

The Current

The background of the cover is a photograph of two women with bright blue hair, wearing red t-shirts, sitting in a woven hot air balloon basket. They are looking at each other and smiling. The basket is suspended by ropes and is surrounded by several large, colorful balloons in shades of purple, yellow, and blue. The background also features stylized clouds and a rainbow.

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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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Read Across America

In Honor of Dr. Suess

Written by: Mikhail Armentia

On March 16, student programs held a Dr. Seuss themed Read Across America event open to friends and family in the multipurpose room from 5pm to 7pm. Special guests were The Cat in the Hat with Thing 1 and Thing 2, who made an appearance during the event.

The event started off with open activities that event goers could participate in to earn tickets for prizes. A separate room was opened up for activities with the Seuss characters. The activities for the room were yoga with Thing 1 and Thing 2 followed by storytime with Cat in the Hat and then pictures with the Seuss characters.



The Cat In The Hat

Entering the room the first thing you see is a duck pond game run by Student government president Hyrum Merkley. Participants pick a duck from the pond to win tickets.

"I get enjoyment from being in events that are open to students and families," Hyrum said.

Next to Merkley's booth is the dart booth where participants get the chance to throw darts to pop balloons on a board.



Balloon dart booth at the event

Following the dart game is the cupcake station where visitors were able to sit down and decorate their own cupcakes. The decorations included different colored frosting sticking to the color scheme of Dr. Seuss. To top the frosting an assortment of sprinkles were provided.

After the cupcake station is Plinko which is run by Quinn Kozak where event goers play Plinko to earn tickets.

In the back corner of the room, there was a flower planting station where event goers can plant their own truffula tree to bring home.

In the other corner of the room, there was a booth set up for pictures which was run by Melanie Stanley. The booth featured a backdrop hot air balloon where kids and parents would pose for a photo.

"You need a certain mentality to deal with kids" said Melanie who was preparing herself for all the little ones who would eventually come up to her booth.

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Gigi showing her truffula tree



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Introducing Quill and Brush!

Artwork, Photography, and More!

Written by: Zach Gomes



Photo featuring more Quill and Brush issues.



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This year's flier for Quill and Brush, drawn and edited by Zachary Gomes.

If you are a Three Rivers student that has been on campus for a while now, you may have already heard of the Quill and Brush.

The Quill and Brush is a small magazine that coincides with the school magazine; The Current. Every year, students at Three Rivers can submit work to be featured in the Quill and Brush magazine. Each entry can be from categories such as digital art, fine art, photography, astronomy, architecture, literature, and more.

Along with the entries, each Quill and Brush issue features a spotlight section. A student who has submitted work has the chance to be interviewed for the Quill and Brush issue if they agree to volunteer. They are free to discuss the meaning behind their work, what inspired them to create their entry, how long they took to create their piece, and anything else they would like to add regarding details about their work.

All Three Rivers students are highly encouraged to submit work to Quill and Brush. Gillian, a student and employee at Three Rivers, has submitted work for Quill and Brush in the past. **"I feel like students at the college might not take it seriously because it's a school publication,"** said Gillian. "But it's still something you can use to put your work out there. And can serve as a confidence boost for some students."

Each Quill and Brush entry is unique in its own way. The issues are edited by a different student each semester, which yields different designs and changes. **"I will say the way that the work is displayed is well laid out and fair space-wise,"** said Gillian. **"I'm satisfied with the work that I've submitted to Quill and Brush in the past."** The Quill and Brush issues are all neatly organized and colored very distinctly, with each issue always having something new to look at.

By the time this issue of The Current is released, this year's issue of Quill and Brush will be in the works. If you missed the submission date, do not fret. There is always next year to submit your work! Quill and Brush submissions are held once every semester at Three Rivers. If you want to be a part of a future issue, be sure to plan out your work now! You can message trccquillandbrush@gmail.com any time to discuss submitting work, ask questions, etc.



Gillian, a student and employee from Three Rivers, holding up an issue of Quill and Brush that featured some of her work.

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An Interview With Joseph Nathan Mahoney

Selling Jewelry with Meaning

Written by: Zach Gomes

On March 8th, a small booth was set up at the front of the Three Rivers main lobby. This booth was operated by Joseph Nathan Mahoney. Mahoney is a student at Three Rivers Community College and is of Native American descent. His heritage was an inspiration to promote mental health and wellbeing. Mahoney has gathered strength from his ancestors and family when he was at the lowest points in his life, his spiritualism and family support helped him overcome the challenges he faced. Mahoney spends his time creating his own original jewelry designs and uses his past experiences as a basis for his work and implements his thoughts and beliefs into the jewelry he creates.

Mahoney is currently majoring in business administration and he plans on obtaining an associates degree. He also plans on furthering his education to obtain a bachelor's degree. His ultimate goal is to have his own small business selling his own jewelry.

As of now, Mahoney does not have a name for the booth he set up. He claims it's **"just a booth"** when asked. His current goal is to get some early exposure in the marketplace,

starting off small by running a booth at school and growing from there. Mahoney claims he wants to expand on developing his cultural aspects by



A headshot of Joseph Nathan Mahoney.



Lapis Lazuli, a necklace Mahoney created and put on display at his booth.

expressing his Native American heritage through his work. **"We all struggle with some sort of issue with our mental health, one way or another"** says Mahoney.

"I focus on myself while also helping others."

When asked about what he does, Mahoney had this to say,

"My brand is to promote better mental health and wellbeing for people... The best way to do that would be through healing stones or natural stones that promote aspects and characteristics."

He also said that he is very in-tune with himself though he occasionally has a difficult time expressing how he feels spiritually, so he communicates his messages through the jewelry and stones he creates.

Mahoney had this future advice for his fellow students, **"Seek mental health if you definitely think you need it,"** said Mahoney. **"It is essential to everyone. We do need mental health awareness and we do need to be in good standings with ourselves as well as others. We can't really be our best self to others until we actually know who we are as people."**

Mahoney is a very deeply-minded individual with a strong amount of beliefs. He is very friendly, as he was more than excited when asked to be interviewed for The Current. As of this semester, Mahoney is very busy with his courses. He is, however, open to interactions through email. This includes business inquiries, special orders, or any other questions regarding business. He can be reached at naragansett4life@yahoo.com.



Some more bracelets Mahoney created and displayed on a jewelry rack.

CT Gamercon at Mohegan Sun

Another Year of Fun and Games

Written by: Mikhail Armentia

CT Gamercon comes around for another year at Mohegan Sun Casino. CT Gamercon was held at Mohegan Sun's sky convention center on March 18th from 11am to 9pm and 19th from 11am to 6pm.

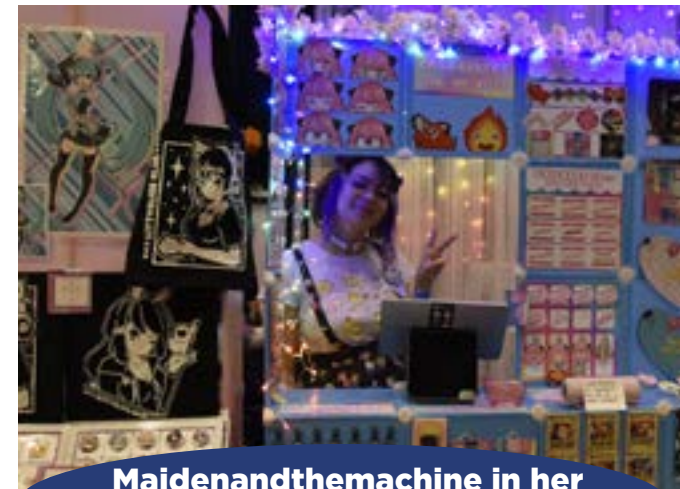
The CT Gamercon is an esports, tabletop, gaming, and cosplay convention. The doors opened on Saturday, March 18th and the event room was split up into 3 sections.



Artist Cody James at his booth

Looking at the room from the sky entrance, at the top left was the exhibitor area where all the booths are held where event goers could walk around and purchase merchandise. The bottom left of the room was dedicated to gaming and gaming tournaments and a small section on the right side of the room was dedicated to card games and famous guest signings.

The booth portion of the room was filled with multiple booths that sold a plethora of food and merchandise such as video games, artwork, figurines, food, plushies, and more. Booths from familiar exhibitors, who had been attending for previous years, could be seen throughout the exhibitor area. Booths such as Ice Imports, The Game of Ham, Wild Bill's Soda, and many more are becoming more and more iconic to the convention as they are seen there every year.



Maidenandthemachine in her booth

In the gaming area, multiple TVs and game consoles were set up for event goers to participate in tournaments or just play video games. Saturday featured multiple tournaments from Super Smash Bros to Dragon Ball Street Fighter Z and Sunday featured Tekken to Street Fighter.

All nerds and gamers unite for the two day convention and a good amount of event goers took the liberty of attending in costume as the event room was filled with a sea of bright colors from both the booths and the costumes.

"I think one thing that stood out to me about the convention is that even for the time I spent there, there was a carfree unity amongst people. It didn't matter who you were or what you wore, everyone was friendly and passionate," says Aaron Joseph Henderson frequent Gamercon goer.

I recommend this event for any student who likes to game or even has a beginner interest in it to visit Gamercon the next time it is being held at Mohegan Sun.



DeadPool cosplayer at the event



An image of Port St. Lucie, FL -
Provided by Travel2Next

Put Your Mind at Ease in these Locations

The Safest Towns/Cities in the U.S.

Written by: Brian Gaffney

Looking for the next vacation spot or even a new place to settle down in? These places are deemed the safest in the country.

While most real estate sites have their own scales of safety, most generally rank safety based on violence and property crime rates. Other critics will also consider the average prices of homes and the average income in that area.

According to the U.S. News & World Reports real estate site, the three best places to live in the U.S. are:

- Naples, Florida (Quality Score: 6.6/10)
- Port St. Lucie, FL (Quality Score: 6.2/10)
- Fort Myers, FL (Quality Score: 5.9/10)

U.S. News & World Reports claim to rank their decisions on the fact that **“crime rate can be one of the deciding factors of where families settle down. Based on the metro areas’ murder and property crime rates per 100,000 people, determined by the FBI crime reports, these are the safest places to live in the country.”**

The site also has Quality of Life and Value scores, which average out to an overall score and can be seen in the listings above.

Another popular real estate site, Rocket Mortgage also has a list of the top fifteen cities in the U.S. which the top three are:

- Glen Falls, NY
- Midland Michigan
- State College Pennsylvania

Rocket Mortgage bases its scores on the statement that **“It’s important to note that “safety” is a subjective term and that a city’s crime rate alone doesn’t always accurately reflect how safe it might be to live there. Many factors contribute to the type and frequency of crime in a city, and crime rates can vary significantly even from neighborhood to neighborhood.”**

Find out more about these locations with the QR Codes Below.



An image of State College, PA - Provided by State
College, PA Website



qrcode_
realestate.
usnews.com



qrcode_www.
rocketmortgage.
com



Photo Courtesy Smithsonian: California wildflower

California Super Bloom

Could there be a Beautiful Super Bloom on the West Coast this Year?

By: Emma Ayala

This year there is a chance of having a super bloom which only happens about one a decade. The reason this superbloom is happening is because there was a record breaking amount of rain this year.

AFAR magazine states that **"They occur when a high concentration of wildflower seeds that have been dormant in California's deserts for a few years**

because of inadequate rainfall bloom to life after an unusually bountiful rainy season. There is no real scientific definition for what constitutes a super bloom."

A super bloom does not happen very often because the weather has to be perfect almost year round for the flowers to grow to this extent.

According to the National Park Service, "a good wildflower year depends largely on these three things: well-spaced rainfall throughout the winter and spring, sufficient warmth from the sun, lack of drying winds (Especially true in desert environments.)"

Since super blooms are so rare, it is so common for tourists to go and visit places in California during

these times. When they are frolicking around, touching all the flowers, it causes harm to the plants. It is important for people to be cautious when around the flowers because tourists can be the number one threat to plants.

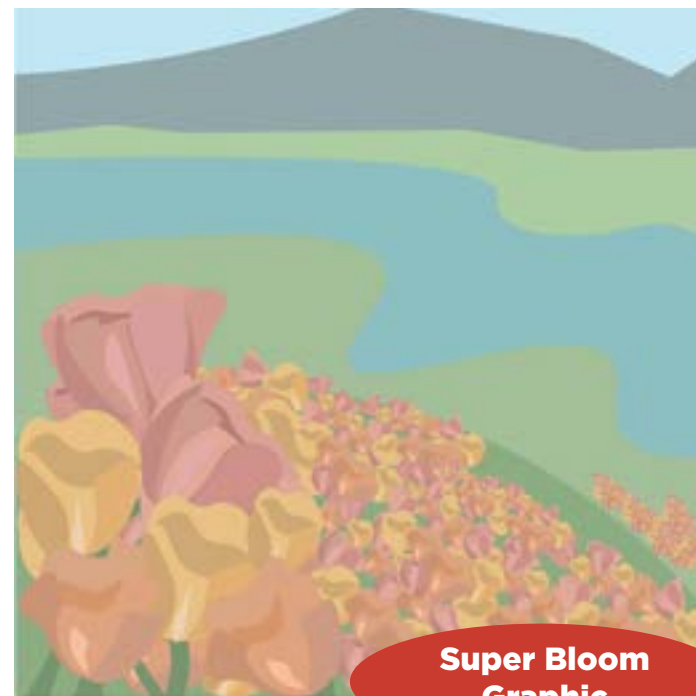
There are many different places for tourists to go and view the super bloom including many different parks like the Joshua Tree National Park, Mount Diablo State Park, and Lassen Volcanic National Park.

Some of the most popular flowers that grow in California during the super bloom are poppies, larkspur, and clovers. These flowers are most likely to bloom between mid March and July which means this will be the peak for the super bloom.

The California super bloom is a beautiful view that not many people get to see so if you get the chance to go be sure to. If you do go, don't forget to stop and smell the flowers!



Flower close up



Super Bloom Graphic



AFAR mag QR code



MK Library QR code

Spotify vs. YouTube Music

Side: Spotify

Written by: Brian Gaffney

With the constant growth and oversaturation of music streaming platforms, it can be overwhelming to choose which one to stand by.

While other platforms such as YouTube Music might be rising up, is it really worth making the change when Spotify still dominates the market?

Spotify's student plan is just too hard to beat with the amount of value you get out of it.

For just \$4.99/Month students can not only get the same ad-free, high-quality audio as YouTube music, and the ability to download music for offline listening but they also get free access to Hulu and SHOWTIME.

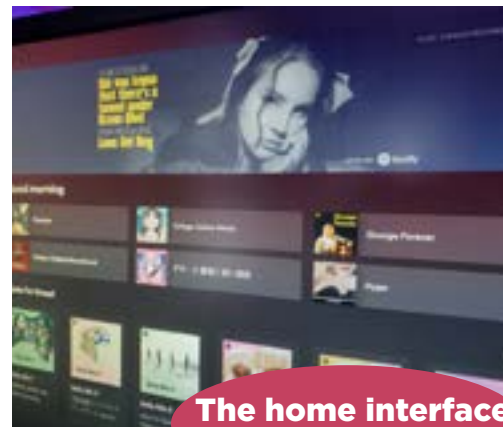
Demand Sage claims that as of February 23, 2023, Spotify currently hosts over 100M tracks and **"anticipates adding 22 million new tunes by the end of the year."** YouTube music only offers over 60 million tracks on its platform, said Ty Pendlebury from Cnet.

Spotify isn't just for listening to music; the platform provides a wide variety of Podcasts, Ambient Sound playlists, and even audiobooks.

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Adrian and Brian taking sides



The home interface of Spotify

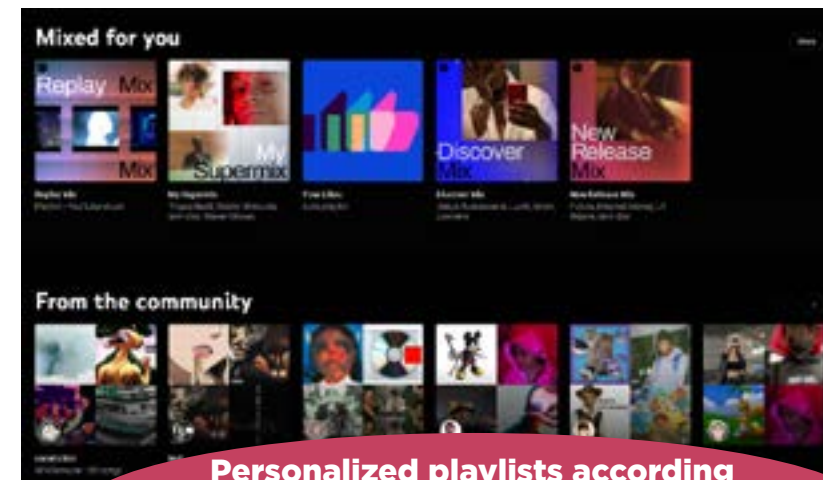
YouTube Music vs. Spotify

Side: YouTube Music

Written by: Adrian Atad

Starting off primarily focusing on videos, YouTube has now moved into music, changing the game for many. Offering one of the most extensive libraries of music and backed by the large corporation Google, YouTube is undoubtedly the best music platform at this moment.

According to DemandSage.com, **"YouTube has more than 2.6 billion active users as of 2023."** This number has many impactful implications. Of course, with the high number of users, there will be more artists producing music. But the real value is in the data that is being collected from those users.



Personalized playlists according to listening history and related playlists made by other users

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Brian Gaffney listening to Spotify

The platform has exclusive streaming partners such as The Joe Rogan Podcast, The Michelle Obama Podcast, and Archwell Audio.

While YouTube music has decent ways to discover new music, Adam Molina from Sound Guys says that **"Spotify is the master of algorithm-based music discovery."**

This can be seen from the way Spotify tries to push its indie creators on the platform.



As stated by Andy G. from HeadphonesTY, **"In fact, Spotify's annual report for 2020 shows that indie labels and artists' market share grew almost 2%, while their revenue increased 49%."**

Because of its premium features, Spotify is recommended for those who are on a budget and students who also enjoy online video streaming services. For those interested in a streamlined podcast experience, Spotify is also your go-to streaming platform compared to YouTube music.

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Adrian Atad listening to YouTube Music on laptop

Between Google's search engine data and YouTube's, the algorithm is far more extensive compared to Spotify. **"Spotify has 456 million active users worldwide,"** claims entertainment.

Apart from the listeners' perspective, YouTube is a great place for up-and-coming artists. It is one of the most popular social media sites in the market, giving creators a far greater opportunity to cultivate a following for their sounds.



Additionally, for artists, YouTube's monetization feature allows them to profit off their music even though it's being distributed for free. The income comes from advertisements being shown before the song/video is played (if the user doesn't have premium).

With a familiar interface, large library, and great algorithm, YouTube is undoubtedly one of the best music platforms on the market at the moment. Having far greater data and capital, it's difficult to compete with them in this space.

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Spring Cleaning for the Mind

5 Tips to Help Have a Healthy Mindset

By: Emma Ayala



With the seasons changing many people focus on spring cleaning for the house and other projects but it is also a good time to stop and check in with yourself. Sometimes you may need a little bit of a reset and these 5 tips may help calm your mind.

1. Try to Only Focus on the Things You Can Control

If something is not going to matter in 5 years from now then try to not to worry about it for more than 5 minutes. If you do not have control over a situation and you continue to stress on it, then it will be mentally draining to worry over it. Try putting your energy into things that will help you succeed in the future.

2. Surround Yourself With Positivity

Keep people around who make you a better person. If you surround yourself with people who give off good energy and empower you, then you are more likely to do the same. Sometimes it can be hard to gain confidence on your own so if you are surrounded by positive people and positive words, having a healthy mindset could become easier.

3. Take a Break

Life can be hard and you can easily get too tied up. When you are too focused on other things your mental health may slip away. According to Diverse Health Careers, **"When we take deep breaths, signals are sent to our brains, telling us to calm down and relax. These messages are translated throughout our bodies, reducing tension and relieving stress when we are anxious or feel overwhelmed."**

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4. Find a Hobby

Find things that make you happy and relieve your mind. Hobbies can bring joy to your life through hard times. Doing things you choose to do rather than what you have to do can help you feel less overwhelmed.

5. Talk About Your Feelings

Talking to a loved one, a friend, or a therapist is a great way to get your feelings out. It can relieve your stress just by talking through situations and emotions when you are feeling anxious. The Mental Health Foundation states, **"talking about your feelings isn't a sign of weakness. It's part of taking charge of your well being and doing what you can to stay healthy."**

By following these tips your mindset will start on a great note for the spring and you will not just have a clean house but a clean mind!



Emma After With a Happy Healthy Mindset After Spring Cleaning!



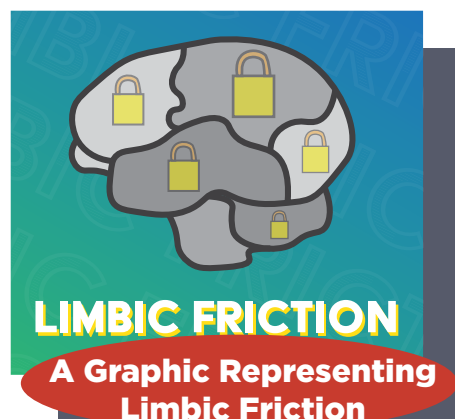
Friends Surrounding Themselves with Positivity

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Working Past Your Mental Resistance

A Look into 'Limbic Friction' and How to Deal with it

Written by: Brian Gaffney



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An image of Andrew Huberman from Stanford University - Provided by Wikipedia

As the world continues to move on, it seems harder and harder each day to complete certain tasks. While it might seem impossible to find the motivation to do anything, there are ways to train the mind into staying focused.

The distance between wanting to complete a task and actually completing said task can be explained through the term Limbic Friction.

According to an article from The AngloAmerican School of Sofia, Dr. Andrew Huberman of Stanford University states that the definition of Limbic Friction is **"the gap between wanting to do something, and actually doing that thing. It is the level of energy required to engage in and form a habit."**

According to an article from Ultra Productive, whenever the brain tries to complete a task that's more than some reflexive work, it struggles against your limbic system and consumes a lot of mental energy.



Mikhail Armentia struggling to do his work

Huberman explains that the brain will release a chemical called norepinephrine, which causes the straining feeling one might experience during Limbic Friction.

This process happens because "Your brain evolved to save mental energy whenever feasible. So it tries to hand over as much work as possible to your reflexes," as stated by Ultra Productive.

While Limbic Friction might seem overwhelming, there are ways to deal with it and strengthen the mind.

The way to start is to engage in new habits and to consistently practice them. According to Huberman, **"one should engage in new habits that require less limbic friction (easier). By leveraging the body's hormones and natural rhythms, we can set the stage to be more successful in establishing new habits."**

Another way of dealing with Limbic Friction can be found in the Ultra Productive article, which lays out a three-step process;

- 1) Remind yourself that it is a sign of your brain getting ready to solve the problem at hand
- 2) Remember that you need to give it at least 10 to 15 minutes to get going
- 3) Note that how you deal with Limbic Friction is self-reinforcing: Following through will make it easier to perform that feat the next time you are trying to focus deeply

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Benefits of Yoga

Discover the Many Advantages of doing Yoga

Written by: Chloe Boucher



Meditation can help feelings of depression and anxiety

There are many benefits including yoga in your weekly or even daily schedule. If this is something you're considering starting then read on to learn all the ways it can improve your life!

#1 Stress relief

Enjoying a quick yoga routine can help relieve mental or physical stress you may have collected throughout your work or school day. A nice peaceful stretch can lessen tension and relax your muscles. The second most popular reason that people choose to start yoga is to relieve stress (Healthline.)

#2 Improve mental health

Yoga and meditation can help improve mental health and reduce feelings of depression. Yoga has been proved to actually be considered an effective treatment for depression (Healthline.) It also offers you skills of meditation which can help calm your mind. Yoga can provide emotional awareness that helps you address feelings that you may be experiencing.

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#3 Improve flexibility and strength

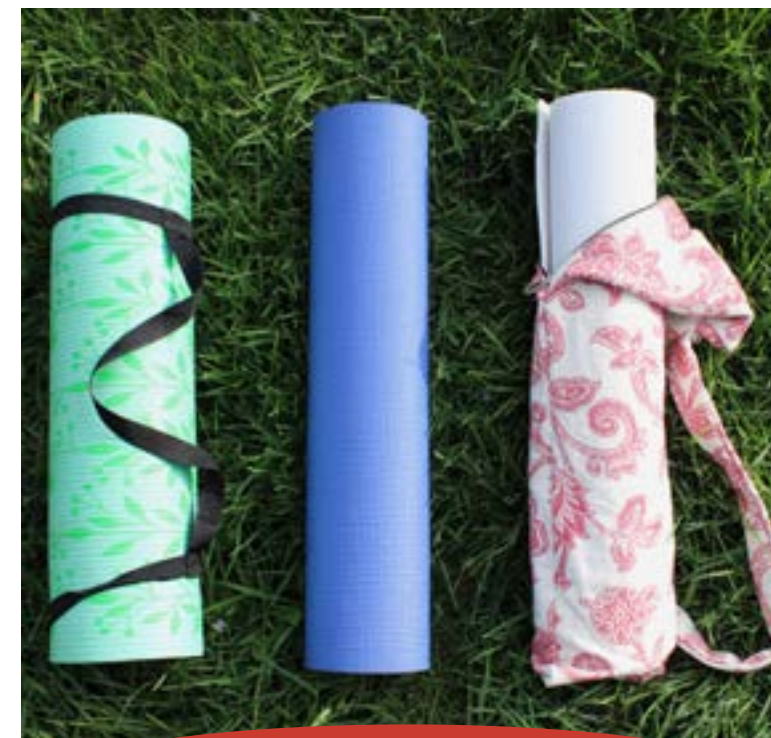
Participating in yoga exercises for an extended amount of time can result in improved flexibility which will help you fight against immobility in older age. Therefore it can help your overall health. Repetitive yoga can also result in improved strength depending on the level of intensity you choose.

#4 Prevent back pain

Certain stretches in yoga increase flexibility resulting in helping fight against stiffness and back pain. They can also help ease existing back pain and tenseness.

#5 Teaches better breathing

Yoga allows you to focus greatly on your breathing; therefore it gives you better control of your breath. These practices can help clear sinuses and your nasal passage as well as aiding anxiety and relaxing your nervous system.



Incorporate yoga into your routine to start feeling the benefits!

Sources



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10 Spring Cleaning Tips

Get Organized and Start Fresh this Spring!

Written by: Chloe Boucher

Is your living space feeling stuffy or in need of some sprucing up? It sounds like you need some spring cleaning tips! Luckily you've come to the right place. Turn on some music and get ready to tidy up your place!

#1 Clear Clutter

The first thing you need to do is to clear your space of clutter and put things back where they go. I know all too well the act of taking things out but never putting them back. Once this is done you'll already start to feel more organized which should motivate you to keep going!

#2 Sort through your closet

Spring is the perfect time to go through your closet and sort out what you got a lot of use out of during the winter and what items you may have neglected. Make two piles, one of things to keep and another to give away. Donate or give these items to friends or family. Just because you have no use for something anymore doesn't mean someone else won't!

#3 Clean surfaces

Dust all flat surfaces, and I mean ALL of them. Don't forget tops of ceiling fan blades and even ceilings they can collect dust too. Once dusted, wipe down all your surfaces with your choice of all purpose cleaner. Flat surfaces collect much more dust and debris than you may think!

#4 Clean out the fridge

This is a good opportunity to clean out your fridge and get rid of things you may have forgotten about. You can also take everything out as you go and wipe down the shelves.



#5 Deep clean bathroom

Give your bathroom the deep clean it deserves. It's easy to neglect because it's not something you want to do everyday, makeup for that by doing one big deep clean!



Broom and dustpan ready to freshen your space!



All purpose cleaner with a dishcloth

#7 Windows

You want to see the grass turning green and the flowers blooming, don't you? Then clean your windows! Clear away those smudges with a glass cleaning and a cloth.

#8 Wash bedding

While organizing your space it's a good time to throw your bedding and sheets in the wash. Depending on the type of pillows you have it couldn't hurt to throw those in as well. The same goes for washing pillows and blankets from your living room. Freshen up your space!

#9 Sweep and vacuum everywhere

I know this sounds like a lot of effort but trust me it's worth it. Move your furniture and sweep and vacuum under everything. Especially if you have pets, fur can get under and hide everywhere. This can also give you a chance to move around pieces of furniture and rearrange your space giving it a new feeling for the new season

#10 Change batteries

Go around your house and replace all the batteries in the appliances that need it. A very important one to check is your smoke and CO2 detectors. It's better to be safe than sorry so get on those step stools and check!

Follow all these tips to refresh your house for the new season.



Squeaky clean!



Scan here for more tips



Only One Meal for the Rest of Your Life, What Would It Be?

Exploring the One-Meal-a-Day Diet

Written by: Melanie Stanley



One meal A day
graphic of fried
fish

As college students, we are always on the go between classes and work. We don't always have the time to eat a proper meal. It has become a norm but is eating one meal per day really that bad for our health?

The One meal per day is also known as the OMAD diet, whether you mean to eat like that or not, the effects of eating One meal a day are prevalent. It forces the body to burn fat and is a type of intermittent fasting. OMAD is strict because of the timing when eating. Most who do this diet typically don't eat for about 23 hours then consume all their calories in one sitting. This diet

"Is it Safe to Eat One Meal a Day?" written by the WebMD and reviewed by Doctor Dan Brennan who is a board-certified pediatrician, explores the pros and the cons of trying such a trend and includes their own study results which I summarized on the next page.

No matter the diet you choose, every diet has risks and this one could increase your blood pressure and cholesteryl which could cause spikes, crashes and even light-headedness. In the end, please listen to your body as it will let you know if you need to change your methods of sustaining yourself. There are much safer diets out there that do not involve putting your body in shock.

The Pros

Weight loss- It may burn fat This can only occur when you burn more calories than you gain. However, intermittent fasting has been already proven to generally help individuals lose weight. You can still try to eat in the morning and fast into the evening to see if that works for your body.

It may improve your metabolism

You could feel more alert



The Cons

Like with any diet, it is difficult to sustain it and it may make you hungrier, especially if you are going immediately from eating three or more meals a day into a single meal a day. Some symptoms of switching over are irritability, constipation, and low energy because of the calorie deficiency.



Sources:



OMAD
Healthline
QR



QR Code 1
Webmd

How Chocolate is GOOD For You

The Power of Cacao Beans

Written by. Adrian Atad

Chocolate is undoubtedly one of the most beloved treats around the world; often described as a guilty pleasure, people of all ages and cultures indulge in this treat. However, did you know that chocolate could actually be healthy for you?

Of course, a king-sized Snickers bar wouldn't promote health, but the main ingredient can. Native to the Amazonian Basin, cacao beans are processed into a fine powder that is used in many people's favorite treats.

Cacao beans are a superfood that offers numerous health benefits. Baptist Health researched and explored such benefits which revealed that, "**Cacao is rich in micronutrients polyphenols and powerful antioxidants flavanols,**

which help reduce inflammation, lower blood pressure and improve cholesterol and blood sugars."

Another extraordinary feat of cacao beans resides with its effect on glucose within the body. Hidayat Aliouche, a researcher at News medical revealed that "**Cacao contains flavonoids which improves glucose homeostasis."**

The improvement in glucose homeostasis manages insulin spikes and can truly benefit those with diabetes.

Lastly, according to WebMD, "**The fiber in cacao beans promotes healthy digestion."** With this, in addition to the other health benefits, these

cacao beans provide a much higher quality fiber source than traditional foods like black beans or bananas.

Now the question stands, how should cacao beans be consumed? Of course having cacao mixed with sugar, milk, and other sweet ingredients would lose its merits to health.



In order to truly utilize the power of cacao, there are many routes one can take. For convenient and quick access, grocery stores sell an array of cacao based products. For example, dark chocolate with above 85% cacao or cacao powder that can be put into smoothies and milk.

Other methods to consume cacao include chopping the bean into small portions and adding the "**nibs**" into a trail mix of your liking in order to get that boost of antioxidants. As well even spreading those nibs around a piece of bread and peanut butter.

There's a humorous irony that the ingredient in the world's most unhealthy foods is also a major superfood to actually promote health. Whether for the benefit of inflammation, blood pressure, cholesterol, glucose management, or digestion, the value in cacao beans are irrefutable.



Cacao beans with shell



Lindt, Dark Chocolate with 90% Cacao



Lindt, Dark Chocolate with 85% Cacao

Citations:

<https://www.baptist-health.com/blog/health-benefits-of-cacao-5-easy-ways-to-use-it/>

<https://www.webmd.com/diet/health-benefits-cacao-nibs>

<https://www.news-medical.net/health/What-are-the-Health-Benefits-of-cacao.aspx>

Are the Benefits of Adobe Suite Worth How Much you Pay?

By: Emma Ayala

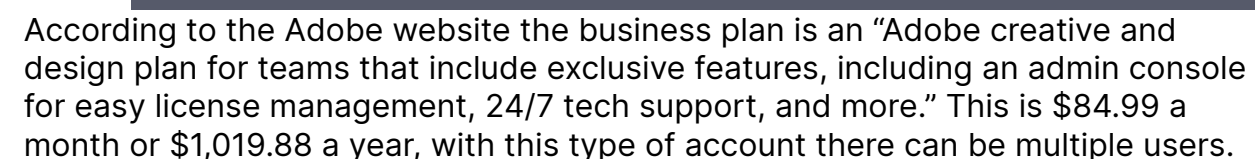


Adobe Creative Suite is a very popular cloud that many people use which includes apps like Photoshop, Illustrator, Indesign, Premier, and many others.

There are different price ranges depending on which type of profile you sign up for. There are accounts for individuals, students and teachers, and businesses.

For individual accounts you can either pay \$599.88 upfront for the year, \$54.99 a month which totals to \$659.88 a year, or pay \$82.49 a month and be able to cancel anytime. You can also pay an additional \$29.99 a month for Adobe stock which provides millions of images.

Another option is for students and teachers, if you make an account proving that you are one of the two then you can save just over 60% of the payments you make.



For all of the different types of accounts, it is cheaper to pay upfront for the whole year than pay month to month. If you have the money to pay for the whole year you will be better off.

Overall, even though it may seem like a lot of money there are so many apps that are included in the Adobe cloud that make it worth the cost. There are not many programs like the Adobe suite which allows you to be creative using many different types of apps to express said creativity.

The best piece of advice for making the Adobe suite most worthwhile is to do your research. Make sure that you know all of the features that you can possibly use in your account so that whenever you are trying to create something adobe can make your life easier.

The Adobe suite is definitely worth the price if you use as much of the features as possible. When you are paying this price you want to utilize everything because what you pay for is based on all the attributes included

A New Way to Eat Sushi!

A Tiktok Sushi Bake Recipe

Written by: Melanie Stanley

I have been wanting to try this recipe since I saw Alissa Nguyen aka @gaming_foodie on Tik Tok explains the recipe. I adjusted some of the ingredients to better suit my taste and everyone trying this recipe should do so too!

Tools:

A decent sized baking sheet or oven safe Pan
A mixing bowl

Ingredients:

Avocado
Cucumber
Salmon - seasoned to preference
Imitation crab- shredded & cut into smaller pieces
1/2 cup of Rice (you might use more rice if your pan is bigger)
Mayo
2 tablespoons of rice vinegar
Jasmine Rice
Nori seaweed paper
Spices for my preference:
Lemons or limes
Salt



All the ingredients.
Feel free to mix it up!

The best way to eat sushi
bake -for QR code



1. Season the Salmon to preference. I used salt, lemon and let the Salmon soak overnight
2. The next day (or an hour later for a fast cook), take out the salmon and drain the liquid and lemon before shredding the crab meat and adding it to the bowl
3. Start to cook some Jasmine sushi rice.
 - a. Use a pot or rice cooker and wash your rice at least 3 times or until the water runs clear. Once you are done washing your rice, fill it up with water again only to one unit of your pointer finger being over the rice then allow it to boil on the stove on Medium heat till the water dries out.

The cooking and combination process:

4. As the rice cooks, add the rest of your ingredients to your meat mixture.



All the ingredients before
the combination stage

8. Bake the salmon and rice mixture at 380 for about 20 minutes (you could broil for 2-3 minutes)
9. Then add your toppings such as sliced avocado, sliced cucumber, mayo and even more seaweed!



All the ingredients before the
combination stage

5. You may cook your Salmon beforehand in a pan if you do not want to bake it in the oven. Add Mayo to the meat (cooked) mixture and combine well then set aside. For the uncooked mixture, you can leave the meat without the mayo as it was seasoned earlier and put it on top of the rest of the ingredients if you would like it to bake all at once.
6. Combine 2-3 cups of cooked rice with 2 tablespoons of rice vinegar. Mix well then pour rice into an oven safe dish and flatten it to create a flat- equal surface.
7. Top the rice with shredded seaweed before adding the salmon and other toppings

Creamy Broccoli Salad

Easy and Nutritious Side Dish

Written by. Adrian Atad

A delicious and nutritious dish that is easy to prepare and to accompany any meal. Packed with fiber, protein, vitamins, and minerals, this salad offers a healthy and satisfying option for those looking for something quick.

Ingredients:

Dry Ingredients:

- 12 slices of bacon, diced
- 4 cups of broccoli
- 1/2 red onion, chopped
- 8 oz Colby Jack cheese, diced

Baking / Spices:

- 1 tbsp granulated sugar
- 1/2 tsp black pepper
- 1/4 tsp salt



Diced bacon, Colby Jack Cheese, Broccoli, and red onion

Wet Ingredients:

- 1/4 cup clover honey
- 1/2 cup mayonnaise
- 2 tbsp red wine vinegar
- Baking / Spices
- 1 tbsp granulated sugar
- 1/2 tsp black pepper
- 1/4 tsp salt

Directions:

Step 1: In a small bowl, whisk together the clover honey, mayonnaise, red wine vinegar, granulated sugar, black pepper, and salt until well combined. Set aside.

Step 2: In a large mixing bowl, combine the broccoli florets and chopped red onion.

Step 3: Add bacon and Colby Jack cheese to the mixing bowl and toss with the broccoli and red onion.

Step 4: Pour the dressing over the salad and toss until everything is coated evenly.

Step 5: Serve chilled and enjoy.

Plain Greek Yogurt



Reduced Fat Mayo with Olive Oil



100% Honey



Creamy Broccoli Salad

Ghostface Is Back!

A Scream 6 Movie Review

Written By Mikhail Armentia
 Spoiler Warning!

March 10, 2023, Scream came back to theaters for their 6th movie in what is now a hexology. The movie continues the story of the Carpenter sisters who were the main protagonists of Scream 5.

Scream 6 starts off with the murder of a college professor by one of her students imitating the iconic killer in the franchise Ghostface. After the student gets killed by the main antagonist, another person in the ghostface costume, the movie cuts to the Carpenter sisters Sam and Tara.

Familiar faces can be seen as the 4 main survivors from the previous movie can be seen together as they formed what they called the **"Core four"**.

Scream 6 like all other Scream movies did not hold back on pointing out the cliches. The same cliches such as anyone could be the killer, don't trust even your closest friends, and even having one of the characters explain the rules of surviving a horror movie.

Scream 6 like all other scream movies followed the same premise where there's an unstoppable killer fixated on the main characters, what felt like 10

minute chase scenes, and the main character defeating the masked pursuer at the end.



Scream Movie Poster

Janelle Armentia, a chemical engineering student at UCONN had mixed feelings about the movie saying **"it wasn't anything special, it was just 2 hours of people stabbing each other."**

However, Scream 6 did an excellent job to end the movie. As the main survivors are trapped in a building surrounded by a shrine of props, costumes, and pieces of documentation from the previous Scream movies while they are fighting the newest killers in the scream costumes.

The main character, Sam Carpenter, is drawn to the original scream costume that was worn by her father Billy Loomis who is basically the father of the Scream character. While being haunted by the thoughts of wearing the mask like her father.

At the end, Sam uses the only weapon she could find which is her fathers knife and wears his costume as she stabs the final Scream villain. The scene felt poetic as the franchise started with the first costume and knife worn by Billy Loomis and ended with the same costume and knife used by Billy's daughter.



Ghostface illustration

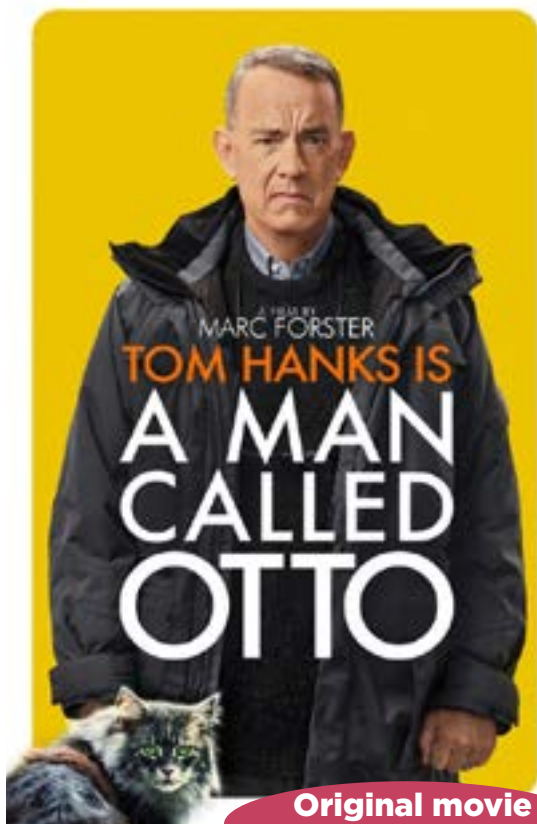


Ghostface weapon illustration

A Beautiful Tearjerker to Watch

A Movie Review of A Man Called Otto

Written by: Melanie Stanley



Original movie poster



Cat from A Man Called Otto

A Man Called Otto is a film directed by Marc Forster that came out in December of 2022. The movie follows Otto, played by Tom Hanks, an older man who has seen most things in life which led him to become grumpy and want to end it all. Till the young new neighbors move in, the pregnant Marisol and her family who remind him about what it means to be alive instead of simply living to die.

This story is truly beautiful, and I will do my best to not spoil it. Before I begin, I will warn that this story does have mentions of suicide and sensitive themes so please make a conscious decision as these are topics that not all are comfortable with watching. So please use your discretion.

In the beginning, nothing Otto does makes sense, from his daily routine to his interactions with his neighbors. However, through flashbacks and explanations by the other characters and Otto himself, we start to understand why Otto is the way he is and how he was truly changing to become an even more beautiful man.

This movie has a rotten tomatoes score of 69% but an audience score of 97%. I must agree with the audience with this score more than the critics because it truly was a great movie with a wonderful theme.

This film was also nominated for 5 awards: AARP Movies for Grownups Awards 2023: Movies for Grownups Award with the Best Intergenerational Film and Best Actor: Tom Hanks, The GLAAD Media Awards 2023 for Outstanding film-wide release, Hollywood Music in Media Awards (HMMA) 2022 for Best Original Song of an independent film: Rita Wilson's **"Till You're Home"** and finally the International Film Music Critics Award (IFMCA) 2023 for Best Original Score for a Comedy Film: Thomas Newman.

I think that anyone should check it out and give it an open-minded view as it does have a very realistic plot that is refreshing yet sad at the same time.

Sources

IMBD Source: <https://www.imdb.com/title/tt7405458/>

Rotten tomatoes: [https://www.rottentomatoes.com/m/a man called otto](https://www.rottentomatoes.com/m/a_man_called_otto)



Melanie Stanley's reaction watching the movie



IMBD QR code



Rottentomatoes QR code



A picture of the NECA ALF figure, displayed with his yellow shirt and sunglasses.

Remember ALF? He's Back... In NECA Form

Pick Up an ALF Today!

Written by: Zach Gomes



A measurement of how tall the ALF figure is.

Does anybody remember ALF? ALF was a TV American sitcom that aired on NBC back in 1986. The show focused on ALF (acronym for Alien Life Form) who lived with the Tanner family after crashing his spaceship into their garage. The series was remembered for ALF's unique design as well as his wise-cracking personality.

NECA, a company best known for releasing action figures, released a figure of ALF in January of 2023. The figure includes ALF, who stands at about six inches tall however is a very articulated figure. ALF's head, arms, and hands can be rotated all the way around. His legs can bend to a 90 degree angle. His waist, chest, hands, and feet can also be rotated. ALF's mouth can even be opened if you want to display him eating something. Also, ALF comes with a total of seven hands; two opened hands, two pointing hands, and three hands for holding accessories.

On the topic of accessories, there are lots of accessories to accommodate the ALF figure. ALF comes with a bag of slime balls, a bowl of popcorn, a portrait of his girlfriend Rhonda, and much more. One of his more notable accessories is his can of Pepsi. This can has the word "Fusco" branded on its side. This is a subtle reference to Paul Fusco, who created and voiced the ALF character.



The ALF figure displayed with all of his accessories.

The NECA ALF figure has been praised by toy collectors and critics online. YouTuber DorkLair reviewed the ALF figure, and said **"I am very happy with how this ALF action figure came out. It's just got so much character, loaded with accessories, a lot of fun, and it looks great and feels good in-hand, like it's a fun figure to play with."** YouTuber Unparalleled Universe also reviewed the ALF figure, in which he stated, **"Strictly from like, an action figure fan perspective, I think this guy's awesome. And if you're a fan of ALF, I strongly suggest you pick this up. Personally, I think that, you know, you'll love this thing cause it gives you everything you'd want out of an ALF figure."**

Both users praised NECA for the ALF figure and recommended it to buyers. Even though Unparalleled Universe mentioned in his video he doesn't have an attachment to ALF, he still highly recommends it to any fans of the show.

If you are interested in picking up an ALF figure, he is available online for purchase. He is listed on multiple toy and action figure sites, but your best bet is buying him from Amazon. Below is a link which will take you directly to the listing:

<https://www.amazon.com/NECA-Alf-Ultimate-Action-Figure/dp/B09W19D6D1>

Easter Craft

Learn How to Crochet Easter Bunny Eggs!

Written by: Chloe Boucher

Body:

Round 1: 6 single crochet into a magic circle (scan QR code link to video for help with this!)

Round 2: 2 single crochet into each stitch in the circle

Round 3: [Single crochet in the next stitch, 2 single crochet in the next] 6x

Round 4: Single crochet in the next stitch, 2 single crochet in the next stitch, [single crochet in the next 2 stitches, 2 single crochet in the next stitch] 5x, single crochet in the next stitch

Round 5 & 6: Single crochet into each stitch around for two rounds

Round 7: [single crochet in the next 7 stitches, 2 single crochet in the next stitch] 3x

Round 8: Single crochet in the next 4 stitches, 2 single crochet in the next stitch, [single crochet in the next 8 stitches, 2 single crochet in the next stitch] 2x, single crochet in the next 4 stitches

Round 9 -13: Single crochet into each stitch around for the next 5 rounds



The starting circle of the bunny's top



Use a stitch marker to help keep track of the start!

This is around the time you can start adding the face details to your bunny! You can use safety eyes made for crafting or you can use different colors of yarn and a tapestry needle to weave them in.

Round 14 - 16: Single crochet into each stitch around for the next 3 rounds

Round 17: [Single crochet in the next 3 stitches and then single crochet 2 together] 6x (scan QR code link to video for help with this!)

Now it's time to start stuffing your bunny! Shape your bunny as you stuff it with poly-fill!

Round 18: Single crochet in the next stitch, single crochet 2 together, [sc in the next 2 stitches, single crochet 2 together] 5x, single crochet in the next stitch

Round 19: [single crochet in the next stitch, single crochet 2 together] 6x

Round 20: [single crochet in the next stitch, single crochet 2 together] 4x

Slip stitch to the first stitch to finish the round off and seal up the bottom with a tapestry needle; weave it securely.



Bunny with embroidered face



Follow the pattern without ears and face to create an easter egg!

Ears:

Round 1: Single crochet 6 into a magic circle

Round 2: [single crochet in the next stitch, 2 single crochet in the next stitch] 3x

Round 3: Single crochet in each stitch around

Round 4: Single crochet in the next stitch, 2 single crochet in the next stitch [single crochet in the next 2 stitches, 2 single crochet in the next stitch] 2x, single crochet in the next stitch

Round 5 - 10: Single crochet in each stitch around for the next 6 rounds

Round 11: Single crochet 2 together, single crochet in the next 2 stitches, single crochet 2 together, single crochet in the next stitch, [single crochet 2 together] 2x, single crochet in the next stitch

Round 12: Single crochet in the next 5 stitches, single crochet 2 together, single crochet in the next stitch

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Slip stitch to the first stitch. Be sure to leave a long tail to attach the bunnies ear to the body!

Inner Ear (optional):

Chain 2

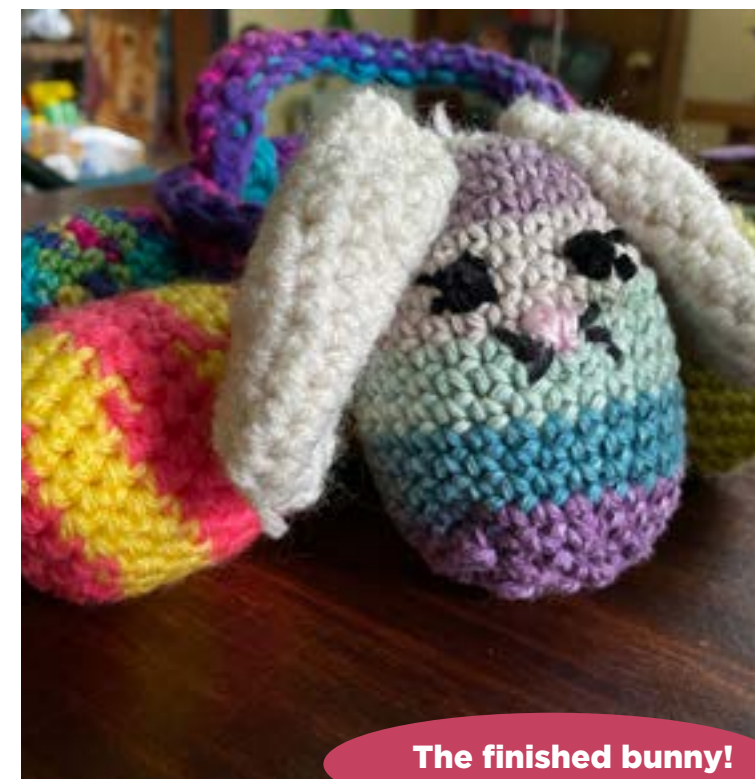
Row 1: in the back of the chain: Single crochet 2 in the 2nd chain from the hook

Row 2: 2 single crochet in the next stitch, single crochet in the next stitch

Row 3 - 5: Single crochet in each stitch across for the next 3 rows

Row 6: Single crochet 2 together, single crochet in the next stitch

Row 7: Single crochet 2 together



The finished bunny!

Fasten off leaving a long tail to attach to the body! Weave the inner ear to the ears.

Stitch in your bunnies ears however you'd like them to sit! (upright or down)

And you're all set, Happy Crafting!



easter craft
pattern



single crochet
2 together link



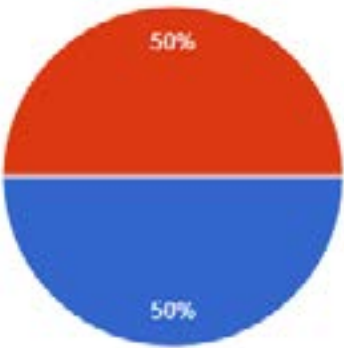
magic circle
link

47

Results of the Polls from Last Issue!

Will you be watching the movie Cocaine Bear?

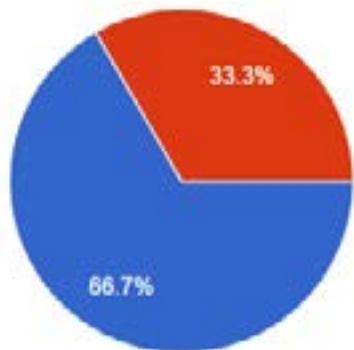
2 responses



- Yes
- No
- Already Have

Do you think Ice Baths / Cold Therapy are Beneficial or Sensational?

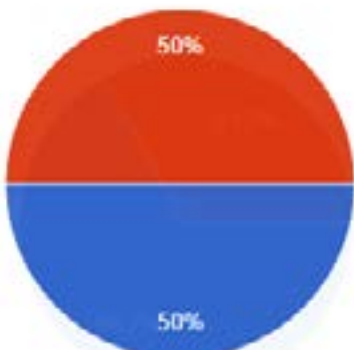
3 responses



- Beneficial
- Sensational

Do you prefer the Fall Back or the Spring Forward?

2 responses



- Fall Back
- Spring Forward

Word Scramble

- ATC IN EHT HTA
- ORNMGCAE
- MSECRA
- SETAER FRTSCA
- OCHETOCAL
- SSHUI
- ONE MLAE A DAY
- RSGPNI NGELICNA
- BICLMI IFTRCNOI
- AOEDB TIESU
- LUQIL ADN BSURH

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Answers upside down

- QUILL AND BRUSH
- ADOBE SUITE
- LIMBIC FRICTION
- SPRING CLEANING
- ONE MEAL A DAY
- SUSHI
- CHOCOLATE
- EASTER CRAFTS
- SCREAM
- GAMERCON
- CAT IN THE HAT
- LUQIL ADN BSURH
- AOEDB TIESU
- BICLMI IFTRCNOI
- RSGPNI NGELICNA
- ONE MLAE A DAY
- SSHUI
- OCHETOCAL
- SETAER FRTSCA
- MSECRA
- ORNMGCAE
- ATC IN EHT HTA

Word Scramble

GILT LEAF GAMES

Gilt Leaf Games is a hobby store that specializes in all sorts of tabletop games such as Trading Card Games, Dungeons and Dragons, and various board games.

 Giltleafgames@gmail.com

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