

Spring 2022

April 18th

Volume 24

Issue #11

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THREE RIVERS COMMUNITY COLLEGE

# CURRENT





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*Front cover: Ketanji Brown Jackson.  
Photo courtesy WSJ.com*

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

It is written, edited, and designed solely by students.

If you would like to contribute to The Current

Please email submissions, responses, and ideas to:

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# TRCC's Late April Events

Written By: Joe Barberi

*Look Out for These Fun Events*

**7 – 8PM**

“Connecticut Poetry Circuit” is taking place. The event showcases the outstanding college poets from 2021-2022. Also, the event will be held online. For more information, contact James Gentile, Director of the Connecticut Poetry Circuit, at: [jgentile@manchestercc.edu](mailto:jgentile@manchestercc.edu)

**April 20th**



Photo Courtesy of TRCC



Photo Courtesy of TRCC

**12 – 1PM**

“Art Box Challenge.” For this event, you get to decorate your favorite letter in the alphabet. To participate students that registered by the 18th will receive their supplies for the event, but you can still join with your own supplies. All you need is a wooden letter of your choosing and assorted art supplies to decorate it

**April 27th**



Photo Courtesy of TRCC

**12:30 – 1:30PM**

**April 25th**

“Calm Your Mind with Reiki Healing Mediation.” This kind of meditation with help relax your mind and body.

**5 – 6:30PM**

Online paint night titled “I Like It, Picasso.” For this event, the school sent a free paint kit to those who have RSVP'd by the 15th. The goal of this paint night is to use Picasso's techniques to create self-portraits.



Photo Courtesy of TRCC

\*For more events like these in the future, make sure to check out the TRCC website and go to the events calendar towards the bottom of the homepage.



# KETANJI BROWN JACKSON

## CONFIRMED TO THE SUPREME COURT



Ketanji Brown Jackson makes history. Photo Courtesy the Guardian

**O**n April 7, 2022, Ketanji Brown Jackson was confirmed to the Supreme Court by the Senate, making her the 116th justice and the first Black woman to serve on the top U.S. court.

No black women have previously ever sat on the high court and only five women have served on the Supreme Court; Sandra Day O'Connor, Ruth Bader Ginsburg, Sonia Sotomayor, Elena Kagan, and Amy Coney Barrett.

The final vote tally was 53 to 47, with three Republicans joining all Democrats in a show of bipartisan support for Jackson to the lifetime appointment on the high court. She won the support of Republican Susan Collins of Maine, Lisa Murkowski of Alaska and Mitt Romney of Utah.

Jackson is Joe Biden's first Supreme Court nominee who will be taking

### *A Historic First*

Written By: Melissa Tucker

the place of Justice Stephen Breyer who is retiring in the summer. She has served as a public defender, making her the first Supreme Court justice to do so, something that has won her support among democrats and is a point of contention with republicans. Public defenders are attorneys assigned to defend people in criminal cases who may not be able to hire their own lawyers otherwise, which is a constitutional right.

President Biden tweeted "Judge Jackson's confirmation was a historic moment for our nation. We've taken another step toward making our highest court reflect the diversity of America. She will be an incredible Justice, and I was honored to share this moment with her."

**"Judge Jackson's confirmation was a historic moment for our nation."**



2:43 PM · Apr 7, 2022  
President Biden tweeted after the vote. Photo Courtesy Twitter.



Background Image: Trophy Room – Marcus Jordan's Trophy Room store in Orlando, Photo courtesy of BlackEnterprise Magazine.

# Trophy Room

Marcus Jordan pays homage to his father's legacy.

Written by Dustin Durham



Marcus Jordan – Photo courtesy of BlackEnterprise Magazine.

Michael Jordan has been out of the league for almost two decades, but his shoes still carry significant weight. Just ask his son, Marcus.

For many like myself growing up, Jordan's were an essential part of everyday life. I was a huge sneaker head during my teen years. My dad spoiled me with every release. Looking back, it was much more than just the purchase of a new pair of sneakers, it was a cemented memory in time spent with my father, a ceremonial event.

Hypothetically, imagine now your father was Mike, winner of 6 NBA titles, a global icon. It's so much more than just a shoe. And for Marcus, Mike was so much more than MJ.

Marcus Jordan's Trophy Room is an upscale boutique sneaker store in Orlando, Florida offering exclusive Jordan sneakers and collaborations with top brands, including Upper Deck and Nike. The store features a wide variety of Nike and Jordan apparel, footwear, and memorabilia.

According to the Trophy Room website, the first Trophy Room sits in the Jordan family home. The room's central location in the estate attracted family, friends, and visitors. Casual gatherings and holiday celebrations, such as Christmas, routinely took place in the trophy room.

"What I'm trying to do is recreate the atmosphere, the warm feeling that people would feel as they would walk through the trophy room when we had friends over," Marcus told Sports Illustrated.

"I have happy memories with my family in the trophy room growing up my dad. [It] had game-worn shoes, all the awards, all the memorabilia. There will be parts of that within the Trophy Room store with game-worn shoes on display, photographs of us inside the original trophy room, various family photos, and videos that exude that warm feeling."

# OMICRON XE

The UK detected a new variant of Covid-19 called "Omicron XE"

Story & Illustration by Jaizier St.Hilaire

A new member of the family has joined. The UK had recently detected that a new Omicron subvariant has appeared: Omicron XE, as the country now faces a renewed surge in Covid-19 hospitalizations.

The XE subvariant has been seen in about 637 patients nationwide, according to the latest statistics from the U.K. Health Security Agency. They say that there is not enough evidence to draw conclusions on its transmissibility or severity.



What we do know is that the XE is what is called a "recombinant", which contains a mix of the previously highly infectious BA.1 strain, which has emerged in late 2021, and the most recent "stealth" BA.2 variant, the current dominant version in the U.K. now.

The XE variant accounts for less than 1% of the current Covid cases that are happening now.

With the BA.1 and BA.2 subvariants still around, should this be seen as just as deadly as its predecessors?

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## Stonington Farmers Market at the Velvet Mill

*More than just fruits and veggies*

Story & Pictures by Jordan Leroy



If you love farmers markets and supporting local businesses, I suggest you make your way over to the Stonington Farmers Market at The Velvet Mill in Stonington, CT. I was lucky enough to get a Saturday off from work to make the trip up to The Velvet Mill, and it was a fantastic experience.

You can see just how popular this event is right when you pull into the parking lot; it took us a while to find a space. Depending on where you park, you may have to do some walking in order to find the entrance for the farmers market. But it's all worth it for what you find inside!

The room where they host the Stonington Farmers Market (from 10am to 1pm every Saturday) was bustling with the sounds of people talking and live music playing. It was a little overwhelming at first, but exciting once you get used to it.

We walked around the room probably a dozen times, talking with vendors and purchasing some products. There

were stands for fruits, vegetables, honey, cheese, hummus, so many different food items to choose from. Most of the stands also sold tote bags, shirts, and other merchandise.

If you venture past the farmer's market room, you will find a bunch of other shops that you can browse around in. We visited a plant shop, an antique store, even a craft beer shop. If we had more time in the day, we probably would have checked out all of the other businesses!

In short, I highly recommend visiting The Velvet Mill, if not for the Stonington Farmers Market, then for the other shops they have. I can guarantee that you will be able to find something you like there.

## Is Saving Money Worth Ruining Our Planet?

*We know better, so why are we in the same cycle?*

Story & Pictures by Davon Brown

Sadly this seems to be the case with a lot of how we use fuels these days, and the reason why our environment is already on a fast decline. But as society grows and now has a deeper knowledge about how certain things affect the environment why are we still doing the same things to worsen our carbon footprint?

In an attempt to lower gas prices, the Biden administration wants to turn to a fuel that's potentially even dirtier than regular gasoline, the White House announced on April 12th.

The US Environmental Protection Agency plans to issue an emergency waiver that will allow the year-round sale of a fuel called E15, which is banned in most of the US during the summer months when smog is a bigger risk.

E15 is a gasoline blend with up to 15 percent ethanol — a fuel made of plant material. The one is supposed to save Americans money as the dependency on foreign supplies, because ethanol can be made with domestically grown corn.

The ban on this type of gasoline use in the summer months has been in effect since 2011 and was based on concerns if ethanol in fuel might lead to more smog.

These added pollutions can reach with the sunlight to create more smog. In the sunnier summer months, this is a big problem. Growing all this corn to make fuel can also potentially also result in more greenhouse gas emissions.

The EPA released statement saying, "we will work with states across the country to ensure there are no significant air quality impacts through the summer driving season."

It is estimated that going to the E15 fuel will save 10 cents off a gallon, but while it. Might be cheaper it is also a 1/3 less energy than regular gasoline.

So the question is, should we "save" money at the pump just to go to the beach for less all while ruining the environment more? Or should we pay higher gas prices and bare through it, while slowing down our carbon footprint?





# BATTERY-POWERED PLANES

## Are electric planes the future?



Front of Plane. Photo Courtesy: ABCNews.

We are in an age now where technology is slowly, yet surely, becoming more and more advanced. We've seen the rise of companies like Tesla create the first electric vehicles, changing not only the way we drive, but changing the way we can help the environment.

In 2015, an Israeli company in Arlington, Washington, called Eviation, created by Omer Bar-Yohay, had one goal: To create an environmentally safe airplane. Back in January, it was announced that the company's first electric plane, called Alice, could be weeks away to take to the clouds.

The prototype for Alice was introduced to the world in 2019. Since then, it has been going through multiple tests to measure speed, braking, steering, anti-skid, etc. According to ABC news, like other battery or hydrogen-powered planes, this plane will be used for relatively short distance flights with under a dozen passengers.

The company currently developed three

Written By Jaizier St.Hilaire

versions of the Alice plane. According to an article on CNN, they have produced a "commuter" variant, an executive version, and prototype that is specialized for cargo.

The commuter holds 9 passengers and 2 pilots, as well as being able to carry 850lbs of cargo. The executive design has 6 passenger seats for more spacious flight, and the cargo plane holds 450 cubic feet of volume.

Other big aviation companies are now on the boat. For example, NASA gave \$253 million in September last year to GE Aviation and magniX to bring the technology to US fleets by 2035. Other companies like Boeing is investing \$450 million in Wisk Aero, a company that is planning to build an all-electric, autonomous, passenger aircraft.

Eviation has twelve Alice's on order by international shipping company DHL, and are expected to be delivered in 2024. These planes are set to be used as cargo carriers making shorter distance trips.



Pilot Seat. Photo Courtesy: ABCNews.

# SAFE FUTURES CAMPAIGN FOR NEW BUILDING

Friend of the agency kicks off campaign with a huge donation

Written By Jordan Leroy

in Waterford, where it will be more centrally located to serve its 21 towns in Connecticut. The new Waterford building would house a variety of different agencies and provide easier and quicker access to services for victims.

The nonprofit is looking to raise over \$7 million for the construction of The Center for Safe Futures, and is also seeking financial support from the state legislature. Vice president of Safe Futures, Gregory Massad, called Sumner & Sumner's donation a "fantastic kick-start" to the fundraising effort. "Hopefully it will inspire others to assist in this capital campaign for what will be a national model," he said.

To donate or for more information on the capital campaign, call Katherine Verano at (860) 447-0366, ext. 211.



Safe Futures, a domestic violence agency, has kicked off their capital campaign for the construction of a new building. The approved project will be a 23,000-square-foot family justice center known as The Center for Safe Futures.

Earlier in the year, the owners of the Sumner & Sumner insurance agency donated their office building to Safe Futures, a client and friend of the agency. The office building, located in Willimantic, has a market value of \$467,460.

"We're community minded. We know the great work they do," said Victor Ebersole Jr., a co-owner of Sumner & Sumner. "We saw an opportunity to help a local cause. We're excited for them and hope this is one small piece to help further their mission."

The Center for Safe Futures is set to be constructed

An architectural rendering of The Center for Safe Futures, which will be located in Waterford, CT, that will house a variety of different agencies and provide many services for those in need. Photo Courtesy: Safe Futures





# Elon Musk Joins Twitter

*Is Musk Here to Save It?*

Written By Joe Barberi



Elon Musk Asking his Followers a Question.  
Photo Credit Twitter.

of him purchasing the shares, Twitter's stock rose to \$3.5 billion as of early day on the 4th.

There is still a lot of mystery around Musk purchasing an abundance of shares and what purpose did he buy them? However, in a Twitter thread from March 26th, Musk said, "Given that Twitter serves as the de facto public town square, failing to adhere to free speech principles fundamentally undermines democracy." Minutes later in the same thread Musk poses the question, "Is a new platform needed?"

Even though there are still so many unanswered questions, there is an upside to the situation. Twitter is known best for its platform providing information to the public in forms of mainly just text. However, for a social media platform that has been around since 2006, it is still missing an important feature.

Twitter is missing an edit tweet button that allows users to edit their tweet once it is posted. Many people who use Twitter heavily agree that the platform should implement this feature. Now that Musk is a part of the board, maybe he can give Twitter users the features they have been asking for?

# WII SPORTS ARE BACK!

*The parties favorite game is coming*

Written By Davon Brown

It will be 16 years this November since we were all bowling, boxing, tennis-ing, or baseball-ing, in our living rooms. Wii Sports was the game for families and the game that got everyone moving in every party.

Well the good news is, after all these years, and with the retirement of the Wii some years ago, Nintendo is bringing back the beloved party game to the Switch on April 30th!

This follow up game will include six mini games like bowling, soccer, badminton, tennis, volleyball, and chambara sword dueling. It is said golf will be added in a free update later down the road.

There are several modes and multiplayer options for each mini-game for solo play, family play, or online play with other users. Bowling is said to have received many new updates, including being able to bowl simultaneously to speed things up. There is also a new battle mode, where you'll be knocked out if you don't keep a high enough score.

Every sports mini-game will have need a Joy-con to correspond with the gesture, but a leg strap will also be needed for the soccer, as it will include leg motions.

There will be a new feature for online Switch users called cosmetics. It is an angle that the company is using to reward returning players. With this feature, Nintendo will have cosmetic drops that you can get only that week and only by playing online.

If your a new Switch owner or have had it for some time and have been debating on whether or not to get online, now might be your time to purchase that monthly or yearly subscription.



As stated before, the Switch Sports will be releasing on April 30th with pre-sales starting now. The physical copy which comes with the leg strap is \$49.99 while the digital is \$39.99 with the strap being an add on for \$9.99 on Nintendo's website.

Switch Sports Game.  
Photo Courtesy: Nintendo Life



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# JIMMY SAVILE:

## *A BRITISH HORROR STORY*

### REVIEW

Written By Melissa Tucker

*The following includes references to sexual assault.*



Movie Poster. Photo Courtesy ExtraMovies

*J*immy Savile: A British Horror Story is a new true crime documentary just released to Netflix about one of the UK's most beloved personalities, disk jockey Jimmy Savile. The truth of Savile's true nature was not exposed until after his death when more than 450 horrifying allegations of sexual assault, some young children, were found out in an investigation in 2011.

The documentary is deeply disturbing and hard to watch.

As an American, naturally I was not familiar with Savile or his grip on pop culture in the UK. The documentary shows how he acquired power and hid behind a veil of charity to get away with his crimes. It illustrates how society has had to come a long way when dealing with attitudes towards sexual assault, as the victims reports had went ignored for a long time.

"Back then I thought it was simple. We just had to get the evidence to catch him. I didn't realize the whole world around him had to change before the truth could come out" said the journalist, Meirion Jones who broke the story.

The documentary makes the point that is still relevant today, why does society look the other way when it comes to predators, especially celebrities?

It is certainly not an easy watch, but the story is an important one. 450 cases went unheard until after Savile's death because they all felt alone and powerless against the giant icon that was Jimmy Savile. With this documentary their stories are heard.

*"Coming home for dinner"*





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# Newly Discovered Human Anatomy

*RAS Cells - Maintaining a Healthy  
Respiratory System.*

Written By Dustin Durham



*RAS cells inside the bronchioles passages of the human lungs. Photo courtesy LiveScience.com*

Researchers have now discovered a new never-before-seen cell hiding in the human lungs, which plays a vital role in keeping the respiratory system healthy. The cells could even inspire new treatments to reverse the effects of certain smoking-related diseases, according to a new study.

According to an article written by Harry Baker, and published on LiveScience.com, the cells, known as respiratory airway secretory (RAS) cells, are found in tiny, branching passages known as bronchioles, which are tipped with alveoli, the teensy air sacs that exchange oxygen and carbon dioxide with the bloodstream. The new RAS cells are similar to stem cells — “blank canvas” cells that can differentiate into any other type of cell in the body — and are capable of repairing damaged alveoli cells and transforming into new ones.

Researchers discovered the RAS cells after becoming extremely frustrated by the limitations of having to solely rely on the lungs of mice as models for the human respiratory system. However, because of certain differences between the two, scientists have truly struggled to fill-in some knowledge gaps about the human lungs. To get a better understanding of these differences on a cellular level, the team took lung tissue samples from healthy human donors and analyzed the genes within each individual cell, which in turn, revealed the previously unknown RAS cells. Amazing, right?

RAS cells serve two main functions in the lungs. First, they secrete molecules that maintain the fluid lining along bronchioles, helping to prevent the tiny airways from collapsing and maximizing the efficiency of the lungs. Second, they can act as progenitor cells for alveolar type 2 (AT2) cells, a special type of alveoli that secrete a chemical that is used in part to repair other damaged alveoli.

# History of Easter

*Background. Photo Courtesy Jordan Leroy*

Written By Joe Barberi

*How Did Easter  
Come About?*

Easter is a holiday that is known by many and celebrated with bright spring colors, decorating eggs, and for some, indulging on candy. However, what is the history of Easter?

Easter is a Christian holiday that is celebrated this year on April 17th. There isn't an exact numbered day that this holiday is celebrated on every year due to the moon phases, but it is always a Sunday.

The symbolic meaning behind Easter is, the holiday marks when Jesus was resurrected. During this day Christians observe the holiday by attending special church services.

Like other holidays, Easter has some interesting customs. Painting/decorating eggs on this holiday dates back to the 13th century. “Just as Jesus rose from the tomb, the egg symbolizes new life emerging from the eggshell,” said Hans J. Hillerbrand, a writer for Britannica.

Another popular custom of Easter is egg hunts. The general idea came from Lucy Hayes who was the wife of the United States' 19th president, Rutherford B. Hayes. However instead of hunting for eggs, her idea was to hold what she called “Annual Easter egg rolls” where children would roll their Easter eggs and play on the lawn of the White House.

A final custom of Easter is the association for rabbits/bunny. It's said that the so called “Easter Bunny” lays eggs, decorates them, and hides them for children to find when they wake up Easter morning. The association is known to come from Europe towards the 19th century.



*The White House Easter Egg Roll that took place on April 2nd, 1923.  
Photo Courtesy Whitehousehistory.org*

*Happy  
Easter!*



# HOW TO: CREATE A LOGO IN 3 STEPS

Stories & Pictures By Dustin Durham

*Design. Create. Communicate.*



**Step 1: Design** ~ For the sake of this tutorial, I will be creating a logo for a Connecticut travel brochure. It is also important to understand who your intended audience is. If the logo is to be used on a travel brochure, then my intended audience would be anyone traveling through the great state of Connecticut!

The Design step is vital because it is the deciding factor as to what your logo will eventually look like when it is completed. I have gathered a few images of my own in order to figure out what should be included in the logo. This helps to inspire you as a creator during the design process so that you may communicate the idea of "Connecticut" within your design.

A substantial portion of Connecticut is surrounded by water, including where I live. Hence, the town of "Waterford." Because of this, anyone traveling to or through Connecticut may want to visit the beach. So, it is important to include the beach in my logo.

Another aspect that I feel is vital to Connecticut and effectively communicating within my design is trees. The trees in Connecticut are absolutely beautiful! I think it will be a nice idea to bring the beach and some trees together to create a glowing sunset.

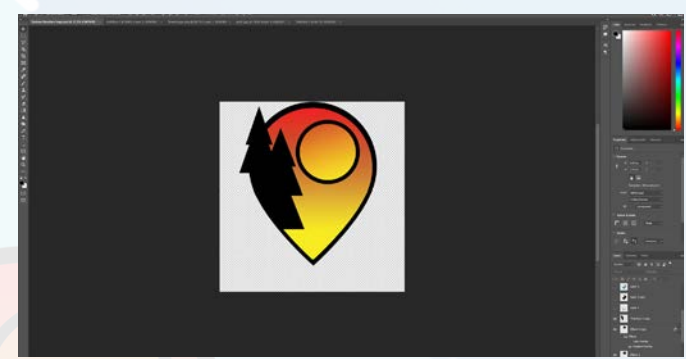
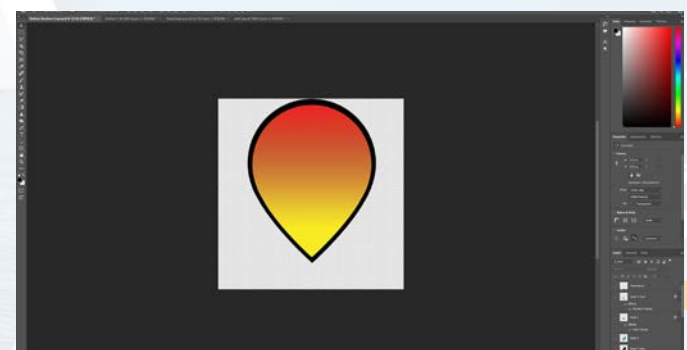
Finally, we need a shape. Since we are designing our logo for a travel brochure, the first shape that came to mind for me was a marker, such as the type of marker you may find on a map. This will provide for a very distinct, clean logo design.

Hi there! My name is Dustin, I'm an illustrator and graphic designer based in Waterford, Connecticut. I am currently pursuing a degree in graphic design here at Three Rivers.

I admire various parts of the creative process from conceptualization and layout, to learning new skills and techniques as I'm always seeking

to improve my design capabilities. I have years of experience specializing in digital design across the entirety of the Adobe Creative Suite with a single goal in mind, to continuously create impactful visual communication.

There is a simple process I like to follow when creating logos and I would like to share that process with you today! It involves adhering to 3 simple creative principles: Design, Create, and Communicate!



duplicating the circle, minimizing, and applying the same sunset gradient. I will also be adding some triangles that form together to make trees. Simple enough, right?

Finally, I will be incorporating the beach using a simple wave shape with some sand beneath it. I will also be adding the word "Connecticut" below it so that the two elements combined can be effectively communicated to my intended audience.

And voilà! We have now created our logo to be used on the Connecticut travel brochure.

**Step 3: Communicate** ~ The last step is to effectively use your logo to communicate with anyone who sees it. If you followed step 1, Design, then you already have a jumpstart on communication. I chose specific images and objects that I knew were a distinct representation of Connecticut to be used as a logo for a travel brochure.

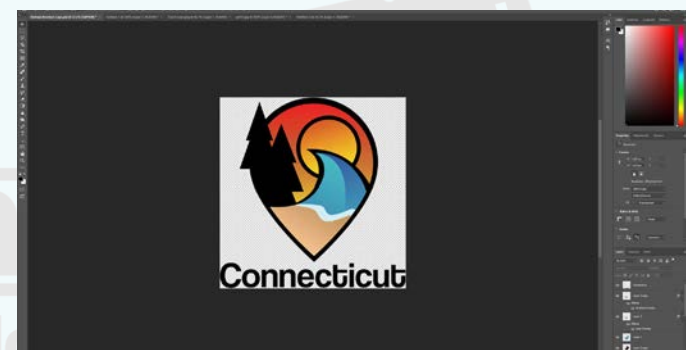
Ideally, the logo I created, in the shape of a marker, and by incorporating the trees and the beach wave, will be interpreted to others the same way I see it, the beauty Connecticut has to offer.

I hope that my simple 3 step creative process can help you design an effective logo to be used for whatever project you have in mind!

**Step 2: Create** ~ This is where your skills as a designer and being able to effectively use the software you have been taught come into play. Normally, I would use Adobe Illustrator to create logos for obvious reasons, but for this tutorial I will be using Adobe Photoshop because it is the software I am most comfortable with.

I am going to start by simply creating the desired marker shape I chose for my logo. And inside that marker shape, I am going to duplicate the shape, minimize it, and apply a nice sunset gradient.

Next, I will be creating a sun using the same method as before by





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# CELEBRATING EARTH DAY



*A*s April starts to come to a close, we have one more holiday to celebrate before the summer comes around; Earth Day! Every year on April 22, Earth Day marks the anniversary of the environmental movement.

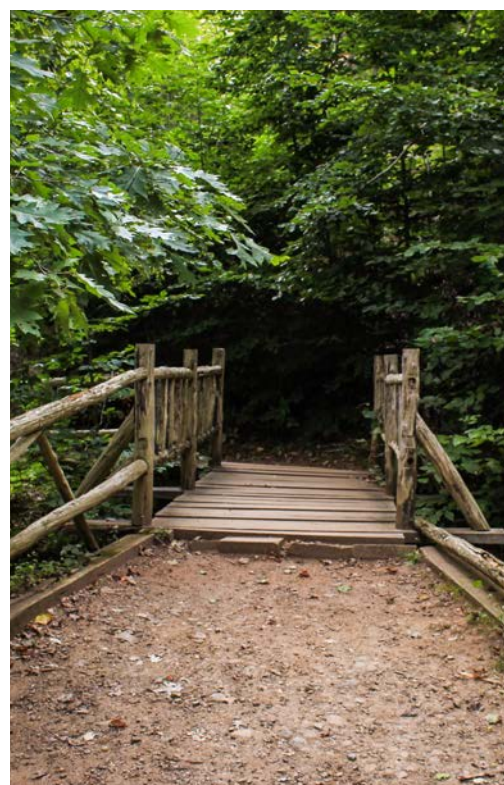
## The History Behind Earth Day

Before the creation of Earth Day, there was no real concern for the environment in America. There was little to no acknowledgement for how pollution would affect human health, until the publication of Silent Spring.

In 1962, Rachel Carson's Silent Spring opened the eyes of Americans to the consequences of leaded gas, smoke and sludge. The book shined a light on the effects a polluted environment can have on public health.

In an effort to maximize public awareness of air and water pollution, college campuses across the nation organized events that would further shed more light on these environmental issues. These demonstrations all took place on April 22 of 1970, a weekday falling between Spring Break and final exams, as this would yield the greatest student participation.

The display of April 22, 1970, sparked national media attention and was named "Earth Day." The turnout led to the creation of the United States Environmental Protection Agency, as well as several environmental laws. Not only have these laws protected the environment, but also millions of men, women and children from disease and death, as well as hundreds of species from extinction.

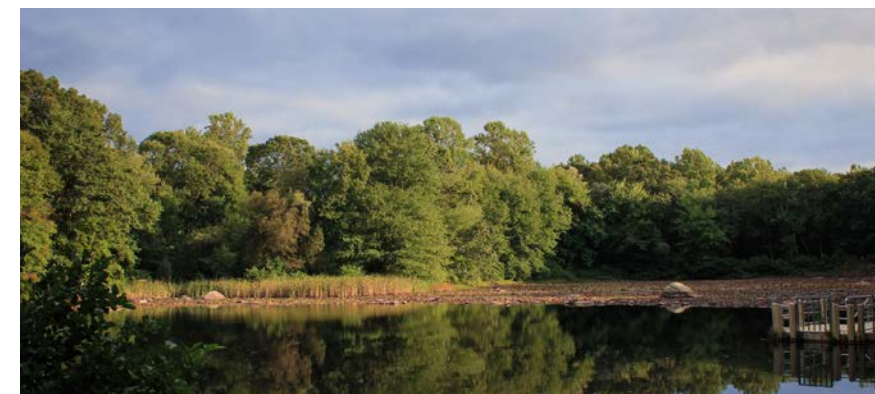


*The history of Earth Day and how to celebrate*

Stories & Pictures By Jordan Leroy

## How to Celebrate Earth Day

Trying to think of something to do besides keeping your electricity use to a minimum? Why not visit these free parks, and get in touch with nature for the day?



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# A MEDICAL BREAKTHROUGH?

*A new way to predict cardiovascular disease may have been found.*

Written By Jaizier St.Hilaire

A new breakthrough in technology in the medical field may help those who could be at risk of cardiovascular diseases within the next four years.

According to an article in The Guardian, the test, which relies on measurements of proteins in the blood, has roughly twice the accuracy of existing risk scores. Because of this, this could enable doctors to determine whether patients existing medications are working or whether they may need additional drugs to reduce the risk of cardiovascular disease.

This new invention could also be used to speed up the process of new cardiovascular drugs by providing a faster means of assessing whether drug candidates are working during clinical trials.

Dr. Stephen Williams, who led the research at SomaLogic in Boulder, Colorado, says “I think this is the new frontier of personalized medicine, to be able to answer the question, does this person need enhanced treatment? And when you’ve treated someone, did it actually work?” This new test is currently being used in four healthcare systems within the US and Dr. Williams hopes that it could be introduced into the UK in the future.

Where genetic tests can provide an idea of someone’s risk of certain diseases, protein analysis can provide a more accurate snapshot of what someone’s organs, tissues, and cells are doing at any given moment in time.

More info can be read in The Guardian.



Blood Test. Photo Courtesy: The House Institute.

# 5 TIPS to Increase Productivity

Stories & Pictues By Melissa Tucker

## 1. Create a Routine

Creating a routine is one of the best ways to increase your productivity. Try to get into a routine where you wake up, do your schoolwork, study, and have breaks at around the same time each day. Having a good sleep schedule and getting a good night’s rest is important for this.

## 2. Set Deadlines

Setting deadlines for yourself will help with time management and ensure that you get your assignments done on time. The idea is to avoid leaving studying or assignments for last minute. Afterall, deadlines are a necessity in the working world, so it is important to try to get used to them now as a student.

## 3. Take Breaks

Taking breaks regularly is important and actually increases productivity. The brain can only handle so much new information before getting tired. When you push too much you can experience added stress and fatigue, so to avoid this take regular small breaks as you work or study.

## 4. Work in time blocks

Working in small blocks is a great way to stay productive as you are setting yourself easy attainable goals that will feel satisfying when you complete them, and in return boosts your productivity.

## 5. Avoid social media when studying

Scrolling through social media is a time killer and it can really kill your productivity. Try disabling push notifications for apps like Instagram and Snapchat to help focus and boost your concentration.



# BUFFALO CHICKEN PIZZA

Recipe & Pictures By  
Davon Brown

Welcome all my buffalo chicken pizza lovers! This hands down has to be my favorite type of pizza ever, I am a sucker for anything buffalo chicken, or really anything buffalo. The beauty about this recipe is that you can substitute the chicken for any veggie option and it'll still be so delicious!

I actually was just messing around in the kitchen one day and decided to make my own buffalo chicken pizza because other than one place in Maine, I haven't been able to find a really good buffalo pizza.

## Ingredients:

- 3 to 4 Medium sized chicken tenderloins
- 1 Rustic Crust Cauliflower based pizza crust
- 2 Cups of Franks Red Hot Buffalo Sauce
- 1 Cup of Mozzarella cheese
- 1/3 Cup of Olive Oil
- 2 Tablespoons of Butter (Optional)

## Buffalo Sauce (Optional)

- Take the Franks Red Hot Buffalo Sauce and add the butter.

(This step is optional but it gives the buffalo sauce a buttery taste and elevates the flavor profile.)



## Directions:

- In a medium bowl pour 1 & 3/4 cups of Franks Red Hot Buffalo Sauce and marinate your chicken. Poke holes into the chicken and let it sit for about 30 mins (or longer) to increase the buffalo flavor in your chicken.

- In a medium frying pan, add olive oil and let that heat up.
- Add chicken into the oil along with all or some of the buffalo it's been marinating in.

- Set oven to 425 degrees.

- Once chicken is cooked, take out and shred or dice it to lay on top of the pizza.
- Take half of the remaining buffalo sauce and spread that on your pizza crust.
- Take your mozzarella cheese and spread that around the pizza crust.
- Add the chicken and spread the rest of the buffalo sauce on top.
- Put in the oven for 8-12 minutes or until the cheese is fully melted.

*Take out and enjoy!*

# ROSE ARTS FESTIVAL

## ROSE COURT

JUNE 12th, 2022 @ 3:00 p.m.  
Cabaret Theater, Mohegan Sun

**ARE YOU** 16 to 20 years old?

**DO YOU** live in New London County area?

**HAVE** an interest in community involvement and leadership qualities?

**LIKE CASH** and prizes?

Cash prizes -

1st: **\$1000** • 2nd: **\$250** • 3rd: **\$100**

**IF SO**, for more info and sign-up visit:

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circumstances.

You are your  
possibilities.

If you know that,  
you can do anything."

- Oprah Winfrey