

# The Current

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The Current is the official student publication of Three Rivers Community College. The Current is written, edited and designed solely by students.

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Front Cover: Students of TRCC; Eduaniel R., Nate K., and Jason  
Photo Courtesy: Melanie Stanley  
Back Cover Design: Melanie Stanley and Zachary Gomes



## Self-Care Valentine's Day Event

The TRCC Event That Educates on Mental Health

Written By: Emma Ayala

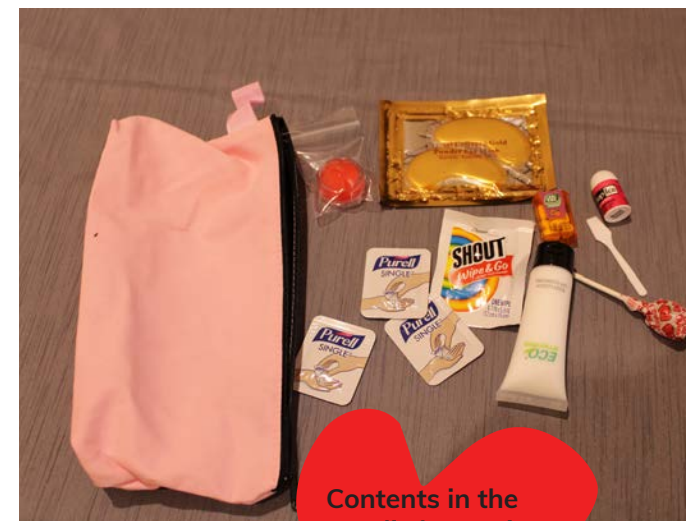


Jordan and Samrin  
welcoming students  
to the event

In today's world, mental health is on the front more than ever. Students especially struggle with balancing their lives out; between work and school it can be hard to be able to focus on yourself.

This event took place in The Multi-Purpose room on Monday, February 13th (the day before Valentine's Day). Various stations were set up to provide self-love treats and treatments where you were immediately greeted with smiling faces and soothing music.

Some of the activities that took place were: a yoga station which was set up for students to reset headspaces, massage seats for relaxation, coloring papers and DIY stress ball activities for reducing anxiety, and a question and answer station in order to get a goodie bag.



Contents in the  
goodie bags given  
out at the event

The Valentine's Day Self-Care Event showed that taking care of yourself is just as important as taking care of your other needs and other people. Jordan Chanette, one of the amazing people working with the Student Programs office on this event, states

"Because Valentine's day is so focused on the other... sometimes you really just need to take the time to focus on what you are doing for yourself."

Balance can be hard to do when there are so many different things going on in someone's life. Sometimes it can be hard to put yourself first, but this event allowed students to take time out of their day and get help from fellow students to learn how to care for themselves.

Being able to understand the importance of mental health in today's day in age is the first step of learning coping mechanisms. Jordan shared the significance of having a healthy mindset saying, "everyone experiences and has to deal with mental health whether it's positive or negative." This event showed students how to take a step back and look at what they need to help their mindset.

This event emphasizes how sometimes people, students especially, need to put themselves first in order for other things to fall into place. Learning how to take care of yourself is the baseline for your success.

Although these activities may seem small now however, the bigger picture is taught students what works for them in order to learn how to care for themselves. In the future, the students who attended this event will be able to look back and think about what coping mechanism or treatment helped them the best to better their mental health.



DIY stress  
ball station



## Places Of Interest Around TRCC

Which place is your  
favorite go to?

*Written By: Mikhail Armentia*

Around TRCC, there are multiple locations students can go before, after, or even in between classes since TRCC is just down the road from West Main Street in Norwich. There are a number of restaurants, and stores students have access to.

Raúl Montalban Jr., who works at the IT department at TRCC, and Allen Shien, a student at TRCC since 2018, recommend Engine no 6 Pizza restaurant. Located at 195 W Thames St, Norwich, CT, it is only a 5 minute Drive from the college or a 30 minute walk. There is also the option of getting delivery to the college. Raul says “If you’re looking for pizza Engine no 6 is my number 1, I recommend the buffalo chicken pizza”. Raul also mentioned that Engine no 6 was his go to if he ever wanted to get food delivered to the college for his breaktime.

Just down the road from the college is another pizza restaurant called Wings’n’Pies which are known for their pizza and buffalo wings. Located at 680 W Main St, Norwich, CT the restaurant is only an 8 minute walk from the college, Which makes it the perfect place to grab food in between classes.



Engine No. 6 Sign



Wings'n'Pies Store Front



Olde Tymes Sign

Another restaurant to frequent is Olde Tymes. Olde Tymes is home to nostalgic american classics and stands out with its historic look. The menu consists of food that range from their breakfast options including their morning starter to their dinner options including the New York Strip Steak.

**“This is the type of place that I would recommend,”**

says Clover Capone. Clover also mentions that they usually go there for the fish and chips. The Restaurant is located at 360 W Main St, Norwich, CT and is only a 4 minute drive or a 25 minute walk.

Down the road from TRCC is the Norwich Golf Club. This is a place that TRCC student, Clover Capone frequents. Clover mentions that the golf course is a good place to have a walk and to enjoy the fresh air.

A unique store in West Main Street is Gilt Leaf Games. Gilt Leaf Games is a hobby shop that sells a range of products from collectible trading card games to board games. The store has multiple tables to sit down and play tabletop games. Located at 276 W Main St, Norwich, CT, the store is a 5 minute car ride and a 30 minute walk from the college. During the weekdays are usually the quietest days in the store which is the perfect time to sit down at one of their tables to study. Jose Aguilar, a long time visitor of Gilt Leaf says

**“it’s a great shop with a great environment and great community”.**

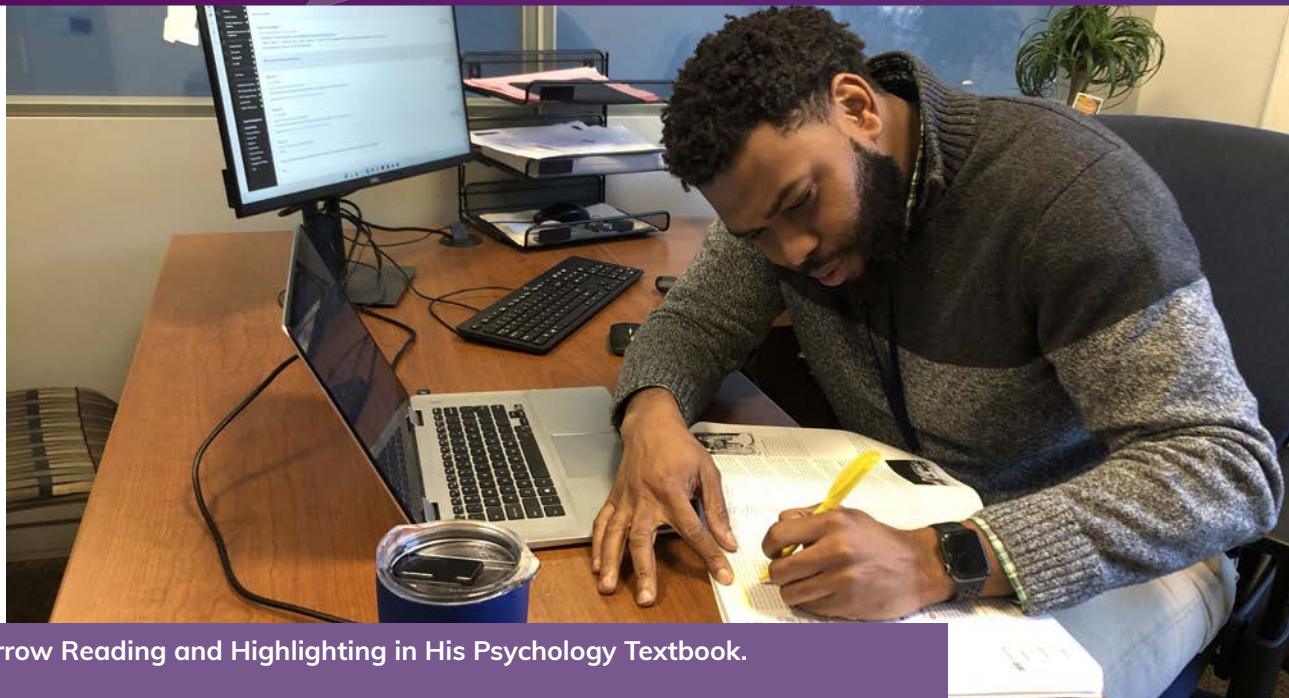
He also mentions that he tries to stop by every chance he can.



Gilt Leaf Store Front

Which of these shops will you visit?





Farrow Reading and Highlighting in His Psychology Textbook.

## Professor Spotlight Get to know Professor Farrow!

*Written By: Emma Ayala*

Three Rivers is always providing new opportunities for teachers to find their special home. There are many new teachers this semester, and one of them is Professor Farrow. Mr. Farrow started working at Three Rivers this year and he is a great new addition to the Three Rivers team. He is part of the Humanities department and teaches Psychology classes. He is always walking in the halls with a smile on his face and you can tell he is just happy to be part of the community.

“The community here at Three Rivers offers a unique experience where we get to learn from a diverse population of students, staff, and faculty. We have the opportunity to learn from and teach students from all parts of Connecticut, non-traditional students, traditional students, students from the Middle College, military service members, students with a specific pathway and those that aren’t quite sure of their pathway all working and contributing to our community – it’s special.” - Professor Farrow

Mr. Farrow has always been surrounded by loving teachers; his parents taught Sunday school and his sister is also a teacher. He explained his love for teaching from a young age by saying, “when everyone else was outside playing Power Rangers or X-men, I was playing a college professor from Saved By the Bell: College Years.”

**A fun fact! Mr. Farrow actually went to community college himself meaning he can relate very well to his students.**

Some of Mr. Farrow’s interests include biking, hiking, yoga, plant-care, running, learning about other people’s hobbies, and of course... teaching! He is originally from Arizona and is excited to be here to teach at Three Rivers.

Mr. Farrow really has a love for his profession and when asked about what his goals are as a professor he stated, “My goals as an instructor at Three Rivers are multifaceted! I have a goal to increase student’s knowledge and awareness about psychology. Although not all students will love psychology, I hope that most students will find something interesting about psychology that they can relate to their academic and personal interests. I also hope to learn more about how to be a better instructor – I think learning happens inside and outside the classroom and everywhere.”

When speaking to Professor Farrow, you can truly tell he loves what he does and is grateful and happy to be working at Three Rivers. Having such a devoted, high energy professor around the campus is the best thing a student and fellow coworkers could ask for.

**Welcome Professor Farrow!**



Headshot of Professor Farrow



## Welcome to the Three Rivers Library: A Hidden Gem

Visit the Library Anytime

*Written By: Zachary Gomes*

In the heart of the Three Rivers Community College is the Donald R. Welter Library. This library is more than just a place for books, as there are lots of resources available here. When entering the library, there are a plethora of options for the typical TRCC student. To the right of the entrance are rows of computers which can be logged into with a Three Rivers account.

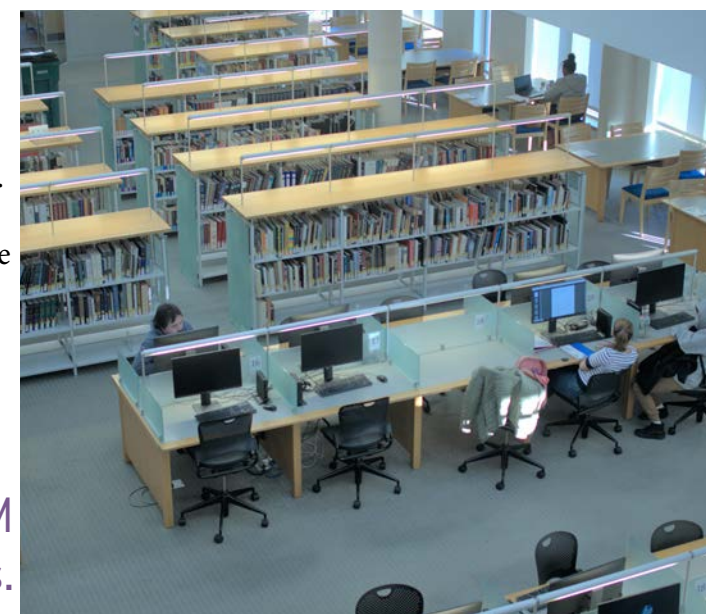
Behind the computers, there is the “De-Stress” area. This is a small activity corner operated by Laura, one of the library employees. “Since this is a pretty quiet place, it’s a way for people to take a break from studying,” said Daniela. “And to just kind of entertain themselves. Usually, we have Play-Doh, puzzles, drawing, all that fun stuff.” These various resources are available for any student to take, either for classes or to just unwind if under any kind of pressure. To the left of the entrance are shelves of DVDs which can be rented anytime, some of them dating all the way back to the 80s. When going upstairs, there are columns of desks with headlamps where students can read, study, hook up their laptops, and do anything else to stay productive. Next to the desks are the bookshelves, with books covering world history, science fiction, study guides, graphic novels, and much more. Also, to those reading this who are not a Three Rivers student, you’re allowed to use the library! Access is available to anyone who enters.



“If you’re just a civilian and you don’t actually go to school here, you can come in and still use the library”, said Autumn. “You can still use the printers, you can still use the computers, and stuff like that.” If you want to use the computers, be sure to ask either Autumn or Daniela at the front desk for guest login information.

Lastly, there are various rentals Three Rivers students can make at the library. Students can rent resources like textbooks, laptops, cameras for photography class, and Wi-Fi hotspots. These rentals are only available for short periods of time but are available to any student at TRCC. If you are a Three Rivers student or just in the area, consider stopping by the Donald R. Welter Library. There are more than enough resources here for every Three Rivers student.

The library is open Mondays to Fridays from 8:30 AM to 4:00 PM but closes at 3:00 PM on Fridays.





## A Kaleidoscope of Ideas

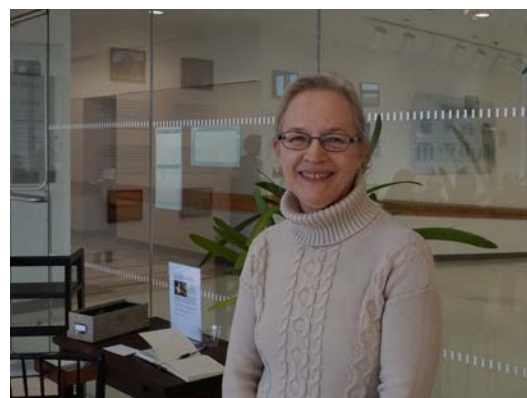
### A look into the new addition to the Art Gallery on TRCC Campus

*Written by Brian Gaffney*

On February 7, 2023, at 12:30 PM, Linda Legassie, the current Three Rivers Art History Adjunct and curator of the exhibit, Susanne K. Langer – A Kaleidoscope of Ideas, gave comments on the exhibit to students in the Art Gallery.

According to the Three Rivers website, the exhibit on Susanne K. Langer is

**“A narrative of her life as told through photographs sketching a brief biography, newspaper and magazine articles written about her work during her lifetime, obituaries celebrating her scholarship and research, her books published from 1923 to 1982, letters from friends and supporters of her research, as well as through books by Langer scholars.”**



A photo of Linda Legassie, the current Three Rivers Art History Adjunct and curator of the exhibit, Susanne K. Langer – A Kaleidoscope of Ideas

A display in the exhibit featuring photographs and personal artifacts from Susane K. Langer

The gallery had a significant amount of visitors during Linda Legassie's comments. Many students and professors walked in to hear what Legassie had to say about the exhibit.

Some people who made contributions to the exhibit, such as Ryan Finnegan, a student at Three Rivers, arrived to listen to Linda's comments. Ryan also explained the creative process of some of the photographs he took, which can be found in the exhibit.



Ryan Finnegan, a contributor to the exhibit, showing off one of the photographs he published.

Linda Legassie spent her time talking about Susanne K. Langer's life, some of her findings, and philosophical theories. Legassie spent some of her time recalling when she was caretaker and assistant to Susanne K. Langer.

For those wondering “Why should they visit the exhibit?” Linda Legassie explained students should visit Kaleidoscope of Ideas, because:

**“So why should someone come and look at this exhibit? It's a small ensemble of her objects, her books, and just gives you a little window into an artist's life.”**

Before ending her comments, Legassie makes a powerful statement to the students listening:

**“Inspiration can come from anything. It doesn't have to be a gorgeous sunset, it could be the way the pebbles throw into the pond. Inspiration is all around you, you just have to look”**

Online Sources:  
<https://www.threerivers.edu/about/campus/art-gallery/>



## A Small Business making a Big difference

### An interview with Jason Hine, owner of the Ditty Bag

*Written by: Brian Gaffney*

Located in Mystic CT, The Ditty Bag is a “Zero Waste” market and cafe that promotes the ideas of living responsibly and reducing waste. Learn more about what this local business is all about in a short interview with Jason Hine, owner of The Ditty Bag.

The Ditty Bag is a local business that provides a multitude of different products and services. The store primarily sells products that help reduce your carbon and plastic footprint but also has a large selection of food, spices, and teas. The store also has a selection of personal care products such as; soaps, liquid shampoos, cleaning items, and liquid laundry products. If you want to purchase these products in bulk, make sure to note that you will need to bring your own bags.

This business was built on Jason Hine’s fear of climate change and the pollution of plastics all over the world. After working with an advisor from Score, an organization that helps people start businesses, Jason opened The Ditty Bag for the first time on June 11, 2021.

During the interview with Jason Hine, he states that people should visit The Ditty Bag if

**“Somebody wanted to learn more about how to live responsibly, how to not pollute. If they understood that most of the plastics we think we are recycling are most likely not being recycled. If they’re concerned about that, concerned about climate change, they can come here and find a whole host of products to live a more sustainable life.”**



A photo of Jason Hine, owner of The Ditty Bag



Various other foods you can purchase at The Ditty Bag

Jason Hine is proud of the network his business has beyond just selling products. He states that Connecticut State Representative, Aundre Bumgardner visited the store on Saturday, February 5, where the two spoke about their projects and concerns for the state.

Regarding other networking ventures, Jason Hine claims that The Ditty Bag will be involved with the Earth Day Fair in Groton CT, which will take place on Saturday, April 22 from 11 AM to 4 PM.

While the fair is still well into development, Jason Hine states that the Sunrise Movement, which is another climate change organization with a large youth influence, will have a table at the fair.

In regards to the Earth Day Fair, Jason Hine claims that “It should be the largest event on Earth Day in Southeastern Connecticut.”

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## Tyre Nichols: The Hate U Gave

### Is there justice for the Tyre Nichols case?

*Written by: Melanie Stanley*



One of Tyre's Masterpieces

*\*This story contains graphic materials. If you are sensitive, please skip ahead to the next story.\**

On Saturday, Jan 7, there was a routine traffic stop that turned catastrophic. Tyre Nichols was the victim that day and was brutally beaten by police officers during that stop. Nichols was a 29-year-old man who had a passion for photography and skateboarding and simply wanted to go home after a long day. After the event, he was fighting for his life over the next three days in the hospital before he passed.

NBC News reporters Antonio Planas, Priscilla Thompson, and Juliette Arcodia, reviewed the fateful event on 1st of February, following the release of some of the chest cam footage from that day. It was concluded that the chest camera footage told a very different story than what the police report of the event which was supposedly written about 8 hours after the event.

NBC News reporters Antonio Planas, Priscilla Thompson, and Juliette Arcodia, reviewed the fateful event on 1st of February, following the release of some of the chest cam footage from that day. It was concluded that the chest camera footage told a very different story than what the police report of the event which was supposedly written about 8 hours after the event.

The police report claimed that Nichols was pulled over for reckless driving; driving fast over the speed limit and headed into oncoming traffic. The officers were reportedly fighting with Nichols as he was uncooperative when told to step out of the vehicle. Then he became irate and “reached for the weapons of one of the officers (Detective Martin)” (TheGrio and NBCNEWS).

Contrary to that claim, the video shows how the authorities approached Nichols’ car and yanked him out of it while abusing and threatening him. The officers were hovering as they were hollering contradictory commands and he struggled to follow. Nichols had just told the officers that he was on the ground when he was wrongfully pepper sprayed by one of the officers.



A photo of Tyre Nichols

Nichols only ran when he was pepper sprayed which is an accurate reaction from anyone who had been pepper sprayed- you would want to get away from the source. He was heading towards his mother’s neighborhood when unfortunately, the officers chased him, and the deadly beating ensued only about 80 yards from his mother’s home as he yelled for her help. There were points in the video where you can hear Nichols begging the officers to stop saying “You guys are really doing a lot right now”. The emergency personnel who arrived on the scene afterwards were only told that they were responding to a report of a person who had been pepper sprayed. However, when arriving on the scene, they still did not properly treat Nichols for ALL of his injuries.

Coincidentally, the book, The Hate U Give by Angie Thomas the main character, Starr Carter accurately describes motivations during a fearful situation,

“Intentions always look better on paper than in reality.”

That was probably how the police report was made; the reality of the situation was so grave that once the adrenalin those officers felt began to dissipate and the gravity of the situation had processed in their minds- it is likely out of fear those officers falsified those records. However, those falsifications unjustly cost a man his life as no one of that group that was filled with autonomy thought to stop the other even as Nichols was already on the floor.

Currently, all five officers, Tadarrius Bean, Demetrius Haley, Emmitt Martin III, Desmond Mills Jr. and Justin Smith, have been fired after the administrative investigation. They were charged with Second-degree murder, two counts of aggravated kidnapping, one count of official oppression and one count of aggravated assault which totals about life without parole for the second-degree murder, about 16 years for the maximum of two counts of aggravated kidnapping, one count of official oppression may mean a fine of up to \$4,000 or up to 20 years in prison, and finally one count of aggravated assault with five years of imprisonment or five years of parole as well as a maximum fine of \$5,000. According to Doha Madani, a reporter from NBC News, The three EMTs who responded to the scene, Robert Long, JaMichael Sandridge and Lt. Michelle Whitaker, were also fired for violating multiple department policies, one being a failed patient assessment, when they responded to Nichols’ call.



A QR Code to Nichols' Portfolio

Prosecutors are still deciding whether to add more charges in connection to the beating and assault of Nichols and the public is awaiting as more videos of the event are being released.



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## THE DOOMSDAY CLOCK 10 Seconds Closer To Midnight How close are we to Doomsday?



*Written By: Mikhail Armentia*

On Tuesday, January 24th, 2023 the doomsday clock hit 90 seconds until midnight which is the record closest it has ever been to hitting midnight. The doomsday clock is a representation of how close humanity is to self annihilation. Founded by a group of atomic scientists who worked on the Manhattan project, the bulletins science and security board are the ones in charge of setting the clock each year. The bulletins science and security board is composed of a group of 18 experts with diverse backgrounds from military history to nuclear science. This group of experts meet twice a year to decide the positions of the hands on the clock by discussing events, policies, and trends.

If the clock ever reaches midnight, this would mean that the world has gone under a global apocalypse. Rachel Bronson, CEO of the Bulletin of Atomic Scientists has said “When the clock is at midnight, that means there’s been some sort of nuclear exchange or catastrophic climate change that’s wiped out humanity.” Before 2023, the closest the doomsday clock has been to striking midnight was in 2020, when the clock hit 100 seconds before the hour. In 1991, the clock was set to the furthest it has ever been to midnight. When the Strategic Arms Reduction Treaty was signed after the collapse of the Soviet Union, the clock was set to 17 minutes before midnight.

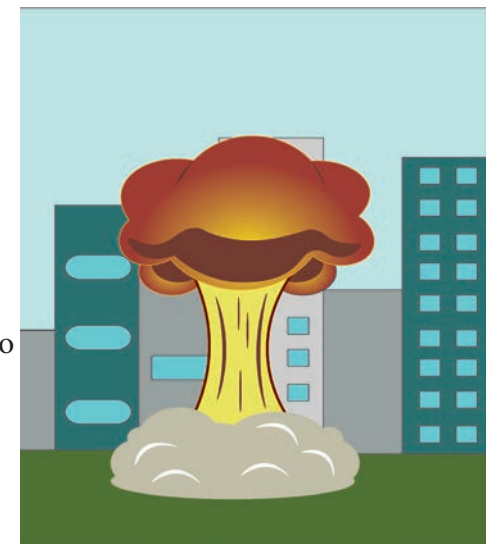
The decision to move the clock forward 10 seconds this year is influenced by Russia’s invasion of Ukraine which increased the risk of a nuclear invasion. Aside from the conflict in Ukraine, the expansions of nuclear arsenals continue. The bulletin acknowledges three major threats to human civilization, which are climate change, disruptive technologies, and nuclear escalation. For the scientists of the Bulletin, each of these has the potential to destroy civilization.

The symbol of the clock is not intended to strike fear into people but rather to start conversations. The presence of the clock is to have people spring into action to help prevent a worldwide catastrophe. The clock encourages the public to engage in scientific topics like climate change and nuclear disarmament.

Even though the clock gets closer to midnight, the bulletin believes that humanity can still reverse the time on the clock. Bronson says “We at the Bulletin believe that because humans created these threats, we can reduce them.” Reducing food waste, proper recycling, and eating locally are ways to help deal with the climate crisis. With these small things is one step closer for the clock to start ticking back.

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<https://thebulletin.org/doomsday-clock/current-time/nuclear-risk/>



Graphic depicting the Doomsday Clock and a nuclear weapons being used

## Animal Testing is No Longer Required for Drug Approval

Pharmaceutical Companies are no longer required to test on animals before human trials.

*Written by: Chloe Boucher*

Animal advocates have protested for years against animal testing in pharmaceutical processes and change is finally starting to go their way.

In December 2022, a law was passed that allowed multiple alternatives to animal testing as well as the removal of the previous requirement to test on animals to acquire a license verifying the products. Companies now have the option to use other testing procedures like using computer models as well as cell-based assessments. The decision to remove animal testing from the development of pharmaceutical drugs was ultimately a bipartisan agreement according to Senator Rand Paul R-KY who considers it movement in a good direction,

**"Inclusion of this bipartisan effort is a step toward ending the needless suffering and death of animal test subjects," and "will accelerate innovation and get safer, more effective drugs to market more quickly by cutting red tape that is not supported by current science."**

The previously used methods of testing on animals are more often than not, unnecessary. While the genetic makeup of animals may be somewhat similar to humans it is never 100%, leaving room for failure in tests.

It was even reported by PETA (People for the Ethical Treatment of Animals) that more than 90% of substances tested on animals fail to create any sort of treatment for humans and over 95% that are effective in animals end up failing in human trials.

PETA finds this law to be a "radical shift" in the way companies will continue to operate. They are very pleased with the news that the FDA will now accept pharmaceuticals not tested on animals. According to the organization, "It's a change that mirrors a request that PETA scientists made of the FDA in 2020."



Pharmaceutical drugs are no longer legally required to be tested on animals!

While it is no longer legally necessary to use animal testing, companies will still have the option to do so and many companies view it as the most effective way to test trials before moving on to humans. Ultimately, it is up to the individual companies and how they decide to move on with the new laws in place. It is expected

that they will choose whatever they believe is the best and safest process for the development of

their products.

However, with this spark in movement, animal advocates can perhaps expect more initiative to end animal testing altogether.

Sources:

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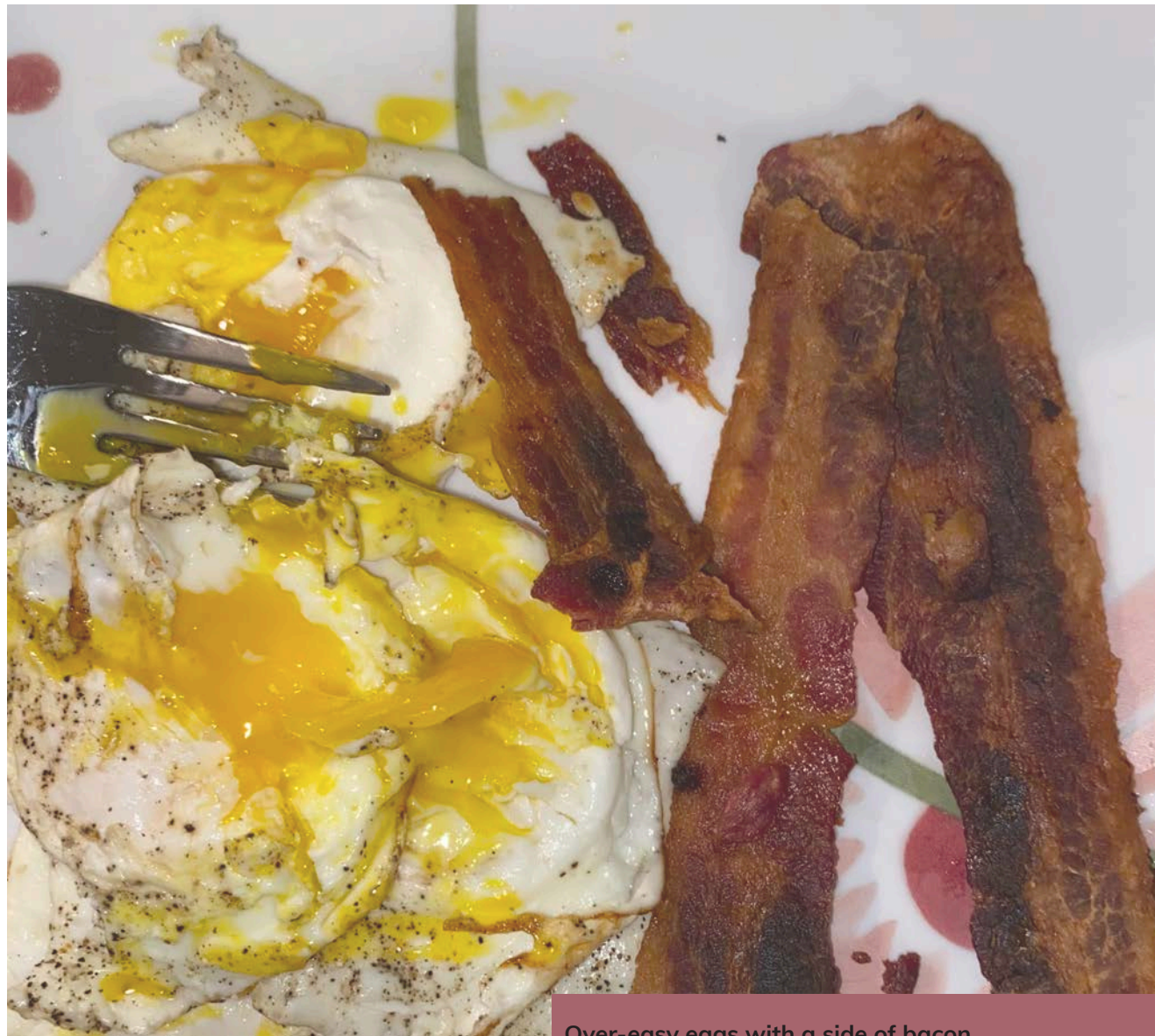
<https://www.peta.org/features/animal-testing-facts-questions-answers/>



## Fad Diets: Is it Worth the Hype?

### The Carnivore Diet

*Written by: Adrian Atad*



Over-easy eggs with a side of bacon.

While scrolling through social media, it's likely that you will come across influencers promoting specific diets and lifestyles. Specifically, the Carnivore diet has been making waves on the web, leading to the question of whether it's truly beneficial for an individual or just another nonsensical fad.

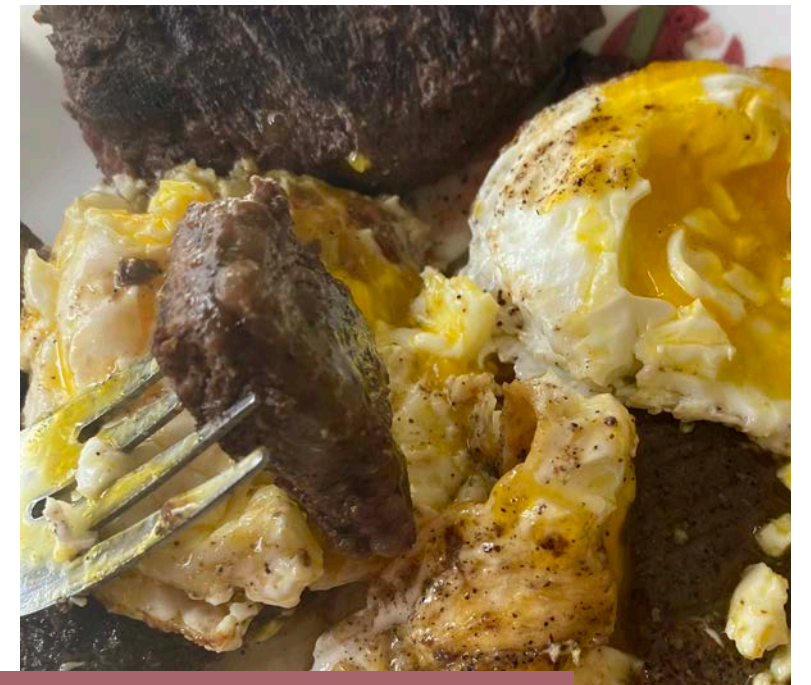
So, what is the Carnivore diet? As the name suggests, this strict eating regimen consists of consuming only meat. Kelly Schmidt, a holistic dietitian, describes it as "only foods that either walked, swam, or flew."

Eligible foods include chicken, beef, lamb, pork, game, turkey, duck, fish, eggs, animal fats (such as bone marrow or lard), bone broth, butters, and creams.

Like the well-known Keto diet (which will be discussed in the next issue), the goal of the Carnivore diet is to get the body to stop using glucose and transition to fats as the main energy source, also known as ketosis.



Double cheeseburger with no bun for lunch.



Leftover steak with over-easy eggs.



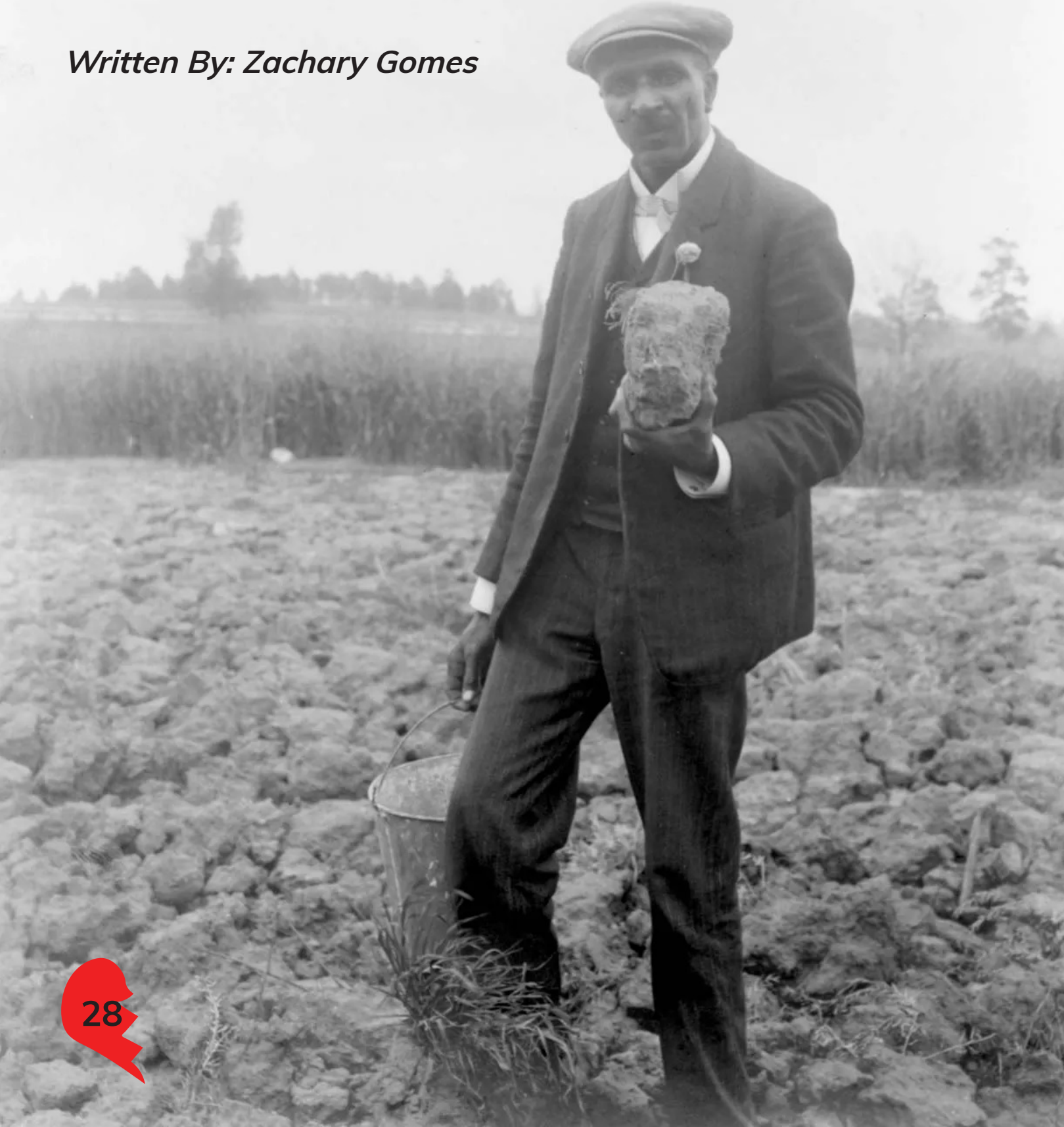




# Who Was George Washington Carver?

## The Plant Doctor with 300 Uses for Peanuts

*Written By: Zachary Gomes*



George Washington Carver is a name you might be familiar with. Born in 1861, he was born into slavery and orphaned as an infant and raised by Moses and Susan Carver. Carver did not have to do any chores since he was so young at the time. Instead, he spent his time exploring the plants and surroundings of the Carver residence. Because of his interest in plants, George was dubbed by others as “The Plant Doctor”.

George left the Carver home to pursue his own career. He earned a Certificate of Merit in school, but that wasn’t enough for him. For Carver to pursue the career he wanted, he had to constantly move to different states around

America. He moved to Fort Scott, Kansas where he worked small jobs to save up for school. Carver was accepted to Highland College in Kansas. But when he arrived, he was sadly turned down due to his race. Carver did not give up here, however, as he is a committed man.

George left the Carver home to pursue his own career. He earned a Certificate of Merit in school, but that wasn’t enough for him. For Carver to pursue the career he wanted, he had to constantly move to different states around America. He moved to Fort Scott, Kansas where he worked small jobs to save up for school. Carver was accepted to Highland College in Kansas. But when he arrived, he was sadly turned down due to his race. Carver did not give up here, however, as he is a committed man. He saved enough money to attend Simpson College in Iowa where he studied art. His art teacher took notice of his interest in plants and encouraged Carver to pursue horticulture.

He took her advice and transferred to the Iowa State Agricultural College. Carver graduated with a master’s degree in 1894. He was offered a position at the Tuskegee Institute in Alabama.

This is where George discovered what he wanted to make of his masters and his career. Carver wanted



to not only study plants, but also show the world how beneficial plants can be. He created the Jesup Wagon, which was a mobile classroom and laboratory. He would travel to various farms, educating farmers on how to maintain their land. Carver gave advice like encouraging the farmers to rotate their crops, since this conserves the nutrients in the soil.

He also encouraged farmers to plant peanuts. In fact, Carver developed three hundred different ways peanuts could be used. He discovered peanuts could be used for consumption, paints, dyes, plastics, soaps, and even medicines. George Washington Carver was a lot of things: A painter, a scientist, a doctor, and much more. His interest in plants led to him helping farmers benefit their crops and products, along with discovering how beneficial something as simple as a peanut could be. All his research paid off, since he made the most of his career and spent his time on Earth doing what he loved most.

Sources:  
<https://www.britannica.com/biography/George-Washington-Carver> <https://www.history.com/topics/black-history/george-washington-carver> <https://www.youtube.com/watch?v=sdz8XTNttdc>



Sakura Grape flavored Elf Bar rechargeable vape.  
Gumi flavored Elf Bar rechargeable vape.  
Nicotine warning label on the E-Cigarette box.  
Purple Ooze pen with tobacco cartridge  
Designated smoking area sign.

## Health Effects of Vapes Be Wary of What You Inhale

*Written by: Adrian Atad*

In recent years, vaping, also known as e-cigarettes, has seen a significant rise in popularity across the globe. These handheld devices, with their fruity flavors, lack of lingering odors, and discreet design, have attracted a large number of users. While they are recognized as a healthier alternative to traditional cigarettes, the question remains whether they are actually good for users.

**WARNING:  
This product  
contains nicotine.  
Nicotine is an  
addictive chemical.**

Vapes contain a wide range of chemicals, but the most notable is nicotine. This stimulant is what gives users the headrush they crave and is highly addictive. In addition to the head high, users may experience reduced stress, decreased appetite, and improved cognitive abilities. However, there are also several health risks associated with nicotine use. One of the most concerning is the impact on oral health.

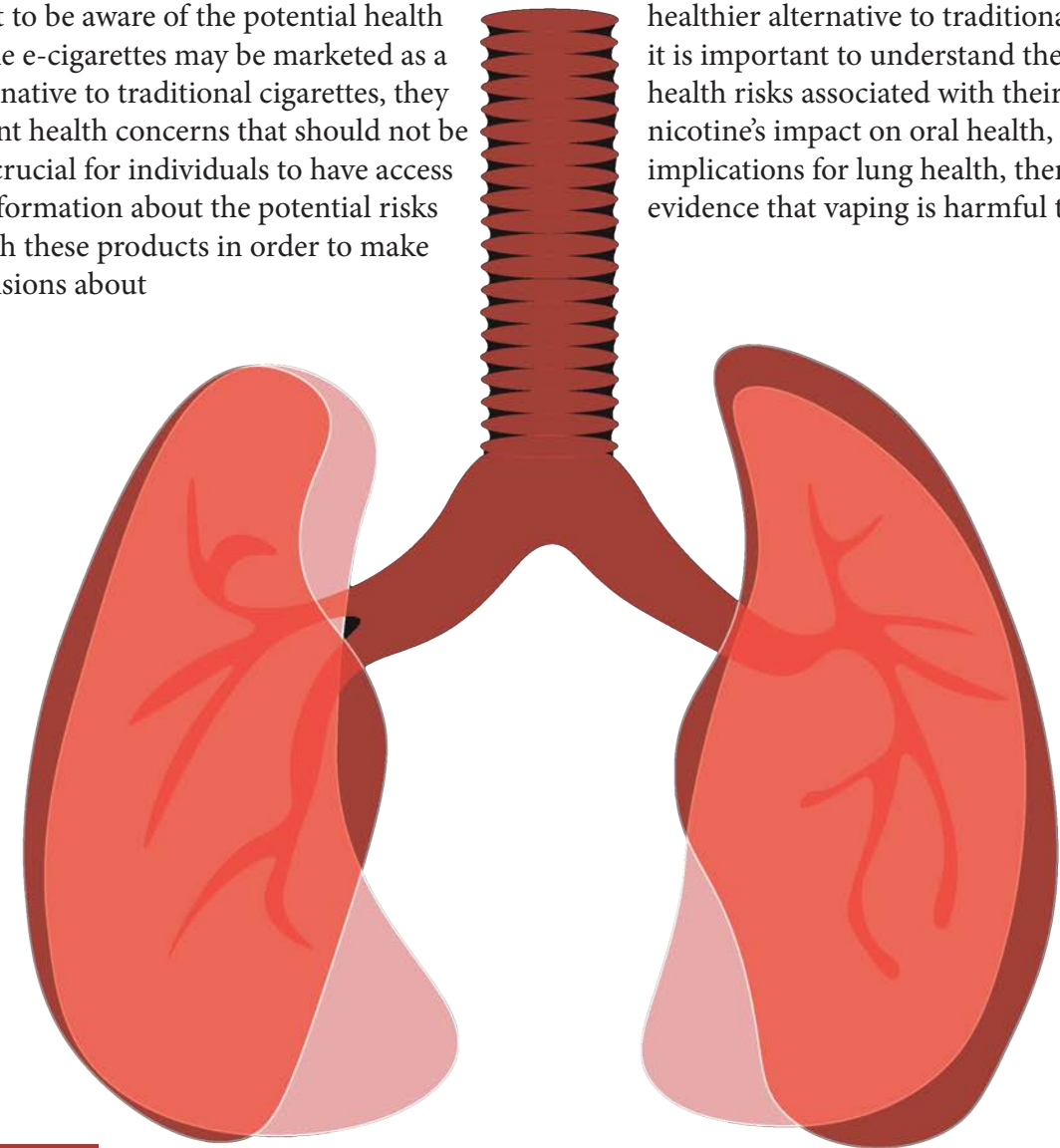
“Nicotine can reduce blood flow and nutrition to your gums, which need those nutrients to remain healthy,” says Dr. Bill Busch, a dentist in North Kansas City.

Aside from oral health, “In the short term, nicotine can cause sleep problems and restlessness, as well as other symptoms like nausea, vomiting and mouth and tongue sores. Long term, nicotine—whether you inhale via an e-cigarette or via regular cigarette—causes cancer,” according to Doctor Nadine Cohen, a health physician.

In addition to the risks associated with nicotine, vaping has also been shown to have direct implications for lung health. John Hopkins School of Medicine found that “the odds of developing COPD may be as much as six times greater for people who both vape and smoke tobacco regularly, compared to those who don’t use any tobacco products at all.”

When it comes to using vapes, whether for socializing, for cognitive benefits, or for general use, it is important to be aware of the potential health impacts. While e-cigarettes may be marketed as a healthier alternative to traditional cigarettes, they raise significant health concerns that should not be ignored. It is crucial for individuals to have access to accurate information about the potential risks associated with these products in order to make informed decisions about their use.

Even though e-cigarettes have gained popularity in recent years as a perceived healthier alternative to traditional cigarettes, it is important to understand the potential health risks associated with their use. From nicotine’s impact on oral health, to the potential implications for lung health, there is clear evidence that vaping is harmful to the body.



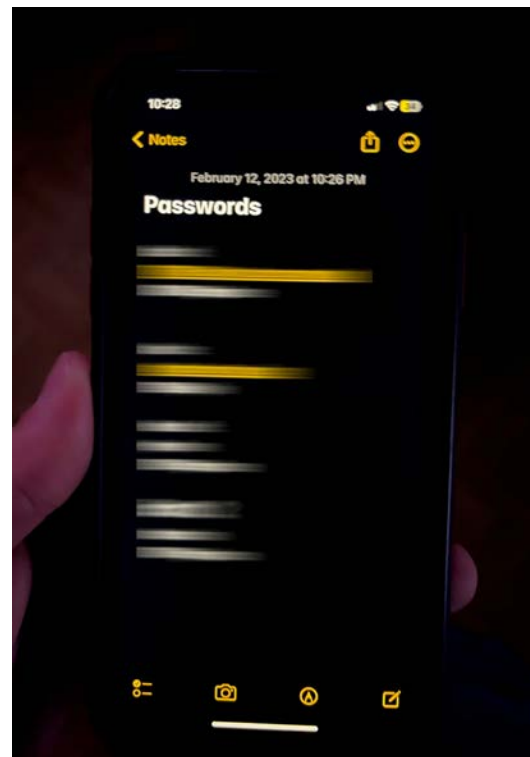
Lungs graphic

Sources:

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<https://www.hopkinsmedicine.org/news/newsroom/news-releases/vaping-increasesodds-of-asthma-and-co>





iPhone being used to look at passwords rather than retaining that information by memory.

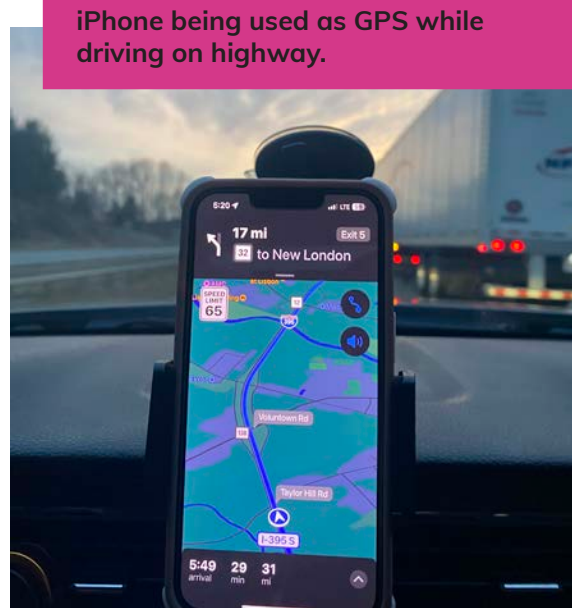
## Digital Dementia How Technology is Decaying Your Mind

*Written by: Adrian Atad*

As technology continues to become almost a necessity for most people, there's an alarming concept that many are not aware of: "Digital Dementia." Conceived by neuroscientist and psychiatrist Manfred Spitzer, it is defined as "a term used to describe how overuse of digital technology is resulting in the breakdown of cognitive abilities."

It's seemingly impossible to go through the day without screens. Whether it be a phone, computer, or GPS, technology has molded a unique relationship with humankind. A study conducted by the Kaiser Family Foundation found that kids (ages 8-18) spend an average of 7.5 hours a day in front of screens for entertainment.

Not only is this a waste of time, but interacting with screens for long durations has detrimental cognitive effects. The first concern relates to concentration. A National Library of Medicine study found that "the use of smartphones stimulates the left side of the brain, while the right side, which is linked with concentration, remains untapped and eventually degenerates."



iPhone being used as GPS while driving on highway.

This is something to keep in mind the next time you notice yourself staring at a screen for a while. Smartphones and other technology have their benefits, but a balance must be kept, like with everything in life. Another cognitive concern relates to forgetfulness. A National Library of Medicine study found that "forgetfulness has surged as users rely heavily on their smartphones to remember even the slightest bit of information for them." Whether it's reliance on directions, calculations, passwords, or general questions, smartphones reduce the demand for memory retention. Why bother using complex thinking when you can calculate vast numbers in an instant or be spoonfed information without truly interpreting the question?

Digital dementia is concerning, not only for individuals but also for future generations. Although it's not likely to devolve humankind into lower intelligent beings, the inability to focus and concentrate is detrimental to inhibition and personal progress.

To keep cognitive functions such as concentration and memory retention healthy, it's important to take a break from screens every once in a while. Another way to keep your mind at peak performance is to participate in activities that encourage complex thinking, such as: chess, problem-solving games, competitions, journaling, or anything that forces you to use your cognitive ability active.



Multiple gaming controllers on top of arcade game (PS3 Controller, Xbox Controller, PSP).

Sources:

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<https://www.kff.org/other/poll-finding/report-generation-m2-media-in-the-lives/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5855412/>





Artwork by Zachary Gomes

## Always Be Prepared For the Worst Weather

Written By: Zachary Gomes

Snow is the worst. Nobody likes dealing with snow so be sure to prepare for the worst every winter, especially something as bad as a snowstorm. There are essentials for preparing before and after a storm hits. Before a storm occurs, check the weather app to see if a snowstorm is approaching and stay inside when the storm strikes. Keep the heater on and be sure to stay warm. Also, keep an eye on the indoor thermostat if you have one. It's important to not let the temperature of the house drop too low, since low temperatures in a home can lead to hypothermia.

Have lots of food and water conserved in advance, but do not consume all resources too quickly. Spread resources out over the span of hours or days (depending on how long the snowstorm lasts). Most importantly, be sure to check in with loved ones during and after the storm hits. Call or message friends and family and ask if they're okay. After a snowstorm hits, everyone is left with tons of snow to clean up.

Here are some tips on what to do when cleaning up snow: Remember to clean up the snow on your driveway as early as possible. The longer you take to clean your driveway, the faster the snow will get in the way. In this situation, investing in a snowblower is the best option. This is the fastest and most efficient way to clean up snow.

"I like the snowblower because it's better than a plow," said John. "Snowblowers allow you to cover areas like sidewalks and the yard, which is something a snowplow can't really do." Snowblowers are not easy to use, however. A lot of muscle is required to operate one. "It's a lot of work because the snowblower is heavy," said John. "But it's a lot better than using a shovel since shoveling is heavier." So, even though a snowblower is much more convenient, moving snow with a shovel requires a lot of lifting.

Regardless, be sure to keep a shovel or two in your home just to have. This is to take care of any additional snow on your porch, doorstep, patio, etc. Snowstorms are difficult to work around, and it can be a hassle to gather resources, but always be prepared for snowstorms. During the winter, you can almost never predict when a storm this bad will strike.



Snowstorm tips:



Snow Removal Tips:





## Meet the Staff!


Getting to know your school newspaper staff

*Written by: Emma Ayala*

The Current staff of Spring 2023 is excited this semester to show off their skills to our readers. We want to introduce a little bit about ourselves along with two truths and a lie about our lives. Can you guess the lies?



TRCC's Spring 2023 Current Staff



**Emma Ayala**  
The Wise  
Managing Editor

Hi everyone! I am a graphic design major graduating this May. I am the Managing Editor this semester for The Current and I am really excited for everyone to see what we have in store.

Emma is a TA for the Graphic Design classes and loves being able to help students. She enjoys being in nature and hanging out with friends on her time off from working.

Two Truths and a Lie:  
I did cheerleading in highschool  
I have traveled out of the country  
My favorite fruit is pineapple




**Melanie Stanley**  
The Extroverted  
Copy Editor

Most people call me Mel. I know almost everyone around the school and if you haven't heard of me yet- trust me you will at some point. I am most times around the school with a camera trying to capture events or cute moments on campus.

Mel loves watching old movies and her favorite song at the moment is Special by Lizzo. She is a little bit of everything so don't be a stranger because she loves chatting.

Two Truths and a Lie:  
I speak 6 languages  
I play the saxophone  
I can do a back handspring



**Chloe Boucher**  
The Social  
Media Girl

I'm a Graphic Design major here at TRCC! I am usually told I laugh too much from the group but it's okay.

Chloe loves everything about art and creating things. You can usually find her listening to music, crocheting things with her friends, or watching movies!

Two Truths and a Lie:  
I hate roller coasters  
I have never dyed my hair  
I have 7 pets



**Adrian Atad**  
The Health Guru



I am currently finishing my last year at Three Rivers and working towards a Graphic Design degree.

Adrian currently works in security and he also likes to fish when the weather is nice. He is constantly lifting weights when he is not busy doing other things.

Two Truths and a Lie:  
I threw shotput for high school track and field  
I played baseball during high school  
I played football in high school

**Brian Gaffney**  
The Opinionated One



Hey everyone, I am a Graphic Design student graduating this semester. I hope to make the Current something special this semester.

Brian likes hanging out with his friends and collecting manga. You can usually catch Brian playing video games during his free time.

Two Truths and a Lie:  
I have never gotten Covid-19  
I have met the president  
I live with my grandparents

**Mikhail Sogoan Armentia**  
The Graphics Guy



I am a Graphic Design student at TRCC working for the current. I also currently work as a dual rate supervisor for retail at Mohegan Sun.

Mikhail was born in Guam but moved to the U.S when he was 3 years old! He draws in his free time and was on the varsity tennis team in high school.

Two Truths and a Lie:  
I am an only child  
I have traveled to the Philippines  
I went through the first year of working with perfect attendance

**Zachary Gomes**  
The Cartoon Enthusiast



I am currently in my last college semester. I am aiming to be a graphic designer and when I graduate, I look forward to pursuing that career.

Zach likes drawing, playing video games, watching cartoons, and taking walks daily.

Two Truths and a Lie:  
I can both draw digitally and traditionally  
I don't like collecting action figures  
I own five different video game consoles that I actively play



## Are Romcoms

## Overrated?

Why Romantic Comedies are the best!

The Truth is always in the puddin' darling

*Written by: Chloe Boucher*

*Written by: Melanie Stanley*

Romantic comedies, better known as romcoms, are the best kind of feel-good movies out there. Rom Coms are always mixed with the perfect amount of laughs and heartwarming moments, perfect for any occasion.

From cliches to the happily ever after because it just happened to work out for us all at the last minute. Romcoms are a combination of Romance and Comedy that makes me question life in every way and most of those ways are not great.



Chloe B. and her ideals and Melanie S. dragging her back to reality



While some may get tired of the predictable tropes and occasionally repetitive storylines, many find the commonality to be somewhat comforting. Being able to guess what direction the movie is going makes it feel like being able to experience your favorite movie time and time again. This makes it the perfect option after a long day to just kick back, relax and watch.

They are also quite versatile. Romcoms are fairly well rounded making them a good pick for any situation.

If you're looking for a movie that will have you laughing one moment but crying the next, watch About Time (2013), with its twist on a time travel plot line this movie will leave you on an emotional rollercoaster, in a good way. Say you're looking for a romantic but funny story about communicating from the afterlife, Just Like Heaven (2005) is just what you're looking for. Rom coms can be watched any time of the day with anyone you choose, just be sure to pick the correct subgenre.

We, of course, cannot forget about the abundance of wedding themed Romcoms. The classic storylines of: "always a bridesmaid never a bride", "the girl I love is getting married and it's not to me", or even "my best friend is getting married on the same day as me, what do I do?". The possibilities are endless when it comes to matrimonial problems and romantic comedies manage to capture every single one of them.

We also can't leave out the holiday-themed Romcoms. The popularity of Hallmark movies increases exponentially when the holidays hit and it's no surprise. The recurring "Christmas miracles" are never ending when it comes to these movies. Some of the best include The Holiday (2006), Love Actually (2003), and of course if you want to count When Harry Met Sally (1989). Watching these will be sure to put you right in the holiday spirit while maintaining the perfect amount of romance and comedy.

If you consider yourself someone who avoids rom coms for their cheesy, expectable portrayals of love, I suggest you try them again. This time be sure to watch them with a less serious outlook and a more light-hearted one, some ice cream and tissues may help too.

Happy watching!

Romcoms are not an overrated movie genre!



Don't confuse me with a pessimist as I do enjoy a good healthy Romantic Comedy from time to time however, I noticed that the more recent Romcoms are becoming more toxic on the minds than romantic.

Romcoms today tend to feed into its audience by preying on nativity with scenes and situations straight from a prepubescent diary coupled with some adult jokes or themes to keep the older audiences intrigued. Answer me this:

How come every other main lead has to change the other person?

I am all for change however, it should never be forced upon an individual when they are not ready for it and in most Romcoms I have seen, change forced upon the second individual in the oddest of situations that most times leads to a breakdown of that character or of the main character. How is that positive??

Listen, I understand the appeal of watching such shows because of the cliches it holds, but if we pull back the layers of ideality for a moment- we can notice that it is just that. An ideal reality that has about a 1 to 3% chance of it actually occurring the way the stories play out.

For example, in the movie, The Notebook made in 2004. The couple of the movie, Allie and Noah originally met as Noah wanted to date Allie so badly that he threatened to drop himself from the top of the Ferris wheel if she didn't do so. Those threats were not ideal as he had already climbed the Ferris Wheel and was simply hanging off the edge while speaking with her. How romantic- threatening me with an accessory to murder charge and a traumatic experience which will haunt me for years to come.

I do not want to crush everyone's hopes and dreams about meeting the love of their life in an uncanny situation like a coffee shop, but I do want to warn everyone to be aware of reality even as you're experiencing a whirlwind of emotions because reality still comes crashing no matter if you like it or not. Not everything is like the movies no matter how badly we wish it were true. At the end of the day, fairy tales end and the movie should only stay as a movie ideal because it's only a slight possibility that dreams become a reality.

Sources:  
<https://thehollyspirit.org/4913/showcase/the-problem-with-romantic-comedies/>  
<https://movieweb.com/most-toxic-couples-in-rom-coms-ranked/>



Melanie Stanley making a disgusted face



If you've been on the internet recently you've most likely seen plenty of AI art, perhaps without even realizing it.

AI art is art that has been created through the use of artificial intelligence. The entire point of artificial intelligence is to imitate the way a human brain functions, so it is not too surprising the outcomes are too different from each other when it comes to art.

However, there has been a large debate about whether AI art should be considered "real" art or not.

Artificial intelligence is also increasingly getting more accessible for anyone to use with a simple click of a button or even by downloading an app. For example, using the website Stable Diffusion, all you have to do is type in a phrase you want to be portrayed and after just a few minutes it is created for you. The AI gives you a few options to pick from and the process is complete

AI has also been recently used to recreate famous art pieces or even to extend beyond the original borders of the canvas. This is causing much controversy as some artists see it almost as a way of cheating. Artists started to get frustrated when an AI-generated piece won a fine arts competition in late 2022. They felt as though typing a prompt and waiting for the outcome was just not equivalent to the work they put into their own pieces.

## AI Art vs Artists

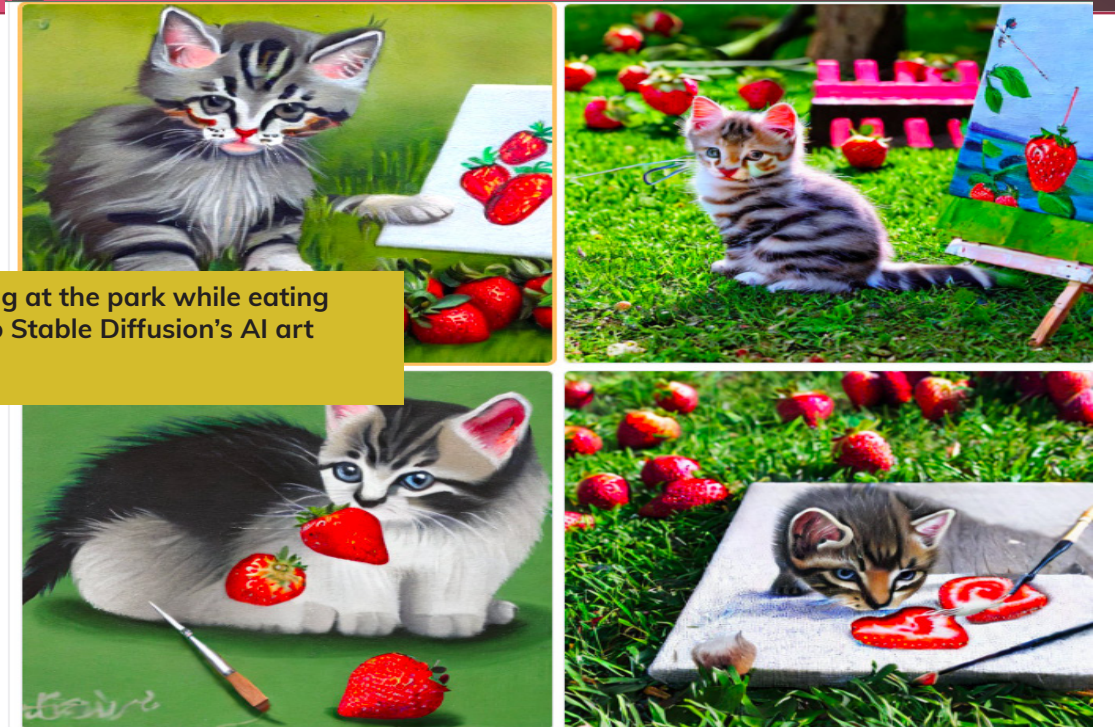
### Is AI art real art?

*Written by: Chloe Boucher*



Artificial intelligence is gaining more popularity much to artist's disappointment

The phrase "kitten painting at the park while eating strawberries" entered into Stable Diffusion's AI art generator



While trying to figure out if AI art should be considered real art or not, you have to think to yourself what you consider to be "real art". Mats Borges of USC's Ahmanson Lab at Sidney Harman Academy compared the AI controversy to when photography first gained popularity,

"They were like, 'This is going to put all the artists out of business, there's going to be no more portraiture,' [and] that it's all going to be photos. 'Photography is not real art, you just click a button and that's it,' and that's not really true. I think over time we have all generally as a society come to accept photography as an art form."

With this perspective, it's easier to accept AI art as a form of art, however maybe just not in the same category as fine arts, as they differ greatly from each other. Some believe it would simply not be fair to compare the two.

Another way of accepting the concept of AI art is the fact that most people rarely take into consideration the process by which a piece of art was created and focus purely on how it looks. Elea Zhong, a student at USC's Harman Academy, agrees that there are multiple perspectives when it comes to different types of art, "For some people, they think that art is solely used for artists to express their ideas and emotions and passions and politics and culture," Zhong said. "But I would also argue that at the same time, besides that, there is art that isn't necessarily emotional or passionate, like corporate art or the art on billboards or Coca-Cola bottles."

As of now the debate seems to be continuing and is mostly up to individual judgment. So what do you think, should the creations of artificial intelligence be considered "real" art?

Sources:  
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<https://www.vice.com/en/article/m7gqxq/technologists-are-using-ai-to-expand-famous-works-of-art>  
<https://huggingface.co/spaces/stabilityai/stable-diffusion>



## Is this the end for Netflix? Netflix's new password-sharing policy and the future of the platform

Written by: Brian Gaffney

The log-in page for Netflix

Netflix has been a staple streaming service over the years but it might be time to cancel your subscription. Netflix temporarily revealed their new policy for sharing your Netflix account with others. After an overwhelming amount of backlash from customers, the updated terms were removed from the site, but Netflix still might follow through with their plans.

On January 31, 2023, Netflix originally shared its password-sharing policy on its Help Center According to an in-depth article from The Streamable, the core point customers should note is that

**“Netflix accounts are still shareable, but only within one household. To ensure that your devices are associated with your primary location, Netflix is now asking users to connect to the Wi-Fi at your primary location, open the Netflix app or website, and watch something at least once every 31 days.”**

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Soon after, many users of Netflix voiced their concerns about the new policy all over social media. A significant number of posts recall a tweet from March 10, 2017, from the official Netflix Twitter account. The tweet ironically claims that:

**“Love is an addiction. Love is sharing a password”**

After an onslaught of backlash, Netflix removed the policy from their website on February 1, 2023, but a small section regarding password sharing can be found on the Netflix Help Center. The website now states that

**“A Netflix account is meant to be shared in one household (people who live in the same location with the account owner). People who are not in your household will need to sign up for their own account to watch Netflix.”**

According to a recent article from Anchorage Daily News, Netflix's new password-sharing policy is being practiced in other countries such as Chile, Costa Rica, and Peru. The article states that the changes are “expected to take effect in March.”

While users might be safe from Netflix's password-sharing policy for now, users should still be wary of what might come in the future. It may be possible that this is truly the end for Netflix.

NETFLIX | Help Center

We are currently experiencing a higher than normal wait time for support via phone and chat. Please try again later or check our online help center for answers to frequently asked questions. Thank you for you

← Back to Help Home

Currently viewing information for: UNITED STATES ▼

### Sharing your Netflix account

A Netflix account is meant to be shared in one household (people who live in the same location with the account owner). People who are not in your household will need to sign up for their own account to watch Netflix.

A updated article regarding password-sharing on Netflix's Help Center

Online Sources:

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<https://www.adn.com/arts/film-tv/2023/02/09/how-netflixs-new-password-sharing-rules-will-work/>

<https://twitter.com/netflix/status/840276073040371712>

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## Halo-Halo The Dessert Of The Philippines

What will you put in it?

*Written By Mikhail Armentia*

**H**alo-Halo which translates to “mix mix” in Tagalog is one of many famous desserts from the Philippines. There are many different ways to make Halo-Halo and many different variations. This is how to make Halo-Halo in the Armentia household

### Ingredients:

- ½ a Cup of shaved ice
- 3 tablespoons of evaporated milk
- Leche Flan
- 3 scoops of your favorite ice cream (preferably ube)
- 1 tablespoon of sweet purple yam (ube halaya)
- 1 tablespoon of red kaong (Sweet Palm fruit)
- 1 tablespoon of green kaong (Sweet Palm Fruit)
- 2 tablespoon of sweetened coconut strings

Here are some other Halo-Halo recipes you could try:

<https://www.bonappetit.com/recipe/halo-halo>

<https://pilipinasrecipes.com/halo-halo-recipe/>



Halo-Halo Ingredients



Halo-Halo Top Angle Shot

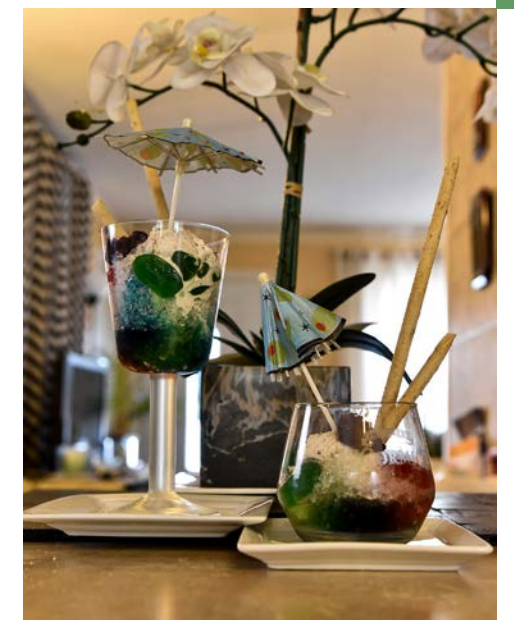
1. Start off with a glass cup of shaved ice
2. Add 3 tablespoons of evaporated milk
3. Place the leche flan on top of the ice
4. On one side of the cup place 1 tablespoon of red kaong

5. On the other side of the cup place 1 tablespoon of green kaong

6. On top of the kaong place your 3 scoops of ice cream

7. Finally add the coconut strings on top of the ice cream

8. To top it off you can also add a cocktail umbrella for style



Halo Halo Single shot



## Taste the Caribbean

### A Coconut Sugar Cake Candy from Trinidad and Tobago

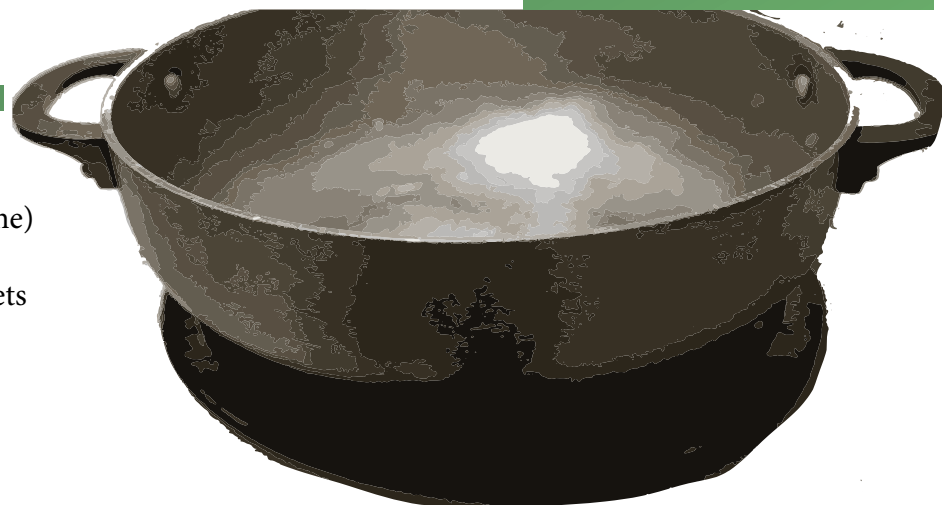
*Written by: Melanie Stanley*

A vegan, gluten free, and natural snack! This is my family recipe that you can pick up and go with! I remember growing up and begging my mum to make me sugar cake because of its addictive taste. You can use one coconut and make about 15 sugar cakes. You can even sell this to your friends, to give you a little bit of pocket change. Do not let administration catch you for selling without a health license just saying.



#### Here are the needed materials:

- A deep set pot
- A medium sized bowl
- A pot spoon (a decently sized one)
- A heavy knife and a small knife
- Two or three cookie baking sheets



The final product

The pot type to use

#### Needed ingredients:

A mature Coconut

How do you tell if a coconut is mature? The flesh would be firm and the skin at the back of the coconut would be dark brown and there is no coconut oil smell

About 3 pints (6 cups) of water

About 3 Bay leaves

Optional: Ginger

About 4 to 5 Cloves

Nutmeg powder or the seed itself

A pinch of salt

Cinnamon sticks or Cinnamon powder

Dark brown Sugar (light brown is okay)



All the necessary ingredients

*\*You may adjust the recipe for the amount of coconut you have. Simply double or triple accordingly\**

1. Break the coconut into smaller pieces over a bowl using the back of a heavy knife. You can drink coconut water as it tastes fairly good most times.

*If the water smells funny or tastes sour, you must change the coconut.*

2. Next, using a small knife, separate the hard shell or husk from the coconut meat then rinse off the coconut meat and place it into a bowl.

3. After separating all the meat, cut up the coconut meat small enough to either chop in a food processor or grate by hand.

A) If you choose to grate by hand, it can be tedious to do this, but it yields the best results.

B) If you choose to blend the meat, please add water according to the amount of coconut you have. Usually, a cup or two of water works fine to keep the blades moving. Pulse the blender multiple times.



*Optional step: you can add fresh ginger to the mix as you are using the blender or grating by hand for a rounded taste with depth*



# Recipes



How the blend should look

4. After grating or blending the meat, the result should be a rough chop- not too fine but not too chunky. Place it into your heavy bottom pot and add your sugar and spices:

About two cups of sugar- not too much for the coconut cake to be over sweet

About 5 cloves

A generous amount of nutmeg

3 bay leaves

5. Add about 3 cups of water. You can add more as needed as we need enough water to cover the surface with about a notch of your pinkie worth over the mixture and put the stove on high.

6. Stir to help the sugar start to dissolve then check to see when the sugar completely melts. Once the sugar melts, add a pinch of salt and your blended coconut. You can use more water to get all the coconut out of the blender and into the pot.

7. As that is cooking, clean up your kitchen area. A clean area now makes it easier to simply enjoy your sweet snack later.

8. After cleaning up, check your pot to see what stage your cake is in the candy process. Remember that candy making takes time. Wait for the pot to boil the water down to a thicker consistency then check the pot every 7 minutes to stir.



The boiling process of step 9- how your pot should look

9. Always scrap the sides of the pot as the water is boiling down. The sides of the pot candies faster than the insides which is why we recommend stirring frequently. The area you are cooking in should start to smell sweet as the candy starts to boil and caramelize.

10. As the mixture dries down, it should start to look like the image on the side. You can try to take out the bay leaves and cinnamon sticks (if you used sticks) at this stage.

11. Allow the mixture to continue to boil and take out two or three cookie sheets. Grease the two or three cookie sheets with butter or oil to lay your cakes on to cool and harden.

12. Keep an eye on the pot during these steps as it is easy to burn the cakes. Once the liquid is mostly gone, start turning and pressing your mixture with a pot spoon until it dries out completely.



How it looks while caramelizing

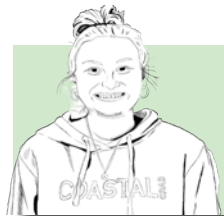
13. Taste your mixture. One of the ways to tell if your cake is ready is to take a little bit out and let it sit. If it is firm and hardening within 3 minutes, then the whole batch is ready. If not, it will need to dry more.

14. Use a spoon to spoon out portions of the cake on the greased tray(s) and allow it to cool.

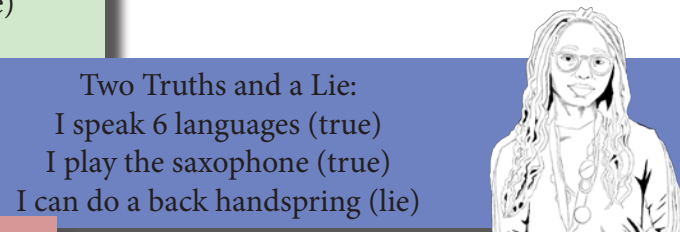
## Once cooled- Enjoy!



## Answers for the Meet the Staff: 2 Truths and a Lie



Two Truths and a Lie:  
I did cheerleading in highschool (true)  
I have traveled out of the country (lie)  
My favorite fruit is pineapple (true)



Two Truths and a Lie:  
I speak 6 languages (true)  
I play the saxophone (true)  
I can do a back handspring (lie)



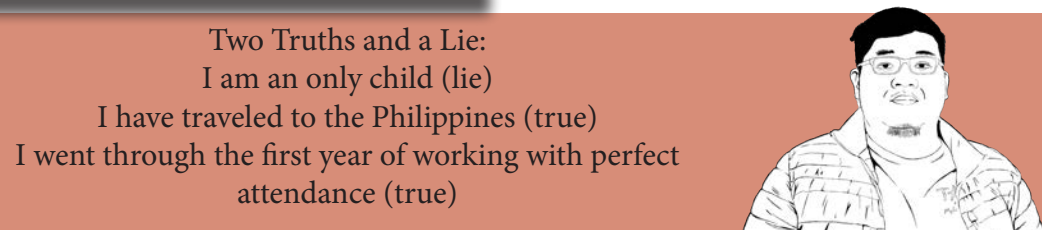
Two Truths and a Lie:  
I hate roller coasters (truth)  
I have never dyed my hair (lie)  
I have 7 pets (truth)



Two Truths and a Lie:  
I threw shotput for high school track and field (truth)  
I played baseball during high school (truth)  
I played football in high school (lie)



Two Truths and a Lie:  
I have never gotten Covid-19 (true)  
I have met the president (lie)  
I live with my grandparents (true)



Two Truths and a Lie:  
I am an only child (lie)  
I have traveled to the Philippines (true)  
I went through the first year of working with perfect attendance (true)



Two Truths and a Lie:  
I can both draw digitally and traditionally (true)  
I don't like collecting action figures (lie)  
I own five different video game consoles that I actively play (true)

## Scramble Answer key

1. A MB THCYLKIHNTRSOO = BLACK HISTORY MONTH
2. DEASDIT F = FAD DIETS
3. CMOOOTLESCA DDYHK = THE DOOMSDAY CLOCK
4. IS AVTASS RRTITA = AI ART VS ARTISTS
5. CELTSEI E SAFNARVENL = SELF CARE VALENTINES
6. ONWNESASSO = SNOW SEASON
7. TOEYAESH SNIRLCC = TYRE NICHOLS CASE
8. OAADEISCF PO ALI EOESDK = A KALEIDOSCOPE OF IDEAS
9. S HETFMTTFEAE = MEET THE STAFF
10. FTNE TD E XHNFEOLI = THE END OF NETFLIX
11. GIILTPLS NLS OUAMSSHETSB = SMALL BUSINESS SPOTLIGHT
12. ELLNAIL D .YDRRE RRBAOTW = DONALD R. WELTER LIBRARY
13. LSFEOSGOTHP RTRPISO = PROFESSOR SPOTLIGHT
14. IFSP CSNO ARTEEETL = PLACES OF INTEREST
15. COMSROM = ROMCOMS
16. AA TOGRVRHNIIECG ENEOSGWR = GEORGE WASHINGTON CARVER



