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SOUTHERN NEWS

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Students participate in Wellbeing fair Wellbeing fair held on campus to promote physical and mental health

**By Abby Epstein
Contributor**

Students learned how to use Narcan, were able to take an STD test and grabbed free food at the Wellbeing Fair.

The Wellbeing fair brought awareness to students about the well-being of others and themselves. There were multiple tables for students to visit, all of which focused on mental or physical health.

"I think it's really important because with this specific event we have on campus and off campus resources. So, we have a lot of community partners that a lot of students don't know about as well, because sometimes it's hard to get to know what is in the community not just at Southern," said public health major Eve Altieri, a graduate student.

Some of the organizations who attended the fair were Violence Prevention, Victim Advocacy and Support (VPAS), Stonington Institution, Cornell Scott

Hill Health Center and Active Minds. VPAS talked to students about domestic violence in relationships and offered free STD testing. Cornell Scott Hill Center talked to students about job opportunities they had available.

"[VPAS has] a lot of resources for mental health. How to be an ally for survivors who have gone through domestic abuse. They also provide safety," said Amy Rodriguez, a graduate student. "I think it's just really important because you want to thrive at Southern, we want students to thrive too. We just want you to be better."

To participate in the Wellbeing fair, students had to sign in and were then given a passport. The goal was to go around to different organization tables, learn about what they offer and get their passport stamped. There were specific tables students had to visit to complete the passport to be entered into a raffle drawing.

Gifts were given at almost every table to

make the event more fun and enjoyable, instead of strictly informational. One organization was doing a Narcan class where students could learn how to use Narcan, the product for emergency overdose situations and enter a raffle to win air pods.

"It's important for students to come and get involved and for us to make it more of a fun experience so obviously we have prizes and stuff like that so it's not fully educational but it's fun as well," said Altieri.

The Wellbeing fair was one of the events first-year students could attend to fulfill a requirement for their INQ class, in the engagement path. Many people at the fair were freshmen who needed to attend the event for their class but also found the fair educational.

"I didn't even know it was going on today, but I saw it out here and I guess said psychology major Sabrina Garcia-Kiehle, a freshman. "I think it helps people to know they're not alone and that there is a lot

of resources that can help them, and it makes those resources accessible."

Olivia Corbett and Haley Clark were two other first-year students who attended the event to fulfill their engagement path requirement for their INQ class. They both agreed having the fair was important to keep people involved and learn about resources available on campus.

"[For] my engagement

path, I needed to complete it, but there are a lot of people here and it's a great atmosphere, a lot of good organizations and it was nice to hear about everything and the free prizes," said elementary education major Haley Clark, a freshman.

The Wellbeing fair has been a reoccurring event on the calendar over the past years but was online last year because of COVID-19. Students said it was nice to

be able to have the fair in-person and be able to interact with each other face to face instead of over a screen.

"I love seeing all the students that don't know what the fair is but they still get really excited about it," said Altieri, "and everyone is very engaged and I like seeing the community partners here too just because it's always nice to work with people off campus."



PHOTO | BRIA KIRKLIN

Cornell Scott Hill Health Center at the Well-Being fair sharing information to students

Religious protest draws crowd to fight for their beliefs

**By Sarah Shelton
Features Editor**

The Wellbeing Fair held on campus for healthcare and mental health quickly turned into a religious protest.

On Sept. 29, the Wellbeing Fair was held in front of Buley library, but since it was also Sin Awareness Day, it attracted people to campus who chose to stand up and preach for their personal beliefs.

The people who came to the university shared their political beliefs, answered questions about religion and held signs which said, "evolution is a lie," and "ask me why you deserve hell." This scene drew a crowd around the

group. One student even stood in front of them to preach about gay rights.

Communications major Gustavo Griesbach, a freshman, said he did not support what they were doing, but also believes in free speech, especially because this is a public campus.

"Why is he even here?" Griesbach asked. "You know what? It's freedom of speech, if you want to be here that's fine. I'm honestly trying to respect everyone's views. I don't know what he's doing here, but there is nothing I could do about it."

One of the guys who came to campus for this protest wore a "fight the youth with poisoned

minds" t-shirt and yelled at students, which attracted a university police officer to the scene.

"We came here to save you," one of the protestor guys announced to the crowd. "That's why we brought our bibles."

Other students, such as art education major Ari Coons, a freshman, and elementary education major Haley Woodard, a freshman, found entertainment in the situation but were not impressed.

"As someone who's gay, I'm sad that they said gay people were an abomination," Woodard said. "I understand we're a public campus, but it

would be great if this wasn't allowed anyway because it's fun for us to make fun of them and everything, but also I feel like it's harmful to people's mentalities, especially of gay people and social rights. He tried to say all slave owners were atheists and said Black Lives Matter didn't matter and obviously everyone here strongly believes that what he's saying isn't true."

Coons also had a negative experience during the situation.

"I told them I was raised Evangelical, which they said they were, and they told me 'well you're not real, you're not a real Christian because God

hates you,'" Coons said. "It's sad, but funny to experience."

Coons also pointed out how one student started eating the pages of the bible. The bible was given to him from the protestors.

As much as Coons and Woodard want to respect everyone's beliefs, they do not think it is right to come on a college campus to argue with students about it.

"They gave him a bible and he just started eating it, which is really funny," Coons said.

Woodard was raised catholic and said people like this make gay people feel bad, which is why so many people have

a negative experience with these situations and certain religions.

"It makes people who are religious look bad," a passerby walking past the protest said.

Woodard said the best part of this is it brought everyone together to fight for what they believe in. Communication major Leo Palumberi, a senior, also agrees with this.

"I have one good thing to say about this," Palumberi said. "I love seeing how this time of year, the Southern community comes together to stand strong on our own beliefs, especially, gay rights, to not let that hate take over the campus."



PHOTO | SARAH SHELTON

Crowd forming outside of Buley Library in front of the protestor.



PHOTO | SARAH SHELTON

One of the protestors wearing "fight the youth with poisoned minds" t-shirt.

Disability Awareness Month celebrated on campus

By Danielle Campbell
Copy Editor

Friday, Oct. 1, was the beginning of National Disability Employment Awareness Month and this year's theme, according to the Department of Labor, is America's Recovery: Powered by Inclusion. The national D.O.L. website said,

"The theme for NDEAM 2021, 'America's Recovery: Powered by Inclusion,' reflects the importance of ensuring that people with disabilities have full access to employment and community involvement during the national recovery from the COVID-19 pandemic." It also stated, "NDEAM is held each October to

commemorate the many and varied contributions of people with disabilities to America's workplaces and economy."

The university's Center for Academic Success & Accessibility Services has chosen to celebrate this month by highlighting students with disabilities altogether, not just their access to employment.

Disability Awareness Month on campus has an entire calendar of events and the kickoff was the first of those nine.

"This event happens every year, every year in October, but due to COVID, it was moved virtually last year. So, with the ability to come out and be on campus, outside in person, it brings that awareness back for everyone and for our students," said Brandon Romano, event creator and graduate intern at the Center of Academic Success & Accessibility Services (CASAS). "We're a campus that values social justice and bringing awareness to different communities whether it be students with disabilities or even students of color and minorities, that awareness just brings us one step forward towards social justice."

The offices just merged to become CASAS and they assist students in multiple ways at just one location. Romano said, "Our office recently merged with the Success Center to provide more resources, not just on a disability resource side, but also academically. So, we are taking one step forward to growth on

campus as well as putting our foot out to help students even more."

The table was located on Buley patio and behind the table was a row of portraits featuring famous people throughout history who had disabilities.

Graduate student of public health Chloe Johnson works at the office as an academic success coach and a coaching coordinator. "It's very important, as half of the center is accessibility services, but we also are trying to make sure our students are successful. So, it's very important that we acknowledge where everybody is at and to make sure we can help them as best we can to be successful in college," said Johnson on the importance of recognizing and acknowledging disability awareness.

"I came to the event to help support disability awareness because disability is very underrated, and it's not really spoken about on campus. And also, being a diversity peer educator. That's part of our job to bring awareness to some things that aren't really spoken about or noticed on campus," said

psychology major with a concentration in mental health Jelise Nimmons, a senior.

Sociology major with a concentration in criminology and criminal justice Natalie Sinclair, a senior, landed at the event when a fire drill occurred on campus, and she ended up following the music. She said, "I think it's [disability awareness] important because there are people who have disabilities and it's important to know what we can do to help them."

CASAS, located on the third floor of Buley Library, states on its website, "The Center supports students in gaining confidence and independence as college students. We do this through developing academic skills, mastering course materials, enhancing self-advocacy, and promoting social and emotional well-being."

The Kickoff table featured ribbons students could take and a poster for them to sign to publicly state their support for people with disabilities and their allyship. Students passing by the table were able to download the event calendar as well.

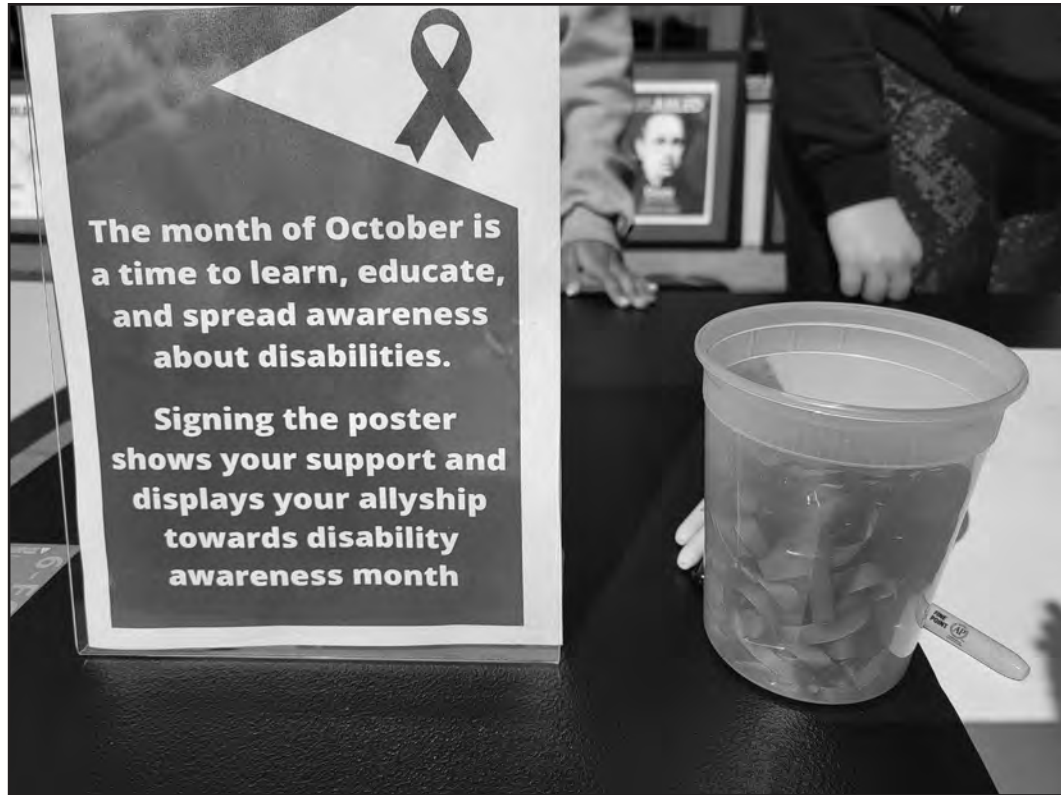


PHOTO | DANIELLE CAMPBELL

Free ribbons at the event to display allyship towards Disability Awareness Month.

University police safety

By Sofia Rositani
Editor-in-Chief
Sarah Shelton
Features Editor

The university police received a complaint on Monday, around 4:30 p.m., regarding a man who approached a student on a bike. The unidentified man tried to make conversation and get directions but made the student feel uncomfortable. The student ended up reporting it, and many more came, according to Chief Joseph Dooley.

The next day, the same man went around asking for directions, he ended up inappropriately touching a student without her consent and she contacted the university police immediately. This led to the many emails students received and half a dozen reports to the university police.

"So he's not a student. And he is someone who kind of traverses the campus to go to and from where he was going each day. And so we are applying for an arrest warrant we are anticipating arresting him formally soon, but has been banned from the actual campus property," Dooley said.

He said once the arrest warrant goes through, the charges will be fourth degree sexual assault, and a breach of peace, it all depends on what the court says, according to Dooley.

Dooley said the university police were getting many calls from worried students on Tuesday.

"It was good to see that, the people read the alerts number one, and that they are also calling us even though it might be trivial to them, it might be helpful to us," Dooley said.

Dooley said a few ways students can stay safe on and off campus is to have situational awareness, read the alerts sent out, and having the LiveSafe app. For students who go off campus, there is an app, according to Dooley, which is a virtual escort program. If there is ever a feeling of unsafety, a student can send their location to their friends or family to watch them walk to wherever they are going. The university police also will escort a student back to their dorm or car if they are ever feeling unsafe or uncomfortable walking alone.

"Lock your doors, whether it be your residence halls or if you live off campus your home and certainly your car, and certainly hide things. The basic principle is preventing the opportunity, so opportunity desire. If you can prevent the opportunity, you probably have eliminated a crime or we certainly reduce them here," Dooley said. "So we're always fortunate the Southern community really will come forward if they see something."

The best ways to reach university police is by calling and using the LiveSafe app. A positive from this issue was that students on campus were reading emails and communicating to the university police when they

noticed anyone who fit the description sent in the emails.

"I heard about the bicycle event but I was not approached by the man," psychology major Hannah Smith, a junior, said. "I think that some people are not mentally well and it is scary to think about someone coming up to me and saying inappropriate comments and making inappropriate contact."

Smith said she would contact the university police if she ever felt unsafe.

"I feel like the campus police handled this situation very well, they spread the news to everyone across campus to stay safe," Smith said. "I received emails and text messages about this man so I was fully aware to keep myself safe."

Smith said she is made aware of situations like this through the university's LiveSafe app.

Other students also feel like the university police took the best action they could to keep everyone safe.

"I believe that when the police were notified, they took it into their own hands and were able to immediately access the situation at hand the best way that they could," Psychology major Melanie Sanabria, a junior, said.

There are other ways to stay safe on campus which Smith is aware of.

"I do feel safe on campus," Smith said. "I feel like with the blue emergency lights and police directly on campus that I could not be safer."

Soup and substances



PHOTO | DANIELLE CAMPBELL

Dr. Marian Evans discussing the PBS video to a group of students at the event.

By Danielle Campbell
Copy Editor

Dr. Marian Evans is a professor of Public Health and Women & Gender Studies on campus. She was the first professor in the new series of Soup & Substance, where professors discuss a topic related to their field over soup from Panera Bread.

The first conversation was about a PBS special titled Unnatural Causes...Is inequality making us sick? And the specific segment watched in the series was When the Bough Breaks. This segment discussed the differences in birthweight between black and white babies, regardless of education. Two Chicago neonatologists theorized racism was the cause of this issue.

After a room change due to technical difficulties, the show went on. The discussion after the movie was the substance part of the event.

Sociology major, Elijah Ortiz, senior, said during the discussion afterward, "When we started it, I thought it was gonna go into more like the implicit biases of doctors and how that affects like birth rate and stuff. But then as it went on, I was like, oh wow this is actually about like generational racism and how that affects like the stress throughout the pregnancy and how, or just before pregnancy, and how that could affect birth rate and that was interesting to

me because I wasn't really expecting that."

Dr. Evans acknowledged that the piece was somewhat dated. The series was first broadcast in 2008, but the information was powerful enough to still be relevant and still be a topic of discussion.

"There are these things called epigenetics. Right. So, they're not in your genes. They're not part of your genes. They're on your genes. That we can carry that can make an effect, also. Right. And that can be passed down, but not necessarily in your genes," said Dr. Evans.

According to a 2018 CDC study, black infant mortality rates are the highest in America. An excerpt from the CDC website for health equity states, "Black women are three times more likely to die from a pregnancy-related cause than White women. Multiple factors contribute to these disparities, such as variation in quality healthcare, underlying chronic conditions, structural racism, and implicit bias."

The discussion focused on questions students might have had around the topic and reasons the disparity might exist, as well as reactions to the racial effect on pregnancy and natal health.

Public health major with a concentration in wellness minor Sakinah Plair, a senior, and her younger sister, business

management major Shahyda Plair, a sophomore attended the event to gain more information on a topic she said has come up in her classes before.

"In the beginning when it's talking about the low birth rate babies and premature death and how it after, I think it was the 80's, in black women it kept rising, I did notice that too in my public health classes. And I'm currently doing a paper for my Health, Illness and Death class. And it's focusing on, like, what are the factors, specifically for black women in America. Why it's happening," said Sakinah.

The video talked about how across economic backgrounds; black women were at high risk for babies born too early. It described how the stress already in a black woman's body from microaggressions dealing with race, could be a factor in causing the natural stress hormones involved in delivery to prematurely cause labor.

Dr. Evans said, "Part of what I teach in public health is environmental health and I'm very interested in the intersection between our environment and the fertility of women."

University Access Programs graduate intern Kyle Augustine, creator of the Soup & Substance series, said the events will continue on this blueprint of a discussion facilitated by a professor and Panera Bread soup.



PHOTO | BRIA KIRKLIN

One of the emergency buttons around the university used to contact university police.

Disappointing start to Italian Heritage Month

By **Sofia Rositani**
Editor-in-Chief

Oct.1 marked the first day of “spooky season” and Italian Heritage Month. This month, Italian Americans celebrate their culture and history both in America and Italy.

As an Italian, I am very excited to show my pride in my country, more than I already do. The one thing I wish I saw more of is the university doing more to celebrate this month. It sadly is not talked about enough, which is odd considering the fact New Haven has the highest population of Italians in the entire country, beating New York.

“In fact, New Haven, CT, home to Yale University,

has the highest percentage of Italian Americans, making up 21.2% of the metro’s population. To put that into perspective, nationally there were about 5.1% (nearly 16.7 million) Italian Americans in 2017,” according to the New Haven Register.

Many of the Italians in New Haven are from Naples, which is why many of the restaurants have wood and coal burning pizza, something unique to Naples.

But while New Haven is considered the number one area Italians reside, I have yet to see anything to celebrate the Italian culture both on or off campus.

Italian Heritage Month was created in 1989.

“Italian-Americans are

an integral part of our nation’s diverse cultural makeup. Establishing a month in recognition of our people’s successes honors the enormous contributions the Italian and Italian-American people have made to this country and the world throughout our history. That includes the generals, admirals, doctors, philosophers, statesmen, musicians, athletes, and Nobel laureates who have made the United States the great nation that it is today,” said Rep. Pascrell, a descendent of Italian immigrants. “With this month being especially significant for Italian-Americans, I am proud to introduce this resolution with my co-chair Rep. Amodei and strongly urge

my colleagues to support its passage,” according to Insider New Jersey.

As an Italian woman, I would love to see more on-campus events dedicated to the Italian heritage, and I know the Italianissimi club is trying to do this, but other organizations on campus should hold these events as well.

My grandmother came to this country on a boat by herself knowing no English after living through World War II, which took one of her brothers. She did not even get to see Ellis Island like many others due to work being done. She died in this country at the age of 85 after working as a seamstress in a factory; in which most her life

was spent in hazardous conditions. But no one really cares to learn about stories like this anymore. Everyone wants to only know about the food, the wine, the fashion but not the stories which show what many Italians went through getting to this country.

Italy has taken the world by storm, this year, after the country had a bad year in 2020 due to COVID-19. Italy won Eurovision with Måneskin’s song “Zitti E Buoni.” The Italy national football team, or Azzurri, brought the UEFA European Championship to Rome, not home, after beating England.

“Indeed! Between Saturday and yesterday, we saw a 56% increase in

new learners taking up Italian – you could say they have... Måneskin in the game,” according to Duolingo’s Twitter page after someone sent them a tweet.

Italy is a huge part of American culture I mean we all love pizza and yet America does not celebrate the month dedicated to it’s creators. I would love to see something as small as a poster or something as big as an event to celebrate this heritage month on campus. I get excited every year about it and find myself disappointed in the lack of care I see in New Haven. I hope as the month continues, I see more pop-ups around the city and campus, but I doubt this will happen.

Air conditioners in West making students sick

By **Sarah Shelton**
Features Editor

One time, during my freshman year, I was sitting alone in my dorm room, lying in bed, and I heard a knock on my door. When I got up to open it, it was two older men who just walked into my room.

In October 2019, we got an email about contractors placing privacy window tints during winter break and the staff will be escorting them, however, I guess my room did not happen during winter break because that was who was at my door—without an escort.

It was a weird experience sitting on my bed in my small space with two men I did not know, moving my roommate’s bed and doing something to our window.

I recently remembered this experience, because something similar is now happening in West Campus. Every single student is having their HVAC filters professionally cleaned.

On Facebook, there’s a group specifically for parents of the university’s students. In this group, someone posted how their child lives in West and all their roommates are sick. They opened up the filter and saw how

dirty it was—which I do not recommend doing. West’s Resident Advisors, RAs, said it could cause property damage and there are wires in there which can become dangerous. I believe this is what originally started the problem, but it has not been confirmed by anyone.

Students in West were made aware a few days before it was set to happen. Our RAs had a floor meeting to let us know what was happening, which I really appreciated. They also let us know they will be escorting the contractors for the entirety of the project.

I, however, am very

nervous about it. We were told we need to vacate our rooms when the contractors come in. Each unit takes about an hour to work on, and I have three other roommates and a common room. This means 5 hours of not being able to go to my room.

What if I’m sleeping and need time to get ready? What if I forgot something in my dorm and really need it? What if I’m in one of my online classes? What if I’m not comfortable with strangers in my dorm without one of us being there? I personally will just deal with whatever happens, but I still think about these scenarios for

all of us. I just feel like it should be more of an option than a requirement to leave our rooms.

The email sent to us said, “given the noise and equipment required to completely service the units, students are strongly encouraged to vacate their rooms during this timeframe.”

After asking around, Resident Advisors were telling people they need to grab their personal belongings and leave. I know this is not the RAs’ fault, they are just sharing what information they have, but this still leaves the question of can I stay if I want to? Is it encouraged or required to leave?

This process began on Wednesday, Sept. 29, and will continue until all HVAC units have been serviced. They will be working from 10 a.m. until 4 p.m., meaning they can come to your room any day between those times. You won’t know until it is happening.

I really appreciate all the information our RAs and hall director are giving us, but I wish we knew what day and around what time our units will be serviced, so I can be ready to be out of the room.

Mine has yet to be worked on, as I’m writing this, so I hope it happens during a day where I’m in the newsroom.

School: not just about classes, discover yourself

By **Danielle Campbell**
Copy Editor

School is certainly a place where you need to put your head in your books and focus on your work, but it is also a place to learn who you are as a person. The greatest thing to come from my time in higher education is the development of myself as a social person in the world. I made sure as soon as I got into college to be active inside and outside of the classroom.

Going to class and getting good grades is important but joining clubs or going

to events is also a necessity. It sets the groundwork for your being an individual in the world amongst many others. You meet people in college you may not have been able to engage with outside of school. Capitalize on that. How often will you get to join clubs and learn about people that have a different culture or interest than you?

In college, we have access to information through the people we meet. This place and what you do here sets the trend for how you interact with various personality types, nationalities, cultures, ethnicities, interest groups

and more, in the real world. I do not think enough students realize how important extracurriculars are to your growth as an adult.

If you simply do not have the time to be on campus, I understand. Many students also work and do not have time to explore activities, clubs or events. That is OK, but for those who have the time, I implore you to try more new things. Go to more events. Eat more foods you have never had. Meet more people you did not have access to growing up. This is your time to be exposed to different aspects of life so that the real world

is not as intimidating.

This is the time for you to be taught better as well. We are not perfect people and will not know every politically correct word, every cultural nuance or every detail about people our childhood had not exposed us to. But once you expose yourself to a variety of people, you are better equipped throughout your life to accept and understand a wider range of people whom you may meet in your future.

It is also a great time to learn history. Watch documentaries, go to club events, ask friends from different backgrounds

about the history of their culture. Doing this will make understanding others so much easier for you. You would also socially understand the news better if you knew why things were playing out as they do.

I am not saying you are a bad person or missing the mark if you do not do this. Many people never set a foot on their college campus outside of the classroom. But doing this has helped me learn to be around any type of person in the world outside of college. I have made friends of every creed and color. This has also exposed me to different people in terms of

mental health and nuance. It gave me more patience for others.

Having different teachers and learning to get along with people others may find difficulty relating to or accepting has also been a strong suit from engaging more in college. In the future, you will not have the ease of choosing a boss as you try to choose easier professors. You cannot change a work partner the way some request new groups in college. Higher education is not just processing new materials intelligently but learning to be around those who are not like you.

SOUTHERN NEWS

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PHOTOS

Wellbeing fair and ProCon events on campus



PHOTOS | ROMA ROSITANI

Liberations program table on Wednesday at the Well-being Fair. This program works to help people get through drug addiction and withdrawals.

Photos and Story by Roma Rositani Photo Editor

The university held a Wellbeing Fair this weekend in the Academic Quad. There were multiple tables set up with games, snacks and student support services.

The tables that were at the fair included were Active Minds, APT Foundation, Liberations Programs, Cornell Scott Hill Health Center, Rushfords table, Hope Family Justice

Center, and Stonington Center. All these tables were aimed at helping students create a healthier relationship with their mind and body.

Another event that was held the same day on campus was a ProCon event. They gave away apple cider donuts and apple cider to celebrate the new season. The apple cider and donuts were from Lyman Orchards.

If you want to read more about the Wellbeing Fair, go to page 1 and if you want to read more about "Apple Cider and Donuts with ProCon" go to page 8.



A student talking to a representative at the fair.



Active mind table giving out pins and goodie bags filled with feminine products.



students put positive notes on the mirror.



Students running wellbeing fair table.



Students talking to a person representing the table at the Fair.



Apple Cider and apple cider donuts from Lyman Orchards



(Left) Izzy Satmary and her fellow Daytime programmer at the Apple cider event.

Owls soar to 23-7 home victory Football improved to 3-2 after a strong defensive effort vs. AIC

By Morgan Douglas
Sports Editor

Offense. Defense. Special teams. All three were working for Owls' football this past Friday night at Jess Dow Field as they moved to 3-2 on the year, defeating the American International College Yellow Jackets 23-7.

The defense put forth their best effort of the season. They allowed a touchdown in the first quarter but shut the Yellow Jackets out for the next three, forcing multiple turnovers along the way.

A stark contrast from a team which allowed an average of 36 points per game over their first four contests. Something was different this week.

"The focus," Captain defensive back Kwadir Delgado-McIntyre, a senior, said. "We could be the best defense in the conference. We have to limit mistakes and that's what we did today."

The Yellow Jackets, however, did not limit their mistakes. The penalty flags were flying early and often, as AIC racked up seven penalties in the first half, repeatedly shooting themselves in the foot.

"Turnovers and penalties are always the biggest factors in the game," Head coach Tom Godek said, "and we played a much cleaner game in that case."

Cleaner, yes, but not spotless. Owls' quarterback Joe Bernard, a junior, threw two red zone interceptions from the 13- and 5-yard line respectively to mark the only blemishes on what was an overwhelmingly positive effort.

Conversely, Yellow Jackets quarterback Jason DeMild threw three interceptions, including two to Delgado-McIntyre, who had his fingerprints all over this one, making great defensive plays and stringing together moves to make men miss on nifty punt returns on special teams.

"The second one (interception), I put my hands on him," Delgado-McIntyre said with a smile. "I feel like last week I was kind of doing too much, so this week I buckled down and did what I had to do."

Linebacker Harrison Smith, a senior, got after the quarterback, his pressures resulting in two sacks. He did get a little too into it on one play though, giving DeMild an unnecessary shove after

the play was over to gift AIC a first down from the penalty flag.

On offense, the running game was a big story. Not like they did not have success moving the ball through the air. Bernard had 241 passing yards, and wide receiver Izaiah Sanders, a senior, was the primary beneficiary, racking up 108 receiving yards.

All five of Sanders' receptions were good for first downs. A true mover of chains. Whenever the Owls had to have it, they threw it to their alpha receiver.

Sanders did not find the end zone, however. Those duties were left to his teammates in the backfield.

Running back T.J. Gardner, a junior, got the Owls on the board, scoring a touchdown from the one-yard line on a direct snap out of the wildcat formation early in the second quarter.

"We were close," Gardner said. "We were on the one-yard line, and you can't get stopped down there, you just got to put your head down and go, so that's what I did."

Kicker Szymon Gawlick, a junior, added the extra point, and later a field goal to give the

Owls a 10-7 lead, and they would never look back.

Between the penalties and the turnovers from the Yellow Jackets, the Owls just needed to take care of the football to secure the win, and they did.

After the Owls defense blocked a field goal attempt by AIC, Bernard found wide receiver Ryan Soules, a junior, for a 41-yard gain. Two plays later, Bernard found Sanders for a 31-yard completion, putting the Owls at the five-yard line.

Running back Ezequiel Johnson, a sophomore, finished off the drive with a five-yard touchdown run. Gawlick missed the extra point, 16-7 Owls, in the third quarter.

The home crowd was into the game throughout, watching their Owls improve to 2-0 at home.

"It feels great," Gardner said. "Anytime you can come out here and play in front of your home crowd, your family, your friends. It feels good to be able to come out here and put on a show for them."

The fourth quarter was about playing keep away and the Owls did a good job of it. AIC punted with just over six minutes left in the game, and a nice return by Delgado-McIntyre set the offense

up in great position, deep in Yellow Jackets territory.

Running back Diante Wilson, a freshman, scored on the first play of the drive, sprinting down the left sideline for a 23-yard touchdown run to ice the game away, after Gawlick's extra point made it 23-7.

Wilson became the third different Owl running back to score, and being a freshman, it was his first touchdown in college.

"It feels good," Wilson said. "The O-Line did a great job today, and we couldn't do it without them."

The Owls ran the ball 44 times to the tune of 151 rushing yards, controlling the clock, and giving their defense a chance to rest.

Good defense and an effective rushing attack are two ingredients for a winning formula, and the Owls will look to continue their success this Friday, Oct. 8, at 7 p.m. on the road against Assumption.

"I thought we responded very well from the game last week," Coach Godek said. "There were a lot of positives coming out of that game, and the guys really worked hard this week, focused in and came out with the win here tonight."

Column—MLB

By Morgan Douglas
Sports Editor - Opinion Column



Clutch hits. Memorable moments. Heroic performances. The Major League Baseball playoffs have arrived, and if you are someone who does not pay close attention to the sport until October, here is your playoff baseball guide.

The New York Yankees and the Boston Red Sox will have already duked it out at Fenway Park in the American League Wild Card game by the time this comes out. Unless of course, they are still playing. Yankees vs. Red Sox games tend to go on for hours.

Regardless of which American League East team comes out on top, they will have their division rival Tampa Bay Rays waiting for them. Game one of their American League Division Series is scheduled for Thursday. The Rays won 100 ball games this year and have unfinished business in the post-season after losing last year's World Series to the Los Angeles Dodgers.

Those same Dodgers won an astounding 106 games this year but finished second in the National League West. The 2020 champs will have to play in the National League Wild Card game at home against the St. Louis Cardinals on Wednesday night.

The winner of the NL Wild Card game will face the San Francisco Giants. The Giants, the biggest surprise of the baseball season, won 107 games this year, most in the majors. They will have a homefield advantage throughout the playoffs, however far they make it. They are scheduled to begin the series on Friday.

The Chicago White Sox and Houston Astros will begin a five-game American League Division Series on Thursday. The Astros notoriously have had playoff experience and success in recent years, while the White Sox are a young powerhouse without much experience playing October baseball.

The Atlanta Braves and Milwaukee Brewers get to wait around and rest up until Friday, when they begin their National League Division Series in Milwaukee at Miller Park.

Pitching, as is often the case, will play an enormous role in these playoff games. You will see teams show a willingness to use any pitcher in any spot, which they would never do during the regular season.

The Rays produce pitchers like it is a bodily function, and they have a frightening offensive attack despite being bereft of household names, like their AL East counterparts, the Yankees, and Red Sox.

There is a lot of exciting baseball left to be played. Let us watch it unfold and go through the roller-coaster ride of emotions together.



Photo | Bria Kirklin
The Owls defense held AIC to seven points in last Friday's win. Football is now 2-0 at home on the year.



Photo | Bria Kirklin
The Owls ran it all over AIC to the tune of 151 rushing yards during last Friday's win at Jess Dow Field.

Volleyball stays undefeated at Pelz Gym

By Morgan Douglas
Sports Editor

Home court advantage is a real thing. Just ask the Owls Volleyball team, as they improved to 9-0 at home on the season this past Saturday with a win against the Le Moyne College Dolphins.

It took the Owls five whole sets to get the job done, their first five set match this season.

"Obviously we have our long-term goals but it's about winning the week," Head coach Lisa Barbaro said, "so, this was a huge win coming off of losing this week to AIC, this just put us right back on track and where we need to be to feel confident."

Volleyball is 13-4 for the year. The Dolphins dropped to 2-9 with the loss, but despite their records, this was a tightly contested matchup by and by.

Pelz Gym was loud

from the get-go. While it took the Owls a little while to find their groove in the first set, they found it late, when needed, going on a 9-2 run to take the set 25-17.

Outside hitter Gabriela Gaibur, a junior, had six kills and setter Taylor Jones, a sophomore, had 11 assists in the first set.

The Dolphins played tougher from then on, though. Le Moyne worked hard to build a 9-7 lead in the second set, and would continue to hold the lead, despite the Owls' best efforts to claw their way back into it, even tying it at 18.

A 7-4 run by the Dolphins was enough to clinch the second set, 25-22.

The Owls remained in good spirits, heading into the third set tied. Back and forth the two teams went, with middle hitter Abigail Epstein, a graduate student, communicating with

teammates and getting a kill to put the Owls up 10-8.

"The game is so fast, and a lot of times we may not know where we're supposed to be," Outside hitter Gabriela Vazquez, a graduate student, said, "and that's where the communication comes in."

The Owls could never put together the big run in the third set and found themselves playing from behind for much of it.

Le Moyne called timeout up 21-20, and was able to outlast the Owls 25-23, in the third set, to take a lead of two sets to one. Jones had 16 assists in the third set.

"We just needed to take a step back and realize we know how to play our game, and to relax and do what we have to do," Gaibur said.

Whatever was said between the third and fourth set worked, as the Owls looked like a



Photo | Bria Kirklin
Gabriela Gaibur and the Owls volleyball team defeated Le Moyne at Pelz Gym on Saturday in five sets.

13-4 team, jumping out to a 6-2 lead, forcing the Dolphins to take an early timeout.

The Owls looked focused and determined, clicking on all cylinders, with Vazquez ending the set 25-16 with a kill. She led the team with six kills

in the set, with outside hitter Layla Cortez, a freshman, adding five kills, and Gaibur four. Jones tacked on 11 more assists.

"We all trust each other on the court," Gaibur said.

See Volleyball on Pg. 6

Women's soccer gets shutout win

The Owls improved to 2-5-1 on the year after 3-0 win

By Morgan Douglas
Sports Editor

The Owls faced off at Jess Dow Field versus the Le Moyne Dolphins this past Saturday.

The Owls found themselves sitting at 1-5-1 through the first seven games, with five of their six goals coming in their single victory over College of Staten Island.

The Dolphins spent the majority of the first 10 minutes with possession of the ball and saw multiple scoring chances. In the fifth minute of the game, Le Moyne Forward Maddison Vine sent a corner kick right in front of the Owls net but was grabbed by Owl goalkeeper Allie Smith before it could be rebounded.

Less than a minute later, a free kick by the Dolphins went off the crossbar and rebounded into the back of the net by forward Vine once again, but a penalty negated the goal and kept the game scoreless.

Minutes later, in the 19th of the game, the Owls saw their first scoring opportunity in the form of midfielder Kaitlyn D'Amico, a senior.

After working the ball down the field through numerous passes, D'Amico spun towards the inside of the field near the end line, maintaining possession of the ball and forcing a Dolphin defender to fall to

the ground, before sending a strike into the right side of the net, giving the Owls a 1-0 lead early.

"Our goal was to get more than one goal today," D'Amico said.

The lone scoring chance for Le Moyne in the first half came on a fast break in the 26th minute, which was halted by a great slide tackle from Owl defender Amanda Dustin, forcing the ball out through the end line for a corner kick.

Two minutes later, a wonderful cross kick by defender for the Owls Caleigh Driscoll, a freshman gave them a great scoring opportunity in front of the net. However, Dolphin keeper Allison Moreau got under the ball and got it over the net.

After having possession most of the starting minutes, the Dolphins had since been dominated in time of possession, with the Owls maintaining control most of the remaining first half, and the beginning of the second half.

During the 60th minute of the game, a crossing pass by forward Kylee Slavik into a contested box allowed Owl player Kelsey Burr, a senior, to find the back of the net just a few feet from the goalie. The Owls had a 2-0 lead with 30 minutes remaining in the match.

This lead would extend to 3 just seconds later, as Aries Bell, a freshman, managed to get the first goal of her

college career off a pass by Emma McMurray, a sophomore.

"Emma had the ball and she crossed it and I was all by myself and just slotted it right in," Bell said, "I'm very happy it was my first college goal."

With this score, the Owls cemented what was already a solid performance, to a very good one for the freshmen in particular, with players in the class accounting for one assist and one goal.

"We have depth, we have young players we trust," head coach Adam Cohen said, "we have people that

we believe in, and they keep working at it every day and today's no exception."

Things seemed to be clicking for the Owls on a level they had not seen so far this year, and it came at a big moment, as this win marked the Owls first conference victory of the season.

"We'd had no wins in the conference so today was really, really important for us," D'Amico said, "and we really had just one goal which was to play together, and I think we really did that today."

Head coach Cohen also spoke on how important

a conference win was for the team. "We look at it like were now 1-0, being a conference win, and I think the team feels real good, we feel were in a good spot," she said.

Spirits were high all along the sideline, and especially Owl goalie Allie Smith, who spoke highly of the team's performance.

"We were just playing together, communicating well, and Amanda Dustin had some really good slide tackles at the end, kind of sealed the deal for us."

The Owls hope to carry this feeling into next week's game.



Photo | Alvin Furlow (scsuowls.com)

Women's soccer shutout Le Moyne 3-0 on Saturday at Jess Dow Field.

"Trust is definitely super important when it comes to volleyball. We all believe in ourselves; we all believe in each other."

The match came down to the all-important fifth set, played to 15. When a kill by Vazquez made it 8-4 Owls, the gym was especially loud. Rattled, Le Moyne called timeout.

"We have the most amazing fans ever," Gaibur said. "They're very consistent when they come. Volleyball is very mental as well, so the crowd is very important to us. They help us with our wins all the time, so there is definitely a huge advantage to our home games."

Gaibur herself could not have placed the ball any better on her attack and kill to put the Owls up 12-5. Gaibur recorded her seventh consecutive double-double in this contest, and 13th on the season, notching 13 kills to accompany her 21 digs.

Cortez got the kill to end the set 15-8, and with it, the game, the best of her young college career.

The freshman had her first double-double, setting career highs in both kills and digs with 14 and 12 respectively.

Cortez and company will look to build off their strong and resilient effort and home winning streak when they take on Stonehill College at Pelz Gym on Tuesday, Oct. 5, at 7 p.m.

"We have a lot of potential," Vazquez said, "we just have a lot of work to do."



Photo | Alvin Furlow (scsuowls.com)

Women's soccer won 3-0 last Saturday afternoon. Kaitlyn D'Amico scored a goal in the contest.



Photo | Bria Kirklén

The Owls volleyball team defeated Le Moyne at Pelz Gym on Saturday in five sets.

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The Southern News

The Black community and mental health

By **Danielle Campbell**
Copy Editor

The discussion of mental health in the black community is of great importance these days, but a large component of the conversation missing is resources for black men and their mental health.

On Wednesday, Sept. 29, University Access Programs and Counseling Programming and Outreach hosted WTF – Why Those Feelings?: Black Men and Mental Health. The event was based on the music video “Lonely” by rapper DaBaby featuring Lil Wayne, which spoke on the mental health of the rapper as a black man in America. The conversation also centered around DaBaby’s media controversies including recently hitting a female fan and homophobic remarks made during his Rolling Loud this summer.

“It’s important to recognize, as you were pointing out, we have individuals in our lives who experience mental health issues of some sort. To lump that in, is a problem. People have mental health concerns, and they’re not jerks. People have mental health concerns and they’re not running around insulting anyone,” said Dr. Randolph Brooks, counselor [the only counselor of color] in the Counseling Office.

He was talking about DaBaby and how he created this vivid video on mental health, without first acknowledging the wrong he did over the summer. This act has led many to believe he was using the topic of mental health as an excuse for his behavior; ultimately equating these negative behaviors with those who have mental health struggles.

Cancel culture hit DaBaby after his comments on stage, sparking the conversation of forgiveness and letting people make human mistakes. Psychology major and president of Caribbean Students Association Roseline Saint-Val, a senior, said, “He did kind of like, gloss over the fact that, you know, not taking accountability for like disrespecting the LGBT community. I feel like he could have went about it a different way. You know what I’m saying. Like, also address that in the video.”

DaBaby and his struggles led to conversations on black mental health in general. Computer science major Jordan Patrick, a freshman, said, “The one [therapist] I had for a few years, it’s like, we can only really connect on like general topics, like ‘Oh how’s school going’ da da da da. But when we got to specifics it’s like, it’s just a one-sided conversation. So, it’s like what am I, what am I really gaining from this?”

Speaking of his experience with therapy and the issue of effectiveness and the need for culturally competent therapists.

Kyle Augustine, graduate intern for University Access Programs and creator of the event, talked about his time as an undergraduate at the university and not having access to a counselor who looked like him.

“When I was a freshman and sophomore year, within counseling services, and we didn’t find no one who looked like us. And we complained, a lot. And hence we got Dr. Brooks now. So that’s why it’s very important, cause me and other multicultural presidents were like how do you expect us to want to feel welcome and successful at Southern and there’s nobody in that council office that looks nothing like us,” he said.

Besides the issue of culturally competent therapists, there was the issue of generational differences in approaches to mental health. Business administration major with a concentration in finance and president of Brotherhood for Scholarship & Excellence and Iota Theta Fraternity Inc. Marquise Blagmon, a junior, said “I personally think it’s a older generational thing that they don’t believe in mental health issues. At all. And they don’t realize it’s such a rising issue and now

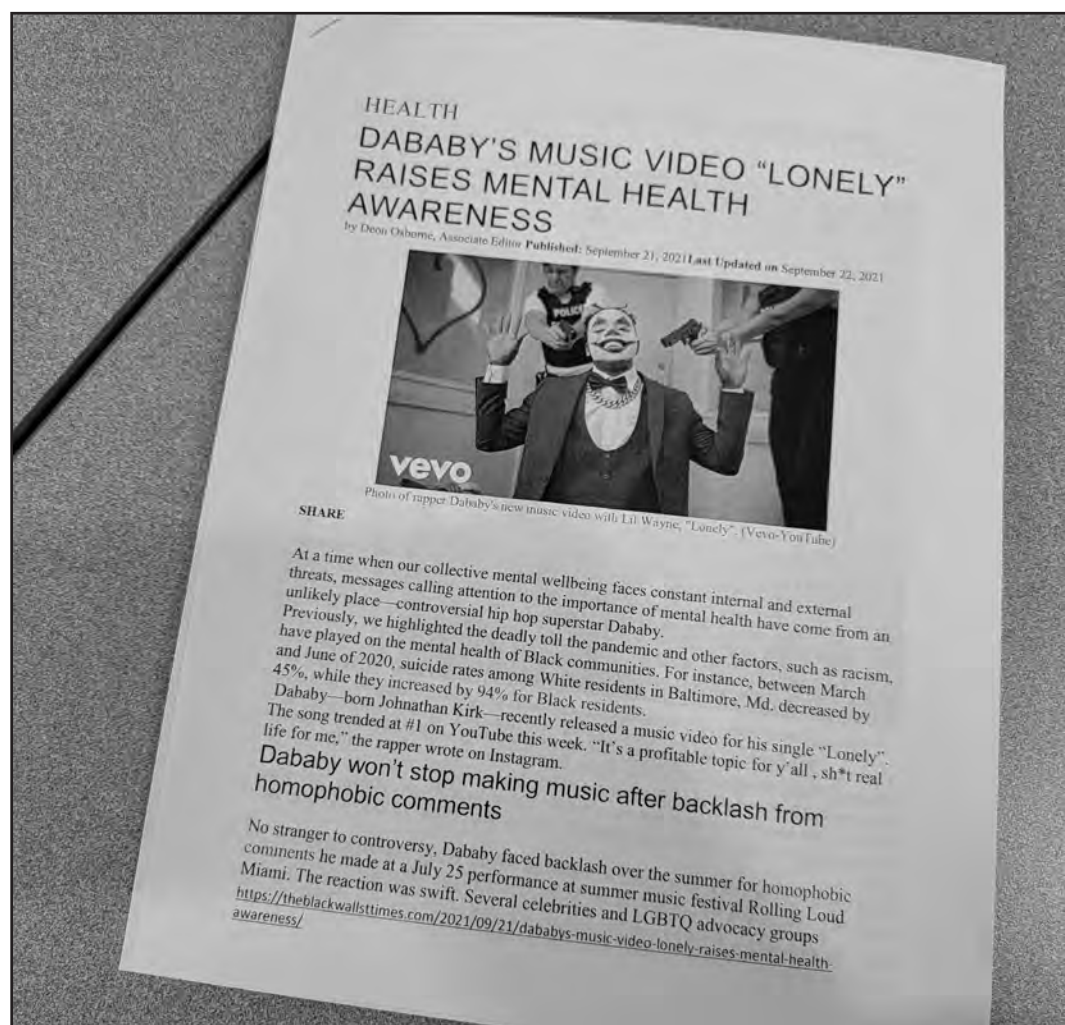


PHOTO | DANIELLE CAMPBELL

Packet handed out at the “Why Those Feelings” event for mental health awareness.

they’re trying to combat it and be more supportive but nah you shut me out five, six years to when I first brought the problem to you so don’t try to come at me now type of thing.”

The discussion was more about peeling back layers of mental health struggles

in the black community which do not get talked about enough, but the message was clear. It is okay to have these emotions, but not okay to spill those hurts onto others.

“When we talk about mental health and mental illness and diagnosis and all

that, most of that stuff was not written for us,” said Dr. Brooks. “Going to therapy does not mean you’re weak. Going to therapy means you’re strong enough to recognize something is going on that I am not going to hide.”

Folio’s first Autumn open mic Weekly Zodiac

By **Danielle Campbell**
Copy Editor

Over individual-wrapped cookies and bottles of apple cider, Folio held its first open mic of the fall semester in the somewhat hidden English common room in Engleman hall.

Students watched, both in person and virtually, as their peers from various majors and backgrounds shared their writing.

“So, this is basically like, the vibe. We share a lot. You could be a featured reader for like a future meeting if you want. Like where you’ll get to share like several pieces and like you get a little bio and introduction if you want,” said secondary English education major, and Folio fiction editor Katie Doyle, a senior.

Folio, like all the clubs, was mostly digital in the past year due to COVID-19. This semester saw the re-

turn of the in-person open mic, but a digital option was still included. Doyle said, “I think it went pretty well. I really loved like hearing what everyone had to say. We haven’t been able to do an open mic like this in person in a really long time. We only got to do one last year. So, it’s been like mostly WebEx, but I think like the hybrid format went pretty well.”

Some students were shy to share at first, but then came around once more people shared their work.

English major Harley Schein, a senior, said, “I mean, I may be going to school to be a librarian, but I’m a writer by passion, not by trade. And I actually, the poems are, I recently got a diagnosis of dissociative identity disorder, D.I.D, and I have been utilizing my poetry to discuss my alters, so people with D.I.D. have more positive representation.”

Schein went up and

shared his poems about D.I.D. and his various personalities in an expressive performative art piece. Other students chose to share short poems they had tucked away on their phones or laptops. One student, nursing major, Sam Kaufman, a junior, had her piece printed out and ready to go.

“I tried to move but can’t seem to. My arm is frozen in the air from trying for an arrow. My tunic grows stiff as do my limbs,” Kaufman recited.

“So, writing is just like a for fun thing. I really enjoy it,” said Kaufman. “Especially, it lets me be more creative than like a lot of like, cause I’m really interested in the sciences, but the sciences aren’t very creative. So, it can be a little stifling sometimes. So writing is really fun.”

A few virtual participants also shared their writing. There was also a quick discussion on plans for future

open mic nights including talks of costumes and Halloween-themed poems.

“I think there’s just something really powerful about like hearing people’s work like when you’re right in front of them. Like seeing the way that people present their work,” said Doyle.

Schein has plans for his writing beyond sharing at the open mic nights.

“Eventually my goal is to just you know hit the New York Times bestseller list and you know, maybe sell something to the CW, fingers crossed,” said Schein. “I want to give people proper queer representation and better representation for people of color. Especially since I’m, you know, a Jewish trans person. I feel like there is a lot of, not a very good representation for sexual fluidity or polyamory, and with my pros, that’s what I intend to do. I want to give the YA community something better, especially when it comes to sex.”



By **Sarah Shelton**
Features Editor

Libra
(Sept. 23 – Oct. 22)
Mercury retrograde is in your sign. This is the time to stop working so hard and go somewhere you enjoy. Book a day trip with your friend or go get your favorite food. Don’t let this retrograde trouble you.

Scorpio
(Oct. 23 – Nov. 22)
As harsh as this may sound, you need to re-set, Scorpio. Take time to discover who you are. This week’s new moon is your opportunity to learn who you are without influence from other people.

Sagittarius
(Nov. 23 – Dec. 22)
You can’t change what is happening, but you can change your mindset, Sag. Look at your other options. Start a new project. You got this!

Capricorn
(Dec. 23 – Jan. 22)
As a fellow Capricorn, we have been going through it lately. You need to take the right direction and be the leader you are meant to be. Start looking for good opportunities.

Aquarius
(Jan. 23 – Feb. 22)
I know it is tempting to withdraw yourself from everything but do not, Aquarius. You have so much knowledge, put it

to use, and do something you enjoy. Good things are coming.

Pisces
(Feb. 23 – March 22)
A new era is coming for you Pisces. However, you need to put in the work to make things happen. If something doesn’t feel right? Leave. Put yourself first.

Aries
(March 23 – April 22)
Time to focus on your freedom, Aries. Do what you love, but also keep your connections close. This weeks Mercury will give you a good opportunity for connections, conversations, and closure.

Taurus
(April 23 – May 22)
Time to work on your life, Taurus. The new moon in Libra wants you to work on your routines and intentions.

Gemini
(May 23 – June 22)
The middle of this week is good for manifestations, Gemini. Start planning what you want and plant the seeds. Go for it.

Cancer
(June 23 – July 22)
You need a break, Cancer. Rest. Take a few days to yourself, the stress isn’t worth it. Wednesday is the day to manifest due to the full moon.

Leo
(July 23 – Aug. 24)
The new moon in Libra will bring great inspiration, Leo. Do what you love, whether it’s writing, drawing, etc. Come up with new ideas.

Virgo
(Aug. 23 – Sept. 22)
Stress is at an all-time high, Virgo. Create something new, but save your money. Forget your losses and keep trying.



PHOTO | DANIELLE CAMPBELL

Harley Schein, a senior, preparing to read at the event.



PHOTO | DANIELLE CAMPBELL

Sam Kaufman, a junior, reading aloud at the open mic.

Calling all the Monsters: Thriii reboot

Sarah Shelton
Features Editor

Back in 2011, China Anne McClain released an iconic Halloween-themed song with her Disney show "A.N.T. Farm." Now for the 10 year anniversary of the song, a new version of the song has been released.

McClain released the reboot of the song on Friday featuring her two sisters, Sierra McClain and Lauryn McClain. They make up a group called Thriii. In a recent interview, she said she knew the reboot had to be with her siblings, it just felt right to her.

At the beginning of the song, you hear new Halloween music and the old version of the song starts playing, which quickly turns into the new version by Thriii featuring Messenger, who is their brother.

I was actually really excited to see this collaboration. I remember when the girls used to go by the McClain Sisters, and I loved their song "Go" when I was a kid, which was also featured on "A.N.T. Farm."

The new reboot of the

song basically has the same lyrics, but there are parts of the music, beat and the singing that sound very different from the original.

I am very happy they released this song during the Autumn season, or as I like to say spooky season. I love the nostalgia, however, I'm not sure if I like this version as much as the original.

I really liked the new Halloween music at the beginning, it makes me more excited for Halloween, but right when the song's music started after the first new "calling all the monsters" lyric, my initial reaction was "what is this." I did not like the new music. I really enjoyed the old beat, but then I got used to it as they started singing.

Mainly because of the singing, but also the music/beat, I feel like it is the grown-up version of the song, but I do think the original had more of a fun and happy feel to it. The old version makes me want to dance more, but I think if this newer version was the original, I would have no problems with it. I just think the original is too good.

I actually have been listening to the new-

er version a lot since it came out. I think it is the nostalgia that makes me happy. Also the fact China sounds more mature in this since she was a kid when the original came out.

Another thing very different from the original, but somewhat similar, is the music video.

The original music video featured China and her friends on Halloween too scared to go into a scary house, so she goes in and literally dances with the monsters, then pretends nothing happened.

I will say, I do like the new video better, and I love how she had the opportunity to do this new version with her family.

In the new video, it starts with cool animations and new spooky sounds, starts the old version, then she picks up the phone and the newer version starts playing. I personally think it was a strong beginning for a music video.

I really loved the aesthetics of the newer video and all of their outfits. What I was surprised by is it was released on DisneyMusicVEVO and not China or Thriii's Vevo. I guess it is because it is

Disney's song, not hers.

Also, I honestly feel like China was talking more than singing in this new version, except in the chorus, but I actually like the vibe of it.

I also love how China included her brother, but

his part felt a little random. However, I know a lot of people have different opinions and think his part made the song better.

It is a great song, I just expected the reboot to be better than the original.

I appreciate them still keeping monsters in the video, dancing with them and keeping a Halloween vibe to it.

This song is great and Thriii did it justice, but in my opinion, nothing can ever top the original.

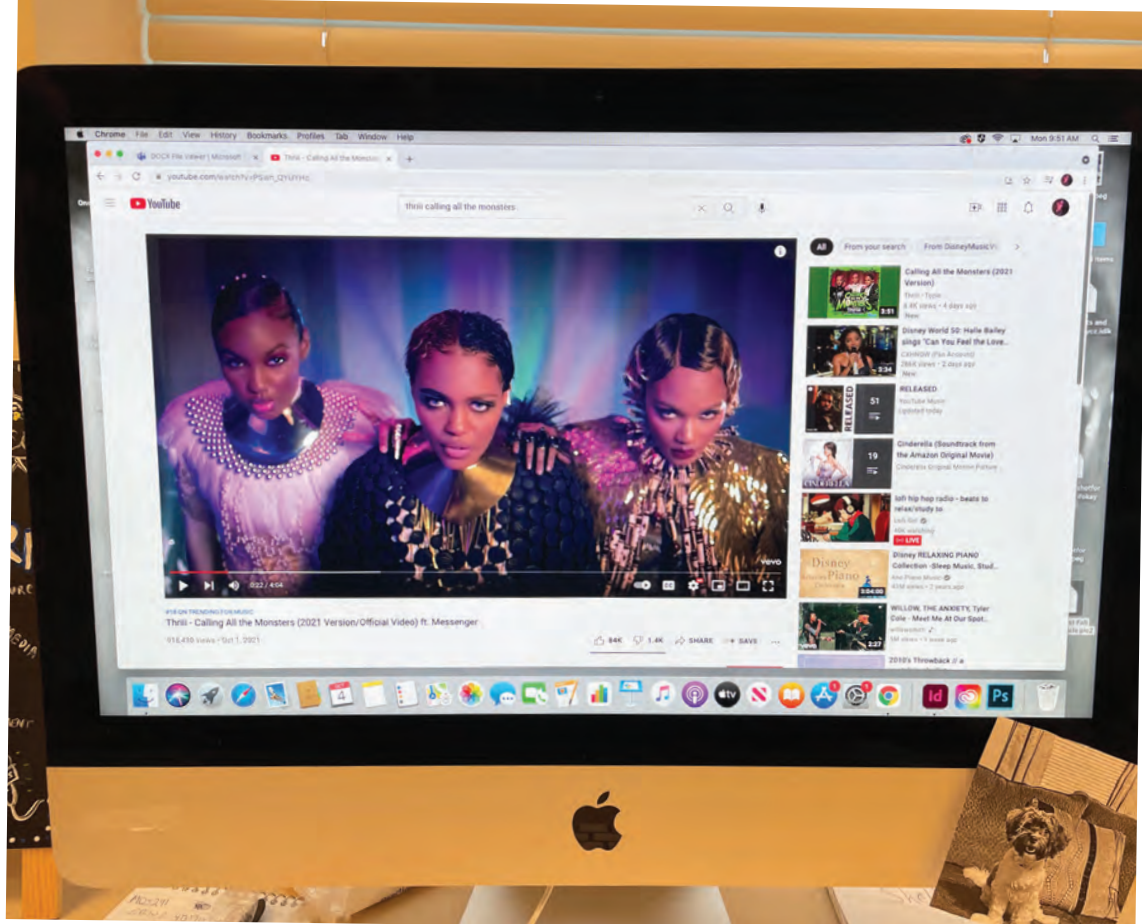


PHOTO | ROMA ROSITANI

Thriii's music video for Calling all the Monsters on Southern News computer

Apple cider and donuts

By Sofia Rositani
Editor-in-Chief
Sarah Shelton
Features Editor

With Fall arriving, and Homecoming on the horizon, there are many Fall themed events on the path, including Programming Council's, ProCon, apple cider and donuts event.

This event featured apple cider and donuts, straight from Lyman's Orchards, to be handed out to students.

Lyman Orchards, located in Middlefield has been around for over 275 years and is a well-known staple in Connecticut.

According to the Lyman Orchards website, "In their wildest dreams, colonial farmer John Lyman and his wife, Hope, could not have envisioned the complex and diverse enterprise that would evolve from their purchase in 1741 of a 37-acre parcel of land in what is now Middlefield. Now covering more than 1,100 acres of scenic farmland, Lyman Orchards is one of the most

popular family attractions in New England."

ProCon Daytime Programmer, Izzy Satmary is one of the students who came up with the idea to do this event. This is Satmary's first semester with ProCon.

"I just really want to get more involved on campus and I really like seeing other people happy, so I thought it would be fun to get involved and see people happy every day. I just thought it would bring more joy in my own life so I thought I would try it out," Satmary said.

ProCon Weekend Programmer, Matt Berry was at the event volunteering with the daytime crew since he usually does weekend events. He was there to get everyone's student ID numbers for OwlConnect contact tracing.

"Daytime came up with something that is fall themed. We figured students would want to come out," Berry said.

Berry said he loves to do events like this and hopes there is left over cider for him to enjoy.

"These are from Lyman Orchards over in Middlefield,

Connecticut which everyone seems to think is the best place to get cider for the fall season," Berry said. "One girl literally just went ecstatic when she saw us and was like 'please give me your cider.'"

Communications major, Ariana Munoz, a junior, heard about the ProCon event from her friend who heard about the event from another friend.

"So, we decided to come together [to the event]," Munoz said.

This time of the year is Munoz's favorite due to the cool weather and aesthetics of Autumn itself.

"This is my favorite time [of year], my friend and I bonded over that," Munoz said.

Munoz is happy events are giving out food again, since they have not been able to because of COVID-19.

"I like how I could do it in between my classes and it's just so simple. But I still get to see so many smiles, well I don't get to see smiles anymore [because of masks], but I can see smiles in people's eyes," Satmary said.

"Who doesn't like free food?" Munoz said.



PHOTO | ROMA ROSITANI

Ariana Munoz (Left) and Alexandria DePaul (right) at ProCon's Apple Cider event.

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ProCon bingo game night

By Devin Hollister
Contributor

Programs Council, ProCon, held their annual bingo night event last Tuesday at 8 p.m., where students took a chance to win prizes. ProCon hosted the bingo night in the Adanti Student Center Ballroom.

Information for their Bingo night was posted on ProCon's official Instagram page.

Changes were made to how the game was played. Because of the current pandemic, students had to sit with one empty seat in between each other. The game also had to be played on student's phones instead of paper cards. They used a on bingo-themed website to pull the numbers.

The hosts from ProCon, environmental system major Katie Kost, a junior, and communications major Ramsley Exantus, a senior, ran the event by calling out the numbers for students to

check off their phones.

Communications major Spencer Lane, a freshman, won the Dunkin Donuts gift card in the first round. However, he claimed that there were other elements of the event he enjoyed other than winning a prize.

"I like how the game was set up," Lane said, "with the card game on your phone and calling it out up there."

Overall, students won eight gift cards, with the card's value increasing every couple of rounds. The first was a \$25 Dunkin Donuts card, a \$25 Target gift card, the next a \$25 Starbucks card, a \$25 Bath and Body Works card, a \$50 Texas Roadhouse card, a \$50 Outback Steakhouse gift card and two \$100 Amazon cards.

These gift cards were funded through ProCon's budget to split the money for different categories of events. For example, the Bingo event

is labeled a "Night Time Committee" event since it took place at night.

During one round, multiple students got bingo simultaneously, but there was only one gift card to be won. To resolve this, the event hosts had the winners play rock, paper, scissors with each other until the final person won.

Overall, ProCon's primary goal is to get students involved on campus, especially during the COVID-19 pandemic that locked everyone inside. With this Bingo event, students were able to do something together while earning prizes for it.

"We just wanted to interact with the winners and students," said Exantus. "I'm happy that everyone showed up and we had the numbers that we needed, and yeah everything went well."