

The Recorder

NOVEMBER 9, 2023

VOLUME 134 | ISSUE 4

Women's Soccer Clinches 13th NEC Championship



Photo: Ian Yale

BY EARY BANUSHI
Staff Writer

In a nail-biter, Central Connecticut State University women's soccer team secured its 13th Northeast Conference Championship at home after a 4-3 penalty shootout over No. 6 seed Wagner College.

The Blue Devils started the game off hot. The quick start by Central began to slow down as Wagner got more physical.

The game remained goalless going into the second half, where it turned into a constant back-and-forth, with both teams playing exceptional defense.

Head coach Mick D'Arcy acknowledged that Wagner's defense disrupted the game plan the team had going in.

"We weren't necessarily able to beat them on the other side, and we missed some chances," D'Arcy said. "So, it was a little frustrating that the plan wasn't working

out the way we wanted it to, but it was just about showing some perseverance, sticking with it."

While the first period of overtime was uneventful, the second had several game-defining moments.

The first of came three minutes in, when Central goalkeeper Melina Ford made a kick save while she was going to the ground.

Less than 23 seconds after Ford's save, Central forward Abbie Burgess assisted team captain Giavanna Inzerillo on the right wing.

Despite getting a hand on it, Wagner's goalkeeper could not stop the ball from flying into the left corner of the net, breaking the deadlock after 103 minutes and giving the Blue Devils the lead.

As the final minute of overtime approached, a foul was called against CCSU just outside the penalty box. Wagner was awarded a free-kick and

tied the game 1-1.

Central went into the penalty shootout with a disadvantage as their primary penalty taker, Inzerillo, was out with an injury

Central scored four out of five penalties, including the winner by Gia Edwards, while Wagner only scored three, thanks to some saves from Ford.

Ford, a freshman, made five crucial saves throughout the game that won Central the championship and earned her the Most Valuable Player Award.

While Ford said she was happy to win the award, she also credits her teammates for making it possible.

"I'm only a freshman. I'm 18. I'm only a couple of months into college, and it's just an unbelievable opportunity to be given this title," Ford said. "But in my head, I know I wouldn't have been able to get it without my teammates and

without their help, getting forward and scoring goals so we could win."

With its 13th NEC Championship, Central has the most out of any other program at the school.

Coach D'Arcy has led the team to 10 of those championships since taking the role in 2000. D'Arcy said he knows that the games will only get harder from here but says his team is ready to give anyone a fight.

"We're in the bonus now," D'Arcy says. "Let's see what the draw gives us, but wherever we end up going, we'll give them a game. We're looking forward to it."

The team will have a few days to celebrate a hard-earned NEC Championship before heading to Jefferey Field in University Park, Pennsylvania, to take on Penn State University in the first round of the NCAA Division I Women's Soccer Tournament taking place Nov.10-12.

Stop & Shop Makes Donation to On-Campus Food Pantry

BY NATHALIA BLAIR
News Editor

Stop & Shop partners with Central Connecticut State University to eradicate student hunger by donating \$133,000 to Maria's Place.

Terrence Cheng, Connecticut State Colleges and Universities chancellor, Zulma Toro, CCSU president, Derek Slap, Senator and Co-chair of the Higher Education and Employment Advancement Committee, Daniel Wolk, external communications manager at Stop & Shop, and Amily Colon, student volunteer and director at Maria's Place, the on-campus food pantry.

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CT Minimum Wage



With the minimum wage in Connecticut set to increase 69 cents on January 1, 2024, some residents said they are looking forward to it while others said they oppose it.

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Pride Club's Drag Ball



The atmosphere at the Pride Club's annual Drag Ball on Oct. 26, radiated positivity and inclusivity.

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About

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18 Year Old CCSU Student Dies



Photo Courtesy of Obituary

BY SAVANNA YELLING
Editor-in-Chief

There was a loss in the Central family on Oct. 23. Jacob Christopher Hatt, 18, of Salem, Connecticut died.

University officials did not indicate the cause of death.

"It is with profound sadness that I inform you one of our

students has passed away unexpectedly," President Zulma Toro wrote in an email to all students and faculty. "Jacob Christopher Hatt was an 18-year-old non-resident student here at Central. We are in touch with his family and send condolences

on behalf of the entire university."

Hatt graduated from East Lyme High School in 2023 and was an active member of the fishing club, according to the obit.

Hatt was an avid BMX and mountain biker and a Connecticut State BMX Champion, receiving several awards in racing according to the obit.

The Craig Morehouse Memorial Award was given to Hatt in 2020. The award is granted annually at the State Championship Race to a male BMX rider who shows the most improvement.

Hatt also received the Connecticut State Science and Engineering Competition, Collins Aerospace Engineering Award, Raytheon Excellence in Engineering Award, and the Samantha Freeman Award for Excellence in Sports Science or Engineering for his 6010 PS Two Speed Mechanical BMX Race Gearbox.

Hatt was a great student, according to the obituary, which

one of Hatt's professors, Douglas Rode, an adjunct in the school of Engineering, Science & Technology, said he could attest to.

"Jacob seemed to contribute his fair share towards the group effort," Rode said. "He showed up for class and made a good effort to submit his homework."

Rode said going forward he will continue to ensure his students are aware of the resources they have on campus.

"I continue to think about what potential signs I may have missed," Rode said. "Not that it is a guarantee that this won't occur again but exposing my students to the various support resources at Central (FYE) is intended to demonstrate they are part of a community, which wants each of them to be the best they can."

Hatt's funeral services were private, Toro wrote in the email.

"Please, keep Jacob's family in your thoughts during this difficult time," she wrote.

Stop & Shop Makes Donation to On-Campus Food Pantry

Continued from front page

Daniel Wolk acknowledged the leadership and hard work of Zulma Toro and elected officials. Wolk said the goal is to support local communities through collaboration with government entities, charitable organizations and colleges.

Slap said that

there is an importance to supporting students facing hunger insecurity.

"People are surprised to learn that students often struggle with food insecurity. You know, many people may think they're on a meal plan and they go to the cafeteria and whatever but that's not always the case," Slap

said. "And especially when you have an institution like Central that welcomes nontraditional students. You know, many of them are working and they're not necessarily living on campus."

Slap said there should not be any negative connotations to seeking assistance.

"There is no

shame, there should be no stigma and the more that we talk about it, the more that we highlight initiatives like this," Slap said. "It's actually I believe a sign of strength to be able to ask for that help. We want you to be successful. That would be my message. So please utilize what's here, it's here for you."

CCSU Hosts Community Health Education Clinic Open House



Photo: Hollie David

BY HOLLIE DAVID
Staff Writer

Central Community Health Education Clinic held an open house on Nov. 2 for students and faculty to learn more about what the school wants to accomplish with the clinic.

The clinic, which will be student-run with guidance from faculty, hopes to address local disparities by offering care for free to the community of New Britain.

Kerri Langevin, EdD, APRN, PPCNP-BC, the Department Chair of Nursing said the clinic's goal is to provide multidisciplinary treatment.

"This clinic is focused on holistic care. It hopes to close the loop of care to not only provide screening but also help provide individuals with resources and education," Langevin said.

Langevin said the clinic fosters collaboration among students across disciplines, enabling them to provide care to patients.

"This clinic is great for students across disciplines because they

can all work to help patients in the clinic," Langevin said. "For example, if a patient has diabetes, they need glucose testing, which nursing students can provide. However, they also can benefit from sports science students making them an exercise plan so they can maintain a healthy weight to help control their sugar. It is like in the hospital where multiple disciplines come together to provide care".

The clinic's current focus is on offering preventive health services, including screenings such as vision screenings, hearing screenings, diabetes screenings, foot inspections, cholesterol screenings, body composition analysis, blood pressure screening, and more.

The clinic aims to address healthcare access issues and ensure patients receive necessary resources and treatment, Langevin said.

"Access to healthcare is a problem in this country, especially for high-risk individuals," Langevin said. "Therefore, this clinic will help these high-risk individuals get screened and connected to care. This clinic will

help make sure no one falls through the cracks, which can happen at bigger institutions. We can follow up with individuals who come with the clinic to make sure they are following through with treatment and getting the resources they need."

Central Community Health Education Clinic hopes to make an active effort to bus in at-risk populations, including individuals from homeless shelters, senior centers, and the Young Men's Christian Association.

Provost Kimberly Kostelis said she believes the clinic will become accessible to New Britain residents.

"We hope for this clinic to be an access point for the people of New Britain," Kostelis said.

The clinic will hold a free blood pressure, vision, and hearing screening on Nov. 10, 2023, at 9:00 am - 11:00 am. The clinic is near the Vance parking lot on the basement level of Copernicus Hall. For those interested in more information, email clinic@ccsu.edu.

CTLCV Releases 2023 Environmental Scorecard

BY SAVANNA YELLING
Editor-in-Chief

The Connecticut League of Conservation Voters releases an annual Environmental Scorecard, ranking lawmakers based on their voting record on environmental policy, to keep voters informed.

CTLCV is a nonprofit organization working to educate voters and elected leaders on state environmental issues, according to its website.

Lori Brown, executive director of CTLCV, said reviewing the scorecard before voting is imperative.

"If you don't really know the system then you don't know where your entry points and pressure points are," Brown said.

Brown said the scorecard is to help the average constituent become aware of how representatives voted when it came to the environment.

"Our goal is to keep beating that drum and make sure that they're held accountable," Brown said.

Brown said the role of CTLV is to merge all environmental groups such as transportation, wildlife and funding.

"It's an effort to unify the whole network of environmental groups," Brown said. "Connecticut is the land of coalition. No one group is responsible for one victory."

Brown said this year, lawmakers did a disservice to the environment.

"This year they failed pretty badly," Brown said. "Both major climate bills were killed and both democrats and republicans had a hand in killing it."

Ironically, the day the major climate bill was killed, was this summer amid the Canadian Wildfires.

"That day where people looked out at the dome of the capital, covered in an orange sky, that was the day they killed the climate bill," Brown said.

Brown said defeats

like this are not discouraging to CTLCV.

"These [bills] are all coming back," Brown said. "So we can fix them."

One section that the scorecard highlights is Carbon-Free School Requirements for New School Construction (SB 961). Brown said this is one of many bills that college students could see the direct results of.

"There's a lot of data," Brown said. "Schools that have poor lighting and poor air quality, it greatly impairs the learning environment."

The scorecard not only shows what lawmakers are for and against, but goes into depth on what exactly the bills mean.

From greenhouse gas emissions to solar to waste management, readers can see the specifics of what each lawmaker supports before they cast their vote.

"If you're not voting your voice is not in front of legislators," Brown said.

While voting is most encouraged, Brown said there are many ways college students can continue to hold lawmakers accountable depending on their comfort level.

CTLCV hosts Climate, Coffee and Convos where Connecticut residents can engage in casual conversations with lawmakers. "They've been really wildly popular," Brown said. "It's constructive and a really good way for a student to get involved. Come and meet your lawmakers." CTLCV also holds an annual Environmental Summit at the Connecticut Science Center.

The day-long summit hosts several panels and discussions and is free to students. "The summit I would say is what every student should try to get to," Brown said.

Faculty Senate

BY NATHALIA BLAIR
News Editor

The Senate approved an academic plan that will be presented to the Board of Regents on Nov. 15. and voted to postpone discussions of splitting or merging departments. Dean Robert Wolff proposed a merger of the Journalism and Communication departments. No guidelines from an ad hoc committee could be referenced to move forward with this discussion of merging or dividing departments. The Senate voted to ask the Central Connecticut State

University administration to postpone the meeting until further notice.

President Zulma Toro and Provost Kostelis presented an academic plan that optimizes climate change studies, developing a math lab and other new programs needed.

According to the presentation, a forensic lab will be established with the Connecticut Law Enforcement and Department of Emergency Services and Public Protection.

Kostelis said generating more revenue would go to develop new programs and ensure that they align with workforce needs, and the likelihood of a math lab will be explored. Kostelis said there will be accommodations for students studying climate change.

“With respect to the undergraduate and graduate, interdisciplinary climate studies,” Kostelis said. “That did come up in two different schools, and there are examples across the board that would be able to be utilized and utilize some existing expertise and faculty as well as courses.”

Kostelis said the importance of careful

discussions and considerations for student success is emphasized. Kostelis said this semester’s late start courses were tested, and it was a success. With this, Kostelis said CCSU plans to continue to assess the method of how classes are being offered, whether that be online, in-person, or hybrid, and offer enough courses to create flexibility that will accommodate CCSU students.

According to the presentation, from fall 2022 to fall 2023, CCSU experienced a 2.6 percent increase in enrollment. The presentation also highlights an enrollment increase of 2.6 percent and a gradual increase in

retention rate, returning full-time students, by 78.6 percent.

During the presentation, Toro said CCSU is near capacity for student residents.

There is a significant reserve increase from June 2022 to June 2026, as presented, mainly due to unused state funding. According to the presentation, some money has been set aside for minor renovations and maintenance, using funds from the operation bar, as no funding was received from the state for preferred maintenance or upgrades. Accessing money from reserves requires authorization from the board.

Minimum Wage Increases in Connecticut

BY MARIA CACERES
Staff Writer

With the minimum wage in Connecticut set to increase 69 cents on January 1, 2024, some residents said they are looking forward to it while others said they oppose it.

A maintenance worker and student at Central Connecticut State University, Liam Delaney, said that it is hard to save his money because what he makes is only covers his school bills and some groceries.

“What I make in a month is usually enough to be able to pay off what I owe the school and whatever is left over I try to save up,” Delaney said. “Or I use it to buy some light groceries like a gallon of milk to have in the fridge.”

Delaney said that he supports the increase and that it would benefit him economically.

“Even just talking in the small term, college is stressful, life is stressful, and it’s a very stressful world,” Delaney said. “Having a little bit extra to just spend on something that I enjoy would be something I’d appreciate.”

Jake Warner, a seasonal worker for Dairy



Photo: Maria Caceres

Queen in North Haven, said he also supports the increase in minimum wage but is too small to make a negative impact.

“I don’t think it would necessarily not benefit me,” Warner said. “It’s only a few cents. I can’t see it negatively impacting me or anything.”

Warner said that the increase would make more of a difference if it was a bigger rate.

“I feel like it’s decent,” Warner said, “but I feel like it’s not that big

of a raise to make that big of a difference. If it was a dollar raise or even a couple dollars it would make more of a difference.”

Scott Krantz, a former owner of a bagel shop in Avon, said that he does not agree with increasing minimum wage in the state because it will cause inflation to rise.

“I think a lot of companies are going to start reducing staff,” Krantz said. “Then they are going to start raising their prices to compen-

sate.”

Krantz said that he owned the shop with his family in the 1980s when things were cheaper and minimum wage was very low.

“I remember that as selling a dozen bagels for \$2.40,” Krantz said. “Obviously the cost of supplies back then were a lot cheaper, [the] wage was a lot cheaper, and this goes back to the 80s.”

Krantz said that when the business closed, he tried reopening with

his brother-in-law and was unable to stay open because of this.

“There got to be a point where I reopened with my brother-in-law,” Krantz said. “There got to be a point where, as a small business, we couldn’t survive.”

Jacob Schwall, a gym owner from Meriden, said he is also against increasing minimum because of rising inflation in the state.

“If you were to walk into a coffee shop and your pumpkin spiced latte is \$3.50 every time,” Schwall said. “Now that the minimum wage has gone up and the market has gone up, that pumpkin spiced latte that you used to buy for \$3.50 is \$5.”

Schwall said that fewer people are now willing to spend their money because of this and it affects people in different economic classes.

“This affects the economy from the low class to the middle class,” Schwall said. “Now we can’t afford as much groceries as we could a few years ago.”

Schwall said there is no point in raising minimum wage because it will cause things like groceries to become more expensive, making things unaffordable for people.

NOVEMBER 9, 2023

NEWS

THE RECORDER

Pride Club's Annual Drag Ball



Photo: Madison Musco

BY MADISON MUSCO
Staff Writer

The atmosphere at the Pride Club's annual Drag Ball on Oct. 26 radiated positivity and inclusivity.

With about 100 students in attendance, everyone who walked through the doors of Alumni Hall was greeted with smiles and high-energy music. Students buzzed with excitement over each other's make-up and costumes, eager to see the performance ahead.

Nova LaPointe, president of the Pride Club, directed drag queens toward the dressing room and filled attendees in on the night's activities.

LaPointe said there is an importance to the role that the Pride Club plays in the LGBTQ community on campus. LaPointe said for a lot of young people, college signifies a newfound freedom to reinvent themselves and express who they want to be.

"A lot of the time, it's the first time they're figuring out they're queer," LaPointe said. "It's a good, easy community to find support and make queer friends on campus."

Frankie M. Cyanide, a professional drag king and the master of ceremonies for the night, entered the stage to "Lay All Your Love On Me," covered by Brian David Gilbert, originally written by ABBA. He set the bar high for the other kings and queens as the room erupted in cheers and students clapped along to the beat of the music.

"More and more people are attending drag events on college campuses," Cyanide said.

During one performance, Joe Zee, a CCSU alum and drag king, ran through the audience with a can of whipped cream, spraying it into the mouths of students as "Pour Some Sugar on Me," by Def Leppard blared through the speakers. The crowd couldn't get enough with students all around opening their mouths for a quick sugar rush.

Cathel Leone, Pride Club's event coordinator, said that the Drag Ball has been a popular event for the last few years. Throughout each semester, the club hosts other events like Queer Prom in the Spring, movie screenings, and LGBTQ speakers.

"There's usually a lot of positivity, which is great, and I like to see," Leone said. "And we usually get a good amount of people, too."

Felicity V. Lay, a professional drag queen, expressed her joy over how many people showed up to support drag and how much it means to her. Lay dressed head to toe in black and red, complete with spiked platform heels, had no trouble executing summersaults and high kicks as she weaved through the tables full of students.

"It's amazing," Lay said. "Being able to have a space for everyone to enjoy a queer art form is just amazing."

Drag isn't just about dressing as the opposite sex or taking on a new persona. It's a community of people gathering to bear witness to another's self-expression, Lay said. For some, it means the world is opening to new possibilities, Lay said.

There was no shortage of inclusivity

and acceptance at the Drag Ball. Students got on stage and danced to ABBA during intermission, encouraging each other to strut down the runway and show off their best moves. Professional and student queens cheered them on from the crowd and everyone was in high spirits.

The New Element Majorette Dance Team also appeared, moving perfectly in sync to a hip-hop mashup.

Other queens that performed were CCSU students who performed to NYMPHOLOGY by Melanie Martinez and a remix of Higher by VINCENT.

Zaine, Desdemona Bella Donna, Transmania and Lioness all took the stage. In total four student queens and one alumnus each performed.

Other professional queens included Arya Black and Crystal Starz, both of whom dazzled the audience in a whirlwind of glitter and splits.

In addition to the drag performance, students were encouraged to grab something to eat and get their photo taken to be put on customized mugs, framed with the words "Drag Ball," in pink cursive.

As drag shows increase in popularity, they can be found every week at colleges, breweries, restaurants and coffee shops according to Google and Facebook events pages.

The Pride Club meets every Tuesday at 7:30 P.M. in the Philbrick Room of the Student Center. Anyone who needs support is encouraged to attend.

"We're here for people," LaPointe said. "It's a great way to meet other queer people on campus."

Letter from the Editors:
Journalism Merger

BY SAVANNA YELLING & JAYDEN KLAUS

Editors

The past few weeks in the journalism department here at Central Connecticut State University have been filled with confusion and uncertainty. It has been proposed that the journalism department be merged with communications. Anyone who has studied journalism in any capacity, whether it be an entry-level journalism class, or whether it be their major, knows how different journalism is from communications.

While the two are similar and often grouped together, they are separate majors for a reason. When picking my major I presumed that the two would be together but by the time I took my first "Intro to the Profession" class, I knew journalism was entirely different from communications.

What sets journalism apart is the reporting aspect. Journalists seek the truth and report it. Communications, being such a broad topic, includes public relations, marketing, advertising, social media and so much more.

None of these careers are based on the ethics of journalism, seeking truth and reporting it. These niche values can easily be lost in the event of Journalism becoming a major "under" communications.

From a student's perspective, it appears that this decision is being pushed forward without a second thought for what it means for student journalists, past, present and future.

Will CCSU journalism alumni struggle to find jobs as employers see that their degree came from a program that no longer exists? What message does this merger send to outsiders? Anyone from the outside looking in is not likely to think highly of a program that had to be submerged into another program.

Will current students, merged into a department six times its size, lose the individualized attention we received from being part of a smaller community? Will prospective students take four years of their lives studying under a department that doesn't best prepare them for a career?

As a junior I am confident that I am putting myself on the best path to secure a job when I graduate, so this letter is not coming from a place of selfish anger or anxiety. It's coming from a place of concern for the state of the department in the future. Merging a department of just 50 students to a department of over 300 will not result in an even blend where all students live in harmony. Merging a department that has built a tight-knit and focused community where we understand the ethics and responsibilities of journalism, into a larger and broader department can result in the eventual erasure of the program.

From lifestyle editor, Jayden Klaus: In hearing about the merger of the journalism department and the communications department, I was shocked that the university would make that decision. There are some similarities between the two fields but ultimately, they are very different in how they operate. I haven't taken any comm classes, so I can't say too much on the exact nature of what comm entails, but from what I have heard from people who know about comm and my own research into it, it is not something that can just be combined with journalism. I have really enjoyed my time being a part of the journalism department and I appreciate the community that has been able to be developed within it. I do not like how this community will be changed as a result of the merger.

There is too much of a difference between what we do in journalism and what is done in comm for this process to be anything but incompatible. The overlap between comm and journalism is not very substantial and will be disconcerting to incoming students for both majors, as they may be confused as to what classes they should be taking and be inadequately prepared down the line. Even if this merger does go through, I believe that it would still be beneficial to keep some separation by having the journalism department stay in Willard-DiLoreto. That space is the crux of the journalism department and it would be unfair and a shame for students to lose it.

The Super Smash Brothers Ultimate Tournament is an Enthralling Gaming Experience

BY JAYDEN KLAUS
Lifestyle Editor

Adrenaline filled the air as students competed to best each other in the Super Smash Brothers Ultimate Tournament this week at Central Connecticut State University.

The event was held at the Esports Center in Memorial Hall and was hosted by the Video Gaming Club (formally the E-Sports at Central). The club regularly hosts tournaments like this that are open to any and all students who like Super Smash Brothers Ultimate and want to participate or even just watch.

The Nintendo game, released in 2018, is a crossover fighting game featuring characters from Nintendo's many franchises and characters from other companies' franchises. Players' goals are to defeat your opponent(s) as fast as you can without racking up too much damage for yourself.

Having only played a little bit of Super Smash Brothers myself, I was curious to see how other people fared with the game and how the matches would play out. It was very exciting to see other people play the



Photo: Jayden Klaus

game and experiment with various different characters. Even if you decide not to take part in any of the matches and simply watch, just being there is great fun to be had.

Things were very open to everyone's style of playing with people allowed to play on the TV or on one of the many computers and with whatever kind of controller they wanted. Students were able to play matches

with another friend or by themselves against the computer if they chose to do so instead of taking part in the tournament. Even before the start of the tournament, people were in the Esports Center playing against each other, showing just how much they enjoy the game.

When the tournament began, the staff hosting the event directed students to the stations

where they would be playing and the matches would start when both parties were ready. It felt less like a formal tournament, and more akin to a casual gaming session between friends. This was a bit unexpected, but rather cool to see. The more laid-back nature gave the event a more relaxed feel where everyone is not really competing against each other for glory or a prize but just playing

for the enjoyment of the game.

Several people showed up over the course of the meeting and there was great fun to be had with those who participated. People took turns playing against each other and everyone who wanted to play got their chance to try their hand in the game. The overall atmosphere was rather chill and enjoyable as people were there just to have an evening of fun with their friends and playing video games with each other.

The Esports Center and Video Gaming Club provide students a fun activity and opportunity to play games with each other and test their gaming skills through the Super Smash Brothers Ultimate Tournament. It is a great way to make friends with others through video games and is just a nice way to spend an evening.

If you enjoy playing Super Smash Bros or want to give it a try, stopping by and joining in in the tournament might be what you are looking to find with gaming on campus.

The Video Gaming Club meets every week on Thursdays at 12:30 and tournaments are held Thursdays at 7:00 in the Esports Center.

POEM

I Love You Bro

BY CHIBUIHE DIKE
Social Media Editor

I love you bro
Through up's and downs
Highs and lows
Make sure to say "I love you" to your bros
Through heated fights and silly jokes
Make sure to say "I love you" to your bros
When sadness comes and happiness goes
When the whole world fights you alone
The pain erupts and anger explodes
Could use an "I love you" from your bros
We don't know how hard life goes
The secrets that we hide below
To help heal wounds that never show
Make sure to say "I love you to your bros"

POEM

Body Parts

BY JAYDEN KLAUS
Lifestyle Editor

Does your heart sing the words of a thousand ballads?
Or does it bleed with the sorrows of dreams unrealized?
Are your shoulders straight with pride and confidence?
Or are they shaking as the bear the duty of Atlas?
Do your legs hold firm against the mighty winds?
Or do they fail and fell you to your knees in the mud?
Is your head held high as you face your day?
Or is it cradled by your hands and dripping in tears?
Can your feet walk the long road of life?
Or can they just pace through the valley of death?
Will your body be there for you to propel through struggles?
Or will it betray you to unfurl and unravel under the weight?
May they do all?
Or may they do none?
Who knows?
But they will always be yours.

“Now and Then”: The Beatles’ Final Ballad

BY JAYDEN KLAUS
Lifestyle Editor

In the late 1970s, John Lennon first started writing the song “Now and Then.” While he recorded a demo of it in 1977, the song was still unfinished lyrically. And it would remain incomplete at the time of Lennon’s death in 1980. When the remaining members of the Beatles were creating the multimedia project *The Beatles Anthology* in 1995, they initially made attempts on the song to finish it. But these efforts were abandoned and the song was left to languish for almost thirty years.

But then, on October 26, it was announced on the official website and social medias for the Beatles that the completed “Now and Then” would be one of the songs to be released on a double A-side single alongside a new stereo mix of the first ever song made by the Beatles, “Love Me Do.”

This new version of “Now and Then” was only made possible with new audio isolation software created by Peter



Photo: Youtube

Jackson that allowed for producers Giles Martin and Paul McCartney to take Lennon’s voice from the original recording and splice it into this new recording. McCartney and fellow surviving bandmate, Ringo Starr, adding in their own vocals to flesh out the song, with additional lyrics by McCartney. George Harrison’s guitar work from the 1995 sessions were also added to the mix, allowing for all four of the Beatles to be involved in the project.

I just so happened

to stumble across this song while going through YouTube. It shocked and excited me immensely. The Beatles were majorly influential in the development of rock music and have been a great source of inspiration for countless modern audiences. Even now, they are still one of the most respected and beloved bands in history. So it was incredible to see this song come out and I had to listen to it.

“Now and Then” is a soft, melancholic ballad that sweeps you

back in time to the 1970s. The psychedelic sound is refined and relaxing and it is wonderful to hear Lennon and McCartney’s vocals together again after all these years. Their voices truly made the Beatles iconic long ago and they still do today in this new song. The song recalls the feeling of wanting a lost love to be there for you and it really speaks to the idea of how we have lost two great people in Lennon and Harrison. It is as if “Now and Then” is trying to reach out to them

from beyond the grave and show how much people still care about them.

The official music video features some of the behind-the-scenes production and recording of the song with archival footage of both Lennon and Harrison edited in so that it looks like the band is all together recording the song. It is bitter-sweet, just like the song, as even though modern technology was able to make this song possible, it is a shame that these men aren’t able to do it together in person. But such a wonderful tribute to Lennon and Harrison and their career as a part of the Beatles.

I am amazed that this song was able to be revived and polished up so that it could be heard by the world. Just hearing about the troubled history of it, one would think that it would remain just a demo and be stuck in a sort of development hell. But people were able to pull through and thanks to their love and hard work, we are able to have one final song to serve as a bow on the incredible discography of the Beatles.

Surviving Cold and Flu Season at CCSU

BY HOLLIE DAVID
Staff Writer

Fall is a time for pumpkin spice everything, the trees becoming a beautiful array of colors, and, most notably, the advent of cold and flu season. Flu activity begins to increase in October and peaks in December and February. It is unknown why, but it could be because when it gets colder out, people are inside more, so they are more likely to breathe in the air of someone who is affected. A lack of sunlight in the winter could weaken the immune system due to the lack of vitamin D, and the influenza virus may survive better in colder climates.

In order to understand the best ways to help prevent the flu, it is first necessary to discuss

what the flu is. The flu is a highly contagious viral respiratory illness caused by the influenza virus. It is often spread through the coughs and sneezes of an infected individual. Influenza virus is a microscopic infectious agent that invades cells where it makes copies of itself. It causes inflammation, which results in flu-like symptoms. These symptoms include fever, headache, cold sweats, aches, exhaustion, sore throat, and stuffy nose. The flu is often confused with other viruses because it shares common symptoms with the common cold, but it is milder than the flu.

The best way to reduce the risk of getting the flu is to get vaccinated. It is unknown how many Central Connecticut State University students are vaccinated against the

flu as the school does not track people’s flu status on campus because it is an optional vaccine. The flu vaccine uses a deactivated or weakened version of the influenza virus, which trains the body to recognize the protein on the virus’s surface. The exposure causes the immune system to develop antibodies against the flu.

“A vaccine is releasing antigens into one’s system so that we can be exposed to this virus and build up the immunity and fight it off if we were to ever come in contact with this disease,” said Taionna Strums LPN.

It is crucial to get a flu vaccine every year because the influenza virus has a property called antigenic drift, which is when the flu changes slowly over time. These changes happen often enough that the immune system cannot recognize the flu year to year.

The flu vaccine, like all medications, can cause side effects. Ex-

pected side effects of the vaccine include soreness, headache, low-grade fever, muscle aches, and fatigue. These side effects are usually mild and only last a day or two. It shows that the vaccine trains your immune system to protect itself from the virus. However, the pros of being better able to handle the flu should outweigh the cons of feeling sick for a day or two. As Rosalynn Bravo-Cavoli MSN, APRN, CPNP-PC, AE-C, who works as a pulmonary pediatric nurse practitioner, said, “Feeling a little sick after the vaccine shows your immune system is working as it should.”

There are other ways to prevent getting the flu, such as practicing good hygiene, avoiding touching your eyes, nose, and mouth, and avoiding contact with people you know are sick. It is also important to stay home when you are sick. Staying home and missing class may be challenging for college students

because they fear falling behind if they miss class. Nevertheless, if you let your teacher know why you are not coming to class, they should work with you and not hold it against you.

It is important to stay home when sick to keep your peers, professors, and their families safe. The average healthy college student’s immune system can fight off the flu, but if you are older or immunocompromised, the flu can be life-threatening and result in death. You never know who is immunocompromised, has family who is immunocompromised or how detrimental the flu can be for them. As such, staying home is a way to prevent spreading illness to others.

Overall, flu season is upon us, but there are steps we can take to make sure we and our community stay safe, such as getting the vaccine, good hand hygiene, and staying home while sick.

Decoding Taylor Swift's Iconic "1989 (Taylor's Version)"

BY DASCHALL HAYES
Staff Writer

At the time "1989" was originally unleashed, it was Taylor Swift's first time attempting to invite a unique sound into her established career, which had been in the chokeholds of country music for years. Swift did a solid job of portraying growth and change throughout the project. The album was honestly what mainstream pop needed. It's not perfect, but it shows the emotional maturation that highly benefited her career. She became more than just a household name, but an international superstar.

In the Long Play for the album, Swift talks about the ways that her past relationships adapted her into who she is as a person today. She reminisces on the vibes the relationship set throughout, but she thankfully indicated that without treating her ex-partners like Marvel supervillains. I appreciate most how the album shapes the use of electronic elements in pop music, becoming more polished in modern times, thanks to the help of Jack Antonoff. That incorporation has become influential as her usage of it has shaped other famous artists of today like Olivia Rodrigo or Conan Gray.

Swift's imagery in her songwriting carries out her intentions nicely and flows like



Photo: Beth Garrabrant

a storybook, without sounding dull and blatant. The best instances of imagery come from "Out of the Woods" and especially "This Love" by creating a comprehensible yet intriguing metaphor of ocean waves compared to the up and down emotions of a relationship. "How You Get the Girl" is the best song with its infectious beat drop and the electronic elements are best here.

I think "Shake It Off" and "Bad Blood" shouldn't be on the album because they don't reflect the album's intent, even though Kendrick's verse on the remix is fire and worth the listen. This album isn't about petty high school drama between two stars. "New Romantics" does what "Shake It Off" wanted to do. I would also prefer "Welcome to New York" not to be a part of the project, as this song's putrid attempt at a tribute is tedious

and fails to be unique. Some instances of this album sound like a teen high school drama soundtrack if it were to be a parody of Lana Del Rey's melodramatic releases during this time.

All of the songs I just mentioned are almost ten years old, and with Swift being on a roll with the re-recordings of her previous albums that were released under her old label, it was a matter of time before "1989" was republished to the world with added tracks. I think it is time to look at these vaulted songs and if they hold up to what Swift started back in 2014.

The beginning of the vaulted tracks opens with "Slut!" The mellow 80s-esque song is a theatrical description of Swift's approval of the image she's portrayed by the media following her numerous public relationships, as long as she's dating someone she cherishes. While

the message is in good favor, the track does nothing to intrigue me or provide anything fresh for this album. "Say Don't Go" is another sad track in lyrical nature but has an upbeat boost in production at the chorus, giving me a sense of disconnect. This album is an hour and 21 minutes, including the vaulted songs, and everything starts to blend in after a while. I will say it's pretty fun to catch when she alludes to Harry Styles being the topic of discussion, but it gets repetitive after a while.

Sometimes, I detect fascinating lyrics like, "You'd be more than a chapter in my old diary," featured on "Suburban Legends," painting a picture of the chokehold this man had on Swift and this time of her life. Or even, "you part the crowd like the Red Sea" on the track "Now That We Don't Talk" sounds like something I would

expect a corny Soundcloud rapper to say. The last vault piece, "Is It Over Now?" is the best one as everything from top to bottom is powerful and worth investing in, from the painful story to the vocal performance and background music.

In a nutshell, Taylor Swift's "1989" marked a pivotal shift in her career from country to mainstream pop, showcasing her development and emotional maturation. The album effectively explored her past relationships without vilifying her ex-partners and introduced electronic elements to pop music, influencing other contemporary artists. Swift's adept use of imagery in songwriting added depth to the narrative.

While some tracks felt out of place and the album ran a bit too long, there are tracks like "Is It Over Now?" and "How You Get the Girl" that provided powerful additions beyond the hugely popular Billboard hits that helped make this album a classic in many eyes. Overall, "1989" and the re-release, "1989(Taylor's Version)," remains a significant moment in Swift's career and the whole music industry, allowing her to become more successful as she solidified her status as an international superstar and pop music influencer.

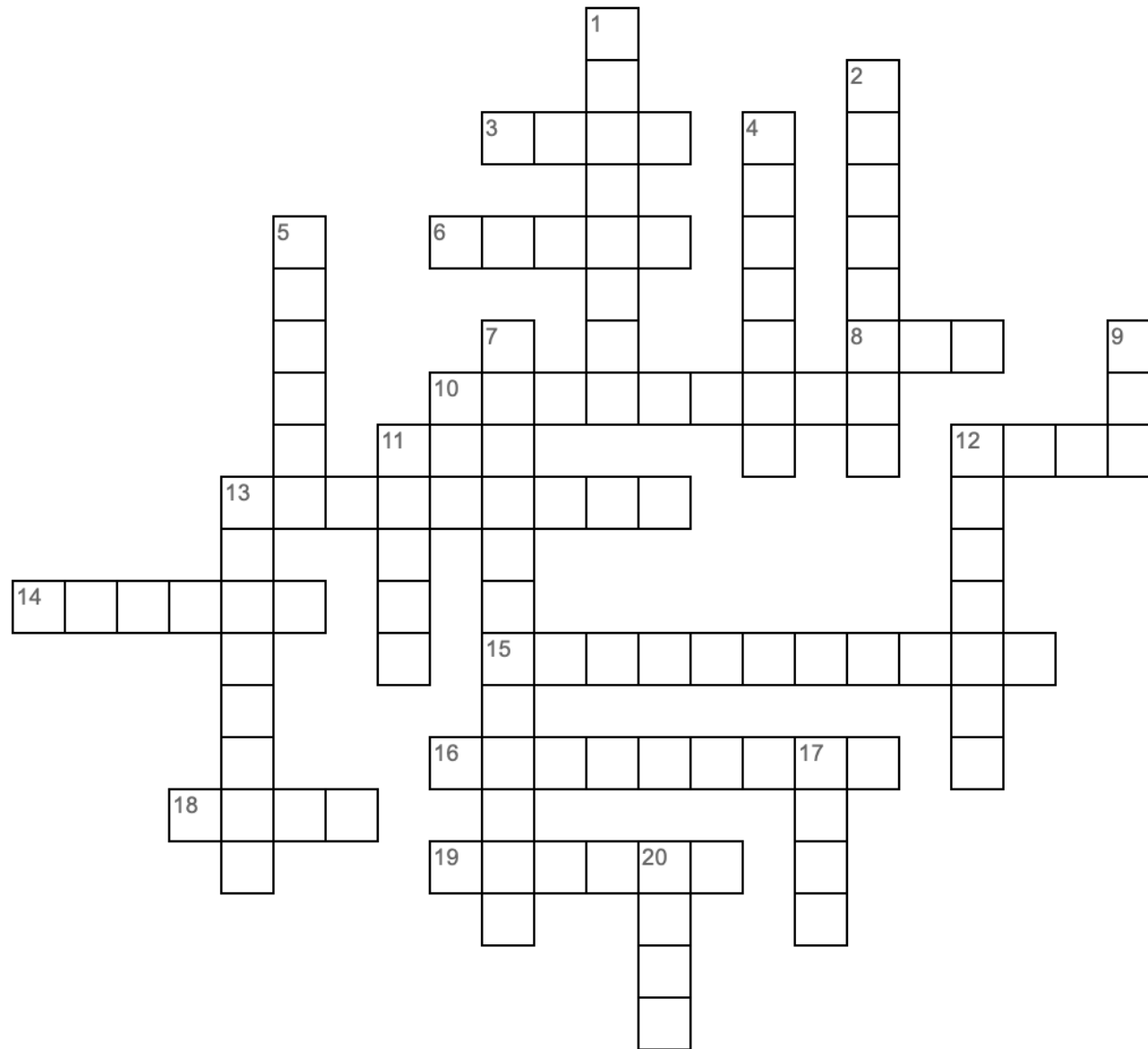
NOVEMBER 9, 2023

LIFESTYLE

THE RECORDER

CROSSWORD PUZZLE

Created By David Cocchiola

**Across**

- 3 Mid-semester dread
 6 Of best quality
 8 Organizers of many campus events
 10 Observatory tool
 12 Dog's sound
 13 Backpack contents
 14 Paper holder
 15 Old fashioned contacts list
 16 TV show featuring Michael Scott
 18 Holds up one's pants
 19 Winter hand warmers

Down

- 1 Peter's Hawaiian shirt clad pal
 2 Davidson hall guests, on October 19th
 4 A bottle used to keep things hot or cold
 5 Kitchen fixture
 7 All day on-campus dining option
 9 Response to a roach
 11 Online PC video game market
 12 Flintstone's home town
 13 Famous NYC newspaper
 17 Cat's defense
 20 Preferred marker brand



: @centralrecorder

Blue Devils Clean Up in NEC Women's Soccer Awards



Photo: Ian Yale

BY IAN YALE
Staff Writer

The Northeast Conference announced its regular season award winners for women's soccer on Nov. 1, and the Central Connecticut State University Blue Devils made their presence evident.

Central took up a conference-leading three spots on the All-NEC First Team, as well as one winner each on the All-NEC Second Team and the NEC All-Rookie Team.

On the First Team for the Blue Devils were senior Giavanna Inzerillo, junior Aoife Horgan, and junior Charlotte Simmons.

Joining them on the Second Team was sophomore Kiley Yepes, while freshman Emma Radoncic represented Central on the All-Rookie team.

Inzerillo was also awarded the NEC Offensive Player of the Year. She was the far

and away NEC leader in both goals, with 15, and points, with 36. She also placed in the top five in shots, shots on goal, assists, and game-winning goals.

While pleased with her regular season performance, Inzerillo stressed the importance of playing as a team.

"Coming into the season, I always want to accomplish as much as I can," Inzerillo said. "But I have ten other people and a bunch of people on the sideline cheering me on, so it's motivation that comes within."

Horgan received an individual honor as well, winning NEC Midfielder of the Year. Placing in the top five in the conference in goals, assists, points, game-winning goals, and shots on goal, Horgan created a formidable offensive attack alongside Inzerillo.

Horgan echoed the importance of team play as a factor in her

great season.

"Individually, I set my goals, but it's a team effort at the end of the day," Horgan said. "I wouldn't have been able to get that award without anybody else."

Joining Inzerillo and Horgan on the First Team, Simmons' impact on defense did not go unnoticed. She was a huge factor in Central's stifling defense, a unit that allowed just 22 goals all season.

In the postseason, she came up big on defense when the team needed her and was a massive reason that tournament MVP Melina Ford was able to dominate in goal.

Simmons also attributed her award to the team as a whole.

"It's an honor, but it took everyone to get there," Simmons said. "There's no award on a soccer field that you can get by yourself. It was definitely a team effort."

Jeanne-Rose Adds Size and Experience to Blue Devils' Front Court

BY ARI KINDER
Staff Writer

Standing at 6 feet 7 inches, 200 pounds, Allan Jeanne-Rose, the former Fairfield University Stag, is here to finish his college career.

Being 6 feet 7 inches and 200 pounds is no joke. The big forward loves to play up-tempo and punish his defenders by being physical around the rim and occasionally stepping out to space the floor at the midrange and 3-point line.

Playing at Fairfield for three years, he's been an impact player from the jump. He made a game-winning layup his freshman year and said he looks forward to creating more memories at CCSU.

Fairfield was a stepping stone for Jeanne-Rose's career and has helped him expand his game and mature both on and off the court, he said.

"I learned a lot and was really grateful for the people I met there," Jeanne-Rose said. "I came in as a freshman, didn't really know much about college basketball, but they developed my game to where it's at now, and I'm thankful for that for sure."

Jeanne-Rose said he is no stranger to work and has continuously put in the work each year, day

in and day out.

Transferring to a brand-new system is a hard adjustment. To Jeanne-Rose's advantage, this is one of the biggest things he's worked on over the time of his career.

"Just learning how to play, learn how to move, where to position myself on the court, learn how to cut, just the game overall," Jeanne-Rose said.

With new transfers and younger players on the team, Jeanne-Rose said he has embraced his role as a mentor and looks forward to helping the underclassmen.

"I'm just trying to lead and help the younger guys," Jeanne-Rose said. "Just trying to help them develop as players and help myself be a better leader on and off the court."

The expectation for this season is to win. There's a new culture here, and it's become infectious within the locker room. Jeanne-Rose, just like everyone else, has the same expectations.

"This season, for sure, we're dreaming big, so definitely tournament, that's our goal we set it from the beginning, that's where we want to be at the end of the season," Jeanne-Rose said. "Personally, I definitely want to make first team All-NEC."



Photo: Steve McLaughlin Photography

Long Time Head Volleyball Coach Set to Retire After Season



Photo: Ian Yale

BY JASON HARTMAN
Staff Writer

After 23 seasons at the helm of the Central Connecticut State University women's volleyball team, head coach Linda Sagnelli will coach her final match on Saturday against the Skyhawks of Stonehill College.

In September, Sagnelli announced she would be retiring after the 2023-24 season.

After graduating from C.W. Post, now Long Island University Post, in 1983 with a degree in physical education, Sagnelli started her coaching career at several clinics, coaching young campers.

She got her first break in the coaching industry when one of the coaches she played for on an open-level team encouraged her to apply for two vacant coaching positions in Division I college volleyball.

One was at Iona College, and the other at Manhattan College, both based in New York.

She ultimately chose Iona, mainly due to it being within a closer

proximity to where she lived.

Sagnelli spent the first 14 years of her collegiate coaching career at the small New Rochelle-based school, where she also served as the head softball coach.

She also served as an assistant athletic director and the Senior Women's Administrator for the school.

"I was just barely twenty-four years old and the head coach of a Division I program," Sagnelli said. "I was very fortunate to have a very supportive staff."

After 14 seasons at the helm at Iona, Sagnelli eventually found her way to Central in 2000, where she has coached since.

In addition to qualifying for the Northeast Conference Women's Volleyball Tournament 18 times, Sagnelli is a three-time NEC regular-season champion and a four-time NEC Coach of the Year.

Despite the numerous accolades, there is one accomplishment that Sagnelli holds in a much higher regard.

"The greatest accomplishment to me is watching a person come

in as an unsure freshman and then watching her graduate four years later," Sagnelli said. "Being able to share those four years with her and watch her mature as a person is easily my greatest accomplishment as a coach."

Senior opposite hitter Isabelle Roufs, who will play in her final match as a Blue Devil on Saturday, shared a similar sentiment.

"She pushes us to be great people that get involved with the community and great teammates to each other on the court," Roufs said. "She is very knowledgeable about the sport and is always one to put her players first."

In addition to the on-court success Sagnelli's teams had during her tenure, she encouraged her players to seek success in the classroom as well.

"With the schedule that we have, it is so easy to slack off or get distracted from what needs to be prioritized, but Coach always made sure we put our academics first and always was there to help when someone needed it," Roufs said. "Not only did

I grow as a player during my time here, but I grew in my academics as well and learned life skills that were taught through being a student-athlete."

Her players have won 17 consecutive American Volleyball Coaches Association Team Academic Awards. They have also had the highest team GPA of any varsity sport at Central every year since 2017.

Sagnelli said she thinks fondly of all the memories she shared with her players.

"I hold close to the heart all of the memories that involve the team environment and culture because there's nothing like it," Sagnelli said. "I think everyone carries them for a lifetime. The friendships that have been made knowing that in recruiting these athletes from all over the world, seeing them become life-long friends, that will stay with me forever."

The Blue Devils will look to give their coach one more memory when they take on Stonehill on Senior Night on Saturday, Nov. 11, at 4 p.m. inside Detrick Gymnasium.



CCSU ATHLETICS SCHEDULE

MEN'S B-BALL

Nov. 10 @ Quinnipiac
Nov. 13 vs. Framingham St.
Nov. 19 vs. Manhattan
Nov. 22 @ Massachusetts

WOMEN'S B-BALL

Nov. 10 @ Syracuse
Nov. 13 @ Saint Peter's
Nov. 17 @ Bryant
Nov. 21 vs. UMass Lowell

MEN'S TRACK & FIELD

Jan. 6 @ Wagner Invite
Jan. 11 @ Bryant
Jan. 15 @ UMass Invite
Jan. 20 @ Ramapo Opener

WOMEN'S TRACK & FIELD

Dec. 3 @ Colyear-Danville
Jan. 6 @ Wagner Invite
Jan. 11 @ Bryant
Jan. 15 @ UMass Invite

SWIM & DIVE

Nov. 17 vs. Merrimack
Dec. 1-3 @ Gompie Invite.
Dec. 17 @ CSCAA
Jan. 19 vs. Sacred Heart

FOOTBALL

Nov. 11 @ Merrimack
Nov. 18 vs. Saint Francis U.

VOLLEYBALL

Nov. 10 vs. Merrimack
Nov. 11 vs. Stonehill

CROSS COUNTRY

Nov. 10 @ NCAA Regionals

WOMEN'S SOCCER

Nov. 12 @ Penn State

Kyle Halehale Represents Guam and CCSU in World Cup Qualifiers

BY EARY BANUSHI
Staff Writer

Being able to represent your country on the international stage is a dream cherished by soccer players around the world. But for Kyle Halehale, a 21-year-old midfielder for Central Connecticut State University's men's soccer team, this dream became a reality when he was called up to play for the Guam National Team during last month's World Cup Qualifiers.

"When I was a kid, it was always one of my dreams to represent my island, and luckily, I got the opportunity to represent my country a few times," Halehale said. "I'm really proud and grateful to be selected to represent Guam on an international stage."

Halehale's journey began at a young age. His first call-up to play for Guam happened when he was 16 years old, making him the youngest member of the squad at the time. While Halehale didn't get much playing time, he did gain valuable experience that helped him to have a larger role today.

Halehale's selection for his national team was celebrated by his teammates and coaches, who rallied behind him, offering their congratulations and well-wishes.

"They were all proud, congratulating me and wishing me good luck," Halehale said. "They actually watched the game too. It was at 7 p.m. in Singapore (7 a.m. Eastern Time), and everyone was up before practice. I sent them the link so they could watch. I got a lot of really nice messages after."



Photo: Steve McLaughlin Photography

Halehale's journey from Connecticut to Guam and back for international duty was an exhausting endeavor, especially in the middle of the school year. The extensive travel, spanning over 20 hours, took him from the East Coast of the US and across the Pacific.

"It was tiring," Halehale said. "It started with the journey to Denver, then Denver to Los Angeles, then a 14-hour flight to Manila in the Philippines."

While Guam would be defeated by Singapore 2-1, the next game was a homecoming for Halehale as the team traveled back home.

The community took a break from their responsibilities to watch and support their team. For Halehale, it meant a lot to see people taking time out of their day to watch him.

"People came out of work, even the fire-fighters," Halehale said. "It's really cool seeing the community come together. I'm a lucky individual because there are so many

great players that can never represent their country on a stage like this."

Before every game, Guam's national team performs their version of a haka, a ceremonial Māori war dance meant to fire themselves up and intimidate their opponents. It's a ceremony that leaves Halehale feeling a deep sense of pride.

"It brings tears to my eyes," Halehale said. "It makes me really think about where I'm from, where I've been, and the place I was born and raised. It means a lot to be able to play in front of all of these kids and my family, as well as other people's families."

Halehale talked about the importance of briefly seeing his family while he was back, something that he rarely gets to do 8,000 miles away in New Britain, Connecticut.

"My brother skipped school, my sister left school early, my mom and dad left work, and they all came to support me," Halehale said. "I was also able to have din-

ner with them afterwards. It was nice because I don't have the opportunity to play in front of my family week in and week."

Halehale talked about what it was like growing up in Guam and highlighted the differences between the island and Connecticut.

"I'd start with the weather. I'm wearing pants now, but I've never owned a pair of pants in Guam," Halehale said. "I'd only wear jeans for church or for a special occasion, but I'd always wear shorts because it's so hot there."

"The beach is always around, so you're there all the time," Halehale added. "You're always playing outdoors with your friends. The culture is very different; it's very family-oriented. People are always willing to help you, and everyone is super nice."

But while Guam may have offered better weather, it didn't offer the opportunities Halehale needed to advance as a soccer player. He as-

pired to move to the U.S. and play in an academy system where he could develop his skills against a larger pool of talent.

He was accepted to the San Jose Earthquakes Academy but had to turn the chance down due to the high cost of living in California and his parent's unwillingness to leave Guam.

He decided to play Division I college soccer, and that's where CCSU head coach David Kelly came into the picture.

"Coach Kelly took a risk and recruited me to join the team," Halehale said. "I had a good CV and experience playing for the Guam Men's National Team. Four years have gone by, and I'm still here."

Looking towards his future, Halehale remains passionate about the game of soccer and dedicated to reaching the professional level.

"I've always said ever since I was a kid that I wanted to be a professional soccer player. It's still one of my dreams," Halehale said. "I've put so much time and effort into it. I got a taste of it for three weeks by representing my country. It gives me that little itch like I want more."

As Halehale's journey continues, there's no doubt that his determination, passion, and love for the game will guide him toward a promising future. Whether it's on the pitch at CCSU, wearing the Guam national team jersey, or pursuing his dream of becoming a professional soccer player, Halehale is an embodiment of the phrase: it doesn't matter where you come from. It matters where you go.