

THE CURRENT

THREE RIVERS COMMUNITY COLLEGE



CT STATE BUDGET CUT RALLY

4



FRESH CHECK DAY

10



TBBCF WALK

17

SCAN FOR ONLINE ISSUES



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When will they listen?

Article by Jesse Bisunia
Photography by Jesse Bisunia

Several concerns regarding Connecticut’s commitment to accessible and affordable higher education arose when its State Community Colleges experienced a significant budget cut in 2023. The reduction has adverse effects on both students and the overall education system. Reduced funding results in decreased resources and services for students, which causes fewer course offerings, bigger class sizes with less support service availability. This ultimately leads to poor quality of education received by learners leading them towards jeopardized academic success or future career prospects due to inadequately prepared level of competence gained from such diminished learning environment brought upon by budget cuts.



Jessica holds up a sign at the rally.

In addition, a decrease in budget can result in enduring consequences for Connecticut’s economy and the growth of its workforce. The State Community Colleges have an essential function as they train students to enter the job market with necessary skills that align with industries within the state.

When funding is insufficient, these colleges may find it tough to keep pace with changing demands and update their programs accordingly. This could give rise to skill shortages leading towards diminished competitiveness on a global scale while having long-term negative impacts



Group photo in front of the legislator’s office in Hartford.

on economic prospects at large.

Vulnerable and undervalued communities may suffer disproportionately due to budget cuts. Community college attendees often come from low-income families or are first-generation students seeking higher education. These institutions serve as a pathway for social and economic advancement in their lives. However, when budgets are reduced, these individuals encounter greater obstacles on the path towards obtaining a degree while also worsening inequality by creating an opportunity gap between them and others who receive sufficient support.



Student and Teacher listening to speeches at CT State Rally in Hartford.

CUTTING OF THE SASH



Students from various community colleges partake in the sash-cutting ceremony.



Student holds up "Community College My Only Choice" sign at Hartford rally.

Perks of having a well-funded education system

- » Improved Student Performance
- » Enhanced Teacher Quality
- » Equity and Access
- » Innovative Programs
- » Higher Graduation Rates
- » Economic Growth
- » Global Competitiveness
- » Public Health and Safety
- » Civic Engagement



Student guest speaker stands up and delivers powerful speech at Hartford rally.

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

-Winston Churchill

“Nothing is impossible. The word itself says ‘I’m possible!’”

-Audrey Hepburn

Mental Health Awareness

Article by Max Hillyer
Photography by Max Hillyer

In today's world, mental health awareness holds utmost significance since it significantly affects the quality of life and overall well-being of countless individuals globally. Unfortunately, a negative stereotype attached to mental health challenges has hindered people from seeking appropriate care or having open conversations about such issues for years.

Acknowledging this pressing need to break down barriers surrounding mental illness discussions and support avenues, "Fresh Check Day" was introduced by Alycia Ziegler and the staff of Student Programs, as an impactful initiative. This annual event encourages awareness around these kinds of matters while destigmatizing them by providing a supportive platform for those in need.

By raising awareness through Three Rivers Community College campus, we can proactively work towards dismantling stigmas related to psychological conditions that have lived long enough without



Two Fresh Check Day volunteers touching putter at the putting tent.

adequate solutions accessible. Fresh Check Day is an event that unites individuals to confront mental health issues. It furnishes an atmosphere where people can comfortably discuss the intricacies of mental well-being, highlight self-care's significance and explore available resources. Attendees have access to knowledge about different psychological conditions, effective coping mechanisms as well as how they can offer support in tough times or help their friends who are struggling with such challenges. Such occasions underscore our belief that one's emotional wellness plays a vital role in his/her overall vitality while demanding equal attention be given just like physical fitness receives care and consideration.

Fresh Check Day is more than just about raising awareness. It motivates people to take action by seeking help for themselves or offering support to those who require it. These events promote a culture of empathy, acceptance and comprehension which assists in dismantling the obstacles that hinder individuals from obtaining mental health care assistance. By supporting Fresh Check Day we emphasize our concern for mental health while providing an important platform where individuals can come together and share their experiences - ultimately enabling them not only to cope but also flourish within a compassionate community centered on bettering one's mental wellness overall.



Sheila and Dean Barfield enjoying the Fresh Check Day event.

You Matter



Jack and Adam showing off their fully stamped card at Fresh Check Day.



Top: Faculty and students at a #LoveYourSelfie booth at Fresh Check Day.

Bottom: Derek signing the giant pledge poster.



Derek and Joel at the putting tent.

If you think about hurting yourself, scan the QR Code to get help you need from the National Institute of Mental Health



TIME TO FALL IN LOVE WITH THE SEASON

Article by Jesse Bisunia

During the fall season, there are plenty of enjoyable activities to partake in that exude warmth and comfort. The sound of rustling leaves also beckons hikes through scenic trails, providing nice nature walks especially as the weather cools down. These are perfect opportunities to take pleasure in hot drinks like pumpkin spice lattes or comforting bowls of butternut squash soup. Fall offers an array of simple pleasures just waiting to be enjoyed!

Autumn is a time for change!

Poem by Ellwyn Autumn

Autumn is a time for change,
Red, orange, gold and brown,
Leaves scatter across the town!

Autumn is a time for change,
Apple pickin', pumpkin patch,
Choose your favorite from the batch!

Autumn is a time for change,
Haunted houses, harvest time,
Let the spooky doorbells chime.

Photography by Kevin Amenta

Terri Brodeur Breast Cancer Foundation

Article by Derek Denis
Photography by Derek Denis



Couple at the TBBCF walk are having a good time.

Terri Brodeur Breast Cancer Foundation is a non-profit organization whose goal is to raise awareness and secure resources for breast cancer research. Its foundation formed in memory of Terri Brodeur who passed in 2005 due to this disease. The foundation's main aim is on backing investigation into finding a cure by organizing fundraising events such as the annual walk across Southeastern Connecticut known as "Terri Brodeur Walk." This event involves participants gathering together to raise funds towards fighting against breast cancer while garnering support from well-wishers passionate about contributing their resources toward researching potential cures or treatments for it.

The Terri Brodeur Breast Cancer Foundation's focus is on funding research related to breast cancer. Their ultimate goal is making an impact in the journey against breast cancer by generating financial backing

to scientists and institutions dedicated towards discovering effective treatments. They play an essential role in informing us and bettering our understanding of breast cancer while improving the lives impacted by it.



Three ladies supporting the cause at the TBBCF walk.



Three participants at the TBBCF walk, holding up a "Fight Cancer" sign to support the cause.

2024 SPRING SEMESTER REGISTRATION OPENS OCT 30

Be cognizant of registration protocols. Classes fill up quick and you don't want any holds preventing you from signing up for your classes in order to graduate at your planned pace. Be mindful that students from all around the state may be signing up for classes at Three Rivers so courses have an increased chance of filling up a lot faster than usual. Reach out for help if you need it and happy registering!

2023 FALL SEMESTER WITHDRAWAL PERIOD

You're not alone. It's ok to fall short. It's not the end of the world. If you feel like you're struggling this late into the semester, approach your professors and academic advisors on any solutions to help put you back on track. Assess if withdrawing from a class is the best option for you without it affecting your GPA. The final day to withdraw from classes for the 2023 Fall semester is **November 17**.

THREE RIVERS GOES INTO LOCKDOWN

Three Rivers Community College has issued a campus-wide lockdown Wednesday, October 18 at around 11 AM by direct order of the Norwich Police Department due to a barricade situation on the New London Turnpike. Police responded to call of an armed man who barricaded himself in his home. At around 3 PM, NPD deemed the investigation to be all clear and not a threat to the public.



Exterior view of the TRCC campus.

A Trip To Block Island

Article by Jesse Bisunia
Photography by Jesse Bisunia

Block Island, situated just off the coast of Rhode Island, is a tranquil and picturesque haven for nature enthusiasts. With its stunning natural landscapes and immersive local culture activities available to visitors, there's plenty to see and do here. One must-visit attraction on the island is Mohegan Bluffs, where you'll be treated with breathtaking views from towering cliffs as far as your eyes can reach! If hiking or biking through scenic routes excites you then make sure this spot tops your itinerary without any delay. For those who prefer leisurely beach experiences Crescent Beach and Mansion Beach are two perfect options offering pristine sandbars ideal for swimming, sunbathing or indulging in water sports suitable for all types of travelers throughout summer vacations with never-ending balmy weather. The period ranging from June to August is the ideal time to visit Block Island as it offers a pleasant climate and grants visitors unhindered access to its many attractions. During this season, there are exciting festivals and events taking place which enable travelers to experience local culture up close. Those interested in traveling can easily hop on frequent ferry services departing from Point Judith, Rhode Island or New London, Connecticut- both excellent transportation options available throughout the year. Furthermore, seasonal flights operate regularly from nearby airports thereby providing yet another convenient means of reaching this idyllic destination!



Top: View of lighthouse off the coast of the isle. Middle: Isolated beach on south side of isle. Bottom: Stacked rocks on beach on north side of isle.

"Block Island" Logo by Jesse Bisunia



Lighthouse on the north side of Block Island.

Dropkick Murphys & Lee Brice

Article by Jesse Bisunia
Photography by Jesse Bisunia

The Dropkick Murphys concert at Mohegan Sun Arena was an unforgettable event that left a lasting impression. The high voltage performance from the band and the enthusiastic audience created an electric atmosphere, infectiously spreading energy throughout the arena. With their iconic tracks, there was no stopping the indomitable spirit of excitement which charged through every corner while fans passionately sang along. Fusing punk rock with Celtic folk melodies resulted in a dynamic and distinctive sound that had everyone dancing, singing and fully immersed in thrilling experience!

Interactions between the musicians and their audience were among the evening's highlights. They created a community spirit by being genuine and interacting with fans, which made everyone feel like they belonged to a vibrant, close-knit group. Beyond simple entertainment, this show offered an immersive experience that enthralled us and made us glad we were there. Dropkick Murphys transported us to an extraordinary aural experience that transcended our physical surroundings, whether they were playing punchy punk rock songs or heartbreaking ballads.

Above all else though, this event showed how music can unite people from various backgrounds into one joyful entity, creating unforgettable moments together as we cheered along every beat and sung out each word in unison for hours after leaving! It left me eagerly waiting for when I could see them perform again next time around.



Dropkick Murphys' lead singer, Ken Casey, showing out for the crowd.



Lee Brice having a moment of unity with the crowd.

Article by Jesse Bisunia

“We cannot solve problems with the kind of thinking we employed when we came up with them.”

- Albert Einstein

“Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.”

- Dale Carnegie

“Don’t let yesterday take up too much of today.”

-Will Rogers

“If you love your job, you will never work a day in your life.”

-Author unknown