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# SOUTHERN NEWS

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OCTOBER 25, 2023

VOL. 63 — ISSUE 7

## Both cross country teams win NE10s

**By Jaylen Carr**  
Editor-in-Chief

The men's and women's cross-country teams won first place at the NE10 championships. For the women, this is their first NE-10 championship in program history and the second straight conference championship for the men.

On the women's side, five runners finished in the top 20 and had 54 points to get the win. Briana Grecco, a junior, finished sixth overall at 22:36.70 and received First Team All-Conference.

Courtney Henschliffe, a sophomore, and Megan Whitnell, a junior both finished in the top 10 for the Owls.

On the men's side Jonathan Volpe, a junior, finished second overall with a time of 25:11.80 and also made First Team All-Conference along with Jeremy Rivera, a sophomore, and Owen Gagne, a junior.

The men's team had seven runners finish in the top 20 and five runners finish in the top 15. The men's team scored 31 points to win.

The event took place at Stanley Park in Westfield, Massachusetts. The university became the third school since 2000 to have both the men's and women's teams capture the NE10 title in the same season according to the athletic website.

**Men's Cross Country Final Team Results:**

1. Southern Connecticut: 31 points
2. Franklin Pierce: 70 points
3. Adelphi: 133 points
4. Bentley: 136 points
5. Assumption: 142 points
6. Southern New Hampshire: 167 points
7. New Haven: 173 points
8. St. Michael's: 193 points
9. St. Anselm: 196 points
10. American International: 247 points
11. Saint Rose: 351 points
12. Pace: 368 points

**Women's Cross Country Final Team Results:**

1. Southern Connecticut: 54 points
2. Adelphi: 65 points
3. St. Michael's: 86 points
4. Southern New Hampshire: 87 points
5. St. Anselm: 97 points
6. Bentley: 131 points
7. Assumption: 229 points
8. Franklin Pierce: 234 points
9. Saint Rose: 270 points
10. New Haven: 272 points
11. Pace: 283 points



PHOTO | SCSUOWLS.COM

The men's and women's cross country teams hold their trophies at the end of the event on Oct. 22.

Hampshire: 87 points  
5. St. Anselm: 97 points  
6. Bentley: 131 points  
7. Assumption: 229

points  
8. Franklin Pierce: 234 points  
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points  
10. New Haven: 272 points  
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All stats are from the athletic website

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## School of Business hosts first ever Diversity Celebration event

**By Jay'Mi Vazquez**  
News Editor

The inaugural School of Business Diversity Celebration took place on Oct. 17 in the new business building's common center.

University faculty, students and successful business owners and members in the New Haven area were welcome to come to the event.

"We are here to recognize achievements and contributions of individuals who have made a contribution in the entrepreneurial spirit with an unwavering commitment to promoting their diversity, equity and inclusion in the workplace. In doing so, they are creating opportunity and giving back to their community," Interim President

Dwayne Smith said in his welcoming speech.

Smith said that diversity at the university is the best thing the university has. Smith said he is honored to serve as the president of the university to continue to enrich and inspire the continuation of diversity.

"We are great because of the scholars that we serve. Southern is the most diverse university in the state of Connecticut. Almost 50% of our student population of over 8,500 are students of color. No other university can top that," Smith said

Dean of the School of Business Jess Boronico said he is honored to celebrate the black business community in the new business building.

"Diversity is very important to me and our school. We embrace diversity and the

multiple perspectives and viewpoints that people provide us with in terms of helping us grow and develop as a school because we know diversity matters," Boronico said.

The topics discussed after the welcome greetings included navigating the capital landscape with Marie Rocha of Realist Ventures and an award presentation to Breed Entertainment, Outreach Realty Services, Gorilla Lemonade and Cool Amps Energy Solutions.

Aaron Rogers of Breed Entertainment said that he is honored to receive an award.

"We're here celebrating diversity and getting acknowledged in the work that we have done," Rogers said. "We also have an arts school where we teach students

in the inner-city community to get them into the entertainment industry."

Rogers said that Breed Entertainment is a business venture he started primarily related to music producing. Rogers is a grammy-nominated, multi-platinum producer who has worked with artists such as Chris Brown, Tee Grizzley, Trey Songs and many others.

Marie Rocha of Realist Ventures offered advice to other entrepreneurs and students at the event, discussing some of the things she has learned and is working on.

"We are an accelerator program, where we take your ideas and give you money to help businesses flourish and grow," Rocha said.

Arthur Thomas from the Community Foundation for Greater New Haven and Marie Rocha both said they have plans of doing work with the university to enrich the business programs.

"We will collaborate with Southern to evaluate the business courses with our expertise," Thomas said. "We want to make students feel rewarded. We plan to provide badges to show students leveling up in the business courses."

The purpose of this collaboration is to guide students who want to be entrepreneurs to have that experience and have the opportunity to grow and thrive once they graduate, Rocha said.

"If we don't collab, we won't have the chance to grow," Rocha said.

## Vigil for Peace gets postponed

**By Jaylen Carr**  
Editor-in-Chief

On the morning of Oct. 18, the university community was informed that the Vigil for Peace and Non-violence was to be postponed.

"Many of our students did not feel like this was the time to have a vigil at this moment because of the increased emotions they were seeing from students," Vice President for Diversity, Equity and Inclusion Diane Ariza said.

The Interfaith Office, SCSU Hillel, the Muslim Student Association, the Multicultural Council, the Student Government Association and the Division of Diversity, Equity and Inclusion sponsored the program.

"As we were meeting together, and I was listening to the different voices at the table, as we were planning the vigil, this was going to be a go," Ariza said. "There was sentiment primarily from the students that we need to postpone; that this was not the time to do it at this moment."

Led by the Interfaith Office, the purpose of the vigil was to reflect on what is happening in Israel.

Ariza said, "The vigil was being planned by the students for the community. I felt it would've been irresponsible to do a vigil at this time when the students were not ready to do that."

In the coming weeks, Ariza will discuss with the students' organizations when the vigil will happen.

"The Division for Diversity, Equity and Inclusion, and the Interfaith Center are working intentionally to plan the event and more information forthcoming," Ariza said.

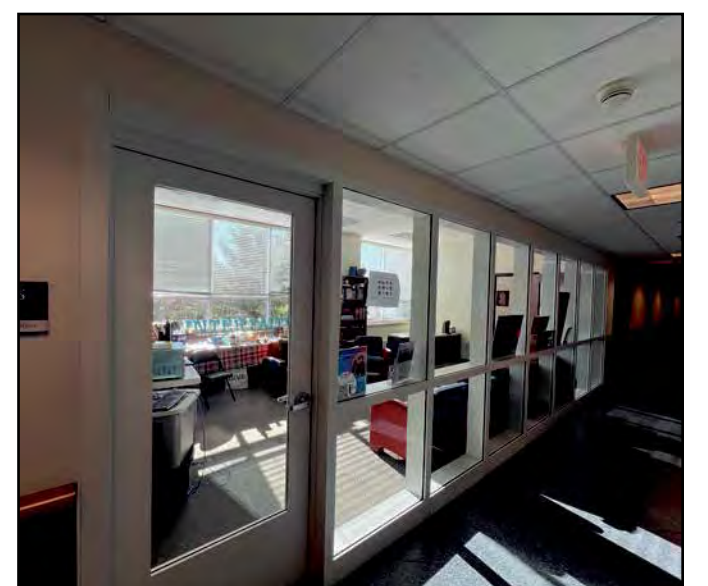


PHOTO | JAYLEN CARR

The Interfaith Office is located on the second floor of the Adant Student Center, Room 236.



PHOTO | JAYMI VAZQUEZ

Event organizer Arthur Thomas (left) and guest speaker Marie Rocha (right) discuss navigating the capital landscape on Oct. 17.

See Diversity Celebration photos Page 4

# Day hosts event called ‘Blak Thinking’

By Braden Saint-Val  
News Writer

Fulbright Scholar Madi Day presented a public talk called “Blak Thinking on Colonial Power” in the new School of Business Building and online through Zoom.

They spoke to attendees about Aboriginal and Torres Strait Islander peoples’ intellectual and political resistance to colonial occupation, the influence Native American and Black Power movements had on them, and anti-colonial leadership from Aboriginal and Torres Strait Islander women and transgender people.

Day is a trans Murri scholar-activist from Dharug Country, known in a colonial context as Sydney, Australia, and their work is dedicated to justice for Aboriginal and Torres Strait Islander LGBTQIA+ communities.

“My community drives my work. Aboriginal and Torres Strait Islander LGBTQIA+ people are disproportionately harmed by settler colonialism in so-called Australia. It is both a gendered and racial type of violence. I am deeply invested in the demise of these systems and the ideologies that sustain them,” Day said.

The Fulbright Program is a flagship international educational exchange program.

Each year faculty and professionals from universities around the world receive Fulbright Scholar grants for advanced research and university lecturing in the United States.

Hailing from Macquarie University, Madi received the Fulbright Sir John Carrick New South Wales Scholarship and decided to come to the university to complete their PhD on settler colonialism, gender and heterosexuality after being invited by Director of Women’s and Gender’s Studies Director Yi-Chun Tricia Lin.

“The staff and students in women and gender studies surprise me all the time with their genuine care for justice and generosity of spirit. It is an enormous privilege to teach and learn with people who are deeply invested in their education and communities,” Madi said.

Day has even been invited to extend their stay at the university until April 2024.

In the talk, attendees learned that the term “Blak” is a cultural and political identity to the Aboriginal and Torres Strait Islander peoples and was coined by Erub/Mer and K’ua K’ua artist Destiny Deacon with the purpose of reclaiming colonialist language for self-definition and expression.

They also learned about their ongoing

fight for sovereignty and history with settler colonialism, from the arrival of British explorer James Cook to their erasure through eugenics, assimilation, denial of history, separation of families and incarceration.

Day also touched on how colonialism made inequality and the -isms and -phobias in the modern age possible to maintain power in the

western world, as well as how Aboriginal and Torres Strait Islanders participated in the Black Power movement of the 1960s and 1970s, sharing the values of investing in their communities and taking care of relationships to combat colonial power and racial violence with their American counterparts.

Day’s biggest influences are their mentors Professor Bronwyn

Carlson and Professor Sandy O’Sullivan from Macquarie University.

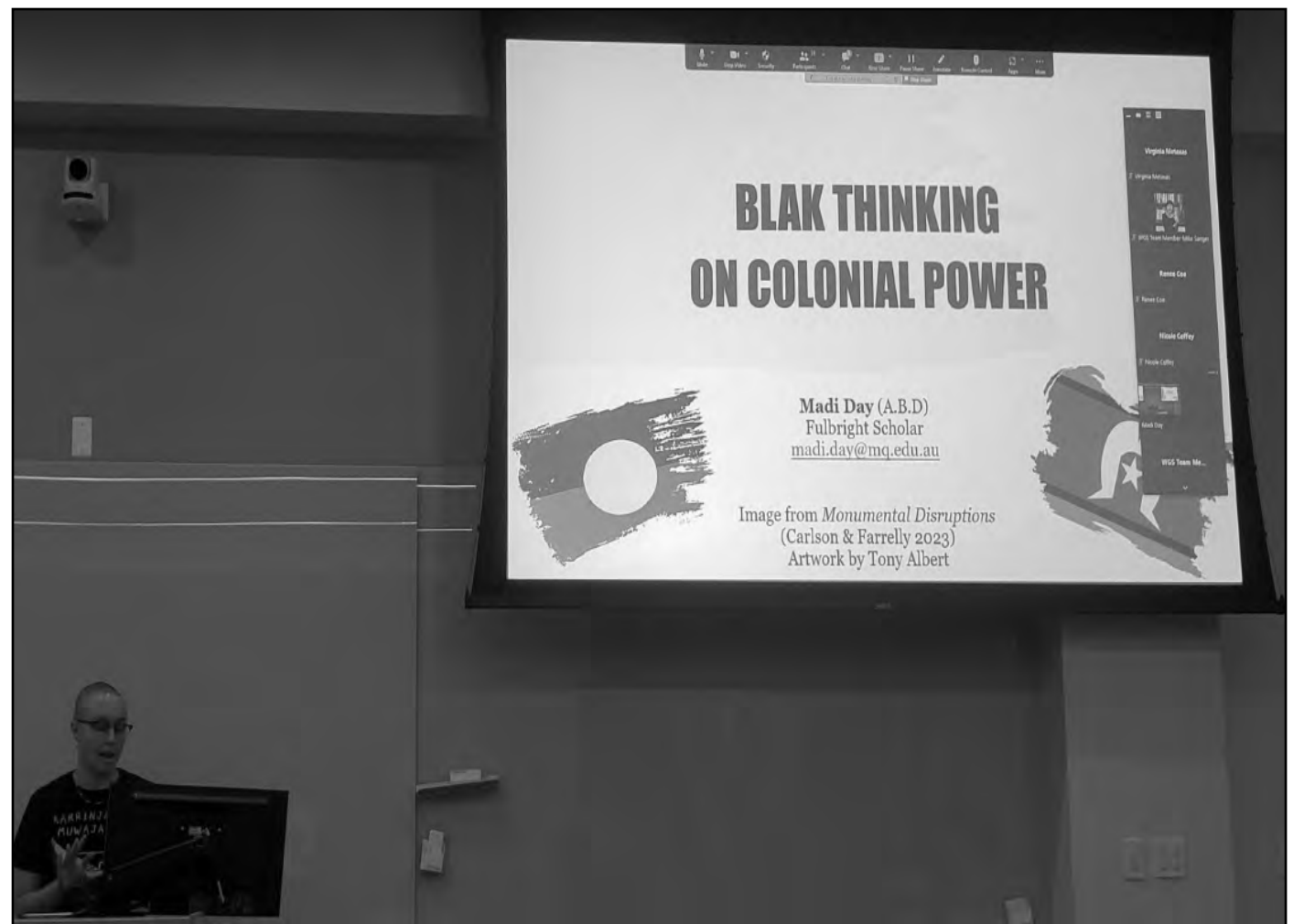
“I am a beneficiary not only of their anti-colonial intellectual work but also their love and care for other Aboriginal and Torres Strait Islander people,” Day said.

When it comes to learning more about indigenous peoples and anti-colonialism, Day recommends Aboriginal and Torres

Strait Islander scholars like Bronwyn Carlson, Ambelin Kwaymullina and Martin Nakata.

As well as anti-colonial and Indigenous queer and trans scholars like Audra Simpson, Edward Said, Sandy O’Sullivan, Jodi Byrd and Souksavanh Keovorabouth.

Day also recommends their two favorite musicians, Barkaa and Bobby Sanchez.



Madi Day explaining the Torres Strait (left) and Blak (right) flags.

PHOTO | BRADEN SAINT-VAL

## Student Government Association election update

By Jay’Mi Vazquez  
News Editor

On Oct. 23, the Student Government Association held its body meeting.

However, during the meeting current President Kyle Mashia-Thaxton announced that the SGA elections will be reopened on Wednesday Oct. 25 from 9 a.m. to 5 p.m. The election had to be reopened due to a technical issue with OwlConnect.

On Monday Oct. 30, SGA will hold another meeting at 1 to announce the winner of the elections. Currently, there are nine potential candidates for four available spots in the association.

On Nov. 6, there will be another body meeting where the new members will be sworn in. SGA body meetings will be open to any student to attend in Adanti Student Center Room 217.



PHOTO | JAY’MI VAZQUEZ

Student Government Association body meeting where election updates were announced.



PHOTO | JAY’MI VAZQUEZ

Student Government Association logo on there room door, ASC 215.

## Students express changes they want at the university

By Jay’Mi Vazquez  
News Editor

Students at the university expressed their thoughts on a variety of topics they wish were changed at the university.

History major, Daniel Santana-Gonzalez, a senior said that he is relatively happy, but there were a few things he would want to change at the university regarding W courses.

“I feel like you should be able to double dip in terms of your major requirements. So, I’ve taken courses that are W courses, but since they’re in my requirements, they tell me I haven’t taken any,” Gonzalez said. “The point of a W course is to show that you are capable of writing. So, if

I took those W courses, it should convey that I’m beyond capable of writing.”

Giovanni Odozi, nursing major, a freshman, said that he loves the university, but he wishes commuter services were improved.

“I wish there were more commuter services on campus than there are now. More food, more fun things to do on early mornings and more activities would be great,” Odozi said.

Odozi said that he feels the university prioritizes residents over the commuters on campus, which should not happen because either way we are all paying for the education we receive.

Computer science major, Joe Youn, a junior, said there are changes he

wished would happen in the game room.

“They said they would add Apex Legends, and they never did,” Youn said. “Better computers for coders would also be nice. I feel like everything’s slow and not really capable of doing everything computer science students need.”

History education major, Jax Joyner-Cross, a sophomore, said a clearer system about changing your catalog year would be helpful.

“A lot of times, students take classes that we don’t necessarily need to. If it was common knowledge that you can change your catalog year, that would make it so much easier for people,” Joyner said.

Art education major,

Lana Drew, a freshman, said that the degree evaluation has been difficult to navigate during her first semester.

“I think the degree evaluation website should tell you what you need to take per year because otherwise it’s really, really confusing,” Drew said.

Drew said she understands that there are resources on campus that can help her, but a better system would just ease the process of scheduling appointments with advisors. She said she is worried about potentially taking the wrong course or fulfilling a requirement more than once on accident.

For more of this story visit our website at [thesouthernnews.org](https://thesouthernnews.org)

## ‘Real Talk’ enters new season

By Braden Saint-Val  
News Writer

As the university’s Real Talk Podcast enters its seventh season, students and faculty were invited to meet its team, hosts and learn more about it last Tuesday at the Buley Library.

The Real Talk Podcast is centered around reimagining social justice in higher education and was made from the desire to amplify the voices of multicultural and marginalized communities at our own university.

Its first episode was released in October of 2020, and since then, it has gained a national and international audience. Its hosts have discussed topics such as black disability politics,

transgender identities, community journalism and grassroots activism, with guests ranging from university students and faculty to experts in their respective fields.

Starting in season two, an assistant professor in Communication, Media and Screen Studies, KC Councilor, became a mainstay host on Real Talk, joined by alumni co-host Jamil Harp until his departure in season five.

In season six, three new co-hosts joined Councilor on the podcast: a sociology graduate student, Danielle Campbell, a senior psychology student, Zoe Pringle and a psychology post-graduate, Saieda Lataillade-Lewis.

Before becoming a

co-host, Zoe was a guest on the podcast, and shared their experience with a workshop called “Undoing Racism”, which led to them connecting with Professor Councilor, Danielle and Saieda.

Upon returning to the university for her master’s, Danielle sought to get involved as much as possible in the university’s social justice initiative and being a part of the Real Talk Podcast correlated with her goals.

Zoe said the student perspective guides the podcast, especially with her, Danielle, and Saieda being current and former students. By having the different opinions of students, faculty and staff, it allows for a better understanding of how the university can better

operate for its students.

Danielle said the podcast acts as a conversation starter and shows people how to have conversations about the topics the podcast touches on, being both informational and inspirational to anyone that wants to be engaged in a safe and positive way.

Real Talk can also act as an accessible resource for faculty on how to talk about sensitive topics and issues with students, Councilor said.

“I hope that other Southern students wanna engage and actually have conversations about social justice and really get active and dedicated to it, even if speaking your truth isn’t the popular thing to do,” Saieda said.

## Muslim Student Association hosts Jeopardy

By Brianna Wallen  
General Reporter

With recent global conflict, it is important more than ever for the university's community to unite and foster a welcoming environment. Students have been doing just that, specifically the students of the Muslim Students Association, MSA.

This is an organization that is rooted in social justice and has been spreading information about Islamic community throughout campus. Even though the organization is centered around Islam, the club is comprised of a diverse group of students, including both Muslim and non-Muslim students.

One of their efforts included hosting a "Jeopardy Night" for students to partake in. On Wednesday Oct. 18, students turned up for the night of games at the Adanti Student Center.

Computer science major Shahzaib Raza, sophomore and the vice president of the MSA, said that the event was for past and new members to interact.

"It's the first event of the semester for new students to get to know each other," Raza said.

Over pizza and multiple rounds of jeopardy, students were quizzed on their knowledge of Islam. Political science and business administration major Sarah Majzoub, a junior, who holds the position of MSA president, had a similar goal for the game night.

"To bring Muslims on campus, bring a sense of

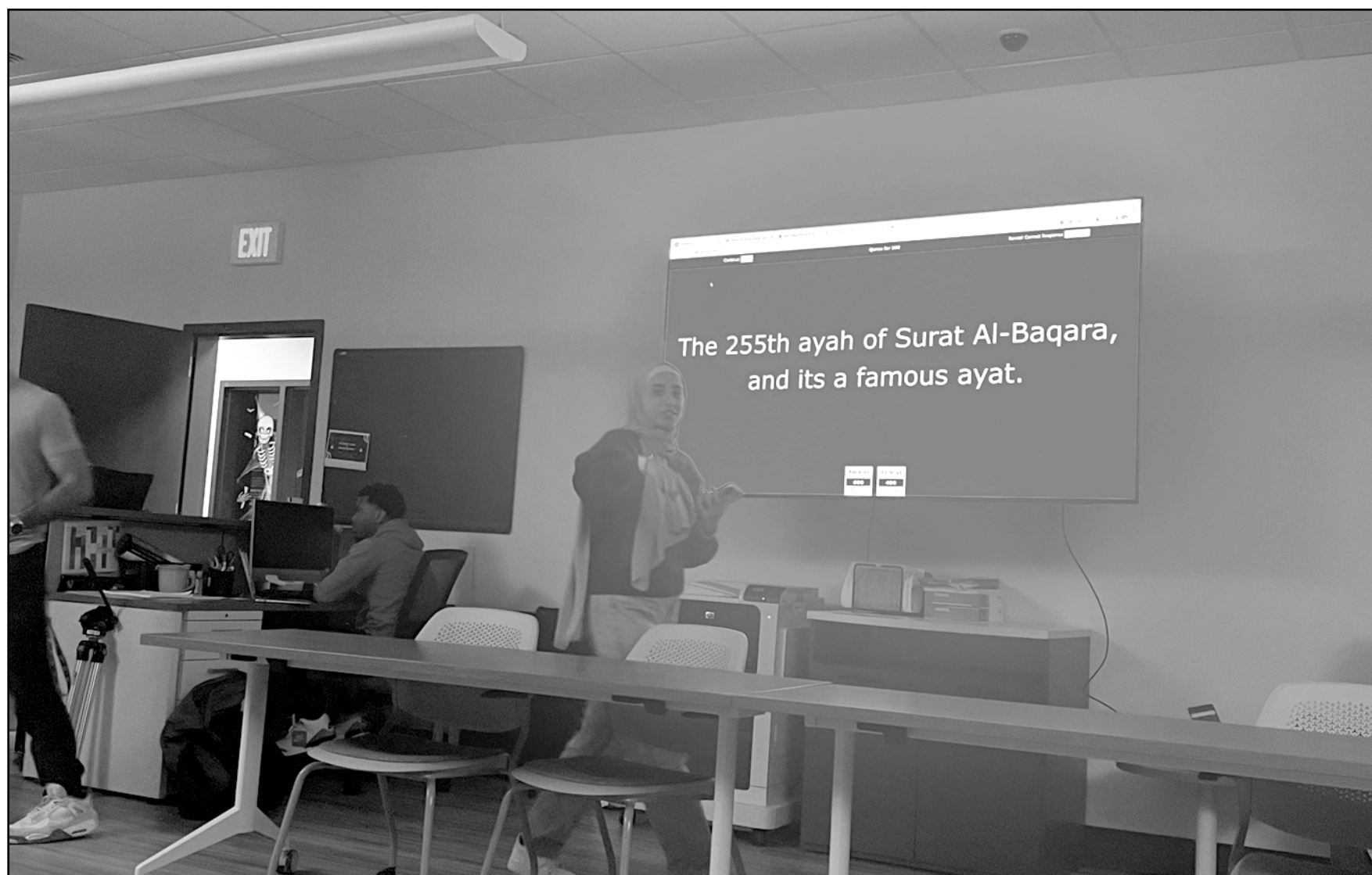


PHOTO | BRIANNA WALLEN

Muslim Student Association hosting a Jeopardy night in the Resource Room on the second floor of the Adanti Student Center.

community and educate non-Muslims about Islam," Majzoub said.

Both E-board members enjoyed a fortunate outcome as participants enjoyed the event. Nursing major Takiya Awwal, a freshman, said that she had recently joined the club and attended the event to meet new people.

"I like that it's questioning me on my knowledge of religion," Awwal said. "It's a good

way to meet other students a part of the Muslim community."

With a good turnout in their first event, the E-board's organization plans to make a bigger impact on the campus's environment.

"I plan to make it more inclusive for Muslims on campus by setting meetings with advisors," Awwal said.

While MSA is working to improve conditions

on campus for Muslim students, they are also trying to be a voice to those across the globe that are facing injustices and rampant violence.

"We're trying to spread awareness about the conflict while also being safe," Raza said. "I use social media to spread awareness since everyone is on their phone."

The club's vice president is taking extra precautions due to

backlash that others have experienced.

"There have been threats about people who speak out," Raza said. "They would target people, spread false information and hear horrible stories about people that speak about their beliefs."

Raza said that he is a strong advocate for Muslims to feel safe and be protected on campus.

"We shouldn't feel trapped in our own

institution. We pay to have an education and be in a safe environment," Raza said.

With this conflict-filled time in the Muslim community, Raza advises members of the university to have a common goal in mind.

"Try to be neutral and as positive as possible," Raza said. "At the end of the day, we want people to be safe and have a good environment."

## Transitioning from a two-year to four-year university

By Brandon Cortés  
Contributor

On May 26, 2023, I found myself in a state of uncertainty regarding my future. Having completed my associate's degree, I sat on my bed gazing at my diploma, which bore my name and degree in elegant script. Little did I know that my journey to a four-year university was about to commence. I could not help but pause and reflect on the path that had led me to this moment—a moment when I questioned my decisions

and pondered if I had made the right choices for my future.

My journey into the world of post-high school higher education was unconventional, driven by financial considerations and a lack of direction upon graduating from high school during the tumultuous year of COVID-19. Looking back on that journey with the wisdom of the present, I can confidently say that it was the best decision I ever made.

Let us rewind to where it all began.

After withdrawing from the University of Bridgeport before the fall semester of 2020, I took a six month break to reflect on my life's direction. During those initial months, I searched for an affordable university, unwilling to accumulate a mountain of student debt that many others faced. I was not one to follow the crowd. After several months of searching, I stumbled upon community colleges. The idea of pursuing a pre-university education without the burden of

tuition costs was enticing, and it provided the perfect opportunity to continue my academic journey.

In 2021, I enrolled at Housatonic Community College to study journalism. The classrooms were small, and my fellow students were mostly in their late twenties and early thirties, all seeking higher education to find purpose and direction in their lives, much like me. I was the lone 18-year-old among individuals with far more life experience. Initially, I felt apprehensive, but as I interacted

with my older peers, I gained valuable insights into life.

Unlike traditional four-year universities where students are predominantly in their early twenties and are still getting out from their shells, community colleges attract a diverse group of individuals from various backgrounds. I encountered people from different economic, financial and sociocultural backgrounds, which provided an enriching learning experience. I even met a remarkable 62-year-old woman pursuing her education at Housatonic, a testament to the boundless nature of learning. The small class sizes allowed for personalized attention from professors, and the low textbook costs made it an economical choice for those seeking a degree.

Upon transitioning to the university, I encountered my first "culture shock". The campus was larger, bustling with more students, a wide array of academic programs and a fully stocked library. However, unlike Housatonic, which was a mere four-minute commute from my home, the university was nearly an hour away. Thus, my daily routine involved taking a train and a bus, a practice I have faithfully followed ever since.

My academic journey has been marked by a series of unconventional decisions that led me from uncertainty to confidence, from a community college to a four-year university. The path I chose, motivated by financial prudence and a desire for a diverse and enriching

educational experience, has proven to be the right one for me. The challenges and differences I encountered at each stage have not only enriched my education but also broadened my perspective on life itself.

As I continue my studies at the university, I embrace the opportunities and challenges that await me. I am grateful for the wisdom and camaraderie I have gained from my fellow students, particularly those I met during my time at Housatonic Community College, where the pursuit of knowledge knows no age or limits.

In this ever-evolving journey through academia, one thing remains certain: the quest for knowledge, the exploration of diverse perspectives and the pursuit of personal growth are timeless endeavors. My story, like many others, is a testament to the importance of carving our own paths and learning from the unexpected detours.

While I may not know precisely what the future holds, I can affirm that my academic journey has instilled in me the confidence to face it with resilience, adaptability and an unwavering commitment to lifelong learning. With this, I move forward with hope, determination and the belief that every step taken on this educational voyage has been and will continue to be, the best decision of my life.

These are the opinions of the Southern News Editorial Staff

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Issues printed by: Valley Publishing, Derby, CT  
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Visit [www.TheSouthernNews.org](http://www.TheSouthernNews.org) for more.

## Transfer Carnival welcomes new Owls

By Ali Fernand  
Managing Editor

The Office of Orientation, Transition and Family Engagement held a Transfer Carnival for transfer students. These students could participate in arts and crafts, meet different offices on campus and socialize with other transfer students.



An owl balloon welcoming transfer students.



Graduate Intern for the Office of Orientation, Transition and Family Engagement Avery Simmons and philosophy major Romeo Rivera, a senior, working the front table.



The crowd of students participating at the Transfer Carnival.



Plants and pots for students to decorate at the Transfer Carnival.



The RecFit table at the Transfer Carnival.

## School of Business holds Diversity Celebration

Continued from Page 1.



The crowd of people at the Diversity Celebration in the business building.



The catering included sandwiches, meat, cheese and bread at the Diversity Celebration.



A saxophone player stands by the welcome screen for the Diversity Celebration.

## Women's cross country win first title, Men repeat

By Luke Gadson  
Sports Editor

It was a great weekend for the Owls as both the men's and women's cross country teams took on tough competition at the NE10 conference championships hosted by American International College at Stanley Park on Sunday, Oct. 22.

The men's cross country team clinched first place at the NE10 Conference Championships. The Owls had seven runners finish in the top 20 and five runners finish in the top 15. This is the men's team's second consecutive NE10 title, following their title in 2022.

Winning the conference championship in 2022, Coach Brian Nill knew that it would be difficult to repeat, but the men's team used that as motivation.

"We talk about it all the time; it's almost harder winning a second time. You have this level of success early on that is hard to repeat year after year, but it definitely helps motivation-wise because everyone wants to get back to that point," said Nill.

One thing Nill stressed to this team as they prepared for the championship was having the smallest spread possible in between the team's first and fifth runners.

The men's team brought this to action with three runners finishing in the top 5 and four in the top 10.

Jonathan Volpe, a



The women's cross country team in action at the NE10 Conference

junior, finished second overall with a time of 25:11.80, earning him First Team All-Conference Honors alongside Jeremy Rivera, a sophomore, and Owen Gagne, a junior, who finished fourth and fifth place overall.

William Lamburn, a sophomore, finished ninth overall and Sean Barkasy, a sophomore, finished 11th overall, earning them Second Team All-Conference Honors.

Finishing in 16th and 17th place were Sophonias Dires, a junior, and Luca Cazzaniga, a junior, qualifying them for Third Team All-Conference Honors.

The university's women's cross country team also clinched first place at the NE10 Conference Championships on Sunday.

This is the first time in program history that the Owls won the title. The university is also the third school in the conference to win both the men's and women's NE10 championships in the same season since 2000.

Coming into the 2023 NE10 championships, the women's team was ranked first in week five of the U.S. Track & Field and Cross Country Coaches Association, USTFCCCA, East Regional Rankings, as announced on Tuesday, Oct. 10.

This is the Owls' highest in-season ranking ever in USTFCCCA East Region Rankings and they definitely used this to fuel them.

"This is the first time we've ever been ranked that high in the history of the program. So,

excitement-wise it has been a nice ride for them. But, I think they also understand that what is on paper isn't always reality, so they understand they have to go out there and actually do it," said Nill.

The women's team lived up to their expectations, as they topped the conference for the first time in history.

Briana Grecco, a junior, finished sixth overall with a time of 22:36.70 to earn herself First Team All-Conference Honors.

Courtney Henchcliffe, a sophomore, Megan Whitnell, a junior, and PJ Dauphinais, a freshman, all received Second Team All-Conference Honors, finishing ninth, 10th and 12th.

Emilie Noreika, a freshman, finished in 17th

## Football earns a win on the road

By Jaylen Carr  
Editor-in-Chief

Quarterback Keith Ridley, a graduate student, set a season high in passing yards with 326 as the Owls win in triple overtime versus Pace University.

At the start of the game, the Owls had to overcome a 14-0 deficit, as they had an early fumble and allowed Pace kick returner Tyreek Smith, a junior, to return a 100-yarder for a touchdown.

Running back E'lijah Gray, a junior, would get the Owls on the board late in the first quarter to score, cutting Pace's lead to seven.

Gray would have 182 total yards and score two touchdowns that game.

After a scoreless second quarter, the Owls would tie the game at 14 as Gray rushed for a one-yard touchdown up the middle.

Wide receivers Tylon Papallo, a senior, and Luke Gadson, a junior, had 165 receiving yards combined.

Gadson led the way with 94 yards and seven catches.

Papallo would score the game-winning conversion in the third overtime.

With both teams still being tied as the clocks hit triple zero, the teams were forced to play overtime.

Both teams scored a touchdown in the third overtime, with Papallo scoring the conversion to help the Owls win 25-23.

The Owls improved to 2-6 this season and have two more games remaining on their schedule, all of which are on the road.



Runningback E'lijah Gray, a junior, (left) and quarterback Keith Ridley, a graduate student, (right) celebrate together.

## Volleyball loses conference matchup with Adelphi 0-3

By Matt Cain  
Contributor

The Owls took on Adelphi University in a tight, competitive volleyball match. Despite having a hard-fought and competitive match, the Owls got swept 3-0 in the sets.

The Owls grew a lead in each set, but Adelphi was too powerful and came back to win the match. Head Coach Lisa Barbaro was not there, but the assistant coaches took over and did a great job.

The team was also without their star player, middle blocker Taylor Jones. That still did not stop the Owls from competing and leaving it all out on the floor. They were led by outside hitter Sara Enright, as she would play with the freshmen and sophomores. Even though the Owls came out with a loss, the younger players stepped up and held their own.

Outside hitter Ahunna James, a freshman, had a tremendous game, as she racked up a season-high of nine kills along with two blocks and seven digs.

"We did really well today, especially with having our seniors out," James said.

It was an all-around great game even with the loss. Setter Lily Miller, a junior, had a game-leading 25 assists. Other contributions came from right-side hitter Carissa Michel, a freshman. Michel ended the game with 11 kills and 10 digs.

This was an NE10 matchup, meaning the Owls fell to 1-4 in the

conference and 11-11 on the season. The owls were down in almost all

of the sets, but they kept the sets close. The only negative about these

games was that they found themselves coming from behind late in the sets.

Assistant Coaches Eddie Castano and Abigail Epstein took over for the

head coach since she was out. The coaches' game plan was simple: go out, play hard and have fun.

"I feel like we played great. This was a great improvement from the last couple of weeks," Epstein said.

Being that this was a younger Owls team, the team did just what they wanted to do: have fun! The energy and chemistry on the floor between the younger Owls were unmatched.

To keep it competitive, the Owls were in the right spots at the right times, resulting in them keeping a close game the whole way through.

"Nothing surprised us with Adelphi. We knew we had to play together and as a team," Epstein said.

Enright was very pleased with the underclassmen as well. Enright had a good game herself but was more focused on the underclassmen and glad they had made it a competitive game.

"I'm really excited for the underclassmen we have. This team is really coming together," Enright said.

With this loss, the Owls fell to 8-3 at home. The next game is away, and they hope to stop their four-game losing streak. The future looks very bright for these young standouts.

"It's more important to have fun. It's about winning, but at the end of the day, we're a team, and we need to be connected off the court to be better on the court," Enright said.



The Owls celebrate together after a score.

PHOTO | SCSUOWLS.COM

# Edwards competes as a dual-athlete

By Avery Martin  
Contributor

Divine Edwards is one of the few athletes at the university who competes in two sports. The sophomore and exercise science major represents the Owls in football and track. He believes his experience in both sports influences his performance and allows him to become a better athlete.

Edwards is a wide receiver on the football team and does sprints for the track team. He also competed in both sports in high school, where he was a track All-American and led his school football team to All-State and All-Conference titles. He acknowledges that it can sometimes be hard to balance both demanding sports, but from his perspective it is worth it.

"It is definitely a struggle. It can be a physical and mental struggle. My body goes through a big change. For track, I lose about 10 pounds going into the season to get as lean as I can. In the summer, I gain all that weight back for football. To balance it all, I make sure I have a good diet, I don't get behind with working out, and I don't do anything that could compromise my athletic

ability," said Edwards.

Head Track and Field Coach John Wallin helps to make sure Edwards is performing to the best of his ability on and off the track. "I think he balances both sports pretty well. I check in with him literally every day to make sure he isn't overworked or overloaded, but I think he does a good job," said Wallin.

Despite this, Edwards and his coaches believe that the two-sport approach positively impacts him. "Track gets me faster. My coach gets me really fast and strong, so when I go into football season, that correlates to my speed, and I use that strength on the field. Football helps my mentality for track. It helps me be prepared for it," said Edwards.

"The athleticism he gets from track and staying active and healthy helps him. We have a championship-winning track program here, and he plays a role in their success as much as he plays a role on the football team," said Head Football Coach Tom Godek.

Godek is looking forward to seeing Edwards, who he enthusiastically describes as hard-working and dedicated, have more time on

the field. "He really works hard at his craft and at becoming a better receiver for us. He is truly a team guy. We are hoping to see him have more action on the field as the weeks progress," said Godek.

Wallin also believes that this upcoming track season will be Edwards' best yet. "He is getting better. He made a lot of

improvements last year. Divine is a guy that wants to get better, so he is a good listener and a very coachable young man. He made a lot of progress last year, but I think this year he will be even better," said Wallin.

When asked why he chooses to pursue two demanding sports at the collegiate level, Edwards

is sure to mention his dedication and deep love for football and track. "I get this question a lot. The reason is because I like both the same. I have a crazy love for both of them. What made me do both sports here is the coaching staff of football and track are just great. It's like having two different families," said Edwards.



Edwards sprints at the NE10 Outdoor Championship.

PHOTO | SCSUOWLS.COM

## Column: College Football vs. NFL



By Luke Gadson  
Sports Editor

The age-old question of NFL versus collegiate football continues to be a topic of discussion in the wide world of American football. Fans on both sides argue passionately over this issue, and there is not one opinion that applies to everyone.

The decision between the two ultimately boils down to personal taste because each has distinctive features that draw people in.

The NFL is home to the greatest athletes in the game, including elite players like Tyreek Hill, Aaron Donald and Patrick Mahomes. The league is known for its physical defensive plays, elite passing offenses and high-scoring matchups. The NFL offers a unique kind of competition and excitement with its 32 teams and organized playoffs.

Dreams of young football players become a reality in the NFL. The NFL is where college football's top prospects are drafted and made into household names. Fan interest in watching these world-class athletes compete every week is undoubtedly strong.

The NFL is an established league that provides a direct route for players to compete at the greatest level. An annual event, the NFL draft, brings in fresh talent and gives struggling teams a chance to turn things around and win. The league is kept interesting by striking a balance between preserving competition and providing opportunities for lesser teams.

Every year, the Super Bowl is an event that draws in millions of people worldwide and creates a spirit of joy and camaraderie unlike anything else. Many people consider the Super Bowl to be a must-watch event because of the halftime performance, commercials and parties that take place in addition to the actual game.

With its passionate fan base and rich traditions, college football is on the other side of the argument. The culture of college athletics and loyalty to one's alma mater are expressed by college football. College stadiums usually have an electrifying atmosphere, and the game is played with heart and dedication.

The culture of college football is reflected by rivalries such as Ohio State vs. Michigan, Alabama vs. Auburn and Texas vs. Oklahoma, which provide fans with incredible experiences.

College football showcases the diversity of talent at the collegiate level with a wide variety of playing styles and techniques. College football's unpredictable nature can produce exciting upsets, and the drama that stems from each game's significance to a team's season is real.

The best part is that you can enjoy both without having to decide between the two. Both of them hold a special place in the hearts of football fans. Therefore, the love of football binds us all, whether you are supporting your favorite NFL team on Sunday or wearing your college colors on a cool Saturday afternoon.

## This or that: What's your favorite scary movie?

By Lexi White  
General Reporter



"My favorite Halloween movie is 'Friday the 13th.'"

— Health care studies major Luis Santos, a freshman



"'Hell Fest' is my favorite Halloween movie because the murderer kills everybody at the carnival, and I love jump scares."

— Nursing major Eliora Woods, a sophomore



"My favorite Halloween movie is 'Hocus Pocus' because I remember watching it as a kid with my family, so it's a childhood memory of mine."

— Health science major Sedonna Piana, a sophomore



"My favorite is 'Casper the Friendly Ghost' because he's a chill dude."

— Accounting major Joey Valiante, a sophomore



"My favorite Halloween movie is 'Hocus Pocus' because it reminds me of my childhood."

— Exercise science major Julian DeMatteo, a junior



"My favorite Halloween movie is 'Halloween' because Michael Meyers is undefeated."

— Communications major Greg Coghlan, a sophomore

## Upcoming events:

### 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)

### Breast Cancer Awareness Fair

The Carribean Student Association is holding a fair to spotlight breast cancer survivors. It will be on Wednesday, Oct. 25 from 4 p.m. to 6 p.m. outside of the Adanti Student Center Theatre.

### "Dark" and "Journey to the Center of the Milky Way"

The Physics and Earth Science Departments invite all to their first planetarium show of the semester on Oct. 26 from 1:30 p.m. to 3:30 p.m. at Campus Planetarium - Morrill Hall - Room 104

### Rocky Horror Picture Show Screening

Crescent Players are hosting a screening of Rocky Horror Picture Show. It will be on Thursday, Oct. 26 at 11:30 p.m. at the Kendall Drama Lab.

### Annual Expressions of Social Justice Talent Show

The Multicultural Center is holding a talent show to show off different artists on campus. This will be on Monday, Oct. 30 at 7 p.m. in the Adanti Student Center Ballroom.

If you are looking to promote events on campus, please email Editor-In-Chief Jaylen Carr (carrj14@southernct.edu) or Managing Editor Ali Fernand (fernanda2@southernct.edu).

## Phi Beta Sigmas make presence known

By Solé Scott  
Features Editor

The men of Phi Beta Sigma fraternity hold themselves to high standards of community service and dedication to people on and off campus.

Exercise and sport science major with a minor in psychology Easper Watts, a graduate intern, is a member of Phi Beta Sigma.

"I just crossed in the spring of 2023," said Watts.

The Sigmas and Zetas hosted an R&B night in Farnham Programming Space on Oct. 19 at 7 p.m.

Students came out to listen to music, eat food and play games with the respected sorority and fraternity.

The fraternity was established on Howard University's campus in 1914 and was chartered here on campus in the

1980s. Healthcare studies major Fritz Mesidor Jr., a senior, is a Sigma member.

"For me, it was the motto and seeing the brotherhood that they all had amongst each other and meeting some of my old resident advisors," said Mesidor.

Social work major Damon Wooten, a sophomore, is a Sigma line brother.

"I was always

interested in Greek life, but Sigmas was the only one I felt like there were no stigma to it," said Wooten.

Phi Beta Sigma is one of the few divine nine Greek organizations recognized on campus.

The motto is culture for service and service for humanity.

"Right now, we have a monthly park cleanup, so we go to parks all around New Haven and Bridgeport in proximity of the

chapter," said Watts.

The organization has three current university students, while the rest of the brothers are alumni of the fraternity.

"One of the things I started this summer was the Blue Haven Park cleanup, basically just a lot of our older bros and our brother chapter Delta Iota Sigma, Omicron Theta and Gamma micron chapters," said Wooten.

The fraternity will

hold a study session in the Adanti Student Center Room 308 at 7 p.m. on Oct. 23.

On Oct. 24, brothers will hold a seminar on how to get professional in Adanti Student Center Room 201 at 7 p.m.

"We also are working with high school in the districts and having some other bros go there and talk to them and guide them," said Watts.



Fritz Mesidor Jr., a Senior, posing for a picture, is a member of Phi Beta Sigma.



Easper Watts, a graduate intern, posing for a picture, is a member of Phi Beta Sigma.

## SAGE celebrates Pronoun Day

By Jaylen Carr  
Editor-in-Chief

On the second floor of the Adanti Student Center, students walked into the Sexuality and Gender Equality, SAGE Center to decorate pins celebrating International Pronoun Day.

"Having a way to publicly portray their identities and their pronouns is really important because gender identity is not necessarily easily perceivable," SAGE Center Graduate Intern Brandon Iovene said. "Somebody may look a certain way, but they might identify a different way than they look."

International Pronoun Day is celebrated on the third Wednesday of October every year, beginning back in 2018.

Students could come by the SAGE Center and create their own personal pronoun pins from 12 p.m. to 3 p.m.

"We have markers and coloring pencils to design

their own pins," Iovene said.

English major Rowan King, a sophomore, said as one of the SAGE Center ambassadors, one of their roles is to focus on setting up events and community outreach.

"We are here to be a community for people," King said. "Sometimes, people are like, 'Nobody is making the pins that I want to wear,' so I guess people see it as an opportunity to make something they like rather than just seeing it on a black-on-white text."

"This event was a way for students to self-identify," Iovene said.

Sociology major Rain Iaccarino, a senior, said this has been an annual event for as long she has been here, which is four years.

Students like to come by the room and decorate their own pins or make them for others, SAGE Center Ambassador Iaccarino said.

Computer science major

Kaye Feinberg, a junior, said having this event helps the conversation about pronouns become much easier and helps with visibility.

"Pronoun pins, especially if you're making your own- there is a nice sense of how you can experience yourself how you want to," Feinberg said. "It is nice to have that represented on a pin."

As the secretary of LGBTQIA+ Prism, Feinberg said this event was a collaboration with the two organizations to celebrate International Pronoun Day.

Iaccarino said the pins allowed students who do not use traditional pronouns to express themselves by designing their pins and highlighting the pronoun of choice.

"This event let people be able to have a creative outlet for what they want to be," King said. "It is also a good community builder."

Iovene said creating

a space for LGBTQIA+ students to express themselves was the event's goal.

"It is good to normalize pronouns so that even if you don't use unusual pronouns, you can support the community by displaying your pronouns so that it's normalized," Iaccarino said.

"Being misgendered is a challenging and upsetting experience," Iovene said. "Respecting someone's pronouns is a simple way to show basic human decency."

Feinberg said people should respect others' identities and should listen to them.

With the SAGE Center relocating to Room 235 in the Adanti Student Center, Iovene said all are welcome to check out their new space and attend their weekly events. The SAGE Center also accepts clothing donations for their "Open Door Closet."

"We are hoping to get more people to check out the space, queer and

## Iota Phi Theta hosts movie night

By Lexi White  
General Reporter

Are you ever looking for activities to go to on campus after a long day of classes? Iota Phi Theta has your back. This fraternity on campus hosted a movie night of the film "Us," directed by Jordan Peele, on Tuesday, Oct. 17 in the Adanti Student Center.

"Us" is a psychological thriller about a family who discovers that they have evil doppelgangers while on a sunny vacation at the beach.

The fraternity had exciting music playing as attendees walked in that got everyone excited to watch "Us." They also provided loads of snacks to indulge in while watching the movie, including pizza and candy.

The time and effort put into this event made those who attended feel very welcome.

"I like the vibe here. It is very friendly. Everyone is interacting, and the music in the background is great," said psychology major Hailey Cruz, a sophomore.

Iota Phi Theta President Marquise Blagon and Vice President Dawin Magloire oversaw the event. Magloire said that they picked this movie to get students in the Halloween spirit.

"Midterms are going on, and people are stressed with their academics, so this event serves as a decompressor, amongst other events we hold. We just want to uplift their spirits," Magloire said.

In addition to this event lowering the stress of students on campus, it also helped students socialize and form new relationships. Cruz used to be a commuter at the university, but now she lives on campus. She said that it used to be extremely hard to come to events because she did not live at school.

"Now living here, it is a lot easier to attend events. Through these events, I was able to make quite a few friends and get out of my shell. It is nice to try to expand my social circle," Cruz said.

When asked what the goal of hosting events like this is, Magloire said their goal is getting students to socialize. The fraternity's goal has been met because the screening room was filled with interacting students on Tuesday night.

Not only were students enjoying the movie night, but other members in the community found joy in the event too.

"Because I am in the M.O.C., I thought I should come out here to support my brothers," said the university assistant for the Men of Color program.

Iota Phi Theta does not just put together movie nights. Magloire said, "We try to host a multitude of different events every semester."



Multiple pronoun buttons at the font desk of the SAGE Center for students to wear around campus.



Dawin Magloire, Vice President of Iota Phi Theta.

# Health services offers a mindful yoga event

By Brianna Wallen  
General Reporter

College students are considered vulnerable to a number of mental health problems. According to a 2023 survey by TimelyCare, 71% of college students reported that they struggle with issues such as stress, anxiety and depression.

Students at this university are no exception. While students tackle exams, extracurriculars and other outside stressors, it is important for students to prioritize their mental health. For this reason, the Health Services department

planned the weekly mindfulness series, "Manifesting Your Best Self".

On Friday, Oct. 20, at 12:30 p.m., the event occurred at the Adanti Student Center in Room 204. Led by Linda Sadinsky, an advanced practice registered nurse and certified mental wellness coach, participants were able to reach a state of tranquility through a series of deep breaths, visualization and manifesting.

"The purpose of this event is to help the students and faculty to be able to decrease their stress and anxiety and

become more mindful so they can achieve their goals," Sadinsky said.

Participants engaged in mindfulness for their own personal objectives. Assistant of the Master of Business Administration program at the university Jenna Curl, a graduate student, said that she signed up for the event two weeks ago due to a sparked interest in learning about meditation. After recently losing her grandfather, the mindfulness session reached her on a spiritual level.

"I'm grieving my grandfather, and I feel this helped with my healing process," Curl

said. "I feel like I can visit him in that space."

In the 45-minute experience, participants explored the art of mindfulness as they practiced deep breathing and imagined their "happy place".

Curl said she viewed the meditation as a reset button, and she enjoyed using the lavender oil and amethyst crystal.

The success of mindfulness is not exclusive to this group. Sadinsky recommends that everyone practice mindfulness, as it has numerous benefits.

"It helps you to stay grounded in the present

and decreases anxiety about those things we have no control over," Sadinsky said. "And also have a much more grateful and positive outlook on life."

Sadinsky has a long history of mindfulness, as it helped her through a stressful time in her life.

"I started my mindfulness journey 15 years ago as I was going back to school to become a nurse practitioner with four kids," Sadinsky said.

The firm believer of mindfulness has been a nurse for 37 years. Long after graduate school, Sadinsky continued mindfulness practices by incorporating it into her everyday life.

"I do meditation on my way to work to get into the zone and be the best person I can be to help other people," Sadinsky said. "It can give everyone a little more peace because we all need it in this."



Participants of the Manifesting Your Best Self Series Yoga event.

PHOTO| BRIANNA WALLEN



A pamphlet for the Manifesting Your Best Self Series.

PHOTO| BRIANNA WALLEN

# Transfer students welcomed to the university

By Solé Scott  
Features Editor

Relocating to another school can be a hard adjustment for any student, which is why the university held a carnival for transfer students.

The carnival took place on Oct. 17 at the Adanti Student Center, STU, on the first floor.

Music therapy major Lindsey Brown, a sophomore, recently transferred to the university.

"I transferred from Saint Joseph's College in Maine," said Brown.

Students filled the back of STU, as there were game tables set up for a chance to win fidget spinners, notebooks, t-shirts and other knickknacks.

Jenna Barcello, graduate intern at the Center for Academic Success and Accessibility Services, CASAS, was present at the carnival.

"CASAS is a service that supports all students: transfer, first year and graduate," said Barcello.

Students who checked in at the front table were given a ticket to use at the food truck in the back of STU.

The potato bar truck was parked in the parking lot and had a long line of students patiently waiting for their turn.

Psychology major Idalis Nuez, a junior, transferred from Norwalk Community College.

"I really like the environment here, and I have always wanted to come to this school," said Nuez.

This carnival was put together by the Multi-cultural Center, Office of Student Involvement, Office of Residence life,

Orientation, Transition & Family Engagement and Recreation and Fitness.

Business major Angenee Spencer, a junior, attended the event with a fellow transfer student.

"I really liked the environment here," said Spencer.

The carnival was a celebration for all newcoming students during Transfer Student Week.

"I'm really excited to be in a new space and meet new people," said Brown.

The event ran from 11 a.m. and concluded around 1 p.m.

"We are here to help you out. Lots of times, students transfer over, and their accommodations don't," said Barcello.

The organizers made sure to utilize every aspect of the back of STU, including interactive stations.

There was a dessert table that was filled with a variety of cookies and cupcakes, and music blasted through the area as students ate or talked amongst themselves.

"It was really fun. I got a little plant, and I got good food, and I got to play games," said Nuez.

Everyone was welcome to join and get food even if they were not transfer students. Near the end, students who never went to another school were able to get a baked potato from the food truck because there were tickets still available.

"Utilize all your resources on campus that you have. Familiarize yourself with Southern's campus," said Barcello.

The event had a good turnout of new students



Students exploring what offices had to offer at the Transfer Carnival.

PHOTO| ALI FERNAND

that needed to get to know the university.

"So far, the Music Therapy program has been amazing, and I'm thankful for Dr. Wagner who is the head of the Music Therapy program and all of her support," said Brown.

The university offers many new opportunities that transfer students are interested in exploring, which is why CASAS offers academic support and accessibility services.

"We have so much to offer, so definitely take advantage," said Barcello.



Students participating in the activities and tables at the Transfer Carnival.

PHOTO| ALI FERNAND