

CORRENT

Spring 2021, April 5, Volume 22, Issue 11



4

COVID -19: Upcoming
Summer Potential

14

David Dobrik
Scandal

26

The Truth Behind
Palace Doors



CONTENTS

Editor:
Brent Meraviglia

Managing Editor:
Gillian Taylor

Staff:
Alex Slane
Brent Meraviglia
Emme Romanelli
Gillian Taylor
William Silva

Advisor:
Kevin Amenta

THE CURRENT IS THE OFFICAL STUDENT PUBLICATION OF THREE RIVERS COMMUNITY COLLEGE. THE CURRENT IS WRITTEN, EDITED, AND DESIGNED SOLELY BY STUDENTS.

COMMUNITY

- 4 A Potentially Beautiful Summer**
- 6 DEEP 2021 Hiking Challenge**
- 8 The Delivery Drivery Experience**
- 22 Gardening for Spring**
- 24 Easy At Home Exercises**
- 28 Spring Cleaning**

RECIPIES

- 12 Vegan Burgers and Hot Dogs**

ENTERTAINMENT

- 14 They're Not Your Heroes**
- 18 Upcoming Spring Fashion Trends**
- 20 Love Is A Mixtape: Book Review**
- 30 Printing Shirts From Home**

NATIONAL

- 26 The Truth Behind Palace Doors**

A Potentially Beautiful Summer

COVID-19 is coming to an end

Article and photos by: Will Silva

After months of soaring deaths and infections, COVID-19 cases are finally taking a turn. Cases across the United States are declining even more sharply than experts anticipated. This is expected to continue, and rates of serious illness and death will plummet even faster than cases, as high-risk populations are vaccinated. Even academics who have spent the pandemic delivering

ominous warnings have shifted their tone to cautiously optimistic now that vaccination rates are exploding.

Until fairly recently, Anthony Fauci had been citing August as the month by which the U.S.

could vaccinate 70 to 80 percent of the population and reach herd immunity. Last week, he suddenly threw out May or early June as a window for when most Americans could have access to vaccines. Despite some concerns about new coronavirus variants, Ashish Jha, the



dean of the Brown University School of Public Health, said that he doesn't see viral mutation as a reason to expect that most people couldn't be well protected within that time frame.

If all of this holds true, it would mean that many aspects of pre-pandemic life will return even before summer arrives. Because case numbers guide local policies, much of the country could soon have reason to lift many or even most restrictions on distancing, gathering, and masking. Pre-pandemic norms could return to schools, churches, and restaurants. Sports, theater, and cultural events could resume. People could travel and dance indoors and hug grandparents. In most of the U.S., the summer could feel... "normal."



A photo of a state lake taken by Will Silva

DEEP 2021 “Sky’s The Limit” Hiking Challenge

Take advantage of the warm weather!

Article and photos by: Gillian Taylor

On March 20th, 2021, the DEEP announced this year’s hiking challenge. The Sky’s the Limit challenge has been around since 2015 to help promote more hiking in the state’s forests. This year’s theme is “Bridges, Foot bridges and Boardwalks”, below is the entire list of the state parks that are in the challenge.

Especially this year residents all over Connecticut are antsy to get out of the house and enjoy nature. With COVID 19 not many of us have been able to leave the house and enjoy the weather. With rules lifting and cases decreasing the state is encouraging everyone to get out of the house and get into nature.

List of parks available for the challenge:

- Dinosaur State Park, Rocky Hill
- Lovers Leap State Park, New Milford
- Silver Sands State Park, Milford
- Hammonasset Beach State Park, Madison
- Black Rock State Park, Watertown
- Chatfield Hollow State Park, Killingworth
- Collis P. Huntington State Park, Bethel, Newtown & Redding
- Southford Falls State Park, Oxford
- Wharton Brook State Park, Wallingford
- Wadsworth Falls State Park, Middletown
- Peoples State Forest, Barkhamsted
- Ferry Landing State Park, Old Lyme
- Kent Falls State Park, Kent
- Cockaponset State Forest, Chester & Haddam
- Sherwood Island State Park, Westport
- Devil’s Hopyard State Park, East Haddam
- Stratton Brook State Park, Simsbury
- Salmon River State Forest, Colchester
- Osbornedale State Park, Derby
- Rocky Neck State Park, East Lyme

Get out there and exercise!



A photo of Rocky Neck State Park taken by Gillian Taylor

The Delivery Driver Experience

A look at the process of working for a delivery service

Article and photos by: Alex Slane

Since the beginning of the pandemic, people have become very familiar with delivery services such as DoorDash, Grubhub, and Instacart. These services allowed people to safely get food and groceries delivered without needing to leave their home. With the initial purpose of the lockdown being to keep people at home, many people also were laid off or furloughed from work, meaning they were not able to maintain their full income. With no regular jobs available, only service worker jobs were able to function. This meant for many, becoming a delivery driver for a little extra cash seemed like a good option.

Finding an explanation of what the job actually consists of is rather ambiguous. Of course, you will be delivering food or groceries to the customer, but how does the whole process work? After registering and delivering for a few of these services, this article can hopefully answer some questions. After attempting to



register for both DoorDash and Grubhub, we were denied as there are too many drivers in our area. This is potentially a good thing as it shows many people are able to use this as a good source of income. Finally, we were able to get started driving for Instacart.

Instacart is a grocery delivery service. Customers go into the app and place their order, and within a couple of hours, a driver comes and delivers their groceries. That's what it looks like from the customers end, so how does working for this company look?

To register for Instacart, you download their app dedicated for being a driver, called "Shopper". You can begin walking through the registration for the service, including general information, a background check, and then waiting for the shopping card to come in the mail. The card took around two weeks to get sent to us. By then, the background check was already complete, so we were ready to go. Before accepting any orders, you must fill out a survey



regarding your health status and COVID-19. You must fill this out every time you want to begin working.

There are two ways to take orders, single orders, and batches. A single order consists of just one person's order and often contains more items. The batches have you shopping for more than one customer at once since they both ordered from the same store. These batches usually have a little less per person, but still can be a little overwhelming at first. Once you have accepted an order, you drive to the store and begin shopping. On your app, there is a list of every item the customer wanted. You find the item, tell the app you found it and it has you scan the barcode on the item to make sure it is the correct item.

Often, the app even has the aisle numbers for where certain items are found within the store. You keep making your way through the list and marking them



off in the app. But what if the store does not have the item the customer wanted? Well, customers can set substitutes for their items, or if they have not, you can directly message the customer through the app and ask them what they would like you to do. Once, you have completed the list, head to checkout. That Instacart debit card that you have received in the mail is then used to checkout. Once you are done checking out and have the groceries in your car, it's time to deliver them.

The app gives you an address, you load it up into your GPS, and simply drive and drop off the groceries. Some customers tell you specifically where to leave them. Once you drop the groceries off, you submit a picture of them in the app, and you are all done!

Unlike the food delivery services, Instacart is slower paced and laid back so it is less stressful. As for payment, depending on the distance you had to drive to deliver the order, and the number of items the customer purchased, you can make between \$10 and \$30 dollars. We delivered two batches, it took just about three hours, and made a little over \$40. This means this could indeed prove to be an effective part time opportunity, with the benefits of being able to work when you want to.



Vegan Burgers and Hot Dogs

A plant-based picnic solution

Review and photos by: Alex Slane

As the warmer weather begins rolling in, it will soon be the perfect time for picnics! Today we are making one of the classic family barbeque meals, with a plant-based twist! In the past few years, plant-based proteins have come a long way. Vegan meats are no longer a joke and can taste and feel very similar to real meat!

Ingredients:

- 1 package of Beyond or Impossible branded ground meat
- 1 package of vegan hotdogs by Lightlife
- Hotdog and Hamburger buns (to keep them vegan, make sure ingredients do not use milk)
- Salt and Pepper
- Your choice of toppings



We'll start with the burgers. One package of the plant-based ground meat (about 1lb) will make between 2-4 burgers depending on how large you make them. You

can cook said burgers via a grill, frying pan, and more, but today we're going to cook them on the stove top with a pan. Grease your pan and set the burner to medium. Shape your burgers to your liking and lay them on your pan. Season the patties with the salt and pepper while they are in the pan. The pepper especially will add a more genuine taste to the meat. Cook until brown on one side, then flip. Cook until browned and your burgers are done! Top your burgers with your favorite toppings and you're all set!



As for the hotdogs, they are very similar to cook. Lay your hot dogs on your pan at medium heat. Once the side touching the pan starts to crisp and change color, rotate the hot dogs to the next side. Once they're cooked on all sides, you're all set! Dress the hot dogs with your favorite toppings.

Now everyone can enjoy the spring season picnics! Eating plant-based is good for the environment and has never tasted better, enjoy!



They're Not Your Heroes

The viewer-influencer relationship issue

Article and photos by: Alex Slane

World famous influencer David Dobrik has once again found himself in deep controversy. This time, he may not bounce back so easily. David Dobrik and the Vlog Squad are a super popular group of influencers making various videos and pranks in Los Angeles. Starting back on the now discontinued platform Vine, Dobrik was wildly popular, moving onto Youtube to produce vlogs in 2015. He made so much money off his Youtube career, he was easily able to purchase a \$9.5M mansion and give away Teslas like their worth nothing.

Dobrik's drama stems back all the way to 2017, where he releases a video that has since been deleted titled, "HE THOUGHT HE WAS KISSING HER!! (SUPER CRINGEY)". In this video, the Vlog Squad tricks member Seth Francois into kissing another member, Jason Nash. Francois has come out saying he found this event disturbing and that



Youtube Star David Dobrik

he did not consent. Later down the line, in June 2020, Seth Francois releases a video highlighting the awful things he experienced working with David and the Vlog Squad. In his video, there are clips showing Dobrik and his friends making extremely racist jokes about taking Seth to the police station, doing blackface, labeling him their only black friend, and offering him watermelon. Almost a month later, Dobrik gives a superficial apology during an episode of his podcast, failing to address Francois or his racist allegations.

Former Vlog Squad member, Trisha Paytas, is now on a podcast with other influencer, Ethan Klein (H3H3), called "Frenemies". Recently, Paytas has been addressing and exposing many things about her experience with the Vlog Squad. Back in February, she claimed that Dobrik had snuck into her and her boyfriend at the time, Jason Nash's hotel room and filmed them being intimate as a prank. She said she had given no consent and asked Dobrik not to post the vlog, however, the video is still live with over 14 million views. Paytas also stated that Dobrik is the reason her relationship with Nash did not work out. She says that she was no longer deemed useful for the vlog by Dobrik and Nash had to break up with her because of this.



Trisha Paytas and Ethan Klein on the Frenemies Podcast

This brings us to the current controversy. On March 16th, 2021, Business Insider publishes an article titled “A woman featured on YouTube star David Dobrik’s channel says she was raped by a Vlog Squad member in 2018 the night they filmed a video about group sex”. A young woman came forward with these claims, then Paytas came forward with other information backing them up. Paytas claims that Dobrik had asked Nash to purchase alcohol for the women in the video as they were under 21 and could not purchase it themselves. Her claims are against Vlog Squad member, Dom Zeglaitis, saying she was forced into sexual acts without being able to consent due to the influence of alcohol.

Dobrik releases a video the same day, addressing the controversy. He claims he has distanced himself with said member as he does not align with their actions, and that consent is everything to him. He claims he has learned from his mistakes and will do better in the future.

Since these allegations, Dobrik has lost all of his major sponsorships including Seatgeek, Dollar Shave Club, HelloFresh, DoorDash, General Mills, HBO Max, Facebook, EA Sports, and Audible.

On March 25th, Youtube temporarily suspends David Dobrik and Dom Zeglaitis from monetization. They stated that Dobrik and Zeglaitis have violated the Creator Responsibility policy



regarding the sexual harassment.

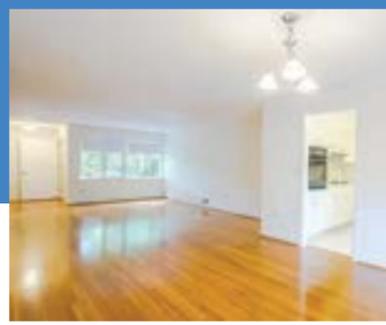
The unbalanced power dynamic is aggressively apparent during all these controversies. Dobrik and his team clearly felt they can get people to do whatever they want to fuel their vlogs. This unfair relationship between creators and viewers has always been an issue and when issues like this surface, they become increasingly visible. Many creators have taken advantage of their viewers like this and being aware of these issues is very important in moving forward to prevent things like this from happening.

(860) 351-7732 <https://www.the600apts.com> 675 Cottage Grove Rd. Bloomfield, CT



Are you a graduating student looking to pursue a Bachelor’s degree?

The 600 Apartments offers 1 and 2 bedroom apartments close to colleges in the Hartford area.



You will be impressed by the spacious floor plans. They range from 1025 Sq Ft to 2000 Sq Ft, perfect for roommates. Our large apartments provide ample closet and storage space with a patio or deck at a fraction of the cost of rentals in nearby Hartford. In addition, we offer car ports to protect your vehicle.

At The 600 Apartments, we provide an on-site fitness center and pool. Our well-maintained grounds include excellent routes for walking and jogging, as well as a well-appointed clubhouse.

Amenities Include:

- Refrigerator
- Dishwasher
- Public Transportation
- Washer and Dryer Connection
- Cats and dogs welcome with restriction and more!

DETAILS:

The leasing office is open Mon. - Fri. 9:00am - 5:00pm

Evening and Weekend Appointments are Available! Please call for more information.

Upcoming Spring Fashion Trends

What to look for when shopping for the season

Story and Photos by: Emme Romanelli

Spring is full of transition. The cold turns to warmth, and the colors change from dark warm tones to bright cool tones. While this is the case for nature, it goes the same for fashion. Here are some of the ways to keep your style aligned with the season.

Pastels - The colors people think of when it comes to Spring are pastels, this is partially a result of Easter, but pastels are showing up in the trendier looks as of 2020. Look for pastels as well as muted tones for a soft Spring look.

Skirts - For a sportier look, pair a crewneck with a tennis skirt. The

High Waisted Outfit Example



Example Pastel

preppy look has come back into style, and the combination works great for 60-degree weather.

Undershirts - A big trend in the past year has been layering, tighter long-sleeves under bigger short sleeve tops are a great way to spice up a classic jeans-and-t shirt look. These sheer patterned shirts bring color and life to so many outfits.

Dresses - Sundresses are a Spring staple, from little girls at Easter mass to young women out and about, dresses are great for the season. A favorite style lately has been baby doll style, with an ultra-high waistline and bigger skirt.

Jeans - High waisted, big legged jeans are in. The best way to find these is to look in the men's section for the bigger size, even though some brands are catching on. Pair high waisted jeans with any crop top and a cardigan for a practical look.

Shoes - If you are looking for a way to spice up a boring outfit, focus on the feet. Colorful shoes add a fun pop to any look and sticking with pastels or bright colors works perfect for the springtime.

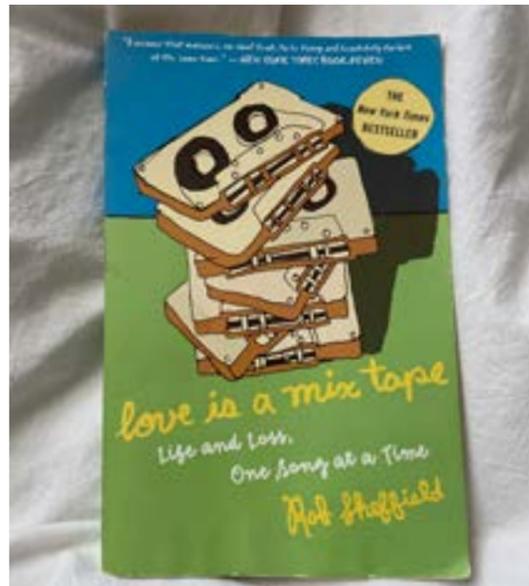


Example of Babydoll Dresses

Love Is A Mixtape: Life and Loss, One Song at A Time

A reader's take on a unique story of love

Book Review and Photos by: Emme Romanelli



Love Is A Mixtape: Life and Loss, One Song at A Time by Rob Sheffield is an autobiographical memoir written by a man who now writes for The Rolling Stone. The story showcases his life and how he got there.

The book follows a chapter format with each chapter highlighting a mixtape from Sheffield's life. Some have full playlists, others just one song. Each of the songs on the mixtape is described as to why it was there and why it mattered. Sheffield talks about how he obsessed over understanding the sound of songs and what it does for people who listen.

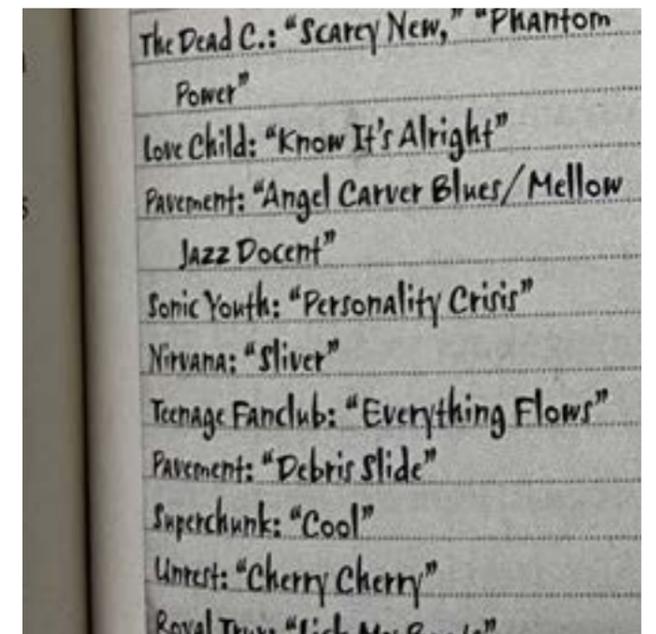
As he lives his life and listens to his music, he meets people, and the apex of the story is the time with his

wife. From meeting her to marriage to the eventual heartbreak I will not spoil for everyone, the beginning of the story works up to his wife, and the story falls to its end from there.

This is one of those books that makes it easy to break up into smaller batches but keeps one reading. Because of the format there is such an individual story to each chapter.

Being so music focused, Sheffield writes about how it is possible to love through music and connect to people no longer here. He highlights the bond music can provide people when words do not provide enough.

It is an incredible way to see someone's perspective. Sheffield's life was not exactly extraordinary, and neither was his marriage but the simplicity of it is what makes it so nice to read.



Gardening for Spring

How to bring a little color to the outdoors

Article and Photos by: Emme Romanelli

Spring is the best time for gardening. Whether it be flowers or food, gardening can do some good for anyone, and is a great way to get outside safely during a pandemic spring. The best first step for anyone looking to garden is figuring out what to put your time and energy into. Fruits and vegetables take a little more work and equipment but can cut a grocery budget. Flowers take less space and work but bring color and beauty to anywhere outdoors.

Once looking into what plants to tend to, you should go to the local garden center and get any equipment or supplies, some plants need specific fertilizers and even certain spots to get the correct amount of sunlight.

Make sure to also investigate how often things need to be replanted, some flowers can last for decades, while most edible plants will need to be taken care of at least annually.

Once you find what you are looking for in terms of what you would like to put in a garden, focus on what space you have available. Yards can handle just about any location in the grass for a garden, but if you live in an apartment rather than a house this can be a hassle.



Tulip in bloom



Daffodil in bloom

For apartment garden options, a window is the best option, and an outdoor plant basket is the best way to go. For this all you really need is a window, the basket, some pots, soil, and seeds or bulbs.

For a garden with more space, you may be able to just buy the plant already either partially or fully in bloom. This means you have the soil necessary for the plant and need to dig a hole to put the plant in and fill around.

Bulbs and seeds are the way to start from scratch, make sure you know where you have placed what, so it gets the proper care from the start. Most seed packets come with markers for this.

The best way to water plants of all sorts is to buy a sprinkler, if you are out of the house a lot you may want to purchase one with a timer. Making sure plants get the proper amount of water and sunlight is essential.

If full blown gardening is not for you, there's always ways to bring plants into your life. Succulents are a favorite self-sufficient indoor plant for those who choose to stay inside.

Easy at Home Exercises

Ways to get moving at home

Article and graphics By: Gillian Taylor

Being in quarantine for a little over a year now we have all fallen guilty to gaining a couple pounds. But there is no reason you cannot work off those calories at home as well. There are many different workout moves to do from home. From core to lower body and even cardio. No need for equipment or any fancy workout machines. Here are 8 easy moves to keep you active during quarantine.

Sit ups: A very basic exercise, but effective. Aim for 20 to start and work your way up to 50 once you have built up your muscle memory. Do not tuck your feet under a chair or table for assistance, to get the maximum effect.

Planks: Hands down the best overall bodyweight toning move you can do. Rest on your elbows and toes, keeping your back and legs straight. Hold for one minute.

Squats: Make sure to keep your back straight, feet slightly turned out. Drop your seat to knee height. Do two sets of 10.

Lunges: Start standing with your feet parallel. Take a big step forward with your right leg, landing with your knee bent and over your toes. Allow your back knee to drop down toward the floor while swinging your left arm forward for balance. Push off your right front foot to return to standing. Do two sets of 10 on each side.

Jumping Jacks: This is a great and easy move to get your heart rate up. Making sure to raise your hands over your head each time, and keep the cardio going for at least one minute.

Push-ups: Push-ups are pretty well known and self-explanatory. Go into a plank position on your hands and toes. Then begin pushing up and down. Aim for 20 to start and work your way up.

High Knees: Another one to get your blood pumping. Jog in place for one minute, lifting each knee as high as you can.

Bicycles: This one is another core focused move. Lie on your back feet in the air, knees bent. Place your hands behind your head. Begin pumping your legs in the classic bicycle motion, vigorously, for one minute.

The Truth Behind Palace Doors

The interview that opened the worlds eyes

Article and graphics By: Gillian Taylor

On March 7th, 2021, Prince Harry and Meghan Markle sat down for an intense interview with Oprah. This interview is packed filled with sad realities and happy endings. The Institution that exists in England has been around for hundreds of years and it take a lot to change the members views and change rules that have existed for centuries.

The interview starts off with just Meghan where she goes into depth about how she treated and how she was blindsided from the whole firm. Being ready to fully commit herself to the institution Meghann did everything she thought was right and everything she though would impress the higher ups.

It is important to understand that while members of the royal family have a job within the institution that the institution and the family are separate. There are members in the institution that are not family and must adhere to the strictest of the rules. The royal family welcomed Meghan and The Majesty the Queen even bonded quite well with Meghan.

With the idea that Meghan was being protected and welcomed by the institution and family, she did not feel the need to read tabloids or indulge in magazine drama. But she should have. The tabloids created false truths, turned around stories and even made racist and sexist remarks towards Meghan.

It was not too long after that Meghan had become pregnant and the subconscious racist tendencies in the institution had risen as well. Prince Harry says that there was a conversation in remarks to the darkness of their unborn babies. The Prince could not divulge who he had the conversation with or any other specifics of the conversation.

Before their first baby was born, they were told that the impending child would not be given the title of prince and would not receive any security. This immediately raised concerns for the upcoming parents. For Meghan, all the tabloid drama, receiving no protection from the institution and inevitably her son not having protection made her go into a very dark place. Even going as far to say that she told Harry that she did not want to live anymore and even saying to Oprah that “I just didn’t want to be alive anymore”. With these feelings, Meghan tried reaching out to the institution for help and they told her they could do nothing because of the attention it would draw.

These shocking truths are something you would not think of when you think of the royal family. For Americans it is easy to assume the fabulous lifestyle they must have but, Harry admitted to feeling trapped and that Meghan saved him.

With their new founded freedom from stepping back from senior members of the family they were still faced with hard ship. They were expecting the same treatment as other family members who had stepped down from senior position. Which was, having security, having the title, and still having a job under the institution. But this did not happen for Harry and Meghan.

All security was taken away. The Prince of England no longer had security, nor did his wife or child. This posed extreme dangers. Thanks to daily mail, millions of people knew where Prince Harry and his family were the immediate second their security had left them.

This shocking truth not only shocked this family but also the world. It showed that being a royal is not all cut out as it is made to be. That they still hold unconscious bias towards issues like racism and decisions they have made have been based around that. Although the institution did them wrong, they never once said a specific name of someone within the institution that made these statements or started these conversations. They still respected them even when the institution did not respect or protect them.

Spring Cleaning

Steps to keep a clean house

Article and Photos By: Will Silva

Spring has arrived! However, Spring would not be complete without some tidying up around the house. Come into Summer with fresh energy and a clean house. Get the most out of your spring cleaning with the following checklist!

Every Room

- Wash Baseboards, door ceilings, windowsills, doors, and walls.
- Vacuum and wash vents.
- Wash window treatments (drapes, etc.).
- Dust blinds.
- Wash Windows - inside and out
- Dust and shine overhead lights - replace burnt light bulbs.
- Dust and/or vacuum light fixtures and lamp shades.

Kitchen

- Clean out pantry.
- Wash kitchen cabinets.
- Deep clean oven.
- Move fridge - vacuum and mop behind it.
- Vacuum coils on fridge.
- Deep clean fridge inside - wash outside.

Bathroom

- Clean and disinfect tub and shower.
- Wash bathmats.
- Dust and replace decorative items.
- Wash and/or replace shower liners and shower curtains.

Living Room

- Dust and wash all mirrors, frames, and decorative items.
- Vacuum all upholstery.
- Vacuum all lamp shades.
- Dust furniture and fixtures.
- Wash all throw pillows and blankets (use steam).
- Dust and polish furniture.
- Vacuum and shampoo carpets - mop and wax if necessary.

Bedroom

- Wash all bedding.
- Wash all bed and throw pillows.
- Flip Mattress - if using pillow top, rotate mattress.
- Purge anything stored under bed you do not want anymore.



An assortment of cleaning supplies

Printing Shirts From Home

A cheap and quick method

Article and photos By: Will Silva

Making your own brand is something that a lot of entrepreneurs strive to achieve nowadays. However, designing and printing your own clothing can seem like a fantasy when you research how much it costs for equipment and materials. Digital presses can range from \$5,000 to almost \$200,000. Advanced copiers and production printers range from \$20,000 to \$200,000. These are not the numbers a person who is just starting out in the clothing industry wants to see.

At the end of the day, there are no ways to get professionally designed, durable t-shirts without spending money. Nonetheless, there is a way to print your own t-shirts without spending a lot of money. These shirts most likely will not hold up after a couple washes so they are not a product that would be good to sell. These won't be very durable t-shirt designs, but they are great for practice and would be perfect for any specific event in which you're only going to use it once or twice. Here are the steps to print and press a shirt at home for a cheap price:

Supplies Needed:

- Printer
- Printer paper
- Cutting tool
- Ruler
- Saran wrap
- Parchment paper
- Ironing board
- Iron

Step 1: Print the image of your choice.

Step 2: Cut out any excess paper so that your image is the size you want.

Step 3: Wrap your image in saran wrap, flattening out air bubbles with your hands.

Step 4: Place the image on the shirt facing up and put parchment paper over the image.

Step 5: Iron over the parchment paper for 20 seconds and go over the images corners.

Step 6: Let cool for 20 seconds and then slowly peel off the parchment paper. Your product is now complete!

1



2



3



4

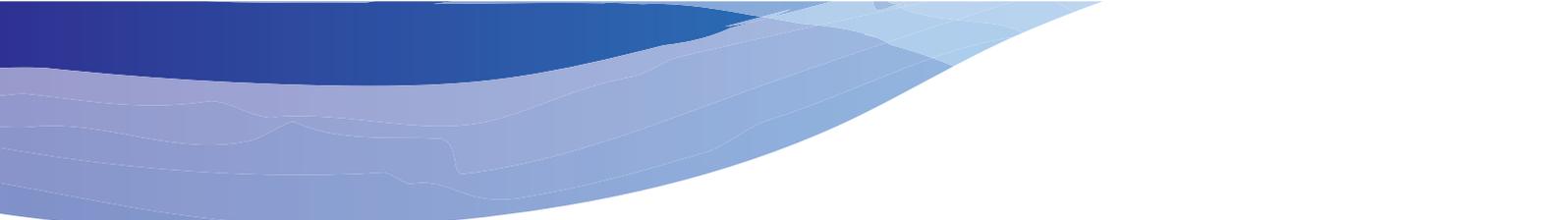


5



6





CURRENT

If you would like to contribute to the current:

Email submissions, responses and ideas to:

trccnewspaper@gmail.com

kamenta@threerivers.edu

