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SOUTHERN NEWS

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MARCH 31, 2021

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University helps students find majors Resources are available in the academic advising center

By Caitlin O'Halloran
Reporter

University students are offered a wide variety of help when it comes to choosing a major.

"There's a lot of different things that we'll do. I mean I always kind of start with a conversation with students and see where their study interests lie primarily," said Academic Specialist for Major Exploration Britt Conroy.

There are many different services offered on campus to help students lean towards a direction that puts them on the right path to decide their major.

"I came about my major because I work with domestic violence victims each day and I see the support and resources that they need," said social work major Valerie Stedner, a senior.

On campus, there are eight academic

advising centers for students. Each center has advisers and a faculty coordinator. There, they can help students struggling to choose a major or looking for a new major, students going through challenges that affect their academic success, and provide other support if needed, along with many other services.

"One thing I use extensively is the major elimination tool," said Conroy. "It takes students through a very intentional process of elimination. So, I'll direct them to this, and we can kind of talk about major or potential major interest based on things, so this is one tool particularly for brand new students or first and second year students, this is really helpful."

Conroy noted the importance of students understanding that just because they pick their major in one area, does not mean that in the

future when looking for jobs, they are solely limited to that one specific area. They can branch off and go into other fields that interest them as well.

"The actual process of choosing my major was simple and easy to do," said special education major Arielle Eighmy, a senior. "My major is

special education, and I am graduating this May 2021. I chose this major because I started working with kids who have special needs in high school, and I basically fell in love with the population."

One new tool that has been added for assistance to students is the schedule planner. This planner

allows students to put in courses they are required to take and add their personal obligations like hobbies, sports, family, work and other obligations to offer them a schedule which works around all of those priorities.

"I'm available and I want to talk to students about what they are interested in and if they tell me some classes and things or even stuff that they were interested in high school, that can kind of help me point them in a direction of well 'oh you like your environmental course, well did you know we have environmental systems and sustainability as a major? Oh no' so then we can check it out," said Conroy.

On the Inside Southern academic advising website, they offer other resources to students such as academic maps to help plan their schedules, course registration

to give them more information on successful registration, degree evaluations to help students navigate through curriculum requirements, help them get an idea of what courses they need to take and when they are estimated to graduate.

Another helpful tool for students is the academic advising center, students schedule an appointment with an adviser for their major. They also offer a same-day advising option where if students have a quick and simple question, they can schedule an appointment between 9 a.m. and 3:30 p.m., Monday through Friday, for a quick 20 minute advising meeting.

"I also wanted to help people but never knew in which way," said Stedner. "Social work is the major I chose because I can truly have an impact in peoples' lives."



PHOTO | ROMA ROSITANI

Students walking through the campus.

COVID-19 hiring freeze Summer registration

By Caitlin O'Halloran
Reporter

There has been a hiring freeze throughout the campus. This has stopped the hiring of new employees to the university.

"By definition, a hiring freeze, which we have operating now, is more or less the effects of completely random, because whenever someone leaves to retire or taking a new job or gets promoted, then they create a vacancy and that's random event. We can't plan for it because we don't know when someone's going to leave until they leave," said the Executive Vice President of Finance and Administration Mark Rozewski.

About a year ago, the start of the COVID-19 pandemic was also the start of this hiring freeze. In the past three years, there would be searches for new faculty members of about 30 people. The search sometimes went down to look for 18 new faculty members. With the hiring freeze, the number was brought down to zero, according to the SCSU Faculty Senate.

"Any time we have a vacancy, we at the vice president level are asked to work with our teams to really, fully vet what the implication of that vacancy is, what would it mean if we didn't fill it at all? What are the possibilities of identifying if the

work could be done in some different ways or by different people?" said Vice President for Student Affairs Tracy Tyree.

Tyree noted that as the Vice President of Student Affairs, there are around 20 units she oversees and, from any of those viewpoints, there are vacancies.

"So the director of athletics left, and we concluded that from a programmatic, from a scope and scale perspective of the athletics program at Southern, we really cannot not have a director of athletics. That's a critical position because the scope of that program from a student impact perspective, from a sort of number of staff that work in the program to the fiscal operation that it is, really requires a leader," said Tyree.

Because of the importance and demand to have an athletics director, the System Office was made aware of the intensity for the position to be filled and the plan to move forward with a search for that new faculty member was approved.

"When a custodian decides to retire and they're not replaced, something happens. Something you'll notice and something that can't go on forever. We can't leave the position vacant forever, but right now we are," said Rozewski.

Rozewski noted that about 80 percent of the cost of any university, including Southern

itself, is for the faculty members that work at those universities, and so having a hiring freeze is the only way for them to save money. But, because of the union contract, they cannot lay faculty off and so that is why they have had to resort to having a hiring freeze.

"Similarly, in January, our coordinator of wellness left, Emily Rosenthal left the university, and we have vetted that position and decided that there are ways we can think differently about our wellness programs, our wellness initiatives, we already have been working to create a more integrated approach to student wellbeing that involves counseling and help," said Tyree.

Although this hiring freeze is currently occurring, the System Office made it possible so where there is a completely essential necessity for a position to be filled, they will allow very limited hiring to happen throughout different positions for different areas.

"The impact is scatter/shot across the institution and so that will happen everywhere, not particularly at Southern," said Rozewski. "All of the CSUs have a hiring freeze with very, very rare exceptions. They are all suffering through it in slightly different ways because it's the luck of the draw. It's whoever left."

By Donovan Wilson
Reporter

Summer classes were offered during the summer of 2020 but had to be almost entirely online due to the high cases of COVID-19 at the

time. Now that the whole country begins to loosen up, so do options for the summer classes of 2021.

"Summer registration just opened this week, so we don't yet know how

much demand there will be for summer courses," said Julie Edstrom, assistant vice president of enrollment management.

See Summer Page 2

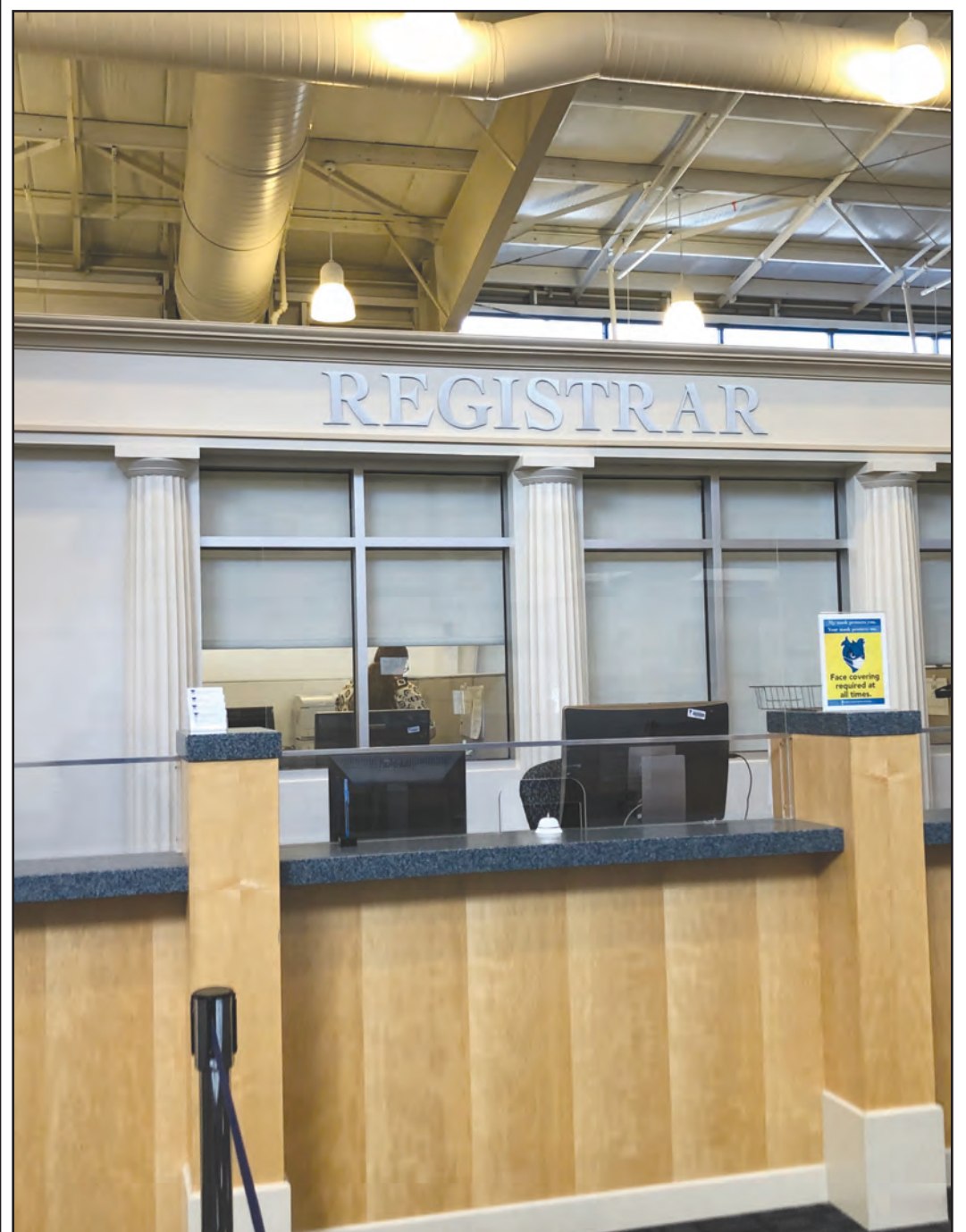


PHOTO | ROMA ROSITANI

The registrars office where students can discuss signing up for summer courses.

Race and social justice classes now easier to find

By Madeline S. Scharf
Reporter

Starting in the Fall 2021 semester, students will have a comprehensive place to find courses with a focus on race and diversity.

Meredith Sinclair is the chair for the Undergraduate Curriculum Form (UCF). She is a part of this initiative to develop classes with a theme around the topic of race and interdisciplinary justice and to share them where students may be able to access them.

The process to compile these classes was a collective effort.

"We decided to try an experiment. We sent out an email which staff could submit their courses if it centered around themes of race and intersectional justice," said Sinclair. The list currently has around 20 courses, and these are only the ones submitted via email. Sinclair believes some professors may not have seen the email, and therefore expects more to be added over time.

The courses added to this list stretch across myriad of majors and minors. Some will be available via the Liberal Education Program. This program, often referred to as LEP, are requirements every

liberal arts major must participate in. Therefore, any student would be able to take them and have them apply to their degree evaluation.

Sinclair wants some of these LEP requirements to be more engaging to students. "We want something that is more than just a checkbox," said Sinclair. Instead of having students take requirements they may not be interested in, Sinclair hopes that important topics will ensure students' engagement and enjoyment.

All courses are LEP, however. "Unfortunately, a

majority of classes are major specific," said Sinclair. If the application proves to be popular, there may be an increase in classes for those of any major, not just specific ones.

The courses on this list are not necessarily new, but there is hope that list will bring new light to the topics discussed in them. "When students are looking at the course catalogue, they may not know what is encompassing the course outside of the title," said Sinclair.

When submitting their courses for this list, teachers were able to fill out course descriptions, explaining

how their course relates to the subject of race and intersectional justice. "This really ensures students know what they are getting into, and helps move us beyond just the course catalog," said Sinclair. It will help students get to know the classes they are signing up for, as well as the main topics covered in them.

Students looking at prospective courses dealing with themes of race and intersectional justice, the UCF will soon be publishing this list of classes. "All classes on the list are for the upcoming summer and fall 2021 semester," said Sinclair. This way interested

parties will be able to engage with these topics as soon as possible.

"We are really excited to be highlighting this work," said Sinclair. "It is one small piece to meet the goal of being a social justice university."

Vice President of SGA Madison Miceli believes this compilation of classes will allow students to see more classes they were unaware of on the topic of race and intersectional justice. "SGA as a whole will always promote learning about diversity, equity, and inclusion in and out of the classroom setting," says Miceli.



The Wintergreen Building that houses the registrars office.

PHOTO | ROMA ROSITANI

Summer

It is still hard to gauge student engagement with summer classes this year. However, the volume of classes and options available for classes are higher than it was last year. In 2020, not one class of the 616 offered were hybrid, 610 of those were entirely online and only six on-ground classes were offered.

Now, in the upcoming summer of 2021, only 433 of the now 643 classes offered are entirely online, while 210 of the classes have some sort of in-person element.

"In summer 2020, enrollment for summer was higher than usual," said Edstrom.

An offering this year, very different to last year's, is a wide variety of hybrid classes. Hybrid classes have some elements that are entirely online and other elements offered in person. 96 of the of classes offered this summer are hybrid as opposed to 0 last semester.

"We're not 100 percent sure if it's being offered only in

Schwartz, but we want students with kitchens and air conditioning," said Robert DeMezzo, director of residence life.

In the summer of 2020, on-campus housing was not offered due to the lack of on-ground classes, a direct result of the COVID-19 pandemic and the phase of reopening the state was in. This summer, on-campus housing will be offered to any student going to class or working on campus, basically anybody involved in the academic program. According to DeMezzo, on-campus housing will reside mostly in Schwartz Hall as this is where the staff stays and the rooms come with kitchens. Kitchens will be available to students because dining is usually not offered during the summer semester.

DeMezzo said, "We were waiting to see how many classes are on-ground, but they'll be offered to fully online students as well."

Schwartz is being considered partially due to the fact that having staff and students in one building saves energy costs by quite a lot.

This aids well to the costs but there might need to be an extension to separate buildings as we see how many people enroll because fully online students will also be offered on-campus housing, according to DeMezzo. One of the major focuses, in addition to kitchens, is air conditioning as it will be the summer.

The process of what classes end up picked to run in the summer program is based on the courses needed most by students. Professors will send a request of those courses to the chairman of their department and then it will be passed to the deans of their specific college. From there, schedules are put together to represent offerings for all students who need summer classes to meet their requirements in a timely manner.

"It's actually rather straight-forward. Faculty members submit requests to their Department Chairpersons to teach courses that are popular or badly needed by students," said Bruce Kalk, Dean of the college of arts & sciences.

Interested in joining student media?

Get involved by applying for any of the following openings next semester!

You may apply for more than one position and apply to more than one club

Southern News:

- Editor-in-Chief
- Managing Editor
- News Editor
- Features Editor
- Sports Editor
- Photo Editor
- Layout Editor
- Web Asst.
- Sports Writer
- General Assignment Reporter (4)
- Copy Editor (3)
- Photographer
- Business Manager
- Delivery Driver

WSIN Radio:

- General Manager
- Programing Director
- Music Director
- Production Director
- Promotion Director
- Sports Director
- News Director
- Webmaster

Crescent Magazine:

- Editor-in-Chief
- Managing Editor
- Features Editor (2)
- Online/Video Editor
- Photo Editor
- Asst. Photo Editor
- Layout Editor
- Asst. Layout Editor
- Copy Editor
- Delivery Driver

SCSU TV:

- General Manager
- Operations Manager
- Promotion Manager
- Technical Director
- Technical Assistant (2)
- Programming Director
- Programming Asst. (2)
- News Director
- News Asst. (2)

Folio:

- Editor
- Associate Editor
- Art Editor
- Fiction Editor
- Poetry Editor

Applications are due by Friday, April 02.

Follow this link to apply: <https://forms.office.com/r/G2SUaKoygj>

For any questions, feel free to reach out to tappers1@southernct.edu

Campus feels like a community once more



By Sam Tapper
Editor-in-Chief

These are the opinions of The Southern News Editorial Staff.

Last week while walking back to North Campus, I noticed a group of students playing volleyball on the Residential Quad. Almost immediately, a bundle of emotions came to mind.

My first thought was to text our photo editor. She has been dying to get photos of students actually socializing on campus: something that, a year ago, would never have seemed like a challenge.

Following my brief text conversation with her, I stood and watched from afar for about 30 seconds. Not in a creepy way, but in one of those brief, out-of-

body reflective moments. I remembered being on that beach volleyball court myself, as a freshman living in Wilkinson Hall. Almost every night, that first month of my college career, I found myself on that court: making friends, remembering faces and just being thankful that I got to experience what I was living.

It feels like just yesterday when I was in those students' shoes, but it also feels like a lifetime ago with everything that has transpired since.

With the weather getting up to the high 60s in recent

days, we are beginning to see something on campus we really have not seen all year: people. When we first came back in late August, the pandemic was still raging and you were lucky to see 10 people while walking around campus. Then the weather turned frigid, and students stayed inside during the colder months, as it is customary.

But now, the sight of students playing Frisbee on the quad or studying under the shade of a tree returns once more, acting as a sense of hope for the university and its students. Regardless of your

thoughts on the pandemic, generally we can all agree that we crave a "return to normalcy" which, even with numerous available vaccines, is still an indeterminate amount of time away. However, the sight of the campus looking like a real, functioning college again does give off a much-needed dose of normalcy.

I graduate this coming May. Meaning my days of walking around this campus mask-less are over, despite my upcoming vaccine eligibility. My days of living out a "normal" college experience are

behind me, and I largely knew that a year ago when we were sent home.

But it is my hope that the classes of 2022, 2023 and 2024 will see the university get back to its "normal" state, so they may experience the real joys and opportunities this university has to offer, just as I did pre-pandemic.

But in the meantime, I am not done here just yet. And seeing people around campus, feeling as if I am a part of a community once again, makes it easier to continue to push forward and finish strong. The end is in sight.

The inequality of women's and men's sports

By Abby Epstein
Managing Editor

Female athletes are speaking up about the unfairness between women and men sports more for the past decade. The latest issue has been how the NCAA treats women's and men's basketball teams at March Madness.

Sedona Prince, a forward from Oregon took to social media showing the difference in weight rooms. The women had dumbbells and yoga mats, while the men had full racks and many different types of weights. While the weight

room caused the most buzz, Prince also showed the difference in food and the amount of gear given.

Many people argue women's sports do not make as much as men's sports, which is not wrong, but when the NCAA came out with a statement to why the women did not have a big weight room, they said it was due to the lack of space. It had nothing to do with a lack of funds.

Prince counteracted the NCAA's statement by showing there was plenty of room. After a few days of the video going viral, the women had benches,

a couple racks and extra weights. Plus, Prince shared a video of her teammates eating and enjoying the food, proving the NCAA listened and improved the women's experience.

It should not have taken social media and broadcasting by many news stations for the NCAA to finally make a change.

The women should have already had a full weight room and the same quality of food as the men did. This shows that women's and men's sports are not treated the same.

People also like to argue that men's sports get more

spectators and no one cares about women's sports. Yes, men's sports bring in more spectators, but that does not change the fact the women worked just as hard to earn their spot in the March Madness Tournament.

The NCAA did the right thing by updating the weight room and improving the food conditions instead of making more excuses. Also, I applaud them on doing it so quickly and not dragging their feet on making the change.

Women's sports have been treated as less than

men's sports since sports have been invented. As a female athlete myself, I have experienced this firsthand. It is not only obvious by the amount of fans that attend men's sports to women's but also in the exposure and resources each sport receives.

Many college sports' money comes from the university, but also how much each team raises on their own. Yes, the amounts may not be completely equal, since some teams have more players than others.

Football will need more

money because they have a ton of players, but is it necessary to announce when the football team has signed their first round of new recruits when that happens for no other team?

I understand women's and men's sports will never be equal, but women are working and putting in just as much effort to compete. The teams that made it to March Madness on the women's and men's side both worked hard to earn their spot.

The women should be treated the same and have access to the same resources as the men do.

April Fools' brings a much-needed release

By Ellis McGinley
Copy Editor

April 1 is just around the corner, bringing with it Easter baskets, warmer weather, and of course, April Fools' Day.

Celebrated from Iran to Ireland, April Fools' Day, or All Fools' Day, is a minor holiday of dubious origin. It may have been the spring equinox in a pre-Gregorian calendar: it may be linked to the Latin "Hilaria", which involved various costumes and jests. Some countries, like Iran, say they have celebrated the holiday since around 500BCE.

April Fools' is first truly recorded beginning in the 18th century. Various newsletters throughout England would report people sent to view the "Washing of the Lions" or parades in local cities on April 1 - parades which never happened, and the "Washing of the Lions" being a made-up ceremony.

Now, April Fools' is often commercial. Companies like Starbucks sell Pup Bucks, while Spotify replaced "Discover Weekly" playlists with "Disco" - yes, just covers of various disco songs. Amazon pitched "Audible

for Fish" and Tinder added a "height verification."

I appreciate a good, capitalist gag from time to time, but I'm proposing we take this April Fools' into our own hands. After a long year of quarantine, online learning, political turmoil and so much more stress, we have a holiday entirely dedicated to nothing but nonsense.

I would not know. Lately my idea of "fun" has been watching cat TikTok compilations, which does not wholly align with what I thought I be doing my freshman year of college.

Yes, it is silly and

probably childish to pull a prank here or there, but if no one gets hurt, why not seize the chance for some fun? We've been given a free pass to silliness and childishness without justification in a time where everything from riding a bus to touching a doorknob might have dire consequences.

The key there, though, is that no one should get hurt. "Classic" April Fools' pranks include replacing shampoo with hair dye, asking people out, pulling fire alarms, pretending to be dead (thanks, YouTubers), or various combinations of

putting things in people's food and drinks. A gross prank is one thing: to risk triggering an allergy, though, is another.

And while those are just disrespectful, there's also the truly dangerous "pranks." Good rule of thumb: if you, someone you know, or someone you're about to know could bleed and/or cry, it is not worth it. And do not even think about tampering with masks or hand sanitizer. Simply no.

Signing them up for newsletters from the Ferret Association of Connecticut, though? Instant classic. Put Saran

wrap on something. There's a really nice bronze statue of an owl out there you could probably do something with - although I beg you to clean it up yourself, for the sake of respecting university custodial staff.

This April Fools', I'm asking: please be smart. We are not out of the dark ages of COVID-19 yet, and the virus makes it all too easy for one mistake to become something much more serious. But I'm also thrilled for a day to willingly make a fool of myself, and I think that is something everyone can look forward to.

SOUTHERN NEWS

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Students participating in outdoor events



PHOTO | ROMA ROSITANI

Students playing spikeball in the Residential Quad.

By Roma Rositani
Photo Editor

Over the course of last week, Residence Hall Association (RHA) held events dedicated to the decades.

At the 70's "Ain't No Panic at This Disco Party", there was tie-dyeing and disco ball making for students to enjoy.

At the 80's "Walk This Weigh" event, RHA had a night of aerobics and

drawing on rainbow scratch paper.

Students were also able to enjoy the warmer weather during the week with games of spikeball and sand volleyball all in the Residential Quad.



PHOTO | BRIA KIRKLIN

Students participating in aerobics during the "Walk This Weigh" event.



PHOTO | BRIA KIRKLIN

Students tie-dyeing shirts in the Residential Quad during 80's event.



PHOTO | ROMA ROSITANI

Group of friends tie-dyeing shirts at the decades event in the Residential Quad.



PHOTO | ROMA ROSITANI

Psychology major Jelise Nimmons, junior, leading aerobics at the 80's event.



PHOTO | BRIA KIRKLIN

Group of students conversing in the Residential Quad during a sunny day.

Football alumni Morrison speaks Former NFL player featured on weekly 'Words of Wisdom' webinar

By Edward Rudman
Sports Writer

Former football alum Patrick Morrison '88 was featured on the university's weekly 'Words of Wisdom Wednesday' virtual series on March 24, 2021 at 12:00 p.m.

Director of Community Engagement Jim Barber, '64, MS '79, hosted. Barber

was a member of the football and track and field teams during his time as an Owl and went on to coach at the school.

The event was in interview format, with Barber asking Morrison questions about his childhood, time at the university and life afterwards. Questions were opened to the audience towards the end.

Gregory Bernard,

director of alumni relations, started this edition of W.O.W with an opening statement.

"We want to thank all of you for joining in today, we truly appreciate it," said Bernard. "We also want to thank the alumni association for sponsoring this event and many of our student and alumni events. To provide a little background, this series was created to

highlight some of our amazing alumni doing tremendous things in their personal and professional lives."

Bernard went on to introduce Barber and Morrison before moderating the event.

"When Patrick was here as a student, certainly I was kind of behind the scenes," said Barber. "But certainly, had the pleasure of being able to witness his contributions to the university, his athletic programs, and his participation as a student athlete."

Morrison's accolades include All ECAC, Top 10 All-New England Player and 1987 Top 21 safeties in the country honors. After graduating, Morrison entered the 1987 NFL draft and was selected by the New York Giants. He spent three seasons with the team.

After his stint in the NFL, Morrison went on to play wide receiver in the Arena Football League for the New York Nights, according to Southern's athletic website.

Before his football career at Southern and beyond take off, Morrison was an 8-and-a-half-year-old who found himself in New Rochelle after moving from England with his mother.

"No matter how much I attempted to sound 'American,' I wasn't organic to America," said Morrison. "I was tall for my age, dark skin, and sounded funny. So, you got a dark skin black boy who had an English accent — now that's not a common thing. Maybe today, but back then in

1974, you really didn't hear young black boys sounding like the Queen or Prince Charles, and that right there sent a message that this kid is different. He is not like us."

Because of his differences, Morrison became a target for New Rochelle's boys his age and said he did not have any friends.

"I learned the hard way—through trial and error, some would say—to be able to defend myself, to be able to part of the culture and know what it takes to be an American," said Morrison. "I had to work through it, physically, mentally, socially."

Morrison said the one thing that helped him the most to assimilate into American culture was his natural athletic ability, due to America's value of sports.

"I was embraced through my athletic ability. I gained friends that way," said Morrison.

Morrison was introduced to football by one of his first friends in New Rochelle, Earl Bradshaw. He went to play football for New Rochelle High School, where he played varsity for all four years as a wide receiver and defensive back. Upon graduating, he was an All-County and All-State Honorable Mention.

During his freshman year at the university, Morrison matured as a football player and student.



Baseball seeking first win

Column by Mike Neville
Sports Editor

The Owls baseball team dropped the first two games of the season to Adelphi University this weekend in New York.

After not playing a game in over a year, this will hopefully just be knocking off the cobwebs. The Owls will be looking to get their first win of the season today against Felician.

Despite losing both games of the doubleheader, there were many positive takeaways from the series.

The offensive juggernaut for both games was for sure outfielder Andrew Eng, who transferred from Binghamton prior to this year.

Eng had a home run in not only the first game but the second. Adding to the home run totals, he also had five runs batted in on the day. He can bat just about anywhere in the lineup and supplies the Owls with both speed and power, a rare combination.

Izaiah Walker, a pitcher, accounted for his first career hit with the Owls last weekend, a three-run double in the first game.

Walker driving in three runs shows that he has prowess with the bat. It is only one game, but Walker could be a serious bat off the bench for the Owls. Maybe even the next two way player in baseball.

The double by Walker was not the only first for the Owls. Peyton Farina recorded his first career stolen base at the college level in game two. He had another in the game for two in total.

Shortstop Anthony Zambito, a junior who is chasing history with the Owls also had a stolen base. Zambito is looking to break the stolen base record held by former Owl Nick Lamberti.

Zambito has 44 career stolen bases and, there is a real possibility for the broken record dream to become a reality.

The key takeaways for these games was that the offensive production is looking great to start the year. Zach Bedryczuk, a sophomore, continues to show why he belongs at the top of the lineup with excellent plate discipline. He reached on three walks through the two games.

The Owls will look to get their first win on Wednesday at the Ballpark.



PHOTO COURTESY | NEW ROCHELLE SPORTS HALL OF FAME

Patrick Morrison when he played for the university.

See Morrison Page 6

Athletes mull extra year of eligibility

By Morgan Douglas
Contributor
By Bancroft Nicholson
Contributor
By Matthew Polek
Contributor
By Richard Souffrant

The student-athletes are already mapping how they would like to use the extra year of eligibility to receive a higher degree.

According to the NCAA's official website, "Division II student-athletes will not be charged with the use of a season for the 2020-2021 academic year if their team can complete only 50% or less of the sport's maximum contests/dates of competition because their season is canceled due to the COVID-19 pandemic."

Men's basketball head coach and retired Chicago Bull Scott Burrell believes the NCAA granting student athletes an extra year of eligibility will be an advantage.

"I think it gives kids a chance to get a bachelor's degree and get a chance to get a master's with another year of playing sports. Also, it gives them another year to prepare for life and the

real world," said Burrell.

Although the student-athletes were looking forward to the 2020 season, they are making adjustments and staying focused on bigger-picture goals.

"My plan was to dedicate myself to having the best season possible this fall and give myself the chance to play professionally," said Owls football cornerback Kwadir Delgado-McIntyre, a graduate student. "With that not being able to happen, I now have a chance to play in extra games [in the spring] and could possibly be receiving my MBA before leaving."

Men's basketball guard Isaiah Boissard, a senior exercise science and human performance, said he is grateful for another year of eligibility. He can decide on whether he would like to stay with the Owls and complete his master's, or try to get a contract to play basketball overseas.

If Boissard was to play basketball, he said he would be at the start of his career following his dream of traveling the world while making money.

"If I were to stay, I'd be

able to start my master's degree and being blessed enough to be on a full scholarship debt-free and of course another year with the team," Boissard said, "but at the same time I don't know how my age will affect me getting a rookie contract somewhere overseas."

Track and field athlete Ramsley Exantus, a junior, relates to this situation, having many senior

athletes on his team who are experiencing the same issues on deciding what would be best for their future.

"Some seniors had an opportunity to come back for an extra season due to the NCAA granting all seniors an extra season, but because of opportunities that are ahead they couldn't come back even though they wanted to," said Exantus.

While health and safety remain paramount, the soccer teams had yet to see any opt-outs as of late November. Of course, circumstances change as time and COVID-19 progress. But as the spring season approaches, the hunger for more seemed to be a common theme amongst these Owls.

See Athletes Page 6



PHOTO | MORGAN DOUGLAS

An empty Jess Dow Field where games are played during the season.

NF raps about depression in new album 'Clouds'

By Donovan Wilson
Reporter

"Calmly, Feel Myself evolving" somberly chirps NF on his mixtape title track "Clouds." Meant as nothing more than a taste of what's to come in between albums, NF leaves you wanting his next work before this one even comes to an end. With the way this first song cements to the world, he proves he can make radio songs but also knows how to spit real life when the time is right.

Demented laughing is the first vocals heard on "THAT'S A JOKE" before NF even actually says anything and it is clear what the attitude on the tape is. NF is clearly sick of the modesty and usual song and dance he does, so this mixtape is a test of new sounds and a new found overconfident

energy. Until this point, Nathan, who goes by Nathan Feuerstein, was proving himself but with the number one preorder on iTunes with not even a real album, he has proven himself and he knows that.

"You're not the only person in this world that isn't okay. There's millions of us just like you." A message very befitting of the modern era and pandemic lifestyle as depression feels like it is at an all-time high. On "JUST LIKE YOU," NF switches up his usual way of attacking depression and instead of sharing his experience, he gives hope that it gets better and even if it never really does, he's here with you to feel bad together and share experiences.

Imagine living a near-death experience through the eyes of someone you've never met. That's what

"STORY" is. It chronicles a shooting at a gas station through the eyes of someone caught in the middle of it. Every second of the song will twist and turn the mind until the somber ending. This is one that truly must be experienced on your own.

"Feels like I work my

hardest when I'm at my lowest," explains NF, as he laments on the people around him who use him for his fame and money and suck away the happiness his fame has given him. "PRIDEFUL" is a letter to all the people who use people up and then leave them dried up and alone and feel

no remorse for it.

"LOST", the second single from this album, features NF and Hopsin trading bars about how you can get caught up when life gets fast and end up making questionable decisions because of it. As NF puts it, "There's a highroad but I skip the exit when I'm lost". Sometimes your head is too cloudy to make the right choice.

NF is more than just a rapper even though it feels as if that is his whole identity in the world. On "LAYERS", he shows that underneath being a rapper, he's a family man, a working man, a Christian and so much more.

"DRIFTING" is clearly the slowest song in this batch of tracks and features. NF paints a picture of what it feels like to disassociate, a symptom of depression where it

feels as if everything is kind of happening around you and you are just in the middle of it all. It is easy to feel the unknown sense of fear in his voice before the rescinding conclusion, "I can't remain afraid."

"Count on one hand who I trust" said NF on the Tech N9ne assisted "TRUST". It is a dramatic song about keeping your circle small and fearing being stabbed in the back as you gain success.

The album closes out on the lead single "PAID MY DUES," which is a very fitting conclusion to an album about reaping the benefits of hard work. He has paid his dues and now it is time to get what he is earned.

CLOUDS is a love letter to the depressed and proof that it does not go away but will get better and never hold you back.



YouTube video of NF song "THAT'S A JOKE."

RHA hosts Hump Week events

By Madeline S. Scharf
Reporter

On Thursday, March 25, Residence Hall Association (RHA) held an event at Farnham Programming Space. The program, Silent Library, was themed after the 2000's era.

"Silent Library was a TV show on MTV in the 2000s," said nursing major Suhane Patel, a sophomore who worked as an administrator for the event.

The Silent Library event was the final installment of the four-day Hump Week program. "Usually, the RHA hosts Hump Week after Spring Break," said Patel, "but because of the pandemic and no spring break, we just did it when it normally would have." Hump Week is akin to hump day, the exact middle of the week. In the same respect, Hump Week is to represent the middle of the spring semester. It is a fun way the RHA represents this milestone.

The Hump Week events were all based on a different decade. Monday was themed after the 70's, and the pattern continued to Thursday with 2000s night.

Though an older TV show, Silent Library was not unknown to students on campus.

"I came here because I loved the show Silent Library," said secondary

education major Amanda Maud, a freshman. "Even though I was born after the 2000s, I still loved it."

The night did not go exactly as planned.

"We faced some complications keeping track of student groups," said Patel.

There were not enough slots to account for the many students who signed up, leading to some students being turned away.

Upon investigation, it appeared that one student would input how many people were in their group for the Silent Library. However, only the person signing up was counted. This led to an overbooking of slots, and students unable to participate.

Despite these issues, the event, and the entire hump

week, seems to have been a success.

"I went to all the hump day events," said Maud. "I had a really fun time at all of them."

The pandemic has caused a lot of in-person events to have been cancelled. The hump week events, however, were in-person.

"A lot of people have missed in-person events," said Patel.

There are safeguards in place, such as students coming to the event in waves to participate, and all participants must sign in so they may be kept track of. Though COVID-19 has caused many interruptions to normal school events, the RHA hopes to begin hosting more in-person events.

The students do appear

to have a positive reaction to in-person events.

"I really like these in-person events. I enjoy being able to meet more people and get out of the dorm," said Maud.

The Hump Day events drew many people, for both their activities and freebies. "I just wanted a t-shirt," said one anonymous student. Each event was touted as having t-shirts and various activities relating to their decade. Free activities offered ranged from a DIY disco ball to rainbow scratch paper.

But it was more than just free stuff. Through this event, there is hope for regularity in student living, despite the circumstances.

Patel said, "It is really good to get a sense of normalcy."



Students playing "Silent Library" at the 2000s era Hump Week event.

Morrison

Morrison admitted he did not care about his academics during his first year at school and was almost kicked out of school for having too low of a GPA.

"Once again, I reflect. I come from a family of immigrants that worked hard to get here to give their children better opportunities and for me," said Morrison. "This was an epiphany or a lightbulb that went on, for me to go back home and take advantage of the opportunity I've been given. To go to school and to come back to New Rochelle as a failure hit me, and I said I can't make that happen."



Patrick Morrison.

He went to summer school following his freshman year as an Owl to get in good academic standing and thus giving himself the chance to continue his education and his career as a football player.

Morrison said, "That was a point in my life where I realized it's not all about sports because it can be taken away from you at any moment in time. Maybe through injury, maybe through a social incident, or maybe just because of my own neglect that may cause me my future. At that point, young enough, I had an insight, stripping away all that arrogance slowly but surely, I realized that I needed to focus more on my academics."

Athletes

Not being able to play for a year really makes you want to play, and makes you miss it more than ever," women's soccer midfielder Gillian Hotchkiss, a senior, said. "I'm super excited to be able to get back out there and start playing again."

While these athletes were gearing up for a spring season, cases remained on the rise across the state, including on campus, according to university and statewide data.

"Every athlete loves sports, but I think health comes first, before any sport," men's soccer forward and finance major Blaise Haba, a senior, said. "If you're around unhealthy people, you shouldn't worry about soccer. Worry about their safety first, rather than you're going out there to play sports."

Last year, the women's soccer team made it to the NE10 Conference Championship game against Saint Rose. One year later, the entire team is not even on the same continent, let alone practicing together.

Defender Nadine Hilkert, a senior, went back home to Germany before the conclusion of the fall 2020 semester in case of any major shutdowns, and although her return may seem cloudy due to the pandemic, she still feels there is work to be done.

"I definitely have unfinished business on the pitch and with the team," Hilkert said. "I want to win the championship and I think we would have high chances to do so this year."

She isn't alone among athletes in her feeling of incompleteness.

"I really thought about not playing because this is my last year. Maybe I should get ready for the

future, for the next world, so maybe use the spring to try to find a job," Haba said. "But I never got to go out there as a senior, and I want to have a senior season and a senior day, so I want to come back."

Owls' quarterback Jackson Ostrowsky, a sophomore, said while the extra year is nice, it is not something he is worried about now. His mindset is still to prepare and get ready for a season.

"I believe I'm going to play for my grad year, but truthfully I haven't given it much thought," said Ostrowsky. "I'll make that decision when the time comes. For now, I'm focused on how I could get better for next season. It's been a long time since we've played as a team against someone else."

With the extra year of eligibility being granted to student-athletes because of the COVID-19 pandemic, Burrell said it is important to make

sure that all student-athletes are okay mentally due to the situation at hand. Burrell stressed for student-athletes to use their resources for guidance.

"Do not bottle anything in," Burrell said. "Use your teammates, coaches, family and friends and other sources of support

to lean on when you need it."

Although some may not understand, to the student-athletes, their respective sport is much more than just a game.

"Sports are not just a hobby," explained Delgado-McIntyre. "The fact that sports were basically stripped away,

it has a direct impact on an athlete's path of life.

The extra year provides stability and structure. If the season continuously gets pushed back or cancelled, then athletes should continue to get an extra year, not even just because of the sport, but because of where the sport can lead them to in



Isaiah Boissard during a basketball in 2020.

PHOTO COURTESY | WWW.SOUTHERNCTOWLS.COM

In-person events coming back to campus

By Abby Epstein
Managing Editor

Campus life is slowly making a comeback. Clubs are able to host in-person events and are taking full advantage of the chance.

Residence Hall Association (RHA) is one with holding Hump Week, consisting of four events all held in-person.

"I think I'll speak from the perspective of being a student who is around the events obviously a lot. I think working them, it may seem like you are working a job, but actually you're still experiencing the event," said Alexander Grant, president of RHA. "I think it's great. I think a lot of students would agree with that, because sitting in front of a computer for a few hours going to events is very different from actually being there physically."

Many students say they are glad more in-person events are being held. It allows them to socialize with others face-to-face, without a computer screen between.

"I really like in-per-

son events. It allows me to meet new people and get out of my dorm," said education major Amanda Maud, a freshman.

Nursing major Suhane Patel, a sophomore, has missed in-person events and is glad that clubs are holding more on-ground events.

"It is really good having a sense of normalcy," said Patel.

Along with having in-person events during a pandemic comes with having to follow guidelines. With the guidelines always changing, it can be a bit challenging knowing what the rules are.

"We have a lot of guidelines we have to go by for just event planning but then you also have guidelines just overall CDC ones and all these guidelines are forever changing," said Grant. "I would say the bulk of how we are able to do a lot of in person events is keeping track of all these rapid changes and making sure we are adhering by the guidelines."

Each room on campus has a different number of occupancies depending on how big or small the room is. RHA has to take

this into consideration when deciding where to hold events.

"We really have to make sure we are being very cautious on where we're choosing where to hold events. If especially we're doing inside a building, because every room has a different amount of capacity so that I would say out of all the changes that we have to keep track of specifically that's our biggest challenge," said Grant.

One way they keep capacity under control is by sign-ups for events, so people are coming at different times instead of all at once.

"We do sign-ups for any event that involves multiple people being in a room because we can't have 20 people in one of the small rooms in FPS," said Grant.

Along with capacity, they have to make sure they are keeping up with cleaning. "We wipe everything down usually before and after," said Grant. If they are unable to, they will ask facilities to wipe everything down and are constantly working with facilities regarding cleaning.



PHOTO | ROMA ROSITANI

Students outside gathering for an on-campus event.

RHA works with Erin Duff, who has meetings with other coordinators at the Connecticut Universities. Duff also meets with the Health Department who are responsible for putting the guidelines in place.

"We usually talk to her [Duff] if we have any issues, but Southern does a good job of updating all the numbers in terms of which rooms can have a

certain amount of people.

So, we aren't really checking in with her too often unless we have a very specific question because usually the advisors on RHA do a good job of informing us," said Grant.

Even with all the guidelines that have to be followed, the students appreciate RHA for everything they are doing to make in-person events available and more acces-

sible on-ground.

"This is a really great trait of the students at Southern. They are very vocal even the first years right now, so a lot of people have definitely not only complimented RHA with how they are doing, which I think the board is doing an amazing job," said Grant, "but they thank us that we are even able to provide in person events."

Take Back the Night

By Caitlin O'Halloran
Reporter

The VPAS organization held a tabling on the Residence Life Quad for their Take Back the Night event, coming up April 12.

"This table was a promotional table for Take Back the Night, which is going to be our 23rd annual, which is an event where we show support to survivors of sexual assault," said VPAS Center Graduate Intern Rachel Ellis.

This was one of the three tablings the center will be holding with promotional tables each with where students can learn more about the upcoming event. Students are also able to take part in the activity day, where they can write down creative messages for the survivors as well as write down their own survivor story and submit it to be read at the event.

"So today, we actually brought out a box and students were able to make supportive messages for students that are going to be displayed leading up to the event," said Ellis.

Take Back the Night will begin on the Buley Patio around 1 p.m. and the march will begin on the Residence Life Quad around 1:45 p.m.

"We're also just encouraging students to go online and share their stories anonymously because we'll be reading survivors' stories the day of the event as well as just encouraging them to come out on April 12 for the march and the rally," said Ellis.

The VPAS center encourages students, athletic teams, clubs,



PHOTO | BERNADOTTE SUFKA

Event promotion found on OwlConnect.

and others to show their support by recording themselves taking a video showing their support and also spreading the word of the event on their Instagram's and tagging them. They also even offer a script that those people can use to follow in their video.

"This year, we said we need to hold it and still keep the really special event," said Sexual Assault and Violence Prevention Specialist of VPAS Melissa Kissi, "but, we're going about it in a little bit of a different way."

On the day of the Take Back the Night event, the organization will be hosting a tree dedication. They will be dedicating one of the already-planted trees on campus to survivors of sexual assault. The tree is also the symbol the center chose for this year because it symbolizes how trees power through stormy weather, and are there for the bad days, but also for the beautiful days.

The tree is a symbol for those survivors to know "we hear you. We believe you. We support you. You are not alone!" according to the VPAS

Centers website. The tree dedication is cosponsored by the Residence Hall Association and Residence Life.

"Also, on that same form where students can submit their story, their experience, you can select submit your story or submit a piece of artwork or supportive message, so that piece of artwork can be whether that's how you express your survival. Maybe you don't want to write it out in words, or it can be your support, just doing some form for artwork that shows support," said Kissi.

Up until the event on April 12, the center will be holding promotional tables on April 5 from 1-3 p.m. on the Buley Patio and on April 8 from 1-3 on the Residence Life Quad.

"I definitely encourage all students to come out to the event and to come out to the march as it supports a good cause, especially not just supporting students on campus, but all people affected by violence," said the Disability Resource Center Graduate Intern Brandon Romano.

Students discuss vaccine

By Essence Boyd
Online Editor

As the state prepares for the next wave of eligible patients to receive their COVID-19 vaccinations some wonder how many people will actually get vaccinated.

"I feel like the COVID vaccine is necessary in this climate," said health science major Amari Davis, a sophomore. "Tons of people have been effected emotionally, mentally and physically by this sickness. So any form of precaution should be taken seriously."

Since the vaccine has been made available to the public, more people have gotten vaccinated in Connecticut.

"Personally, my family hasn't dealt with any COVID-related sicknesses," said Davis. "However, I have a few friends who have lost many loved ones to the illness and it is truly heartbreaking."

According to the CT Post, 1.15 million people have received a form of the vaccine in Connecticut. This breaks down to 512,109 who have received at least one of the two doses and 632,200 who have been fully vaccinated.

"Yes, I do plan on getting the vaccine," said Davis. "I believe that it will not only benefit me but the people around me as well. I have many family members who are high risk."

For some students, the desire to get vaccinated steams from wanting to get back to life prior to COVID-19.

"I do plan on getting it [the vaccine] when I get the chance because it's better to be safe than sorry," said communications major Ciarra Resto. "We've been



PHOTO | ROMA ROSITANI

Group of students gathering on the Residential Quad.

in a pandemic for almost a year so this is hope to keeping a lot of people out the hospitals."

According to Resto, she also wants to receive one of the three vaccines to ensure that she is doing her part to not only keep herself but the people around her safe.

"My uncle and aunt were affected last year," said Davis. "Thankfully they overcame the virus. This also has some factors to my decision because I want to be able to have family gatherings without worry that I could possibly give them COVID. As I mentioned before it's better to be safe than sorry."

"Yes, I will be getting vaccinated," said CMD major Alonna Thompson. "I have family members who have been vaccinated and it hasn't effected them negatively."

According to Thompson, although she has had family who have had the virus and have not been majorly impacted, she agrees that getting vaccinated is the best way to help the population transition back to pre-COVID times.

"I feel like it's [getting

vaccinated is] beneficial to make people feel some type of safety as they go back to living normal lives," said Thompson.

According to Davis, seeing people not take the COVID-19 virus seriously is very disappointing as it has claimed many lives since the pandemic started in March 2020.

"Seeing people around me suffer so greatly from a virus that isn't taken serious by many is very sad," said Davis. "However, this pushes me to be the smarter person and receive the vaccine whenever I can."

According to the Centers for Disease Control and Prevention, over 500,000 people have died from COVID-19 in the United States. Although there is a large population who are deciding to get vaccinated, there is still people who will choose not to.

"Not getting vaccinated is a personal decision," said psychology major Ana Daniel, a senior. "However, not getting vaccinated does not only effect you. It effects the potential people you can infect with the virus. Possibly infecting people, that is not a risk I want to take."

Earl Hall gallery displays student work

By **Donovan Wilson**
Reporter

It is tradition that senior art students have their final projects on display in the Earl Hall art gallery and this year will be no exception.

"It is really fantastic that we have an entire gallery to use as our laboratory," said studio art professor Jeffery Slomba.

Slomba is currently teaching ART 493, the capstone course for studio art majors. This course teaches students how to conduct themselves and

their work professionally for an art gallery or display. This culminates in each student picking one piece of art to go on display in the student exhibition.

"There are 11 students in the course and they specialize in different concentrations of art," Slomba said.

Their concentrations range from different places as to make for a diverse group of pieces. The concentrations included in this year's exhibit will be painters, photographers, jewelry and metal artists, sculptors and printmaking

artists. The goal is to represent all the different areas of art that is offered to its students.

The art exhibit will be opening on May 1. The studio art, and the graphic design students, will be participating in an undergraduate conference to coincide with the opening of the gallery. The gallery will then run for the next two weeks until May 13th, or through the conclusion of final exam week.

"Everybody in the class has a few works that really represent them and what they do," said studio art

major Chelsea King, a senior.

King's concentration is printmaking. For her gallery contribution, she is presenting art books of printmaking and watercolors which have some sort of unique interactive element. The biggest difficulty with her pieces are the interactive element, as they encourage the viewers to touch and play with them.

"Having the art gallery on campus makes it a lot more accessible to a lot of people," King said.

"I am a sculpture major, and the work I plan

on displaying is all 3D and represents my love for mixed media. I am showing work made with nylon, sheep's wool, wood, hydrocal, and recycled material and textiles," said studio art major Zina McBride, a senior.

McBride has a sculpture concentration. The sculptures she will be presenting in the gallery pertain to themes of loss, mending and homages to her Romanian heritage, according to McBride. Which pieces of hers get selected are up to the group process of determining which pieces

make the best cohesive gallery. A large component of this capstone class revolves around the idea the class is supposed to teach the students what working in the professional environment is going to be like.

McBride said, "What goes into the final exhibition is working together to plan out how we will be setting this show up cohesively in the gallery. I am so looking forward to how this will all come together in the actual space and how we will experience everyone's work as we walk through

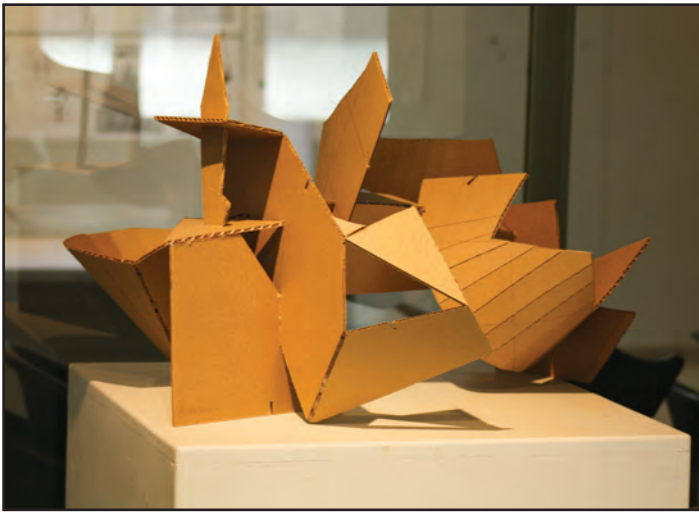


PHOTO | BRIA KIRKLIN



PHOTO | BRIA KIRKLIN



PHOTO | BRIA KIRKLIN

Cardboard sculpture for ART112 in Earl Hall.

Wood sculptures for higher level sculpture course.

Student sculpture hanging in Earl Hall.

RHA DIY pillow making for Strengthening Sunday

By **Madeline S. Scharf**
Reporter

The Office of Residence Life hosted a DIY Pillow Making event on Sunday, March 28. The program was presented as a fun and informative project for students on campus.

This program was hosted under Residence Life's overarching Sunday event called Strengthening Sundays. Reaunna Bartell, a graduate intern from Central, helped administrate the event. "The Strengthening Sundays were created for health, wellness, and crafting," said Bartell.

Assisting with the program were students from Debra Risisky's

class. The class, Program Planning, observed and assisted in the event. "This is their class project," said Risisky.

These students, in addition to the Residence Life coordinators, are not new. "We have been partnering with Residence Life for about 10 years," said Risisky. The students in her class are therefore able to get hands-on experience with their subject.

The students of Risisky walked around and spoke to each student making a pillow. They would discuss the importance of sleep and provide facts some students may not know. A PowerPoint playing in the background gave basic information, such as "Try

to avoid daily napping it is harder to fall asleep at night."

For the students of Risisky, the goal of the event is to observe what those participating in the events will learn. The participants took a pre- and post-test, to evaluate if their knowledge in a subject, in this case sleep, has increased due to the presentations. "It's to evaluate if students learned anything while they were here," said Risisky.

The partnership between Risisky's class and Residence Life helped create these events. "I love our great partnership with Residence Life," said Risisky. "We really want to help students grow." Through these programs,

both students who participate and those part of the Program Planning class can strengthen themselves and become informed.

Psychology major Chandra Moore attended the DIY pillow event. "I love anything DIY," said Moore, sewing her pillow. The freshman decided to attend the event because she "likes sleeping" and her enthusiasm for events held on campus. "If it is at the Farnham programming Space, I'll go to it," said Moore.

Students appeared to enjoy the event. Psychology major Kaytlyn Caban, a freshman, said of the event, "I am having a lot of fun! I have never been to a Strengthening Sunday

event before, but I will definitely be back."

Strengthening Sundays are held every Sunday evening at the Farnham Programming Space. "Every weekend of every week," said Bartell, "except, of course, over breaks."

COVID-19 has affected student turnout for these events. Risisky reflects on previous years, when "50 to 60 kids use to flock around two tables in the past events like these." Now, with the pandemic still effecting programs, the coordinators must adapt and evolve their events to fit the current health crisis.

Bartell also observes how difficult the pandemic has made it for good turnout on events. "I have had 4 students show up

to an event," said Bartell. "Other times I have had 57." She attributes this range on both the interest of students and the pandemic.

"Strengthening Sundays was created by Erin Duff, the current COVID-19 coordinator, back when she was a Hall Director," said Risisky.

"It gives students something to do on Sunday nights," said Risisky. It also allows students to interact and meet new people, something Risisky notes is difficult during the pandemic.

Bartell emphasizes the main point of both Strengthening Sundays and the DIY Pillow program. She said, "the main theme really is about de-stressing."



PHOTO | MADELINE S. SCHARF

Graduate Intern, Reaunna Bartell and RHA coordinator helping cut pillows for event.

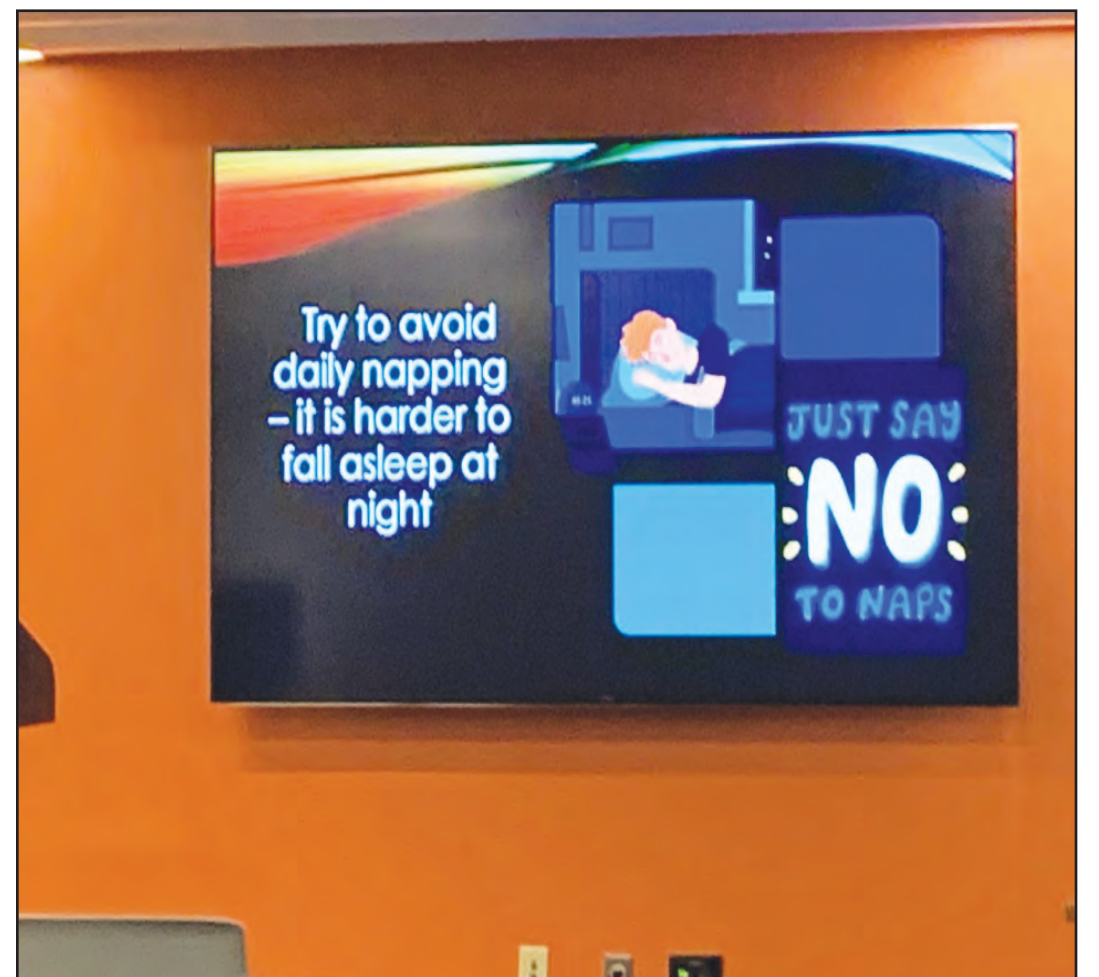


PHOTO | MADELINE S. SCHARF

A screen at the event showing how napping can negatively effect students.