

THE RECORDER

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Women's Soccer Wins Second Consecutive Northeast Conference Title



Central Connecticut women's soccer won their second NEC title in a row.

CCSU ATHLETICS

BY GEORGE ATTWOOD
SOCIAL MEDIA EDITOR

Central Connecticut women's soccer is Northeast Conference Champions once more, defeating Fairleigh Dickinson University 1-0 to defend the title. After winning the championship in 2018, the Blue Devils are now back-to-back champions.

The win was the team's 10th NEC Championship total and

their 8th under head coach Mick D'Arcy. The championship was yet another strong home showing for the Blue Devils, who finish the season with an 8-0-1 home record.

D'Arcy was elated with how his side overcame adversity at the start of the year to make sure they had a chance to play for the championship.

"It's a fantastic feeling. The back-to-back is special for the players who were [here] for

both, but each team each year is a different identity each team kind of sets its own path," D'Arcy said. "They worked hard for this and we knew if we could get it back here on campus, we'd have a great chance. We had a stutter at the beginning but then went on a fantastic run. The odds were against us hosting after the first couple games, but seven wins in a row to get it back here was great."

The Blue Devils started

the championship weekend against Sacred Heart in the first NEC Tournament semi-finals. The game was played in windy conditions with temperatures in the low 30's.

Central beat the Pioneers 3-1 with junior Erica Bardes posted the second multi-goal game of her career in the victory, scoring the first and third goals of the game for CCSU.

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Mushaw Gives Gift Of Life

BY RYAN JONES
SPORTS EDITOR

Football teams are often looked at as a family but for Central Connecticut's linebacker Michael Mushaw, he found another family off the field.

"He's like Uncle Mike to us. He's always going to be a part of this family," Elan, father of one-year-old Eleanor whose life was saved by Mushaw stated

Mushaw found this extended family through an unusual path. In July of 2018, the junior donated his bone marrow through the "Be The Match" foundation. After sending in a cheek swab, Mushaw discovered he could be a potential match for little Eleanor.

While many have called Mushaw's actions heroic, he will be the first one to denounce the praise.

"It's just that I can help pass the message along," Mushaw said. "It was never about me getting recognition. Whenever anyone tried to say I was a hero,

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CCSU Honors The Service And Commitment Of Local Veterans

BY ISABELLA CHAN
NEWS EDITOR

"Veteran's Day is a time to thank living veterans for their service and to show appreciation for their contribution to our national security and to emphasize that all those that serve, not just those who die and sacrifice their duty," Chris Gutierrez, Veterans Affairs coordinator, stated.

Honoring the veterans of the New Britain community and Central Connecticut campus, CCSU awarded local service members and student veterans for their military duties.

The ceremony opened with the "Posting of the Colors" conducted by color guards of the United States Armed Forces, followed by a number of speakers and honoring those with several awards and scholarships.

"America's armed forces has always been prepared to defend our freedom and freedom for others throughout the world.



Central Connecticut honored various Marine Corps for Veteran's Day.

JULIA JADE MORAN | STAFF

On Veteran's Day, we realize we owe that privilege of living and democracy to the many men and women who have defended this nation, many of whom who have gave their life for our freedom," Gutierrez stated.

He cited that millions of service members died in the line

of fire, along with more than 1.4 million living with wounds they suffer from while fighting in battle. Gutierrez calls these veterans "a special group of Americans."

"It is a day we stand and support our fellow Americans who so proudly served our

country in the armed forces. America has survived many battles, fought bravely by our men and women in uniform. It is these men and women, both past and present, we should remember and thank by honoring on this day," Gutierrez

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CHROMACHOARD HOPES FOR A SEMESTER OF PERFORMANCES



Central's music department provides diversity in music and opportunities.

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FOOTBALL DEFEATES SAINT FRANCIS IN OT



Behind a strong second half performance, Central football knocked off Saint Francis in overtime to remain undefeated in NEC play.

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White Ribbons Wrap Around CCSU To Fight Sexual Violence



The White Ribbon Campaign takes place in 60 countries.

WHITE RIBBON CAMPAIGN

BY ISABELLA CHAN
NEWS EDITOR

A white flag waving symbolizes the act of surrendering in battle, for women suffering from sexual violence it becomes a life-changing symbol that may save them.

The White Ribbon Campaign, which began in 1996, is a global movement, in which over 60 countries partake in, where boys and men work together to end male violence against females — the white ribbon symbolizes men giving up their arms, similar to the protective sign of a white flag.

By joining in the White Ribbon

Campaign, the Ruthe Boyea Women's Center hopes to raise awareness and enlighten men on campus about the truth of sexual violence against women.

Chris Aponte, the event coordinator, is the only male worker at the Women's Center. As such, he believed it was important to host the campaign in order to give the male perspective on sexual violence while also informing them of the need to know such information.

"Considering how I'm the only guy here, it really impacts how different viewpoints are. So here at the women's center, most of the girls here promote their own events towards women and there's not really anything pointed

towards men except for the White Ribbon Campaign," Aponte stated. "I want men to take away a very important lesson: one man's actions depict, reflect and define all men's behaviors, thoughts and actions."

Aponte mentioned that though he does not have any personal experiences or closely knows anyone who has been effected by it, he has heard there is a lot of sexual violence occurring at Central Connecticut. After hearing from several female colleagues that they don't feel safe on campus all the time, he decided to change that.

"I want to be the one to make a change and I know I can't do it by myself. So through the help of the Women's Center, I hope we can achieve a campus where this isn't a problem and where we don't have any sexual assault or sexual harassment on this campus," Aponte explained.

In the future, the White Flag Campaign will continue to promote awareness for sexual violence by hanging posters with CCSU male administrators showing their support for the cause throughout campus, along with a "Men Ending Violence Against Women" event on Nov. 18 in Semesters. They ask that those who attend wear a white ribbon or white clothing to show solidarity in the movement.

"I want all women to know that not all men are the same. Some of us want to help to prevent these problems so that they never happen again. I think it's important for everyone on campus to know, especially men, that we need to speak out against sexual assault, sexual harassment and rape culture."

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CCSU Debates Trump Impeachment At The Dinner Table

BY KELLY LANGEVIN
COPY EDITOR

Although politics aren't typically discussed over dinner, members of the Central Connecticut community analyzed the current status of President Donald Trump's impeachment status through a collaborative conversation. The main focus being impeachment itself and what this means for Trump and the rest of America.

Starting off in small groups, attendants of the event sat at various tables to read and discuss different passages, which talked about the meaning of impeachment, how the constitution defines impeachment and what might happen next for Trump. Much of the discussions consisted of collective chattering and responsive feedback throughout the discussion.

"A well-constituted court for the trial of impeachment is an object no more to be desired than difficult to be obtained in a government wholly elective. The subjects of its jurisdiction are those offenses which proceed from the misconduct of public men, or, in other words, from the abuse or violation of public trust," Alexander Hamilton said in Federalist Paper number 65.

Later in the passage, Hamilton defined what impeachment means, stating "it is not disputed that the power of originating the inquiry, or, in other words, of preferring the impeachment, out to be lodged in the hands of one branch [House

of Representatives] of the legislative body."

Impeachment is a process that requires the House and the Senate and is written in the Constitution. It requires a majority vote of the House to impeach, and then that is followed by a two-thirds majority in the Senate, which will then convict and remove the President from office. Speaker of the House Nancy Pelosi began an informal impeachment hearing late Sep. on Oct. 31, the House of Representatives voted 232-196 to begin a formal impeachment process, according to Vox.

The well-known "whistleblower" complaint made against President Trump was discussed next in the small groups in which they had the opportunity to give their opinions and feedback about the ongoing issue happening in office.

During the event, a panel was set up, consisting of history professors Dr. Matthew Warshauer and Katherine Hermes, political science professors Jerold Duquette and Robyn Smith, along with psychology professor Jason Sikorski. In which a tweet from President Trump was displayed stating, "In order to continue being the most Transparent President in history, I will be releasing a Transcript of the first and therefore the most important, phone call I had with the President of Ukraine. I am sure you will find it tantalizing."

Warshauer mentioned that in the tweet "there is, in fact, no transcript. A

transcript doesn't exist. It is a summary."

The panel allowed the different tables to curate questions about impeachment, what it means and what may happen, specifically in terms of how the impeachment can impact the upcoming election.

"How will it affect candidates on the trail? If it [impeachment] is still going on in the spring it will impact how the campaign unfolds. In terms of the results, obviously, in some sense, both sides expect it to have an impact and both sides are going to try and make it have the impact that they want," Duquette said.

Another topic addressed was the media and how that plays a role as to what people believe is going on and how different people are viewing politics and impeachment.

"Confirmation bias is an issue which can be seen in a lot of us, where we look and decide before we gather all the facts, and from that moment forward we look for facts to support our own opinion. Also availability bias, the idea that what we see is what we believe. It is a simple human phenomenon," Sikorski stated.

Impeachment is not a quick process, and as Vox explained it "does not have set guidelines or elaborate rules or a vast set of detailed statutes to guide the impeachment process along."

Only time will tell as to how attendees expectations of impeachment will turn out.

@KELLYLANGEVIN2

CCSU Honors The Service And Commitment Of Local Veterans

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CCSU presented multiple awards including the Veterans Public Service Award For Excellence.

JULIA JADE MORAN | STAFF

added.

Marine Corps Corporal Walter Francois,

Recipients of the awards included U.S. who was honored with the Veterans

Public Service Award for Excellence, U.S. Marine Corps Sergeant Owen Cornish, who was awarded the CCSU Student Veteran Award for Excellence and Scholarship and honoree Wesley Szacillo.

For the first time, all of the recipients were part of the Marine Corp, and received a strong battle cry "Oorah!" from fellow service members.

"Personally, I look back on me joining the Marine Corp and honestly I feel like that is the best decision I've ever made. Reasons being is it continues to shape me into the best possible person. With that being said, I humbly appreciate everyone being here, I am honored," Francois stated.

President Dr. Zulma Toro, who also was in attendance, shared that the awards and scholarships presented to the student veterans represent a small form of acknowledgement and

appreciation for their service.

"A few simple awards do not express the profound gratitude we feel for our veterans and the many sacrifices they and their families have been called upon to make," Dr. Toro said.

Dr. Toro further stated that university is "deeply committed," to providing assisting to the 400 student veterans pursuing a higher education and making it her responsibility to ensure they thrive just as "these students make it their duty to protect and defend the values of this country."

"With so much attention on what divides us as a nation, let us take the opportunity today to agree on one thing: our veterans deserve our gratitude and support," Dr. Toro stated. "We are very proud of them, not only for their service but for their leadership on campus and example they set for all of our students."

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NAMI Folds Away Stress With Origami

BY ISABELLA CHAN
NEWS EDITOR

It's that time of year again where the temperature begins to drop and people's mental health seems to worsen. For those attending higher education institutions, the battle with mental illness has become a rising issue.

Of those seeking counseling, 61 percent of college students are attending due to anxiety, 49 percent for depression, 45 percent for stress and 28 percent due to academic performance, according to the survey the American Institute of Stress.

To help those struggling and to combat the stigmas against mental illness, Central Connecticut's National Alliance on Mental Illness (NAMI) chapter collaborated with the Arts and Crafts Club to teach students healthy coping mechanisms for stress.

Vice President of NAMI Halleberry Henry believes that despite the stigmas around mental health, there is a need to discuss it with people, specifically college students because everyone must take care of their mental state somehow.

"I struggle with mental health illness; just being in college there's stress, anxiety, depression, like the whole thing. Not to say 'I'm cured,' or can tell people how to get over it but having a person who has been through it and understands can really help you find out ways to better yourself," Henry stated.

By creating CCSU's first NAMI chapter, she and club president Christopher Theriault hope to better inform and break stereotypes against mental illness. Through the guidelines of the organization, Theriault and Henry enlighten attendees on different mental illnesses, coping mechanisms and more through interactive activities and informative videos.

"I for sure thought this didn't happen to anyone else, like it wasn't normal but it is normal. We go through these things and we have to find the best way to get through it," Henry added.

For some, "getting through it," means coloring pages and practicing origami while listening to Christmas music — or at least that is how members of Arts and Crafts Club choose to do it.

Matthew Warren, an active member of the Arts and Craft club with a strong interest in NAMI, highlighted that by acknowledging mental health and introducing healthy coping mechanisms, both clubs are fighting the stigma.



Central's NAMI chapter partner with the Arts & Craft Club to teach healthy coping methods.

ISABELLA CHAN | STAFF

"It's important to manage your mental health and talk about it so you can get support from people who are also going through the same thing," Warren stated. Through the activities hosted by both clubs, he believes attendees are able to become productive. "You're being constructive, you're putting all that energy - or lack there of energy - into something that is positive and constructive that isn't hurting you or anyone else. I think that's a very good way to know how to deal with it."

Arts and Craft Club president Aaron "Ronnie" Morabito says that through the club, they work to create a stress-relieving environment to all of those who attend through the activities they offer.

"The motto of the arts and crafts club is to create a chill and relaxed atmosphere for people to come by and just relax after a long day throughout the semester," Morabito expressed. "With NAMI, a lot of their goal is to reduce the stigma against mental illness so having events like this is a good way to get involved and doing

community types of events and activities to get others to be more aware and comfortable with mental illness."

They noted that in the past, CCSU would host a Fresh Check day, in which clubs and organizations would set up activities and booths encouraging people to find better ways to help their mental health and reduce stress. Despite the absence of the event this year, Morabito stated they and others are still making efforts to draw attention to mental health to break the stigma.

"In college, mental health is such an important thing and so many college students struggle trying to deal with depression and anxiety, so just making it okay to just talk about not being okay, and at Central there are plenty of resources with people are willing to give you help when you need it," Morabito explained.

Henry also believes that the university tries to better how mental health is handled on campus. For the future, she believes it "should become as big of a focus as athletics."

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Central Students Happy To See Stewart Re-Elected

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

Following the November election, Erin Stewart was re-elected as mayor of New Britain. Students at Central Connecticut spoke about her re-election and gave their thoughts on how it would affect the community.



DAQUAN CARR - EXERCISE SCIENCE

I had a feeling Erin Stewart was going to be re-elected as the mayor of New Britain. Since 2013, she has done a great job at creating an environment where families want to live and where businesses can succeed. Over the years, she has also invested and built many new things that makes the city of New Britain feel wholesome.

I am glad Mayor Stewart was re-elected because I think consistency is important for a city like New Britain. She's a young, energetic woman who's passionate for her city and while there are still problems that need to be dealt with, she has shown in the last three terms she is in on the right track.

She's making New Britain a place where people want to be and to live, hopefully with issues like poverty and homelessness being addressed, they'll be eradicated and eliminated quickly.

AARON SIMPSON - BUSINESS



ERIN STEWART - MAYOR OF NEW BRITAIN

Stewart was elected for her fourth term in office. "I really respect the fact that the people voted for us and I'm so blessed to be able to serve New Britain again," Stewart was quoted as saying after winning the election.



GABRIEL YOPP - COMMUNICATIONS

Everybody knew it was going to happen. [Stewart] kept running and everybody knows her. She knows how to run this town well, everybody knows her face.

She's really familiar with what to do, she knows the job well. That's the reason why I think she was being re-elected as mayor of New Britain, because people know what she does, people like her, she is involved in the community. Nobody wants somebody new to run the town.

I think it's a good idea because she knows what she's doing. She knows the town, she knows what to do, she knows what we need and what we don't need, instead of a new face coming in and being lost on what to do.

Tolerance: The Virtue That Makes Peace Possible

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

The United States is the land of cultural diversity; a melting pot where nationalities, cultures, and ethnicities come together and fused into one big country. The beauty of this nation is that nobody is 100 percent American and tolerance between one another is crucial for its survival.

"Tolerance is respect, acceptance and appreciation of the rich diversity of our world's cultures, our forms of expression and ways of being human. It is fostered by knowledge, openness, communication, and freedom of thought, conscience and belief," Declaration of Principles on Tolerance stated. "Tolerance is harmony in difference. It is not only a moral duty, it is also a political and legal requirement. Tolerance, the virtue that makes peace possible, contributes to the replacement of the culture of war by a culture of peace."

It was on Nov. 16, 1995 that the United Nations Educational, Scientific and Cultural Organization (UNESCO) adopted the Declaration of Principles on Tolerance and proclaimed the year as "The Year of

Tolerance" and 1996 as Follow-up Plan of Action for the Year. It has become an annual event for society to celebrate the International Day for Tolerance to raise awareness of the injustices and oppressions around the world, acknowledging the negative effects of it.

The Declaration stated "it is essential for international harmony that individuals, communities and nations accept and respect the multicultural character of the human family," highlighting the need to give the same social and economic opportunities at the state level. Tolerance is important within social dimensions because, with the globalization of the economy, the large migrations and the changing of societal patterns, the world is more and more diverse every year.

Tolerance is important so that everybody feels safe and confident to be themselves.

As the United Nations explains, fighting intolerance requires law, education, individual awareness and local solutions; law to ban and punish hate and discrimination against minorities, education to

teach people their rights and freedoms, as well as other cultures, nations and religions.

Individual awareness to be aware of their behavior in society, such as stereotyping, insulting and racism. Local solutions to take the matter into our own hands and not wait for governments and institution to do something.

History has shown that people often fear the unknown, of what they are not used to seeing or what clashes with their ideals — anything that essentially counters with their everyday lives.

However, this can change if younger generations make acceptable what today's society punishes and discourages by promoting acceptance and respecting human beings that are naturally diverse. Diverse in physical appearance, values, language, traditions and in behaviors.

"The diversity of our world's many religions, languages, cultures and ethnicities is not a pretext for conflict, but is a treasure that enriches us all," the United Nations stated.

@BRUNAVILA

MAYOR ERIN E. STEWART AND THE NEW BRITAIN PARKS, RECREATION & COMMUNITY SERVICES DEPARTMENT

NEW BRITAIN PARKS, RECREATION and Community Services Department

JOB FAIR

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News In Brief

BY SARAH WILLSON
STAFF WRITER

Lamont Revisits \$21 Billion Transportation Plan:

Governor Ned Lamont is back with his \$21 billion transportation plan. The only problem for skeptical legislators and state residents -- it still includes tolls.

The plan, The Hartford Courant reported, involves fixing highway "chokepoints," speeding up commuter rails and repairing old bridges. Most of the repairs would be financed through borrowing from the federal government.

In the meantime, Republicans took to the drawing board to work on a no-tolls plan. The plan, the Courant said, would involve spending billions of dollars to fix the state's roads, bridges and railroads.

First Witness In Impeachment Inquiry Testifies:

A top Pentagon official overseeing United States policy regarding Ukraine testified that President Donald Trump directed agencies to freeze aid to Ukraine, NBC News reported.

Laura Cooper described the hold as "unusual," according to the transcript released from the Oct. 23 testimony.

According to Cooper, military aid to Ukraine was impacted as a result of the President's concerns about "corruption" and that "immediately deputies began to raise concerns about how this could be done in a legal fashion."

Cooper's testimony comes as a result of House Democratic impeachment inquiry into Trump and Ukraine. So far, she has been the only Pentagon witness to testify.

Deadly Protests in Hong Kong Escalate:

Hong Kong's leader Carrie Lam is warning that the city is at a "brink of no return," according to BBC News. Lam said the escalating unrest will not give way to protester's demands.

On Monday, a man was set on fire just hours after another protester was shot by police. According to BBC, the unidentified man set aflame is in critical condition.

BBC reported that Monday saw petrol bombs, fires, barricades and disrupt travel. Protesters have blocked roads in over 120 locations, according to police.

Some workers have been sent home for safety reasons.

@SARAHWILLSON

Mushaw Gives Gift Of Life

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I steered away. I'm not a hero, it's just things we need to do."

Eleanor's parents, Jess and Elan, recanted a similar story of Mushaw's humbleness.

"Everytime we say thank you to him his response is always that Eleanor changed his life and was his superhero," Jess stated.

Mushaw and Eleanor met in person for the first time on Friday during the Blue Devils' matchup against Saint Francis PA, where Eleanor did the inaugural coin toss at the start of the game. Despite this being their first face-to-face encounter, Mushaw face times Eleanor and her family every weekend after games to catch up.

"They've been watching every game," Mushaw said. "They're the biggest Blue Devil supporters."

Following the toss, Central went on to win their game against Saint Francis defeating them 38-31. It was truly a story book ending to an emotional game for the Blue Devils with Mushaw delivering the game winning sack against the Red Flash.

"Feels great to end the game like this," Mushaw said. "This game was for her, everything is for her. She's an inspiration to me. She fought back for more than I could have ever imagined to go through at that young of an age. She's amazing."

Jess and Elan were hand in hand with Eleanor as she walked onto the field Saturday. When they first heard the news of Mushaw being a potential match, it was a much needed break from what was a long run of bad news for them.

"There were high fives involved when we first heard," Elan said. "It was the first good news after a lot of bad news. We had a lot of anxiety waiting to hear if she had a potential match."



Michael Mushaw, (left) places his helmet on the young girl he donated bone marrow to, Eleanor, (right).

RYAN JONES | STAFF

With Eleanor's surgery a success and health no longer in question, the family has a lot of plans going forward for Eleanor.

"We're going to live life to the fullest and continue experience things," Elan said. "She'll finally be cleared to go on planes moving forward, so lots of travel."

For Jess, her focus is to "just enjoy her being a little brat," as she would describe it, with Eleanor exemplifying this by tugging at her mother's hair. "When she pulls on your hair like she is now, 'you are a gift, child.'"

"Appreciate every moment and remember that we were granted a gift in having her make it through this process," Jess continued.

For CCSU's Athletic Director Brian Barrio, Mushaw's act of charity is a "direct example of the culture we want to have here," he said.

"We talk all the time about the character and values piece that we teach here in athletics being more important than the athletics, this is on a whole different level," Barrio said. "It's so heartening to see one of our

student athletes completely turn the stereotype of college athletes and students today on its head through an act of pure selfless love. To do what he did for a stranger is just moving beyond words."

For Mushaw, donating his bone marrow and saving young Eleanor's life was as simple as "doing the right thing."

"With everything that's going on in this world," Mushaw said, "the more we can do to help each other out and save another person's life, or just help them in any little way, why not do it?"

@RYANJONES385

What's New, CCSU?

BY DANIEL FAPPIANO
EDITOR-IN-CHIEF

- Amanda Fields will present, "My Caesarean: 21 Mothers on the C-Section Experience and After," on Nov. 13 at 12:15 for Central Authors in the CCSU Barnes and Noble Bookstore.
- The Overcoming Gender Pay Inequity Forum will take place on Nov. 14 taking place at 8:30 in Alumni Hall. Lieutenant Governor Bysiewicz among other women will discuss pay equity in Connecticut.
- The movie 'Pangandoy' will be shown in Torp Theatre on Nov. 14 at 5:30. The movie is a Filipino documentary and the event is presented by the CCSU East Asian Center, the East Asian Studies program and the Department of Economics.



SGA Briefs

BY KRISTINA VAKHMAN
NEWS EDITOR

The Student Government Association meets every Wednesday at 3:05 p.m. in Bellin A and B in the Student Center. These briefs are from the SGA's meeting on Nov. 6.

- The new club budget deadline for the 2020 fiscal year is Friday, Nov. 29 at 11:59 p.m.
- Competition for a Cause, where CCSU and New Britain compete for who can raise more donations, has started; the theme is wellness and needed donations include baby, hygiene and food items.
- A motion to allocate \$7255.00 for CCSU's U.S. Institute of Theatre Technology chapter to attend an annual conference passed.
- A motion to allocate allocate \$2,601.72 to the Muslim Students' Association for a series of planned events passed.

Central Recorder on Facebook

EDITORIAL

Child Trafficking Is A Real Problem In The Porn Industry

Everyday, millions of people access the worldwide web that is internet porn and industries, like Pornhub, make lucrative amounts of money off of these viewers. Despite their massive profits, Pornhub has constantly turned a blind eye to the ever-growing dangers that is sex trafficking and the exploitation of minors.

Two weeks ago, Pornhub was under fire after it was found a 15-year-old Floridian girl, who was reported missing, was featured in roughly 60 videos on the site. The girl was kidnapped by 30-year-old man Christopher Johnson.

Johnson was reported to have impregnated the minor, along with posting sexually explicit content of her to Pornhub. According to the police report, the girl's pregnancy was terminated after Johnson took her to an abortion clinic.

Despite the legal age restrictions and identification system in place, Pornhub ignores these regulations therefore do not require background checks for people, like Johnson, to submit their videos. This is strongly opposed to other adult entertainment sites that require things like an official government identification card.

Having no set standards for uploading leaves the door open for perverted individuals like this and others to conduct dangerous activities, which is especially threatening at a time when sex trafficking is not only evident but prevalent in the United States and other countries.

Earlier in Oct., multiple accusations came forward against "GirlsDoPorn," a website that posts adult videos on its own site and contributes to other sexual websites, such as Pornhub. The owner and other members of the company are currently facing sex trafficking charges after several women said that they were lied to and physically coerced to participate in their videos.

Along with these claims, GirlsDoPorn is also now facing child pornography charges. The prosecutor claims that Michael Pratt, owner of the company, flew a 16-year-old girl to California to film her having sex. This is another dark mark on an industry that has found itself in a good light.

Last year, 4.79 million videos were uploaded to Pornhub.

Some striking key words were used in the majority of these videos' titles included: "teen", "schoolgirl" and "step sister" which were all some of the most common phrases across these videos. This exploitation of taboos normalizes things that should have no place in common culture.

By promoting videos like this, Pornhub has profited off of select viewers' sick and twisted fantasies involving young girls and made subjects like these virtually unavoidable for anyone scrolling the site.

Whether we care to admit it or not, porn is here to stay in our society and is only growing in the technology-driven world we live in today. While it is viewed by some as a necessary evil, industries like Pornhub's actions, or lack there of, are dangerous. To keep minors and to a greater extent sex workers, safe, change needs to be made to these companies' policies.

Editor's Column: Words Matter And We Should Be Aware

BY DANIEL FAPPIANO
EDITOR-IN-CHIEF

In The Recorder's fifth issue, volume 120, an article was published detailing the profile of Brandon Wagshol, who was a former Central Connecticut student that had made threats of committing mass shooting on various social media posts.

The more The Recorder and other news organizations dug into Wagshol's case, it was discovered that he had strong, negative feelings against the LGBTQ community, in which he openly expressed his distaste through multiple posts on Twitter.

As the editor-in-chief, I felt it was important for that side of the story to be told. Without it, Wagshol's true

online identity may not have ever been revealed. Furthermore, members of the LGBTQ community on or near CCSU's campus deserved to know exactly who this person was.

When the story was published, I decided to include screenshots of various tweets that Wagshol had posted, as well as those including his negative comments on the LGBTQ community. I came to this decision because I believe these tweets would help move the narrative forward and show why a side of the story needed to be told.

In one of the tweets used, Wagshol had used a derogatory slur towards the LGBTQ community, specifically transgender individuals. I did not blur out the word as, at the time, I thought it only showed exactly who Wagshol was as a person.

After speaking with members of the LGBTQ community at CCSU, I now understand that that was a mistake. In the past The Recorder has blurred out other offensive words in the newspaper and in this situation, I did not; the word he used was hurtful and held meaning.

For that I am sorry and I appreciate members of the LGBTQ community bringing this to my attention.

Your concern is valid and I

understand why you wouldn't want a word negatively directed towards an entire community being shown in any light. I assure you that for as long as I am a part The Recorder I will do my best to be more diligent and cautious when printing words that could cause harm to any members of any community.

It is important to note that while I made the mistake of leaving Wagshol's tweets in the piece, the story remains a necessary stepping stone for not just The Recorder but CCSU as a whole. The writer was able to dig deeper, find facts others did not have and was able to paint a bigger picture of exactly who Wagshol was by doing so. Without this article, there are many students on Central's campus who would not know who this man is and what his intentions were.

I hope my error does not take away how impressive and relevant the article was and still is.

Through this experience, I have learned that words aren't just lines and dots. They are symbols and those symbols have meaning. I hope going forward myself and the rest of The Recorder staff will be more mindful while making editorial decisions such as this.

@DFAPPIANO14

The Truth Of The New Orleans Massacre

BY TOM HOPKINS
STAFF WRITER

White supremacist violence and terrorism are nothing new but acknowledging there is such a thing is quite taboo in our society. Even with mass shootings being perpetrated seemingly every other week by mostly white men, we stop short at using the T-word.

Take the Charleston Church shooting, the Charlottesville attack and the El Paso shooting. All three of these terrorist attacks happened within the last four years, but you'll hardly ever hear them referred to for what they are.

American history is littered with violent, racially motivated events, largely whitewashed from national consciousness. The New Orleans Massacre of 1866 is one such event.

Following the bloody and destructive events of the Civil War, the nation entered a nearly 15-year stretch known as the Reconstruction period. The country was trying to lick its collective wounds and heal, but that's not all.

Reconstruction was also the term used for the changes, or attempted changes, going on in the South. A Confederate surrender in the Civil War forced the 11 southern states that made up the Confederacy to rejoin the Union and thus conform to the standards and laws of the Union.

Though slavery was formally abolished, the radical Republicans of the time—not to be confused with the Republicans of today—had more lofty goals for the rights of the freed African Americans. The Republicans didn't want to stop at the liberation of slaves, they wanted complete enfranchisement of African Americans, meaning formal citizenship and equality for the former slaves. Needless to say, Southerners and the Democrats of the day were not too keen on this proposition.

With people of color still



The New Orleans Massacre is a tragic race-related event that shows these feelings still permeate in America today.

WWNO

disenfranchised, lacking the right to vote, the restlessness in the South began to come to a head. A violent and deadly riot broke out in Memphis in May of 1866. Not long after, on July 30th, what was then known as the New Orleans race riots occurred; today, it is now known as the New Orleans Massacre.

The free African Americans wanted a seat at the table of the Constitutional Convention, where a new state constitution was being drafted, to advocate for their right to vote. However, the former Mayor of Confederate New Orleans, John T. Monroe, was determined for the blacks not to get it. He led a mob that included policemen to interfere with the protesters. The two parties collided and violence ensued.

Dispatches reported by The New York Times said that those in the convention were prisoners in the Mechanics' Institute, where the convention took place.

The mob and police had arrived, violence erupted and now several black protesters were lying dead in the streets. Police had forgone trying to arrest protesters, opting to kill them instead. In later dispatches, the body counts rose. Some politicians in the convention were arrested, some were wounded while two

others died attempting to escape the mob.

Later reports by The New York Times said that the police exercised appropriate force to try to quell the black protestors and lauded praise. They made certain to note that, "[Richard] Cerus was the only white person killed."

The Connecticut Courant took a different approach, calling the events "horrific" and said that "the South can never be truly free, nor ever vindicate her claim to be the moral equal of the North, until such disgraceful occurrences as this cease to follow the attempt to exercise the right of free speech."

None of the members of the mob faced any sort of reckoning for their acts of violence that day. The Constitution of Louisiana was passed though and African Americans were free, but they were still disenfranchised. Even after the protests, the deadly retaliation by the white mob and police, black men were still denied the right to vote. It wasn't until two years later that black men gained the right to vote.

The exact death toll remains unknown, estimates vary wildly, likely because, as The Times made sure to point out, all but one of the people killed that day were black.

Women's Reproductive Rights Should Not Be Controlled By Men



Rapper T.I.'s (left) request to see if his daughter Deyjah's (right) hymen is intact only perpetuates an untrue and patriarchal idea.

COED

BY KELLY LANGEVIN
COPY EDITOR

Women's reproductive rights have been in control by men for far too long and rapper T.I. has proved such a claim in his latest interview on a podcast "Ladies Like us," where he admitted to going to the gynecologist with his 18-year-old daughter to ensure her hymen is intact.

This is to see if his daughter has been having sex, a truly disgusting and outrageous protective behavior, which in all truth, is none of his business.

Deyjah Harris, T.I.'s daughter, was informed she would have to sign a waiver in order for her father to see her results at her gynecology appointment. When the doctor told T.I. this, the Atlanta rapper responded by saying, "Deyjah, they want you to sign this so we can share information. Is there anything you would not want me to know? See doc? No problem."

According to Fox News, T.I. was told by the doctor that there are other ways for a woman's hymen to break besides having sexual intercourse and his response lacked proper knowledge and uttered pure sexism.

"So then they come and say, 'Well I just want you to know that there are other ways besides sex that the hymen can break, like bike riding, athletics, horseback riding, and just other forms of athletic physical activity,'" T.I. said in an interview. "So I say, 'Look doc, she don't ride no horses, she don't ride no bike, she don't play no sports. Just check the hymen please and give me back my results expeditiously.'"

Following clips of the interview being released, Planned Parenthood tweeted, "I don't know who needs to hear this but virginity is a made-up social construct, and it has nothing to do with your hymen."

According to Jennifer Gunter, a gynecologist and New York Times contributor also responded to T.I.'s remarks by dismissing the procedure and protective behavior that he has shown.

"The hymen is no virginity indicator, 50 percent of sexually active teens do not have a disrupted hymen," Gunter tweeted last week. "The hymen means nothing physically and hymen exams are medically not a thing and are unnecessary, and support a disgusting patriarchal trope."

What is even more disturbing is T.I.'s comment

about how he views sex between his daughters and sons, mentioning that he doesn't want any of his children to have sex before it's the right time but that he ultimately can't control that.

"However, I will definitely feel different about a boy than I will about a girl and that's just the God's honest truth. I don't think there's any father out there who'll tell you different," the rapper explained.

Although this is a nasty, overprotective and sexist type of parenting, I wish I could say I was shocked to see such behavior exist. Especially after seeing how Alabama's abortion law recently changed to nearly all abortions at any stage of pregnancy would be seen as a Class A felony, potentially leading to life imprisonment, with no exceptions to incest or rape.

According to the New York Times, a federal judge recently blocked the near-total abortion ban from going into effect. As of now, procedures remain legal and available for those who need and wish to have an abortion while the case is still going through the court system.

Women's sexuality and reproductive rights have been a long debate and socially manipulated for far too long.

@KELLYLANGEVIN2

There Are More Important Issues Than Culture Appropriation

BY MELODY RIVERA
STAFF WRITER

People wearing clothing, hairstyles and costumes that aren't from their own culture is not the problem, it is their behavior while wearing them that is. I've heard the term cultural appropriation for a while now, specifically around Halloween and I'm honestly tired of hearing about it. I think the ideology of this term is very disrespectful and ignorant. The definition of this word alone really irritates me.

According to Lexico Dictionary, cultural appropriation is a term that can be defined as "the unacknowledged or inappropriate adoption of the customs, practices, ideas, etc. of one people or society by members of another and typically more dominant people or society."

So in other words, it's considered wrong for people within a country to adopt anything from a different region when the area is considered to be minority. To clarify, here's an example: a white person would be judged for wearing a traditional Japanese kimono because they are considered to be from a superior group and aren't Japanese.

America is a place of diversity and acceptance — at least it should be — so it is ignorant to be offended anytime a person wants to adopt another culture. The United States is a country where people share their cultures and there's plenty of us from various different cultures.

People for some reason have a problem with others exploring different cultures which makes the American way very contradictory to the constant celebrating of the several ethnicities we claim to do. I believe that cultural appropriation is really another excuse to keep people

segregated and make people fixated on our race and ethnicities instead of acknowledging the personalities and characters of each other.

The only part of cultural appropriation that I can stand behind is when people choose to use cultural stereotypes and make fun of them with them. If someone decided to dress up as a Native American and make obscene noises then that would be disrespectful and offensive. I can also understand how someone wearing blackface and shouting racial slurs would be offensive and racist as well.

However if a little girl who wants to dress up as a Disney Princess of color like Tiana, Moana, Pocahontas or Jasmine but has fair skin then there should absolutely be nothing wrong with that. The same should be if a girl with black skin would want to dress up like Cinderella, Ariel, Rapunzel or Elsa.

I think the concept of cultural appropriation is sending a terrible message for kids. We should be able to teach children that they should embrace cultures that are different from their own instead of discouraging them from wanting to wear a costume someone that fascinates them.

We need to practice what we preach and send messages of love and tolerance, not judgment and hate.

A YouTube channel by the name of PragerU made three videos addressing the subject of cultural appropriation over the course of this past year. Will Witt, who is a reporter for the channel, wore a Mexican costume for one video and a Chinese costume for another video despite being a white person in order to see how people would react to his attire.

Witt received mixed results from this experiment. Some college students called him out for cultural

appropriation and got really angry with him, while others actually didn't see a problem with the costume at all.

Despite these two videos dealing with two different cultures, they both had a strong similarity in their reactions: the people that had a problem with his costumes were not Mexican and Chinese, whereas the people that didn't have an issue with said costumes were actually of those cultures and ethnicities.

One would expect at least some people of the culture to be upset with Witt, but many were pleased and he actually received a lot of compliments with one person saying the Chinese costume really hit home for him since he was from Hong Kong.

If there was one thing that I took away from watching these videos was that people from the culture actually love seeing different people embracing their culture while those who are not of the culture assumed that people from that culture would be very offended so that caused them to get offended as well.

I feel like Witt's videos perfectly prove my point because there are many people nowadays that I'd argue are too sensitive and easily offended by things that can actually be considered innocent. There are several issues going on in society currently that are much more serious and pressing than assuming someone is disrespecting a culture that isn't their own.

If I had to make a top one hundred list on the biggest problems that America is facing right now, cultural appropriation would barely be near ending up on that list. The more I think about cultural appropriation, the more ridiculous the idea gets for me. I wonder if people will start to believe cooking and eating food that's not from their own culture as cultural appropriation too.

OPINION

The Power Of A Podcast

BY MEGAN BRAWNER
STAFF WRITER

Lately, I have been finding myself using a vast majority of my spare time to keep up with the news. Every morning, I launch my Wall Street Journal app and save articles to read throughout the day.

From the impeachment inquiry to Brexit, there is plenty to read. When I am not reading, I listen to my three podcasts as I walk to class, practice or when I am dodging the hustle and bustle of campus.

The Wall Street Journal releases three podcasts a day with morning, midday and evening briefings. This is a quick way to get caught up on the bigger news segments throughout the day in less than a minute.

My personal favorite, the Global News Podcast from BBC World Service recounts the day's top stories from BBC News. It is delivered twice a day on weekdays and daily on the weekends. These podcasts include stories at the end of the podcast that are not reported by mainstream outlets. Who doesn't love a hidden news gem?

For those of you who are seeking more positive pieces of news, you can download the People Fixing the World podcast, also from BBC World Service. This may come across as shocking, but there are people in this world doing good things. These podcasts are all available through the Apple podcast app.

The beauty of these news outlets is their ability to force listeners to remember what has happened in the past. Monday, Oct. 21, marked the 6-month anniversary of the Sri Lanka suicide bombers that targeted churches and luxury hotels. More than 260 people were killed. The Global News Podcast sent correspondent Caroline Hawley to the fishing town of Negombo, where a



Podcasts are the future of communication.

TED

catholic church was bombed. The youngest victim was just eight months old.

Hawley interviewed Hasaru Jayakody, who at 17-years-old lost his mother to the blast. He is a survivor and spends his free time volunteering each week at St. Sebastian's Church Sunday school, the very church where the bombing took place. Jayakody still has a fragment of the bomb in one lung.

These interviews are unique because you can learn about the community impacts of these unimaginable events. These are real events and real people. Our society

is so quick to react and quickly forget. Our media outlets are failing us in this way as well.

I am not anti-social by any means, but I do think it is important to put time aside for yourself and the things you are passionate about. When I put my headphones in, it is just me and the news, as cheesy as that sounds. So I encourage you to pause your favorite song or Netflix series and put aside time to listen to the news. It is so important to be aware of what is happening in our world.

Our generation is the future. It is up to you if you want to have a voice.

The Truth About Alzheimer's



Alzheimers takes the joy out of everyone's life.

SENIORS FIRST

month, this family issue seems to be on my mind more often.

Alzheimer's is more than forgetting things and names.

It's watching someone act like a toddler with developed motor skills.

It's trying to complete a 100 piece puzzle but 90 pieces are missing.

It's my whole family still trying to figure out how to handle it.

It's hiding items, because she will move them and they will be lost forever.

It's acting out; she lashes out at the people she once loved. But she doesn't know any better anymore.

It's preparing special foods for my grandmother because she cannot eat just anything. She's been at the dinner table about to eat a food she's had a million times before and then starts choking on it.

It's watching my grandfather's face as he frowns and reminisces about how my grandmother used to be. How he was crazy for her. He's lamented about how she was once "a china doll."

This statement came after she had just thrown a shoe at him because he asked her to do something she did not want to do.

My grandpa has told stories about how she used to be after many instances like the one mentioned above. I've built my concept of who she used to be from these stories.

In reality, all of this is heartbreaking. But it does not impact me the way it probably should.

My grandmother was diagnosed in 2008, over ten years ago now. But still, I don't have many memories of her before then. She was never one to go out. I was always with my grandpa. We would go to the park. My grandma would sit at home and read. And I was never in the kitchen with her; her cooking was never a big part of me growing up. People will tell me their sorry about my grandmother and assume it's hard for me to see her like this. In all honesty, it's much harder to see everyone else's reactions.

If you have a relative who is, or who has suffered from Alzheimer's my heart goes out to you.

There's no cure for Alzheimer's yet, but I hold out for the hope that one day there will be one. But until that day, just remember that Alzheimer's is not what it may seem to be on the surface.

@CAROLYN_MARTINN

@TheRecorder on Twitter

BY CAROLYN MARTIN
ASSISTANT ARTS & ENTERTAINMENT EDITOR

I remember being eight years old watching TV at my grandparents house. In the background I could hear my grandpa telling my grandma to leave what he was working on alone. She proceeded to ignore him.

Dealing with a family member who suffers from Alzheimer's is almost like going to war; if you haven't experienced it before, you won't understand.

With November being Alzheimer's Awareness

Music Student Cianciolo's Talents Take Him Far



Cianciolo ready to perform in one of the Music Department's showcases in Welte Auditorium.

CHRIS CIANCIOLO

BY NATALIE DEST
MANAGING EDITOR

For business management major and music minor Chris Cianciolo, his musical talent is stretched rather far and wide. The Waterbury native has been involved in music since his childhood, progressively learning more instruments and only gaining more skills into his adult years.

"I was obsessed with music from the time I could walk or talk," Cianciolo said. "I've always loved classic groups like The Bee Gees and Queen. That led to me actually starting the guitar in 2006, at eight-years-old."

The now 21-year-old is proficient in both the guitar and piano. Since learning how to play keyboards, Cianciolo has been able to jump at many opportunities that allow him to play with several bands and ensembles.

As for the Music Department at Central Connecticut, Cianciolo has taken advantage of many of these

opportunities that have showcased his musical abilities on several occasions.

"The CCSU Music Department has been awesome during my time at school," Cianciolo said. "I have played piano for ensembles such as Big Band, Wind Ensemble and I am currently enrolled in Jazz Combo."

Cianciolo is also involved in private piano lessons with Music Department faculty member and jazz pianist Kenneth Fischer, who received both a Bachelor and Master of music education from the Hartt School of Music in Hartford, CT.

"The one-on-one instruction with Ken has been proven to be really helpful," Cianciolo continued. "I feel I've really become a different player as a result. The department as a whole is just great and I'm happy to be a part of it."

However, Cianciolo's talents go beyond just Central. The senior has performed in numerous showcases outside of campus.

"I also play in a wedding and party band named 3GCT [3rd Generation Connecticut]. We do shows every weekend all over Connecticut and play top 40 cover music. I'm also in several other projects, and do a lot of keyboard fill-in work whenever other bands need me," Cianciolo said.

As for 3GCT, Cianciolo features on piano, keyboards and vocals. The group also keeps up with a YouTube channel entitled "3rdGenerationCT," where the band posts past performances for friends, family and those who may not have been able to attend.

For Cianciolo, his endeavors in music are not planned to end any time soon. The soon-to-be graduate plans on continuing his musical career for as long as he can.

"In the future, I'd love to make music a full-time career in some capacity," Cianciolo said. "Performing onstage is always a thrill and something I really enjoy doing every weekend. I hope it never stops."

@NAT_DEST

'The End Of The F***ing World' Releases Its Second Season

BY JULIA CONANT
ARTS & ENTERTAINMENT EDITOR

Spoilers and triggers ahead!

If you watched the first season of "The End Of The F***ing World" back in 2017 and missed the hypnotic British accents and psychotic tendencies of James (Alex Lawther) and Alyssa (Jessica Barden), you're in luck; season two came to Netflix last week.

On Thursday, Nov. 7 the second season of "The End Of The F***ing World" was released on Netflix. Like season one, season two consisted of eight 20-minute-long episodes, making it an easily bingeable show.

Season one followed James as he struggled to find the right time to kill Alyssa simply because he wanted to kill something bigger than an animal for once. After running away from home and committing murder with her, James realizes he has feelings for Alyssa.

The first episode of the season introduces viewers to a new character named Bonnie (Naomi Ackle). Bonnie was taught from a young age that people who do bad things must be punished. It is revealed later on that Bonnie was in love with Dr. Koch (Jonathan Aris), a professor that Alyssa and James killed in self defense during season one. Naturally, Bonnie believes these two should be punished and that she should be the one to do it. By killing them.

Bonnie pretends to be a hitchhiker when James and Alyssa drive by her, and they pick her up. However, just like James with Alyssa in season one, Bonnie cannot seem to find the right time to kill them. She is alone with them in a car and a hotel in multiple instances, but either something gets in her way or she doesn't feel as though it's the right time yet.

One abnormality about the show is that most, if not all of the characters give off an eerie vibe, whether it be the way they interact with others or their hidden motives. Rarely would you find so many people who are willing to commit murder within the same area. However, the show is based on a graphic novel of the same name by Charles Forsman, and most graphic novels are not exactly known for being realistic.



From left to right: James (Alex Lawther), Alyssa (Jessica Barden) and Bonnie (Naomi Ackle) of Netflix's "The End Of The F***ing World."

NETFLIX

The show uses narration as a tool to let you know what the characters are thinking. While some critics could argue that narration is a tool used by writers who do not know how to convey emotions subtly through action and dialogue, it has been established that none of the characters in "The End Of The F***ing World" display their emotions in a normal manner. Therefore, the narration feels needed rather than out of place in the case of this show.

Here is where the spoiler alert takes into effect. Bonnie ends up cornering James and Alyssa in a cafe and explaining that they murdered her "boyfriend." Alyssa and James are shown both being shot in the head in the middle of their "please don't kill us" speech, but that is revealed to just be Bonnie's imagination. In actuality, Alyssa and James are able to talk her out of killing them, and the cops show up to arrest Bonnie after she points the gun on herself instead.

It seems unrealistic to end the central conflict of the season by just talking a character out of murder. After all, Bonnie deeply loved Dr. Koch and put a lot of effort into

her plan to kill James and Alyssa. Perhaps the writers were trying to squeeze in a resolution since each season is only eight episodes and they had not yet wrapped up the romantic subplot.

Speaking of the romantic subplot, Alyssa and James admit that they love each other (in their own indirect and awkward way) despite Alyssa technically being married to another man (oops) and hold hands at a picnic table.

There is talk online about a third season, but the show could end with season two without leaving too many unresolved questions. Viewers already know that James and Alyssa will most likely end up together and that Bonnie most likely will be in the custody of the law for a while.

If it wasn't obvious already, "The End Of The F***ing World" is an extremely rude show. If you are uncomfortable with swearing or murdering, it may not be for you. But if you can get past the vulgarity and don't mind that the whole show is spoiled for you now, it's an interesting watch.

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Follow Along To '1981' A Year Later



iDKHOW's EP "1981" was released around this time last year on November 9, 2018.

iDKHOW

BY CAROLYN MARTIN

ASSISTANT ARTS & ENTERTAINMENT EDITOR

Up-and-coming band iDKHOW (short for I DONT KNOW HOW BUT THEY FOUND ME) released their debut EP, "1981" last year. iDKHOW is made up of Dallon Weekes (formerly of The Brobecks and Panic! At the Disco) on vocals, guitar and bass and Ryan Seaman (formerly of Falling in Reverse)

on the drums. The EP is the perfect insight into the debut album that is to come from them.

The record starts off with "Introduction." This track that sounds as if it is from a tape recording where a voice says, "We invite you to follow along," and, "When you hear this sound (a chime) turn the page." These retro aspects are indicative of what iDKHOW is.

The first song on the record is called "Choke." It is a

brash song that intrigues you from the start, as the first lines of the song are, "Stop, drop and drag me into place." Weekes also tells the recipient of the song to, "Bite your tongue and choke yourself to sleep." Within the last year, this song has become a fan favorite.

Track three is called "Social Climb." It is an ambient track that opens with a powerful guitar riff and a steady drum beat. The song, according to Genius, focuses loosely on some experiences and encounters Weekes had while in California.

Next is "Bleed Magic" which is one of the most uptempo songs on the EP. This track focuses on a girl who is "bleeding magic out." According to Genius, many have speculated this to be about a vampire-like narrative.

Afterward comes the song "Absinthe." This is a bombastic song that goes full speed from the start. Weekes sings of the effects absinthe can have. He also tells the listener, "No, I don't care what momma says/you'll wind me up or you'll wind up dead." Not the most conventional of songs, but catchy all the same.

The EP closes with the song "Do It All the Time." This track references back to the 1980s theme that encapsulates the entire record. This is shown sonically through the groovy bass line that starts off the track and in the music video as it mimics old PSAs shown in high schools, older technology and all. The lyrics of the song however, chronicle how many young people today feel that they can do anything they want and face no repercussions.

iDKHOW took the opportunity to flip the stereotype about love songs on its head, and that makes for a wonderful listen.

The record clocks in at 16 minutes, a perfect way to familiarize yourself with iDKHOW before their debut album release if you have not done so already.

@CAROLYN_MARTINN

REVIEW

Netflix It: 'Tall Girl'

BY SHWAR ZAIDI
STAFF WRITER

“When you don't fit in, stand tall.”

"Tall Girl" is about a movie about a girl named Jodi (Ava Michelle) who has always been insecure about her height. She is well known in her school as the tallest girl, and many people give her a hard time as they make fun of her height. They ask, "How is the weather up there?" which does not help with Jodi's insecurity.

Jodi is friends with Fardeea (Anjelika Washington), a very confident and outgoing girl who never fails to entertain Jodi. But at the same time, Fardeea isn't afraid to speak her mind and stand up to the people that make fun of Jodi, or to even tell Jodi the harsh truth if she needs it.

Dunkleman (Griffen Gluck) is also a friend of Jodi and doesn't hide the fact that he is madly in love with her, despite her rejecting him because he isn't tall enough.

Jodi has a great life with caring friends and family, such as her older sister Harper (Sabrina Carpenter), who may be average height and a beauty pageant model, but always has Jodi's back if she ever needs anything. But despite all that, Jodi still wishes she could fit in with the crowd and be an average height.

Her life changes unexpectedly when a foreign exchange student Stig (Luke Eisner) becomes her new classmate. The problem for Jodi is that many other girls are also after him because of his pleasing personality and charming looks. Especially the most beautiful yet malicious popular girl, Kimmy Stitcher (Clara Wilsey), who has bullied Jodi throughout high school.

Unfortunately, Kimmy isn't as shy as Jodi when she tries to catch Stig's attention and they eventually start to date. When Jodi bumps into him and discovers their shared interest in music, they both realize that they are attracted to one another. But Stig's popularity and concern of what others think of him get in the way, causing him to continue dating Kimmy.



Weights and bands are some of the equipment used in Born's H.I.I.T. class.

NETFLIX

Eventually, Stig realizes he wants to break up with Kimmy to be with Jodi, and they plan to see each other at Harper's beauty pageant show. However, he ends up ditching Jodi, and when confronted at the party later that night Jodi realizes that Stig chose popularity over her.

The morning after, Dunkleman gives Jodi high heels as a present, and after he leaves, Jodi finds out that Kimmy confronted Stig about his relationship with Jodi. Dunkleman jumps in and says that Jodi has much more personality and is a lot cooler than anybody else at the party.

Jodi realizes that she belongs with Dunkleman, and at the homecoming dance she makes a speech saying she is proud of being a tall girl and that is what makes her who she is. Stig regrets his actions and breaks up with Kimmy, begging Jodi to give him another chance. Jodi rejects him and asks Dunkleman to be her boyfriend. The two end the scene with a kiss.

This movie was released on Sept. 13, 2019 and is now available to stream on Netflix. It tells an inspiring story of how a tall girl can find love in herself, and it's a fun movie to watch if you are ever bored.

Work Up A Sweat In H.I.I.T.



Weights and bands are some of the equipment used in Born's H.I.I.T. class.

JULIA CONANT | STAFF

BY JULIA CONANT
ARTS & ENTERTAINMENT EDITOR

As the weather becomes cooler, you may decide to fend off the cold by working up a sweat. One way to do this is to take a free fitness class at Central Connecticut.

One fitness program offered to students is a High Intensity Interval Training class with Sarah Born. As the name of the class suggests, it is structured in intervals. Students will do two or three different exercises for either 30 seconds or one minute each, depending on the difficulty of the exercise.

"The idea is to get your heart rate up really high for a short period of time and work really hard, and then you get a quick break that brings your heart rate back down," Born said. "That up and down is what's supposed to help with weight loss."

Each class starts with a warm up, usually consisting of jogging, jumping jacks, toe touches and inchworms. These are meant to get the heart racing and the muscles prepared.

Once the students are warmed up, Born eases into the more intense exercises. These are meant to tone legs, stomach, arms and other parts of the body. The leg workouts range from squats to lunges to side knee drives.

Exercises that engage the core include burpees, curl-ups and planks. Some of the arm exercises are rowing with bands, pushups and renegade rows. While all of the exercises are challenging, there are breaks in between and modifications that can make some exercises easier.

After the more intense exercises are over, Born plays calm music and facilitates a cool down, where students stretch their muscles.

"It's really good for challenging yourself," Born said. "I think that people who haven't done it before get scared because they don't really know [what it is.] It sounds like it's super high intensity and you really need to know what you're doing, but you don't because there's lots of modifications."

Born shared why she likes teaching H.I.I.T.

"I like upbeat stuff and I love teaching people, especially with smaller groups, just being able to push people and really get them motivated and going."

If H.I.I.T. doesn't sound like the right workout class for you, Born plans on teaching other fitness classes next semester.

"I would like to teach a lot more classes, especially a barre class, which I plan on teaching next semester. I want to teach pilates, and I want to teach a wide range of people. I definitely want to help people who have issues with pregnancy, with postpartum, with people who are injured. Just give them a lot of modifications and allow them to still work out and feel good," Born continued.

If you do happen to be interested in H.I.I.T., Born's class meets every Monday and Wednesday from 9:30 to 10:30 a.m in the Mid Campus Fitness Studio.

"Anyone should definitely come check it out and try a fitness class even if it sounds intimidating because they might actually enjoy it and feel good," Born said. "Especially if you're looking for just weight loss or just to tone muscles in your legs, you'll see a lot of good changes in your body." JULIACONANT@MY.CCSU.EDU

My Mom Is The Best Caretaker I Know

BY DANIEL FAPPIANO
EDITOR-IN-CHIEF

My mom has been a caretaker her entire life. She has worked in healthcare, working with people suffering from illnesses such as Alzheimer's and Dementia for most of her career. Furthermore, she has been a caretaker for me and my brother Michael for as long as I've been born.

With November being National Caregiver Appreciation Month, she deserves recognition for all the care she has given throughout her life.

She works tireless and thankless hours every day to make sure that others in need can live and survive in the latter halves of their life. My mom makes sure that other's amenities are taken care of and that those suffering are able to function regularly everyday. It isn't the most fun job in the world, and often it is hard work. But she does it everyday and never complains, as long as her clients are happy.

For me, my mom has been the most generous caregiver I could ever ask for.

Growing up, I never met my father. My mom still made sure that I was involved in sports and around other male role models. She brought me to every game and watched me play from fourth grade all the way up until I graduated high school. While she didn't necessarily understand what was happening, she was willing to be there. She made sure to let me know that she was proud of me and was excited to watch me do something I came to love.

My mom also made sure that my life wasn't any different than any kid my age. While she was a single mother, she made sure to do as much as she could to make sure that I knew I was important and I was just as valid as anyone else.

When my brother and I were younger, when other kids had water guns, she would use empty bottles of soap and filled them with water so we could play too. While others had pools she would fill tubs with water so we had one too. She would do arts and crafts with us and take us to the mall for 'No Spending Day,' in which we would just window shop. I didn't understand what it meant at the time, but now I realize that the money didn't matter;



Donna Fappiano (right), has been the best caretaker Daniel Fappiano (left), can think of.

FAPPIANO FAMILY

it was the quality time we had together.

I struggled a lot in my younger life with anger issues and as an adult I struggle with bipolar disorder, depression and anxiety. Often I feel like I'm not cut out for college or a career in journalism. My mom reminds me that I'm worth it. She has helped me grow as a person and believed in me when many others didn't. As I graduate in the spring, none of that would have been possible without my mom.

As a kid and an adult, my mom has always been there. While we might never have had what others did monetarily, we always had each other. And that's all that matters to me. I'll never forget her trying to throw the

baseball with me even though she has torn rotator cuffs.

The month of November is meant to celebrate Caregivers throughout the country. I couldn't imagine another caregiver who deserves to be recognized than my mom. If I am half the parent she was then and is now, I know my future children will have a great life.

To my mom: thank you for showing me what it meant to be a strong person in today's society. You've taught me more than anyone and I am lucky to have been raised by a woman like you. I hope one day I can be as caring as yourself; maybe the Scrabble skills you've taught me will come back to beat you.

@DFAPPIANO14

Music Department Offers Academic And Musical Diversity



Welte Hall is the home of the Music Department, offering several classes and practice rooms for music majors and minors.

NATALIE DEST | STAFF

BY NATALIE DEST
MANAGING EDITOR

Disclaimer: Natalie Dest is a music minor, making her part of Central's music department.

For the Central Connecticut Music Department, being one of the smallest majors on campus has crafted the department into a tight-knit community filled with many talents.

Consisting of 48 majors and eight full time faculty members, the department offers a variety of opportunities for students to be involved musically on campus. Options vary from Wind Ensemble, Marching Band, Pep Band, University Singers, Chorale, Jazz Combo and several chamber ensembles.

The classes offer aid in progressively improving

students' skills as individual musicians and working together as ensembles. Junior and Music Education Major Lauren Santiago believes the department's courses to be diverse and include a widespread education.

"Those not involved in the music department may be unaware of just how much the department covers in their courses," Santiago said. "Every single music class, you have your science, math, English and history being presented in every lesson. It helps you reinforce all of that and helps you do so much better in your other classes too."

The department is consistently working towards multiple showcases for all kinds of ensembles each semester. Although not one of the larger departments on campus, the music department strives to gather large audiences for their performances.

"I think it's important to go to as many showcases and

many different places as you can," Santiago continued. "As a functioning member of society, you owe it to yourself and everybody else to go out and experience new things and see different people perform from different schools, and that's including our school too."

For previous Wind Ensemble member Anna Sullivan, the 21-year-old sociology major expresses how these types of ensembles and concerts are vital to a college community.

"Music programs like Central's are important because so many of us grew up being so passionate about music, and being able to continue doing what you love during college is something that not many people get to do," Sullivan said. "Especially the music-ed majors, who are going to go on to teach generations how awesome it is to make music with memorization skills, language development, creative thinking and self-discipline."

Music education majors are welcome to focus in concentrations of Jazz Studies, Performance and Theory/Composition. The music department's website defines their mission statement as a concept designed to create "artistic leaders."

"Within the context of our music degrees, we prepare musicians for careers as educators, performers, composers and scholars while providing all students with strategies to cultivate artistic leadership in their chosen fields," the department said. "We strive to foster in all student's life-long connection and involvement with the art of music."

For Junior music-ed major Jessica McElroy, the support from outside departments, students and faculty at Central helps music students in becoming these educators, performers and composers.

"The students in the music department work so hard into all of the music we perform at any event. Having the support of other students and faculty would mean a lot," McElroy said. "It increases our morale, and to have that support us makes our hard work improved and valued."

In terms of the end of the semester and future ones ahead, Central's music department students are only progressing, with hopes to perform to audiences of the CCSU community and beyond.

"We have a really good music program and we're finally getting some new teachers that are going to stay here for the long run," Santiago said. "Us students can only hope that our audiences grow on and off campus. Our program is continuing to grow and solidify, and it only keeps getting better and better."

@NAT_DEST

Word Search: November 13

L Y E P E S H R B K L X L T H
 O Y E X R J Y P H F F U L O R
 T T N J R Y W Y H A C G T R W
 A O A N R R I B B O N C E P Q
 L L R A N I S A C U L V M V S
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Word List

1. VETERAN
2. STEWART
3. TOLERANCE
4. NAMI
5. RIBBON
6. PODCAST
7. TALL
8. CAREGIVER
9. CIANCIOLO
10. ALZHEIMERS
11. YO
12. LUCAS
13. MUSHAW
14. KAPRELYAN
15. YEPES

Volleyball Clinging To Final Playoff Spot

BY RYAN JONES
SPORTS EDITOR

With one week remaining in the regular season, Central Connecticut volleyball continues to fight for a playoff berth. Over their weekend of away games, the Blue Devils picked up a win and pushed the undefeated Robert Morris to five sets, the first time a team has done as such this season.

CCSU kept things close in the first two sets, but were unable to pull away with victories. They even came within two points of securing the second. Still, the Blue Devils saw themselves nearing a sweeping elimination after an early start from Robert Morris.

The momentum was pushed back in Central's favor for the ensuing two sets. Robert Morris hit its two worst percentages of the match (.128 and .116) as CCSU was able to put together their two best. Junior Emma Henderson scored six kills over the third and fourth, helping elevate the Blue Devils to wins that tied the match. The outside hitter scored her 12th double double of the season, landing 11 kills and 17 digs.

In the winner take all fifth set, the Colonials quickly jumped out to a 8-3 lead. CCSU was only able to close within four of RMU as they lost the set and match. On the path to Robert Morris' unbeaten 13-0 record in the NEC, no team has pushed the Colonials to five sets before the Blue Devils did Friday.

After a tight loss to the Colonials, the Blue Devils were hungry for a win against Saint Francis University. Eager to get back their playoff spot, CCSU defeated SFU earlier this season in a 3-1 victory.

After dropping the first set, Central did not falter through the rest of the match.

Earlier this season, the Blue Devils struggled closing out sets. As the year has progressed, CCSU has improved



Central volleyball went 1-1 as they search for a postseason berth.

CCSU ATHLETICS

in the clutch, as showcased against SFU.

SFU was able to draw close to Central's leads, but strong play from Central's front helped secure victories.

Senior Madelyn Kaprelyan stuffed the stat sheet once more, notching her fifth triple-double of the season with 10 kills, 21 assists and 16 digs.

With the win over SFU, the Blue Devils still hold onto the fourth seed in the NEC standings, holding the tie breaker over similarly 9-5 LIU. While their playoff spot is secured for now, the final stretch for the Blue Devils could be the hardest yet.

The Blue Devils will be finishing off the regular season against two of the teams ranked above them in the standings, Bryant and Sacred Heart. CCSU was unable to beat these two teams in their previous matches this year, but will most likely need at least one win to secure their playoff spot.

As head coach Linda Sagnelli alluded to a few weeks back, every point in every remaining game matters in this final stretch of games. This final week will prove to be "exciting volleyball to watch," Sagnelli said.

@RYANJONES385

Men's Basketball Drop Opening Week Of Games



After strong first halves in both games, Central fell to Hartford and St. Johns.

CCSU ATHLETICS

BY RYAN JONES
SPORTS EDITOR

After an exciting win in their exhibition game, the dunks and threes were fewer between for Central Connecticut men's basketball in the opening week of out of conference games.

The Blue Devils kept things contentious in the first halves of games against Hartford and St. John's. Both the Hawks and the Red Storm were able to pull away late however, grabbing lopsided victories of 15 and 30, respectively.

While losses are never welcomed, this opening rollout of games is one of the tougher stretches of the schedule for the developing team. With so many new faces on the court, the Blue Devils are foremost trying to establish good chemistry for the ever-important Northeast Conference slate of games.

Head coach Donyell Marshall credits some basketball colleagues for the advice he got following the team's loss to Hartford.

"Being a head coach, you have a lot of friends around the country that you talk to," Marshall said. "The number one thing that everybody said to me was 'don't worry

about game one. The team that gets better throughout the season is the team that's gonna have the chance to win it'."

While Marshall looks towards the development of his team, he does not excuse the loss to Hartford, nor does he attribute it to the youth of the team.

"We have a young team but we aren't using that as an excuse," Marshall said. "They're good basketball players when they play together."

Last season, the Blue Devils were fourth in the NCAA in free throw percentage, setting a record in the NEC with a 78.2 percent average. After a historic campaign from the charity stripe last year, foul shots have already been detrimental to this year's group. In the loss to Hartford, CCSU went 10-for-19 (52.6 percent) from the line. Against St. John's, they shot at just a 15-for-30 rate.

Marshall attributed the breakdown at the line to a lack of focus in practice. He also said these bad performances can sometimes serve as a wake up call, especially for younger players.

"You do need things like this to show them," Marshall said. "In practice when you tell them to concentrate on free throws and they don't want to concentrate, this is what turns around and happens."

"With young guys, they don't hear you, you've got to show them," Marshall said. "This is one of those times where you have to be able to show them what is going on."

Freshman Greg Outlaw has been a consistent positive on the scoreboard for CCSU this year. The guard is the lone Blue Devil to score in double figures against Hartford and St. John's.

After a decent night shooting against Hartford, the Blue Devils only hit the mark on 34 percent of their shots against the Red Storm.

The Blue Devils showed signs of a fast paced offense against Coast Guard in their exhibition game. There were flashes of this offense in both of their games last week, but the notably tougher competition made moving the ball a much tougher task for CCSU.

"We've got to realize that we played a division one team today," Marshall said. "What we did back then was against a division three team. I don't know if their heads got big thinking that they could come out and it would be that easy."

Marshall added that this will not be the last challenge the team will have to take on, but rather only the beginning.

"The next 29 of our 30 games are against division one teams," Marshall said. "We're not going to win games being selfish, and that's exactly what happened. We came out and pushed the basketball which I thought we did a good job of. When we pushed the basketball, we got selfish, which led to turnovers which led to open shots for them."

While Marshall and the Blue Devils would have liked to take home the win against Hartford, this opening to the season "doesn't define us," Marshall said. He looks back to recent history for a silver lining in the loss:

"My second year here we lost game one," Marshall said. "And that was our best year."

Central Connecticut will continue the out of conference portion of their schedule as they go on the road to take on Arizona State and Massachusetts on Thursday and Saturday, respectively.

"We're not sitting up here harping on [the losses]," Marshall said. "We're going to continue to go out there and play. We take it one game at a time."

@RYANJONES385

Women's Soccer Wins Second Consecutive Northeast Conference Title

CONTINUES FROM PAGE 1

Bardes' second goal was created by NEC midfielder of the year, Roma McLaughlin. Despite not playing in the previous three games, McLaughlin started the second half and made an instant impact. Her pass across the Pioneers penalty box was struck first time by Bardes into the top corner.

D'Arcy emphasized the quality that McLaughlin has and how she can impact the game.

"I think we all saw today in those 10-15 minutes she really influenced the game," D'Arcy said. "She got a couple of shots but her movement off the ball was terrific and she had a big impact for a cameo appearance."

In the final, the Blue Devils came up against the Knights, the team they had lost to earlier in the season 1-0 in double overtime.

Being a final, the game was scrappy, with Central unable to play with their usual fluidity. The game was a hard-fought midfield battle, with Brianna Williams and Yo Tachibana running the offense for the Blue Devils.

The only goal of the final was scored by McLaughlin in the 17th minute giving Central the win. The score took her tally of goals to 10 on the season.

Junior Williams and Tachibana were named to the NEC All-Tournament Team, with their teammates senior Allyson O'Rourke, sophomore Taylor Smith. Along with this, Tachibana was named Tournament Most Valuable Player; she spoke of how hard the team has worked to be back in the final.

"This is all we've been working for since we won the tournament last year, we always knew we wanted to come back here, at home and win this tournament," Tachibana said. "MVP is great but I think all my teammates deserve this, it's not just me. This team is special because we all have each others back. It's not like there's one special player, we all work hard for



Emily Hogan, (above) scored and assisted a goal in Central's win over Sacred Heart in the NEC semi-finals.

JULIA JADE MORAN | STAFF

each other."

"I think today we did a really good job of fighting through it and ended up getting the goal. At the start of the season, we had problems keeping the lead, so it says a lot about this team and how over the season, we've found a way to win games that are tight."

McLaughlin also talked about what makes her such an impactful player on the pitch, crediting it to her tendency "to add urgency and get everything from everyone which bring out the best in other people."

Junior Tess Atkinson, has been injured during the season. During recent games, she has been building her fitness back up and when she is on the pitch she hustles around and tries to make an impact on the team.

"Before every game, we tell each other that hard work wins games. We

write quotes on our board and today we wrote, play like a champion," Atkinson said. "Before the game, we spoke about what the quotes mean to us and I said that to me it means leaving it all out on the field and if you leave it all on the field then you'll get the result that you want. So today we left it all out on the field, it was battle, it was aggressive at times we need to keep our composure and we needed to work hard and that's what we did and we got the result we wanted."

Atkinson recalled a story that D'Arcy said to the team that became the team's motivation moving forward.

"When we lost to FDU the first time, Mick said you can kiss hosting goodbye and then when we won at Sacred Heart, our captain Shauney was like well Mick now look what we've done," Atkinson said. "The whole year we've been saying take it one game at a time, work as hard as

you can. You can rest and relax afterwards but as long as we won out, which we did, which we are so thankful for the result that we got today which is why we are so excited today."

Atkinson said how much it means to the team to have everyone at our games.

"After this many people at our games, having the other teams at our games means so much to us because we try to be a vocal presence at other peoples games and them screaming on the other side of the pitch so much I couldn't hear my coach was amazing and it is such a surreal feeling," Atkinson said. "I just can't describe how happy I am today."

Having won the NEC, the Blue Devils will now face fourth-seeded Rutgers in the NCAA tournament. CCSU opened up their season against the Scarlet Knights and lost 2-1 in OT.

GJATTWOOD@MY.CCSU.EDU

Women's Basketball Drop First Two Contests To Start Season



Emma McCamus, (above), is fourth on the team, averaging 10.5 points per game.

CCSU ATHLETICS

BY TREVI ALICKOLLI
ASSISTANT SPORTS EDITOR

The Central Connecticut women's basketball team tipped off their 2019-20 season with two losses on the road against Buffalo University and Pittsburgh University, losing 61-56 and 81-73 respectively.

The Blue Devils were competitive in both of their matchups but came up short.

Junior guard Emma McCamus led the way for the Blue Devils with 13 points, two rebounds, one assist and was tied for a team-high with three steals against the Buffalo Bulls.

Forwards Ashley Forker and Jamey Napoleon also had three steals in their season opener. Central forced 12 total turnovers against the Bulls.

Freshman Napoleon kicked off her collegiate career with an additional nine points and seven rebounds while shooting .500 from the field (3/6).

Forward Ashley Chin was the second-leading scorer for Central, scoring 11 points while connecting on both of her three-pointers.

Defensively, the Blue Devils played a solid game in their first contest, holding the Bulls to 33.3% from the field and 13.3% from deep, however, they did not capitalize on it offensively, only shooting 27.3% from the field and 12.5% from three.

"We did not shoot the ball well, but we out-rebounded Buffalo and fought hard until the end," head coach Beryl Piper said to CCSU Athletics. "I have to compliment the team on their effort and ability to rebound the basketball."

Central out-rebounded Buffalo 48 to 43. Twenty-three of the Blue Devils' rebound came on the offensive end but they only turned into 11 second-chance points.

They also shot better from the free-throw line compared to Buffalo, 70.4% to 57.6%.

Piper did see a positive from the first game of the season, however.

"We communicated a lot, which is a step in the right direction," Piper continued.

The communication appeared to transition well against Pittsburgh. The Blue Devils led by 17 at halftime before the Panthers outscored them by 25 in the second half and pulled away for the victory.

Central shot 45.6% from the field and 48.3% from three while totaling 22 assists as a team despite losing.

"Our shooting percentage was amazing in the first half," Piper said to CCSU Athletics. "But they applied a little pressure in the third and it took us out of the flow of our game."

Central had four different double-digit scorers and were led by center Ashley Berube, who scored 18 points while shooting 80% from the field (8/10). Berube also added five rebounds and three assists.

Ashley Chin, Forker and Danielle Delano scored 12 each.

As a team, the Blue Devils hit 14 three-pointers against the Panthers, an improvement over the three they hit in their season opener.

They committed 21 turnovers and fouled Pittsburgh 22 times which led to 21 free-throw points for the Panthers.

CCSU returns home for their opener on Thursday, Nov. 14, to face off against the Brown University Bears who are 1-1 on the season so far.

@ATREVI013

Keonte Lucas Bounces Back After Excruciating Injury

BY TREVI ALICKOLLI
ASSISTANT SPORTS EDITOR

Two years ago, Central Connecticut redshirt-sophomore running back Keonte Lucas had just chosen the Blue Devils over multiple other schools to continue his football career but a little over a week into his collegiate career, he was tested with adversity.

"I remember the exact play," Lucas said. "I never watched the film on it but I remember the play. It was a shovel pass, I remember putting my foot in the ground and someone just taking my knee out. I dropped the ball, grabbed my knee and I knew something was wrong."

Lucas tore his Anterior Cruciate Ligament (ACL) in his left knee 11 days into his rookie camp and was granted a redshirt year in 2017.

"That was a really low point in my life, to be honest," Lucas said. "But I just kept working hard and kept battling and finally [the success is here]."

During his recovery period, Lucas said he became distant from some of his teammates because he was away from the game he loved.

"I distanced myself from the game because being around it made me feel away," Lucas said. "I wasn't myself without it and I knew that. I felt I couldn't even show my real personality without it."

"During that time when it happened, I used to always go home every weekend because I needed to be surrounded by love," Lucas said. "I used to sit in my room at school and feel like I was wasting time because I wasn't able to do what I love. I wasn't in a good space mentally for a little bit."

In 2019, Lucas said he understands that mental health is just as important as physical health and the advice he would tell anyone going through a similar situation to his is "stay surrounded by love, genuine love."

The results on the field certainly indicate that Lucas has made a comeback mentally and physically.

After playing in just two games last



After Keonte Lucas, (above) suffered an ACL injury, he has bounced back and has become an integral part of the Blue Devils' offense.

JULIA JADE MORAN | STAFF

year and only running the ball once for four yards, Lucas has played all 10 games so far this season and has logged 96 rushing attempts, 529 yards and four touchdowns. He's also caught the ball nine times for 164 yards and one touchdown.

Lucas said his success this season means a little more because of the adversity he's had to overcome so far early in his career.

"It means a lot, I can't lie," Lucas said. "I feel like people saw [my injury] as 'oh, he got hurt, he's going to fall behind and not catch up.' But being able to not only catch up, but surpass expectations, it feels good, I can't lie."

In many ways, Lucas' career can be defined in many ways by him adapting and overcoming adversity.

"He was a wildcat quarterback in high school," head coach Ryan McCarthy said. "His film his senior year was highly productive. Everyone looks for a guy who runs 4.4 [40-yard dash] guy but what [Lucas] brings is great vision, really good balance and he has a really good feel [for the game]. That to me, is highly impressive and the essence of a running back."

"It was a big adjustment," Lucas said on his position change, but he has adapted.

Heading into the 2019 season, fellow running back Aaron Dawson was projected to be the starting back for the Blue Devils but he suffered an injury as well that has kept him out of all but one game this season. After Dawson's injury, Lucas has taken most of the carries at the running back position despite the team being a "running back by committee" team. He has 96 carries while the next closest running back has 68.

Lucas saw the injuries at his position as an opportunity for a bigger role this season and in addition, he knows he had a good spring and camp this year, earning his touches.

"[Some people] were telling me that I'm one of the more talented running backs on the team," Lucas said. "I'd be lying if I said I didn't [see it as an opportunity] though."

"He's a guy that we saw during camp showing flashes," quarterback Aaron Winchester said.

Winchester said that Week 3 was crucial for Lucas when Central faced Valparaiso University. "He showed

himself that he can do this on a consistent basis," Winchester said.

The Blue Devils won 42-13 behind a dominant performance by Lucas. He ran the ball 10 times for 190 yards and two touchdowns.

"Ever since that game, we've seen [his play] improve, not only running the ball but also in [pass] protection, which is a big thing [for our offense]."

"If you see a kid who can do multiple different things on film, that's the type of kid you want," McCarthy said. "He's a really good football player."

"I bring composure, you know what you're going to get out of me," Lucas said. "I'm never going to be rattled, I treat everything like it's just another day at the office."

Lucas is still fairly new to his position but after everything he has been through, he won't let anything keep him from his potential.

"I would say the ceiling is high," Lucas said. He said all he has to do to keep improving and producing is to keep listening to his position coach, head coach, among others.

@ATREVI013

CCSU Weekly Sports Schedule

Football

- Saturday, Nov. 16, 12 p.m. v.s. Robert Morris

Volleyball

- Friday, Nov. 15, 7:00 p.m. v.s. Bryant

Women's Soccer

- Friday, Nov. 15, 7:00 p.m. @ Rutgers

Cross Country

- Friday, Nov. 15, NCAA Northeast Regionals @ Buffalo, TBD

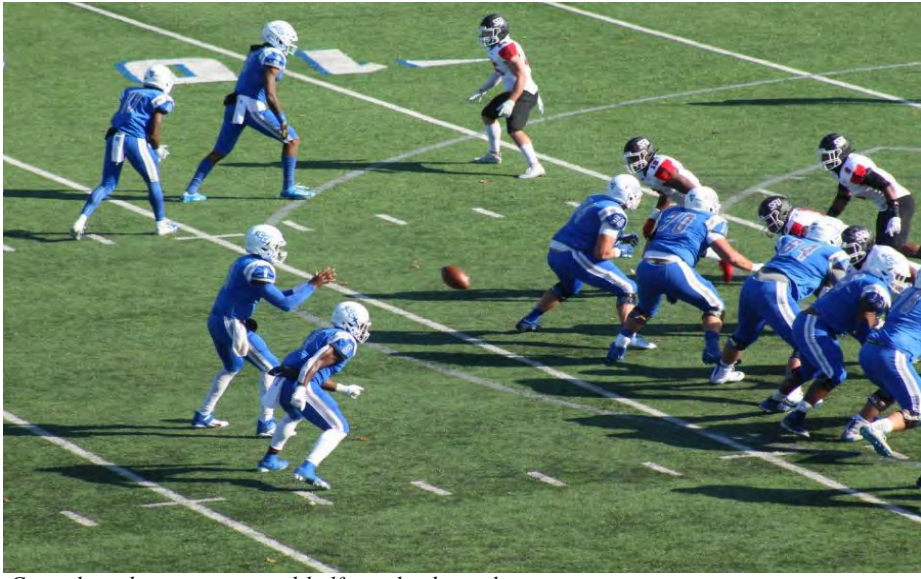
Women's Basketball

- Thursday, Nov. 14 7:00 p.m. v.s. Brown
- Monday, Nov. 18 5:30 p.m. @ Lehigh

Men's Basketball

- Thursday, Nov. 14, 10:00 p.m. @ Arizona State
- Saturday, Nov. 16, 12:00 p.m. @ Massachusetts
- Tuesday, Nov. 19, 7:00 p.m. v.s. New Hampshire





Central used a strong second half to take down the Red Flash.

JULIA JADE MORAN | STAFF



Linebacker Michael Mushaw, (above), ended the contest with a sack.

JULIA JADE MORAN | STAFF

#19 Football Wins Overtime Thriller Over Saint Francis

BY TREVI ALICKOLLI
ASSISTANT SPORTS EDITOR

Ranked #19, Central Connecticut football remained undefeated in the Northeast Conference with a 38-31 victory over Saint Francis University. Linebacker Mike Mushaw, who had the one of the best days of his life on Saturday for other reasons beyond game day, came up with the game-winning sack to seal the victory.

“It feels great to end the game like this,” Mushaw said. “I’m so excited, this game was for her, everything was for her. She’s an inspiration to me. She’s fought back through more than I could ever imagine. She’s Wonder Woman, she’s amazing.”

Mushaw donated his bone marrow to 22-month-old Eleanor more than a year ago through the BeTheMatch foundation and was finally able to meet her this week after countless phone and FaceTime calls.

“It’s fitting, he’s a phenomenal kid,” head coach Ryan McCarthy said. “I didn’t even realize he was the one that had the sack at the end but that’s fitting. The whole week has been emotional and I know he was nervous.”

Despite the nerves, Mushaw put together one of his better performances this season with seven total tackles, two for loss, a pass breakup and the game-winning sack.

Outside of Mushaw, Central’s defense, along with their offense, struggled at times but head coach Ryan McCarthy knows the important thing is that his team figured out a way to win.

“It probably wasn’t our best effort defensively, it wasn’t our best effort offensively in terms of putting our guys in a position to make plays, but when we had to, [we did],” McCarthy said. “[The] bottom line is, good teams, they find a way to win.”

To get this win, McCarthy had to turn to his playmakers in key situations.

“Tyshaun [James] came up big, Aaron [Winchester] came up big with some big completions,” McCarthy said. “It’s players, not plays.”

Offensively, Central struggled for most of the first half but got the ball rolling in the second.

“That’s a good defense,” McCarthy said. “Every year we’ve played them, they’re top 10 in the country defensively

so we knew what we were up against.”

“[SFU’s] Da’Jon Lee is an outstanding player, he’s the second-best player in the conference. He didn’t make things easy for Aaron with some of the zone-read stuff we were doing but we figured it out when we went to spread.”

James was also held in check, but knew to stay ready.

“[Just] staying focused, staying [dialed in],” James said. “You don’t know when the ball is coming to you so you just have to go hard every play.”

James finished the game with an offensive hat trick. For the first time in his career, he completed a pass, caught a pass and ran the ball.

He completed his lone pass attempt for 34 yards. James caught six passes for 95 yards and a touchdown. Lastly, he ran the ball once for 48 yards and a touchdown.

McCarthy said the game plan was simple with James.

“It goes back to just getting him the football,” McCarthy said. “When he’s on, when he’s going, he is a hard guy to stop. Our MO has to be ‘let’s get him the ball’ every week.”

Winchester completed 18 of 24 passes

for 205 yards and two touchdowns.

James said this was a good team win and they showed what Central is all about on Saturday.

“We got a lot of fight,” James said. “Just happy to get the win. There [are] no soft teams in the conference and Saint Francis showed us why they’re one of the best teams in the [NEC].”

The Blue Devils have two more games to finish out their regular season and McCarthy knows the importance of each.

“We know we’re going to have our hands full,” McCarthy said. “Every week is championship football, it takes very little to derail that but we found a way this week. Going forward, we gotta have a good week of practice.”

“The most important thing, in my opinion, is the state of the flock and I think our kid’s mindset is in a good place.”

Central will finish their season facing Robert Morris University at home this week, Nov. 16 and Duquesne University away on Nov. 23.

Kickoff is scheduled for 12 p.m. against the Colonials.

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Men’s Soccer Gets First Win In Season Finale



Eddie Yepes, (above), scored two goals in the win against Sacred Heart and led the team with six goals on the season.

CCSU ATHLETICS

BY ANDREW DECAPUA
STAFF WRITER

In their final match of the season, the Central Connecticut men’s soccer team notched their first victory of the year, defeating Sacred Heart University 3-2 in overtime on the road.

The Blue Devils struck first with a 26th minute unassisted goal from senior captain Eddie Yepes off of a free kick. The Blue Devils’ defense held strong during the first half, giving up only four shots and no goals in the first 45 minutes.

Sacred Heart hit the ground running in the second half with a 49th minute unassisted goal past the keeper from Segundo Navarro, followed almost immediately by a 50th minute goal from Altin Celaj scored off a rebound.

The Blue Devils eventually answered in the 85th minute with an unassisted goal from sophomore Panos Ravanis that he buried after winning a loose ball. At the end of regulation the score was an even 2-2, and would require overtime to determine a winner.

The lone overtime goal was scored from a familiar face as Yepes scored unassisted in the 94th minute, giving

him a total of two goals scored in the match. The Blue Devils went on to win the contest with a final score of 3-2.

Sacred Heart handily outshot the Blue Devils in the match. The Pioneers had a total of 21 shots with 16 of them being on goal, compared to a total of 12 shots with only 6 being on goal for Central Connecticut.

The Blue Devils’ sophomore goalkeeper, Jason Dubrovich was largely responsible for keeping CCSU in the match going down the stretch. Dubrovich tallied a season high total of 14 saves while only allowing two goals in the match.

The match against the Pioneers was Central Connecticut’s final match of the season and concluded their 50th season of varsity contention for CCSU men’s soccer team. The Blue Devils finish the year with a 1-13-1 and a 1-8 record in Northeast Conference play.

Next season, the Blue Devils will be without seniors Yepes and John Wilkins. Yepes was the leading scorer for CCSU this season with six goals, an offensive output that will surely be missed by the Blue Devils. With such a relatively young team, Central will look to build on what was a disappointing season as they look forward to next year.