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Owls lose 27-21 to AIC on Homecoming

By Jaylen Carr
Editor-in-Chief

A yard short. With under two minutes remaining in the fourth quarter at the American International one-yard line, and the Owls being down by six, running back James Griffiths, a sophomore, ran for no gain on a fourth-and-1 play that resulted in a turnover on downs, ending any hope for an Owl Homecoming victory.

"It was a tough one," said quarterback Keith Ridley, a graduate student. "We got all the way to the goal line, had three, four plays to punch it in and came up short. It is always heartbreaking losing in a fashion like that."

Linebacker Joe DiGello, a junior, said it was a tough loss, especially on Homecoming because there was so much support from the university community.

"First off, I want to thank the university alumni for coming out here for Homecoming," Head Coach Tom Godek said. "We got down and came back and fought."

Despite the slippery conditions, the Owls could move the ball in the first half through the air and on the ground.

Ridley passed for 193 yards while going 12 for 28, throwing for

two touchdowns. Ridley would connect with wide receiver Tylon Papallo for touchdowns over 50 yards each.

Early in the first quarter, Ridley threw a 56-yard pass to Papallo to get the Owls out in front 6-0, with kicker Orlin Lopez, a freshman, converting on the extra point.

Ridley would throw his second touchdown in the second quarter with under 12 minutes to play for 51 yards to Papallo. Running back E'lijah Gray, a junior, rushed for 139 yards and scored only a touchdown in the first half.

The Owls' defense would allow American International College, AIC, to score 20 points in the second quarter. As the half concluded, the Owls would trail AIC 27-21.

During halftime, Godek said it was vital for the team to keep their composure to finish the game.

"We were close but couldn't pull it away," Godek said.

Ridley said the team felt comfortable being down six because the defensive kept them in the game.

While the offense tried to keep the game close, Ridley said, "The defense played their butts off all year, and they were getting stops."



PHOTO | SCSUOWLS.COM

Running back E'lijah Gray, a junior, breaks a tackle and scores a rushing touchdown in the third quarter.

DiGello was all over the field, making tackle after tackle on the defensive side. He had six total tackles, with one of those tackles being for a loss.

Even though the defense played well in the second half, DiGello said, "There is no excuse because we shouldn't let up those points in the first half."

The Owls' offense could not move nor run the ball throughout the second half. As the season continues, the Owls' offense looks to improve to help the defense from being on the field longer, Ridley said.

"In the second half, we finally played shut down," DiGello said. "We got two big picks."

The defense got AIC to turn the ball over twice, but the offense failed to score after getting the ball back in both possessions.

With the Owls losing their final home game of the season, they will finish the last three games on the road. Two of the three games against the NE10 competition are against Assumption

University and Pace University.

While the Owls are out of playoff contention with a 1-6 record, DiGello said the team will keep the same hard-working mentality.

Godek said, "I want to see the team stay together."

See football photos Page 6

Transfer students from CSCU campuses express experience

By Guillermo Hernandez
Contributor

Transferring from a community college to a university can be a scary process, as Katie Schulte, a junior who transferred from Housatonic Community College, a Connecticut State College and University, CSCU learned during her first semester at the university.

"I was so used to going to small classes with fewer students and professors who actually knew you by name," Schulte said.

She was transferring from a familiar atmosphere to a whole new world with a fresh perspective, unfamiliar with the people, the staff, the faculty and more.

Starting this week, the university will be celebrating Transfer Student Appreciation Week, a national celebration to bring awareness to campuses around the country about the challenges transfer students face.

The life of a college student would usually be defined by a four-year dorming experience at a university. However, people usually forget about transfers, who have an experience different

from the normal route. The university has a Transfer Admissions and Services department that is a recent addition.

"Transfer Admissions and Services is about two years old," said Director of Transfer Admissions Carla Flynn. "We are the only office or department in the CT state and university system that has a stand-alone office."

Flynn said the university realized the importance of transfer students and how they needed to support them. After all, transfer students bring so much life and scholastic experience to their classmates.

"I think it's really amazing," Flynn said.

Transfer students make up about 40% of an upcoming class every year at the university. In 2023's class, the percentage of incoming transfer students increased to about 44%, according to Flynn.

As of Sept. 5, 2023, the number of incoming transfer enrollment students is 1,062, which includes the spring, summer and fall semesters combined, Flynn said.

In 2020, Inside Higher Ed did a survey on "Student opinions on Transfer Credits,"

having surveyed roughly 1,000 students.

According to Inside Higher Ed, "Students who were able to transfer all of their credits listed academic advising, their current college's website and faculty members as some of the most helpful resources in their process."

Sanjay Sutherland is a computer science major and a transfer student from Gateway Community College, a CSCU college who arrived as a sophomore. He also works at the Orientation, Transition, and Family Engagement department, helping transfer students feel at home at the university.

"When I was a transfer, I skipped Transformation or speaking to my TSA. I missed out on a lot of stuff that I had no idea I was missing out on," Sutherland said.

"My transition from Gateway was very self-imposed. It was a smooth process, but it took me to do it. I had to figure it out on my own; I was very independent," Sutherland said.

"Gateway and Southern are supposed to be in a partnership; I was shocked I lost enough credits to set me back a semester," Sutherland said.

The Orientation, Transition, and Family Engagement office offers students "Munch and Mingle," once or twice a month. At this event, transfer students get together for brunch and chat to help build a sense of community.

As a transfer student assistant, Sutherland said he wanted students at the university to feel as comfortable as possible. He said if students are not comfortable somewhere, they will not reach their full potential.

Katie Schulte has been at the university for over a year; it is her third semester at the university as an elementary education major. Schulte said that her adjustment to the university at first was a real challenge for her.

She did not feel connected to her professors as she used to, but that did not change her experience.

Although she does not work at the Orientation, Transition, and Family Engagement office, Schulte says she wants to be a person who helps fellow transfer students find their place at the university.

"I can help them adjust; I think it would be nice to have somebody to adjust with," Schulte said.

Food Pantry sees growth in usage

By Braden Saint-Val
News Writer

So far this semester, the food pantry at the Wintergreen building has seen great success.

Graduate Intern Victoria Ibitoye said that hundreds of students come to the pantry every week, but with growth at such a fast rate, it has been difficult to get enough donations to meet the needs of students.

Donations are usually sent in by various university departments and local partners like Haven's Harvest and Midwest Food Bank, but support from students is always welcome.

Food pantry staff member Ashley Boyne said it is great to help students learn about resources on campus, especially since she has previously used the pantry.

Ibitoye also said the pantry will be collaborating with the Office of Sustainability to bring the Thrifty Owl to the pantry. They will have a corner where students can take secondhand dorm, kitchen and school supplies if needed.

The pantry is also creating a Pet Corner where students who have service animals can get the essentials they need to take care of them.

These events are planned to be set in stone by the end of October, Ibitoye said.



PHOTO | BRADEN SAINT-VAL

Early childhood education major Ashley Boyne, a senior, sits at the front desk of the food pantry.

Healthy Minds survey reveals data about students' mental health, how to overcome

By Brandon Cortés
Contributor

A study conducted by Healthy Minds highlights that more than a third of college students are suffering from anxiety and depression.

In late 2022 and early 2023, the university participated in a survey conducted by Healthy Minds which stated that 41% of students experienced any depression—major and moderate—and a total of 36% suffer from anxiety.

Nick Pinkerton, the associate dean of counseling and wellness services, explains that

most of these results can be due to financial issues and sociopolitical stressors or indirect consequences of the COVID-19 pandemic.

"We are still unraveling the broad implications of the pandemic on our mental health and wellbeing," Pinkerton said.

Other observations made by Pinkerton are the impact and comfort of social interactions.

"Loneliness and social anxiety—which manifests as social avoidance—are on the rise," he said.

Pinkerton said that he recognizes many students and community

members are struggling to feel truly connected to others in genuine and meaningful ways.

"While the pandemic certainly was an accelerant of these trends, they were here prior and unfortunately are continuing," Pinkerton said.

"Students have a lot on their shoulders right now and even more after the pandemic left us a huge emotional scar inside us," said psychology major Devin Wilson, a junior.

"Hell, some students have stuck with online classes since the beginning of the pandemic because they are

frightened to make any social interactions with others at all," Wilson said.

Wilson said classes and keeping track of course schedules are huge factors to consider.

"Some classes that aren't required for your major can hold you back," Wilson said. "I think there is a lot of disorganization in Southern when it comes to this, and I think that this becomes stressful for the student because they have to combat and organize it themselves in a way; and trying to get in contact with your professor; and all of that and at the same time administrating your

time for your classes and pay up your student debts and loans is, honestly, enough to make anyone depressed."

However, the university has multiple tools to help students who are struggling with their mental health, such as counseling services, the Wellbeing Center and even clubs like Active Minds, which is dedicated to informing and disseminating information on mental disorders and helping students who require it.

"Sometimes, these feelings come from the inability of not knowing what to do," said psychology major, Luis Flores, a freshman. "Yes, paying tuition, not knowing what to do with your life and working and studying at the same time can put you in a dark spot in your life, but the feeling that you are alone, and you have no help, and you feel cornered by your negative thoughts is what makes the situation worse, and some students go through all of that."

Psychology major, Jordan Cervantes, a sophomore, is currently the president of the Active Minds club which meets every Monday from 2 p.m. to 3 p.m. at the Adanti Student Center in Room 201.

"I have always been exposed to people struggling with mental health since I was in middle school, so when I arrived at Southern and saw the opportunity to run for president for the Active Minds club, I took it because I wanted to help as many as I could who are struggling with their mental health," Cervantes said.

"Our main goal at Active Minds is to raise awareness about how important mental health is. Many times, we have

found it difficult to complete this task since many people consider it a 'taboo' to talk about their mental health," Cervantes said.

The Active Minds club works together with Pinkerton. They raise awareness about mental health and offer activities in collaboration with the Wellbeing Center.

"We are also promoting our Wellbeing Center presentations to the community, encouraging a 'Don't Cancel That Class' initiative to allow us to present during planned instructor absences," Pinkerton said. "I just had an interview this morning with JED, who will be featuring our Thrive in 5 Workbook in their next blogpost, as they feel that it is an innovative approach to infusing well-being related topics into the learning environment. We have several workbooks printed to hand out to professors and provide it in PDF on our Wellbeing Center website, having created each 5-minute exercise as a double-sided handout for easy printing."

In fact, the survey report notes that "campus counseling services led to large reductions in symptoms and improvements in functioning, according to analysis by the Center for Collegiate Mental Health (CCMH). In your Healthy Minds data, satisfaction rates are close to 86.70% among students who used campus mental health services, suggesting that your services are effective, as in the CCMH data."

"We will continue to utilize tools like this to enhance our understanding of and response to the needs of our community," Pinkerton said.



The Counseling Services office is located in Engleman Hall in Room B219.

PHOTO | BRANDON CORTÉS

Student residents express opinion on dorm hall living conditions, Wi-Fi issues

By Jay'Mi Vazquez
News Editor

Students living in the university's dorm halls expressed their opinions on the living conditions so far in the Fall 2023 semester.

Residents of Brownell Hall have been experiencing Wi-Fi connection, water pressure and air conditioning issues since the semester began.

Theatre major Anthony Forbes, a sophomore said there are a few things that could be better.

"The Wi-Fi and the air conditioning are the main issues," Forbes said. "But I feel like for what I pay, it's acceptable."

"The internet is constantly screwing itself up, which is annoying," art major, Zachary Gower, a sophomore said.

History major, Brady Pearson, a sophomore said that Brownell has its advantages and disadvantages.

"The overall living space is great, but the Wi-Fi sucks and water pressure sucks because the water is mostly cold," Pearson said.

Brownell is the cheapest dormitory on campus, but Pearson said that it is not worth the amount he pays to stay on campus.

"Overall, it's not bad

living here, but it's just not worth it staying on campus and experiencing issues that should be resolved that currently aren't. I would not mind paying so much if simple things like Wi-Fi and water pressure were consistently working," Pearson said.

Wilkinson Hall resident Abigail Hibert, a freshman math major, expressed her thoughts on her first semester living on campus.

"It's not the worst, but the fact that there is no air conditioning in the freshman buildings is not great," Hibert said.

Hibert said she nearly passed out one time from how hot the dorm hall had been.

"Residing on the sixth floor is not the most comfortable when there is no air conditioning on a floor to which the heat rises," Hibert said.

Psychology major, Ian Mester, a sophomore said the dorm halls are not terrible, but there are a few things that he wishes were improved upon. Mester is a resident of Neff Hall.

"It's not bad. Honestly, it could be a lot worse. There are a few things that could change that would benefit the residents," Mester said.

Air conditioning is not prevalent in Neff Hall

unless you go out and purchase a big fan and put it directly on you, Mester said.

"There is not even a lot of space to really make food, either. It's not really cheap to live here, so it would be nice if the space was accommodating for other things besides sleeping and having a place to relax," Mester said.

Physics and math major, Maggie Blanchard, a freshman residing in Farnham Hall, said she does not consider her dorm a comfortable space.

"I just don't spend a lot of time there personally," Blanchard said.

Buley Library and a few other buildings on campus allow for more space for work to be completed and provide better Wi-Fi than in Farnham Hall, Blanchard said.

"With the reoccurring Wi-Fi issues all last week and previously in the beginning of the semester, it is frustrating," Blanchard said.

Blanchard said she also experienced issues with the water during the first few weeks of her college on-campus housing experience.

"I think it's so expensive for the dorms not being that great," Blanchard said.



The dorm hall quad is where residents can lounge and play volleyball.

PHOTO | JAY'MI VAZQUEZ



Brownell Hall, one of the dorm halls experiencing Wi-Fi issues, sits in the sun.

PHOTO | JAY'MI VAZQUEZ

Upcoming events: FOLIO holds Halloween open mic

Student Health Center Update

Flu Vaccine Clinics available on Nov. 2 from 10 a.m. to 2 p.m. in Engleman Hall.

Pre-Columbian Ceramic Art from the Permanent Collection

The exhibit displays artifacts from the regions of modern-day Mexico, Guatemala, Costa Rica and Peru. The display is located on the Buley Art Gallery ground floor Monday-Friday from 11 a.m. to 4 p.m. (to Dec. 7)

School of Business Diversity Celebration

School of Business Diversity Celebration hosts their first to honor our impressive local Black business community on Oct. 17 from 5:30 p.m. - 8:00 p.m. in the School of Business RWA and Bennitt Community Room.

Jibbitz Exhibit

Oct. 23 is National Croc Day, and ProCon students go to their Jibbitz Exhibit, where all visitors can pick out Jibbitz to decorate their Crocs. The event will be held from 12:15 p.m. - 1:30 p.m. in the Engleman Hall Rotunda.

Unmasking Stigma: The Impact of Substance Use on Communities

On Oct. 24, inside the Adanti Student Center – Ballroom from 8:15 a.m. - 1:30 p.m., there will be a conference about combating the stigma surrounding substance abuse and the challenges of overcoming drug addiction.

R&B Night Blu & White Edition

On Oct. 19 at 7 p.m., Zeta Phi Beta Sorority and Phi Beta Sigma Fraternity are hosting an R&B night in Farnham Programming Space. There will be prizes, games, and food.

Legend of Fear Haunted Trail

On Oct. 21 at 7:30 p.m., the Resident Hall Association is providing transportation to the Legend of Fear Haunted Trail in Shelton. Transportation is free for residents.

By Jay'Mi Vazquez
News Editor

On Friday, Oct. 13, Folio held its Halloween-themed open mic at the Adanti Student Center Fireside Lounge. The open mic was open to any student to come and share art, poems and other creative art forms.

“Our Halloween-themed event is one of our biggest events of the year,” Editor in Chief Ethan Sabetta said.

Students attending the open mic were recommended to wear a Halloween costume to match the Halloween spirit.

When asked what the best part of the event was, Sabetta said, “The costumes because that’s different than all of our open mics, but it was fun seeing people into it and dressing up.”

Fiction Editor Christopher Durand said he was excited about the overall turnout.

“We’ve been getting even bigger turnouts since doing events in the Fireside Lounge,” Durand said. “The laughs of the stories and just hanging out with like-minded people was fun.”

Sabetta said open mic events take place in the Fireside Lounge and in the English Common Room, depending on the expected turnout.

Students were not required to speak, but Sabetta said he was thrilled that students felt confident enough to share poems and other creative art forms during the event.

“A lot of people wanted to read, which was nice, and we had some new faces, which was also nice,” Sabetta said. “It’s very nice when people



PHOTO | JAY'MI VAZQUEZ

Students attending the FOLIO Halloween open mic in the Adanti Student Center Fire Lounge on the third floor.

show up and support these types of events because it brings more people into the world of Folio.”

History education major Justine Dobbin, a sophomore, said the event was a nice environment, and she is looking forward to attending more events in the future.

“I was a little nervous, but seeing others speak definitely inspired me to open up out of my shell,” Dobbin said.

Dobbin said that she will be attending the next Folio interest meeting when it is announced to students.

“I definitely want to get involved in Folio somehow; I’m just not sure when or where I’ll fit. But being friends with the editor, I’m sure there will be a place for me and for other new people to join,” Dobbin said.

Sabetta said he encourages students to attend future open mic events and consider submitting stories to be featured in the magazine.

“I would like to see



PHOTO | JAY'MI VAZQUEZ

The 2021 and 2023 editions of FOLIO Magazine.

more people come to some of the other open mic events. Even if there isn’t a theme event, it would be great to see more people show up and come support this semester and in the spring,” Sabetta said.

Sabetta said Folio is accepting submissions for poems, art, memoirs, fiction and non-fiction stories until Dec. 20. Folio submissions are open for any student of any major, regardless of their status in the organization.

“If you like writing and literature and fun people that aren’t uptight about much of anything and want to feel welcomed in a safe space, you can come down and join,” Durand said.

“I encourage students to even volunteer to get involved with Folio because it’s a great opportunity for students to work on the production side of the magazine but trying to be on the E-board is always great,” Sabetta said.

Troye Sivan releases new album

By Ali Fernand
Managing Editor

Troye Sivan has released a new album titled “Something to Give Each Other.” Sivan has made a name for himself in the pop space after becoming popular on YouTube then officially releasing music. Since rising to stardom, he has collaborated with huge pop names like Ariana Grande and Charli XCX.

Sivan has become an icon for his unapologetic

queerness in his music. His songs often involve casually talking about his encounters with other men and coming to terms with being gay. This has made for an overwhelmingly queer fanbase that finds comfort in and relates to his music.

This album is no different from the queer undertones of his previous work. However, this album offers a much more mature and stylized version of him than fans already were familiar with his earlier releases such as the hit “Youth.” It was radio-friendly and easily digestible for a mainstream audience.

Sivan’s new album takes a necessary stylistic turn. This album offers more experimental elements as one of the producers, A. G. Cook, is a spearhead of experimental pop. Cook has worked with many other artists who wanted to take a more dramatic approach to their music. This turn works beautifully for Sivan.

The first single released was “Rush,” which quickly became a summer hit. It has elements of dance pop, with a bouncing piano and electronic beat. This was an appropriate release for a summer hit. “Rush” has everything one could want in a pop song. It is upbeat, danceable, has incredible vocals and fun lyrics about experiencing lust.

“Rush” set high expectations for the rest of the album, which it delivered on. The next single “Got Me Started” is just as fun



PHOTO | YOUTUBE

Troye Sivan dressed in drag in the music video for “One Of Your Girls.”

as the first single. It has a sample of “Shooting Stars” by Bag Raiders, a popular electronic song. It is an unexpected sample, but it works really well for this song. Sivan perfectly gives this sample a life of its own. “Got Me Started” is a chill pop banger with smooth vocals.

“One of Your Girls” is another highlight of this album. Its music video immediately went viral. It features popular actor Ross Lynch and Sivan in full drag. This is a glimmering pop song with heavy vocal effects. Though Sivan has an incredible voice, the vocal effects are a fun addition to the chorus. This song will no doubt go down as a queer classic of this decade.

Two other highlights

from this album are “What’s the Time Where You Are?” and “Silly.” Both of these songs continue with the dance pop vibe Sivan has gone for in this new era of his. Both feature fun production and danceable synth melodies. Sivan has a laid-back vocal style in these songs, making him sound cool and confident.

Overall, Sivan has exceeded well past expectations he set for himself. He went from a tame, generally liked pop artist to a fully formed artist with his own style. This album is for anyone who loves fun pop and dance music.

These are the opinions of the Southern News Editorial Staff

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Visit www.TheSouthernNews.org for more.

University hosts a pre-game tailgate

By Ali Fernand
Managing Editor

Students, alumni and family of the university gathered before the Homecoming game on Oct. 14. Despite the rain, the community still enjoyed food trucks and carnival games before the big game.



The Owls community playing carnival games.



Attendees gathered outside of Moore Field house in the rain, waiting in line for the food trucks.



The check-in table for university alumni, students and family.



The Owls community playing a carnival game before the football game.



The Owls community walking in the rain.



Attendees line up at the food truck Santa Ines.



Attendees lines up outside of Deb's Cafe food truck.

Christine Stuart of CT News Junkie visits campus

By Ali Fernand
Managing Editor

Christine Stuart, Editor-in-Chief of CT News Junkie, was the keynote speaker at the High School Journalism Day event on Oct. 13. High school students attended sessions taught by journalism professors, then listened to Stuart tell the story of her journalism journey in the Adanti Student Center Ballroom.



Christine Stuart, Editor-in-Chief of CT News Junkie, posing for photos with high school students after he speech.



High school students listening to Christine Stuart's speech.



Interim President Dwayne Smith speaking at High School Journalism Day.

Field Hockey outscored by Adelphi 6-4

By Luke Gadson
Sports Editor

The Adelphi Panthers got the best of the Owls in a hard-fought battle on Friday night at Jess Dow Field. It was a fast start for the Owls, scoring first, but the Panthers scored four unanswered goals to end the first quarter.

The Owls showed no signs of quitting, as they scored two goals in the second quarter and held Adelphi to zero for a score of 4-3 at halftime.

The Owls scored a goal

in the second half, but it was not enough, as the Panthers scored twice to bring the game to a final score of 6-4.

Midfielder Tori Geaglone, a graduate student, was a force the entire game for the Owls, scoring twice on two shots on goal. Geaglone also assisted on a goal in the match.

"I'm really proud of every single person, on and off the field. We just gave it our all, and little pieces started to connect from our forwards to the defense and even the

sideline. We were just coming together as a team, and it shows on the field," Geaglone said.

Having an impact on the match as well was midfielder Trinidad Rodriguez Ricchiuti, a junior, who also scored twice on three shots on goal. Goalkeeper Rachel Miller, a freshman, ended the game with three saves.

"We played together, and we stayed together. And even though it is not reflected by the score, I consider it a win, and I hope we keep going out

with this energy in the games to come," Ricchiuti said.

Head Coach Kelley Frassinelli expressed her pride in the way the Owls stayed in the game, despite being down early.

"We really competed. They fought and battled back down three goals, which was an unbelievable game to watch. A lot of fun, but they fought back and persisted. So that will be one of the things we are super proud of with the work that they did," Frassinelli said.

As the Owls prepare to face more difficult NE10 opponents, their energy is a key component that they want to carry into their following conference games.

"We definitely have to work on some things, but we need to continue with our intensity, working together and our communication," Ricchiuti said.

Frassinelli stressed this idea to her team after the match as she said, "What we talked about afterwards is taking what we did in this game, and

we have to start that way in the next one. Just making sure that energy is there, the connections and the support; the things we are doing well now."

With this loss, the Owls' overall record moves to 5-8, while their conference record is now 4-5.

The Owls will be looking to pick up a win and break their losing streak when they travel to Bentley University to take on the Falcons in a conference matchup on Wednesday, Oct. 18.



PHOTO | LUKE GADSON

The Owls celebrate after a goal scored by midfielder Trinidad Rodriguez Ricchiuti, a junior.



PHOTO | LUKE GADSON

Forward Meghan Tillona, a freshman, moves the ball down the field on Friday, Oct. 13.

Enright looks to lead team to NE10 championship

By Matt Cain
Contributor

Outside hitter Sara Enright, a transfer senior, has been performing high on the volleyball court this year. Enright has played a significant role on the team since coming from Orange Coast College.

Enright transferred to the university after her sophomore year and immediately built a bond with her fellow Owl teammates. She is also one of the team's captains this year, and the go-to outside hitter.

Head Coach Lisa Barbaro needed people

to step up after crucial players graduated.

"She has to be that person to get the ball in tough situations, and she accepted the challenge," Barbaro said.

Enright's 2023 season has been nothing but spectacular, having a season-high in kills, assists, digs and points.

With Enright having season highs in these categories, she has put the NE10 conference on notice as she looks to be one of the best players in the conference.

Enright is known for bringing energy to each and every game. On the team, she is known as

"the competitor".

"She is that person that holds players accountable and picks the team up when they're down," Barbaro said.

This Owls team is starting to enter conference play, and the one thing that the team feels they can do is compete for the NE10 championship. Enright responded well to the pressure and turned it to positivity.

"We wanted to turn the locker room, making sure everybody has a positive attitude," Enright said.

For the 2023 season so far, Enright is having

her best offensive and defensive year. Enright is first in the NE10 for kills and sets.

"It's not just me. It's a team sport, and everybody wants to win," Enright said.

Enright is not just a competitor and a top performer, she is also a great teammate. Sara is there for her teammates, and she is a role model to the younger girls.

"My role is just to keep everyone together. I want the girls to know they can come to me for anything," Enright said.

With Enright having that role, the

team works very well together. Last year, the Owls had a rough season from start to finish. Now, they plan on putting that year behind them and moving forward.

"Everyone wants to win, and that's the environment we need," Enright said.

The Owls are looking good so far this year. They are 11-10 and now look to conference play. The team, led by Enright, looks to perform big against their NE10 opponents.

Coming into this year, Barbaro and the team have

championship aspirations. The end goal is to become NE10 champions. A championship will be the only thing missing from Enright's perfect season thus far.

Enright is a leader and contributes to the team on and off the court.

She has always had a passion for winning. As much as she wants to capture a championship, she would love for her teammates to say they are champions as well.

"It's not how we start; it's how we finish," Barbaro said.



PHOTO | SCSUOWLS.COM

Outside hitter Sara Enright, a senior, goes for a serve.



PHOTO | SCSUOWLS.COM

Sara Enright directs her teammates on the court.

Netherlands native competes for the Owls

By Avery Martin
Contributor

Britt Verstegen was one of six senior women's soccer players honored on the Oct. 7 senior night.

Verstegen plays defense for the Owls. She is a graduate student studying exercise science and is from Ede, Netherlands. She decided to play soccer in the United States so that she could also continue her schooling.

"I wanted to play soccer at a high level and still get my education, it wasn't really an option at home," Verstegen said.

Prior to playing for the Owls, while completing her master's degree, Verstegen played at Young Harris College, where she received the Division II, ADA, Academic Achievement Award.

She was also named the YHC Roaries Comeback Player of the Year.

Verstegen chose to pursue her master's at Southern not merely because of the good exercise science program.

"The NE10 is, as a conference, really good, so I was able to play soccer for two more years. It's very competitive and a good school,"



Defender Britt Verstegen, a graduate student, stands with teammates and coaches for 'Senior Day.'

PHOTO | SCSUOWLS.COM

said Verstegen.

In her two years here, Verstegen has contributed substantially to the team. On Oct. 12 last year, she scored a goal in the second half to give the Owls a 2-2 tie with Southern New Hampshire University.

Team Captain Amanda Dustin, a graduate student who plays back, says that game was one of the highlights of her teammate Verstegen's time with the Owls thus far.

"Last year, she was starting and playing every game. She ended up scoring one of the goals that caused us

to come back and tie Southern New Hampshire, which was a big game. We were losing 2-0, and she scored off a corner which helped us get the tie," Dustin said.

Head Coach Adam Cohen is full of praise for Verstegen.

"She is one of the bravest and most hard-working people I know," Cohen said. "She has faced a lot of challenges, but she is doing great."

Dustin was also quick to speak highly of Verstegen.

"She doesn't really say much, but she has a really good sense of humor. You can tell

that with the things she says, she gets everyone laughing. She is always in a good mood, and she is great to be around," Dustin said.

Both Cohen and Dustin describe Verstegen as a funny and hard-working player. They also say she is a reliable center-back and is a great player to have on the team.

"On the field, she understands the game really well. She knows what to do as a center-back. She has been there now for a while. I played next to her last year, and she is just a great person to have out there,"

Dustin said.

Cohen also makes clear that Verstegen is hard-working off the field as well. He praised her ability to prioritize her academic pursuits.

"She's developed a lot of connections at Southern outside of athletics," Cohen said.

Both Verstegen and Dustin asserted their goals for the remainder of the season.

"I am hoping to get into the NE10 tournament. We want to get far in the post-season and even reach the NCAA tournament," Verstegen said.



PHOTO | SCSUOWLS.COM

Britt Verstegen poses with the Netherlands flag on media day.

The Owls in action on homecoming versus AIC

Continued from Page 1



PHOTO | SCSUOWLS.COM

The Owls celebrate after a touchdown scored by running back E'lijah Gray, a junior.



PHOTO | SCSUOWLS.COM

Wide receiver Tylon Papallo, a senior, scores a touchdown for the Owls.



PHOTO | SCSUOWLS.COM

The Owls take the field for their Homecoming game versus AIC.



PHOTO | SCSUOWLS.COM

Defensive back Joenel Figueroa, a redshirt freshman, catches an interception for the Owls.

Homecoming tailgate persists in the rain

By Solé Scott
Features Editor

Alumni, parents, faculty and students all joined together in the Brownell parking lot to party before the football game. The Owls played against American International College on Saturday, Oct. 14.

The tailgate began at 10 a.m. in the pouring rain, yet that did not stop the celebration from happening.

Business administration major Monajia Medlin, a junior, attended the event with two friends.

"I honestly just came for the food," Medlin said.

Speakers played both old and new music all over the parking lot.

Around 12 p.m., food started to be prepared, including President Smith was behind the grill cooking up a storm.

There were many fraternities and sororities that made their presence known such as Zeta Phi Beta, Sigma Gamma Rho, Phi Beta Sigma and Iota Phi Theta, to name a few. Psychology major



Business administration major Monajia Medlin, a junior with Myesha Mapp and Cherayenne Martin.

PHOTO | SOLÉ SCOTT

Rylee Massoni, a senior, went to her first tailgate this weekend.

"I thought it was

pretty fun, unfortunately it was raining but it was still nice," Massoni said.

The tailgate had a lot more traction around 1-2 p.m. as Greek organizations began to stroll.

Direct Assistant to the president Roland Regos was at the tailgate early with other faculty.

"I am involved in planning it, so I don't have much of a choice," Regos said.

Faculty and Staff Diversity Retention and Recruitment Specialist Daisy Torres-Baez was at the event as well.

"This is my first Homecoming Family Day Tailgate," Baez said.

People were determined to attend the tailgate rain or shine, which proved to be true throughout the entire day.

People were coming from the food trucks that were in the parking lot between Moore Field House and Wintergreen.

"It's a tradition to be a part of Homecoming here at Southern. There's just a lot of energy and spirit of people coming back," Roland said.

Even though the rain continued heavily throughout the day, that didn't stop Owls from having a fun time.

The tailgate lasted well into the early evening. The football game had already concluded.

"The Owls come back to roost," Roland said.

Pep Rally kicks off Homecoming weekend

By Solé Scott
Features Editor

The 2023 Homecoming weekend kicked off with a pep rally on Thursday, Oct. 12 at 7 p.m. in the Moore Field House.

Students gathered in the gymnasium, which was filled with athletic teams, games and activities that would be played later on in the night.

Sociology major Genaya Cupidon, a sophomore, attended the pep rally with friends as she celebrated her birthday.

"I just came to see how it was. I went last year, and it was good times," Cupidon said.

Public health major Danielle Davis, a junior, attended the event with her friends.

"I know a couple of football players, so I'm here to support," Davis said.

The rally started with athletic teams walking the indoor track course with their titles and trophies.

The football team put on a show by doing a dance routine. Players were displaying their flipping talents. The dance team also performed a number as

the crowd watched.

Social work major Alexandria Lewis Charles, a freshman, attended her first pep rally at the university.

"The event was really nice. I loved Dr. D's little pep talk saying not to do homework for this week was really good," Charles said.

There were little to no instructions as a long line formed outside the door of the Moore Field House beforehand. All students had to do was walk in and scan their Hoot Loot at the front table to access the gym.

"It was really crowded, and a lot of energy was given, but also at the same time it was kind of boring because it was inside," Charles said.

Last year's pep rally was held outside on the football field.

There was a blow-up obstacle course inside the gymnasium ready to be used by students.

"Hopefully, they provide food and free shirts," Davis said.

Cheese pizza, buffalo wings, barbecue wings, water and soda were provided to students on a first come, first serve

basis.

"I'm going to be honest, it was only pizza there, but New Haven pizza is good," Charles said.

The end of the pep rally was like a WWE battle royal as shirts were being tossed into the crowd. Students charged and got semi-physical.

The most entertaining part for students other than the football team dancing was the introduction of other athletic departments that came out with a bang.

Track & Field put on a whole performance as they wore black glasses and had three group members dance them onto the gymnasium floor.

"I'm looking forward to the cheer team," Davis said.

There was a sizable number of people turning up to the event on that Thursday night.

Students were dressed in their best Owl pride throughout the night. Some even went above and beyond to put face paint on.

Nevertheless, the pep rally ushered in what was to come for the 2023 Homecoming weekend.



Students walk around with friends inside the Moore Field House.

PHOTO | SOLÉ SCOTT



Sociology major Genaya Cupidon, a sophomore poses for a picture.



The football team stands in the middle of the gymnasium ready for the pep rally.

Christian students sing in Gospel Choir

By Lexi White
Contributor

Was there ever a time you felt like you did not have a place to completely express yourself, or your faith, on campus? Art education major Stephanie Williams, a junior, gave students this safe space. Williams started the Gospel Choir Club with tremendous support last spring and has brought gospel music lovers together as one.

Williams grew up in the Christian community and always admired the environment the choir at her church obtained. Although Williams never sang in the choir, she said, "I don't sing personally, but gospel music really touched my soul."

"When you sign up for this club, you're going to be singing gospel music and also learning why you're singing it," Williams said.

Members of the choir describe Williams as a great club leader. They also said that she constructs a comforting and happy musical atmosphere. Alyssa McGregor, a freshman with a social work major and a theatre minor, said, "President Stephanie is amazing. She checks in on everybody, even when we aren't in rehearsals."

McGregor is one of the many powerful voices in this ensemble. She said she found out about the Gospel Choir Club from one of their welcome events held at the beginning of the fall semester. "I just got really good vibes from everybody, and I wanted to be around people who are Christian, just like me," said McGregor.

Williams said, "The vision of the gospel choir is to spread the word of Jesus through song and music." She enforces this by opening and closing each rehearsal with prayer.

McGregor supports Williams's vision when she said, "Doing something that praises God and music at the same time is just a perfect combination."

"It is just a different feeling when you have other people your age in love with the same thing you are," said business marketing major Juan Boone, a sophomore, who is another member of the choir.

The Gospel Choir Club does not just consist of those who sing; the choir welcomes those who play instruments as well. Boone is a vital addition to the club, as he plays bass for the choir.

Boone grew up playing the drums in church and originally started playing them for the choir. But when another member who joined was interested in playing the drums too, Boone began to play the bass for the choir instead. Boone wanted as many people to be involved in the community as possible; therefore, he did not mind switching instruments, as he had been playing the bass for the past few years.

Because Boone had been used to playing the drums, he considers playing the bass more



Choir students rehearsing in a classroom in Earl Hall.

PHOTOJ LEXI WHITE

intriguing. He said, "I like playing the bass for the choir more because it is more of a challenge for me."

The Gospel Choir Club is a wonderful way to get connected with others of Christian

faith. McGregor said, "If you're a Christian on campus, there is a community here for you."

In addition, McGregor said that the choir is not just for believers; anyone of any practice

is welcome. One can go in and simply enjoy the music or have a space to feel at ease. You can join Williams, McGregor, and Boone on Tuesdays from 6 p.m. to 8 p.m. and Fridays from 4 p.m. to 6 p.m. in Earl Hall.



Students playing instruments during choir rehearsal.

PHOTOJ LEXI WHITE

F.A.C.E. teaches the art of modeling

By Brianna Wallen
General Reporter

Lights! Camera! Pose! At the university, many students not only strut the hallway, but also catwalk on the runway. After class, they ditch their backpacks for finer fashion accessories like purses, shades and stilettos. They get to shine under the spotlight and stride to their very own beat, all in front of an audience.

These students are members of F.A.C.E., or Fashion, Attitude, Creativity, and Elegance, the university's very own modeling organization.

"F.A.C.E. is a place where you can go to have fun, meet new people and build your confidence," said psychology major Elijah Kapend, a sophomore. Kapend is a model and dancer that has been a dedicated member for the past two semesters.

According to the club's mission statement, "It shall be the purpose of this organization to further members' knowledge

about fashion, self-esteem, and togetherness." Members have learned how to express themselves through their clothing and poses due to their experience in the club.

With behind-the-scenes access, the club's vice president, Ryan Williams shared what he learned from his own experience. "The club gave me basic knowledge of modeling," said political science major Williams, a sophomore. "I walked in NYFW and there was no rehearsal." Williams was especially pleased that his experience with the club assisted him at New York Fashion Week.

Similarly, the president of F.A.C.E., Imani Tyson said that the club exposed her to various aspects of the modeling industry. Music major Tyson, a junior, said, "It gave me more intel to modeling on itself as opposed to just taking pictures and putting on clothes. Now, I know how to model walk, and I know what a comp card is."

Along with modeling

tips, the organization helps with problems found off the runway. "It teaches me how to operate around other people with different personalities. You basically have to keep it cute," Williams said.

While these experienced members are on the E-board, F.A.C.E. is a learning opportunity for all members to shimmy out of their shell and find their own runway walk. "I hope members gain a sense of personality or a deeper understanding of who they are individually by expanding their boundaries, trying new things and making connections," Tyson said.

Tyson has been president since the second semester of her sophomore year; however, she has been a member of the club since the second semester of her freshman year. Williams has joined the E-board this semester and said that he is excited to have a say in how the club operates.

"I want to help others and make a fun environment where

people can learn as well as enjoy," Williams said.

After being a member his freshman year, Williams said, "I saw how it was done, and I really thought that I would make it so much more. If I join E-board, then I could change it."

Williams and other members on the E-board share the same vision. "Overall, I hope to bring unity and professionalism while inspiring everyone around us," Tyson said. The president's hopes are fulfilled, as Kapend said he has made connections through F.A.C.E. "Being around a lot of people is fun, and I enjoy spending time with new members that I met," Kapend said.

In addition to being a social outlet, the organization helps to connect members with their culture by being able to showcase it at fashion shows.

"I get to express my Congolese culture, through F.A.C.E. by showing off my confidence and wearing African attire and flags," Kapend said.

Even though F.A.C.E. is a form of self-expression for members, the basis of the club's lessons teaches the fundamentals of being a model. Williams said that he wants members to take the knowledge that they learn with them.

"I think it's so cool that people volunteer to pass down knowledge to other members for free," said Williams. "People pay a lot of money for modeling classes."

With a modeling club on campus, F.A.C.E. can be viewed as a steppingstone for students that are interested in the modeling industry, as members have the opportunity to gain connections and experience. Members meet twice a week, on Mondays and Wednesdays from 7:30 p.m. to 9:30 p.m. There are no requirements or pre-requisites to join the club.

"I think if you are consistent and open to learning, I think F.A.C.E. is for you," Williams said.

Monthly Magic hosts evil eye event

By Ali Fernand
Managing Editor

Monthly Magic is helping students defend themselves from the bad intentions of others this Halloween month.

"The evil eye is a worldwide phenomenon and belief in this idea that someone can look at you, and just by looking at you, they can give you an evil gaze," said Coordinator of Monthly Magic Kyle Magri.

This is a belief held by many different types of religion and spirituality. The meeting explained its role in religions such as Christianity, Judaism, Islam, Hinduism and Paganism.

"Every culture and religion has some experience with the evil liar, some belief or at least a rejection of the notion of the evil eye," Magri said.

Monthly Magic meetings have an interfaith focus to their topics. Every month, Magri prepares a presentation on a topic of his choosing. This can either be about a belief held by multiple religions or a specific belief in a certain religion.

Some Monthly Magic attendees are people who want an educational experience on spirituality and culture. Both believers and nonbelievers participate in the monthly meetings.

"I have some Pagan friends who've talked about that, and I'm excited to learn what it actually is," said earth science major Alexander Moser, a sophomore.

There are some students who actively practice the beliefs of the evil eye. This includes different charms worn on jewelry meant to protect them from the evil eye.

"It's more of a comfort thing to just know that you're being protected from people who are trying to harm you," said environmental science major Abby Boyle, a junior.

The evil eye is a darker topic than Monthly Magic has previously decided to present to students. Magri says he typically tries to pick out topics that are uplifting to students. However, a twist for Halloween felt appropriate.

"Since it's October, I wanted to do a topic that's got a little bit of an edge to it and is a little scary, and the evil eye, this idea that someone can just on a look give you bad luck or curse," Magri said.

Monthly Magic is affiliated with the SAGE Center, making a queer lens important to their meetings. The evil eye was the perfect way to blend both spooky topics and queer spirituality.

The queer history was an important aspect to this meeting. Queer students have an ability to feel more connected to the roots of spirituality after historically being left out of those conversations.

"We're here to create a safe space for queer people to engage with spirituality and religion. That's always been our mission," Magri said.

All students can find something to learn from the evil eye, whether it's new information on queerness, spirituality or culture.

"There's always jealousy or envy that happens in social groups, so a lot of college students are interested in the evil eye in the sense that this is a concept that they're experiencing,"