo

Dating sites such as Tinder and Bumble have seen a significant



5 Things to do at home for St. Patty's Day

by Gillian Taylor

Although we may not be able to go to parades and festivals this year we can still celebrate St. Patty's Day at home! Below are five ideas of things you can do at home to put you and your family in the festive mood!



1. Drink Green Beer

One of the biggest traditions of St. Patty's day is drinking green beer! Whether you make it yourself or simply go out and buy a pack it is a nice touch to add to help celebrate St. Patty's Day.

2. Plant Shamrocks

Planting Shamrocks is an easy one to do with your kids to help them feel more festive. When planting the shamrocks you should be putting lots of positivity into the atmosphere to help promote good luck. This way you may end up with a lucky four-leaf clover!

3. Make St. Patty's Day Crafts

This one is fun for all ages. With kids you can make shamrock wands, fun leprechaun masks, and golden coins. Even adults can join in on the crafts and can make tiny leprechaun homes or even just make a fun and wacky hat.

4. Bake Festive Desserts

Baking and decorating cookies or cupcakes can help you get in the festive mood for St. Patty's day! You can make bright green frostings and buy cute shamrock sprinkles. If you want to get creative, you could even make little pots of gold or a rainbow out of cupcakes!

5. Make a traditional meal

Finally, you can cook a traditional meal with your family! You can make a traditional Irish stew or even make the more updated version called Corned Beef and Cabbage. If you are looking for a recipe to follow check out page 20 for an easy-to-follow recipe!

Corned Beef and Cabbage Recipe

by Gillian Taylor

St. Patty's day is not only known for green beer but also corned beef and cabbage. Every St. Patty's day families all over the world prepare a traditional meal called corned beef and cabbage. This dish routed from Irish immigrants bringing over traditional recipes to America. In Ireland it was cheaper to buy pork but, once they immigrated to America the cheaper meat was now beef. Meaning they needed to adapt.

Since America was the melting pot, the Irish community began tasting all types of food they had never before. It was the Jewish delis that introduced them to corned beef. Meanwhile the cabbage was simply because it was a cheaper alternative to say potatoes.

Cooked all in the same pot creates a unique and tender dish. Cabbage can be served with white vinegar and the beef dipped in mustard gives your meal that zing. This recipe does take a while to cook but it is worth it in the end.



Corned Beef and Cabbage on a platter, ready to be served



The cooking process

Prep Time: 1 hour

Cook Time: 4 1/2 hours

Ingredients:

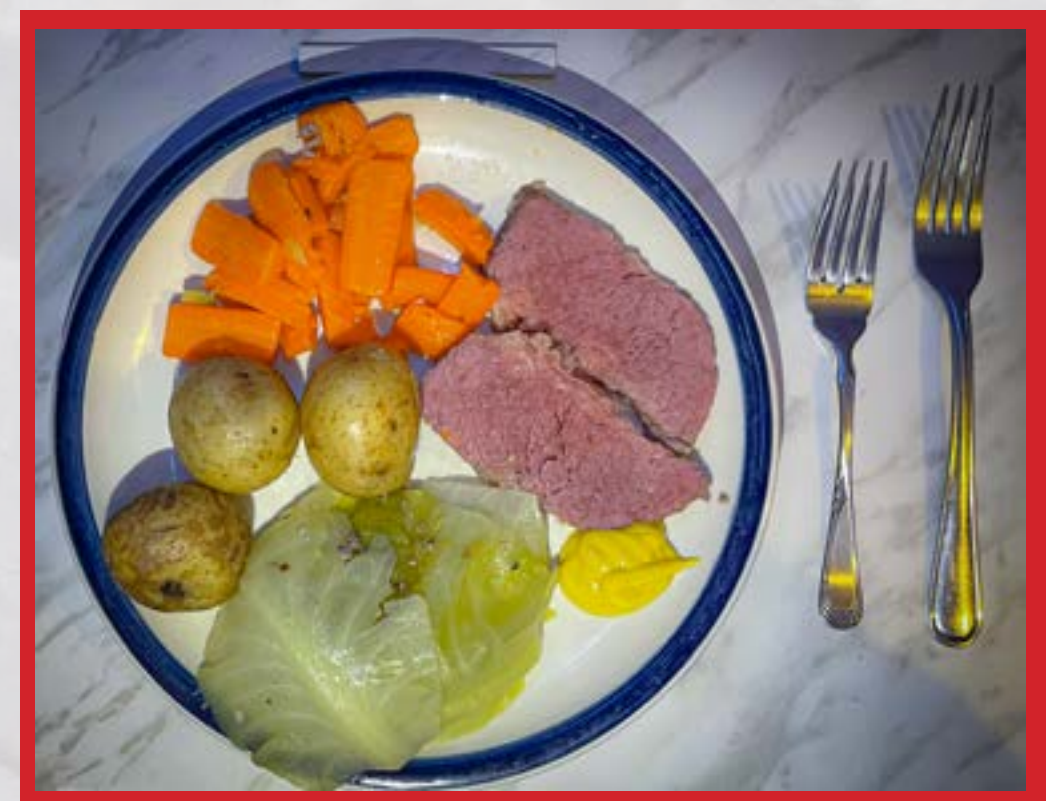
1 (5 1/2 pound) corned beef brisket

2 large onions

15 small white (Irish) potatoes

10 carrots, cut into 1-inch pieces

2 heads cabbage, cored and cut into wedges



The final results, plated with Corned Beef, Cabbage, Potatoes, and Carrots with some mustard.



A DIFFERENT TAKE FOR A NETFLIX ORIGINAL

A Review on The Tumultuous *Malcolm & Marie*

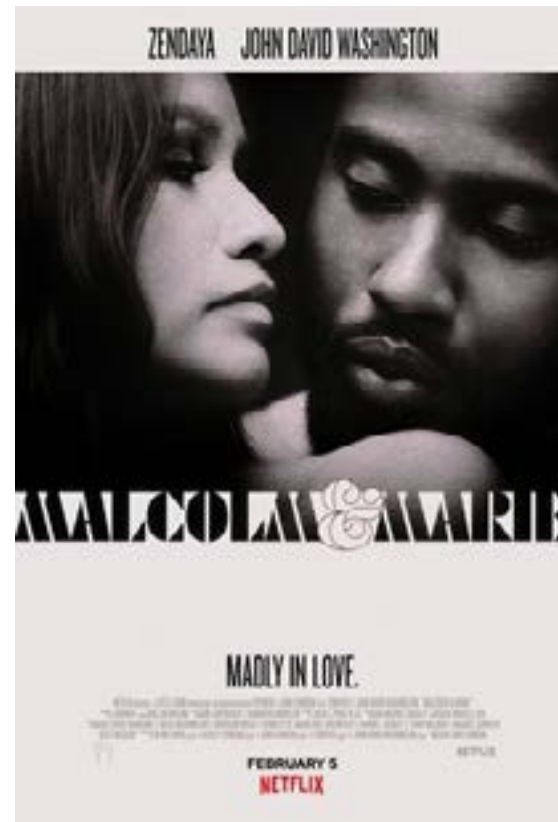
by Emme Romanelli

Malcolm & Marie is one of Netflix's more recent films which was curated in quarantine. Starring the well-known Zendaya alongside the slightly unheeded John David Washington.

Some background on this film, it was a project more so than a money-maker. Writer and Director Sam Levinson put energy into making this a piece of art rather than focusing on what will fill theaters. That was especially important in this COVID-reality, and as a result the two-person cast fit well with the times.

The movie takes on the story of one continuous night between a long-standing couple in a standoff style argument. The tale follows the highest of highs and the lowest of lows for both parties all in one night.

This movie is visually interesting in that it is shot completely in black and white. And the music choices give a jazzy, 1950's vibe when utilized. Overall, it is simplistic and plain, in the most



Malcolm & Marie Movie Poster

beautiful way a story can fall.

This is a film that will leave viewers feeling emotionally exhausted, so if you are at all experiencing romantic troubles it may be best to wait. The entire movie gives viewers a sense of the relationship being followed. But it also begs the audience to question their own standings, whether in a relationship or not.



The Cast of Malcolm & Marie, Zendaya and John David Washington

While the overall tone of the film is anger, there are lighthearted and comedic moments which show through, whether the character shows it as intentional or not. These moments help refresh that through all the anguish, all we are really looking at is two complicated people.

There is so much that happens in what feels like much more time than the hour and forty-five-minute run, but that is because the way it is shot feels like there is no break, as though we are following the characters every single move. All while this argument takes up a whole night.

This movie is one that will make you think, the way the characters tear one another down and build each other back up will have you contemplating about yourself and those around you. The micro

analyzing of each character tears them apart in ways that are uncomfortable because they are so honest and cruel but fix it within moments.

I would recommend this movie to some people, but not all. It is absolutely an acquired taste and begs attention for a full understanding. And if someone is not ready to think about any problems in a relationship, this may not be for them.

All in all, this film is gorgeous in the way it is visually portrayed and written. The simplicity pulls down the blockbuster expectations and focuses solely on the content. It is all just two humans trying to get through the world together.

A REVIEW OF BOOMING DELIVERY SERVICES

Will the Corona Virus surge last?

by Brent Meraviglia

Mask, hand sanitizer, keys, wallet, start the car, drive. This is the list of steps most Americans go through amid the pandemic whenever leaving the house. Rather than taking a risk, many are reaching out to delivery services such as DoorDash, Uber Eats and more. While it is convenient, it comes at a cost.

Customers may experience a 15-40% markup for the same item they could have ordered directly. The product, service fee, taxes, delivery fee and tip all play a role in the overall cost. Something a consumer may have been able to get for 20\$ is now 30\$ after fees. Although many consumers are struggling economically, they still see delivery services as an option to receive food from local businesses for safety reasons.

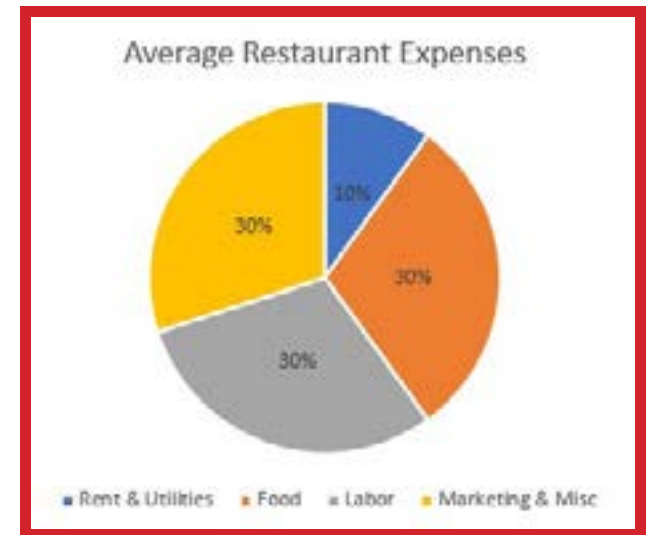
While it is convenient, there are still negative effects on the business consumers are ordering from. Delivery services may take up to 30% profit with partnered businesses. For example, food delivery service GrubHub offers a 4% fraud protection fee, a 15% marketing fee (up to 20% optionally), and an optional delivery service fee at 10%.

While delivery services potentially bring more business, the profit margin is lower. Businesses such as McDonalds may not be affected too greatly but local businesses will. Due to the pandemic, business for local restaurants may already be failing.

With the same convenience and safety comes another risk. It can be argued that the added extra step of a third-party delivery person could increase risk to COVID-19 in another way. If this person delivering food to your home has been on shift for many hours, chances are they have visited multiple businesses and have met many people. This includes touching plenty of surfaces. Expecting someone to also wash their hands in between every delivery while on the road constantly is unrealistic.

Running a delivery service is also not cheap and profit margins are just as tricky for them. Due to the pandemic, some businesses are still open because of these services. Economic aggravation has brought more attention to the operation costs.

Ankit Harpaldas, a local Connecticut business owner sees both sides. Harpaldas said “Everyone has to eat; everyone has to make money. Grubhub or Uber--they’re not running charities,” he says. “But I think they should maybe look at it more from the restaurant owners’ perspective, especially for the smaller businesses--the national chains have different advantages than we do. And maybe charging them something different than us makes sense.”



Alternatively, consumers should research the apps they are using and determine added fees ahead of time before confirming a purchase. If you are aiming to support smaller local businesses, picking up food directly is the best option. Remember that convenience comes at a cost.

DIY RECYCLED PAPER

Fun and easy way to recycle paper.

by Gillian Taylor

It's safe to say that we all have an excess amount of paper lying around our homes. Whether it be old bills, school papers or just random documents. There always comes a feeling of guilt throwing it all out, being able to recycle the paper into new pieces of paper, any color or size you want is awesome.

During this pandemic we are all looking for things to do to pass the time. People all over the world are picking up new hobbies and revisiting old ones. An app called TikTok has helped show millions of people new hobbies and crafts to do at home. That is where this DIY paper was found, on TikTok.

All the videos made it seem so easy but, there were some struggles that came along with it.

Prep Time: 1 Hour

Dry Time: 24 Hours

Supplies:

- Old paper
- Acrylic paint
- 2 picture frames
- Mesh material
- Flat tacs or a staple gun
- 1 sponge
- 1 large bucket
- Towel
- Blender
- Water



The final result in use

Step 1: Make the mold

When making the mold you can use any size picture frame you want, it all depends on what size you want your paper. You only need the frame, so take out the glass and cardboard to leave an empty frame. Next, you need to tightly wrap your mesh material around your frame (you should



A photo of the frame with the mesh

be wrapping it around the backside of the frame) and secure it in place with either the flat tacs or a staple gun. When doing this think of it like wrapping a canvas, it needs to be taught. The other frame you have will be used later.



Blending the paper mixture

Step 2: Blending the Paper

First you want to either shred or cut up all your old paper into tiny bits. Once it's all cut up you then combine water, paper, and acrylic paint in your blender. Blend until smooth.

Step 3: Making the paper

This part can be difficult but do not get discouraged. Now that you have your mold and your paper mixture you want to take your large bucket and fill it with water. Then add in your paper mixture, mix with your hands or a stick. You want to make sure the paper mixture is distributed nicely so that there are no clumps. Next you want to take both your frame and lay the empty one upside down on the one that has the mesh material. So that both the fronts are facing downwards. Next you will submerge your frames in the water, when doing this go into the water bottom first and make a scooping motion to pick up the paper particles. Then once the mold is out the water you want to move the frames around to evenly distribute the paper before all the water drains out. This next step is when the sponge comes in. You want to gently sponge the top of the paper to absorb any excess water that is not draining on its own. Make sure you do this over your bucket, or you will make a large mess.

Next you are going to lay out one or two towels on either the floor or a table. Somewhere the paper can dry for the next 24 hours. After you have your towels laid out, we will be taking the paper out of the mold. At this point you can separate the two frames and you will see your sheet of paper (If the frame were not very close together you will see a lot of excess material around the edges, you can simply take your sponge and gently dab away the excess paper). Next you will flip your mesh mold over, onto the towel and begin absorbing more of the water. Since this is now the backside of the mold you can press more firmly into the paper to absorb the water, you will not disturb the material. Lastly, you will separate the paper from the mold. This part can be a little tricky, so just be patient and gentle. It should come off the mesh mold quite easily, if it does not you can carefully peel at a corner and begin separating the paper. Once they are separated, they will just sit to dry for 24 hours.



Step 4: Removing the paper

After your paper has dried fully, you can safely remove the paper from the towel. This part is super easy, you simply just peel the paper off the towel and voila! You have bright, unique, recycled paper! Have fun creating!



A pile of the homemade recycled paper

COFFEE TASTE TEST

by Alex Slane

For those who enjoy coffee, one of the best feelings is that first sip in the morning. It is a feeling of peace and sets the mood for the day. Not to mention the caffeine that we can totally stop having if we wanted to but we just like coffee...

One thing that comes with drinking coffee is the insanely dense catalog of different coffees available. How can you possibly have a favorite when there are so many to try? Typically, you end up just having a preferred category of coffee. You will end up having a favorite type of roast, strength, flavor, and brand. I found myself in this category and decided it is time to branch out and explore new coffee.

We are trying three new blends of coffee today from various vendors. All having different strengths and flavors to really mix things up. We are going to talk about the flavors objectively and without bias to make this useful instead of just shaming all coffee that goes against my preferred palette.

Starting off with one of the largest, if not the largest brand of coffee, Starbucks. The Starbucks blend we are trying today is a Caffè Verona blend. This is a dark roast that claims to have notes of Dark Cocoa and Caramelized Sugar. Starbucks is known for their darker coffee and is traditionally much stronger than competitors such as Dunkin' Donuts. If darker coffee is your forte, then this is a goof blend for you. Like expected, this coffee is very bold and provides a coffee that is strong, but not overwhelming. It is not too acidic compared to some stronger blends such as French roast which are traditionally acidic. I made this blend in a French press and added half & half. This coffee can be found as low as \$6.98 for a 12oz bag.



Starbucks Caffè Verona Blend

Next up, we have an organic espresso sierra by Allegro Coffee. This is a medium dark roast which has notes of dark chocolate and caramel. This is a brand I had never heard of before seeing it at whole foods. Of course, being found at whole foods, this is an organic blend. Being a medium dark roast, this blend ended up being slightly less strong as the Starbucks blend. It is still strong, but the slight weakness allows for the flavors to shine through much better. Compared to the Starbucks, you can really taste the chocolate and caramel notes that are promised. I prepared this coffee the same way as the Starbucks blend. Being an organic blend does come with a higher price tag. This 12oz bag of coffee was around \$16 depending on where your purchase it.

For the last coffee we are trying today, we are mixing it up. This is the salted caramel coffee in K-cup form from target's brand, Good and Gather. This is a light roast coffee and is also a flavored coffee. As opposed to the previous coffee we have tried which just had notes of flavors, this is a flavored blend, meaning you will taste the flavor in this one. As expected from a k-cup light roast, this coffee is certainly weak. The flavor is enjoyable and does taste like salted caramel. This coffee falls into a category for me that I call "dessert coffee". I



Allegro Organic Espresso Sierra Blend

would not recommend this coffee for the morning as you will likely want something that is going to wake you up, but for after dinner or in the afternoon, this coffee would be great as it is not too strong or filling. Regardless of being a cheaper brand of coffee, k-cups are always more expensive. This coffee is around \$8.00 for 16 cups of coffee.



Good & Gather Salted Caramel K-Cups

MARCH IS: NATIONAL NUTRITION MONTH

Make the Most of a Good Diet

by Emme Romanelli

National Nutrition Week was created in 1973 to educate the public on proper nutrition. In 1980, the week was expanded to National Nutrition Month, according to www.eatright.org.

These days, proper nutrition is often overtaken by fad diets which do not provide long-term effects. Keto and Paleo diets are two of the worst contenders.

When it comes to keeping your body healthy, well-balanced is the way to go. There is reasoning behind why we all learned either the Food Pyramid or MyPlate version of a well-balanced diet, and that is because it is the best way to keep your body at its best. Contrary to popular belief, carbs will not kill you.

There are some very easy steps to take to keep good health and feel your best.

Include Healthful Foods from All Food Groups- Balance is key to keeping your body healthy. Correct portions of each food group provide the body with the right nutrients to continue to function.

Hydrate, Hydrate, Hydrate- While a balanced diet is extremely important to keeping the body going, water intake goes hand in hand. Without hydration a well-balanced diet won't have the full effect and won't pass through the body in the most effective way.

Learn Your Nutrition Facts- While nutrition facts are looked at often, many people aren't sure what to pay attention to. Calories are the biggest contender, but calories aren't always the most important. Watching the serving size, amount of fat, and amount of sugar will help keep balance.



Enjoy Your Food- In American Culture, meals are eaten in passing and are hardly memorable. Taking a few extra moments for your brain to take in the fact that it is eating will help you get full satisfaction from food, and helps you make conscious decisions on whether what you are eating is a good or bad choice.

Food is truly a great thing, expanding a diet to encapsulate everything the body needs makes it even better. And when it comes to being as healthy as possible, nutrition is the best way to do so.

Sources:

www.eatright.org



WI-FI PRICES ON THE UPSWING

How Major Internet Networks Are Taking Advantage of Their Customers

by Emme Romanelli

The COVID-19 Pandemic has caused carnage in everyone's lives. Nothing from school or paying bills is easy or convenient for anyone,



A photo of a Wifi Router from Xfinity

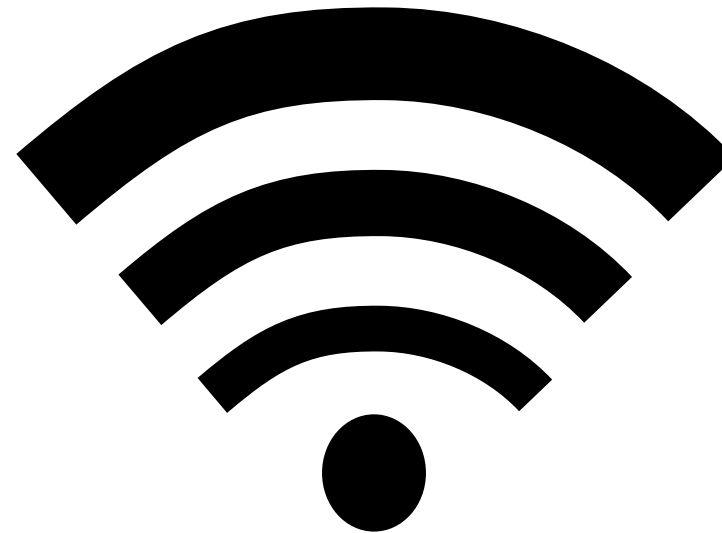
except necessary corporations.

By the end of 2020, it was evident that billionaires were still making billions and companies like Amazon were booming more than ever, despite regular people being unable to afford rent.

Small businesses are taking hits from every angle, but big businesses are finding ways to get more and more money. Comcast is one of the biggest proponents of this idea.

While millions of students have begun full education online, many families struggle with keeping internet fast and intact for the sake of their learning parties. Libraries and public spaces with Wi-Fi are not open as they normally would be for easy access to cheap internet.

Comcast, which is the parent



company of Xfinity, has recently come under fire for slyly raising their prices. Alongside broadcast TV prices going up \$78 per year, internet will go up by \$3 per month equaling \$36 extra per year according to Ars Technica.

As well as the monthly increase, there is a data overage use plan. Xfinity's website states, "customers not on an Unlimited Data plan who use more than 1.2 TB in a month will automatically incur an additional charge of \$10 plus tax for each block of 50 GB". The unlimited plan has pricing at \$119 per month,

against the regular plan for about \$59 per month.

With these price points, families can either take on a \$120 per month bill or pay up to \$150 per month with enough overages. During a global health crisis, Comcast is really asking a lot of their customers.

This pricing increase is a direct show of what corporations are doing to keep the money flowing. But time will tell what effect this has on the public, as well as how education continues.





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