

Current

noun | *cur·rent*: flow marked by force or strength.

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Rankings Are Out

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New Products





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Campus Life

The 2022 College Rankings Are Out!

Where do you plan on taking your next adventure?

Article written by Sabrina Tyree

As the semester moves on, we get closer to a major decision. Should I continue on after I graduate Three Rivers? Where should I go?

USNEWS put out their college rankings for 2022, there is nowhere better to see how your dream school stacks up. Many factors are included to determine school rankings such as; graduation and retention rates, social mobility, graduation rate performance, undergraduate academic reputation, faculty resources and more.

Many of our local Connecticut colleges and universities made the list.

These universities were ranked in the top 150 of National Universities.

Rank: #5 – Yale University

Location: New Haven, CT

In the heart of New Haven, this Ivy League university makes the top 5! Yale is a private university with a vast amount of degree programs to choose from. It can be tough to gain admission, accepting generally about 7 percent, but there are many opportunities for students to explore. Yale University also ranked #1 in “Best Value Schools.”

Rank #63 (tied) – University of Connecticut

Location: Storrs, CT

Located in the rural northeast of CT, University of Connecticut, also known as UCONN, is one of the top research universities. With an acceptance rate of 56 percent, more students can get the chance continue their education in one of the many schools located at UCONN.

Schools within UCONN are; College of Agriculture, Health and Natural Resources, Ratcliffe Hicks School of Agriculture, School of Business, Neag School of Education, School of Engineering, School of Fine Arts, College of Liberal Arts and Sciences, School of Nursing, School of Pharmacy and School of Social Work.

Apart from offering many degrees and schools, UCONN is also known for its athletics.

UCONN also ranked #23 in “Top Public Schools.”



Rank #148 (tied) – Quinnipiac University

Location: Hamden, CT

Quinnipiac University can be found among the hills in the suburbs. It's quiet and high location allows for great views while you walk the campus. Quinnipiac is a private university with an acceptance rate of 82 percent.

The most popular majors at Quinnipiac University include: Health Professions; Business, Management, and Marketing; Communication, and Journalism; Psychology; Visual and Performing Arts; Biological and Biomedical Sciences; Social Sciences; Engineering; English Language and Literature/Letters and more.

Quinnipiac was also ranked #45 in “Best Value Schools.” These universities were ranked in the top 100 of Regional Universities North.

Rank #3 – Fairfield University

Location: Fairfield, CT

Fairfield University is a private Jesuit school that offers online, undergraduate, graduate and accelerated degrees. Qualified undergraduate students can earn their bachelor's and master's in as little as five years. This university is in a suburban setting and also ranked #3 in “Most Innovative Schools.”

Rank #55 (tied) – University of New Haven

Location: West Haven, CT

At the University of New Haven, the most popular majors are in Homeland Security, Law Enforcement, Firefighting and Related Protective Services. These majors make up approximately 41 percent of the 2020 graduates with Business, Management and Marketing coming in next at 11 percent.

The university is a private institution in a suburban setting. You can expect to find smaller classes with an average of 18 students per class.

This university also ranked #19 in “Best College for Veterans.”

Rank #85 – Eastern Connecticut State University

Location: Willimantic, CT

Eastern Connecticut State University is a public institution in a suburban setting. The three top majors are Business, Management and Marketing; Social Sciences; Liberal Arts and Sciences, General Studies and Humanities.

Eastern's high acceptance rate of 70 percent makes for an easy transition. The class sizes are also very small at an average of 14 students per class, giving students more one on one care.

This university also ranked #24 in “Top Public Schools.”

Fall Fashion Essentials 2021

Article written by Lauren Susi

With the changing seasons, comes changes in fashion. Fall 2021 is here to make you feel cozy and to look trendy as well!

As we transition from summer to fall some of the trends we saw continue on. Though skinny jeans are a staple piece, people have been wearing loose fitting cuts.

A vintage straight legged jean has been very popular and will continue into the fall this year. Other options if you don't want your jeans too baggy, would be a "mom" jean fit which would be a bit more snug with a little bit of room versus a completely baggy jean.

Other bottoms that are up and coming for the fall would include a wider legged trouser pant.











Sticking with this classic theme, another staple for the fall is an oversized button up dress shirt. This can be worn half tucked, untucked, or fully tucked into a pair of trousers or jeans.

The shirt jacket is also very popular for the fall 2021. This is thicker and more structured than your average flannel which dresses up your outfit a bit but is still super casual and easy to wear. A big oversized jacket is easy to layer and definitely has those 90's vibes.



photo by Ksenia Chernaya from Pexels.com

For fall palettes we have some surprising colors being more bright and vibrant. The New York Fashion Week's Official Autumn/Winter 2021/2022 Pantone® colors are:

Mykonos Blue	
Illuminating	
Leprechaun	
Fuchsia Fedora	
Pale Rosette	
Adobe	
Fire Whirl	
Rhodonite	
Spring Lake	
Root Beer	

Though bright colors might not seem like the fall usual, with everyone starting to have more events to go to and people want to stand out. A vibrant sweater can bring a bright and cozy pop to your fall outfit. Or go all out and make a monochromatic statement with a head to toe outfit of one color.

Other hot textures and patterns for fall 2021 include 70's stripes/geometrics, florals, faux fur and leather.

For accessories it's out with those useless mini bags and into the era of the carry-all. Large tote bags are back in style so you can carry around, and actually fit, everything you need.

Not only are the bags and jackets oversized but also chunky rings, chains, belts, loafer and oversized sunglasses are also hot for the fall.

It's a go big or go home kind of time in fashion again.

Are 80's Trends Making a Comeback?

Article written by Kaycee Gagnier



As we march into the second decade of the 2000's, we've seen a lot of changes in what is considered 'fashionable.' For example, in the mid 2010's, wearing neon and animal print was the coolest thing! In the 90's, tube tops and low rise pants were all the rage. Now, we are seeing people wear... scrunchies and high waisted jeans. That sounds familiar, doesn't it?

It feels as though we've gone backwards in time. Why isn't everyone wearing futuristic clothes and using hoverboards like in Back to The Future? What makes these clothes so fashionable that they've come back in style, full swing?

As time goes on, some fashion pieces are retired quietly and put into the back of your closet, like leg warmers. But some make comebacks every so often, because they are considered 'classic,' and that title is only reinforced in time as it continually comes back. The 80's weren't an exception to the rule, either. Recently in the past few years, we've seen a beautiful revival of some older styles, like women's hair styles.

The 80's were all about that 'big hair'-- perms, bangs, and curls were all the rage. That hair disappeared swiftly in the 90's and 00's, but came back in full swing in the recent years. Luckily, getting a perm today isn't as damaging to hair than it used to be. Now, hairstylists use less damaging products, keeping hair happier and healthier,

Along with hair styles, hair accessories are also coming back into play. Namely, scrunchies. It's not surprising that this accessory came back--it's surprising it ever left. Scrunchies come in all sorts of colors and patterns-- making it just the right final touch to your outfit. Plenty of people prefer scrunchies over hair ties, because they find that the scrunchie doesn't pull at the hair as much as a regular hair tie does.

Besides hair, clothing is taking a full swing back too. There has been a complete shutout in the market for low rise jeans. Instead, the public eye has shifted to highrise jeans. High Rise jeans have actually never left the show, but they recently made a rise to the top in 2015 and have been a fashion favorite since.

Besides fashion, brands that were popular in the 80's are still popular now. Some brands, like Ralph Lauren, Nike, and Adidas, have always been high-end fashion, but there's nothing like the classics. Even after rebranding and releasing new lines, these brands always have an 'original' line. For example, Nike released a 'retro' line of shoes that were modeled like the classic shoes from the 80's, and it wiped the floor in sales.

Even class video game companies like Nintendo have been top competitors since the 80's. You can hardly find classic game systems like the NES for sale at a decent price, but at least there's been a 're-release' of it. Being a more modern version, the new NES sits at the price of \$30 on Amazon, including 30 games built into the small system.

Some people attribute these major fashion comebacks to the rise in popularity of thrifting--shopping at second-hand shops. Shops that second used clothes and items are typically full of people's old clothes, sometimes dating back even earlier than the 80's. Finding vintage clothes for a fraction of the price is a huge steal.

These older clothes sold at lower prices also attract revampers: people who like to fix and change old or broken things. It's so easy now to look up 80's clothes for sale that have been sewed and patched up to its original glory-- for a little bit extra, of course.

Some people wonder what the next fashion trends are going to be. It's hard to imagine what's going to dominate the fashion industry in a year. Most people couldn't even imagine denim on denim to even come back... but the future is supposed to be a mystery.

Apple Announces New Products

Article written by Kaycee Gagnier



On September 14th, at 10am, Apple announced a brand new line of products-- ranging from the iPhone 13, down to the Apple Watch. The company even revamped the iPad mini-- a classic favorite for those who may not like the classic 10-inch size of the normal iPad.

The iPhone 13 launch brings not just a regular upgrade, but with options such as the iPhone 13 mini, Pro, and Pro Max to choose from. Depending on which iPhone the buyer wants, you have different options. For example, the iPhone 13 Pro and Pro Max come in brand-new colors to choose from: Sierra blue, Gold, Silver, and Graphite. iPhone 13 Pro/Pro Max buyers can also choose up to 1TB of storage... starting at \$999 for the Pro, and \$1099 for the Pro Max.

However, if you're interested in buying the iPhone 13, but not for one grand, the lowest price out of your options starts with the iPhone 13 mini, for \$699, and comes in colors pink, blue, starlight, midnight, and classic red. The iPhone 13 mini also only goes up to 512GB of storage, cutting your storage space in half compared to the iPhone 13 Pros.

While the differences between size, storage, and color might change a buyer's mind on which iPhone they might want, some upgrades are shared between all 4 iPhones, such as a smaller screen notch.

Since the iPhone X, Apple has completely removed the classic 'home button' that you find on all previous iPhones. The removal introduced a brand-new, sleek look to iPhones, that was almost just screen... except for the front-facing camera and speaker. As a solution, Apple added in a 'notch' at the top of the newer iPhones. You'll notice that the notch at the top of the iPhone 13 is noticeably smaller than the notches on the 12, 11, and X.

The iPhone 13 will also feature a brand-new type of processing chip, called the A-15, and Apple claims it's CPU is faster than competition by 50%. All cameras also include an improved night mode, and cinematography mode.

iPhone 13 has also been granted 2.5 extra hours of battery life, the only exception being the iPhone mini, which only has an extra 1.5 hours.

The iPhones aren't just the only thing in the spotlight. Apple has also announced the next generation of Apple Watch, the Series 7. Including 33% faster charging, larger display, a full keyboard to type on screen, crack, dust, and water resistant.... And five new colors!

Along with the Apple Watch announcement, Apple has also announced the new generation of iPads, and even re-introducing the beloved iPad mini.

The new iPad mini, which now supports 5G and the Apple Pencil like the rest of the iPad family, is also now showing off a full-screen display, much like the recent iPhones. The touch ID is also placed into the top ON/OFF button.

The regular iPad is also getting an upgrade, now including an A13 processor, as well as can now have LTE connections.

Common themes between all of these products is that they are required to be charged by the USB-C cable, which has been adapted by recent previous products, such as the iPhone 12 and MacBooks.

Apple is also very proud to announce that between all of their products, they have removed the plastic wrap packaging that is around their newer products, saving 600 metric tons of plastic.



While many people are excited about the new generation of Apple products, with over 1.8 million people tuning in to watch the live event, some might say that there isn't much of a difference between the iPhone 12 and iPhone 13 at first glance. Although, Apple seemed pretty confident in their supporters, and it paid off, because over 2 million people have preordered themselves the iPhone 13 already.



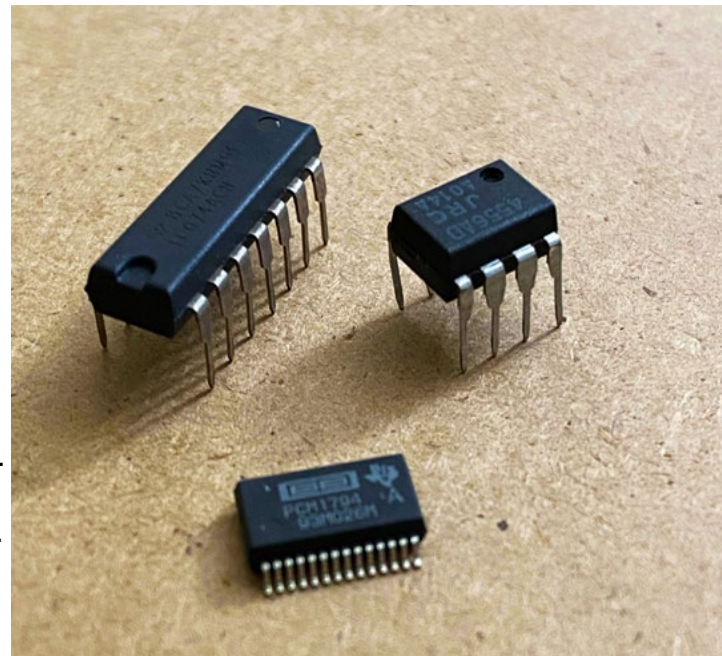
Entertainment

The Global Microchip Shortage

Article written by Kaycee Gagnier

Lately, we've seen a global microchip shortage... and not just in the US, but everywhere. These tiny chips are used in most newer technologies, specifically cars. The shortage stops the production of new cars, leaving them to sit in the assembly line for what is days or weeks.

While these cars sit in the assembly line, car dealerships have tightened their belts. There isn't much of a chance to see many sales on cars, even used ones. Since the pandemic began, this current market has made it a struggle to buy new and used cars, even making it difficult to get certain parts for other



So where exactly does the COVID-19 pandemic fall into play here?

Back when the pandemic first began, and things were placed into lockdown, consumers began to buy things that needed microchips, like video game systems, tablets, computers, televisions, to keep themselves busy. At the same time, companies that made these chips had halted business to remain safe under the COVID-19 guidelines. While this situation is nobody's fault, the rising demand and low production rates snowballed into this massive delay of microchips.

It's predicted that companies might have to wait possibly up to two years to be fully caught up to the demand.

Since the demand has been so high, companies like Tesla, Apple, and Google have been working to produce their own chips, rather than wait out the shortage. Apple has already begun, putting their new A-15 chips in the iPhone 13 and making M1 processors in the new iMac.

Although some companies have been adjusting, companies like Nintendo have admitted a struggle to push out their own products due to the shortage. Nintendo's president, Shuntaro Furukawa, admits there has been a struggle with pushing out Nintendo Switch consoles. "...Due to the global shortage of semiconductor materials, we are not able to produce all the products we want to," he says. "We are doing everything we can, but there is an increasing sense of uncertainty about production plans."

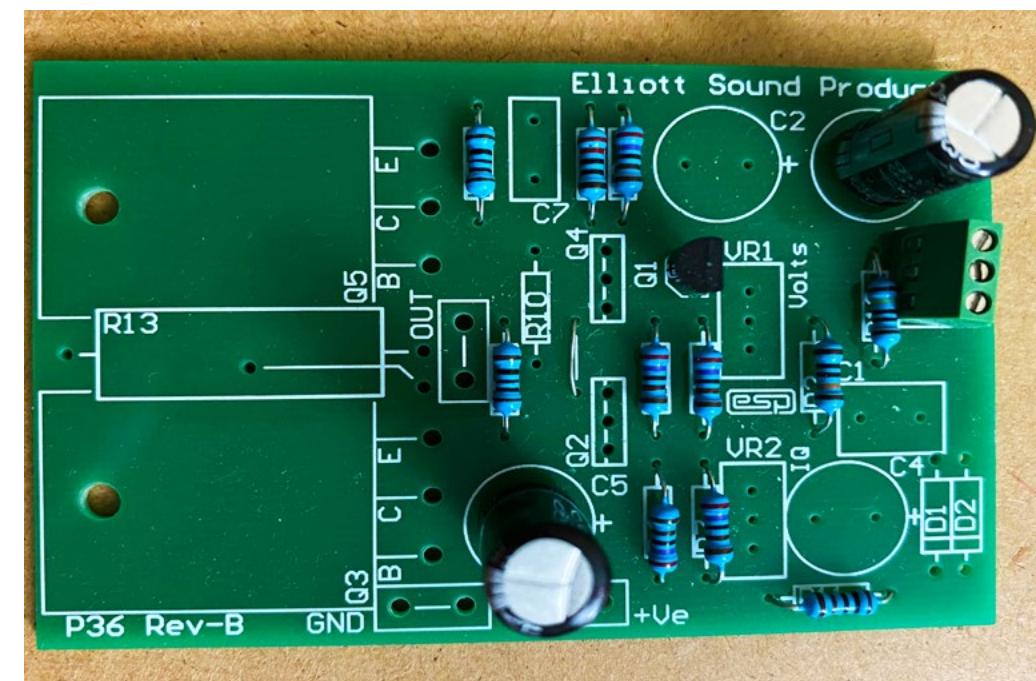
Although there has been a general struggle for companies across the board, the focus has remained primarily on the auto industry. There aren't many options now when you shop for cars. Since the microchip shortage began, auto companies have shifted their focus entirely onto the newer and more expensive models of vehicles, because those cars are almost guaranteed to bring in the biggest bang for the buck.

Prioritizing the newer products is good news for anyone who's been able to recently buy a new model... but not so lucky for people who own an older model. That being said, if you're shopping for a new car right now, maybe it's best to hold back until the microchip shortage is over. Prices are higher than ever. In Connecticut alone, vehicle prices have risen by 13.9% since August of 2020.

Car rental companies are also feeling the heat. Companies Hertz and Enterprise have begun resorting to buying used cars at auctions and dealerships, lowering the company's previously higher standards before the pandemic.

Seeing a desperate need for chips has led companies like Intel to announce that they will be building two new chip plants in Arizona, costing a whopping \$20 billion. Although that does seem to be a great fix to the solution, we won't be seeing those two plants fully operational until around 2024.

As the COVID-19 pandemic marches on, we are almost guaranteed a shortage of microchips until at least late 2022. If we were to put a name on this shortage, it would be called the seller's market. Because as far as we know, the producers of those chips have all the cards in their hands right now.



Malignant Review

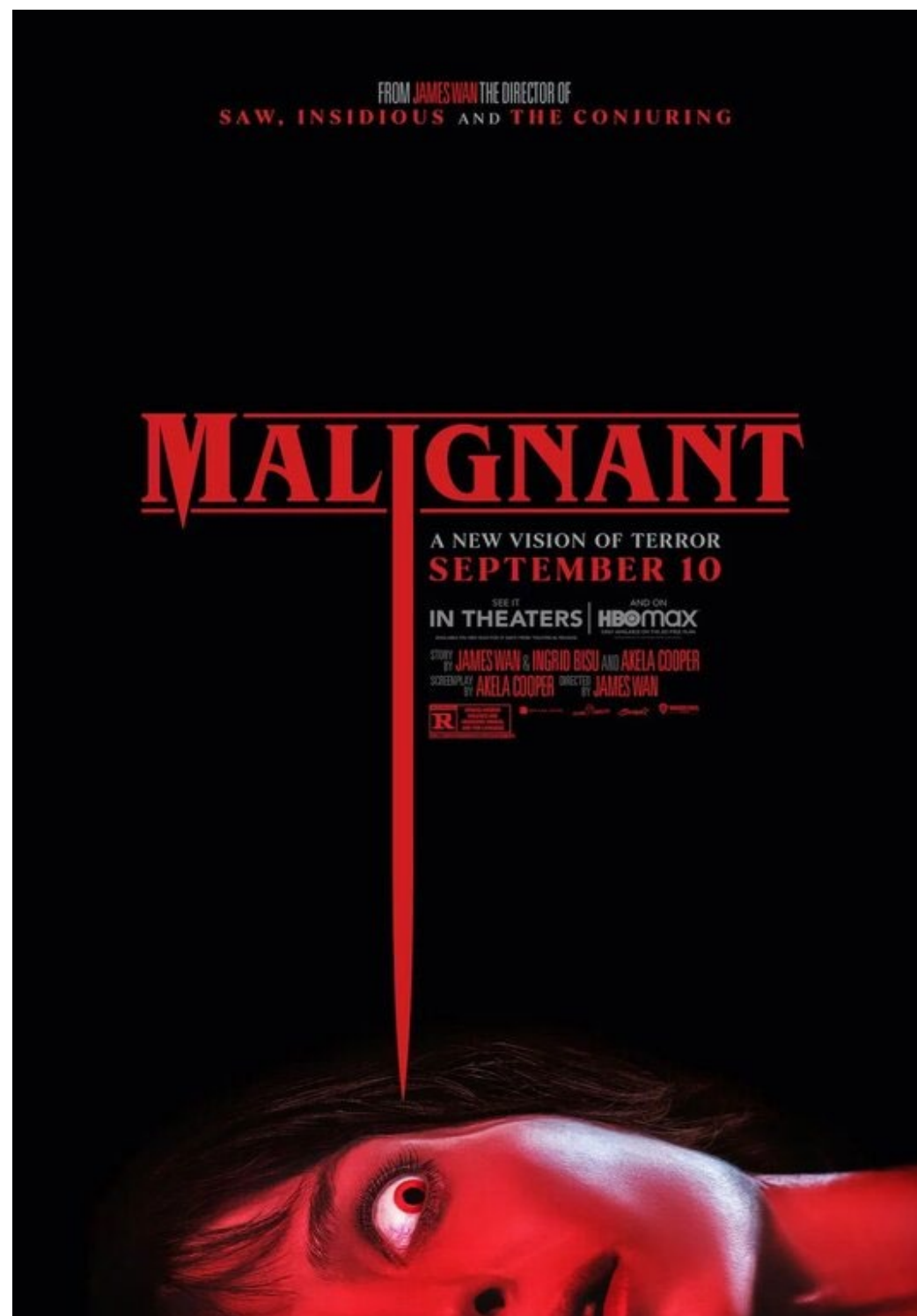
(Spoiler Free)

Article written by Nicholas Niedojadlo

James Wan's newest installment in horror is definitely something different to say the least. Creator of the Saw, Insidious, and Conjuring film series, Wan has gone with a new stand alone creation which was released on September 10th, 2021 in theaters. It is also available to watch on HBO Max until October 10th.

Having recently watched through the entire Conjuring series, and enjoying them, I was looking forward to seeing what Wan would release next, and the Malignant trailer looked promising in being something different, and boy was it definitely different.

The movie had an interesting start that got me hooked into wanting to know what exactly was going on in the film. That quickly changed after about two minutes, where the first of a soon to be many cheesy dialogue lines would be said. I'm talking about ridiculous moments that felt straight out of a soap opera. A character would say a line, and you'd immediately see someone's facial reaction with dramatic music playing, and this happened at a ridiculous moment. I had to wonder if it was meant to be bad on purpose, or if the actors just weren't that good.



Up until the halfway point, events were happening quickly. You'd jump in and out of action, switch between people, yet surprisingly it felt lackluster. Nothing scary (at least to me). I even fell asleep twice during this section of the film when basic dialogue was on screen, which I'm thankful for going the HBO Max route so I could rewind. After this first hour, I had to step back to take a class and wake myself up.

Upon my return, this is where things got wild. I had cut myself off right before a switch in the movie, where I got hooked into a John Wick-esque series of action shots that were very well done. In these final forty-five minutes I found myself really enjoying what Wan created with the film here, something that the build up to this moment lacked for me.

Official site reviews for the film are middle of the road, around 60% or 5/10's, but I also saw a number of personal reviews that gave 4.5-5/5 stars. I honestly have to agree with the official sites, as the first half just didn't have me as interested as the final portion. With this, I can't really recommend watching it or not. It's one of those films where you're either gonna be into it or not. I definitely feel it had some unique ideas that I enjoyed a lot, but it didn't come until sitting through the first half.

Entertainment Ball On Fall

Article written by Adam Browne



“This year’s NBA 2K22 gives fans of the series improvements in every area...”

Since the days of growing up in the neighboring cities of Connecticut. Things have changed in the enjoyment of video games, no longer are they priced at a reasonable price that helps the consumer. Today, they are commercialized for the greater good or wallet size of the company. The sad fact is as each year gives forth, sports games aren’t promoted or improved the way they should be. Take for instance the occurrence of WWE 2K21 where there were so many bugs consumers complained. Though, given the circumstances with the two companies involved WWE and 2K Sports. It isn’t hard to understand why this game has fallen short of consumer dreams. Better yet take the incident with a non-sports game “Cyberpunk 2077” where the game was released after being worked on for ten years. Yet when it was released it was recalled due to the glitches. Only after the fact the game was recalled had it been fixed to consumers expectations.

The thing is Video game development companies have oftentimes left out the importance of consumer happiness. Oftentimes goaling for the money they could make rather than the loyal target audience they hope to achieve. However, this summer’s Visual Concepts 2K Sports “NBA 2K22” gives forth better faith in gamers this year. This year has been faced with such hardship through the Covid-19 Pandemic. This year’s edition of NBA 2K released on September 9 on all platforms, raises the bar for what sports games should offer. From the improvement in mycareer mode made to make the game more fun when not wanting to play a basketball game. The different game quests in this mode keeps the gamer busy oftentimes losing focus that it’s a basketball game. Yet for those who enjoy rec center and mypark these two styles of play seem to be the go to place. It also helps that with the next generation consoles both respectively called PS5 and Xbox Series X/S. The graphics have improved to match the generational upgrades in comparison to the consoles before their release.

Thus, keeping the same graphics for the old consoles like PC, Xbox 360 and PS4. Though, graphics aren’t everything when it comes to having fun with friends both locally and online. It comes to the importance of roster improvements in sports games like NFL Madden 22 or NBA 2K22. Though this comes into play for NBA 2K22 (released September 9 on all platforms) with the roster’s ability to improve given the current season of the NBA. If a consumer or gamer gets bored with mycareer mode, NBA 2K makes its stamp in both WNBA and NBA gameplay. It puts a great smile on any local fan of the Connecticut Suns to see them as playable in this year’s NBA 2K22. Though, for this gamerboy it’s the myteam mode that sold its price tag justice. This year’s edition improves on last year’s edition by changing the player card tiers in this mode. The way Concept sports or modernly known as, 2k Sports has improved this year’s MyTeam mode; it is a great sign things are looking up for this games franchise. The way it works brings both drafting in Association mode into Myteam mode with a new mode called “Draft Mode.” This mode puts two players in a game that consists of a drafted team of each player’s choice. Each win gives a record to the online players record.

If the player gains enough wins they are rewarded for their hard work. When asking local gamer Kendrick Johnson how he felt about this year’s edition. His response was spot on to what everyone who had bought the game had said. “This year’s game gives faith that video game companies are giving us what we finally want. A basketball game or a video game that we can get distracted for hours on in enjoyment. This year’s NBA 2K22 is the game that every basketball fan and video gamer player has been waiting for. “ A game any gamer can pick up and learn how to play at their own pace.

BLACKPINK Lisa's First Solo Album Was A Hit

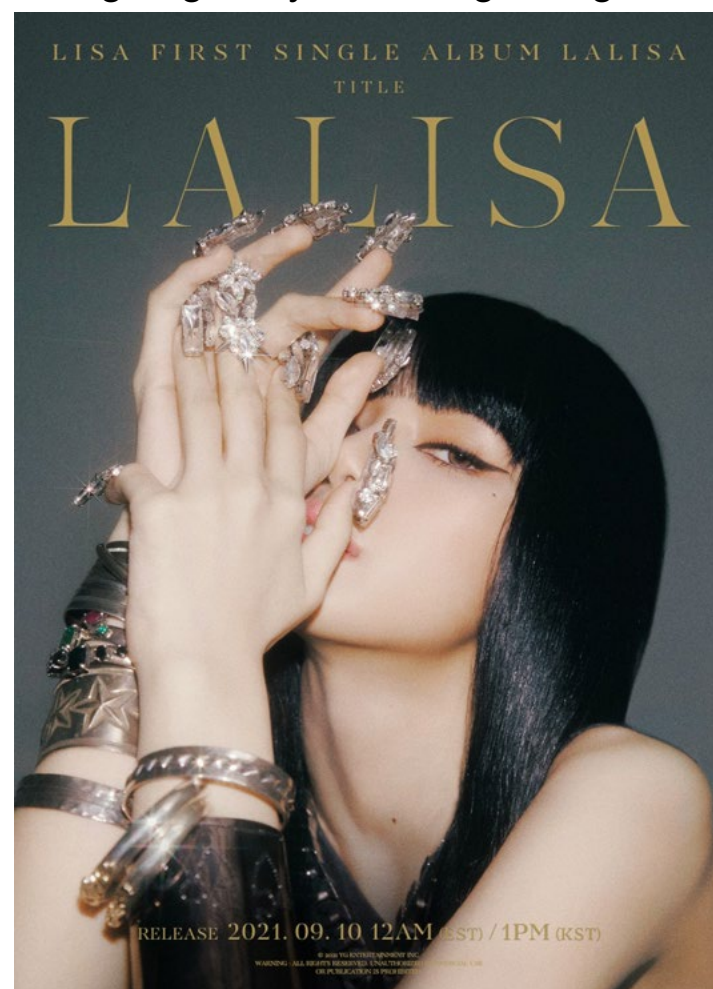
The Best out of the Group

Article written by Philip Jason Avisan

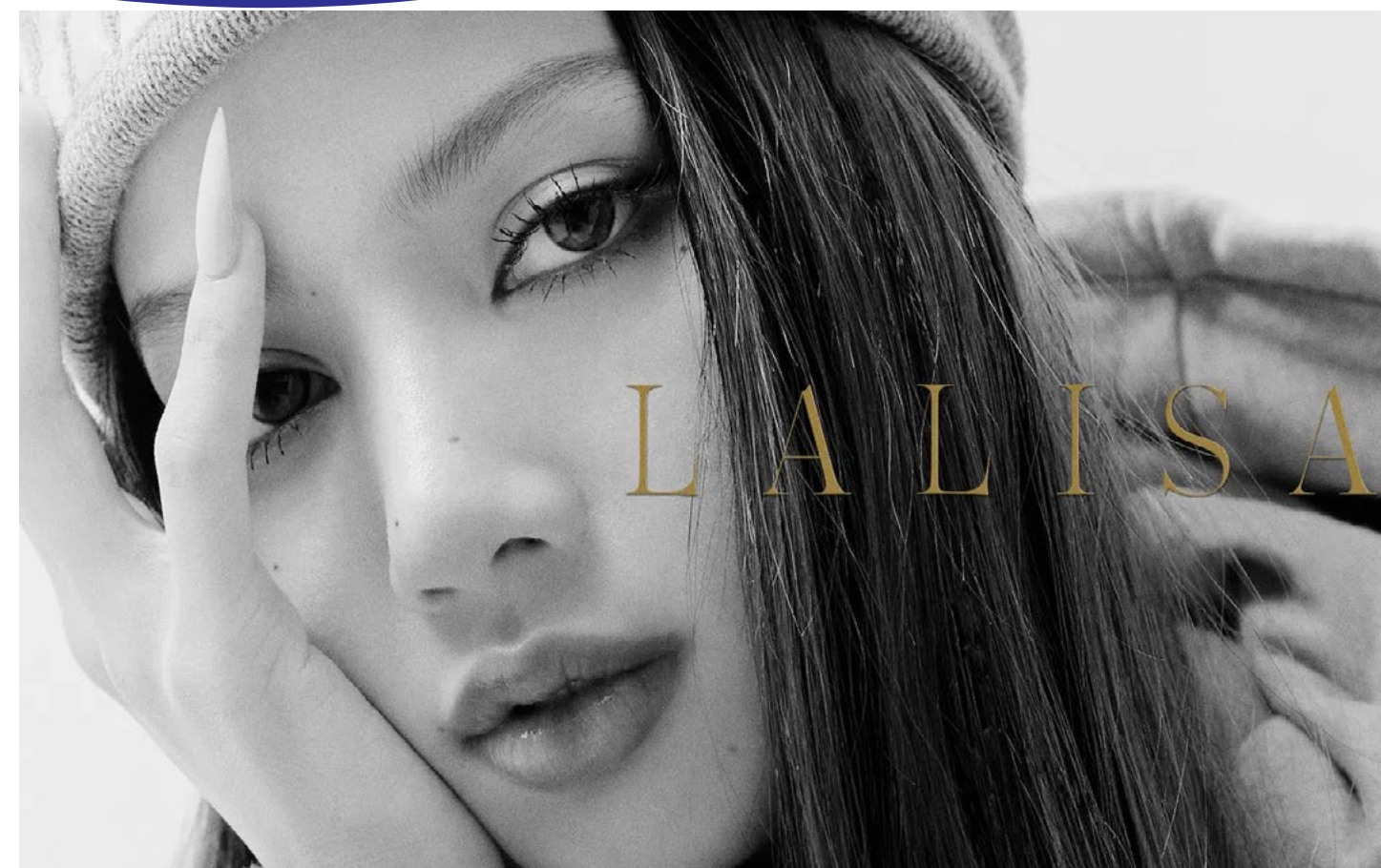
BLACKPINK Lisa had an exclusive press conference for her solo debut on September 10th. At 10 a.m., an online news conference was conducted (KST). Maknae of BLACKPINK has an intriguing story to tell regarding her debut solo album.

Lisa wore a variety of clothes on stage to represent different sides of herself. Lisa pole dances in the video and even dresses up in traditional Thai clothing. She also mentioned that at the end of the video, there is a pretty intriguing performance!

"I hope that when people hear the song, they say to themselves, 'Wow, this is it.' She went on to say, "This is something only Lisa can do." BLACKPINK's member also commented on the music video, saying that "the set and costumes... reflect that Thai spirit nicely."



"During the jacket shoot, I put my bangs up for the first time because I wanted to portray a new side of myself," Lisa explained. It hasn't been seen by the fans either. I shall show them as a surprise present from the bottom of my heart. I put a lot of effort into the record and the styling."



Lisa also discussed what she aims to accomplish with her solo debut during the press conference. "Rather of focusing on rankings, I'm hoping that people will notice Lisa's other side. I'll be delighted if I can make BLINKS happy with my songs and performances," she added.

In her solo debut song, Lisa also acknowledged cooperation with other musicians, saying, "I discovered what I'm excellent at through exploring different kinds of music and working other artists." That's how this record came together. The most important thing is that BLINKs, who have loved and supported me for 5 years, have given me a lot of strength."

FULL POSTER ALBUM NEXT PAGE

LISA



RELEASE

2021. 09. 10

12AM (EST) / 1PM (KST)

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L I S A F I R S T S I N G L E A L B U M

Pandemic's impact on worldly events and sports.

Article written by Adam Browne



On Pexels.com by Huy Phan

"The pandemic's effect on entertainment in the world we know today..."

For two years now we have realized the impact of the Covid-19 pandemics impact. It could be seen far from local restaurants closing its doors on visitors who don't have masks. The way retail stores wouldn't allow customers in these same circumstances. Yet, before the pandemic had surfaced in this world we live in. It was perfectly ok to walk the streets and enter local establishments without a care in the world. Recreational sports offer both discipline and a way of getting out of a struggling situation. To give faith that there might be a better future for them when they grow up. Both boys and girls play sports because it gives them hope and a way to feel like they belong in this world. A world that is often misunderstood in their developing minds. To see these sports taken from them without a notice is saddening in many ways. Last year there were hardly any sports or concerts that occurred with fans being there. Oftentimes being rescheduled due to the covid 19 pandemics increasement in level of danger. This year's summer resurgence of entertainment events and recreational activities in sporting events gives more faith.

It gives fans who go to these arenas wanting the performance they dreamed of years ago enjoyment. For children who enjoy playing sports the resurface of these activities meant they could gain a sense of belonging again. It made them see that their dreams of playing sports aren't over. By doing so it gave a vision of the brighter side of what things look like after the pandemic. When asking a parent whose sons both play basketball and soccer this question. Do you feel safe letting your children play during this current stage of the virus? I wasn't surprised by what my response was. Keith Tyler mentions "To let our children play the sports they choose to play. It is our way of letting them see they can be part of something outside of home. It brightens their motivation in both school and home life."

In comparison to last year where sports were done simply in a bubble as seen in NBAs season and WWE events. It is a bright sign that fan interactivity may be back on the rise. For a sports fan who witnessed on television the stands of the Olympics be empty. Which in fact happens to be one of the reasons we play sports as a child. It brings down that faith in mind and motivation to play sports. It is a great feeling to be had at any event allowing fans back in. To get more of an insider look the topic of this energy that is felt was discussed with a coworker. Kayne Smith, a local arena worker at Hartford Civic Center, referenced this same energy to an "electric feeling". He soon followed this description up with these words.

"It is a feeling I haven't felt in a long time and you can tell the fans have been waiting to get back to concerts and sporting events so that makes the environment that much more surreal. To see the people back in the seats and enjoying their shows it's a great day at work. Every day coming in to see their faces and the energy that lives in this place it's what I signed on for." To me as someone who was filmed on a couple episodes of WWE events during their bubble phase. It does bring a great hope in one day going to these types of events in person. The smell of fresh hot dogs and popcorn being sold nearby, the interactivity of fans enjoying performances. The glimmer of hope that resides in us when we get to say we were there for that moment in time. It is soon upon us with each day forth.



Hurricane Season is Here

Article written by Lauren Susi

From June through November it is hurricane season along the Atlantic Ocean. The peak of this season is from August to October. Though the threat is relatively low in Connecticut it is always best to be prepared.

August 22, 2021 Hurricane Henri was downgraded to a tropical storm and made landfall in CT. Though it was downgraded, it still caused flooding and damages from heavy rains and high winds.

It is always important to be prepared when hurricanes are in the forecast. Here are some tips to keep you and your loved ones safe in case of a hurricane.



On Pixabay.com by janeb13

- Keep up to date- Listen to weather forecasts and prepare ahead of time to see if a hurricane or tropical storm is possible in your area. Stay up to date because storms are changing all the time and can become stronger or start to die down over time. This way you can know what's coming before the storm arrives.

- Keep an emergency kit- Fill your kit with drinking water, non-perishable foods, first aid kit, flashlights, battery powered radio, and any other emergency supplies you might need. Remember to change out supplies when expired if not used and replace them with new ones.



On Pexels.com by Roger Brown

- Know your Routes- Know your town's evacuation routes or designated shelter areas. This will cause you less stress later on if there is an emergency situation.

- Stay Put- If you are riding out a hurricane in your home stay in place. Stay away from windows and doors, as well as making sure they are locked and secured. Even if there is a lull stay put, the eye of the storm can be calm for a while but pick back up quickly.

- Evacuate if needed- If a strong hurricane is coming and you live in a mobile home, highrise, or next to waterways consider evacuating to a safer location to keep you and your loved ones safe.

- Listen to warnings- If authorities tell you to evacuate you should listen. They are only trying to keep people safe and would not suggest it if there wasn't a threat to your safety.

Although Hurricanes are not that common here in CT it is always important to be educated and prepared in case of an emergency.

To learn more about CT hurricane preparedness go to:
[Portal.ct.gov/DEMHS/Emergency-Management/Resources-For-Individuals/Hurricane-Season-Preparedness/Hurricane-Season-Preparedness](https://portal.ct.gov/DEMHS/Emergency-Management/Resources-For-Individuals/Hurricane-Season-Preparedness/Hurricane-Season-Preparedness)



Game Day Traditions

Article written by Sabrina Tyree

What do you do special on game day?

There are so many interesting game day traditions and rituals that sports fans love to partake in. Anywhere from wearing your lucky jersey and never washing it to making your favorite snacks.

Three Rivers student, Jennifer Ruffini, loves her Bruins and Red Sox. However, when it comes to football, watch out! She is a die hard Patriots fan with traditions of her own.

Ruffini starts her game day by pulling her classic Tedy Bruschi jersey out of her closet and lays it out on the bed while she goes down to the kitchen. Not wanting to ruin her jersey before the game, she prepares all of her snack foods while still in her Patriots pajamas.



The snack of choice that she loves to make for every game is cocktail sausages wrapped in a crescent roll.

"I loved making this snack with my mom as a kid and now I get to make it with my children," Ruffini shared.

Once all of her snacks are laid out on her table, she changes into her game gear. It is officially game time!

While Ruffini is enjoying watching her Patriots play, others have a different view on their game day traditions.

Local Groton resident, Brian Dicks enjoys his football a little differently. He might not be a New England Patriots fan, but he absolutely goes crazy over his Pittsburgh Steelers.

Dicks begins his game day by pulling on his favorite Steelers sweatshirt and stocking his fridge with beer for when his buddies arrive. Not all of his friends are Steelers fans, but they all help him partake in a spinning, sometimes throwing, of his Steeler terrible towel.

With every scoring drive, Dicks grabs his terrible towel and spins it overhead while doing a happy rodeo dance.

"I used to feel silly doing it, but now all my buddies jump in and do it with me. It is really energizing and makes the game all the more exciting," stated Dicks.

Not only does Dicks have his friends join him in his rodeo dance, but he also has his young children doing it with him. It most certainly becomes a full house.

Although his friends are there to simply watch football, they also come over for his beer and snacks. Dicks loves snacks, but there is one thing that he can easily share with his friends. His chips and homemade salsa.

Dicks says, "Sometimes my salsa may need to be spicy so I make multiple batches the night before. That way I know there is some for everyone and plenty of it." Game day traditions and snacks are a great way to bring people together. However, it is different for everyone as everyone is different.



Vaccines and Our World Today

Article written by Adam Browne



Source: pexels.com by Nataliya Vaitkevich

“To take or not to take the vaccine now becomes the question....”

Since the year of 70 A.D. or as long as people were invited to the great Roman Colosseum; to see performances by great actors and gladiators battle one another. People around the world have been fascinated with live performances. However, since last year that traditional date night or even night out with friends has seemed different. The feeling of being together within a family is often replaced by a mask over the face. Though, one has to wonder what life would be like after this pandemic? Will there be normalcy within the world after this pandemic is over? These two great questions are worth wondering about.

Many people want to believe this pandemic is just a variant of the flu symptom; To cancel this theory out the flu doesn't surface to what this virus is. Both, Young and old citizens are affected through differences, in variants each phase of stage of the virus growing daily. Upon discussing with Susan Calloway, a resident nurse with hopes for a better tomorrow. The topic of the seriousness in which this pandemic's impact has had on the world around us. “What would a normalcy in this world appear to be after this pandemic? I feel that we have seen two years without normalcy. Loved ones killed over a virus stronger than the flu. Friends or co workers taken from work or even our lives. We probably would be surprised to realize it when we did see a glimpse of normalcy.” To be honest it would be hard to disagree with this statement.

Because, the evidence in the news points to this virus being in many ways more serious than a common flu. Which is why it is so important to bring awareness to vaccinations. However, people have their differentiating viewpoints on getting this vaccination shot. Upon questioning a family doctor I realized one thing. As told by Dr. Erickson of YaleNewHeaven Health. “People are afraid to get the vaccination because given evidence has shown reason to be against the fence on the idea. At first when the flu shot was developed residents were in a way scared of it as well. Though, within recent months we have lost almost faith in the vaccination. “ In recent months news outlets have released article after article on how we as people need three shots to be protected fully. When at first the amount of vaccine shots was maximized to only two shots for full immunity. All fairness is due with respect, but with each phase or stage will we need another shot than the last? This question still arises today as it did a year ago. It is because both vaccine shots are variably different in how far they go in protection. Where one form of the vaccine can't protect immunity the other seems to do the job. So how sure can we be of our immunity to this virus as it grows in stages? The fact remains to believe in a better tomorrow or normalcy without this pandemic.

We have to forget the heartbreak of losing a friend or loved one. The memory we felt when learning we may be infected as well. Some of us in this world have lost our jobs due to this pandemic turmoil. All these memories can't be erased. However that doesn't mean there's no better tomorrow after this pandemic. Unfortunately, that doesn't make the sad fact that this virus as it grows affects more children than adults. It is because their immune system isn't fully developed as in adults. For those of us who are parents we fear more for our children's life than our own. This fact is significantly increased within each stage of the virus daily growth. So, how can we say this vaccine will help when it comes to sick children who fall ill to this virus known as covid 19? Where is the evidence in which we can back the fact this vaccine can help in its current stage.



Community

How to Travel to Canada in 2021

For Your No Hassle Trip
Article written by Philip Jason Avisan

The situation with Covid-19 in Canada has significantly improved in recent months, but health experts warn that it is now entering a fourth wave, as cases continue to grow in various regions of the nation. At the moment, Canada is registering an average of 4,000 cases per day.

On July 5, the Canadian government relaxed its two-week mandatory quarantine rule for fully vaccinated nationals and residents returning from overseas.

Citizens and permanent residents of the United States who are presently residing in the United States who are completely vaccinated are authorized to enter Canada beginning August 9.

International passengers who have been immunized are now permitted to come as of September 7.

Citizens and permanent residents are permitted to enter Canada, but they must self-quarantine for 14 days if they are not vaccinated.

As of September 7, overseas tourists who have been vaccinated are authorized to enter. Pfizer-BioNTech, Moderna, AstraZeneca/COVISHIELD, and Janssen/Johnson & Johnson are among the Covid-19 vaccines accepted in Canada.

According to the Government of Canada website, "foreign nationals who are not completely vaccinated will continue to be needed to fulfill an exemption or be traveling for a non-discretionary cause."

For all passengers, there are a few requirements that must be met. People above the age of five who are flying into Canada must submit written or electronic proof proving they have gotten a negative result from a testing.

International planes are now authorized to land at international airports in Montreal, Toronto, Calgary, Vancouver, Halifax, Québec City, Ottawa, Winnipeg, and Edmonton as of August 9.

All approved arrivals must provide travel and contact information, a 14-day quarantine plan (if unvaccinated), and a Covid-19 symptom self-assessment through the ArriveCAN app or website.



Prince George, BC
Source: Philip Jason Avisan

As instances of Covid-19 continue to rise, Canada is implementing a countrywide vaccination program.

Approximately 74.5 percent of the population is completely vaccinated, according to Canada's official vaccination tracker.

The first wave of Covid-19 was handled effectively by Canada. However, in late 2020, a fatal second wave prompted further lockdowns.

Multiple provinces loosened restrictions as case counts fell in recent months, but officials warn that the country is entering a fourth wave, with cases rising again following a summer dip. The requirements for wearing a mask differ by province.

In response to growing vaccination rates, provinces have begun loosening the prohibitions on social gatherings, indoor eating, and travel in recent months.

Non-residents must apply for a permit to visit Prince Edward Island, Canada's smallest jurisdiction, which has enacted among of the country's harshest Covid-19 prevention measures, with non-residents need to apply for a pass in advance.

To prevent the virus from spreading, most Canadian provinces continue to encourage individuals to keep a distance of two meters (6.5 feet).

Should We Be Worried About Another Covid Outbreak

Article written by Nicholas Niedojadlo



On September 8th, 2021, we became aware of a Connecticut College Covid outbreak which caused the college to revert back to remote learning. With Three Rivers also returning to on-campus classes, this begs the question of whether or not we should be worried about something similar taking place at our college.

Lorenzo Enderle, the TRCC Student Government President as well as the acting Foundation, Student Advisory Council, and College Congress representative, spoke about the issue and if it is something we should be concerned about.

Enderle started off by saying “I understand that there are some concerns about the SARS-COV-2 delta variant...I want to speak to those concerned.” Due to Connecticut College moving to a virtual environment, some students may be curious if something similar may happen to Three Rivers. “With the information available to me, I see no cause for alarm about TRCC...there is no current data that shows serious intervention is necessary.”

“TRCC staff is monitoring this daily, and I have faith that any transition...would be handled judiciously and in a manner that will limit academic disruption,” Enderle continued.

It's important to know how our student government and staff are handling this situation, with Connecticut College being such a close distance from Three Rivers, it may be worrying for some students. To this end, Enderle said that “Your safety is an active consideration to both staff and student leadership...this campus has many safeguards in place to ensure this.”

Enderle follows up by stating that these safeguards include that “all students at the college are encouraged to be vaccinated, all students enter and exit from control points, sanitation stations are available throughout the college, not to mention the tireless work of our staff to ensure a safe and clean environment is offered to every student.”

Speaking of students, sophomore Sarai Rosado shared her thoughts on the matter. “I’m not at all too worried about an outbreak,” Rosado said. “I can say that the way Three Rivers is handling things at the moment is keeping me calm.”

Rosado also mentioned that she is “at ease seeing that the Three Rivers students and staff are respecting the rules and each other. It also helps that we get constant emails from the college about anything Covid related.”

So far, Three Rivers staff and student faculty feel that our campus is in a good position, one that should hopefully continue to allow on-campus classes and activities going forward. With this, Enderle does “encourage you to continue to stay informed, keep using the methods to keep yourself and others safe.”

“As an SGA officer and your president, I can help address systemic concerns regarding student and club life in the councils I serve on,” Enderle continued.

As for if anyone happens to be feeling sick, or is having an issue that concerns them about their current health, Enderle states that “I encourage you to self-report by contacting the COVID-10 Coordinator for our campus, Steve Goetchius, at 860-215-9002, that will get the process started. This process is outlined in detail on the TRCC website’s COVID section.”

Enderle wants to make sure that “the process for addressing concerns is transparent, and the information to keep yourself safe is readily available to all students.”

Currently, we are going to be able to continue enjoying our on-campus education, as well as the activities Three Rivers has to offer. However, it is important that we continue to be vigilant in using the precautions put in place to ensure that our fellow classmates, faculty and staff stay safe and healthy.



Chicken Adobo Recipe

Filipino's Best International Dish
Recipe by Philip Jason Avisan

Chicken Adobo is a Philippine dish prepared in the sauces of vinegar, soy sauce, garlic and black pepper, with braising of the legs of chicken (thighs and/or drumsticks). It's slightly sweet, salty, garlic, and spicy. The chicken is slowly cooked and tenderly tasted in the sauce.



Ingredients

- 2 pounds chicken thighs or drumsticks
- 1 tablespoon canola oil
- 3/4 cup white vinegar
- 3/4 cup soy sauce
- 8 cloves garlic crushed
- 2 tablespoon brown sugar
- 1 teaspoon ground black pepper
- 2 bay leaves

Instructions

1. Over medium heat, heat oil in a big pot. Season salt and pepper with chicken. Fill in your skin with chicken and drumsticks on both sides and brown. Place on a sheet and remove it.
2. Add the vinegar, soy sauce, garlic, chili half, black pepper, sugar, and laurel to the skillet. Bring medium heat to a boil. Add the chicken, skin side, reduce to low heat, cover and cook until soft, approximately 30-35 minutes.
3. Remove chicken from pan onto a clean plate. Bring sauce to a boil over med-high heat and cook for about 5 minutes or until slightly thickened. (For a thicker sauce, mix together 1 ½ teaspoon cornstarch with 1 ½ teaspoons cold water. Pour into the boiled sauce and cook another 20-30 seconds until thickened.)
4. Remove the pan from the heat, discard bay leaves, and add the chicken back. Spoon sauce over the top of the chicken and garnish with remaining chilies.
5. Serve chicken and sauce over jasmine rice.



Extra Cheesy Buffalo Chicken Game Day Dip

Recipe by Lauren Susi



Pexel photo by Alena Shekhovtcova

Get ready for football season with this ultimate game day dip! Eat with vegetables, bread, crackers, or chips. It also goes great between bread as a sandwich or mixed into pasta or rice as a dish!

Ingredients:

chicken breast, cream cheese, cheddar cheese, ranch dressing, and hot sauce

Cut up chicken breast into tenders and fry in a pan on medium-high heat till cooked through.

Shred chicken tenders in bowl with fork

In a large oven safe bowl combined

1 block of cream cheese

½ cup hot sauce

½ cup of ranch dressing

2 cups of shredded Cheddar cheese

Shredded chicken in other bowl

Mix contents of bowl together

Preheat oven to 350 and bake for 20-25min

Mix half way through if needed

Let the dip cool to a safe eating temperature and serve with whatever you please!



Game Day Recipes

Recipe by Sabrina Tyree

Snacks Are a Game Day Must Have.

Every game day requires two major things, a game to watch and food to eat. There are many snacks that you can make, but it would be easier to make a few snacks and simply make more of it. These recipes can be made for any size of party. If it is just you and your family or the whole neighborhood, you will be all set.



Cocktail Sausages and Crescents

If you are looking for a savory and filling snack that everyone will enjoy, there is nothing better than a Pillsbury Crescent roll stuffed with Cocktail sausages. It is fun and easy to make and better to eat.

Shopping List:

- 1 – 14oz Package Hillshire Farm Lit'l Smokies
- 2 – 8oz Packages Pillsbury Crescents
- *Quantity can vary based on party size

Directions:

Preheat oven to 375°

Prepare baking sheet, cover in foil for easy clean up

Unroll Crescent Roll Sheets

Place 2 sausages on long edge of triangle and roll

*For smaller servings, cut triangles into 3 strips and roll sausages individually

Place on cookie sheet (no oil or spray necessary) and place in oven

Cook for 14-16 minutes or until golden brown

Let cool for 1-2 minutes

Enjoy!

Homemade Chips and Salsa

Dipping something is always fun, this versatile recipe for salsa can be made to your taste and your way. For best results, fry tortillas for fresh chips for extra crunch.



Shopping List:

- 3-4 Vine Tomatoes
- 1 Yellow Onion
- 1 Bunch Cilantro
- 2 Jalapeño Peppers
- 2 Serrano Peppers (can be replaced by 1 Habanero Pepper for extra heat)
- 2 Limes
- 1 – 15oz can of Tomato Sauce
- Salt
- Pepper
- 1 Package Mission Thin Yellow Tortillas *optional

Directions:

Remove Tomatoes from vines and chop into quarters

Peel Onion and chop in to quarters (will only use 1/2 of onion in recipe)

Cut stems off of cilantro

Cut stems off of all peppers (please use gloves if handling habanero peppers)

Place all chopped vegetables into a blender and pulse for 3 seconds at a time until vegetables are broken down.

Remove lid from blender and add juice of 2 limes

Add 1/2 can of Tomato Sauce (can add more to get desired consistency)

Add salt and Pepper to taste

Place lid on blender and blend on high until smooth or at desired consistency

Pour into glass bowl and cover with plastic wrap

*Do NOT let aluminum foil touch salsa or it can oxidize

Place salsa in the refrigerator overnight to let the flavors blend.

*OPTIONAL – On day of use: Cut tortillas into triangles or strips. Fry in a deep fryer on 325° until sizzling slows down. Place onto paper towels and salt to taste.

ENJOY on Game Day!



For inquiries and concerns contact:
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