CURRENT
THREE RIVERS COMMUNITY COLLEGE

THE FOOD PANTRY AT THREE RIVERS COMMUNITY COLLEGE AND HOW WE CAN HELP

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**The Current is the official
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The Current is written, edited, and designed solely by students.**

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THE FOOD PANTRY AT THREE RIVERS COMMUNITY COLLEGE AND HOW WE CAN HELP
Let's help the Food Pantry keep contiuning helping

Story and photos by Diana Rodriguez

Professor Phil Mayer at the Food Pantry at Three Rivers Community college located in room E102

Located in E102 at Three Rivers Community College, the Food Pantry provides help for the students in need where "they can get up to 10 grocery items per visit and a Boucher for the cafeteria once a week.

It helps students by providing them with not just groceries but toiletries, like soap and laundry detergent, helping students in these tough times where prices keep rising.

Professor Phil Mayer is the person running the Food Pantry. When asked how rewarding his job was, he replied "it is a very important job, it is very involved too I been doing this for several years this is the most amount of work because the need seems to be even worse and worse during COVID because prices keep going up and our students are suffering, it is a lot of work, but it is very rewarding knowing that I can help in some small way."

The food pantry has a couple of students workers and some faculty and staff that help run it. Professor Mayer goes shopping once a week and spends a good amount of money grocery shopping to help the students in need. Student government and student programs are a huge help when it comes to supporting the food pantry.

The food pantry receives over 130 visits per month, and it has 75 different students getting help. The food pantry will collect anything if you want to donate, mostly what they look for is snacks, peanut butter and jelly, pasta, pasta sauce, toiletries like soap, toilet paper, toothpaste pet food, cereal, pancake food. Anything can help in these tough times.

Also, if you would like to donate money, go to the cashier's office located on the A Wing. Just let the cashier know the money is for the food pantry. Whatever we can donate will be a huge help because at the rate things are going Professor Mayer said, "they may runout of money by next year."

With Thanksgiving approaching they are going to need all the donations to provide around 75 to 100 food baskets for the students. They did 75 baskets last year and it requires a lot of resources so if anybody wants to donate go to room E 102 and help a student in need. And if you are a student in need the food pantry hours are

Mondays 12:15-4pm
Wednesday 12:15-4pm
Thursdays 12:15-4pm.
Name and Student ID# are required.

Items we can help doante to the Food Pantry located at Three RiversCcommunity College

Voter Registration Drive at Three Rivers Community College

A voter registration drive event was held at the college.

Story and photos by Juliet Kimble

The League o Womenf Voters of Southeastern Connecticut held a Voter Registration Drive on October 17 and 18 from 12pm-4pm. The event was held in the Main Lobby, and students could ask for information about voting or register by filling out a form.

Various pamphlets and papers lined red, white, and blue tables. Examples of topics included voting information for new voters, a directory of Connecticut's federal and state elected officials, a guide to the state government, and deadlines for the election.

The "League of Women Voters" is a nonpartisan organization that focuses on voting rights and information. Mary Ellen Doblecki, a board member of the organization, was present at the event.
 "Basically the target audience is giving an opportunity for busy college students to register to vote," Doblecki said.
 Students who just turned eighteen and have never voted before may be unaware of the process that goes into registering, and the organization's event seeks to help inform them.

One topic that was discussed at the event was early voting. Early voting is currently not available in Connecticut, but people will be able to vote for whether or not they would like to have the option on November 8. "We're one of only four states in the union that doesn't have early voting," Doblecki said.

Board member Mary Ellen Doblecki (left) and Co-President Kim Blake, part of the League of Women Voters, hold a sign that encourages people to register to vote.

Informational pamphlets line a table.

Co-president Kim Blake said, "People sometimes think their vote doesn't count but elections shave been won or lost by a small number of votes."

Voting in Connecticut begins on November 8. Students can visit https://www.vote411.org/ to learn more about voter registration, ballots by town, polling places, and more.

Member Cathy Klein holds a sign that encourages people to vote.

Community College vs University
Is one better than the other?
 Story and graphics by Bernard Moore

Picture this. Two students, Jon Snow and Jamie Lannister, graduating from King's Landing High School and heading to college.

In the fictional world created by George R. Martin, he will have you believe these two characters would be attending two very different institutions for learning.

For the purpose of this article, we will say Jon Snow, being the lesser of a pedigree (pre-season 7-8) would be attending community college.

Sir Jamie Lannister would be attending a more prestigious school. A well-established university.
Who would you say has the advantage when pursuing a career after graduating?

This can be a very complicated question due to the many variables that we need to consider. Since no two students are created alike, it's hard to determine how a person will perform.

This debate is almost as trivial as the Nature vs Nurture question, but does a student who can attend a four-year school like UCONN mean they will achieve a higher level of success in life?
I asked Hanna Blais, a graphic designer at Mohegan Sun who had attended both Three Rivers Community College and UCONN, how was her experience at both colleges.
"I felt like Three Rivers was more focused on preparation, while the University was more about the 'college experience'."

When asked which prepared her more for her career, Blais responded, "Amenta." (The head of the Graphic Design program at Three Rivers)
"Whenever I'm working, I hear him in my head. Not any other professors I've had."
In my experience, I have met tons of people who have only attended community college and gone to become very successful.

Some own their own business and become famous, such as the CEO of Disney, Mr. Walt Disney himself. He attended Metropolitan Junior College, a community college.
While not everyone may reach the same level of success, the fact that Walt Disney could do it leaves the door open for others.
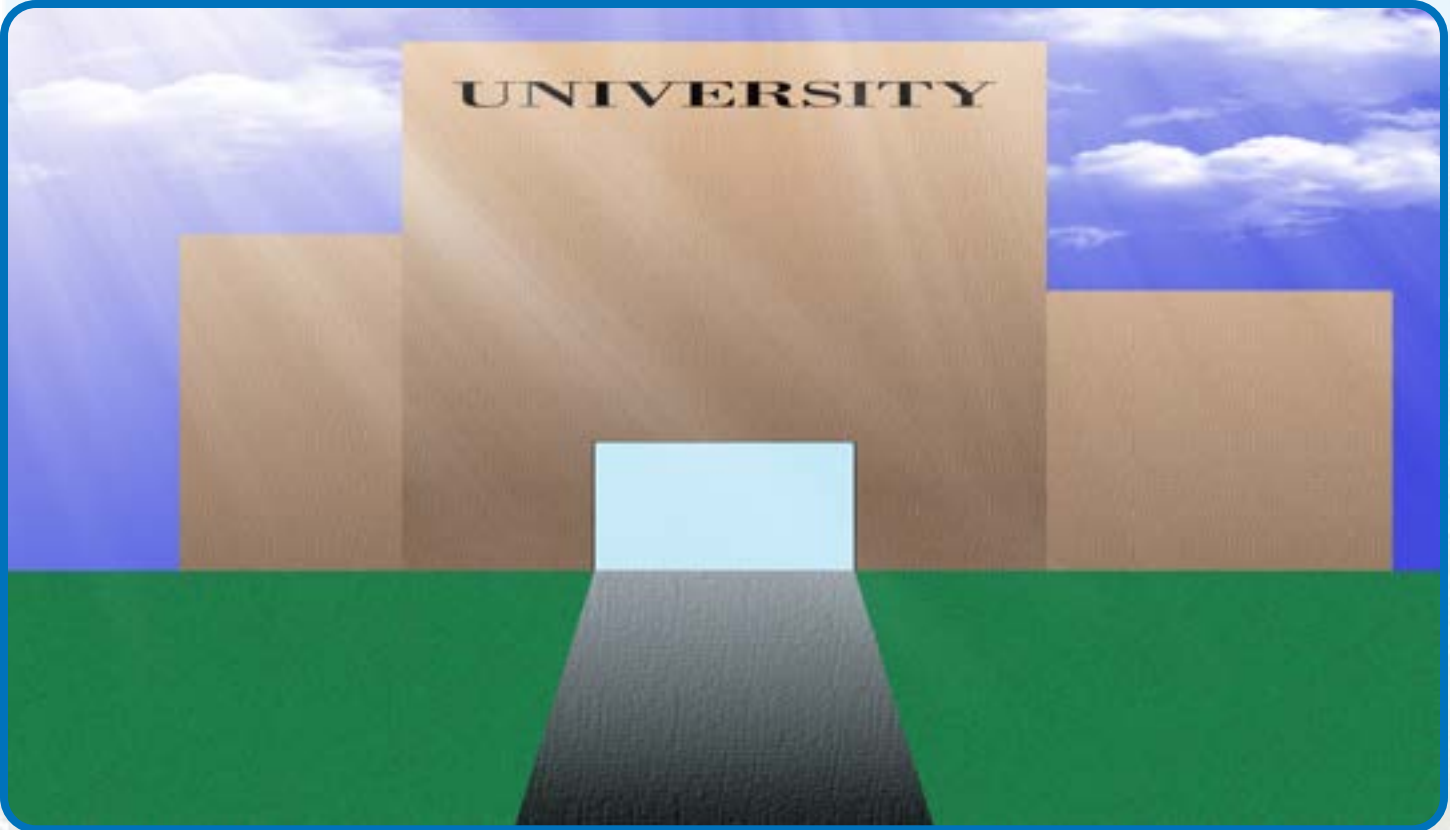
U.S. News Best Colleges
The ranks are out let's see who makes it to the top
Story by Diana Rodriguez

The U.S. News released its annual ranking of the best national universities. The list has a mix of schools, including public and private, that offer a diverse range of undergraduate and graduate programs.

It also offers details about the cost of tuition and fees for the 2022-2023 school year and the total undergraduate enrollment. With ties for third, seventh and tenth place, 11 schools made this year's top 10. Notably, not one public school made this list.

No. 1 best college in the U.S.: Princeton University
Total undergraduate enrollment: 5,321
2022-2023 tuition and fees: $57,410
Princeton University is a private institution with a campus size of 600 acres in the suburban town of Princeton, New Jersey.
The Ivy League school offers highly ranked graduate programs through the Princeton School of

Princeton University image taken from unsplash.com

Top 10 colleges in the U.S. in 2022-2023
• Princeton University
• Massachusetts Institute of Technology
• Yale University, Stanford University and Harvard University (tie)
• --
• --
• University of Chicago
• University of Pennsylvania and Johns Hopkins University (tie)
• --
• California Institute of Technology
• Northwestern University and Duke University (tie)

Massachusetts Institute of Technology is located outside of Boston in Cambridge, Massachusetts, MIT focuses on scientific and technological research and is divided into five schools.

Yale University, which is in New Haven, Connecticut, was founded in 1701.
The university is made up of the College, the Graduate School of Arts and Sciences, and 13 professional schools and is known for its drama and music programs.
Noteworthy alumni include George W. Bush, Meryl Streep, and Edward Norton.

Yale University photo taken from GoodFreePhotos.com

The Internet. A Tool or Necessity?

Is it our right to have access to the internet?

Story by Bernard Moore

Graphic of No Access to Internet

In the modern world, we have grown accustomed to words like tablets and live streaming in our daily life. No, not the kind they discovered around 1,200 BC or the one that depictive early life for the Sumerians, but the more modern one that we use to take notes on and watch funny cat memes.

But before we could build our social media following and our brand, we had to use word of mouth, so what changed? Well, this is all possible due to the creation of the internet in 1960.

Does this mean that all students have access to internet and the same advantages and same opportunities? Not if they are limited to such a vital resource that is the internet.

It may be difficult for some to comprehend what it was like to live in an era without the internet, especially those who were not around in the 1970s or were too young when the government funded researchers to help find a solution to help computers transmit information more effectively.

Before the creation of the internet, people waited patiently for the mailman to come by with a letter of great importance. Now with a simple click we have access to a web of information.

The problem is not that we don't have a way to get information to consumers (like students) but that all students are given the same quality and access to the same thing.
In a world where information is the biggest game changer, how can a student who is not able to afford internet fare in this new world?

The truth is that I don't know a single person I could ask to explain to me how they live without the internet. Even my 70-year-old grandma has a Facebook account where she posts her yearly picture of the family when they visit for the holidays.
"I remember when my family first got a computer. I didn't even know what internet was," said Alejandro, a man in his mid-thirties. "I honestly can't see myself or anyone living without it in today's world."

We all have a way to access the internet. Now even the government has step in to ensure students are able access this resource.
With the launch of the affordable connectivity program, the government has taken steps to ensure that everyone has access to the same valuable resources.

Graphic of World Wide Web

Graphic of a console(based off of the Nintendo Switch), phone(based of the Iphone), and controller.

Home Consoles vs Mobile Apps
Exploring the many different ways to play games.
Story and graphics by Juliet Kimble

Since the 1950s, video games have been on the rise. Games have shifted from arcade cabinets to home consoles and nearly everything in between.

One of the first arcade video games released was Pong by Atari in 1972, according to the HISTORY page "Video Game History" on their website (https://www.history.com/topics/inventions/history-of-video-games). Three years later, a home version of the game came out. Home consoles and video game companies grew in popularity over the years.

The modern mobile phone and apps were introduced later. Apple, for example, released its App Store on July 10, 2008, which included 500 apps, according to the page "The App Store Turns 10" by Apple (https://www.apple.com/newsroom/2018/07/app-store-turns-10/). "Over the past decade, the App Store has created a safe place for users of all ages to get the very best apps and a vibrant app economy for developers of all sizes, from all over the world, to thrive," their page said.

In order to compare home consoles and mobile apps, they must be looked at individually.

Home Consoles

Home video game consoles are mainly designed to be used in one location: The customer's home! Players usually connect the console to a screen (television or computer) and use a controller to operate a game. Each button corresponds to an action, depending on the game (for example, using the B button to make a character run or a directional pad to change a game's view).

Examples of home consoles with controllers include the Playstation 5 and Xbox Series X. Other consoles can be played without a controller or television, such as the Nintendo Switch and Steam Deck. Both have a built-in screen and buttons that players can use.

There are a variety of games offered for consoles, such as Elden Ring, Pokemon Legends: Arceus, Splatoon 3, and Call of Duty Black Ops 2. The customer, however, must purchase the console and video game before they get a chance to play.

Price

The price of video games can vary, but newer games tend to stay in the $40-60 range. Elden Ring, for example, is listed at $59.99 on Xbox's website (https://www.xbox.com/en-US/games/elden-ring), while Splatoon 3 bears the same price on Nintendo's website (https://www.nintendo.com/store/products/splatoon-3-switch/). Consoles are also priced differently. The Playstation 5 is $499.99 (and $399.99 for a digital, disc-less version) according to their website (https://direct.playstation.com/en-us/ps5). The Nintendo Switch is listed at $299.99, while the OLED version is $349.99 (MSRP), on their website (https://www.nintendo.com/switch).

Mobile Apps

Mobile game apps can be found on a phone's app store (if they have one). Customers do not need to set up anything other than the phone itself. They can also bring their phone anywhere, unlike home consoles that need to be connected to a television or computer.

Price

Many apps are free-to-play, meaning that they can be downloaded for free but certain features are restricted unless they pay for them. Players use their fingers to swipe, tap, or shake the screen as they play.

Popular free apps on iPhone's "What We're Playing Right Now" page on their App Store (as of October 18) include Survivor!.io, Subway Surfers, Geometry Dash Lite, Among Us!, and Temple Run 2.

Priced apps tend to fall below $10. Some examples on iPhone's App Store are Bloons TD 6 ($6.99), Residual ($5.99), and Solebon Solitare - 50 Games ($5.99).

Phones vary by price. Apple's iPhone 14 has a starting price of $799 (https://www.apple.com/shop/buy-iphone/iphone-14), while Samsung's Galaxy S22 Ultra phone has a starting price of $399.99 (https://www.samsung.com/us/smartphones/galaxy-s22-ultra).

Games on Both Mobile and Console

In recent years, video games have been popping up on phones and consoles. Minecraft, for example, is on many devices. A few examples are Apple's app store, Android's app store, PlayStation 3, PlayStation 4, Xbox 360, Xbox One, Nintendo Switch, and PC (https://www.minecraft.net/en-us/about-minecraft). Other examples of cross-platform games are Fortnite, Stardew Valley, and Genshin Impact.
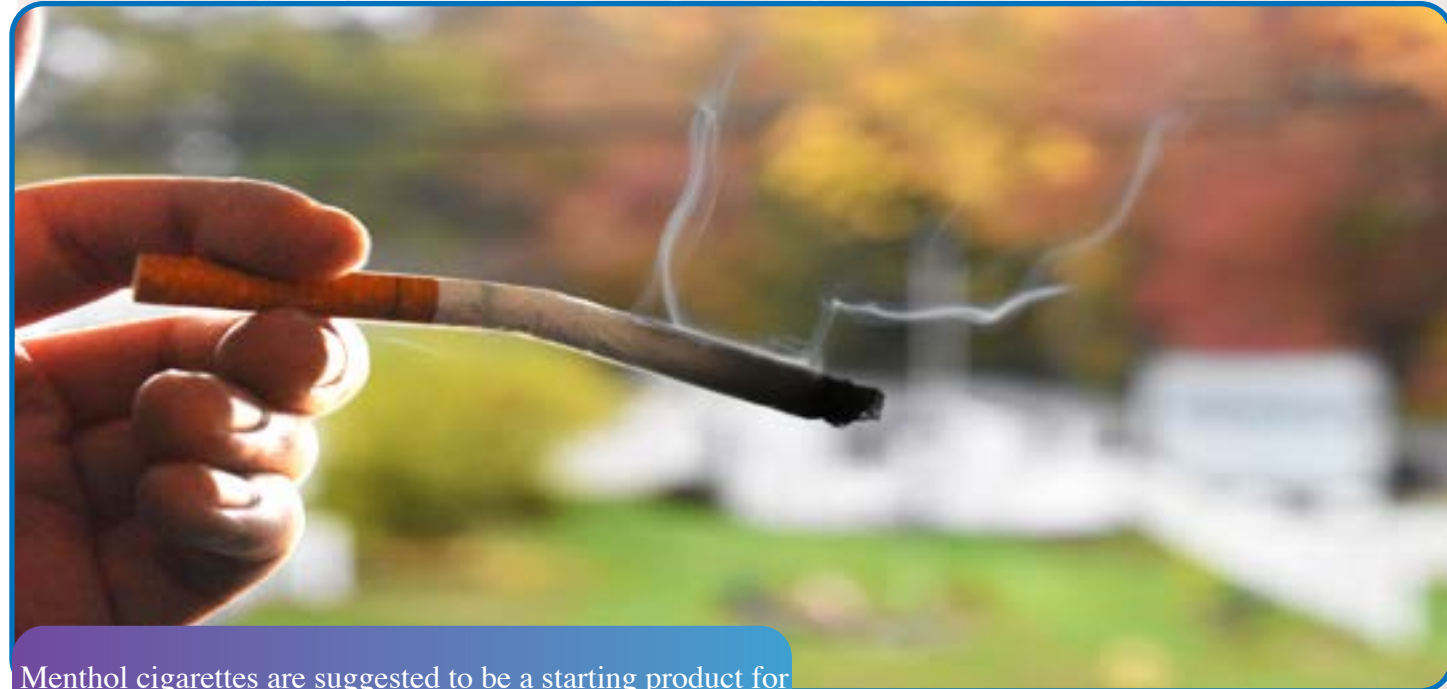
Advances in technology have given people the ability to play video games in many different ways.

FDA Proposing Rules to Prevent Cigarette Sales
The fight against trying to break tobacco addiction
Story by Axel Soto

Menthol cigarettes are suggested to be a starting product for young smokers.

On April 28, 2022, the Food & Drug Administration announced that they would be proposing a rule to ban menthol flavored cigarettes and flavored cigars from being distributed and sold to retailers. Their reasoning for trying to ban flavored cigarettes from being sold is because they want to prevent young people from being introduced to tobacco products and to also reduce tobacco-related diseases and deaths. This new ban doesn't prohibit any person from possessing flavored cigars or cigarettes but only puts restrictions on what is sold.

The FDA originally planned to have the public share their thoughts on this change through July 5, 2022, but they have extended it to August 2, 2022.

Beyond just banning menthol cigarettes, the Biden Administration has also planned to have a limit on how much nicotine is included in tobacco products. The change to tobacco products is supposedly part of a plan to end cigarette addictions to improve health to Americans and prevent any more further casualties from tobacco related deaths.

The FDA reported that above 40% of young smokers and 30% of adult smokers use mint-flavored cigarettes.

A study from BMJ Journals suggested that if menthol cigarettes were banned from being sold, it would influence up to 923,000 smokers to quit in just the first 13-17 months. The FDA also showed an earlier study which said that 633,000 deaths would be preventable if the menthol ban was in effect.

The date as to when they will finalize the decision hasn't been made public yet. It is speculated that finalization of these rules will happen in early 2023.

Menthol cigarettes are more addictive than regular cigarettes because the smoke is less harsher when inhaled and they have a better taste to them.

TikTok logo

The Rise of Tik Tok
Story by Diana Rodriguez

TikTok, known as Douyin in its home market, was launched in China in September 2016. It quickly started to gain traction in China and the parent company ByteDance launched an international version the following year.
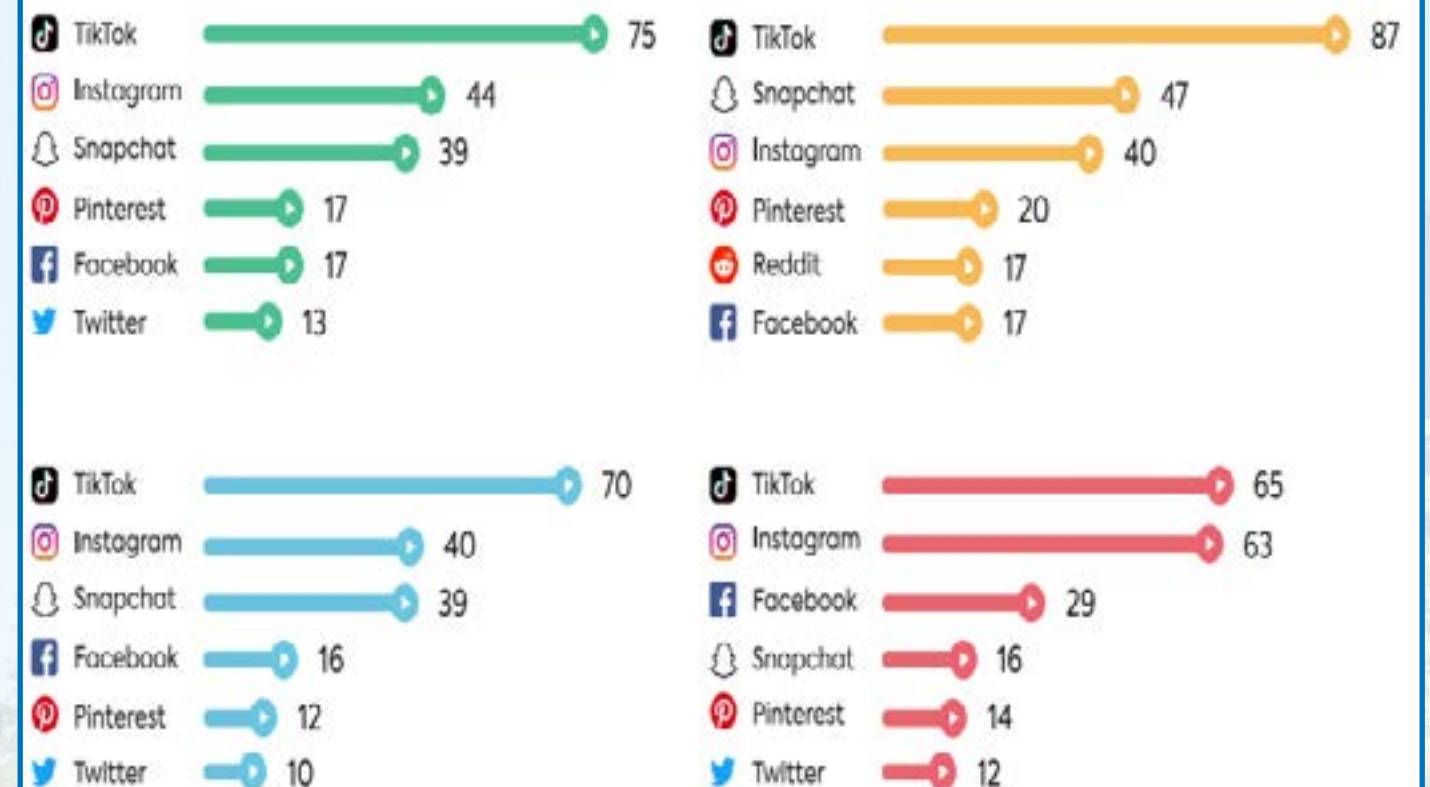
TikTok is an app created to make and share short videos. The Chinese-owned video platform is set to overtake the advertising scale of Twitter and Snapchat combined this year, and to match YouTube within two years. According to the Guardian.com TikTok is set to catch up with YouTube by 2024 when both are predicted to take $23.6 billion in revenue even after TikTok was launched 12 years after YouTube.

Teenagers and young adults have contributed to TikTok's popularity. An excellent social media marketing campaign may also be the reason TikTok has become an enormous success.

TikTok sees over 50 million daily users in the United States alone but that only represents about 5% of all TikTok users. The app is available in over 150 countries and is one of the few social media platforms available in its home country of China. TikTok has seen an average growth in the US of about 375% year-over-year since 2019.

TikTok is the number one social media app used by young adults aged 16-25. Generation Z makes up 60% of the user base. Users spend an average of 52 minutes per day on the app, and 90% of users access it daily. That makes TikTok the most popular social media app with an average of almost 11 minutes per session.

Time kids spent on the most popular social media apps (avg. mins/day)

App	mins	App	mins
TikTok	75	TikTok	87
Instagram	44	Snapchat	47
Snapchat	39	Instagram	40
Pinterest	17	Pinterest	20
Facebook	17	Reddit	17
Twitter	13	Facebook	17
TikTok	70	TikTok	65
Instagram	40	Instagram	63
Snapchat	39	Facebook	29
Facebook	16	Snapchat	16
Pinterest	12	Pinterest	14
Twitter	10	Twitter	12

Sprout social graphic of how much time kids spend watching TikTok

Game-Related Health Concerns
Can spending a lot of time playing video games cause injuries?
Story by Axel Soto

Video games are becoming more of a pastime hobby for people of all ages. While some might only play video games for fun, there are others that dedicate a lot of time to playing video games, whether it be professionals who play games as their job or even casual players. Over the years, video games have increased in quality and content. Now that more people play video games for longer periods of time, studies have come out that show that playing video games excessively may lead to health problems.

Ever since these studies have come out, esports organizations have started hiring medical professionals to help treat injuries and train their team players to prevent early retirement.

Esports is a popular event where some of the greatest players compete against each other to win prizes. Very similar to sports, these events are attended by thousands of spectators. Some of the most popular games that are held in these event tournaments include Dota 2, Call of Duty, Valorant, and many more.

When professional gamers train for these events, they have to practice excessively to be the best. Playing **video** games for such a long time, however, can take a toll on their health and careers.

Esports player Hai Liam has been playing League of Legends since 2012 and was a prominent player and one of the founders of his team Cloud9. In 2015, Hai had announced his retirement from playing the game at age 22 after suffering from constant wrist injuries and was unable to play due to the pain.

Casual gamers may not be at a high risk but the more time you play a game, the more you'll start to develop health problems

PC gamers are if not just as prone to gaming injuries as console players

Retiring at an early age in esports is starting to become more common for players. Some notable professional gaming athletes like Michael Grzesiek (Shroud), Søren Bjerg (Bjergsen), and Thomas Paparatto (ZooMaa) all retired in their early to mid 20s after only a couple of years of playing.

The most common conditions gamers might come across:

Quervain's Tenosynovitis (Gamer's thumb): This is when the tendons on your thumb become inflamed, caused by repetitive movement strain on your thumb while playing on a controller.

Carpal Tunnel Syndrome: This occurs when you apply a lot of pressure to your hand for long periods without resting. Console players are prone to this by gripping their controllers and PC players as well by gripping the mouse.

Tennis Elbow (Gamer's Elbow): This occurs in the forearm when the tissue doesn't heal fast enough when stressed or stretched. It most commonly happens when using a mouse and keyboard to play games.

All of these issues can be avoided by playing video games less frequently and doing stretching exercises on your hands and arms. As people become more aware of these health conditions, they can visit doctors who are available to treat (and/or possibly prevent) them.

Leaves are falling off trees, so be sure to admire them before winter rolls in!

Fall Activities
Some ideas of what to do in the fall
Story and photos by Juliet Kimble

November is just around the corner, which means falling temperatures (and leaves). Despite the cold, people can still find ways to have fun. Here are a few ideas:

Activities
Go hiking or biking: Consider hiking through a trail or forest to admire the colorful falling leaves and winding paths. Some examples are Bluff Point State Park (Groton), Chatfield Hollow State Park (Killingworth), and Nehantic State Forest (East Lyme).

Decorate for the holidays: Thanksgiving and Christmas are examples of upcoming holidays. You can practice new recipes, buy decorations or make your own!
Read a book: Pass the time by curling up in a blanket and reading a book or two. You can buy a book from the bookstore or visit the college's library.
Visit a museum: If the weather is too cold to be enjoyable, consider visiting a local museum or art gallery. Some places in Connecticut are Mystic Seaport Museum (Stonington), Wadsworth Atheneum Museum of Art (Hartford), and Florence Griswold Museum (Old Lyme).

Holidays in November include Veterans Day (November 11) and Thanksgiving (November 24).

Tips to Save Money This Thanksgiving
Looking to save money this Thanksgiving? Here's how.
Story and photos by Bernard Moore

Thanksgiving is a day where some try to impress their family with the "perfect dinner", and while that can be beneficial, sometimes it can really put a dent in their wallets.
There are lots of ways to still have that "perfect dinner" while still saving yourself some heartache and some cash.

I spoke with Ivery Scott, a woman in her early fifties and someone who cooks regularly for Thanksgiving, to find out ways to save for the holiday.
"The main thing you want to do is ALWAYS start early," she said.
If you can avoid it, never wait for the final week before Thanksgiving to do all of your shopping. Lots of people will have the same idea and a lot of the time, the ingredients you need may be sold out.
If you shop weeks in advance, you can save yourself the trouble of scrambling to get everything you need. Plan early!
"I also like to compare different prices from all the local stores before I go out," said Scott.
Every store is different, which means prices will always be different. It's not a bad idea to compare prices between stores, but be careful! You're not the only one comparing prices.

Sometimes, it can be beneficial to call stores beforehand to see if something is still in stock. In some cases, you can even have them hold items for you if they're willing.
You also shouldn't be afraid to buy generic items. It may be tempting to get the "best" quality ingredients, but if you look at some of the labels, the ingredients can be the same.
This mostly applies to spices, vegetables, canned goods, and baking supplies. Things like sauce, cheese, oils and chocolates I would personally avoid when going for generics.
Lastly, Scott said, "Always look for the best deal on turkeys! There's always some kind of sale on them for Thanksgiving."

Some stores like to bundle their turkeys with other items like ham or products to help you cook your turkey. Try and take advantage of these deals. Also, while you may want to buy a fresh turkey, they can be pretty expensive. Try buying a frozen turkey before hand and you can save yourself a bit of cash.

Thanksgiving shouldn't be a stressful time each year. It's about being thankful for all the blessings in your life. The more you plan, the more you can save.

Generic store brand products

Canned Goods

Three Rivers
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THE CURRENT FALL 2022