Quill & Brush

Fall 2016

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Quill and Brush is a student-operated club that creates and publishes art and literature for **Three Rivers Community College**. Open to students, staff, and faculty, this bi-annual magazine is published free of charge and made available every semester throughout the **TRCC** campus

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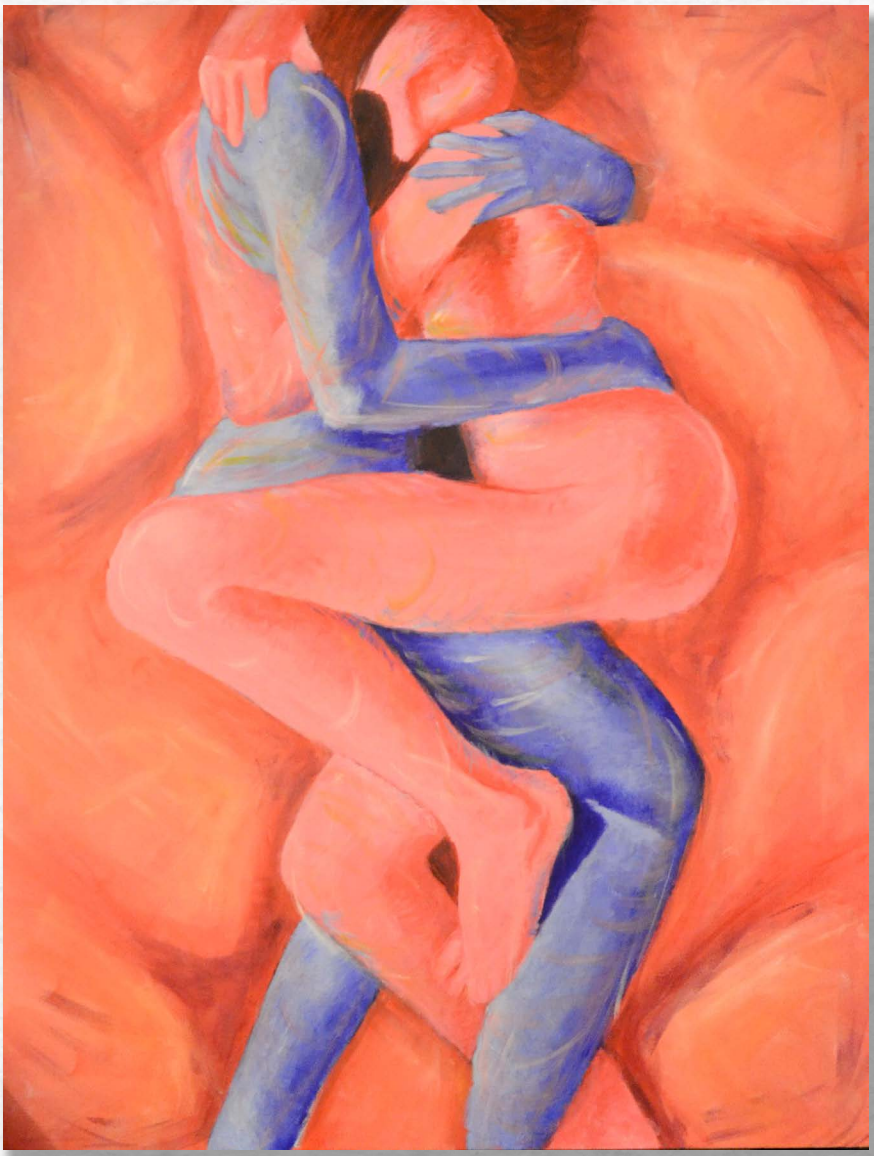
FINE ARTS



Sarah Heikkinen

Kellie Dougherty

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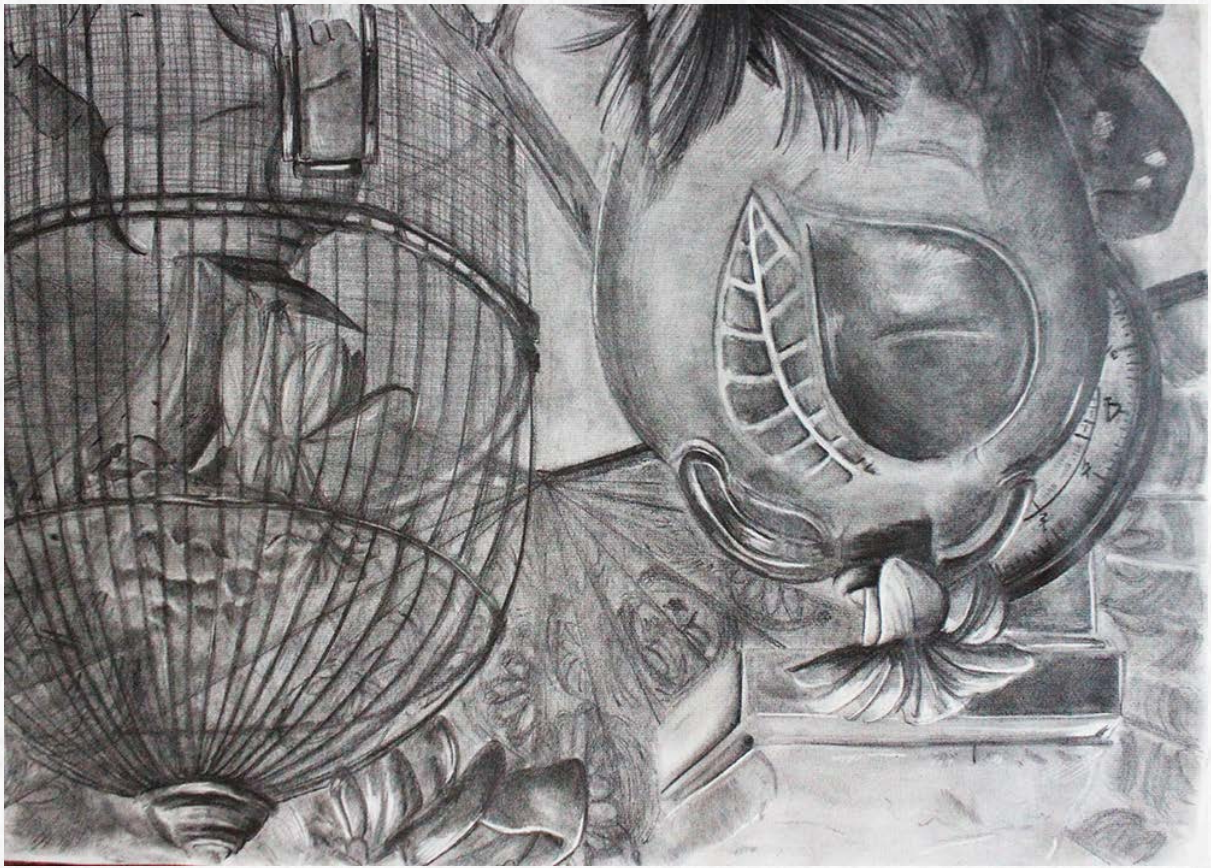

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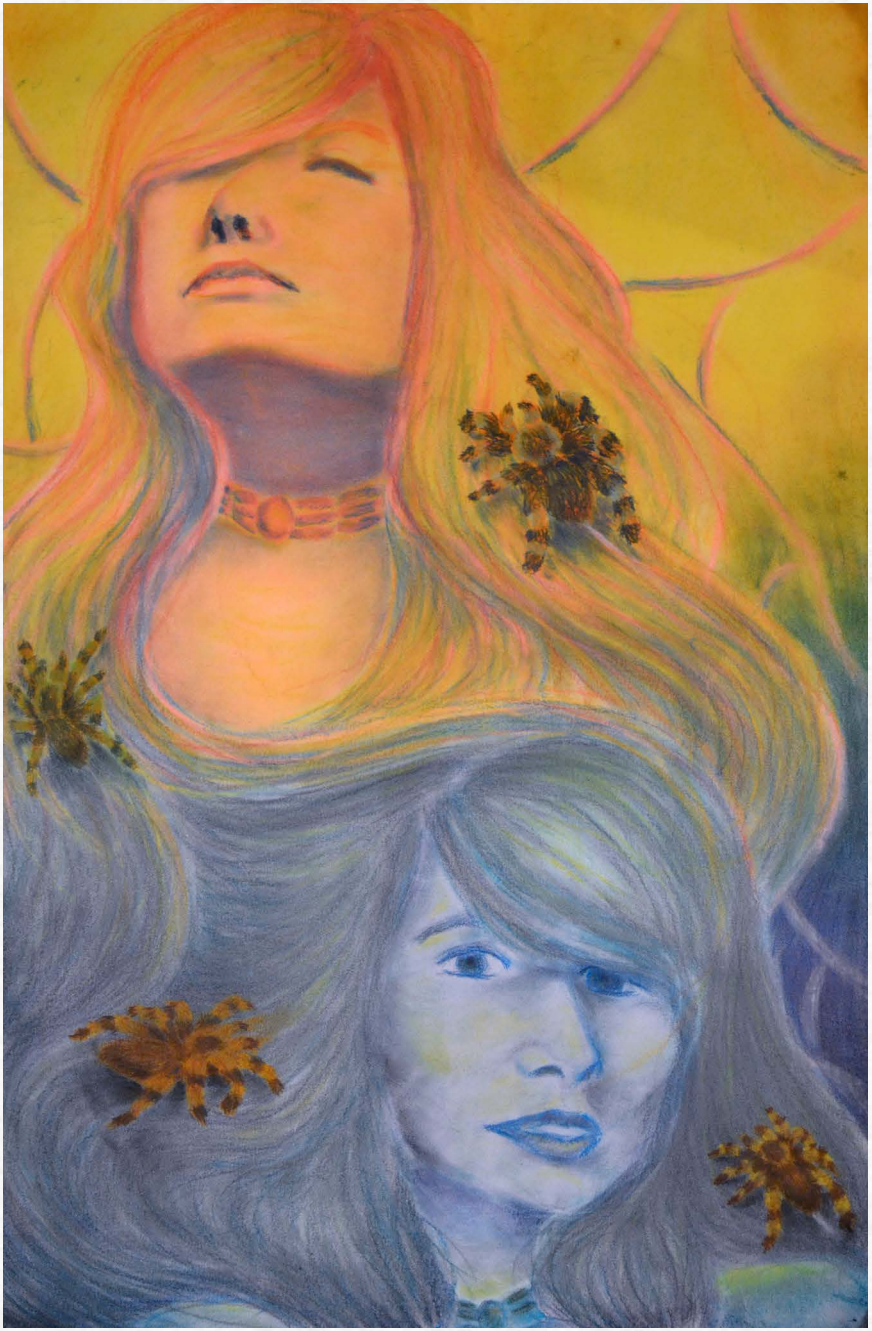

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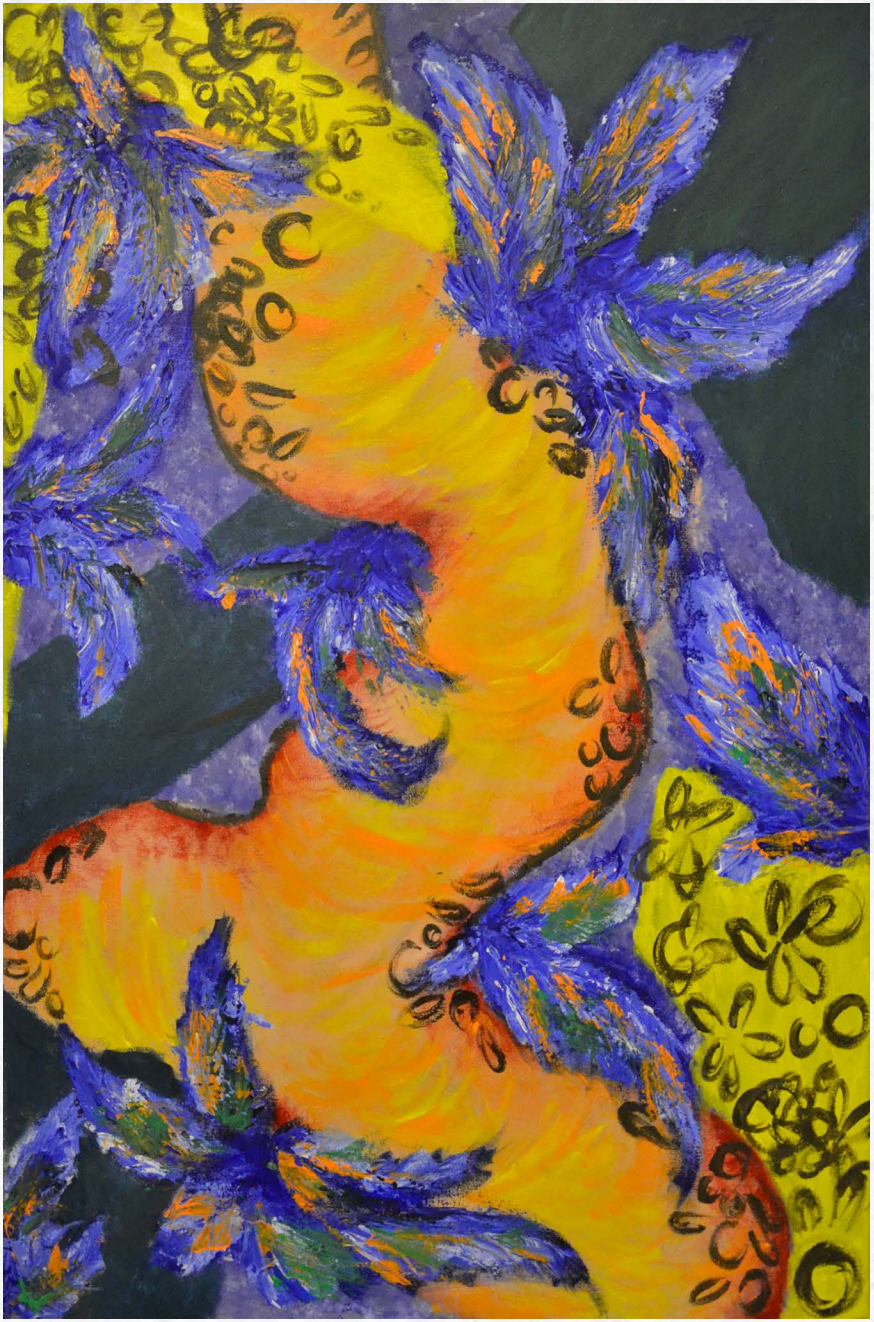
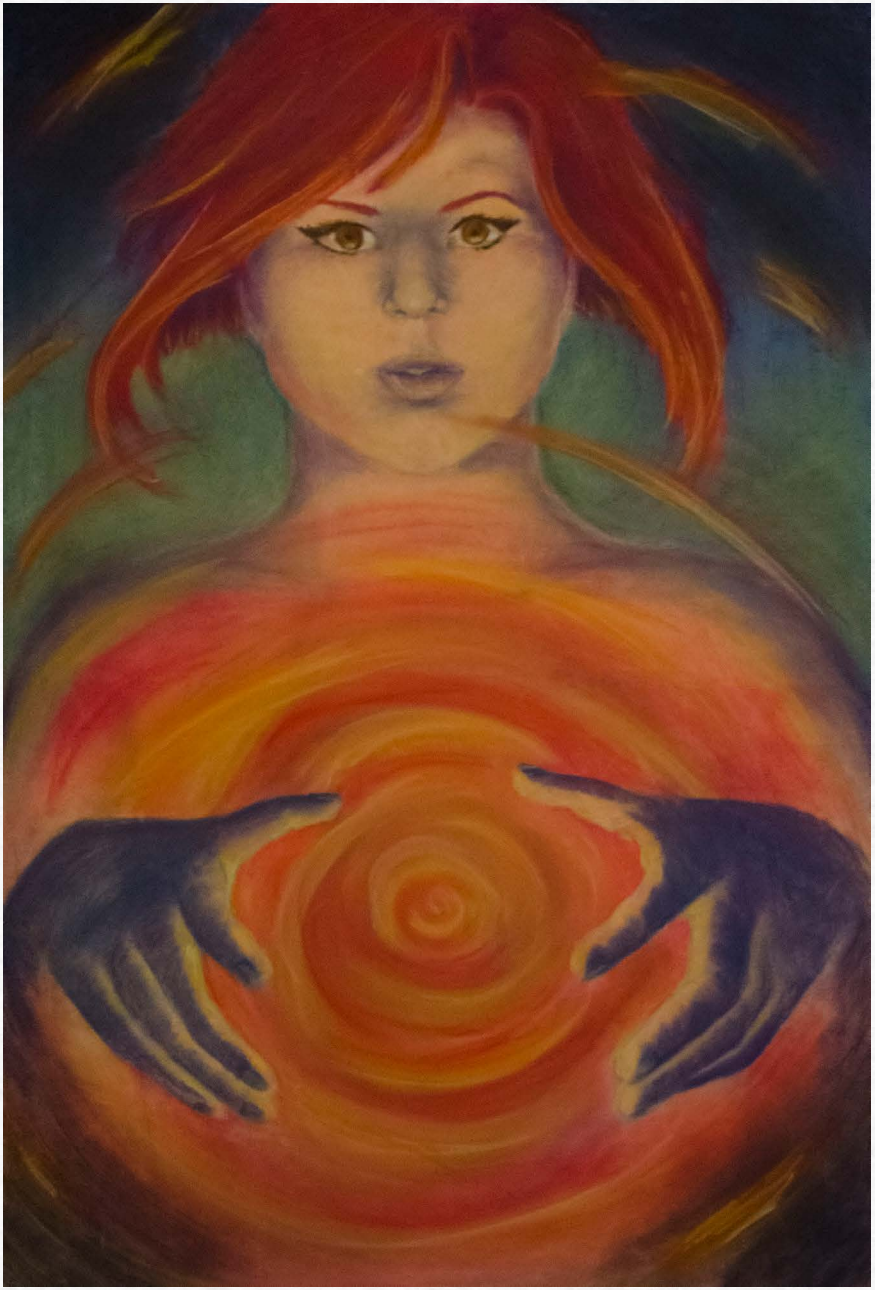
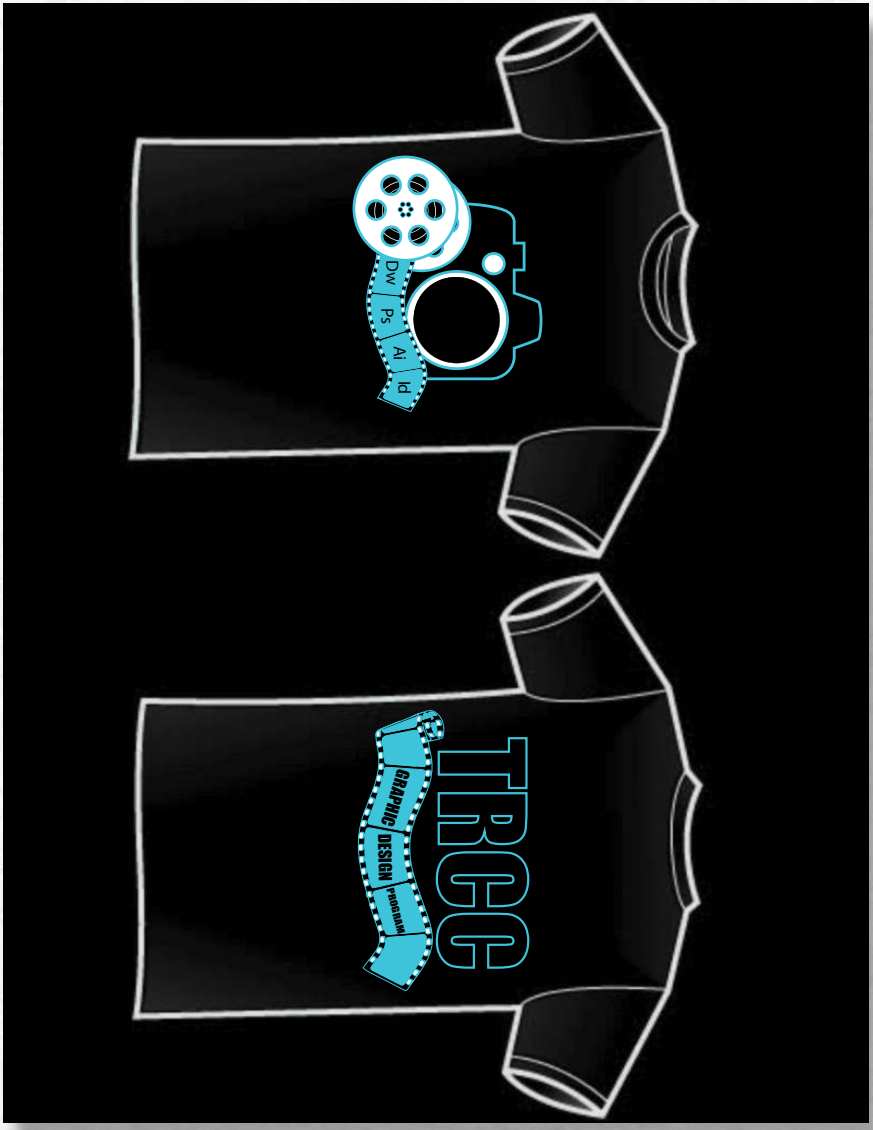




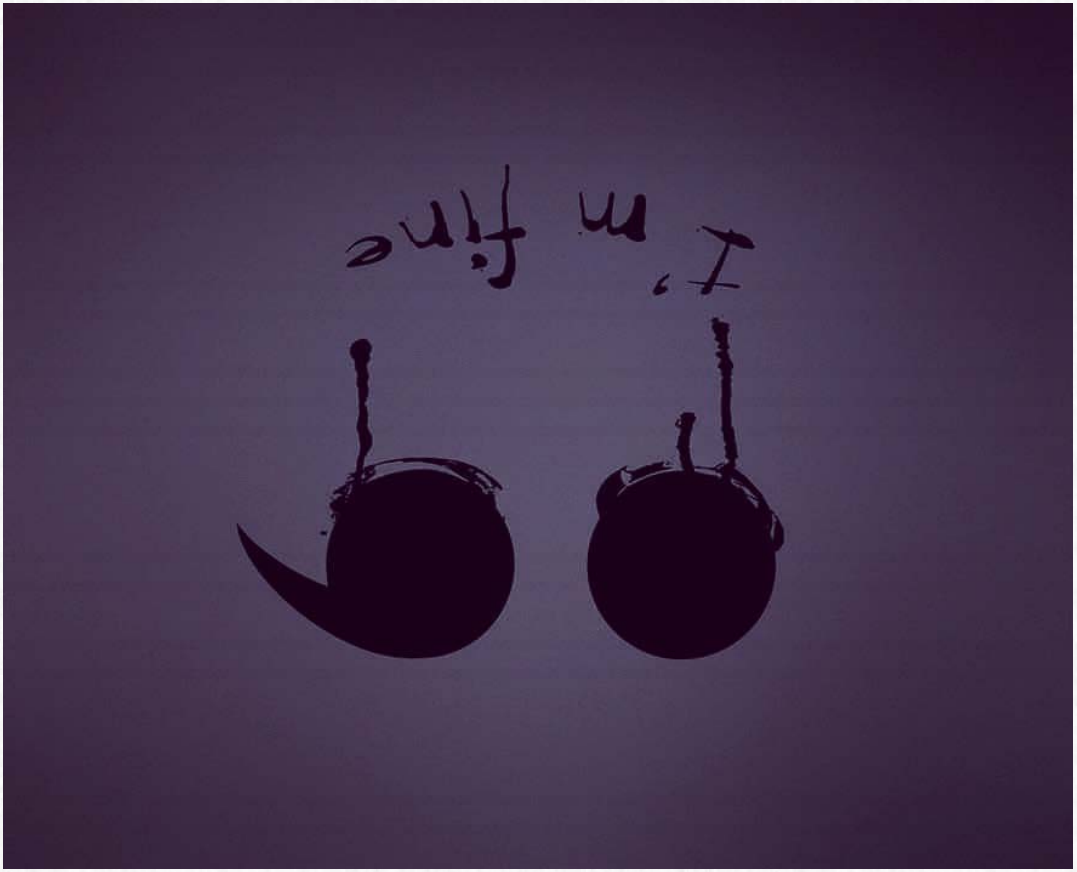
Sarah Heikkinen

DIGITAL ART

Chelsea Ahmed




Nutrition Facts
Serving Size 3/4 cup (30g)
Servings Per Container about 14
Amount Per Serving
Cereal
Cereal with 1/2 cup Skim Milk
Calories 225 150
Calories from Fat 0 0
% Daily Values**
Total Fat 0g* 0% 0%
Saturated Fat 0g 0% 0%
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 0g
Cholesterol 0mg 0% 1%
Sodium 120mg 3% 8%
Potassium 20mg 1% 6%
Total Carbohydrate 27g 9% 11%
Dietary Fiber less than 1g 2% 2%
Sugars 11g
Other Carbohydrate 15g
Protein 1g
Vitamin A 22% 33%
Vitamin C 50% 73%
Calcium 0% 52%
Iron 5% 18%
Vitamin D 10% 44%
Thiamin 22% 65%
Riboflavin 6% 88%
Niacin 45% 51%
*Amount in cereal. One half cup skim milk contributes an additional 40 calories, less than 5mg cholesterol, 65mg of sodium, 200 mg potassium, 6g total carbohydrate (6g total sugars) and 4g protein. There is a lot of stuff in this cereal!!
**Percent Daily Values are based on a 2,000 calorie diet & Your daily values may be higher or lower depending on your calorie needs or how much you like to feed your face. Yay!!
Calories 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 24g
Cholesterol Less than 300mg 82g
Sodium Less than 2400mg 3000g
Potassium 3500mg 2400g
Total Carbohydrate 300g 320g
Dietary Fiber 25g 12g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4
INGREDIENTS: SUGAR, LEGO PIECE PLASTIC & PARTS, & HIGH AMOUNT OF CANCER CAUSING AGENTS SINCE IT'S NOT REAL FOOD.
VITAMINS AND MINERALS: THERE ARE SOME MINERALS WE CAN'T LIST DUE TO THE FACT THAT THEY ARE TOO HARD TO PRONOUNCE THEREFORE WE AREN'T LISTING THEM.
Processed in the same facility as peanuts, tree nuts, soy and milk.
Distributed By: LEGO-O Incorporated
692 Cereal Boulevard
Minifig, IL 09346 © 2016
Welcome to Legoland!
Start your breakfast right every morning.
Lego-o's are a part of a nutritious breakfast,
made with high quality ingredients.
Lego-o Here!
Lego-o There!
Lego-o Everywhere!
Play with your favorite minifig's!
Collect Them All!
www.lego-os.com/minifig
www.facebook.com/minifiglego
Lego-O's
The Cereal That Smiles Back
Satisfaction Guarenteed
Or Your Money Back
From LEGO-O Incorporated
0 01425887932583487 3
PER 3/4 CUP SERVING
225 CALORIES
0 SAT FAT
120mg SODIUM
11g SUGARS
Lego-O's
The Cereal That Smiles Back
FREE TOY MINIFIG INSIDE
SUGGESTED SERVING
CEREAL ENLARGED TO SHOW TEXTURE
NET WT 15 OZ (425g)


I'm fine

BUILD A BETTER YOU!

BOLT

The Bolt Home Gym System is a one of a kind powerful machine that allows you to be the boss.

No more horrible gym memberships!

Become the confident and strong person that you always wanted to be!

Product Features:

Offers a wide range of targeted exercises which means that you'll get stronger and muscular much faster with this system.

This machine is constructed with tough steel tubing and comes with a durable vinyl seat.

40 different combinations of exercises!

Some Assembly Required

Capacity: 300 Lbs

Muscle Group Routine:

- Triceps & Biceps
- Upper & Lower Abs
- Gluteus Maximus
- Achilles Tendon
- Hamstrings

ONLY

4 Easy Payments of **$199**

Financial Benefits:

More reasonably priced than the leading home gym system!

Most leading systems overcharge their customers. They pay over $1000 for the same equipment.

Maintenance Benefits:

The Bolt System easily stores under any bed, which means that it won't take up space in the house.

Clean up is easy! Wash down machine with a damp cloth of soap and hot water.

One year guarantee for all of the parts.

Returns:

If you are not 100% satisfied with your purchase, contact customer service within 6 weeks of delivery.

Buy the Bolt Home Gym System

Tone MORE muscles

receive a FREE

- Exercise Ball
- Exercise Band

Also Includes:

- A DVD which shows all of the various exercises the Bolt offers.
- 4 Hours of Exercises ranging from beginner to expert levels.

Exercise Enterprise
(800)942- 3348
284 Eastern States Blvd
St.Louis MS. 85942
www.bolt.exerciseenterprise.com

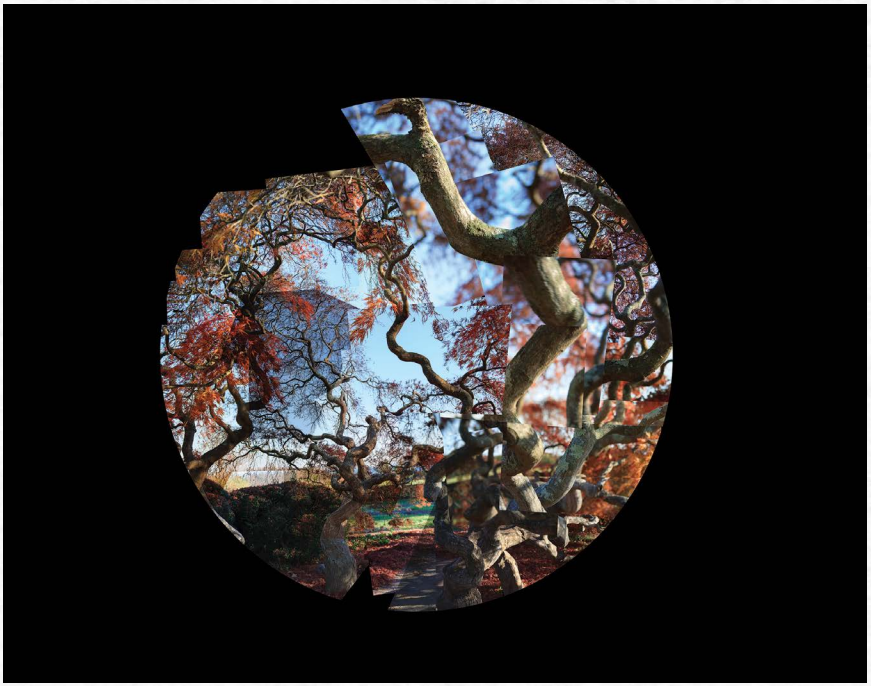
BOLT

BUILD A BETTER YOU

GET MORE FREE

Functional Trainer
Home Gym Workout System

Chelsea Ahmed




NABISCO
New!!
Coffee Flakes
Nutrition Facts
Introducing our New Product
It's a pleasure to finally introduce this new flavor in our new product to the line of cereals. It was long time overdue! This cereal by Nabisco can also be enjoyed by adults. This product has the nutritional values of a multigrain cereals by the other brands, mixed with the flavor of sweetened coffee.
Besides being delicious, this cereal not only tastes like coffee but have the properties of caffeine! Stay awake, always aware! Enjoy our new Coffee Flakes!
Find us!
www.facebook.com/nabisco
www.youtube.com/nabisco
www.twitter.com/nabiscousa
www.linkedin.com/nabisco
The properties of Caffeine:
Less drowsiness; be more aware and alert at work or school! It can also help to lessen the pain of headaches.
Start your mornings with a bowl of our caffeinated cereal and enjoy the rest of your day!
5 014016 150821 >
NABISCO
Coffee Flakes
New!!

PHOTOGRAPHY

Mark Dunning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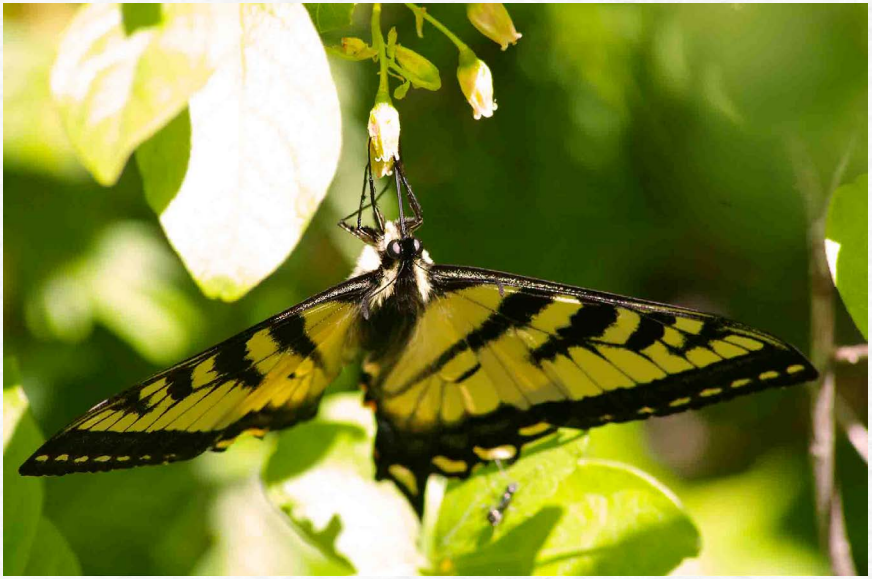

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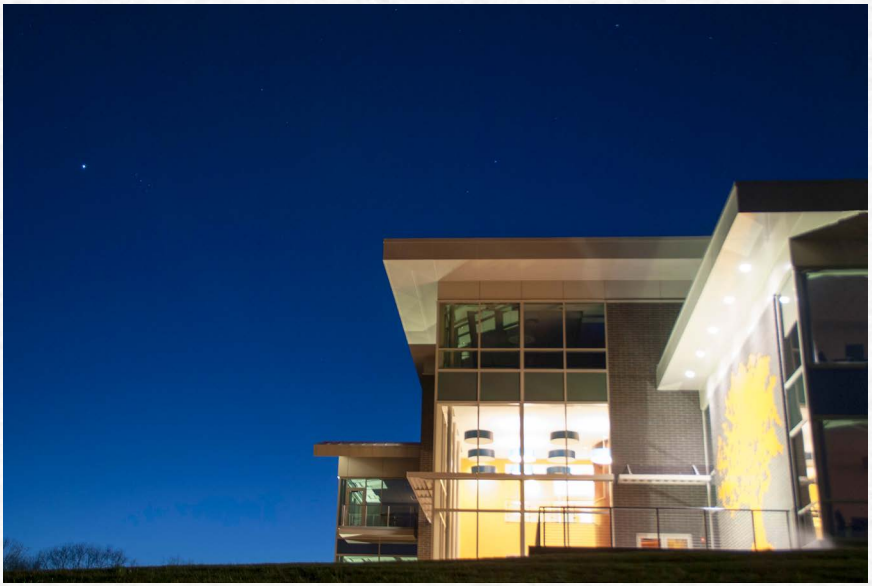
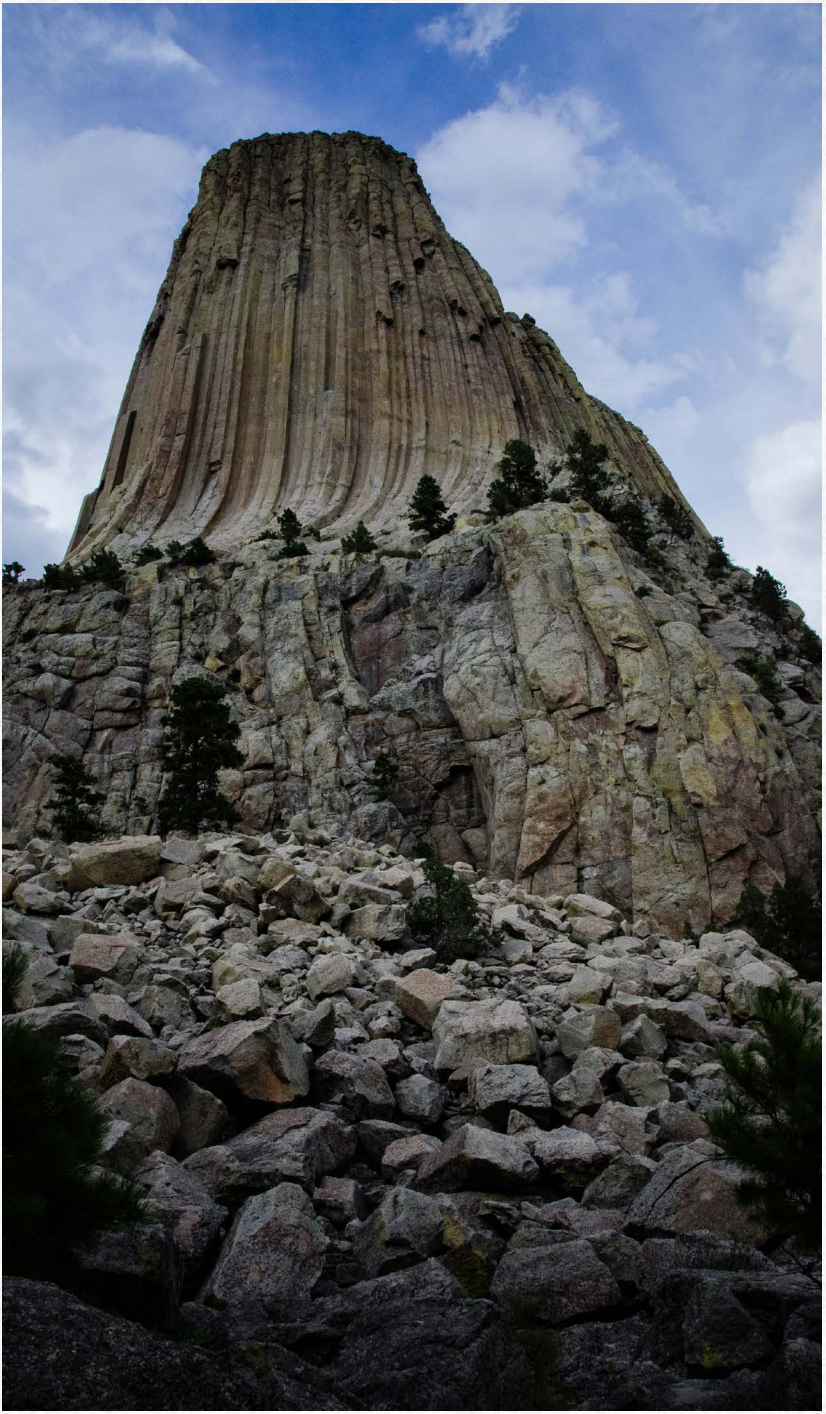


Chelsea Ahmed



Raeshawn Depina

Mark Dunning

LITERARY

Castles of Sand

by Matthew Rogers

Things don't really change.
They all remain the same.
New rules but not the game.
It happens now and then.
From our own demands.
And it will happen once again.
As the new turns to old in their castles of sand.

Tearing down the walls.
We've built as time goes by.
What will we install?
Who will stand to try?
And a new age is born.
Another promised land.
But as time goes on.
The new turn to old in their castles of sand.

Have you ever believed that tomorrow will be a much better day?
And you'll be relieved when your sorrow has gone and you'll be on your way.
Have you ever conceived that the cause of your troubles will come to an end?
I don't think I'd worry too much after all they're just castles of sand.

The Sea It Calls Me

("Cascade" poetry form)
by Barbara Stanley

I love to walk down by the sea,
So many treasures on the shore.
To gain the peace that I have lost,
The sea it calls me, more and more.

I walk along the water's edge,
No other place I'd rather be!
Sandpipers scurry to and fro,
I love to walk down by the sea.

When waves recede and seaweed parts,
you never know what is in store!
Sometimes you'll see a school of fish.
So many treasures on the shore.

In gazing down at ebb of tide,
I watch the puddles, tempest-tossed.
It's where the tiny crabs may hide,
I gain the peace that I have lost.

I brush the sand from off my feet,
I look once more upon the shore.
I can not wait to come again!
The sea it calls me, more and more.

The Struggle In My Mind

(Villanelle Poetry Form)
by Barbara Stanley

Sometimes I have a struggle in my mind,
although I think it started in my heart.
I wish more people would try to be kind.

To help someone when they are in a bind,
Instead of always tearing them apart.
Sometimes I have a struggle in my mind.

I'm thinking this way almost all the time,
I've had this feeling from the very start.
I wish more people would try to be kind.

If we look, I am sure that we will find,
We human beings can choose to be quite smart.
Sometimes I have a struggle in my mind.

To ignore this, you would have to be blind.
Blind to the feelings deep within your heart.
I wish more people would try to be kind.

Take this to heart! I know that you will find,
There is no better time for us to start!
Sometimes I have a struggle in my mind
I wish more people would try to be kind.

A silent goodbye

(Poem/prose)

By Christopher Hartman

I saw you yesterday, on the corner.
You were walking with your friend. You didn't even notice me.
I was tempted to go up and say hi
We had been friends, hadn't we?
But I didn't. I don't know exactly why I didn't- after all, when would I see you again?
Yet it didn't feel right, pulling you off your path, getting you tangled up in my mess.
No, I couldn't do it.
I kept walking, thinking.
There was a time you'd call out my name, wave me over, ask me how I've been.
We'd stand there in the wind and watch the trees, making small talk.
But something happened, something gradual and insidious. The erosion of friendship, like muscle atrophy.
We talked, then texted, then letters, then nothing.
Nothing came back.
I never saw you again.
Until yesterday.
On the corner.
Where I walked on by,
Saying a silent goodbye

Life's Little Pleasures

(free form)
by Barbara Stanley

It's that time of day again..... Can you feel it?

Close your eyes and take your shoes off,
wiggling your toes in the warm, moist sand,
feeling it shift under the weight of
your body...sinking...sinking...

And the gulls crying, flying overhead,
scavenging for any scraps
that were left behind in the late afternoon exodus.

They're all gone now... No one left but you and I.

Standing on the edge of the universe,
the sticky, salty water drifting....
up and over our toes... flowing around us,
and wavering... but for a moment.
Only to recede back into the foaming froth
from whence it came.

I open my eyes now. Oh yes! It is time!
You must also open your eyes, or you will surely miss it.....
That precise moment in time that we came here to witness.

As the gulls fly down the beach
to keep the night fishermen company,
I lean over to gently push
the breeze-blown lock of hair from your eyes-
you must not miss a thing.

Oh, it is here! I reach for your hand to squeeze it,
as if to say, "See? What did I tell you?
Isn't this the very best sunset you have ever seen?"

And you squeeze my hand back, and grin, as if to reply,
"Yes, but you said that the last time...
and the time before.... and the time before....

The colors are breathtaking.
As the wispy clouds meander
across the face of the setting sun,
they seem to linger but a moment.....

Just long enough for us to remember ourselves...
and lift up the camera-

to take

the picture.