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## Back To School During Covid

Article by *Lauren Susi*

On August 26, the 2021 fall semester at Three Rivers Community College started back up with 50% of classes being in person for the first time since the start of the Covid-19 pandemic.

Going back to school can be an adjustment but students are prepared and excited for the new semester, as classes get back into full swing. English major, Kaylee Sneddon, is one of those students adjusting back to, somewhat, normal classes.

“I was pretty excited, not just to be back in person, but for the classes I’m taking as well,” said Sneddon. “I’ve been wanting to take an art class (Ceramics 1) and now there are in person classes, it makes sense to take one.”

With a hands-on class, like art courses, it can be different to take in an online format. Now that classes are in person students, like Sneddon, can have that first hand experience.

Sneddon, although very excited, was also nervous for the semester. Like most students, she hasn’t had classes in person since the start of the Covid-19 pandemic back in March 2020.

“It’s a little nerve wracking being back in person,” said Sneddon. “After a year and a half of online, it’s kind of scary seeing so many people in person.”

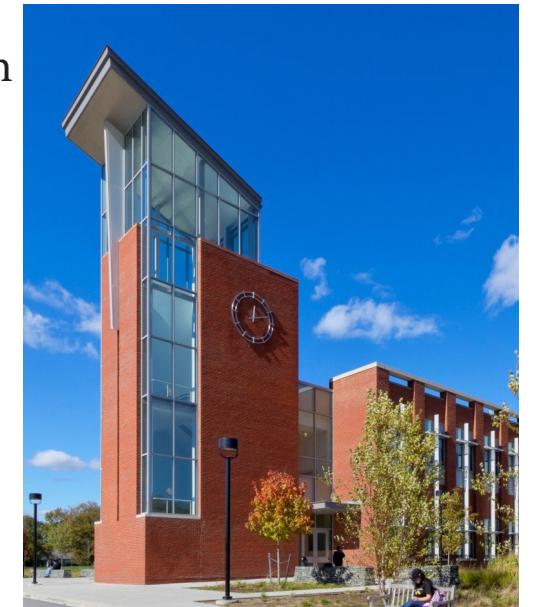
With being away so long it can be a culture shock to re-adjust back to in-person classes. After taking classes from the comfort of your home to being back to face to face with the rest of the student body it’s like turning on a light when you’ve been sitting in a dark room: a shock to the senses.

However, students are resilient and fight through the shock to continue their education. Sneddon said, “I’m trying to get used to it because despite all the nerves, I’m excited to be back.”

Nobody knew truly when the pandemic would start to slow and students could go back into school. “It’s been a little emotional because for a while I thought I wouldn’t be able to go back to school ever,” Sneddon said.

Now students are following health and safety precautions and, once again, filling the halls of TRCC. Students can now get back to seeing and making friends in classes, as well as joining clubs and groups and going to school events. Although it is still not all of the student body, it is a start.

“I think my best advice is to be open and optimistic about going back,” said Sneddon. Though it might be nerve wracking to go back to school this semester, all students are in the same boat and no one is ever alone.



## On-Campus Essentials

Article by *Philip Avisan*

This year of the pandemic, schools and school systems throughout most of the country are starting the year with virtual education. Some of their remote learning skills are continuing (and hopefully will improve) immediately following shelter orders this Spring. This is the first year.

In other places, such as Texas and Florida, schools are reopening with new rules and regulations — procedures that promote social distance while significantly altering kids' everyday experiences.

The new normal needs a new list of essential needs for going back to school. As the pandemic is still in the corner, people need to get these items to be safe in the school.



Begin by preparing a number of masks. When you're going with disposables, students will almost certainly require more than you anticipate. Reusable cotton masks, particularly ones with a pocket for a filter for extra protection, are also an excellent option.

However, make sure that these masks are comfortable considering students may have to wear them for several hours.

Then next with your hygiene. You need to have hand sanitizer on hand every time because you'll be touching stair rails, desks, and other student's papers, so you should have access to it at any time. Get the ones that you can put in your zipper of your bag for easy access.



Lastly, take some vitamins, you'll never know nowadays either you are just sick or actually have the virus. Taking multivitamins also might have been standing before the pandemic, but adding in zinc, vitamin D and vitamin C could be a good idea now. Experts say these supplements can help boost the immune system.

In today's climate, these things are essential for your health so you could stay on top of your education and not limit your progress as a student. Be careful, follow protocols, and distance yourself to be safe and ready.





## A Better Semester and a Better You

Article by *Sabrina Tyree*

You have made the courageous decision to continue your education. This is great! However, this decision changes everything in your life. From your sleep schedule to your eating schedule. It can be overwhelming for anyone, but there are ways to help ensure success without sacrificing your health. Here are 10 ways that can help you along your journey.

### 1. SET GOALS

Setting goals is a key component to knowing what you need to complete to reach your overall goal. Making sure your goals are realistically attainable is most important, which is why it makes the top of the list. If you set goals that you know you will not be able to obtain, you will be adding more stress than needed on yourself and also on others around you.

### 2. PRIORITIZE TASKS

A great place to start is to prioritize your tasks based on which tasks are most important. One of the most common tasks to prioritize will be your school assignments and projects. The easiest way would be to prioritize by the time it will take to complete the assignment, which assignments are worth more points and by when the due date is.

### 3. PURCHASE A PLANNER

A planner is one of the most useful tools in organizing your assignments. The ability to lay out all of your assignments is an easy way to not miss anything. Taking the time to write down your due dates as soon as you know them will help pave the way for your whole semester and will allow for you to prioritize accordingly. It is important to update your planner every time something changes.



### 4. USE A CALENDAR

While a planner will allow you to organize assignments with due dates, a calendar is useful to plan things that are not necessarily school related. For example, appointments and special occasions that you wish to keep track of are good things to put on the calendar. By placing events and items on your calendar, much like a planner, it will allow you to prioritize your life accordingly.

### 5. DE-STRESS

Find an activity or a hobby that will allow you to relax and have some fun. Taking your mind off of everything that you have to do can help with coming back to your work later with a fresh set of eyes. Sometimes the best thing to do, especially if you are stuck on a project or assignment, is to step away and return with a different perspective. Plus doing an activity that you enjoy is simply fun.



## 6. LEARN TO SAY NO

Saying no might seem like the worst option. You may want to do as much as possible to help or impress people. However, it is just as important to know when you should say “Sorry, I can’t”. Primarily, you do not want to take on so much it adds to your stress. By adding on too much work, your quality of work can suffer. Being able to say no is usually better than saying yes and not completing the task to standards. Saying no is okay.

## 7. REMOVING DISTRACTIONS

Distractions are one of the most common things that can allow one to lose focus and procrastinate. The most common distractions today is your phone or social media. If you are unable to turn off your phone, placing it out of arm’s reach will help prevent you from playing that Candy Crush app for hours when you should be working on an assignment. When you are working on your computer, it’s useful to not open any additional windows or tabs that are not needed for your homework. Checking your Instagram, Facebook or YouTube videos can occupy you for long periods of time, getting you off task.

## 8. SET A SLEEP SCHEDULE

One thing that many people take for granted, especially when young, is sleep. Your mind needs to recharge and so does your body. You may think

that you can stay up just for another hour or two to finish an assignment or to get a jump start on the next day. Doing this too often can become over exhausting and mess with concentration. Setting a set time to go to bed nightly can help your body feel refreshed for the next day.

## 9. MEAL PLANNING

Meal planning can be tedious. However, if you are finding that you are not having time to cook or think about dinner it may be worth it. Instead of “grabbing a bite” when you don’t think you have the time, add time into your calendar to go grocery shopping and to plan your meals for the week. This will cut down on time during your week. If possible, even prepping some meals early can save you that extra few minutes later.

## 10. TALK TO YOUR ADVISOR

If you think that you may be taking on too much and do not know where to start, talk to your advisor. Talking to an advisor can help you to prioritize your classes based on what you need to take now versus later. They can help you figure out how many classes you think you can realistically take and in which order to take them. Knowing the order of when you should take each class is a huge step to maximizing and balancing your school experience. Do not take more than you have to.







## CSCU Employee Vaccine Mandate

Article by *Nicholas Niedojadlo*

Fall 2021 not only marks a new semester, but the first semester to resume larger on-campus learning. After about a year and a half of mainly online courses, students and faculty have been able to return to the classrooms, albeit with a limit to how many students per classroom. With this however, comes a Connecticut wide mandate for CSCU employees, which requires proof of vaccination or proper medical exemption forms to be provided to these colleges and universities.

The mandate required two links to be sent to any employee of a CSCU school. The employee would then need to fill out one of the two, the first asking for a proof of vaccination from the employee and the second being an exemption form. Employees needed to fill out whichever applied to them before they could get involved with anything on-campus related. This mandate followed a policy back in June requiring all CSCU students to be vaccinated as well.

If a student or employee shows proper proof of medical exemption, they are still allowed on campus. However they must continue to wear masks, which even vaccinated students and faculty must continue currently, as well as being required to get a weekly Covid test to ensure safety.

Kem Barfield, the Dean of Academics and Student Affairs at Three Rivers

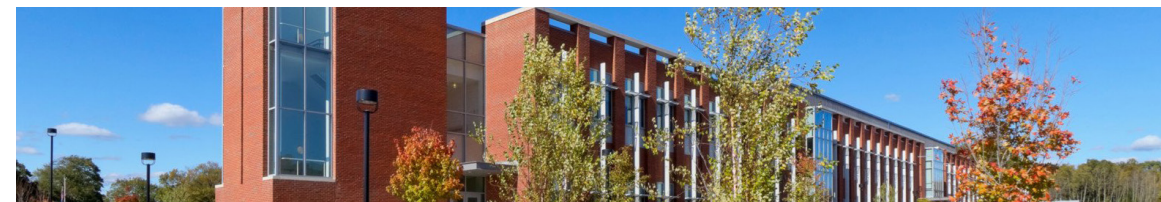
Community College, shared his thoughts on this CSCU Mandate.

“Last year, especially the fall semester, was very tough. We still had some on campus courses such as labs which can’t do well remotely”, he said. “We tried our best to set up protocols to protect people, such as masks, social distancing, constant faculty cleaning of things such as door handles, and signage”.

With the vaccine becoming available and more widespread during the spring of this year, this has assisted in making things easier for Three Rivers. “It would have been better if the vaccine came out last year”, Barfield said. “It’s a tool to assist in safety, plus we have readily available testing. People last year struggled to find Covid tests if they thought they might have been exposed. Now we can offer them right here on campus”.

As for the board’s decision to mandate the vaccine, Barfield shared that he is “supportive of the board creating this for us. Our goal has always been to try and protect students and faculty as well as we can. That’s what we’ve been doing so far, and any new tool that comes out can help that goal”.

While it may be some time still until we can truly return back to campus without the limitations put in place, they are all important steps to help continue stopping the spread of Covid-19, especially with the possibility of new variants looming over us. By being as safe as possible during this return to on-campus learning, we can help to achieve the goal of keeping fellow students and faculty protected as best as possible.



## Remembering 9/11

Article by *Kaycee Gagnier*

“On September 11, I always take the day off. I want to be in a peaceful quiet place praying. It is a day I both mourn and celebrate,” says Genelle Guzman-McMillan, a 9/11 survivor.



This year marks the 20th anniversary of the 9/11 attacks. On September 11, 2001, 19 al-Qaeda terrorists hijacked four commercial airplanes. The hijackers had flown two planes into the Twin Towers, another into the Pentagon, and a final plane that crashed into a field in Pennsylvania without reaching its attempted destination. The final destination was supposed to be the San Francisco International Airport in California, but the passengers and crew on the plane had attempted to regain control before hijackers decided to deliberately crash the plane.

The aftermath of 9/11 had a lasting impact on America. Since the attacks, the American defense budgets for Coast Guard, Border Patrol, and Transportation Security Administration have all doubled in size.

Along with the growth in budgets, a size increase to the American military also happened. Between 2001 and 2011, 3.1 million Americans joined the military. Of those 3.1 million, 2 million were deployed for Afghanistan or Iraq.

The Bush administration also reacted to 9/11 by building the infamous Guantanamo Bay, sending suspected enemies to stay there for an indefinite amount of time without trial. Since it's opening, over 800 prisoners have stayed. Currently, 40 men linger behind the walls.

In 2002, the Bush Administration also created the Department of Homeland Security, as well as U.S. Immigration and Customs Enforcement (ICE). Since 9/11, ICE has contributed to the massive increase in deportations. And finally, the Transport Security Administration (TSA) was created to oversee security in transportation around America.

The Current had the opportunity to interview Damian Rickard, a paramedic at American Ambulance in Norwich. On September 11th, Rickard and his team were placed in New York as first responders. Before they were sent to assist, Rickard recalls his first memory of seeing the attacks. “I remember I was in the ambulance bay, and I happened to just walk into the crew lounge, where the TV was on, just as the second plane hit. I remember the first thing I said was, ‘this was not an accident.’”



“As soon as everything happened, we started reaching out to see if any assistance was needed.” Rickard said. He and his team made the drive to New York in about two hours, reaching the Jacob Javits Center along the Westside highway in Manhattan.

“We were in staging, so we had dozens of ambulances there, and as patients were identified, they would call from ground 0 back to the staging area for an ambulance to respond.”

“There were nine of us.” Nine members of Rickard’s team had assisted during 9/11. Today, only two members of the team still work at American Ambulance, one being Rickard, and the other being Michael Aliano, the current president of the company. “One of the guys who went down with us, he actually enlisted in the army right after 9/11, and spent some time in Afghanistan and Iraq.”



The public was supportive of first responders work, helping out when they could. “The public was phenomenal,” Rickard said. “They would bring us food... one guy brought us socks!.. And bottles of water. They were just... the public was great, and that was one of the biggest takeaways, was just how the public was.”

“You know, American Ambulance has a giant ‘American’ on the side of it... One of my most vivid memories is, on that one call that we did, on our way back, we were going north on the westside highway, and the streets were lined with crowds. As soon as they saw the ‘American,’ they just started cheering and chanting. It was very powerful.”

For the 20th year anniversary, Damian has been invited to speak during the town of Norwich’s event at the Norwich city hall. “You see all these posts that say ‘never forget.’ For most people, that means something different than it means for me and the others that were there. We truly, one, can never forget, and two, from being there and seeing what actually happened and seeing it firsthand and smelling it and touching it, and seeing the people, it really makes you know what ‘never forget,’ really means.”



Picture of Damian Rickman and the American Ambulance Team.

## Cleaning Your Reusable Masks

Article by *Nicholas Niedojadlo*

With the continued spread of Covid-19 variants, public locations, including Three Rivers, have kept and/or reinstated the usage of masks, whether vaccinated or not. With mask usage being the norm for the foreseeable future, it's important to remember to maintain clean masks if you're not using disposable ones. This means both washing and drying them properly. While to some this may seem like a common practice, multiple studies in 2020 showed that only about 15% of the population properly wash their reusable masks.

According to the CDC, cloth face masks should be washed after each use. While it may seem tedious, it's important to make sure that germs and bacteria don't build up over time. When it comes to washing the mask, there are two different options.

For daily cleaning, the first and probably easiest way to clean your mask is by hand. Grab a small bowl, and fill it up with a mix of water and some laundry detergent or soap. Then take your mask and thoroughly wash it within the mixture. After washing, you want to rinse the mask with clean water to remove any excess detergent or soap. The second way to wash your mask would be to toss it in with a normal load of laundry.

When it comes to drying your mask, you also have two options. The first



would be to send it through a warm or hot drying cycle, which is simple enough to do if you already have it in your regular laundry load. The other choice would be to let it dry either in direct sunlight, or by laying or hanging it out flat if sunlight isn't available. You want to make sure that your masks are completely dry before their next use, as wet masks will not protect you as well and can also have the chance of becoming moldy.

Another good practice in general if you prefer reusable masks over single use disposable ones, would be to make sure you have multiple masks for the week. This would make sure you have ample time to let the previous day's mask dry before using it again.

For more general information on caring for your mask, and any updates on CDC guidelines, be sure to keep up to date through the official [cdc.gov](https://www.cdc.gov) website.





## Upcoming Events During Covid Article by *Philip Avisan*

Mohegan Sun Entertainment is one of the most cutting-edge music venues in the United States. The venue won the Country Music Award for “Casino of the Year” in 2008 and 2010. Billboard Magazine named it as the fourth greatest venue, and is now coming back to business since the pandemic hit in March of 2020. People around the globe are excited about the events coming up this year.

Last weekend was the BBQ fest in Mohegan Sun, people from around and out of state came to see the world-class BBQ and local bands that weekend. Sun BBQ Fest has plenty of food, cold beer, hand-crafted drinks, and live music to celebrate the finest in barbecue. “It’s good to be back here and enjoy the experience,” said Nicole from New York.



People were excited to experience full plate offerings from nationally recognized BBQ teams, participating in our annual Wing & Rib competition, or sample tiny nibbles in our “People’s Choice Competition.” A World Food Championship-sanctioned barbecue competition is also part of the Sun BBQ Fest.



“I have been excited since they announced that events are coming back here in Mohegan Sun,” said Jake from Rhode Island. This event is just the beginning of the upcoming events that Mohegan Sun has to offer. Here are some of the upcoming events and concerts lining up for your 2021:

CMN Presents Marc Anthony | Saturday, September 18th  
Sebastian Maniscalco | Friday, October 1st & Saturday October 2nd  
Harry Styles | Saturday, October 23rd |  
The Doobie Brothers | Thursday, October 28th |  
The Monkees Farewell Tour | Friday, October 29th  
Old Dominion | Saturday, October 30th  
Dave Matthews Band | Tuesday, November 9th & Wednesday,  
November 10th  
Chris Young | Sunday, December 5th



## How Safe is Traveling Now

Article by *Sabrina Tyree*

Traveling during the pandemic has not been without its difficulties. Hotels have gone through many different policies and procedures as the pandemic evolves. Their priority is to provide a comfortable and safe space for guests and their employees.

Many people have not traveled since the beginning of the COVID travel restrictions in spring of 2020. As the pandemic progresses, so do protocols. Although the pandemic is not over, it has become safe for travelers to stay at hotels and feel safer doing so.

Hilton Garden Inn General Manager, Indira Lopez, has worked with the Hilton brand for almost 15-years. Lopez believes, “If everyone follows the state and cities, mandates and recommendations when traveling” it would be safe enough to travel. Over at the sister property, Hampton Inn Norwich, General Manager Mark Davis states, “It was safe during the first wave of the pandemic; however, today it is difficult due to the fact the state and cities all have different rules, mandates and recommendations.”

Both locations, being under the Hilton brand, have implemented what is called the CleanStay program. According to Lopez, “CleanStay is a program that made guests aware the room was deep cleaned, sanitized with Lysol products. We provided signage throughout the hotel, and sanitizing

stations.” Along with these new standards, the Hampton Inn also provided additional signage. Primarily requiring facemasks and to mark a dedicated area for food deliveries to be dropped off or wait for a guest. This helped to prevent additional people walking through the halls of the hotel.



Davis has been with the Hampton Inn since it opened on June 21, 2017 and feels that even after COVID is over, “the plexi-glass shield at the front desk may remain as a permanent structure.” Following state and CDC guidelines that keep changing is a constant struggle. However, Hilton will keep modifying their policies accordingly. Currently, each location still keeps an occupancy limit on the pools and hot tubs so that guests can still socially distance and begin to enjoy themselves again. If a guest would like to use the pool or hot tub, there are reservation sheets at each front desk where they can sign up for a time slot. Lopez believes that the pool sign-ups will be one of the items to remain after COVID because it, “gives all guests a chance to enjoy without hassle.”

The common consensus is that nothing will be exactly the same, but that is not entirely a bad thing. Some of these changes made, because of COVID, have helped some look at things from a different perspective. Is it safe to travel during COVID? It really depends on how you as the traveler feels about it. Businesses can try their best to make you feel safe, and there are many things that they are doing right. However, the key component will be for everyone, travelers and workers alike, to follow all safety policies and protocols while traveling.





## Is Pumpkin Spice Going Too Far?

Article by *Lauren Susi*

It is not officially fall yet but for many, fall has already begun. Pumpkin Spice is everywhere and started its reign of the fall season starting in August. But is it too soon?

It seems to be taking over sooner and sooner, cutting away at the back end of the Summer months trying to claim more ground. This year, 2021, the spice came out at the end, nearly the middle, of August, where it usually is held back till the first of September.

You either love it or hate it. Pumpkin spice flavors our foods and coffees, and even fills our homes with its smell from scented candles and room sprays.

Starbucks, along with other coffee chains, over the years keeps releasing Pumpkin Spice earlier as the years go on. In 2017 Starbucks official release date for the flavor was Sept 1st, 2018 was Aug 28th, 2019 was Aug 27th, 2020 was Aug 25th, and finally this year 2021 Aug 24th.

This year Dunkin Donuts released their Pumpkin Spice flavor mid August on 18th, 6 days earlier than Starbucks.

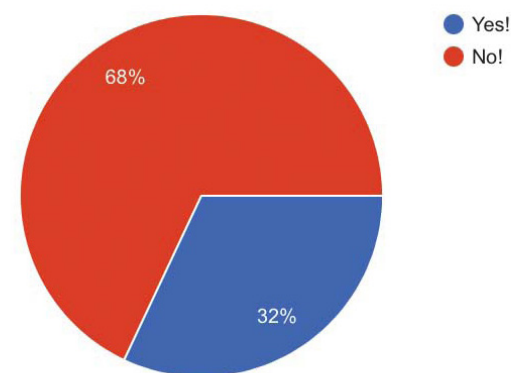
The flavor of fall is taking more and more days off of summer each year.

But is it getting out of hand? That is a matter of opinion.

According to the poll given to the students of Three Rivers Community College by the Current staff it is not too soon. The poll asked “Is August too early for pumpkin spice foods?” and 68% said “No” it wasn’t too soon, while only 32% said “Yes” it was too soon.

Most TRCC students are ready for Pumpkin spice no matter if it is released earlier each year. Ready or not, here comes the fall season sooner than you’d think.

Is August too early for pumpkin spice foods?



Want to take part in other polls?  
Stay up to date on all the action by following us on social media!



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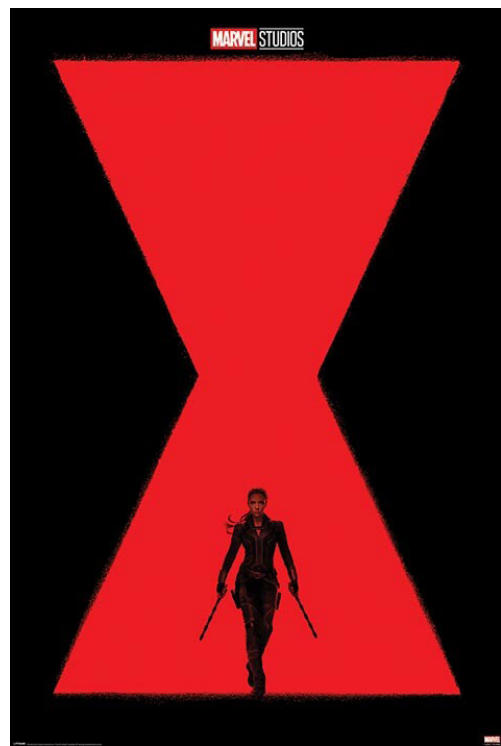


@trccthecurrent or @quillandbrush

## Scarlett Johansson Sues Disney

Article by *Kaycee Gagnier*

Scarlett Johansson, famously known as the character Black Widow, has filed a lawsuit against Disney on July 29th of this year for undercutting her earnings from the movie Black Widow.



Disney has recently created its own streaming service, similar to Netflix or Hulu. Members can subscribe to the streaming service by paying \$8 a month, or \$80 a year. With this subscription, members are allowed access to almost every Disney movie, show, or short film. Under the Disney+ subscription, you are also allowed unlimited access to all Marvel, Star Wars, and National Geographic films as well. For \$8 a month, many consider it worth it... in the first 24 hours, the new streaming platform had reached 10 million subscribers. By April 2020, the platform reached 50 million subscribers, though some people credit this growth to the release of The Mandalorian on Disney+.

And now, as of March 2021, Disney+ sits with over 100 million subscribers, and is projected to make \$10 billion for Disney by the end of

2021. Black Widow released to both theaters and Disney+ Premier Access on July 9, 2021. The film earned \$67 million in its opening weekend, as well as earned high praise from critics. Despite the success, weeks after Black Widow's release, Scarlett Johansson announces that she is suing Disney over breach of contract because of the film's streaming release.

Litigation claims, "Disney intentionally induced Marvel's breach of the agreement, without justification, in order to prevent Ms. Johansson from realizing the full benefit of her bargain with Marvel." Some Actors and actresses make most of their compensation through ticket sales, Scarlett Johansson included. Since the pandemic, we've seen the film industry dramatically drop in production and revenue. Even though theaters have opened up (with restrictions), companies are finding that there still is a hesitation from people to see a movie in theaters.

Since Disney prematurely released Black Widow on their streaming service, it's estimated that Scarlett Johansson lost out on an estimated \$50 million. Johansson's legal team has come forward with announcing that Disney did not renegotiate Johansson's contract after the hybrid release plan was decided, despite Disney claiming that it would, but failed to do so.

In response to Johansson's lawsuit, Disney's legal team claimed the lawsuit had "no merit whatsoever" and called it "sad and distressing in its callous disregard for the horrific and prolonged global effects of the COVID-19 pandemic." Disney CEO Bob Chapek still stands by the decision to hybrid release the movie. Despite Disney's strong stand on the lawsuit, it looks as though Disney is trying to avoid court with



Johansson by pushing for arbitration.

Since Disney's response to the lawsuit, women's equality movement organizations have released a statement in response to Disney's words against Johansson. "A gendered character attack has no place in a business dispute and contributes to an environment in which women and girls are perceived as less able than men to protect their own interests without facing ad hominem criticism."

This lawsuit has opened up the discussion of what compensation will look like for actors and actresses in the new digital streaming age. As more people move away from classic television and towards streaming, the question 'how will this affect the film industry?' Has been a rising question, and has only gotten louder with the pandemic.

The Warner Bros. studios has been ahead of the curb, negotiating new contracts with their stars and producers. Their contracts include money upfront and bonuses for their performances. Although this plan was supposed to be only a response to the pandemic, it is expected that the company will find it hard to return to the old model of things, if they try to return to it, that is.

Disney is receiving plenty of backlash from fans, and it has tainted the company's image for some. We will see soon if Disney will stick with their hybrid release plan, or if they will follow suit with Warner Bros. and make new contracts with their actors.



## "No Way" You've Not Seen This Article by *Lauren Susi*

The third movie in the Marvel's Spider-man franchise, Spider-man: No Way Home's much anticipated trailer teaser was released August 23rd at Sony's CinemaCon.

Marvel is no stranger to bringing in characters from their other movies and this movie is no different either. The same cast from the other movies are returning, Tom Holland ( Peter Parker/ Spider-Man), Zendaya (Michelle "M.J."), etc. But also characters from Marvel's Doctor Strange, Benedict Cumberbatch (Doctor Strange) and Benedict Wong (Wong), are joining this movie as well.

The marvel universe, from the trailer, is unraveling after Peter Parker's identity is revealed to the public and Parker asks Doctor Strange for help to erase from everyone's minds that he is Spider-Man. However, there is speculation that No Way Home is going to unveil the multiverse with more Spider-mans from past movies. Past iterations of the Spider-Man franchise were Tobey Maguire's Spider-Man trilogy and Andrew Garfield's The Amazing Spider-Man trilogy. It is theorized that they will make an appearance in this new movie. Though both Maguire and Garfield are staying silent about if they are in the movie or not, fans are convinced they must be.

It is confirmed from the trailer that Maguire's villain from Spider-Man 2 played by the same actor, Alfred Molina, is in No Way home to reprise his role as Dr. Octopus. As well as, in the cast listing of No Way Home, Jamie Fox is also reprising his villain role, from Garfield's The Amazing Spider-Man 2, as Electro. Both villains from the old movies coming together to be in this new movie is proof that they are combining all the movies. However, it still does not confirm whether other characters from the previous movies will be in No Way Home.

Nonetheless, fans are so excited for Spider-Man: No Way Home that it broke the record for most views of a movie trailer in the first 24 hours as determined by the Guinness World Records. The record was previously held by Marvel's other movie Avengers: Endgame (2019) with 289 million views. Spider-Man: No-way home crushed this record with 355.5 million views. Even if all the other Spider-Mans are not in the movie, this will still be a highly anticipated crossover that is big even on Marvels terms.

The movie is releasing, this year, in theaters December 17, 2021.







## DIY Customized Keyboard Tutorial Article by *Philip Avisan*

The equipment we use the most should ideally be of the best possible quality, making even the most repetitive activities enjoyable and not exhausting. If you spend a lot of time in front of a computer, you should invest in a mechanical keyboard, just like someone who drives screws every day requires the greatest drill.

Rubber domes that lie beneath each key offer resistance and spring in most keyboards. Each key contains a precise spring and a piece of metal that opens and shuts to detect each input on mechanical keyboards. It has the sensation of a gated gear shifter, which is decisive and gratifying. Every keystroke is accompanied by an audible click. Mechanical keyboards are generally connected to have as little delay as possible.

### Step 1: Select a Size

Most Apple and Dell keyboards squander space on buttons you'll never use, such as a specialized number pad or function keys. Choose a layout that corresponds to the type of typing you perform most frequently.

Sixty-percent keypads, like the Anne Pro 2, are as simple as they get, with no arrow keys or function keys and only letters, numbers, and modifiers. The benefit is a more streamlined appearance that takes up less desk space.

Try a 104-key keypad, such as the Max Nighthawk 104 Key, if you need a complete number pad. They're huge and wide, and they have all the keys you'll ever need. The 87-key arrangement is the most popular option. People who miss arrow keys and function keys for things like stopping music may appreciate a keyboard like the Akko 87-Key TKL.



### Step 2: Selecting Your Switches

The internal mechanism that moves when a key is pushed is known as the switch. There are numerous major designs to choose from, each with its own sound and texture. Cherry is the largest switch maker, and it



categorizes its switches by color. Other businesses have started producing their own switches since Cherry's patents expired in 2014, but most of them follow a similar color categorization.

One alternative is to purchase a sample strip with all of the options and see what you prefer, after which you can order a keyboard with those keys. It's an imperfect test, but it'll help you figure out what you enjoy and what you don't.

The exterior shell of the Cherry MX Red keys makes a small click when it hits the base. They're simple to engage without exerting much power, which makes them ideal for gaming but difficult to type with. The Cherry MX Brown keys are in the center of the keyboard. They're rather quiet, with only a slight bump when you write. They take more effort to engage than Reds, making them ideal for gaming and typing.

Choose Cherry MX Blue keys, which contain a slider within that generates a loud, high-pitched click sound, if you really want to annoy your coworkers. They need the greatest force to engage, but the click is quite gratifying.

### Step 3: Customize Your Way

There are hundreds of keycap and cable designs. Subreddits like [r/MechanicalKeyboards](#) give the best advice and inspiration for your keyboard needs. If you want quality, Drop.com is the best place to start when you want the best switches but Amazon is the cheap way to get one. I recommend the Akko Aviator Coiled Keyboard Cable, budget keycaps have come to Amazon also and Akko Pink Switches as they are one of the best budget linear switches in my opinion.





## Simone Biles Steps Down Article by *Kaycee Gagnier*



Simone Biles, a U.S. gymnast, had stepped down from the Olympics competition in late July, which has caused a stir. Many people questioned and critiqued her decision, not just because she is almost guaranteed to win if she competed, but because her decision to step down opened up a conversation of mental health in athletes, which has split opinions throughout the US.

“I didn’t want to go into any of the other events second-guessing myself,” Biles tells reporters.

Biles was expected to win gold in almost all of her events before she stepped down, setting team USA down a notch from the lead. Biles hasn’t lost an all-around competition since 2013.

The weight of being one of Team USA’s biggest stars was a pressure that Biles couldn’t handle. During her vault, Biles has gotten what gymnasts call ‘the twisties,’ which is when you lose your sense of space and dimension. It’s described as not being able to tell up from down... which can be very scary when you find yourself mid-air.

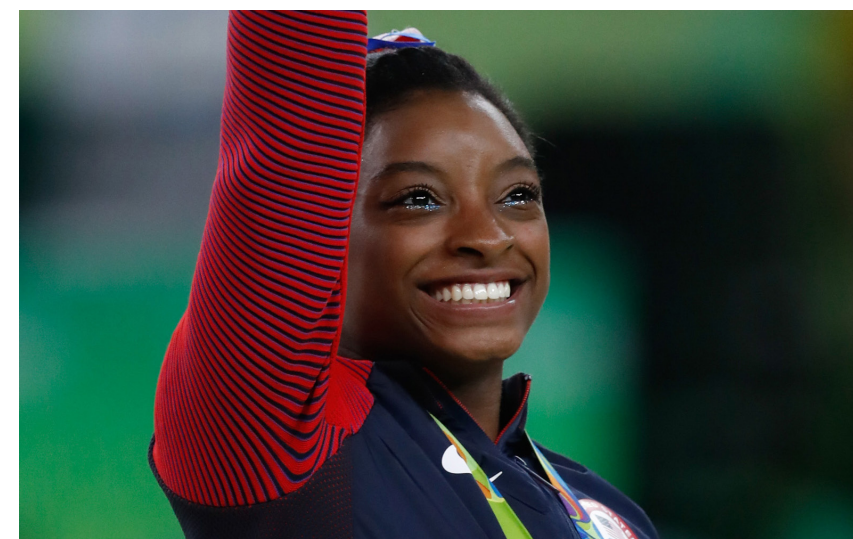
Luckily, Biles had only stumbled on landing, but she had ‘no idea’ how she

managed to land on her feet.

Charlie Kirk, Turning Point USA co-founder, criticises the situation. “We are raising a generation of wear people like Simone Biles... If she’s got all these mental health problems: don’t show up.” Kirk, among other critics, claim that Biles ‘isn’t ready’ for competition in the Olympics, despite her winning 27 Gold medals beforehand in previous years.

Despite the criticism, Biles’ coach, Jess Graba sides with Biles decision to step down. “I think a lot of people don’t realize that it’s such a mental sport.”

After stepping down, Biles had supported her teammates as they had taken 2nd place. Since the Olympics have ended, Biles has been focusing on her mental health, as well as spending time speaking up about the taboo subject of mental health. “I don’t think you realize how dangerous this is on hard/competition surface. Nor do I have to explain why I put health first. Physical health is mental health.”





## Summer Cool Down Drinks

Article by *Sabrina Tyree*

As we wrap up summer, there is still some time for a refreshing cool down with these easy to make beverages. Whether you need drinks for a small get together or just for you and the family, any one of these yummy treats are sure to be a hit.

### COCA-COLA SLUSHIES

#### Ingredients:

- 1 – 8 oz. bottle of Coca-Cola
- 1 – 8 oz. bottle of Coca-Cola, chilled
- 1 – Cup of ice

#### Directions:

1. Pour 1 bottle of Coca-Cola in an ice cube tray and freeze.
2. Using a blender, add 1 bottle of chilled Coca-Cola, the frozen Coca-Cola and one cup of ice.
3. Blend on high until desired consistency.
4. Enjoy!



### THE BLUSHING ARNOLD PALMER

#### Ingredients:

- 5 fl oz. of prepared lemonade
- 5 fl oz. of prepared iced tea
- 1 – Cup of ice
- Splash of grenadine

#### Directions:

1. Combine lemonade and iced tea in a tall glass.
2. Add ice.
3. Stir until chilled.
4. Add a splash of grenadine.
5. Enjoy!



### WATERMELON BELLINI

#### Ingredients:

- 1 – Cup of watermelon, cubed
- 1 – Bottle of sparkling cider
- Optional: Extra cubed watermelon for garnish

#### Directions:

1. Puree cubed watermelon in blender.
2. Evenly portion puree into 4 glasses.
3. Top off glasses with sparkling Cider.
4. Add watermelon for garnish if desired.
5. Enjoy!







### SHIRLEY TEMPLE

#### Ingredients:

3 cups of lemon-lime soda  
1 – Lime, juiced  
4 tsp. grenadine  
Maraschino Cherries  
Ice

#### Directions:

1. Fill 4 glasses with Ice.
2. Divide soda evenly between the 4 glasses.
3. Divide lime juice evenly between the 4 glasses.
4. Add 1 tsp. of grenadine to each glass.
5. Enjoy!



### WATERMELON LEMONADE

#### Ingredients:

5 fl oz. of prepared lemonade  
5 fl oz. of watermelon Juice  
1 cup of ice  
Optional: Substitute ice for 1 cup of watermelon, cubed

#### Directions:

1. Optional: Freeze cubed watermelon.
2. Combine lemonade and watermelon in a tall glass.
3. Add ice or frozen cubed watermelon.
4. Stir until chilled.
5. Enjoy!





## Creamy Italian Sausage Pasta

Article by *Nicholas Niedojadlo*

This Creamy Italian Sausage Pasta dish, having the perfect combination of rich and savory flavors in only twenty minutes, is perfect for a nice indoor meal to begin the autumn season.

### Recipe Information:

Prep Time: 5 Minutes

Cook Time: 15 Minutes

Total Time: 20 Minutes

Servings: 4

Calories: 600kcal

### Ingredients:

1 Pound Ground Italian Sausage

1 Pound Penne Pasta

1 Tablespoon Olive Oil

½ Yellow Onion Minced

2 Cloves Garlic Minced

½ Teaspoon Red Pepper Flakes

½ Teaspoon Salt

2 Cups Heavy Cream

5 Ounces Baby Spinach

1 Cup Shredded Parmesan Cheese

### Steps:

1. Start by boiling water in a large pot and placing your penne pasta in, following the directions on the pasta box.

2. As soon as your pasta begins to boil, take a large skillet and begin to heat olive oil within it. Add in your sausage, minced onion, garlic, and red pepper flakes. Once the sausage is cooked through, drain the excess oil and return the sausage to the pan.

3. Turn your stove heat down to low. Proceed to add cream to the pan and bring it to a simmer, then put all of your spinach into the pan. It will take around 3-5 minutes for the spinach to wilt.

4. Finally, drain your pasta, add your shredded parmesan and pasta, mixing everything together and make sure everything is coated.

By following these steps, you will have a delicious warm meal that will be perfect for the cooler weather!







**“If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate.”**

-Sandy Dahl, wife of Flight 93 pilot Jason Dahl,  
in Shanksville, Pennsylvania, in 2002.