



SUMMER

SPECTACULAR



- ★ How to PaddleBoard
- ★ Importance of Sunscreen
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PADDLE BOARDING

A Great Summer Pastime, Even in Covid Season

By: Emme Romanelli

Paddleboarding is a great low intensity sport to keep active and have fun this summer. It is incredibly relaxing and super easy to keep socially distanced while

participating. And with all the coastline and water Connecticut has, there is probably a spot that can be used for it. Mystic, CT is a great spot to find paddle boarders at all

day, every day during the summer season. Between Mystic River, and the launch at Esker Point Beach there are awesome spots to enjoy the water without necessarily having to submerge.

There is a reason the activity is so popular in Mystic, and that is because of the rental spot right on the water, Adventure Mystic. Located on Holmes Street in downtown it is an ideal spot to grab a board and get a lesson if need be.

The sport is nice to get outside and do something, but it doesn't require much

athleticism. The most important things to know are balance, which becomes better as you paddle more, and how to move, which is just knowing which side the paddle needs to be on and pushing.

So if you're looking for something fun and outdoorsy without being too rigorous, try out paddle boarding in the summertime. It is an incredibly enjoyable experience for friends and

family to include and is a great way to enjoy the water.



The logo for Adventure Mystic



The normal paddle boarding stance
Created by Emme Romanelli



photo of Esker Point
Taken by Alex Slane

The 93rd Academy Awards

A look at the 2021 Oscars

By: Brent Meraviglia

On April 25th, the 93rd Academy Awards took place as planned. Viewership reached 10.4 million viewers, making it ABC's strongest primetime telecast of the year". However, this makes the 93rd Academy Awards the least watched and lowest rated Oscars of all time.

In comparison, the Golden Globes pulled 6.9 million viewers and the Emmys pulled 6.4 million viewers. When looking at previous years and numbers, the statistics are closer than before. Regardless, the ceremony ran smoothly but not without its typical awkward moments.

Here is a look at the awards:

BEST PICTURE:

WINNER: Nomadland

BEST ACTRESS IN A LEADING ROLE:

WINNER: Frances McDormand, Nomadland

BEST ACTOR IN A LEADING ROLE:

WINNER: Anthony Hopkins, The Father

BEST ACTOR IN A SUPPORTING ROLE:

WINNER: Daniel Kaluuya, Judas And the Black Messiah

BEST ACTRESS IN A SUPPORTING ROLE:

WINNER: Yuh-Jung Youn, Minari

BEST DIRECTOR

WINNER: Chloe Zhao, Nomadland

BEST WRITING (ORIGINAL SCREENPLAY)

WINNER: Promising Young Woman

BEST WRITING (ADAPTED SCREENPLAY)

WINNER: The Father

BEST INTERNATIONAL FEATURE FILM

WINNER: Another Round

BEST ANIMATED FEATURE FILM

WINNER: Soul

BEST DOCUMENTARY FEATURE

WINNER: My Octopus Teacher

BEST FILM EDITING

WINNER: Sound of Metal

BEST CINEMATOGRAPHY

WINNER: Mank

BEST MUSIC (ORIGINAL SCORE)

WINNER: Soul

BEST MUSIC (ORIGINAL SONG)

WINNER: 'Fight For You', Judas And The Black Messiah

BEST SOUND

WINNER: Sound of Metal

BEST VISUAL EFFECTS

WINNER: Tenet

BEST PRODUCTION DESIGN

WINNER: Mank

BEST COSTUME DESIGN

WINNER: Ma Rainey's Black Bottom

MAKEUP AND HAIRSTYLING

WINNER: Ma Rainey's Black Bottom

BEST ANIMATED SHORT FILM

WINNER: If Anything Happens I Love You

BEST LIVE ACTION SHORT FILM

WINNER: Two Distant Strangers

DOCUMENTARY SHORTSUBJECT

WINNER: Colette

MOVIES WITH MULTIPLE AWARDS

Nomadland, 3 awards

The Father, 2 awards

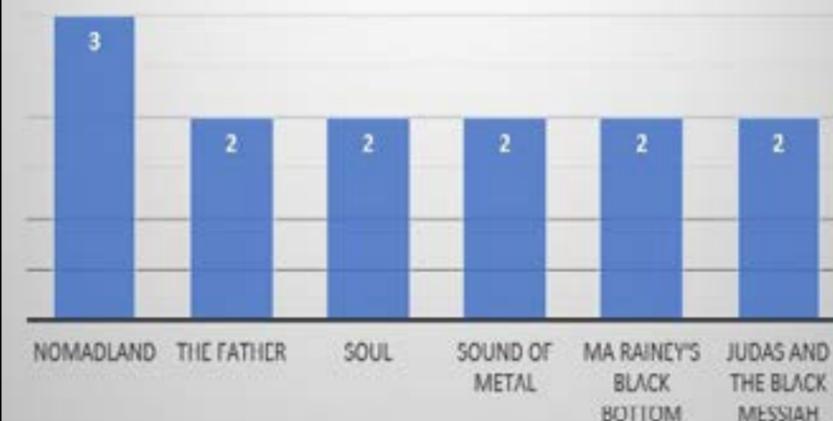
Soul, 2 awards

Sound of Metal, 2 awards

Ma Rainey's Black Bottom, 2 awards

Judas And the Black Messiah, 2 awards

Movies With Multiple Awards



Graph made by Brent Meraviglia

The Importance of Sunscreen

Make sure not to forget it!

By: Brent Meraviglia

Melanoma is the most common cancer in America. According to the American Cancer Society, about 106,110 new melanomas will be diagnosed (about 62,260 in men and 43,850 in women).

The sun acts quickly and can potentially damage or age your skin as soon as you have been exposed for 15 minutes. While the right clothing and use of shade can protect you, it is still recommended to use sunscreen.

An SPF of at least 15 will help prevent skin cancer or damage in general. The general rule of thumb is that the higher the SPF, the more protection. However, whether it works depends entirely on how it is applied. To be safe, always use more than you think you will need. It is also important to note that the sun is most intense from 10 am to 4 pm. Sunscreen users may end up sweating or going into bodies of water to cool down. Remember to check for water resistant labels on your sunscreen and re-apply accordingly. The American Academy of Dermatology Association (AAD) recommends reapplying sunscreen every two hours, after getting out of the water, or after sweating.

Another label to look out for is broad-spectrum. Broad-spectrum means that the sunscreen with said label protects from both

UVA and UVB rays. UVA rays are the most common and can cause wrinkles. UVB rays are the most dangerous and cause sunburns. Broad-spectrum will help keep your skin safer from both. Lastly, check that your sunscreen has not expired. The original strength of a given sunscreen will eventually deteriorate over time. The FDA requires that the original strength remains for 3 years.



1 person dies of melanoma every hours.

15-29

Melanoma is the 2nd most common form of cancer for young people ages 15-29.

30%

Thirty percent of all melanoma in men arises on the back.



The incidence of melanoma is rising faster than that of any other cancer.



The most important warning sign for skin cancer is a spot on the skin that is changing in size, shape and color.



Curly Hair Routine For the Summer

How To Keep Curls
Curly, Rather Than
Frizzy

By: Emme Romanelli

Shea Moisture conditioner
Taken by Emme Romanelli

Curly hair can be a nightmare when it comes to the heat. If its thick, it gets heavy and hot, and humidity can turn curls to frizz in no time. Thankfully there are ways to keep hair bouncy and gorgeous. The best way to keep curls intact when it comes to humidity, is to properly moisturize the hair. Which seems like a contradiction as humidity is moisture that may ruin your hair, right? Wrong. Humidity only effects over dry hair, so keeping hair moist means keeping it beautiful!

There is a method to do this that thousands of women swear by, the curly girl method. Here are the steps to take to achieve the best curls for the summer:

1. In the shower after shampooing your hair, use conditioner, lots of it. Shea Moisture is great for naturally derived ingredients, keeping chemicals out of your hair.

2. Rinse hair thoroughly while combing with a wide tooth comb.

3. After turning off your water, flip your hair over so it covers your face.

4. Use the "praying hands" method to distribute leave-in conditioner. This means rubbing together the conditioner in your hands, and press together with hair in between, like you're praying, and pull downward.

5. Comb through your hair with a wide tooth comb or Denman brush until it looks straight.

6. From here, scrunch in a mousse or gel all over.

7. You can leave your hair to air dry after this step, but if it's too sopping you can plop it into a 100% cotton t-shirt. This means laying the shirt flat and literally "plopping" you curls onto it and wrapping from there.

8. The previous step can be the last, but to save time, you can always diffuse until hair is dry.

This routine is sworn by especially for summer. If heat tools stay away from your hair it'll help keep moisture in and prevent frizz. Using this method may be a game changer for curly girls this summer.



A soft hold gel that won't make curls crunchy
Taken by Emme Romanelli



Leave-in conditioner by a great brand for all curly hair. Taken by Emme Romanelli

FISH TACOS

By: Alex Slane

A perfect summer dish to make to impress your family are fish tacos. While they may seem simple and easy, with the right ingredients you can blow the family away with flavor. This recipe contains three major parts: The Fish Taco ingredients, the toppings, and the Sauce.

FISH TACO INGREDIENTS

Small white corn tortillas
 1 ½ lbs tilapia or fish of choice
 ½ tsp ground cumin
 ½ tsp cayenne pepper
 1 tsp salt
 ¼ tsp black pepper
 1 tbsp olive oil
 1 tbsp butter

FISH TACO TOPPINGS

Purple cabbage
 2 avocados, sliced
 2 tomatoes sliced
 ½ diced onion
 Cotija cheese, grated
 1 lime cut into 8 wedges to serve

FISH TACO SAUCE

½ cup sour cream
 1/3 cup mayonnaise
 2 tbsp lime juice from 1 lime
 1 tsp garlic powder
 1 tsp sriracha sauce or to taste

To begin, preheat the oven to 375 degrees. Next line a large baking sheet with parchment paper.

To create the rub for the fish, combine the following seasonings in a small bowl: ½ tsp cumin, ½ tsp cayenne pepper, 1 tsp salt, and ¼ tsp black pepper.

Evenly distribute the rub on your fish and line them up on the sheet and drizzle fish with olive oil, dotting each with butter. Bake at 375 for 20-25 minutes.

Next combine all the taco sauce ingredients in a medium bowl and whisk until well blended. When adding the sriracha, taste sauce to determine if you'd like more.

Prepare your toppings to be ready to serve. We're using Cotija cheese today. Cotija is a Mexican cheese that crumbles similarly to feta. It's much milder in flavor but is perfect for our tacos today.

Once the fish, sauce, and toppings are prepared, you can begin serving! Lightly toast the corn tortillas on a dry pan on medium-high heat, then begin preparing your tacos. Start with pieces of fish, then your toppings, sauce, and top with cheese. Serve with a fresh lime wedge to squeeze over your tacos.

This meal is delicious, easy, and relatively inexpensive. It's perfect for family gatherings this summer and will surely impress them, showing them how good of a cook you truly are.

Exercise with Video Games

Have fun while working out

By: Alex Slane

In the past, video games have had the reputation of making people lazy. They are commonly blamed as the cause of inactivity in the current generation and are mocked by older generations. Exercise video games have been around for quite a while, but they've never been as effective as the current line-up available right now.

Video game console such as the Nintendo Wii and Xbox's accessory, the Kinect, have pushed for physical activity within the video game industry. They tried with what technology they had, but they were not super successful. The limitations of the Wii remote, only having an accelerometer, and the unrefined motion tracking provided by the Kinect, really halted the efficiency of the games intended for real exercise. Game such as Wii Fit that made use of an accessory that acted as a scale and a way to track leg movements were certainly a step in the right direction, but not the best. A great game to use to work out is Ring Fit Adventure for the Nintendo Switch. This game makes use of extra peripherals to track user movements. It's very accurate and certainly can cause you to break a sweat. While Ring fit is great, the industry was sure to make major strides when virtual reality started making its way to the average consumer.

In 2016, Oculus released their first virtual reality headset to the public. Known as the Oculus Rift, this headset allowed user to play video games in an entirely new way. One of the main differences being the user is physically doing the actions in real life rather than with a normal controller

This opened the door for exercising using video games, as you could now fully immerse yourself.

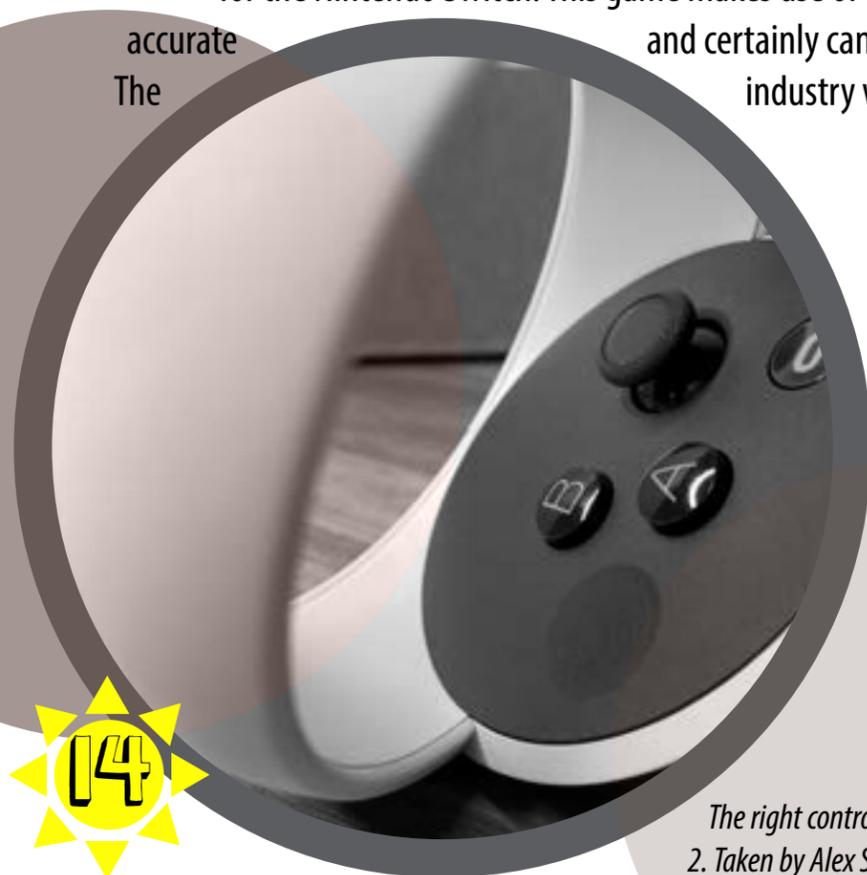
The right controller for the Oculus Quest 2. Taken by Alex Slane.

In October 2020, Oculus released their newest headset, the Oculus Quest 2. This headset is fully wireless. This means the user's range of motion is limitless. This makes the Quest 2 the best way to work out using VR so far.

The whole point of using video games to work out is to be able to enjoy yourself while still getting a good exercise. One of the best games available to do this is Beat Saber. Developed by Beat Games in 2018, Beat Saber is a rhythm game that has the user swinging swords to slice oncoming targets. Beat Saber has proved to be effective in weight loss by Robert Long. Long goes by "Bigrob7605" on Reddit and has documented his journey with weight loss and Beat Saber. With a lifestyle change and VR game Beat Saber, Long was able to lose 138 pounds. He claims this was because of the ability to access his inner child while playing the game and give his all while having fun.

That's what exercise in VR should be all about. Beat Saber, along with many other games can make for good exercise if you dislike traditional methods of working out. If you want to enhance your work out experience, give Virtual Reality a shot!

What the headset looks like while on someone. Taken by Alex Slane.



6 SUMMER ACTIVITIES FOR FAMILIES

During the summer time it can be difficult to come up with things to do to keep the whole family entertained. Whether you're the family that does everything or the family who can never figure out what to do, below are 6 ways to keep you and your family happy during these summer months.

Go on a picnic

Not only is going on the picnic fun but also preparing for it as well. Making tiny finger sandwiches and cutting up fruits into fun shapes can be a fun activity to do with your little ones. Then you get to pack it all up and find a nice park or state park to lay down a blanket and enjoy the yummy food you just prepared.

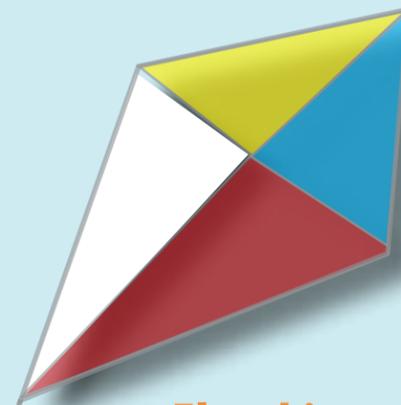
Go on a beach trip

This one is the most obvious. Going on a beach trip is a staple in most families summer activities. But if its not its something to give a shot at.

Packing up yummy snacks and all the toys, to getting to the beach and playing in the sand. Not only will all the kids have fun building sand castles but the adults can have a good time soaking up some vitamin D.

Go on a Hike

This is another simple yet fun activity to do with the family. Although it can seem boring you can do simple things to try and increase the amount of fun you can have. You can create games of I SPY, make a list of all the objects in nature they could find. Such as mushrooms, flowers, and even animals.



Fly a kite

Flying a kite is one of the oldest traditions in some families. This simple activity can bring a lot of joy to families. It is pretty inexpensive as well, you can make one or even go to the dollar tree and buy one. Then just find a big open field and a nice clear day to take off.

Host an outdoor movie event

This one is for the families who have run out of ideas and have a little bit of money to spend. Buying a movie projector can be quite expensive, but once you have that all you need is a large white sheet, some out door chairs and some yummy snacks. You can even take extra steps and really make it feel like a movie theater for the little ones

Go fishing

This is another family tradition that many families do. Although to some it may seem boring, there is nothing better than catching a fish. Even the little fish will bring your kids a lot of joy.



How Graduation is Different This Year

What TRCC is doing to try and keep graduation special
By: Gillian Taylor

Although COVID is still in the air that doesn't mean important milestones like graduation have to come to a complete halt. This year the campus is doing what they can to still make this huge accomplishment feel celebrated.

First they are filming the graduate walk across the stage on May 7th. The recording will be edited and sent out to the families and students on May 29th. This video will give families the sense of being at graduation without the risk of overcrowding. Also families can have small gatherings at their homes where they can all watch together and celebrate.

Also on May 27th and 28th are the days in which you can pick up your diploma. For these two days the campus is allowing family members to come along to take pictures in front of the designated areas that the college creates.

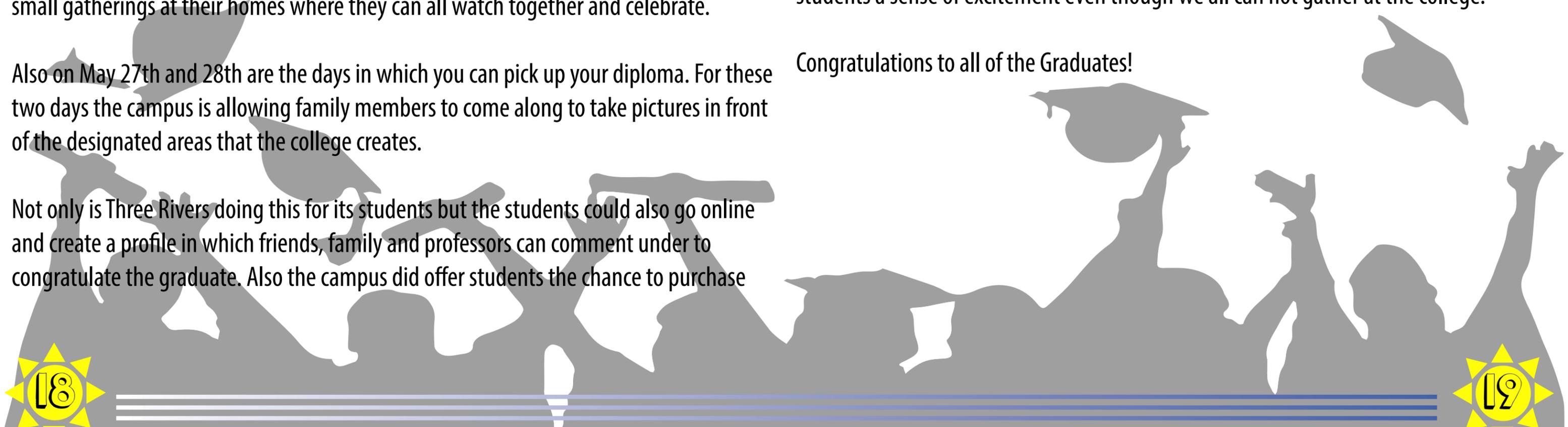
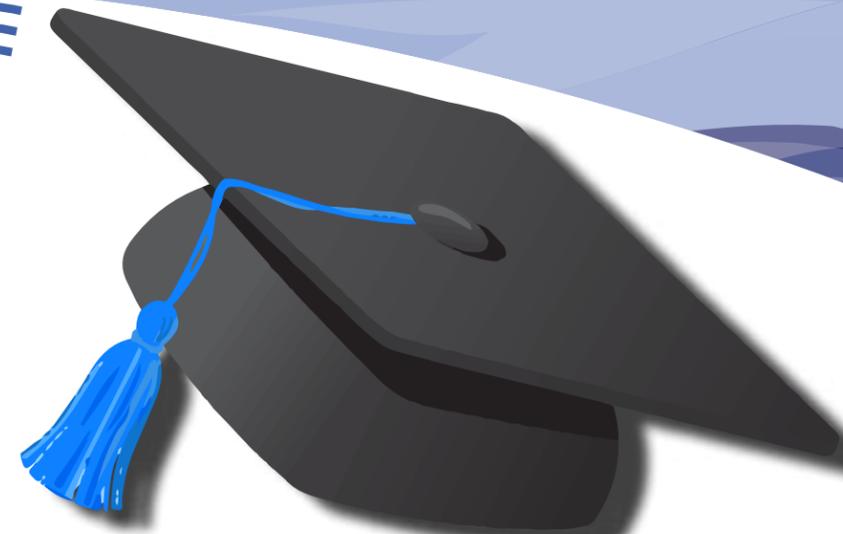
Not only is Three Rivers doing this for its students but the students could also go online and create a profile in which friends, family and professors can comment under to congratulate the graduate. Also the campus did offer students the chance to purchase

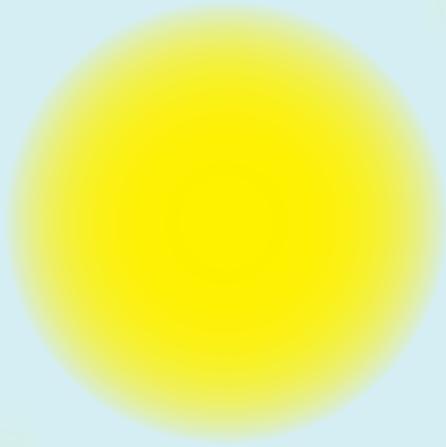
lawn signs of their faces to be put on the front lawn of the college or to have at home.

Although covid has taken ahold of many things, graduation is one that has broken free a little. This huge accomplishment needs to be celebrated as best as it can and Three Rivers the importance of this occasion.

Through all these steps the college is hoping to give the families and students a sense of excitement even though we all can not gather at the college.

Congratulations to all of the Graduates!





THE CURRENT

THREE RIVERS COMMUNITY COLLEGE

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