



# Current

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

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The Current is the official student publication of Three Rivers Community College.

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## Origins of Halloween

Do You Know How it All Started?

Written by Sabrina Tyree

Every culture celebrates what we call Halloween, in some fashion. Do you ever wonder where it all started? All stories must begin somewhere.

Most historians and scholars believe that Halloween originated from the Celtic, Festival of Samhain. Samhain goes back thousands of years and is the Celts New years celebration. Where the name means "summer's end," it also marks the close of the harvest season and the upcoming winter.

This is a time where it is believed that the veil between the world of the living and the dead was at its thinnest, and some even believe broken. During this time, the dead would have the ability to walk among us once again.

Erica Ciallela, a curatorial fellow at the Morgan Library and Museum finds this topic very interesting.

"It's all based off pagan rituals but it's interesting how we have taken pieces of each to create what we know today, like pumpkins were used to ward off evil and now we have pumpkin carving contests. Also, that dressing up now comes from trying to hide from evil spirits crossing over," Ciallela mentioned.

The church tried to use Christianity to convert and change these pagan Celtic rituals into the holidays we know today.

Ciallela stated, "Halloween is one of the most interesting in it's bringing together the harvest festivals and darker rituals."

Some of the Celts also believed that, in the presence of otherworldly spirits, crops were damaged, but the Druids had the best connection to the world at this time. Druids would build large bonfires to gather and burn the crops and sacrificed animals in hopes to please the Celtic deities. Costumes were worn, typically resembling animals with animal heads and skins.

When Halloween finally came to America, it was vastly popular in the states that have a strong Protestant belief system. However, with time, the American Halloween started to form as we has many Native American cultures that were now tying into the holiday. This created a whole new take on the once pagan celebration.

Beginning late in the 1800s, there was a huge movement to take the pagan holiday that was currently about ghosts and witchcraft and turn it into a family and community friendly holiday. Trick-or-treating was a huge success.

Trick-or-treating allows people, especially kids, to dress up in whatever they can imagine and go door to door with friends to get some sweet treats. This tradition is still huge today.

The fun doesn't end at trick-or-treating as a kid. As one grows up, they still get to dress up to attend parties and watch scary movies as part of their new traditions.

Trick-or-treating has spin offs of its own. Around the same time in England, they would have All Souls' Day and host parades. At these parades, beggars would beg for food for their families and people would give them soul cakes. They were only given soul cakes if they had promised to pray for the dead relatives in their family.

This tradition took the place of leaving food and wine for spirits that we still roaming the earth. It was highly encouraged by the church to hand out soul cakes to those who needed them.

Many of the ancient rituals and traditions have changed, but the origins stay the same. All stories have a truth to them, or do they?

# HAPPY HALLOWEEN FROM THE CURRENT STAFF!



# Seasonal

## Stuffed Pumpkin

Pumpkins Aren't Just for Carving!

Written by Nick Niedojadlo

This hearty meal is perfect for a cold autumn day, matching the season and atmosphere. You can cook as many of these pumpkins as you'd like, just increase the recipe accordingly. You even get seeds for a perfect tasty treat.

### Ingredients:

- 1 Small Pumpkin
- 4 Large Potatoes
- ½ Medium Onion
- 1 lb Hamburger
- 2 tsp. Poultry Seasoning
- Salt and pepper to taste

Recipe takes approximately 1½ hours.



Stuffed Pumpkin Closeup

### Steps:

1. Remove the top of the pumpkin and make sure to clean out the seeds and the pulp. Make sure to save all of your pumpkin seeds so you can try out the roasted pumpkin seed recipe also found in this issue! (Page 8)
2. Peel and dice your potatoes, and then boil them in a pot of water.
3. Next, you want to brown the hamburger meat and the onions together.
4. Now you want to mix your hamburger, onions, and potatoes together and add your seasonings.
5. Fill up the cavity of the pumpkin that you created and place the top back on.
6. Using some sort of sheet to hold the pumpkin, place it into the oven and bake at 350° until golden brown and a knife inserts into the pumpkin easily.
7. Scoop the meat, potatoes and squash out of the pumpkin and place on a separate dish to serve.

### Ingredients

- 4 eggs
- 1 1/4 cups unsweetened cocoa powder
- 1 teaspoon salt
- 1 teaspoon espresso powder (optional)
- 1/4 teaspoon cinnamon (optional)
- 1 teaspoon baking powder
- 1 tablespoon vanilla extract
- 1 cup unsalted butter
- 2 1/4 cups sugar
- 1 1/2 cups unbleached all purpose flour
- 2 cups dark chocolate chips
- 1 to 2 pinches dried ghost pepper chili, ground to a powder in an electric spice mill or mortar and pestle.



Ghost Pepper Brownies on top of of Ghost Peppers

## Ghost Pepper Brownies

You Can Feel the Halloween Spirit, LITERALLY!

Written by Philip Jason Avisan

### Directions

1. Preheat the oven to 350 degrees Fahrenheit. Set aside a 9x13-inch baking dish (or two bread loaf pans or an 8-inch baking dish, see headnote) that has been lined with foil.
2. In a large mixing bowl, whisk together the eggs, cocoa, salt, espresso powder, cinnamon, baking powder, and vanilla extract until smooth. If you use a whisk, it will become stuck.
3. Melt the butter in a saucepan over low heat, then stir in the sugar. Don't use a whisk this time.
4. Stir in the heated butter/sugar mixture until the egg/cocoa mixture is smooth.
5. Stir in the flour and chips until they are completely smooth. Allow the batter to cool somewhat before adding in the chocolate chips if you want the chips to stay more intact. Pour the batter into the pan after adding two large pinches of ground ghost pepper chile. Alternately, half your quantity and adjust your chili powder quantities appropriately (see headnote).
6. Depending on how hot your oven runs, bake for 30 to 50 minutes. Brownie should appear set rather than runny, although it should leave goo on a tester or knife. Before removing the foil and slicing, let the cake cool fully in the pan.

# HAPPY HALLOWEEN FROM THE CURRENT STAFF!



## Roasty-Toasty Pumpkin Seeds

Perfectly Roasted Pumpkin Seed Recipe for You!

Written by Lauren Susi

You carved your pumpkin but now you are left with a pile of pumpkin guts and seeds- YUCK!

But all those seeds can be made into a delicious snack to enjoy this spooky season. Here is a great roasted pumpkin seed recipe to fill your hungry tummy.

**Prep Time:** 30 minutes

**Cook Time:** 10-25 minutes

**Supplies:** a big bowl, a large pan, tin foil, towel, a pot, 2 towels, silicon spatula, colander, olive oil (or nut oil of choice), salt, cheyenne, and paprika.



Pumpkins

### Steps

1. Separate seeds from pumpkin guts. Place seeds into separate bowl.
2. Fill pot halfway with water and add salt to water (this will be used to clean the seeds).
3. Bring salt water to boil and add seeds and stir. Turn down water to low and simmer seeds for 5mins.
4. Drain seeds and water into colander. Then, place seeds onto towel to dry and place another towel over the top. Let dry for about 10min or until seeds are nearly dry. Make sure any pumpkin strings are removed.



Pumpkin seeds on towel

5. Preheat oven to 350 degrees. Line pan with aluminum foil.
6. Place seeds on tin foil and add olive oil to prevent sticking. Season seeds to your liking (I used salt, cheyenne, and paprika for a little bit of spice). Mix seasoning and oil into seeds and spread seeds evenly across pan.
7. Cook seeds in oven for 10-25min. Mix half way through cooking. Seeds will be done with you can smell them and they start to turn more golden. Let seeds cool



Pumpkin seeds in pan

Now curl up with a spooky halloween movie and enjoy your perfectly roasted pumpkin seeds!

Roasted seeds are also good as a garnish on soup, salad, or oatmeal!



Finished Roasted Pumpkin Seeds

Recipe inspired by Adam and Joanne from [inspiredtaste.net](http://inspiredtaste.net)

# HAPPY HALLOWEEN FROM THE CURRENT STAFF!



## Homemade Chocolate Candy

Bringing That Great Taste of Chocolate into Your Home!

Written by Adam Browne

The holiday season is finally upon us once again. As always, that means we start off with Halloween on October 31st. What makes this holiday so enjoyable is both the horror movies and the candy.

To me though, it is the deeper meaning of Halloween, and how it came to be the way it is today. The origin of Halloween, or the first ever practices of Halloween, mostly come from Celtic paganism in the British Isles. It revolves around their feast of Samhain in the new year. They believed it was the time when ghosts and spirits came out to haunt, and the Celts would appease the spirits by giving them treats.

While it may be the one holiday the dentist forgives us for craving candy, Halloween is fun for everyone. Whether, you're a parent or just enjoy handing out candy to trick or treaters. This holiday always has a kick in it through the enjoyability of great horror stories or movies that go good with any candy. Here is just one tradition from this great holiday we know called Halloween. It is a family recipe that has been passed down through many generations. A perfect recipe for that chocolate candy lover. Hope you all have a great halloween.



Finished Candy

### What you will need for this recipe:

- Electric frying pan
- Wide mouth canning jars - 16 ounce
- Merckens chocolate (Milk Chocolate, Dark Chocolate White Chocolate etc..)
- Candy molds for occasion
- Wax paper
- Containers
- Freezer should have level spots to place the molds



How to make halloween homemade chocolate candy:

1. Pour at least 2 ½ inches of water into the frying pan.
2. Turn on the stove putting it on 275 degrees.
3. Pour ½ pound of chocolate in each jar to start.
4. Constantly check to see if it is beginning to melt. If it is, you need to stir it in order to get all the lumps of chocolate remaining to melt.
5. Once chocolate has become creamy, spoon chocolate into the shaped candy mold trays.
6. When the molds of chocolate are ready. Evenly, place chocolate by picking it up about one inch and gently dropping it on a hard surface or countertop.
7. Put the molds in the freezer and make sure the mold is leveled; it is leveled it won't spill out chocolate.
8. Take the mold trays out of the freezer after 10 minutes. Unless chocolate isn't finished becoming hard.
9. Once it is hard enough to take out completely from the mold trays. Place this mold of chocolate down onto a piece of Wax Paper.
10. Finally, layer the wax paper in a container and place the pieces of chocolate in the container, making sure they do not touch each other.



Keith Browne Stirring Chocolate

# HAPPY HALLOWEEN FROM THE CURRENT STAFF!



## DIY Fall Leaves Tealight Holder

A Beautiful Autumn Craft for Under \$10!

Written by Lauren Susi



Looking to decorate your home and do a fun craft? Here, we have a budget friendly fall craft that will look great in any home.

Fall is here and the leaves are falling all over the place. There are so many beautiful colors outside and now you can bring the outside in. We are going to be making a leaf covered candle holder for under \$10.

Supplies: newspapers or paper bag, Mod Podge: Gloss, white craft glue, brushes, sponge brushes, smooth mason jar, leaves.

### Prices:

- Mod Podge(small jar): \$4.99 (Target)
- Craft glue: \$1.49 (Target)
- Paint Brushes: \$1 (Dollar Tree)
- Sponge Brushes: \$1 (Dollar Tree)
- Mason Jar: \$1 (Dollar Tree)
- Leaves: Free

### Steps:

1. Pick out brightly colored leaves outside. Preferably, ones that aren't crunchy yet and are bendy.
2. Lay down newspapers or paper bag to keep working surface clean.
3. Take a brush or sponge brush and brush on craft glue to the spot where you want to put your first leaf. Place leaf and brush on more glue to any spots you might have missed. Hold down leaf for about 20 seconds or till it feels like it will stay.
4. Continue with the gluing on the leaves till the outside of the jar is covered.
5. Wait 30min for glue to dry more.
6. Go back and glue any lifted areas. It will be hard to keep the leaves flat especially if they are super dry.

7. Wait another 30min for the touch ups to dry.

8. After it is dry, go over the entire outside of jar and leaves with Mod Podge using a paint brush.

9. Leave to dry for about 3 hours or overnight to be certain.

10. Repeat coats of Mod Podge if one does not seem like enough.

### HELPFUL HINTS:

Look through your leaves to see which ones you might like to use and place them up against glass to see where you might want to place them. Once you have an idea of what design you want you can start placing your leaves.

DO NOT PLACE LEAVES INSIDE OF JAR. This is where your candle will go and that will cause a fire. Only glue leaves to the outside of the jar and do not dip them into the top of the jar either.

It might be a lot of waiting for glue to dry but the results will be worth the wait! Now place the tealight in the candle and light. An LED tealight is also a great safe option if you are worried about fires.

These can also be used as pencil, kitchen utensil, or makeup brush holders or even a jar for a plant, if you don't want to use it for candles!

Now enjoy your finished product!



Final Tealight Holder

# HAPPY HALLOWEEN FROM THE CURRENT STAFF!



# Seasonal

## The Current Staff's Favorite Fall Activities

Get to Know Us Better with Our Favorite Fall Activities!

Written by Lauren Susi

We are all FALL-ing for the Autumn season! We'd like to share some of our favorite fall activities with all of our readers.



Adam Browne

"Trick or treating with my older brother and cousins back in New York. My favorite fall tradition is spending time with family. Growing up we woke up around 6am to get with family to make home made chocolate for Halloween and raviolis for Thanksgiving."



Nick Niedojadlo

"My favorite thing about fall is that transition from warm to cool outside. I get to enjoy having the windows open again before it's too chilly, and just relax with a warm drink."



Kaycee Gagnier

"My Favorite fall tradition is Apple picking. I love to choose the best ones I can find. I like to bake, so I try to make one new recipe a year. Last year was classic apple crisp, and maybe this year I'll get around to making an apple pie! The trick to getting good apples to bake with is going early in the season, so all the good ones are still on the trees."



Sabrina Tyree

"I spend the fall going for nature hikes, preferably at Bluff Point and going to the Annual Preston Farms Corn Maze!!! Most importantly, it is not fall without watching my 49ers football games!"



Philip Jason Avisan

"I think my favorite fall activity is going to all the fall fairs going on around the state and biking through the parks. You get to see all the fall leaves on your ride and it's so relaxing."



Lauren Susi

"I'm not very original with my traditions each fall, but I love going to Clyde's Cider Mill each year. I go with my friends and family to get cider doughnuts and hot cider. It is such a quintessential fall setting among the trees and drinking hot cider in the cool air. But by far, I just LOVE their doughnuts! I just can't get enough of them! It just doesn't feel like fall till I go and get them."

# HAPPY HALLOWEEN FROM THE CURRENT STAFF!



## TRCC's Favorite Candies

What Gives TRCC the Biggest Sweet Tooth?

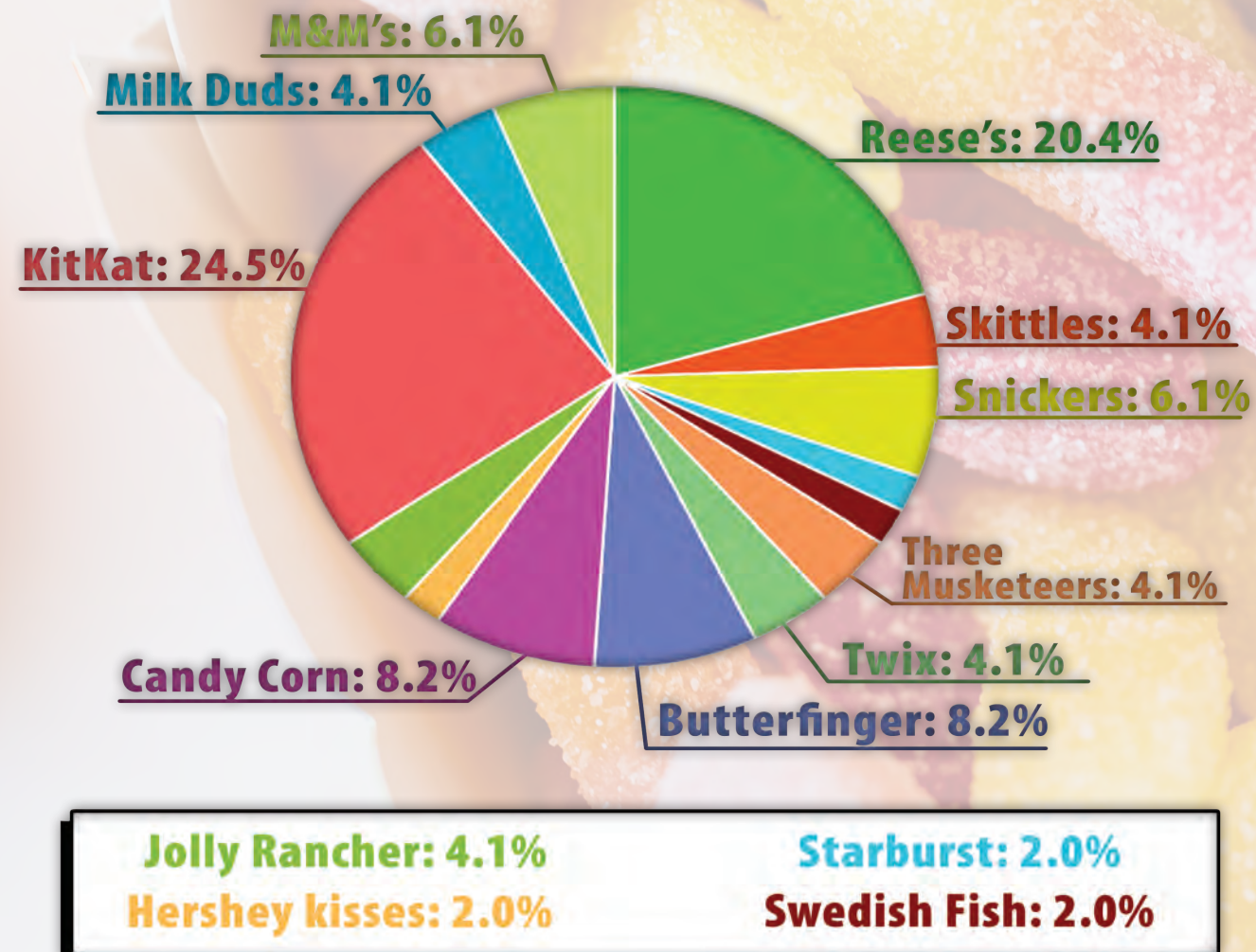
Written by Kaycee Gagnier

As the Halloween season quickly approaches, our sweet tooth comes out of hiding. But there are so many choices of which candy to pick! It's so difficult to choose what satisfies the candy craving. Candy companies prep for this, and begin to sell their halloween candies early, stocking the shelves... Halloween candy sales earn about 2 billion a year!

The Current released a Poll, asking students, staff, and faculty, what is their favorite Halloween candy. The results were overwhelmingly diverse, splitting 47 answers between 18 different types of candies.

The winner, by a narrow success, was the classic KitKat candy, winning 24% of voters. In second place was Reese's, at 20%.

Surprisingly, there weren't any votes for Almond Joy, which was recorded as Connecticut's favorite candy by the Norwich Bulletin, since it was created in West Haven, Connecticut in 1946.



Poll Results Pie Chart

Luckily for our voters who love Kit Kat, they'll be almost guaranteed a piece this Halloween... an average of 172,663 pounds of Kit kat candy is sold during the Halloween season, making them also the 18th most popular candy!

Don't worry Reese's fans, you might not be #1 in the heart of Three Rivers, but in the heart of America, Reese's is the number 1 candy sold!

The third place winner in the Halloween candy poll was a tie, between candy corn and Butterfingers, both sitting behind 8% of voters. Candy corn, a Halloween classic, sells about 35 million pounds at Halloween time a year. That's a lot of candy corn! It's doubtful that fans are going to miss out on their favorites.

Remember, stay safe during Halloween and have fun! Be sure to treat yourself to your favorite candy too, whether it be Almond Joy, KitKats, Reese's, or any other candy!

# HAPPY HALLOWEEN FROM THE CURRENT STAFF!



## How do You Decorate for Halloween?

Ways to Show Your Spooky Spirit this Season!

Written by Sabrina Tyree



Decorated House Photo by Sabrina Tyree



Decorated House Photo by Kevin Amenta

Do you have trouble trying to figure out how to decorate your home this Halloween for you local trick-or-treaters?

There are many different ideas that might come to your mind, but bigger is not always better. Creating a Halloween display creates more of an impact than you would get by creating a wall of inflatables that have nothing to do with one another.

Each house has its own personality and here are some ideas your neighbors have created.



Decorated House Photo by Sabrina Tyree



Decorated House Photo by Sabrina Tyree

# HAPPY HALLOWEEN FROM THE CURRENT STAFF!



# Seasonal



Decorated House Photo by Sabrina Tyree



Decorated House Photo by Sabrina Tyree



Decorated House Photo by Sabrina Tyree



Decorated House Photo by Sabrina Tyree



Decorated House Photo by Kevin Amenta

**HAPPY HALLOWEEN FROM THE CURRENT STAFF!**



## De-Stressing this Semester

5 Ways on How to Relax Mid-Semester!

Written by Kaycee Gagnier

Midterms may have just passed, but that doesn't mean the workload stops. Now, it feels like it's all about preparing for finals and, for some, getting ready to graduate and maybe continue their education. All of this school stress, including the pandemic, is beginning to become a recipe for disaster if you don't have a good outlet for stress. Here are some ways you can easily de-stress and relax before jumping into a pile of homework:

- 1. Nap**  
Sometimes, all you need to do is just take a breather... by dreaming. Taking a quick power nap to clear your head and return back to work with a fresh mind is all you need!
- 2. Exercise**  
Now, this one might not be for everyone. But, maybe you should give it a try! Light exercise is an easy way to blow off some steam. If you aren't all too interested in lifting weights, a quick 30 minute walk can do just the trick!
- 3. Listening to Music**  
Maybe studying in silence isn't for you. Listening to some happy music might be enough to calm you down and get you back in the groove of things!

- 4. Enjoy a warm drink and snack**  
Especially with the cold weather sinking in, a warm cup of tea and a pastry could be what you need to calm you down. Try to avoid drinks that have caffeine in it, because it might not calm you down in the way you want.

- 5. Listen to your body!**  
It's important to listen to yourself and when it's time to take a break. Pushing yourself to finish an assignment early isn't going to get you your best work. Mental health is important too!

It's also OK to talk to someone if you're stressed. Three Rivers provides a list of community resources for anyone to use if they might need any help. You can check out the Three Rivers website for more, or scan the QR code to be taken to the Community Resources page.



## The #1 Priority in All Education

Let Your School Help You!

Written by Adam Browne

There comes a time where all students must feel accepted. It is one of the key reasons why students want to embrace taking classes on a college campus. To feel as though they fit in during that hour or two hour lecturing class. Through each moment, finding acceptance in school peers who they look to at times of hardship and positivity. When making friends in school, it gives an outlet to those who may be suffering from substance abuse, depression to the brink of suicide, and their own demons. It gives them a sense of hope that even though at that moment life is hard, it may get better through each moment they don't give up in life.

Recently, college level schools in Connecticut have started to take notice of these problematic issues. CSCU school systems are no longer turning a blind eye on students, who may suffer from these types of problems. Instead, they are starting to help try to understand ways on how to prevent them. Well, CSCU has begun furthering its support of student well-being and mental health by joining the JED Campus. The JED Campus is a nationwide program of The Jed Foundation, "the nation's leading organization dedicated to young adults mental health" (JED).

This particular nationwide program was built from the ground up designed to help schools evaluate and strengthen these three areas students suffer: their mental health, substance misuse, and suicide. Through the years the JED Foundation has improved each area of prevention programs within College level school systems. The newly elected CSCU President, Terrance Cheng, spoke on this new partnership. "CSCU is excited about this partnership that will allow us to build upon CSCU's existing student mental health support systems and implement enhancements."

This program may come with pros and cons to it. The Pros being that school systems will pay close attention to bringing awareness to these three issues. The other pro being now that this system is making Mental Health more of a priority. The better schools from here on out will be able to understand and assess these situations. The Cons being for instance, if a student acts out in an abnormal way, they could be labeled as having mental health issues.





In the past there have been occurrences where a student gets placed in special education if they were abnormally acting. Though, with every con comes a pro. The pro being, no one student is singled out. Instead, we as students are more combined in a feeling of belonging on campus and off campus. Thus, in the end helping to manifest a better peer system and self esteem. A student who feels as though they belong on campus, is more able to succeed in class.

“JED Campus helps schools by working with them to survey everything their college or university is doing to support their students’ emotional health and find practical ways to augment these efforts in a comprehensive way. We believe that the implementation of a campus-wide approach to mental health will lead to safer, healthier communities, and likely greater student retention,” responded the CEO of JED John MacPhee when questioned further on the partnership. It is important to bring awareness to a special event that happens every October here on campus. It is called the Fresh Check Day, in fact Fresh Check Day takes place on most of CSCU school grounds.

This year’s Fresh Check Day at Three Rivers Community College happened on October 14, 2021. Fresh Check Day aims to soon create an approach to these mental health issues. Then, a knowledgeable host of these events provides a hopeful atmosphere. An atmosphere where students are encouraged to engage in dialogue about mental health. Through years of practice, Fresh Check Day has proven itself worthy. This single day helps colleges in the CSCU system to build a bridge between students and the mental health resources available on campus; the level of outreach extends towards the community and nationally.



Sad Student Photo by Kaycee Gagnier

Now, with the addition of the JED Foundation aligned with Fresh Check Day, moderators of these events will be able to use JED’s evidence-based Comprehensive Approach to Mental Health Promotion and Suicide Prevention framework. Each institution will assess available mental health resources, then administer and implement the Healthy Minds Survey to hear directly from students. The survey measures students’ attitudes, behaviors and awareness on emotional well-being and substance use issues. The CSCU school system will then prioritize, plan and implement a customized approach to strengthen current policies, programs and systems. After all, the main purpose is to increase protective factors and decrease risk factors for mental health issues and suicide.

Yet this doesn’t solve what happens outside of this state. This same system created by JED Foundation and partnered with CSCU could benefit out of state colleges. To become more aware of this newly formed partnership make sure to pay close attention to on school campus mental health events.

If you are a student who may suffer from mental health, substance abuse or momentarily suicide thoughts. Please don’t hesitate to reach out to a friend, family member or college faculty member. We are all in this together.

## Let TRCC Help You!

We are here for you!  
Visit or Call today!

National Suicide Prevention Lifeline

**Visit:** [ulifeline.org/trcc](https://www.ulifeline.org/trcc)  
or  
**Call:** 800-273-8255

We are here for our veterans too!

**Call:** 800-273-8255  
Press 1 for Veterans Crisis Line  
Or  
**Visit:** [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)

**HAPPY HALLOWEEN FROM THE CURRENT STAFF!**



## President Biden

## Promotes Human Rights

The “Build Back Better” Program

Written by Philip Jason Avisan

Speaking about his \$3.5 trillion “Build Back Better” program of social and environmental investment at a Hartford child care facility, he said “the world is watching” as the plan teeters in Congress. The president also raged against authoritarian excesses and the development of anti-democratic thinking, both at home and abroad, as he helped re-dedicate UConn’s Dodd Center for Human Rights in Storrs.

It was a four-hour fast-paced triangular itinerary that began with an Air Force One arrival at the Air National Guard installation at Bradley International Airport, followed by helicopter rides to Hartford, Storrs, and back to Bradley. Along the way, Obama visited a playground with preschoolers and paid tribute to his old Senate chum, a now-white-bearded Chris Dodd, and Gov. Ned Lamont, a fellow Democrat who was among the first to promote his candidacy.

Biden’s half-hour visit to the Capitol Child Development Center in Hartford, behind tight security, was intended to showcase the vast plan’s centerpiece: child care. With a handful of protesters shouting epithets a block away, Biden said the United States is falling far behind other developed countries and risks losing its competitive edge unless more investments are made in preschool programs and other key components of his proposal, such as expanded broadband internet. Biden first paid his respects to the state’s solidly Democratic congressional delegation, as well as to Gov. Ned Lamont, Hartford Mayor Luke Bronin, and Barbara Jo Warner, executive director of the development center, which was established by the General Assembly in 1988 for the children of legislative employees and is partially subsidized by the state.

He then stated that, while the \$3.5 trillion package may not be fully executed in Congress, a significant portion of it is likely to be adopted — and the nation’s wealthiest will have to contribute more.

“Name me a single time in American history when the middle class was doing well and the wealthy weren’t doing very, very well,” Biden said.

“Pay your fair share,” Biden said quietly to the 60 or so people crammed into a small classroom, including TV crews. “By the way, a lot of Fortune 500 businesses have come to me and said, ‘you’re right, we can pay greater taxes,’ because they realize the implications.” Working people understand. That is why, despite the attacks and falsehoods, my approach continues to have overwhelming public support.”

The \$3.5 trillion bill, also known as the human infrastructure plan, has little Republican support and must be trimmed since a few Democrats feel it’s too huge and their votes are needed. This disagreement is preventing the passage of a bipartisan, \$1.1 trillion package for traditional infrastructure, which would bring \$5.3 billion to Connecticut. According to Biden, the time is critical.

“The world is watching,” he said. “Autocrats believe that the world is evolving so swiftly that democracies cannot produce consensus quickly enough to get things done.”



President Joe Biden photo by Peter Morenus

The plan would prolong the \$300-per-month child tax credit, which is scheduled to expire in December, provide universal pre-kindergarten, subsidize child care for low-income families, and add federal paid family and medical leave, which Connecticut implemented two years ago.

Among several aspects of the president’s proposal, Biden emphasized that families earning up to 150 percent of the statewide median income will spend no more than 7% of their wages for child care - a savings for the vast majority of families with preschool children. On Friday, no specifics were provided.

Republicans argue that the ambitious idea, when paired with Biden’s efforts to address climate change driven by greenhouse gas emissions, is too costly and would increase the nation’s debt, creating inflation. In January, the news site ProPublica reported the Federal Reserve Bank of New York’s assessment that the nation’s deficit rose by \$7.8 trillion under President Donald Trump.



President Joe Biden speaks during the dedication ceremony of The Dodd Center for Human Rights at the University of Connecticut main campus in Storrs on Oct. 15, 2021. (Peter Morenus\_UConn Photo).



## Opportunities

Getting Involved with Volunteering and Marine Life

## at Mystic Aquarium

Written by Nick Niedojadlo

Photos Provided by Mystic Aquarium

There are always opportunities around us to get involved in something we care about, and one of those things for some may be the ocean and marine life within it. Our ocean is one of the most important things on this planet, and in that respect it is also important to know how to get involved and support it, and Mystic Aquarium has plenty to offer when it comes to volunteering and learning about work with the ocean and marine life.

Kendall Rabeneck, Mystic Aquarium's Communications Manager, gave an overview of what the aquarium has to offer. "We have volunteering for any age between teens and retirees through many different forms. This includes working with animals directly, stationed at exhibits to talk about our animals, to more technical stuff like water quality and behind the scenes work you wouldn't normally see on a day-to-day basis," Rabeneck said.

Rabeneck also shared that "we actually just wrapped up first responders training which included people from Rhode Island, Connecticut and Fisher's Island. When they get a hotline call, they go to the area to watch the animal from a distance and keep the aquarium updated on what's happening."



Mystic Aquarium Beluga

Mystic Aquarium also offers educational programs for multiple ages. Rabeneck said that "we're actually the only aquarium with a pre-school, which we call Sea-School, where kids can learn about animals through there." As far as other programs, Mystic Aquarium currently is offering less as not all have returned because of Covid-19.

"We had summer camps over the summer and high school interns which our new sessions are about to launch soon. Those internships allow students to come before or after classes to help out," Rabeneck said. "We also have college or collegiate level internships. Those can involve trainers, animal caretakers, research interns, and even vets if they have the right experience."

With a plethora of different options, it can be hard to focus on one aspect of what the aquarium offers. Thankfully, Senior Trainer of Marine Mammals Kathryn Justice, was able to share her experience working with the beluga whales of Mystic Aquarium. Justice's interest in this field of work started from a young age.

"I grew up in Chicago, forty-five minutes from an aquarium there with a great beluga population. I had family who were members at this aquarium, and I loved watching the belugas all day, they had to tear me away from the glass or I'd just continue watching," she said. "I later went on to Michigan State College to get a bachelors in zoology, which the college had a big and really great program, and I had concentration in on zoo and aquarium science, but really honed in on the aquarium aspect."

Justice eventually moved to Connecticut in 2011 to begin her whale internship at Mystic Aquarium, and in 2012 moved on to become a full staff member. "It's kind of hard to put a whole synopsis together on what I do for my job," she said.

"I come in six to eleven-thirty in the morning and do exhibit maintenance, getting the animal's exhibits ready for the day, nice and clean. Around eight to nine we start training sessions with our new whales from Marineland in Canada," Justice said. "We have three big whales; Juno who is male and nineteen years old weighing around 2400 lbs, Kela

is forty and female who has been with us almost her whole life since the 80's, and Natasha who is also forty and female who has been here a couple times before but officially moved in from SeaWorld San Antonio in 2019. There are also four more from Canada that we recently received who currently have no name, all females around six to seven years old."



Mystic Aquarium Penguin

# HAPPY HALLOWEEN FROM THE CURRENT STAFF!



# Community



Mystic Aquarium Seal

In terms of what Justice enjoys most about the job, she said that “building relationships with the animals is what’s most rewarding. It’s important to have these individual relationships with them when we train them, we actually don’t allow anyone to train with them if they haven’t built one up.” Justice continued, saying that they “are a great part of public interaction. Not so much right now due to Covid, but it’s really great to interact with them during presentations with people who’ve never seen a beluga before... being able to talk and educate them on why these whales are special.”

Justice also spoke on what skills she has gained from working with the beluga whales. “You learn a lot about yourself when you interact with these animals. You learn to adapt efficiently to different scenarios and learn to read their behavior, as they are wild animals. I’ve also learned time management and adaptation skills through this position, as well as what threats are threatening the belugas.”

For anyone seeking advice on how to get involved with the field, or how to handle the beluga whale program specifically, Justice said you should “keep being dedicated and working hard. It can be really hard to get into the field, but stay patient and flexible while getting all the experience you can.” For Mystic Aquarium specifically, Justice said that “we offer internships and volunteer work with belugas, as well as the seals and sea lions. Just get a foot in the door even if it is unpaid, I was passionate about it and never gave up even though it sounds corny...I kept coming back until they hired me.”

Kendall Rabeneck also had some words of advice on those interested in this line of work. “Everyone has some level of connection to the environment, and it’s never a bad time to get involved. Helping with cleanup, making the beaches more beautiful and coming to the aquarium to support conservation. If you want to get more heavily involved than start with something small. Volunteer once a week and if you want to invest more, speak with other volunteers and staff to find more avenues.”

If you’re looking to get involved, Rabeneck shares that the easiest way is to “go to our website under employment and find the volunteer tab to sign up. Fill out our application, send it in, and someone in charge will contact you. With many different opportunities here to volunteer, it gives you a chance to feel out a possible career if you enjoy certain parts of the industry.”



## WE'RE HIRING!

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## Preserving A Piece of Connecticut History

Connecticut Preserves Historic Plot of Land

Written by Adam Browne

**"I have a dream that one day..."**

Who would have thought these fateful words would be the start and end to Martin Luther King Jr. A day that would forever shape and shake the foundations of our very nation. The fact is it still remains as true today as it did when it was first heard. Through the hardship of the pandemic, we sometimes forget to treat each other as friends. We soon realize that if we look around everyone is equal and deserving of the same respect. As history repeats itself around the nation, it is finally good to see some of our history being preserved.

A plot of land in Simsbury, CT was once a thriving tobacco farm where Martin Luther King Jr. worked as a college student in the 1940s. However, today it is being protected for its historic and cultural significance to the state's civil rights history. Who would have thought Martin Luther King studied in college here in Connecticut. Though, that is only the tipping point of this preserved land. Last month's finalized sale of the 288-acre parcel of land was announced Friday October 8th. The nonprofit Trust for Public Land and the town of Simsbury held a ribbon-cutting ceremony on Oct. 16 for the Meadowood site.

In the near future, nearly 130 acres of the land will be set aside for recreational access and roughly 120 acres for working farmland. Thus, helping to produce more harvesting seasons and jobs for local farmers. The rest will be saved for future needs of the town of Simsbury, while two acres will be kept for historic preservation purposes to tell the history of the property. Though,

some may be wondering if it is land that is historic, why is only two acres being kept for history's sake?

The Trust for Public Land and the town of Simsbury responded with, "the property, in addition to the experiences that occurred there, offers important connections to Civil Rights history in Connecticut." So not just those two acres but as a whole Simsbury will be finally represented proudly. Just how much of a bright future will this new preserved land have? What began as a citizen's petition on the internet, will soon become reality. Simsbury citizen voters in May overwhelmingly authorized an estimated \$2.5 million to purchase the property, and the help of preservation didn't stop there.

Various state agencies, the U.S. Fish and Wildlife Service, the George Dudley Seymour Trust, individuals and other foundations have provided an additional \$4 million in funding for the site. An interesting fact that ties Martin Luther King Jr to this preserved land. King was among a group of students from Atlanta's prestigious Morehouse College who were recruited by tobacco growers in Connecticut to work in the fields so they could earn money for tuition. In the days of going to college, historians believe King's experiences in Connecticut influenced his decision to become a minister and civil rights leader.

In a letter to his father during these days in June of 1944, Martin Luther King would write these following words. "On our way here we saw some things I had never anticipated to see." Those

words in the letter would soon be followed up by this very powerful statement. "After we passed Washington there was no discrimination at all. The white people here are very nice. We go to any place we want to and sit anywhere we want to." To understand where he was coming from and to be able to say this, it shows the progression in racial lines and treatment of others. It shows the separation of blurred lines that had portrayed the north and south United States in history textbooks.

With the protection from the state, Meadowood can now be part of the Connecticut Freedom Trail, which is a series of sites that "celebrate the accomplishments of the state's African American community and promote heritage tourism," according to The Trust for Public Land and the city of Simsbury. Through recent months other unforgettable historic landmarks of the United States have been discredited. They have been uncredited because of the history lessons that may be thrown off. It is for once good to see that the lands are being preserved for the greatness they once had. The credit that is due to them will soon come. It is clear that perhaps those historic times keep getting repeated in some shape or fashion. It is because we as people are always looking for answers of the past. When we do find them, we get discouraged from the real truth.

There's a lot of stories from history that were misplaced in those days. For the sake of the color lines that were being portrayed to stay protected. We can break those lines and become equally interested in our history. This way when we get to the future, we can be proud of where we came from.

Martin Luther King Jr Monument in Washington D.C.



# HAPPY HALLOWEEN FROM THE CURRENT STAFF!



Many places have been impacted during the pandemic, but the Garde Arts Center used this time to make improvements so they are ready to open their doors.

Jeanne Sigel has been with the Garde Arts Center in some capacity since 1988 and is the current Marketing and Development Director. Jeanne started by being a volunteer and has worked up the ranks since.

"The Garde Arts Center was created in 1985 as a non-profit performing arts organization to save and reuse the historic Garde Theatre, one of the few remaining historic movie palaces in Connecticut," Sigel informed.

This historical building has been around since 1926, when it was known as Vaudeville Theater.

When asked if there are any rumored sight-

Marquee Intermission

ings or hauntings at the Garde, Sigel stated that "Through the years there have been sightings and impressions of "NOW YOU SEE THEM – NOW YOU DON'T" experiences. We have carefully allowed a few paranormal investigators – such as TAPS from GHOST HUNTERS into the Garde (we are protective of our "guests" ...)." The Garde also offers many programs for the community as the community is very important to them. They also have hosted many events that help bring attention to the work done at the Garde.

#### Some of these events include:

- The national book launch of resident writer Jeff Benedict's NY Times bestseller "The Dynasty"
- Hosted The Arc Eastern Connecticut's 5th Annual Film Festival fundraiser which included high-quality award-winning films about people with intellectual and developmental disabilities (IDD)
- Premiered the documentary film "Those People", the story of the New London Talent Show, produced by The Day and Curtis Goodwin
- The Garde lobbies, Oasis Room, and storefronts housed classrooms for the Interdistrict School for Arts and Communication (ISAAC) middle school and the City of New London public schools.
- Provided rehearsal space for the New London Community Orchestra
- Use the Garde marquee as a voice of the community –

## Experience the Arts at the Garde

Written by Sabrina Tyree  
Photos Provided by Garde Art Center

### Garde Arts Center is Back!

- Partnered in promoting the New London Census
- Opened a new satellite bookstore of Bank Square Books, Title IX, in the cottage
- Provided a home in the Cottage for The Writer's Block InK, a non-profit organization that encourages youth to use writing and performance as tools to address personal and social

challenges.

- Helped found CT Performing Arts Center Coalition, a new state-wide alliance of the six urban-based major performing arts centers: The Garde, The Bushnell (Hartford), Place (Stamford), Palace (Waterbury), Shubert (New Haven), and the Warner (Torrington). Together we have worked together to raise funds for the arts and reopen our theaters!

There are so many ways that the Garde helps bring the attention needed to the fine arts. You can help them too, by volunteering as they always have many chances to dip your toes in the culture and work various events.

Finally, in September they were able to open their door to the general public since the beginning of COVID, although at a limited capacity. The Garde wants its guests to be able to safely enjoy their shows and guest comfortability and safety is always in the front of their mind.

**Come to the Garde and see one of their upcoming shows!**

**Our next show is Friday, November 5th**  
Rosanne Cash  
[gardearts.org/events](https://gardearts.org/events)

#### Holiday Events:

A Magical Cirque Christmas -  
[gardearts.org/events/a-magical-cirque-christmas](https://gardearts.org/events/a-magical-cirque-christmas)

The Eastern CT Ballet presents The Nutcracker  
<https://gardearts.org/events/the-nutcracker>

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# HAPPY HALLOWEEN FROM THE CURRENT STAFF!



## That 90's Show

The Second Official Spinn-Off is Announced!

Written by Kaycee Gagnier

If you've seen that 70's show, you've probably already heard the recent news that Netflix has picked up the idea to produce the official second spin-off, called that 90's show.

Fans are most excited to hear that Kurtwood Smith and Debra Jo Rupp (Who played Red and Kitty Forman in 70's show), have renewed roles in the new series! Even better, the original writers of that 70's show are on board to begin writing That 90's Show plot. We can expect to see returns of adult versions of the original cast, but not sure exactly who will be on the roster.

It's unlikely that fans will see a return of Danny Masterson, who played the lovable character Hyde. Masterson was recently dropped from the show, The Ranch, which he starred in, because of sexual assault and rape allegations against him from multiple women. Masterson has since not appeared on air or in any films since 2018, and is unlikely to do so for a while.

Another loveable character fans won't see return is Wilmer Valderrama, who played Fez, the foreign exchange student. In a 2016 interview with People Magazine, Valderrama says, "Fez will never happen again." Valderrama seems to have moved on completely from his character Fez, and isn't looking too interested in returning.



Red and Kitty Foreman



FULL Main Cast Promo Photo



FULL Main cast Promo

While there are many details yet, and everything is subject to change, the general plot of that 90's show follows main character Leia Forman, AKA Eric and Donna's daughter, as she visits her grandparents, loveable Red and Kitty for the summer. Fans will watch as Leia discovers the life of Point Place, Wisconsin, much like her parents did when they were her age. The show could be expected to be available for streaming on Netflix in the fall of 2022, as long as there aren't any setbacks.

Some fans are nervous for another spin-off of the classic decades sitcom, because the first spin-off, That 80's Show, was a major failure. That 80's show didn't even make it a full year on air-- disappointing fans who hated the show, and fans who found it to be not as charming as the original.

The show is still in its earliest planning stages, so by the time it gets to air, we'll see plenty of changes. Who knows? Maybe that 90's show is going to be the next big TV show to skyrocket through the charts.



For anyone looking to watch a new creepy limited series for Halloween, look no further than Netflix's original series *Midnight Mass*. Created by Mike Flanagan, who directed two other Netflix originals *The Haunting of Hill House* and *The Haunting of Bly Manor*, Flanagan brings viewers into a world of an isolated island community and religious fervor. With this setting, Flanagan manages to create an eerie and chilling series that doesn't rely on jumpscare, but atmosphere and character personality. There will be a basic spoiler free section, and a spoiler section that goes a little deeper into the premise of the show's story without spoiling the whole thing.

## - SPOILER FREE SECTION -

The story begins with Riley Flynn (Zach Gilford) returning to the isolated Crockett Island after spending four years in prison due to a DUI on the mainland where he killed a young girl. Riley's goal is to try and find some sort of peace with his guilt while reacclimating to life with his family and friend Erin Greene (Kate Siegel) who is now pregnant. With his time in prison, Riley has lost his faith in God and doesn't plan to restore it.

Around the same time, new pastor Father Paul (Hamish Linklater) comes to the island to replace the previous elderly pastor Monsignor Pruitt, who fell ill on his trip to Jerusalem. Father Paul hopes to bring a renewal of religion to the island, bring-

ing the news that he will be replacing Pruitt while he recovers. Extremely faithful citizen Bev Keane (Samantha Sloan) soon becomes as close to Father Paul as possible.

Crockett Island itself is home to many different people. From those who still fervently believe, to those who have lost their faith in their church and their dying community and those who don't get involved at all. However, with the new mass services by Father Paul and miraculous miracles beginning to sprout up on the island, the whole core of Crockett Islands community begins to be shaken up.



Midnight Mass Poster

## Midnight Mass Review

Have Faith in this New Netflix Series.

Written by Nick Niedojadlo

## - SPOILER SECTION -

During one of the mass services, Father Paul forces wheelchair bound teenager Leeza (Annarah Cymone) to receive communion on the altar, almost aggressively telling her to get up and walk to him. Lo and behold, after a moment of hesitation Leeza steps up from her wheelchair and walks up to the altar. This miracle sparks a resurgence in the town's faith, and soon the whole town starts to feel healthier.

However, this begins to affect Father Paul's health, as in the night he suffers from a period of coughing up blood, and is later found dead by Bev and some other townsfolk. It is revealed then during a flashback scene with Paul confessing his sins alone, that he has lied to the community and he is Monsignor Pruitt. On his trip to Jerusalem, with his health declining, he becomes confused and wanders off into the desert. He finds shelter in an ancient tomb where he encounters a human-like winged beast that he describes as an "angel of God".

The angel cuts open its wrist with one of its claws and allows Pruitt to drink from its blood. Through this, Pruitt is somehow restored to his youth, and is now going as Paul on the island. Back to the present, and Paul/Pruitt suddenly awakens from his state of death, resurrected in a sense, but is now no longer able to step foot into the sun, and now suffers from a new kind of hunger.

## - SPOILER SECTION END -

Flanagan's new limited series is definitely something unique to the genre in its own sense. The subject of religion, especially Christianity, is one that is commonly used throughout horror films, usually in terms of exorcisms and such. This story uses it in a much different way, one that equally plays with a familiarity to any who have experienced a christian mass service as well as the eerie nature that comes along with how the series portrays it.

Almost all of the characters give you some sort of feeling that doesn't sit right with you, and the atmosphere of the entire island, the subject of death and the ideas of what really can be considered a miracle all mix together and create an enjoyable series.

The show only features seven episodes at a little over an hour each and can be very dialogue heavy. Yet the whole time it manages to capture your interest, to view the perspectives of this type of life through the characters' lives and how it has so deeply ingrained itself in them. *Midnight Mass* is well worth a watch.





Back 4 Blood Poster

Left 4 Dead's influence and legacy were never in doubt, but there's this notion that the iconic co-op zombie shooter from Turtle Rock and Valve had a vague quality that couldn't be explained; a formula that no one has been able to duplicate.

I went back to re-experience Left 4 Dead in the lead-up to the release of Back 4 Blood, the new game from the creators who co-created the sub-genre. I was underwhelmed. Left 4 Dead is still entertaining, but in the same way that a PS2 game might be for an hour or two before you realize how difficult it is to sacrifice years of design, graphic, and production value for a nostalgic trip.

Back 4 Blood is both and isn't the Left 4 Dead follow-up you hoped for. It's the most modern interpretation of those concepts, but it's real date was October 12, 2021, so it's trying to accommodate as many of our current expectations as possible without disrupting the flow.

Back 4 Blood's gameplay differs significantly from its predecessors. It's a stop-and-pop zombie shooter that pushes players to identify and deal with hazards at a distance.

That is reflected in the level design, opponent varieties, and encounters. Almost every region of the game opens up to expose a large, open area where you're urged to explore the various paths, search for hidden loot, and inspect as much of the objective as possible before triggering the large horde.

The diner, the loud greasy bar, the brick residences near downtown, the suburbs, the small town church, the misty woods – everything seems to be modeled by stereotypical Americana. Another important aspect of Back 4 Blood emerges as you progress through those levels.

This is a game with a large number of weapons, which are divided into the standard categories. Weapons are available in a variety of rarities, and their attachments are randomly assigned. You're always on the lookout for a more powerful version of your favorite weapon, or something outrageous enough to tempt you to give up what you have for it.

Perhaps you find an SMG you like, but it has an oddly long-range scope. It's possible that the shotgun's reload speed is slower than you'd like. Or maybe you opt to be your team's point man and embrace the long-distance lifestyle because this purple M1 rifle is so excellent. In Back 4 Blood's levels, you're always seeking for something, and weapons are just one element of that.

The locations of numerous chambers and stashes are also randomly generated. Some require specific tools to open, while others will sound an alarm if opened, and a few are simple to open but don't necessarily hide something intriguing.

The more difficult it is to enter a room, the more likely it is to contain valuable prizes. Normally, you're looking for different attachments for your weapons that can affect how they play, especially if they're higher up on the rarity ladder. Ammunition, grenades, and one-time-use things such as propane tanks and other items are also available.



Back 4 Blood Promotional

## Back 4 Blood Review

Left 4 Dead's Successor.

Written by Philip Jason Avisan



Back 4 Blood Promotional

Before you leave the safe room, you go through a buying phase in which you decide how to spend your Copper. Copper, a money gained at the end of each segment and located throughout the levels, can be spent on weapon attachments, weapons, grenades, ammo, and team-wide upgrades that improve the efficacy of your various pieces of equipment or increase the amount of them you can carry.

Back 4 Blood doesn't have many quiet scenes, but this is one of the more notable. We were pooling our extra Copper as a coordinated group to purchase one more team upgrade, heal a buddy in need, or buy someone the scope they'd been missing.

Turtle Rock probably didn't want to make shifting attachments too complex or time-consuming, but being unable to remove any of them until something else takes that space is a missed opportunity.

# HAPPY HALLOWEEN FROM THE CURRENT STAFF!



# Brain Teasers

## Puzzles for A Rainy Day

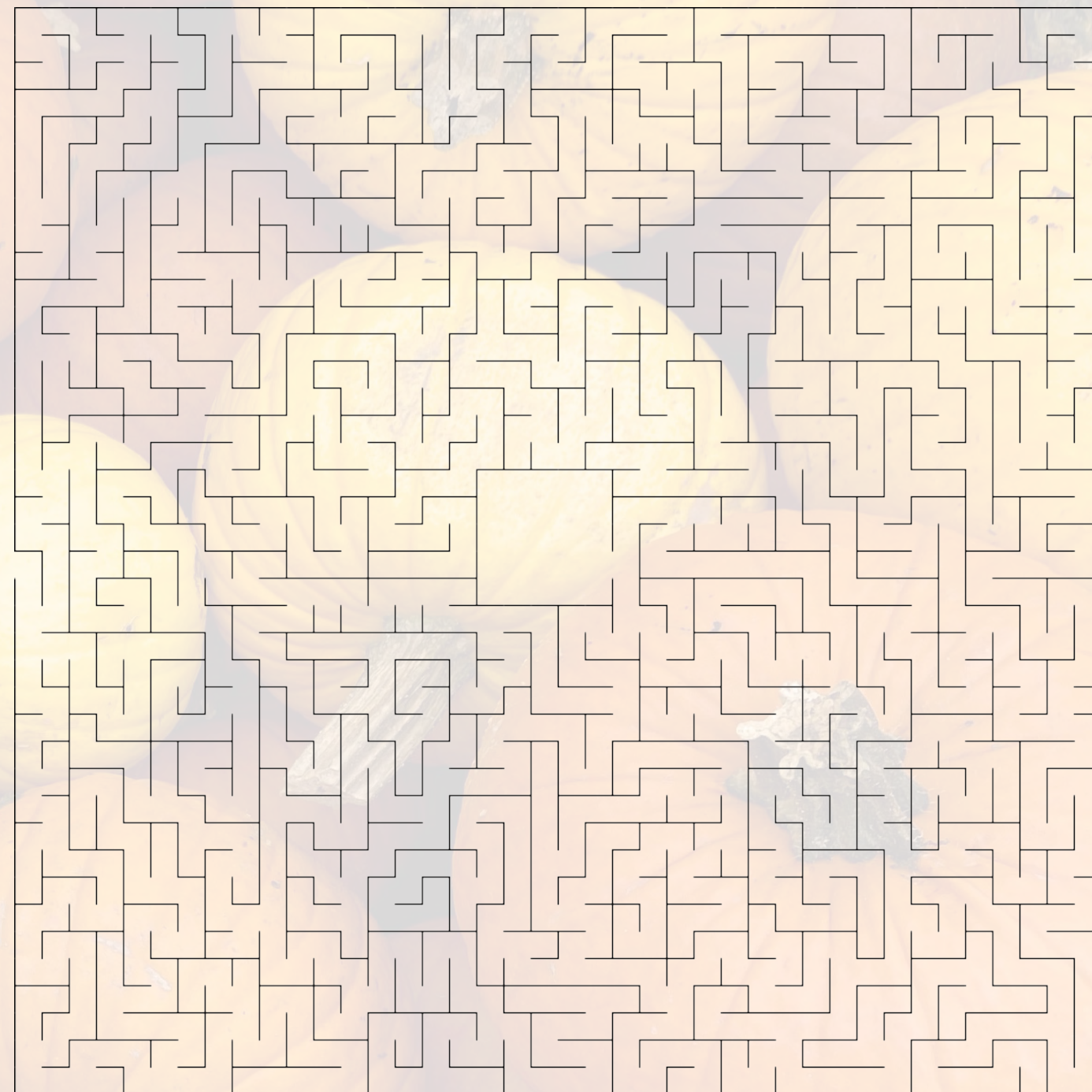
Can YOU Find All of the Words?



### Word Bank

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candy  
cornmaze  
costume  
decorate  
frankenstein  
ghost  
halloween  
jackolantern  
leaves  
nightmare  
princess  
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HAPPY HALLOWEEN FROM THE CURRENT STAFF!





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