

# THE RECORDER

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CCSU's enrollment decreased by 7.3 percent from the spring 2020 semester. Ryan Jones

## OIRA Report Highlights Low Enrollment

BY RYAN JONES  
EDITOR-IN-CHIEF

The fall 2020 semester at Central Connecticut State University saw a sharp decline in enrollment and housing due in part to the COVID-19 pandemic. This spring semester's one year differential is even worse.

9,629 students enrolled in classes for the spring 2021 semester at CCSU. That is 633 fewer students than CCSU had in the spring of 2020, a 7.3 percent decrease. The fall 2020 semester only decreased by 4.5 percent from fall 2019, or 502 students fewer.

In an interview with the Recorder, CCSU President Dr. Zulma R. Toro said that the decline "was to be expected."

"Based on the feedback that we received, some students were not necessarily enjoying the fully online experience," Toro said. "A number of students decided to take a semester off

and we understand that."

Most of this decline is accounted for by undergraduate students. There are 605 fewer undergraduate students enrolled this semester compared to spring 2020, while graduate student enrollment was only down 1.4 percent (28 less students). Toro said that graduate enrollment is looking good for the fall 2021 semester.

"We are planning on coming back mainly on ground for next semester," Toro said. "Our enrollment goals for [fall 2021] are quite aggressive. We are looking at achieving an enrollment increase from next fall versus this past fall."

While a lower enrollment is obviously not a positive for CCSU, Toro said there are a lot of things she looks forward to in regards to the university's short term future.

"Even when I have to admit that it's a little bit concerning and to some extent frustrating to see a drop in enrollment," Toro said she is "very encouraged by all

the changes we are implementing for next year."

Like the enrollment goals, Toro's plans for the fall are ambitious. There will be no tuition or fees increase and the price of a meal plan will be going down, according to Toro.

Another area CCSU will be targeting going forward is adult learning. Toro said that the university will be offering new academic programs "that are needed in the work market" today. "We know that adult learners may need different types of services," Toro said.

Another area seemingly effected by the pandemic that is shown in the OIRA report is teaching. While there was only one fewer full time professor employed, there appears to have been cuts made at the lower levels.

There are 128 less part time lecturers teaching this semester, 12 less assistant professors and 15 less graduate assistants.

## Spring Break Eliminated for CCSU Students

BY KELLY LANGEVIN  
MANAGING EDITOR

Last week should have been spring break for Central Connecticut State University students, but due to COVID-19, those days off were eliminated.

Central President Dr. Zulma R. Toro sent out an email to students last September notifying everyone that spring break had been canceled.

"Some of you might believe that losing out on Spring Break is unfair," the email stated. "Quite frankly, the pandemic has caused a great deal of disappointment for most of us, but we must make the best of things and do all we can to protect ourselves and one another. Limiting your exposure to COVID-19 during spring break is critical to keeping our campus community safe."

Instead of having that time off, an extra week was instead added onto winter break.

Central senior Kiley Degrand was not pleased with the decision to cancel spring break due to Gov. Ned Lamont lifting covid-19 restrictions.

Passengers traveling out of the state are no longer required to provide a negative covid-19 test, or quarantine for 10 days upon returning to CT.

"The university made the call [to cancel spring break] when cases were at probably their highest and come this time for spring break a lot of people will be vaccinated. People have been traveling safely," Degrand said.

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## Miller Discusses Role as Vice President for Equity & Inclusion

BY RYAN BROOKS  
ASSISTANT NEWS EDITOR

On January 12, CCSU announced Dr. Stacey Miller as the university's inaugural Vice President for Equity and Inclusion.

"Dr. Miller's hiring is instrumental in our reorganization of the Office of Equity and Inclusion and achieving key goals in the University's 2030 strategic plan," President Dr. Zulma R. Toro said in a statement. "I am confident she will be an excellent agent for change as we find new ways to increase

access to higher education and foster values that encourage the free and respectful exchange of ideas."

Miller most recently worked at Valparaiso University, serving as the Associate Provost for Inclusion and Retention for the past five years. Miller also served as a lecturer and Director of Residential Life in Student Affairs at the University of Vermont.

"There are things that I did at Valparaiso that I think are transferable here at CCSU," Miller told the Recorder. "One of the things I pushed to implement at my former institution that I think will work well at CCSU is shifting the way we do our

hiring practices, and making that process a more inclusive process."

The goal of the Office of Equity and Inclusion is "to cultivate a campus environment that is equitable, inclusive, and responsible to enable students, faculty, and staff to achieve their full potential."

Miller said that a key step towards the realization of that goal is representation.

"Representation matters, it's super important, and when students from underrepresented groups see faculty and staff look like them, It creates a different level of engagement and a different level of comfort and safety," Miller said. "I know that all the deans, including

the presidential cabinet, are all committed to increasing those numbers and getting more representation at CCSU."

Dr. Miller pointed to a common misconception about increased representation for underrepresented groups, that being the view that the majority group doesn't benefit from the exposure to different groups of people.

"We live in a global society, and we need to understand that from this point forward in our lives our world is going to get smaller, not larger, and we're going to be interacting with people from all over the world. So the more we can expose people to difference, the better," Miller said.

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PAGE 7 CCSU baseball wins two against Sacred Heart.

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PAGE 6 The CCSU English department shares their writing process.

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Student Center  
1615 Stanley Street  
New Britain, CT 06053  
860.832.3744  
editor@centralrecorder.  
org  
centralrecorder.org

**Editor-in-Chief**

Ryan Jones  
ryan.michael.jones@my.ccsu.edu

**Managing Editor**

Kelly Langevin  
kelly.langevin@my.ccsu.edu

**News Editor**

Samantha Bender  
samanthabender@my.ccsu.edu  
Ryan Brooks, Assistant  
rbrooks@my.ccsu.edu

**Lifestyle Editor**

Julia Conant  
juliaconant@my.ccsu.edu  
Sarah Wall, Assistant  
sarahwall@my.ccsu.edu

**Sports Editor****Layout Editor****Copy Editors**

Jurrel Racine  
jurrel.racine@my.ccsu.edu

**Social Media Editors**

Isabella Chan  
chan2017@my.ccsu.edu

**Staff Writers**

Avery Jones  
Molly Ingram  
Shwar Zaidi  
Sam Pappas  
Andrew Mals

## American Rescue Act Signed Into Law

BY AVERY JONES  
STAFF WRITER

President Joe Biden's fabled American Rescue Plan Act of 2021 was signed into law March 12. The bill is intended to send America on its way toward pandemic relief, economic growth and more of a normal way of life.

The bill is worth \$1.9 trillion and provides funding to numerous branches of government, different types of essential businesses and individuals to help jumpstart our economy.

The Department of Health and Human Services (HHS) will be receiving \$91 billion for various efforts against the Coronavirus. This provides the HHS with the resources needed to accelerate research, development, manufacturing and distribution of vaccines. It will also aid diagnostic testing and increase the health care workforce.

\$7.5 billion has been set for the Centers for Disease Control and Prevention (CDC). This will help the CDC prepare, promote, administer, monitor, and track vaccines. The package provides around \$105 billion more toward various federal public health and emergency agencies for research, disaster and relief funds for state and local governments, and other COVID-19 expenses.

The plan also has, in its terms, that every adult in America will receive \$1,400 checks intended for financial relief. This is a property of this bill that Biden used to spread awareness and gain support.

According to CNBC, at the end of January, it was reported that 18% of renters in America were behind on rent. This is ten million Americans, and millions more are behind on mortgage payments. Biden's hope is that this aspect of the bill will set Americans up for financial success as we continue to weaken and overcome the pandemic.

The \$1,400 is meant to supplement the \$600 provided



President Biden signing the American Rescue Act into law.

Vox.com

back in December, but this is not the only measure of help for individuals. The bill also expands the Child Tax Credit (CTC) and the Earned Income Tax Credit (EITC), two tax policies that will be instrumental in the growth of the economy as it re-emerges.

This will nearly triple the maximum EITC for childless workers and increase the amount of the CTC from \$2,000 to \$3,000. Additionally, the bill includes an expansion of the Child and Dependent Care Tax Credit, which increases the amount households can receive for a total of up to \$4,000 for one child, or \$8,000 for two or more children.

Other aspects of note in the package include \$21.55 billion in Emergency Rental Assistance; \$5 billion to support communities' efforts to provide supportive services and safe housing solutions; and nearly \$10 billion in funding through the Department of the Treasury to states, territories, and tribally designated housing entities to provide direct assistance to homeowners.

The American Rescue Plan Act of 2021 also notably

includes the Restaurants Revitalization Fund, which is based on the original \$109 billion Real Economic Support That Acknowledges Unique Restaurant Assistance Needed To Survive (RESTAURANTS) Act passed by the House last year, which provides \$28.6 billion in relief for small and mid-sized restaurants.

There is also an additional \$1.25 billion in funding for the \$15 billion Shuttered Venue Operator Grant (SVOG) program passed in December to provide relief to independent live music venues, performing arts centers, movie theaters and museums.

The bill extends and expands the Employee Retention Tax Credit (ERTC) through December 31, 2021, allowing certain businesses to claim the credit for a greater share of employee wages, and expands the credit to cover newly formed businesses.

On the matter of paid sick leave, the package provides an extension and expansion of the paid Sick and Family Medical Leave Act (FMLA) leave tax credits created in the Families First Coronavirus Response

Act of 2020. Specifically, it provides payroll tax credits for employers who voluntarily provide paid leave through the end of September 2021, this expands eligibility to state and local government that provide this benefit.

This bill will go down in history as one of Biden's biggest accomplishments of his term. Although he has taken the time to congratulate himself and his team, and to celebrate, he does not forget that there is still work to be done.

"It's one thing to pass the American Rescue Plan." Biden said, delivering remarks just hours after the signing. "It's going to be another thing to implement it. It's going to require fastidious oversight to make sure there's no waste or fraud, and the law does what its designed to do."

Now that the plan has been passed and signed into law, the IRS is working to ensure they can get payments out this month, and Biden and his team are moving on to other matters on their agenda.

# R

The Recorder is looking for writers/  
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## Miller Discusses New Role as VP for Equity & Inclusion

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Miller also acknowledged her past experiences with inclusion and diversity and said that she will make that one of her top missions at CCSU.

“Another thing that I’ve done, through my time as a consultant, is reaching students by talking about diversity and inclusion in a different and dynamic way,” Miller said. “I’ve done a lot of keynote conversations during orientations and opening weekend’s to engage students about diversity and inclusion at the onset, as they are entering campus, and let them know that we are an open and welcoming campus, and help them understand that one of their responsibilities as learners is to push themselves and get outside of their comfort zones and meet people who are different from

themselves.”

Miller also addressed the recent killing of eight Asian-Americans at a spa in Atlanta, Georgia. She expressed her sympathy to the victims and her outrage towards the senseless crime, while also providing information regarding the ways in which CCSU can make certain that Asian-American students, faculty and staff feel welcome and safe on campus.

“We used to have a South Asian Center, and I know that the Board of Regents are looking into reconstituting it and expanding its portfolio so that it’s not just inclusive of East Asian but all Asians in the diaspora,” Miller said. “The university is also looking to identify a location and space where Asian students can be able to gather together as a community and



Miller (above) formerly worked for UVM and Valparaiso. IIRP

talk, just like we have the Africana Center and just like we have the Latino and Caribbean Center.”

Miller urged all members of the CCSU community to stand together and look out for one another.

“If you are experiencing any negativity or are feeling

targeted, please report issues to our office,” Miller said. “We take those issues very seriously. We run investigations closely with our CCSU law enforcement and we don’t want anybody to be the target of any negative behavior.”

## Spring Break

CONTINUED FROM PAGE 1

in the ruling were paying close attention to positive COVID-19 cases, which were higher in September.

According to Tully, more positive cases surged after last year’s spring break, resulting in the early decision.

“We saw from the spring break that happened just a few weeks into the pandemic in 2020 that when those students returned to their campuses or they returned home that we saw a spike in cases,” Tully said. “So we wanted to try and be sure that that didn’t happen.”

Tully said another factor in the early decision was ensuring students wouldn’t be left in any difficult financial situations. The university wanted to make the call as early as possible, so students wouldn’t make travel plans and be left with non-refundable plane tickets at the last minute.

Degradand, however, believes the early decision would not stop students from traveling. She also added that losing the week off could damage one’s well-being.

“I also think that the week in March is crucial for people’s mental health. They need that break,” Degrand said.

Tully said he is aware students may have traveled and campus residents were required to take a rapid COVID-19 test before returning to their dorms.

## CCSU Alumnus Cardona Confirmed as Secretary of Education

BY MOLLY INGRAM  
STAFF WRITER

Central Connecticut State University alumnus Dr. Miguel Cardona was confirmed by the United States Senate as the newest U.S. Secretary of Education on Monday, March 1. Cardona was nominated by President Joe Biden on Tuesday, December 22, 2020.

Following his nomination, Cardona appeared in front of the U.S. Senate Committee on Health, Education, Labor and Pensions, who voted 17-3 to advance his nomination.

The Senate vote confirmed his appointment to Biden’s cabinet 64-33.

In an email to the CCSU community, President Dr. Zulma R. Toro shared her excitement just moments after Cardona was confirmed.

“Politics aside, I think we can all agree that Dr. Cardona’s successful nomination marks a wonderful moment in CCSU history,” Toro said.

Cardona has served in the education sector for his entire career. He began as a fourth-grade teacher at Israel Putnam Elementary School in Meriden, Connecticut.

He then held positions in different school districts, including being principal at Hanover Elementary School and Assistant Superintendent in Meriden. Cardona also taught at the University of Connecticut as an adjunct professor. In August 2019, Connecticut Governor Ned Lamont appointed Cardona as the Connecticut Commissioner of Education.

Throughout his education and career, Cardona has focused on studying the gaps between English language learners and their classmates.



Cardona being sworn in by Vice President Kamala Harris.

@SecEducation on Twitter

Cardona grew up speaking Spanish and struggled to learn English while in kindergarten. He will be the second-ever Latino U.S. Secretary of Education.

Biden’s cabinet is historically diverse, consisting of 55% nonwhite and 45% women members, compared to President Donald Trump’s cabinet of 82% white and 82% male members.

“As the first Latina president of this university, it is particularly exciting to see Dr. Cardona forge new paths in education for the Latino community and all Americans,” Toro said.

CCSU Political Science Professor Dr. Walton Foster Brown echoed similar sentiments.

“I think his selection is a great moment in the expansion of diversity, representation and inclusion in government,” Dr. Foster-Brown said.

At the press conference in which Biden announced his nomination, he praised Cardona and other American educators for their commitment to teaching future generations of Americans, emphasizing that teachers have one of the most critical jobs in the world.

“Once again, during this pandemic, we’ve seen who our educators really are,” Biden said. “They’re selfless, they’re dedicated, they’re cut from a true cloth of character and commitment.”

Biden also stated that it was important

for the new Secretary of Education to be a former teacher. Former Secretary of Education Betsy DeVos, who served in the position from 2017 to 2021, lacked experience in the education field.

“In this critical moment of our nation’s history, it is essential that there is an educator serving as Secretary of Education,” Biden said. “I want to make that clear again, someone who has taught in the classroom.”

Cardona is expected to bring a fresh perspective into the office, drawing from his experience in the education field.

“It is always a good thing for policymakers to have the lived experiences that help their decision-making. It is not always necessary but it could certainly be of some benefit,” Dr. Foster-Brown said.

Cardona assumes his new position during an unprecedented period of American history. As the COVID-19 pandemic continues to complicate classroom plans, the Centers for Disease Control and Prevention has recently encouraged a return to in-person learning before the end of the school year.

Cardona has expressed his support for Biden’s plan to bring schools back full-time.

“There is no substitute for a classroom experience for our students,” Cardona said at his confirmation hearing on Wednesday, February 3.

To keep up with the former Blue Devil during his time as the Secretary of Education, Cardona can be followed on Twitter at @SecCardona.

# Getting Your Summer Body Back

BY TYCHELL PICKNEY  
CONTRIBUTOR

Two summers ago, I was a healthy 136 pounds. I had not gone to the gym or worked out in months, and when the pandemic began, I gave myself another excuse not to.

During a recent annual check-up, the scale read 163 lbs. My self-confidence was shattered like a sledgehammer going through a glass window.

That didn't hurt me as much as trying on new clothes that I ordered online prior to the appointment, however. Only half of them fit me comfortably, while the others were a perfect fit, but would shrink in the first wash. It was then that I realized that I needed to get back to the weight I felt most confident. So, I started to take the steps to get my summer body back.

First, I set a goal.

When you set one, it gives you motivation to achieve it. My goal is to get down to 145 pounds. That was the time when I was happy with my chest size, and my thighs were just thick enough. The 136 pounds is too small for me. My neck was sunken in, my chest was small, and I was afraid of losing my butt. When I started to gain more weight, my chest size came back, and everything else followed.

Now, I feel a little too big, and not being able to fit those clothes really exposed my insecurities.

## How to reach that goal?

Look in the mirror and focus on the areas that you want to improve. I looked

at all the parts of my body that I want to change by imagining the body I desire once I reach my goal. I looked at my thighs and saw cellulite that I want to get rid of. I looked at my butt and saw that I want to tone and lift it more. I reflected on how weak one arm is versus the other and want to work on my triceps and biceps. Once that process is done, you focus on the next step.

Change your diet. Most of the food that I ate has a lot of sodium in it, plus I was not drinking enough water. Drink more water, it makes you pee a lot. When you urinate, it lets out most of the toxins in your body, like sodium. Another way to improve your diet is portion control. I already do not eat a lot, and when I did in the past, I skipped the next meal, which isn't healthy either. I found that it is best to have a large breakfast, a snack, a small lunch like a salad, another snack, and then a medium sized dinner. It allows the body to form the habit of a balanced diet.

Find a partner or set up a schedule to go work out on your own. If you are going to work out alone, make sure that it can fit in your schedule securely. If you work out with a partner, make sure that both of you are available to go to the gym on certain days at certain times. Make sure that you have multiple options to choose from just in case one is not available or cannot match your availability. For me, I had multiple options, but I decided to choose someone who is as dedicated as I am to reach their weight goal. Diana Orellana, a 26-year-old graduate of UCONN with a medical degree, has been working out on and off for eight years. Once the quarantine began

in Connecticut, she decided to dust off her workout gear and start going to the gym again. Being stuck at home put a hold on the social activities in her life, and she figured, "might as well do something that will benefit me in the long run."

Orellana is a small-framed female and has been for all of her life. Her goal is to gain more muscle. She discovered that eating larger portioned meals did not do the trick on its own, she had to start working out more. With eating larger meals and going to the gym more often she has been able to gain ten pounds in the past year, which is mostly muscle. She describes working out, "From an anatomical standpoint you do release serotonins, which are hormones that makes your body think you're happy. So, you are happy 'cause you are doing something for yourself, but your body actually feels happy as well." She also believes that having a partner keeps you accountable, and when you are, that creates the habit of working out.

## Track your status while reaching that goal.

Look in the mirror every now and again to see if any parts are changing the way that you want. I try and weigh myself every week, but if I miss a week, I just do it the next time I'm around a scale. Consistently weighing yourself will not make you feel secure, so try not to weigh yourself every day. If the workouts that you are doing is helping and you see the results in the mirror and on the scale, you know that

you are doing what is required. If not, just adjust your work out or your diet. As long as you are not eating unhealthily every day while trying to lose weight, your diet should not be a concern. Another good way to track your status is by using a Fitbit or writing everything down in a journal.

## Maintain that goal once it is reached.

Times before when I would start working out after stopping for a while, I would not allow myself the six weeks to form the habit. It was because I gave up too early and continued to make excuses. Now, going to the gym with a partner like Orellana, I have a different mindset, and she allows me to take my time, and skip a set if I am tired or feeling weak. She thinks, "If you are feeling lazy, and someone's like 'we said we were going to go,' but then you're like I have to go. So. One, you keep yourself accountable, of course ... but if you have another person, it is extra accountability. So, I think it gives you a greater chance of success."

Once your goal is reached that does not mean you stop working out. I made that mistake and all that weight I lost caught back up to me. Even if you lessen the times that you work out a week or cut out pork or carbs in your diet, you are still maintaining that goal. Once I reach my goal, I am going to stop going to the gym and start doing yoga again. It does not have the same quick results as the gym, but it will allow me to maintain the 145 pounds. I still have a ways to go, but I'm getting my summer body back at a decent rate.

# Spring Break Cancellation is the Last Thing College Students Needed

BY RYAN JONES  
EDITOR-IN-CHIEF

Traveling during a pandemic is not a great idea. Going out and partying probably isn't either. Despite this, spring break has never been needed more by college students across the country.

CCSU is far from an outlier in its decision. According to research done by the College Crisis Initiative at Davidson College, roughly 60 percent of colleges in America opted to cancel spring break this year.

I understand wanting to contain the spread of COVID-19 and am strongly against college students going down to Miami or other spring break getaways right now. But why no break?

Students are more drained than ever. While the idea of school from your childhood bedroom may have seemed fun the first few weeks, the reality that sets in after a year of online learning is a tough one to face. There is online fatigue, for starters, but also different expectations of students now.

If we had a spring break this semester, I think I might have slept for a few days straight. I know I'm not alone in that, either. Students are getting all the trials and tribulation of college learning without being able to enjoy the "college experience," and man is it tiring.

The normal spring break is the perfect pause from all of the stress and responsibilities that come with college. Now, we're just being told to pull up our boot straps and power through the next two months until the end.

This is my last semester at Central and it's been the hardest to deal with, by far. I don't even think the work has been harder, necessarily. Instead, things are simply more fast paced than ever. It feels as if I can't catch a break to even think. It's made for an incredibly challenging environment to learn in. I'm taking some classes that I love this semester, but I know I won't retain any of the information I'm learning. Instead, learning feels like more of a chore than ever.

Taking school home with us last March has removed any barrier between our personal lives and professional ones. There is no "escape" when you know those assignments are still piling up on your laptop that's just a few feet away from your couch.

I know I'm standing on my soapbox here for this rant. There's nothing to do about it now but complain, so that's what I'm here to do. I know my feelings are shared by many of my peers. This semester has been a disaster for everyone involved. A break is just one of the many things we



Not everyone was planning on spending spring break here!

Trip Advisor

need (a drink, for some, would probably suffice.)

Keeping campuses safe from the spread of COVID-19 is an ongoing battle, and a losing one in some regards. It's impossible to stop students from doing what they want without becoming some sort of academic dictatorship. I've seen countless posts on social media over the past week of peers in Miami, the Carolinas and anywhere else

that isn't Connecticut. I'm not shaming them! I'm just saying doing things this way makes them worse than they would be otherwise.

At the end of the day, I'm not placing the blame solely on Central for this. I understand that many other colleges are doing the same. It's a scramble to adapt to an environment that is constantly changing, just ask college students.

# “Play The Hits!” Volume 4: March 1967

BY RYAN JONES  
EDITOR-IN-CHIEF

We’ve studied the charts. Crunched the numbers. Crossed every t and dotted every i. After a long break, we can now assure that you are about to be reading nothing if not the hits.

If this is your first time reading this, for “Play the Hits,” we take a deep dive into a random year and look at the top five songs from a particular week. All rankings are taken from Billboard’s Hot 100 archives, which can be accessed on billboard.com. We’ve covered the bizarre music videos of the ‘80’s, the mesmerizing melodies of 2000’s R&B and “I’m Too Sexy,” which...speaks for itself. This week, we’ll be taking it back to a pivotal year in the music industry and the world. The Vietnam War and the civil rights movement bring with them one of the biggest cultural revolutions in the United States’ recent history. Life often imitates art and music is no different. Let’s take a look at the top five from the week of March 25, 1967.

## Number 5: Baby I Need Your Lovin’ - Johnny Rivers



Rivers performing on the Ed Sullivan Show.

CBS

We’re starting this edition’s list off with a cover!

Johnny Rivers made a living in the ‘60’s off of covering other people’s songs, which is a great lesson in life: if you can’t do it yourself, just copy somebody who can!

Here, Rivers takes a spin at the Four Tops’ classic and honestly, maybe he shouldn’t have. Don’t get me wrong, this song is good, but it’s pretty tough to choose this version over the original for me, and it’s obviously hard to separate the two. Rivers takes a slower approach to the song compared the original, which I’m not mad it. The slower pace gives the song a completely different vibe that definitely works with the lyrics.

My problem comes in on the singing. It’s certainly not terrible, and certainly better than anything I could have done, but when you listen to both versions one after the other, the differences are apparent. Rivers puts far less emotion into his vocals and is never quite as convincing as the Four Tops’ version is. Even the background vocals in the original have more flare than this version. A lot of covers never really did it for me. Artists tried too hard to emulate the original and rarely gave songs a style of their own. The ones that did (i.e. “All Along The Watchtower”) stand out over the ones that don’t (i.e. this song).

## Number 4: There’s A Kind Of Hush - Herman’s Hermits

Well what do you know, we’ve got yet another cover coming in at number four. Did anyone write their own songs in the

‘60’s? I suppose not many people do now either.

I’m not going to lie, the history behind this one was pretty confusing to follow when I was doing my research for this. The song was originally recorded in 1966 by the British group the New Vaudeville Band (what happened to the old one?). Then that same year, an American group called Gary and the Hornets (okay, these names have to be fake) released their version and found some success from it.

Before Gary and the Hornets could become the most influential band in the world, Herman’s Hermits swooped in and recorded the best (and most popular) version of the song.

I was familiar with Herman’s Hermits before but had never heard this song, and honestly? Loving it. The lyrics are nothing crazy, which is to be expected, but the melody is divine. It sounds simple but is different from other songs you hear from the time. To be fair, I’m a sucker for the harmonizing groups did back then. The trumpet is a beautiful touch, too. I know I’ll get a lot of hate from the Hornet Hive for this, but I’ll say it: this is the best version of the song. No I did not listen to the Gary and the Hornets’ version.

## Number 3: Penny Lane - The Beatles

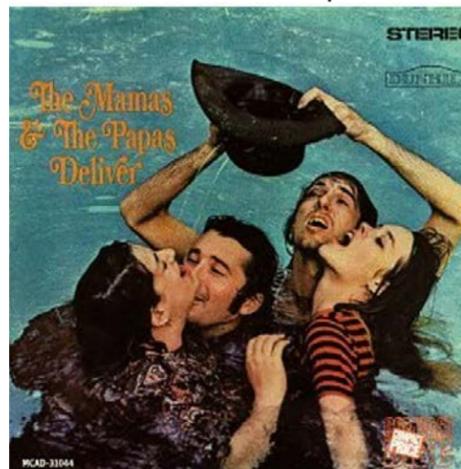
To be fully transparent here, I consider myself somewhat of a Beatles scholar. I became obsessed with the group when they started remastering songs in 2009 and took an amazing class here at CCSU centered around the group (shoutout Professor D’Addio!).

From an unbiased perspective, it’s still hard to judge the Beatles with the rest of these singers. They were always (at least) a year ahead of their peers and influenced even their most bitter rivals. In fact, they wrote the Rolling Stone’s first hit single.

All that aside, why is this the number three song? Don’t get me wrong, it’s a great, catchy tune. But this single was released with STRAWBERRY FIELDS FOREVER for crying out loud! Lyrically, sonically, however you want to judge it, that song deserves this spot over “Penny Lane.”

“Penny Lane” is a fun song most likely penned by McCartney. It tells the story of, you guessed it, a place called Penny Lane, which is in fact a real street in the Beatles’ hometown of Liverpool. Recounting the lives of Penny Lane’s inhabitants, McCartney tells the stories of the banker, barber and so on. Nothing crazy here. The real magic comes in the melody and instrumentation. McCartney changes keys at the drop of a hat mid verse, which almost jolts the listener back into the world that is Penny Lane. What takes the cake for me is the piccolo trumpet solo, which Professor D’Addio can play superbly. Seriously, take that class if you can.

## Number 2: Dedicated To The Ones I Love - The Mamas & The Papas



No seriously what were these people on?

Dunhill

I hope you’re sitting down folks, we’ve got ANOTHER COVER SONG.

This one comes from the Mamas & the Papas, one of my favorite groups from this era. Interestingly enough, this song is not sang by Mama Cass Elliot, the group’s lead singer normally. Instead, Michelle Phillips takes lead singing duties and delivers better than anyone could have expected.

She can’t belt out the emotions Elliot does in her songs, but Phillips is a perfect pairing with these lyrics. She brings a vulnerability to lyrics such as “While I’m far away from you my baby/I know it’s hard for you my baby/Because it’s hard for me my baby/And the darkest hour is just before dawn.” In between Phillips haunting verses comes the Mamas & the

Papas’ bread and butter: harmonies. The group joins together behind a more upbeat sounding chorus in beautiful fashion while still conveying the aloneness of the lyrics.

It’s worth noting that the version from the Shirelles, which I would highly recommend, has a much more upbeat approach than this version. While I love the Shirelles, I think the Mamas & the Papas perfectly encapsulated the vision of the lyrics with their more lonely, slower paced version.

## Number 1: Happy Together - The Turtles

I simply can not believe it. I didn’t know this before researching for this week, but this song was not written by the Turtles. That’s right, we’ve got our fourth unoriginal of the week.

This song perfectly wraps up all of the sounds of the ‘60’s and makes for a perfect place to finish off this week with. The Turtles are one of the more underrated groups of the era in my mind. Their sound, especially in “Happy Together,” sounds like a cross between the Beatles and the Beach Boys, and it just works so well. The song is simple enough with catchy verses that follow the same pattern, but the chorus is what makes it worthy of the number one spot. It’s so carefree yet sung in such a matter of fact way that the listener has no choice but to belt out the lyrics with the singer. It’s upbeat, got great harmonies and some killer arrangements. My favorite part of the song has to be towards the end though. The horns begin to build up behind Mark Volman as he repeats the phrase that matches the song’s title, leading you to believe he’ll belt out another strong chorus. But then, it just ends. You have to know when to go out on top and boy, did the Turtles know how to.

# Central Professors Share Their Writing Process

BY JULIA CONANT  
LIFESTYLE EDITOR

You've heard of King Arthur's court, but have you heard of "King Author's Court?"

On Thursday, March 18, Central's English department held an event titled "King Authors' Court." Professor Mary Collins moderated, while professors Jotham Burrello, Steven Ostrowski, Amanda Greenwell and Sarah Strong gave insight into their writing processes and shared excerpts from their work.

Over 100 members of Central's community tuned into the Crowdcast event, participating by leaving questions and comments for the professors.

Strong, a creative writing professor, shared an excerpt from their novel, "Burning the Sea." They explained how similes can help readers gain insight into a character through the line, "she thought if she didn't get married, she would just come untied. Float away like a balloon from the hand of a child."

"The simile suggests that this is a woman who is not very stable," Strong explained. "[She's] used to relying on the unreliable. Something as tenuous as a little kid's grip on a balloon string, and that's what she relies on to keep her safe."

They then highlighted when they referred to another character as an anchor, pointing out the contrast between the airy balloon and the anchor that is meant to "hold fast."

One audience member asked Strong if they thought it was a good idea to start

writing a novel before getting a degree.

"I think that people who really want to become writers will do it whether it's a good idea or not," Strong answered. "There is no guarantee that by getting an MFA you're gonna be a published author, and there's no guarantee that if you don't have an MFA you're going to be a published author either."

Professor Ostrowski shared a passage of his fiction work and told the audience of a unique and meaningful experience he had with one of his readers. He recounted that while doing a reading and signing of his short story, a young woman approached him.

The woman said the story was her favorite. He thought she meant it was her favorite from his story collection, and thanked her.

"She started walking away, and then said 'I don't mean my favorite story from the book, I mean my favorite story ever,'" Ostrowski shared. "And that really stayed with me, to have that impact even on one person. It just blew my mind, really."

Professor Burrello shared the process of writing his novel, "Spindle City." He shared an early draft of a passage, and explained how he revised it. He put more specifics into lines that were "flat as hell," took out unnecessary details and changed the voice to fit his characters better.

Burrello explained that in order to write a good story, you need to know your characters and story well, even figuring out the details that won't be included in the final draft.

"These folders behind me, there's a lot

## LIT TALKS



MARCH 18 | 7:00 PM

KING AUTHORS' COURT:  
WRITERS DISCUSS THE CREATIVE PROCESS



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of stuff in here that never made it in the book," Burrello said. "But I had to write it to figure out what my characters were about."

Professor Greenwell specializes in academic writing, but showed that even academic writing has a lot of craft and thought put into it.

"Academic writing can be fun," Greenwell said. "When you have that

moment where you've figured out a phrase, or you figured out a word, you should celebrate that. When you celebrate a good sentence in academic writing, you're celebrating an idea, but you're celebrating the language you captured it in."

If you missed this event, be on the lookout for more events from Central's English department.

## WORD SEARCH

S	U	N	C	T	E	M	A	W	R	I	F	A	S	H
G	B	A	V	M	N	M	I	L	L	E	R	T	Y	F
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R	A	T	Y	E	L	L	U	T	N	H	E	R	E	U
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C	T	Q	E	V	R	F	H	U	X	F	Z	R	A	H
R	Z	I	D	R	V	H	C	P	G	O	F	G	M	B

### WORD BANK

Stringer

Tulley

Enrollment

Miller

Beatles

Cardona

Roufs

SPORTS BEGINS ON BACK PAGE

## “Block Party” Leads Volleyball to Victory

BY RYAN JONES  
EDITOR-IN-CHIEF

Central Connecticut State volleyball split its two home games against Long Island University Wednesday, keeping its postseason hopes alive.

In a normal season, four teams make the Northeast Conference Tournament. In this abbreviated spring season, there will instead be a one-game playoff that decides the champion, meaning only two teams have a shot at the postseason and a title.

Sacred Heart is an early favorite after collecting wins over the other three top teams: CCSU, LIU and Bryant. This made CCSU's victory in the second match against LIU even more critical.

The first match of the day did not go CCSU's way. LIU led most of the way and were able to sweep the Blue Devils in three sets.

“We did look like a different team,” CCSU head coach Linda Sagnelli said of the team's performance in the first match.



The Blue Devils recorded four consecutive blocks to take back the lead in the final set.

Steve McLaughlin

“We really needed the time in between matches to come together and understand that we just weren't putting enough emotion and competitiveness into the match. That wasn't us in the first match, we looked like we were more robotic.”

Revitalized after the break in between matches, the Blue Devils turned things back up for the second match of the day.

“The second match was a

totally different atmosphere and personality,” Sagnelli said. “We said ‘if we're going to lose, we're going to go down swinging.’”

According to Sagnelli, “it paid off.”

Neither team were running away with the match, though CCSU looked like a much more composed unit than LIU. The Sharks' outside hitters, who dominated in the first game, were mostly stifled by the CCSU

defense.

LIU stole the second set after CCSU had set point at 24-22. The Sharks narrowly took the fourth set as well, forcing the winner take all fifth set, which goes to 15 points as opposed to the regular 25.

The Sharks led early in the deciding set, but sophomore Isabelle Roufs and the Blue Devils used their defense to their advantage, recording four straight

blocks to take back the lead.

Senior Emma Henderson recorded four of the final five points of the match, sealing the victory with a kill coming out of a timeout. Henderson led the Blue Devils in kills in both matches, notching 36 over both competitions. The senior had an impressive double double in the second match, securing 19 digs to go along with her 24 kills.

This is the first match the Blue Devils have played in that went longer than the minimum three sets.

Tuesday's win over LIU puts CCSU at 3-3 on the year.

The Blue Devils' next match is another one they've had circled on the calendar for a while. They will be traveling to Rhode Island to take on Bryant, who is 4-2 in conference play so far this season.

“We want to go in there and sweep [Bryant],” Sagnelli said. “This was so important for us to take the second match, we're still very much alive.”

## Baseball's Picks Up Two Against SHU

BY RYAN JONES  
EDITOR-IN-CHIEF

Central Connecticut baseball kicked off the conference part of its schedule with two wins over Sacred Heart. Senior pitcher Andrew Braun shut out the Pioneers in the Blue Devils' conference opener.

Braun did not walk a single batter in his start and struck out 10 along the way. He also had six separate three up, three down innings including two in which he struck out the side. In his 19 innings of work this season, the senior is boasting a .95 earned run average (ERA).

While Braun was able to keep the Pioneers off the scoreboard, Sacred Heart's pitching did not have the same luck against CCSU's bats.

The Blue Devils did not light things up with the long ball as they had in some previous games this season. In fact, of the 13 hits CCSU collected, 11 of them were singles and the only two that weren't were doubles. CCSU was able to take advantage of a passed ball and a wild pitch to tack on two, but the rest of the runs came the old fashioned way: RBI singles. The first game concluded with a 6-0 score.

Sacred Heart was able to get on the board in Saturday's match, but again never led in the game. Dave Matthews started things off for CCSU with an RBI single in the first inning. With the bases loaded in the third, Buddy Dewaine and Jack Nolan each drove home a run of their own before Noah Martinez crossed the plate on a wild pitch. Before the third inning was over, CCSU was firmly in the driver's seat with a 4-0 lead. Sacred Heart was able to

sneak two runs across in the fourth and fifth innings, but it was little, too late for the Pioneers, who fell 4-2.

The Blue Devil offense, which has been steamrolling teams through the early part of this season, was shut down in the series finale with Sacred Heart. The team scored a season low two runs in the outing and were only able to notch six hits off of Sacred Heart's Chase Jeter.

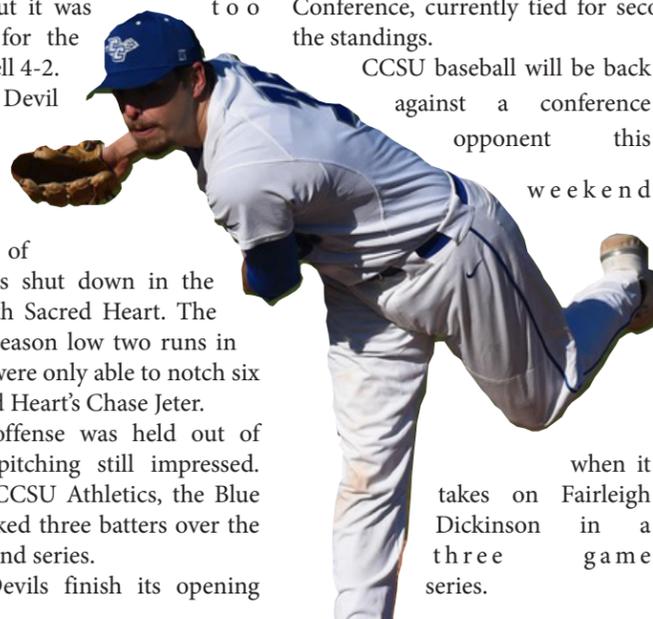
While the offense was held out of this one, the pitching still impressed. According to the CCSU Athletics, the Blue Devils only walked three batters over the 27 inning weekend series.

The Blue Devils finish its opening

series with a 2-1 record in the Northeast Conference, currently tied for second in the standings.

CCSU baseball will be back against a conference opponent this weekend

when it takes on Fairleigh Dickinson in a three game series.



## Weekly Sports Schedule

### Baseball:

Friday, March 26 @ FDU, 3 p.m.

Saturday, March 27 @ FDU, 1

p.m.

Sunday, March 28 @ FDU, 1 p.m.

### Lacrosse:

Saturday, March 27 @ LIU, 1 p.m.

### Swimming & Diving:

Saturday/Sunday, March 27/28 NEC Diving Championship

Tuesday, March 30 NEC Swimming Championship

### Men's Soccer:

Monday, March 29 @ LIU, 1 p.m.

### Softball:

Saturday, March 27 v. Maine, 1 & 3 p.m.

Sunday, March 28 v. Maine, 12 p.m.

### Women's Soccer:

Tuesday, March 30 @ Sacred Heart, 3 p.m.

## Softball Sweeps & Slams in Conference Opener



The Blue Devils homered six times against the Mount. Steve McLaughlin



Backlund (above, right) hit a walk off home run to win the final game of the series. Steve McLaughlin

BY RYAN JONES  
EDITOR-IN-CHIEF

Central Connecticut softball swept its first conference series of the season over the weekend on the back of the long ball, smashing six home runs en route to four victories.

The Blue Devils defeated Mount St. Mary's by a combined score of 23-12 over the four games. The last win came in dramatic fashion as junior Carli Backlund won the game on a walk-off home run.

Paige Stringer, a freshman first basemen for the Blue Devils,

earned both the Rookie and Player of the Week honors for her performance. She contributed three of the six CCSU home runs, eight RBIs and hit a grand slam in the first game, her first career home run.

Both teams started early in game one but cooled off in the middle innings. Down 4-2 in the bottom of the sixth, the Blue Devils loaded the bases up for Stringer. In only the ninth at bat of her collegiate career, Stringer crushed a ball to right center, putting four runs on the board with one swing. The five-run sixth inning was all CCSU needed to take the first game 7-4.

The second game was a pitcher's duel through the start. Another rookie shined for CCSU, this time on the mound.

Freshman Kate Houghton pitched two separate three up, three down innings before allowing a run. Houghton pitched all seven innings of the game, striking out five.

Stringer broke the scoring drought in the fifth with a solo shot. Rian Eigenmann sent Backlund home with a single, and a series of errors from the Mount opened up the base path for her. The Blue Devils' three runs sealed the 3-1 victory.

The Blue Devils trailed 3-0 in

the early goings of Sunday's first game. Stringer quickly settled that issue, though, sending another ball past the fences that put three runs on the board.

Senior centerfielder Meg Dugas joined in on the fun, bringing in three runs with a home run in the third.

The Mount made things interesting with a two run fourth inning. Freshman Anaya Hunte relieved Kaylee Whittaker and proceeded to slam the door on the Mount's comeback chances shut. The win is the first of Hunte's season and career with the Blue Devils.

The fourth and final game of

the weekend was the closest the Mount came to victory.

The score sat tied at 1-1 heading into the seventh and final frame. The Mount got one run across and were now three outs away from taking its first victory of the weekend.

Stringer singled to start up the rally, and Backlund finished it off. One out away from defeat, Backlund lifted one to right field, saving the game for the Blue Devils and securing the series sweep. Backlund also hit a home run in Sunday's first game.

The Blue Devils now sit at a perfect 4-0 in NEC play and will host Maine this weekend before returning back to conference play against Fairleigh Dickinson.

## Men's Soccer Shuts Out FDU

BY RYAN JONES  
EDITOR-IN-CHIEF

In the 2019 season, Central Connecticut men's soccer finished its season with a 1-1-13 record. This year's team has topped that win total through the first four games of the season.

The Blue Devils shut out undefeated Fairleigh Dickinson University in a 3-0 victory Monday, improving to 2-1-1 on the year.

The program is run by Interim Head Coach David Kelly, who had been an assistant coach with the team for seven seasons. Kelly took over from Shaun Greene, who announced his retirement last year after 35 seasons with the program.

"When I took over from Shaun a year ago, I just came up with a crystal clear vision of where I wanted the program to go," Kelly said. "Everyday it's just been a small step in that direction."

CCSU's defense caused the Knights issues throughout the whole game. Every pass FDU made seemed as if the Blue

Devils were right there to disrupt it. Kelly had high praise for his defense's dedication after the match.

"They've been great," Kelly said. "They have a real championship mentality. They just have a real understanding that it requires a lot of sacrifice to keep the ball out of the back of the net and that was evident today."

While the Knights were having trouble getting things going on offense, the Blue Devils piled on the points early.

CCSU was awarded a penalty shot just 6:14 into the match, which junior Sean Gannon knocked into the right corner past FDU's goalkeeper. The goal was Gannon's second on the season, a team high.

Neither team scored for the ensuing 70 minutes. Junior goalkeeper Jason Dubrovich was kept busy, however, making three saves on FDU's three shots on goal. His highlights included a



The Blue Devils are tied for second in the NEC. Steve McLaughlin

sliding save and an acrobatic one off of the post.

The Blue Devils added some insurance scores in the waning minutes of the game.

Gannon sent a perfectly placed corner kick to freshman Kyle Halehale, who headed it in for his first goal of the season.

Sophomore Mitchell Lyons joined in on the scoring just five minutes after Halehale's goal, evading two defenders and sending one into the bottom left corner of the net.

Kelly said that the offense has been a work in progress thus far and likes what he saw from Monday's game.

"We've been working on trying to get guys in behind the other teams defense," Kelly said. "The first two games we struggled with that, everything was in front."

According to CCSU Athletics, this streak of wins is the first time men's soccer has had back to back wins since September of 2017.

Kelly said that character was

a big part of his recruitment process for this team.

"That was really the main focus, establishing a really healthy culture with guys who understand the values of hard work, sacrifice and service," Kelly said.

Central Connecticut men's soccer will be traveling to Long Island University for its next match on March 29 at 1 p.m.