

THE RECORDER

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'All I Want Is For Us To Be Visible' PRIDE President Speaks On Recognizing Transgender Deaths



Members of CCSU's LGBT community stand tall to remember transgender lives.

SARAH WILLSON | STAFF

BY ISABELLA CHAN
NEWS EDITOR

PRIDE President Amara Osorio braved the wet, bitter cold, along with other members of Central Connecticut's PRIDE and LGBT Center, while their frigid fingertips clutched posters saying "raise awareness, stop the violence," and "mental health awareness saves trans lives."

"Trans lives matter, black lives matter!" echoed around the Student Circle as they

stood together honoring the lives of transgender individuals who were lost to violence this year. Stories of the victims who were brutally murdered were added to the chants, giving names to the innocent.

Tracy Single was a 22 year-old transgender woman who was murdered in a Texas gas station over the summer. It took the police two weeks to identify her body, releasing no information in her case. She, along with 23 others, were transgender individuals

who were murdered this year.

"Today we recognize the 24 trans women and individuals who were murdered this year. Trans people who were living their lives, living their truth and engaging with their partners and their families," Osorio shouted at the rally. "They were shot, stabbed and beaten to their deaths across this country. From 2008 to 2019, 3,316 transpeople were murdered across the world. These injustices need to stop."

The annual

event, held on Transgender Day of Remembrance, gathered little to no crowd despite the number of people who witnessed their efforts as they walked by. Part of the lack of audience, LGBT Center worker Pat Bingham credited to the absence of announcements in advance.

"I definitely think it should've been announced more," Bingham explained. "People in power should've said more

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#18 Football Defeats Robert Morris, Wins NEC Championship

BY TREVI ALICKOLLI
ASSISTANT SPORTS EDITOR

The Central Connecticut football team has a strict 24-hour rule under first-year head coach Ryan McCarthy. They are allowed to celebrate a win for 24 hours, then they're on to the next opponent. But this was no typical win for Central.

The Blue Devils have a little more to celebrate this week, compared to others. After beating Robert Morris University 49-28 on senior night, Central won the 2019 Northeast Conference Championship for the second time in three years, set a school record with

10 regular-season wins and clinched their automatic bid into the Football Championship Subdivision playoffs.

Central is now 10-1 overall on the season and remains undefeated in the conference (6-0). This is the first time in program history the team has reached double digit wins in a season.

"It's mind-blowing," quarterback Aaron Winchester said. "I really can't describe it right now. I've never been a conference champion. It's great, I'm just so happy."

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CCSU football has claimed the NEC title. CCSU ATHLETICS

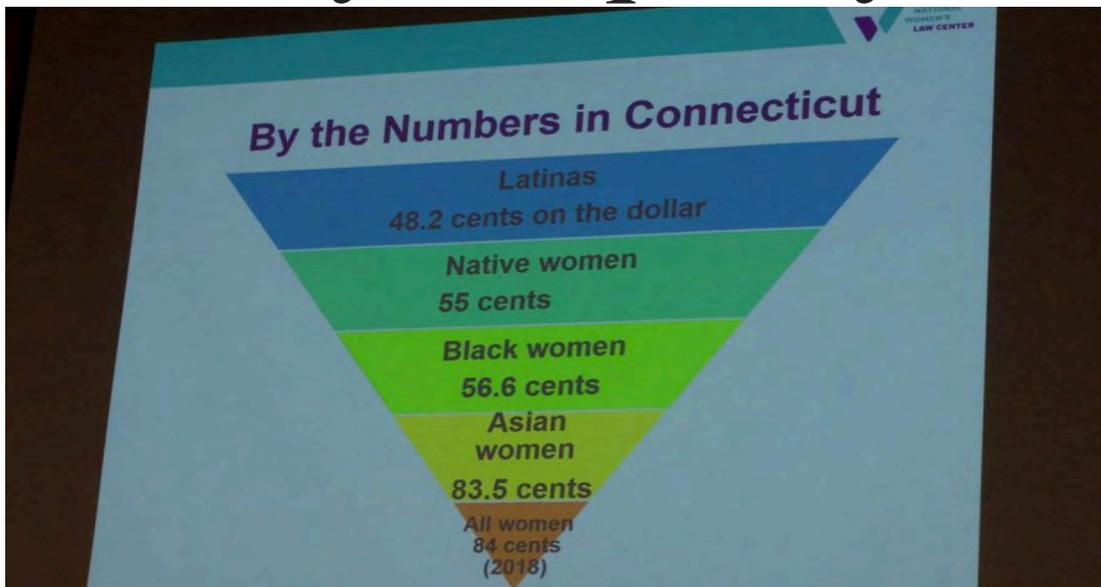
Connecticut Women Discuss Gender Pay Inequality

BY ISABELLA CHAN
NEWS EDITOR

As the U.S. Women's National Soccer Team managed to secure their title as champions of the 2019 FIFA Women's World Cup, they faced an even bigger battle back home in their own playing field — one that 82 percent of women in the workplace take on everyday.

While meeting with Alyssa Naeher, Trumbull native and starting goalkeeper for the U.S. Women's National Soccer Team, Lieutenant Governor Susan Bysiewicz discussed the gender discrimination lawsuit the team has made against the U.S. Soccer Federation. The lawsuit highlighted the vast differences in pay amongst the gender-segregated teams, along with their unequal working conditions.

"[Naeher] pointed out if both



Latina and Hispanic women make the least amount of money per dollar in Connecticut.

ISABELLA CHAN | STAFF

the men's and women's national teams won all of their 20 friendly matches over the course of the calendar year, the average U.S. Men's National Team player would earn \$263,000 compared to the \$99,000 the women's soccer player would

make," Bysiewicz said. "And imagine that when the women were exponentially better than the men."

Bysiewicz noted that the pay inequality between genders has been a concern across various workplaces in the country,

including in Connecticut. This became a major point of discussion at the Gender Pay Equity Conference at Central Connecticut. Throughout the forum, attendants discussed the current status of gender pay

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LOCAL RESTAURANT BRIGHTENS HARTFORD STREETS



The recently opened Tavola 153 serves vegan and gluten-free options.

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WOMEN'S SOCCER DEFEATS RUTGERS IN NCAA TOURNAMENT



CCSU women's soccer took down #4 seed Rutgers in the first round of the NCAA Tournament.

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THE RECORDER ARCHIVED

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Former Mayor's Election Night Gesture Sparks New But "Unsurprising" Controversy

BY SARAH WILLSON
STAFF WRITER

Just minutes into her fourth term, Mayor Erin Stewart hit her first roadblock — though it was one she's experienced before.

A gleeful Stewart was beaming in front of hundreds, cheering about how her Republican party took back the city's Common Council and defeated Democratic political rival Carlo Carozzi Jr.

Moments later, Erin Stewart's father Timothy Stewart, a former New Britain mayor who was up on stage alongside his daughter, put his hands in the air and flipped a gesture with both middle fingers pointed towards the ceiling.

The action was said to have been directed at Carozzi, according to those in attendance.

Erin Stewart "kept laughing but tapped him on the arm" before Stewart said "Jesus," dropped his hands and walked off stage, an audience member said.

Mayor Stewart and her father have not responded for comment.

The next day, Carozzi — who said Stewart's action wasn't surprising — took to Facebook writing "You can always count on him to be a class act ... pathetic, very pathetic."

The photo captured of Stewart, that has since circulated Facebook, prompted a wave of criticism from city residents.

"And the apple doesn't fall far from the tree," Yvette Marie Torres wrote in a comment "She celebrated Carozzi's loss and laughed when her father stepped up and gave him both fingers...smh."

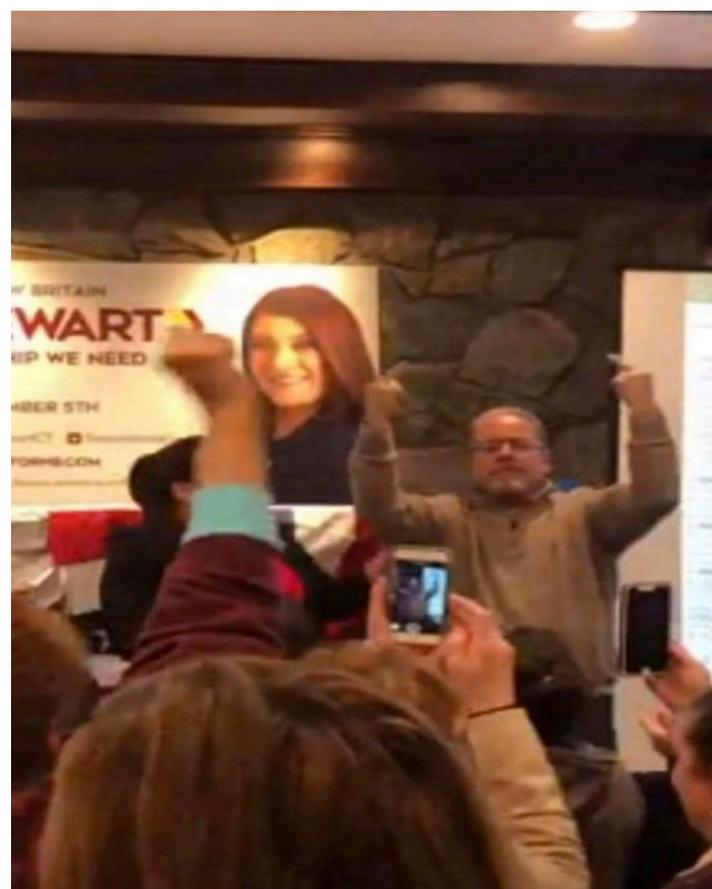
"Like father like daughter," another post read. "She runs the city through him anyway so y'all shouldn't be surprised."

Central Connecticut student Gaby Bierwirth said she understood the excitement of getting caught up in his daughter's success, though she felt it took away from what was supposed to be Erin Stewart's big moment.

"It's always disheartening when people who are supposed to represent cities act so childish," Bierwirth said. [Stewart is] putting her in the middle of it, which wasn't helped by the fact that she tapped him on the arm but didn't address the situation further."

Users on Facebook acknowledged that Erin Stewart is not responsible for her father's action, with some still citing she should have "further addressed" the issue.

This is not the first time the former mayor has found himself in hot water.



Tim Stewart, (above) flips an indecent gesture following Mayor Stewart's re-election into office. **FACEBOOK**

While president of the city's Chamber of Commerce in 2017, he drew widespread with a Facebook post about North Oak street calling residents "inmates [who] continue to run the neighborhood."

Earlier this year, Stewart also received backlash after posting a Facebook comment that described congresswomen at a State of the Union speech as "Bitches in heat."

Erin Stewart condemned her father's language saying she was "embarrassed" and "mortified."

Despite not providing comment, Erin Stewart — who has fallen victim to sexist and hateful comments before — called on an end to social media insults from both sides at her inauguration earlier this week.

@SARAHWILLSON

Former CCSU Official Christopher Dukes Has Charges Dropped By State

BY ISABELLA CHAN
NEWS EDITOR

A state prosecutor dropped criminal charges against Christopher Dukes, former director of the Office of Student Conduct at Central Connecticut, after he was accused of assaulting and kidnapping his wife.

Prosecutor Vicki Melchiorre, stated the victim wanted to drop the charges made as she did not want Dukes to go to jail for the sake of their children. Dukes was arrested and charged for two counts of first-degree kidnapping, and single counts of second-degree strangulation, third-degree assault, second-degree threatening and breach of peace, according to the Hartford Courant.

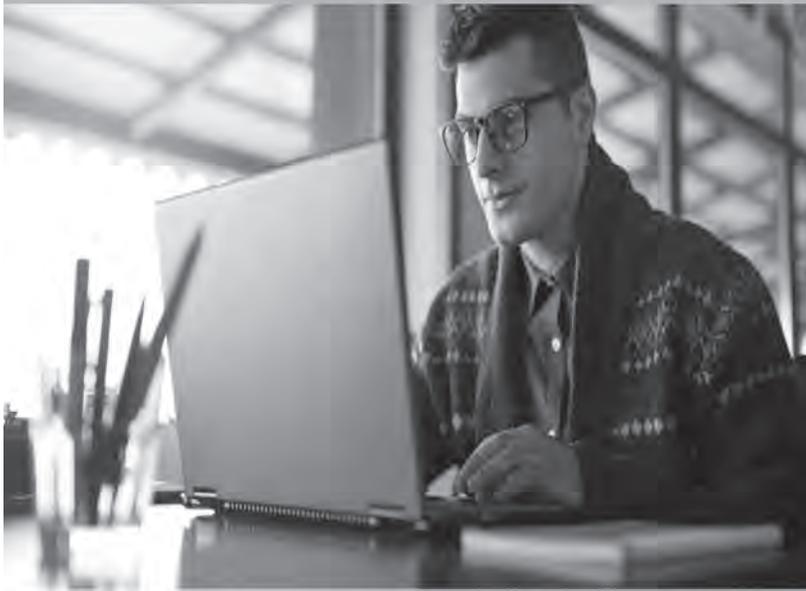
As the charges made against him were dropped, Dukes will be able to maintain his innocence.

Prior to the decision, Dukes turned down a number of plea offers while awaiting trial. The Hartford Courant stated Melchiorre believes Dukes wanted the case to move to trial "to control and vilify his wife," who has since filed for divorce with him.

CCSU has since hired a new Director of Student Conduct, Stephanie Reis, in his place. Although Dukes employment at the university was terminated in Dec. 2018, he is looking to appeal the decision.

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Connecticut Women Discuss Gender Pay Inequality

CONTINUES FROM PAGE 1

equity within the state, how communities are racially disproportionately impacted by such wages and ways to close the gap between men's and women's pay.

The event was hosted by the CCSU Ruthe Boyea Women's Center, Student Government Association and the Center for Public Policy and Social Research O'Neill Endowed Chair, along with several sponsors.

Keynote speaker Maya Raghu of the National Women's Law Center went in depth on Bysiewicz's points for the need for change within the workplace. Raghu emphasized the main drivers of the gender wage gap were occupational segregation, lack of support from the workplace and discrimination/stereotypes against women.

"A recent study found that if women were paid received equal pay compared to their male counterparts we can poverty rate for women in half, and I think that's a goal we should all be working towards" Raghu stated.

"No matter where [women] work, there is a wage gap across virtually every occupation. Whether women are working in low-wage jobs, like cashiers, middle-level jobs, like travel agents, or high wage jobs, like physicians or lawyers. Part of that is because, as Lieutenant Governor mentioned, women

— in particularly women of color — are overrepresented in low-wage jobs," Raghu continued.

Part of the solution, Raghu stated, is to begin to make the conversation wage inequality acceptable in the workplace, shifting the responsibilities to employers rather than men versus women.

Nancy "Rusty" Barcelo, interim vice president of the Office of Diversity and Inclusion, also partook in the forum, in which she pushed for young adults' involvement to make the dialogue on change "invigorating," and "honest."

Barcelo recalled participating in the 1970s Equal Rights Amendment Rally in Chicago. During that particular point in time, women were being paid "59 cents for every dollar that a man made," she stated. Nearly 50 years later, she cited a recent state report proclaiming Connecticut women still receive less than the average male residents' dollar.

According to a study by the National Women's Law Center, it is found women in Connecticut receive 83.6 cents compared to their white, non-Hispanic male counterpart's dollar. In which, Asian women make 83.5 cents, white, non-Hispanic women earn 77.5 cents, Black women make 56.6 cents, Native women earn 55 cents and Latinas make 48.2 cents.

Despite these statistics, Bysiewicz believes Connecticut will become a leading state in the movement for gender pay equity, calling on the belief that "women's issues are economic issues."

She admits that the state does have a lot of work to do, but believes with their "progressive acts," they will be able to move such initiatives forward. Some of which that Bysiewicz mentioned included the state's implementation of increasing the minimum wage to \$15 by 2023, providing better healthcare and economic opportunities to low-income families, as well as the bill passed two years ago prohibiting employers from asking applicant's of their previous salaries.

Raghu noted that the practice of salary negation is one of many practices that continues to perpetuate the wage gap. In order to minimize the gap within genders and resolve other related matters, Governor Ned Lamont created a counsel — consisted of mostly females — committed to improving education, economic opportunities and workforce development, leadership and health and safety for women and girls in the state.

"Since taking office, we have been focused on advancing priorities for women and girls," Bysiewicz stated. "Our mission is to ensure that the priorities of women and girls are considered at every

cabinet level, agency and every decision that our commissioner's make."

"We are now in the phase of working with the public to advance these themes in a statewide basis," Bysiewicz continued.

She further explained how the counsel has been actively working with the Paradigm for Parity movement, a coalition of leaders who look to address the large gender gap in corporate America, to increase the number of females on board of directors/leadership teams in Fortune 500 companies in the state to 50 percent by 2030.

As more of the conversation for gender pay equity continues, several of the speakers at the forum reiterated for the generation of women and future ones to demand for an open dialogue on the wage gap. Despite President Dr. Zulma Toro's absence, Barcelo spoke on her behalf, stating Toro encourages others to create the dialogue of gender pay inequity so that they and others can move forward.

"Although Connecticut has made some really important strides and passed significant legislation in the past few years, there's still more work to be done. Luckily, you have fantastic leadership and a government who wants to lead on these issues," Raghu stated in her final notes.

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Recovering Hartford's Hidden Past: Naming The Unnamed

BY BRUNA VILA ARTIGUES

ASSISTANT NEWS EDITOR

During the 17th and 18th century, around 6,000 individuals were buried in Hartford's oldest cemetery the Ancient Burying Ground. Most of the minorities, who were Native Americans, Africans and African Americans, remained nameless with no headstone, proof or memory of their lives, until the Board of Directors identified the research gap and put a project together.

Today, some of these identities continue to remain unnamed but the list still are actively being built upon.

Central Connecticut history professor Katherine Hermes picked up the reigns of the project with her team of educators and alumni. They decided to create an in-depth scholarly research project known as "Uncovering Their History," in which they dug up colonial Hartford's least visible population.

"What we can say for certain is that Native and African men and women were among Hartford's founding generations," Hermes stated. "They lived and died here from its earliest days, fought in wars like the Pequot war, King Philip's War, the French and Indian War and the American Revolution. They were not rare inhabitants, nor marginal to the town's development," she continued.

During her lecture, Hermes presented their extensive research in front of students, faculty and staff.

Part of her presentation incorporated their website they created, which has a list of over 500 people whose identities were lost but were able to be tracked down with access their personal information as well as their family and relationship tree. It also contains a downloadable database, the sources and narratives about various individuals and themes.

Along with this, Hermes shared the backgrounds of some of the newly identified deceased. These stories that had more "maybes" and "probabilities" than



Professor Katherine Hermes and her team have already uncovered over 500 identities.

UNCOVERING THEIR HISTORY

other histories of white colonists, because the sources used to gather details about them "can offer an obscure information about people of color," as Hermes explained.

In fact, it was found in the research that this relates to nearly 125 unnamed people of color whose burials were recorded. Over the centuries, Sexton's and others recorded the death dates, causes of death and sometimes ages and gender of people, while omitting their names. However, the master's name was rarely missing.

"Few things mean more to us than our names. Our names connect us to ancestors, to places, to our accomplishments. We go to great lengths to protect our reputations, our good names," Hermes added. "How could one be remembered if one had no name?"

She explained that even though the records for each person are numbered on the website, they deliberately decided not to use numbers to identify the unnamed to

keep from dehumanizing them anymore.

"The dehumanization embedded in the institution of slavery is nowhere more manifest than in the denial of the ordinary dignities afforded to most people: a name of one's own, the right to a family, to believe as one chooses, to organize one's own time, to be remembered in death," Hermes noted.

Hermes explained there are a number of reasons behind why the names were ignored.

First, the Natives and Africans were not historically important because they had no relationship with the government and were considered too uncivilized to be able to rule. Second, in the 19th century after the Civil War, the local historians of Hartford tried to minimize Hartford's role with the institution of slavery and left enslaved people off of the published Sexton's lists and the history books.

"In an us versus them mentality, the North was not the one responsible for

slavery," Hermes explained. According to her, evidence of enslavement got buried or downplayed which then helped in the rise of the reputation of abolitionist Connecticut.

Lastly, while there are plenty institutions that preserve papers from the history of wealthy white men in government, there is no single repository or identifiable boxes of papers that speak on people of color. Hermes believes that despite their lack of attention in the past, with more research, some of these individuals might finally be honored and named.

"Let's make sure Hartford's next generation learns a more complete story about its people and its struggles for freedom and equality," Hermes stated. "These are the ones to whom we owe the most," Hermes stated. "We owe them a truthful story."

For more information, access the website africanburialsct.org.

@BRUNAVILA

News In Brief

BY SARAH WILLSON
STAFF WRITER

CT Senator Urges Bill To Protect Domestic Violence Survivors:

Connecticut Senator Richard Blumenthal is urging the Senate to adopt domestic violence prevention measures, the Hartford Courant reported.

During a press conference in Hartford on Monday, Blumenthal introduced the “Lori Jackson Domestic Violence Survivor Protection Act,” a law that would restrict a person subject to a temporary restraining order from accessing a firearm.

The goal, Blumenthal said, is for Congress to close a “dangerous gun access loophole” to help protect victims of domestic violence.

House Investigates Possible Lies By Trump During Russia Probe:

House Democrats are investigating whether or not President Donald Trump lied to special counsel Robert Muller during the Russia Probe.

First reported by CNN, general counsel Douglas Letter said Trump “might have provided untruthful answers” during the now-finalized Russia probe.

Democrats have fought for months to see the redacted pieces of the 448-page Mueller report, which could reveal whether or not Trump gave false statements during the probe.

US Says Israeli Settlements No Longer ‘Illegitimate’:

Israeli settlements in the occupied West Bank will no longer be viewed as illegal under national law, according to an announcement on Monday from Secretary of State Mike Pompeo.

The longstanding policy, which breaks with international law and consensus, was welcomed by Israel but is likely to flare tensions with Palestinians who have long called for the removal of all settlements.

Over half a million Jews live in roughly 140 settlements built since Israel’s occupation of the West Bank and East Jerusalem, BBC News reported.

Pompeo said the decision would create the “political space” necessary for a peaceful solution to the Israeli-Palestinian conflict.

The Jimmy Carter administration originally deemed the settlements as “inconsistent” with international law in 1978. Since then, BBC News said, the United States has deemed the settlements as “illegitimate” but not illegal.

@SARAHWILLSON

‘All I Want Is For Us To Be Visible’ PRIDE President Speaks On Recognizing Transgender Deaths

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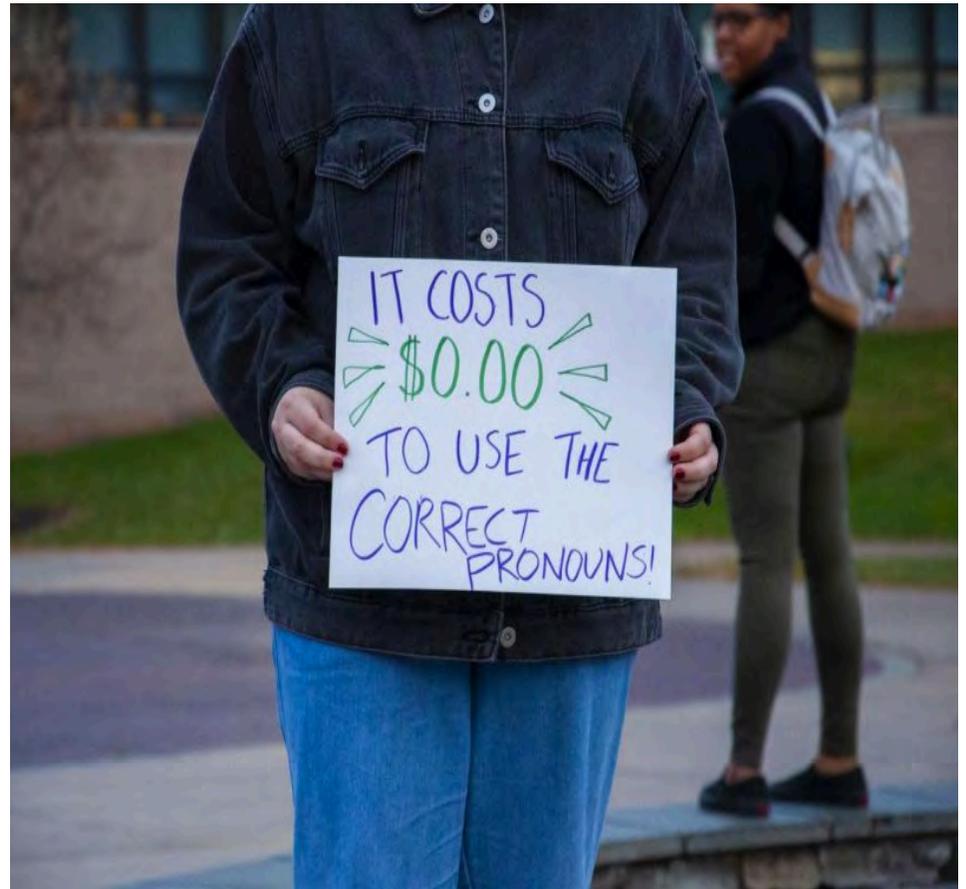
about it. Just like any other minority group would’ve been given that opportunity to have it broadcasted, like Martin Luther King Day, celebrating African-Americans [and] their history or Hispanic Heritage Month.”

Although some of the members were disappointed in the turnout and expected a larger turnout, Osorio remained positive. She believed the small crowd was in part due to the “difficult time of the semester,” and weather.

“As long as the people walking by were able to hear our message, get a chance to see our signs and at least have an idea of trans stuff is important. Even if they think ‘these are just some queers cheering on the side of the Student Center,’ that’s still important because we’re screaming about something important,” Osorio said. “All I want is for us to be visible.”

“I do believe [Toro] is beginning to understand that she needs to listen more to the LGBT community on campus and so I know they’re in the process of getting a full-time director for the Center and other things. She’s taking steps but it’s still a slow process,” Aaron “Ronnie” Morabito, PRIDE secretary, stated.

“As the LGBT community and trans individuals, we kind of are seen as less than even though we are still seen as a cultural group. We’re a minority group and we



Multiple students held signs in solidarity for transgender lives.

SARAH WILLSON | STAFF

deserve just as much as everyone else,” Bingham added.

As such, members of the LGBT

community are looking for the university to better represent and provide greater resources to them. Over the years, the university has made accommodations, not all of them have been made easily accessible.

“The gender-neutral housing that we have here on campus isn’t made fully aware to students so it takes a lot of jumping through hoops for trans people to be able to get proper residency or getting on the right floor or room. That aspect definitely needs to be improved upon” Morabito said.

The rally attendees noted that along with a full-time director in the works, they are also allocating for the LGBT Center to absorb the third floor of the Student Center for their lounge, as it will help flourish their current process towards unity. Osorio noted that even with small forms of acknowledgements, such as use of preferred pronouns and right names, makes a difference.

“As a community, not just LGBT community but as a school, town, country, we need to change the attitude we have on trans people and create a sense of urgency in our need to protect trans people,” Osorio stated. “It’s important for students to remember these acts of violence are prevalent in our society. They really do happen.”

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Despite low turnouts, members of PRIDE were proud that their message was heard.

SARAH WILLSON | STAFF

What’s New, CCSU?

BY DAN FAPPIANO
EDITOR-IN-CHIEF

- LGBTQ Safe Zone Training will be Nov. 22 from 11:00 a.m.-1:00 p.m. in the Clock Tower Room. A program will be administered by the LGBT Center to educate CCSU students/faculty about LGBT issues and resources.
- HIV Testing in collaboration with LGBT Center, Tuesday Nov. 26, 11:00 a.m.-4:00 p.m. Reserve your spot online at ccsu.edu/hivagpctesting
- The Fourth Annual Latin Carol Sing will take place on Dec. 8 at 4:00 p.m. in Founders Hall. It is free and open to the public and no knowledge of Latin is necessary.
- Peter and the Starcatcher will start being shown at CCSU’s Black Box Theatre from Dec. 4 to Dec. 7.

SGA Briefs

BY KRISTINA VAKHMAN
PHOTOGRAPHY 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. 13.

- The new club budget deadline is Friday, Nov. 29 at 11:59 pm.
- Senator Anthony Ortiz was voted the new chair of the Public Affairs Committee.
- The Finance Committee is discussing increasing the amount put into the scholarship endowment fund from 20 percent to 25 percent, as well as “mak[ing] a club stimulus” by putting a percentage of the SGA’s reserves account toward club needs.

EDITORIAL

Holding Gun Manufacturers Responsible Is Part Of The Solution

“Don’t blame the messenger,” has gone down in history as a phrase that’s supposed to protect the bearer of bad news. Although in most cases this typically would apply, this does not remain true in the lawsuit against Remington Arms by a survivor and the relatives of the victims of Sandy Hook Elementary school.

The gun manufacturer is being sued for their use of marketing for the Bushmaster XM15-E2S rifle, which the families believe influenced the gunman to use that specific style AR-15 rifle to commit the violent crimes at on Dec. 2012.

Typically, lawsuits against gun makers and dealers are prohibited due to the 2005 Protection of Lawful Commerce in Arms Act that provides general civil immunity to such manufacturers in federal and state courts. But this does not apply to Remington Arms, as the Supreme Court recently announced it would not halt the lawsuit made against them.

The families of the victims will potentially be given rightful justice in their case — in which they emphasized that Remington Arms violated Connecticut laws in their marketing, promoting the product with “militaristic and hyper masculine advertising and used product placement in videos to appeal to younger, at-risk males,” according to the New Britain Herald.

Some of the advertisements and slogans used as propaganda for the product included “Consider your man card reissued,” and “Forces of opposition, bow down. You are single-handedly outnumbered.”

Gun manufacturers promoting the sale of these weapons in such a way is reason enough for them to be held accountable. It is not an opinion to say that most of America’s mass shootings, including the one committed in Newtown in 2012, were committed by white males.

For companies like Remington Arms to promote the purchase of these murder machines is negligent and immoral, but also shows a clear lack of awareness of the current climate in this country.

With rallies like March For Our Lives and the Coalition to Stop Gun Violence, which consists of 48 different organizations, there is no denying that people are looking for a change in the current gun laws.

Although the idea of what said change should be is different across the board, allowing the lawsuit against Remington Arms to continue forward will open the discussion of what influences these manufacturers are creating.

It is important to hold companies, like Remington Arms, accountable for their actions as it will set a precedent for similar cases in the future and it will to establish a basis of what is unacceptable of gun makers and dealers.

When the lawsuit was originally filed in 2014, the district court in Connecticut did not find the families’s case to be justifiable and dismissed it. However, after the families brought it up to the Supreme Court and were permitted to move forward in their case, they’ll be given the chance to potentially avenge their loved ones.

This is a right step towards truly making a difference in America’s gun-ridden state.

Editor’s Column: Men Shouldn’t Be Afraid To Talk Mental Health



BY DANIEL FAPPIANO
EDITOR-IN-CHIEF

The stigma of men’s mental health is one that remains rampant in today’s society. Men are chastised for not being strong or tough, essentially following the norms set for us by cultural gender norms. For a man to be depressed or anxious, they are seen as weak.

With Nov. 19 being International Men’s Day, it’s important for men around the country to understand that their mental health is worth it. This year, the focus of this year’s day was “making a difference for men and boys.”

Speaking for myself, I can’t think of a better way to make a different than proving to yourself you’re worth it and making yourself a priority. While it’s

an uncomfortable topic to speak about, it’s important for men to know that just because they are men, it doesn’t mean their feelings are invalid.

For myself, mental health is a topic I rarely wanted to talk about in the past. I suffer from bipolar, depression and anxiety disorders and struggle with a lot of self doubt. In the past, I kept my feelings boxed up and wouldn’t disclose how I was feeling to even my closest friends.

As I’ve grown older, now 23-years-old, I made the active decision that it was time for me to make a change. There was no point for me to continue living my life miserably.

I have dealt with therapy and antidepressants in the past, none of them worked for me. I thought that there was no point for me to try again but something in the back of my head pushed me to.

I stepped into Central Connecticut’s Student Wellness Center and set up weekly appointments for myself. Going to the Center has helped me understand myself more thus allowing me to become more comfortable with who I am. Although, I’ve only been going for a

few weeks, I can begin to see that letting my feelings out was and still is worth it. Keeping everything boxed in doesn’t help anyone.

I’m not perfect and I likely never will be, however, seeking help for my mental problems has reminded me that I am valid and I am worth the time.

For men out there, it’s important to understand that being depressed and being anxious is not something to be ashamed of. We all battle something so it’s important to seek help and be an ally to others when you can.

Battling mental illnesses doesn’t make you any less of a man; seeking help for your illnesses shows you are strong and shows you’re willing to make a change.

There are multiple resources on campus that you can look for if you need guidance. Even if attending counseling and receiving assistance off-campus is needed, it is just a call away. No one should be afraid or ashamed of themselves for their mental illnesses.

You’re on this earth for a reason and you are valid in your thoughts and feelings.

@DFAPPIANO14

A Wall: Is It Really The Answer To Society’s Problems



The Berlin Wall showed us that America should learn from past mistakes.

THE CONVERSATION

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

Thirty years ago, the Berlin wall fell as fast as it was built, bringing together people from both sides in a massive celebration with kissing, hugging, singing, cheering and crying.

Hammering and chipping at the wall themselves, Berlin residents were hungry for freedom, peace, unity, human rights and most of all a better life.

“Only today is the war really over,” someone spray painted on the wall that day.

Berlin was the only city physically divided by the Cold War, becoming the perfect example of how a country cannot be ruled. Repression of the insiders and exclusion of outsiders is not the solution for a better and more harmonious world.

However, we humans do not learn from our mistakes. As stated in The Business of Building Walls by Mark Akkerman, “Now, 30 years later, European countries have constructed about 1000 kilometers of border walls and fences, more than six times the length of the Berlin Wall, to keep out refugees and migrants.”

When World War II ended, Germany got split into the East with the Soviet Union (German Democratic Republic) and the West with the United States, Great Britain and France (Federal Republic of Germany). Throughout the years, the

living conditions of each block became very different, which made millions and millions of Berliners flee from the communist and repressed East to the democratic West.

The two sides became more and more competitive and aggressive until East Berlin was so embarrassed by the endless flow of refugees escaping that they decided to build a wall—a 91-mile long wall of barbed wire and concrete that started building overnight and took everybody by surprise.

East Berlin thought that the only way to save themselves was to keep people inside and force them to live a suppressed life. No longer could people commute to their well-paid jobs, cross to see their families and loved ones, attend soccer games, operas and plays or simply go shopping.

The wall physically and mentally repressed Berliners in a way that no one will ever understand.

However, they forgot to look in the mirror and ask: what are we doing about it? If so many people are unhappy, seeking a way out and yearn for the “better place,” somewhere else then aren’t the ones in charge doing something wrong?

Tons of people put their lives at risk attempting to escape the East nightmare, such as flying in hot air balloons, digging tunnels, jumping out of windows close to

the wall and driving through unfortified parts of it. Along the way, a couple of hundred people died while a large amount were killed for their attempts at freedom.

Life must have been very unbearable if so many were willing to defy death like that. But no, the system was not wrong, not even when the fall of the wall proved that unity was possible. And the system is still not wrong now, right?

“Worldwide, there has been an increase in forcibly displaced people from 43.3 million in 2009 to 70.8 million in 2018,” Akkerman’s report said. War, poverty, hunger, human rights violations, and repression force more and more refugees and migrants to leave their homes and try to seek a better place in Europe. And Europe welcomes them with miles and miles of walls.

Now, the problem is why do people desperately want to and have to leave their home countries and why don’t others want to help them?

“A wall is an answer to political insecurity inside the country, it’s not an answer to the problem it says it will be solving,” said Central Connecticut geography professor Elisabeth Valler stated. The adjunct, who is an expert on border fences.

Welcome to the 21st century, the one that does not learn from past mistakes and ignores the root of the problems.

@BRUNAVILA

Wesleyan's Record Fair Brings Big Crowd

STORY AND PHOTOS BY CAROLYN MARTIN
ASSISTANT ARTS & ENTERTAINMENT EDITOR

Record Collectors Unite!

This past weekend, Wesleyan University held their bi-annual record fair. The record fair is held every fall and spring to support the University's radio station, WESU 88.1 FM. This year in particular, the fair was celebrating the 80th anniversary of the creation of the station.

The record fair brought in vendors from across the state such as the Connecticut Record club and Redscroll Records from Wallingford, Connecticut. While records were the featured items up for sale, most booths had a variety of items such as CDs, cassette tapes, posters and DVDs.

Die-hard collectors and college students stood side-by-side as they dug through the bins, hoping to find something good. The vendors carried music from the 50s, 60s and 70s. Common artists were Queen, The Beatles, The Who, The Rolling Stones and Elvis Presley.

If that is not your type of music, fear not! The vendors also carried more recent titles; one booth was selling Greta Van Fleet's "From the Fires" EP.

To add to the ambiance, Wesleyan had a live DJ at the event, playing music as the shoppers perused the different booths.

There was truly something there for everyone. If you missed this event but still wish to check it out, your next chance will be their spring record fair, which is usually held in April.

For more information about the event or WESU, visit www.wesufm.org

@CAROLYN_MARTINN



A bin of records at one of the booths.



Other booths sold magazines.



Shoppers dig through the bins at the record fair.



Records at Wesleyan University's record fair.

Art Educators Showcase Their Work

BY JULIA CONANT
ARTS & ENTERTAINMENT EDITOR

Disclaimer: Julia Conant works for Central's Art Department.

The last art gallery exhibit of the semester has arrived. Students, faculty and guests alike are invited to "Art Educators Student Exhibition."

Seventeen of Central's Art Education students will have their artwork featured in the gallery from Thursday, Nov. 21 until Dec. 5. The exhibit will feature paintings, collages, ceramic pieces and several other mediums.

"These individuals are the future art teachers who will assume positions at elementary

and secondary art programs throughout Connecticut," Gallery Assistant Tania Pichardo Weiss said. "In addition to promoting art in their schools and communities, they will undoubtedly engage and inspire young minds in the process of responding to, creating and appreciating art."

A free opening reception will be held on Thursday, Nov. 21 from 4-7 p.m. in the art gallery, located on the second floor of Maloney Hall. If you would like to view the show any other time, the gallery is open Monday through Friday, 1-4 p.m.

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Easy DIY Thanksgiving Recipes

BY TESSA STACK
STAFF WRITER

Thanksgiving is right around the corner. What's on your grocery list? If you don't yet know which dish to bring to Thanksgiving this year, here are some simple and easy recipes to make for your family, friends or even as a nice snack for yourself.

This first recipe is my favorite, since my mom often makes it.

Homemade Applesauce

Ingredients:

6 cups of apples
¾ cup of sugar
½ cup of water
1 teaspoon of cinnamon

Directions:

Start by peeling, slicing and coring the apples. I typically use Cortland apples for the sweet and slightly sour taste. Put the apple slices into a microwave-safe bowl.

Add the sugar, water and cinnamon.

Cover with plastic wrap and microwave it for six minutes to warm and soften the apples so that you can mash them.

Stir the mixture and put the bowl back in the microwave for five more minutes.

Let set for 10 minutes then continue mashing

until the desired consistency is reached.

Easy Pickles

Ingredients:

7 or 8 cucumbers
3 medium onions
2 cups of sugar
1 cup of apple cider vinegar
1 tablespoon of celery seed
1 tablespoon of salt

Directions:

Thinly slice the onions and cucumbers. Put the vegetables in the bowl or pan of choice. I prefer to use a glass bowl and transfer it if need be.

To make the dressing, take the celery seed, sugar, salt and apple cider vinegar and mix them into the bowl.

Combine the vegetables and dressing together and mix.

Note that the cucumbers and onions should be covered completely like pickles are in a jar.

Put the prepared pickles into the fridge leave it overnight.

When you wake up, you will have some delicious pickles to share with your loved ones.

@centralrecorder on Instagram



Tavola 153 Turns Heads With Its Affordable Experience



The doors of Tavola 153 in Hartford, Connecticut.

BRITTNEY WILLIS | STAFF

STORY BY BRITTNEY WILLIS
STAFF WRITER

Walk into Tavola 153 and it's like stepping into a different world. A stark contrast from the bustling street that it's located on in downtown Hartford, you are greeted by soulful music, vibrant artwork, bright lights that illuminate the simple, yet beautiful open seating, smiling staff and delicious aromas that entice every taste bud on your tongue. You can't help but wonder a barrage of thoughts. All of them positive, stemming back to one word: "wow."

The modern day elegance of Tavola 153 will have

the average person feeling as if they could never afford to dine in the restaurant. However, that is completely untrue.

"I've had people say to me, 'this place is too upscale for me to afford [when they come in]," Camille Delices, owner of Tavola 153 said.

Her response is simply, "come and try the food!"

With a menu that's plant-based, vegan and gluten-free friendly, Tavola 153 has selections for everyone.

The food is prepared by Chef Kentel Cooke, who prefers to go by "Chef KK." His dishes include mushroom ravioli, Southwest chicken panini, salmon wrap, and veggie alfredo. Served in large portions and

cooked to perfection, Chef KK's selections will have you ready to kiss the cook.

"I don't know that you're going to react like that," Cooke stated humbly about his food when complimented on its deliciousness.

Rich, tender and flavorful are just some of the adjectives that describe his food.

"I love food...good quality food. I want people to enjoy what I love," a passionate Delices said. Offering more than the fine dining experience, Tavola 153 has tapped into the nightlife scene as well.

The 33-year-old Delices talks with a smile and speaks with both life and passion when conversing about her restaurant. She opened Tavola 153's doors on Feb. 27, 2019, four days before her birthday.

Affordable with a grandeur atmosphere, Tavola 153 is a restaurant fit for all occasions. Whether you want to make an impression on the first date, dine-in with family or friends, or just sit at the bar and watch the game, at Tavola 153 you can do it all.

With a seasoned background consisting of 16 years in customer service, it's shocking to discover that Delices has no prior experience in the restaurant business.

"I never thought I'd open a restaurant, but here we are today," Delices said excitedly.

Acquired after a possible partnership and business transaction fell through, Delices stepped out on faith for her new endeavor.

"I quit my job...I was petrified. That was my security," Delices said about her move into the restaurant world.

Mondays are open-mic nights where people can come in and showcase their talent. Wednesday through Friday are grown and sexy nights and Saturday, Nov. 23, kicks off Caribbean Saturdays with music provided by DJ's Craig G and Black Rhino.

Only eight months old, Tavola 153 is certainly a diamond shining brightly within the city.

Disney+ Launches With 'The Mandalorian'

BY GABRIEL ANTON
STAFF WRITER

Ever since Disney announced its contestant in the streaming wars with the new Disney+, fans of highly popular blockbuster films in the Star Wars or Marvel cinematic universes began expecting a new era for each franchise on television.

With new shows like "The Falcon and Winter Soldier" and "Loki," popular characters from the films get their storylines continued and explored in more depth as they span across several episodes in a season, rather than just a two-hour window.

The service premiered with the highly anticipated live-action debut of Star Wars in "The Mandalorian." Disney+ and the series were released on Nov. 12.

The space western sci-fi adventure set in the iconic Star Wars universe chronicles a lone gun-slinging bounty hunter only known as the "Mandalorian" (Pedro Pascal) as he takes a high paying, yet mysterious job from some familiar Star Wars villains. It takes place after the events of "Return of the Jedi," the sixth film in the franchise, after the Rebellion defeated the Empire, leaving the galaxy in disarray without a central governing force. The first two episodes dropped last week on launch day and Friday the 15th.

For fans of the franchise, the series provides many great moments that harken back to the original trilogy films. There are certain characters, weapons, vehicles and aesthetic qualities that will please the fans very much. The storyline is enticing and expands the franchise's lore. The episodes are short and concise, each with a runtime of about half an hour. Each episode slowly takes us along



The first two episodes of "The Mandalorian" are available on Disney+ now.

THE VERGE

the journey of this "Mandalorian" as he deals with this mysterious bounty, while also peppering in some backstory as to why he is called the "Mandalorian."

For average film-goers that may not know much about the franchise or about any details regarding the title, the series does a fine job slowly filling in more details about the main character's background. The more you get to know about him, the more you also get to know about this specific part of Star Wars mythology. The series' aesthetics and tone complement the character while also capturing the classic look and feel of the original film "A New Hope," giving the audience a great introduction to the universe in general.

Although the episodes are short, they are dense with great scenes and new interesting characters. There are many great actors in supporting roles such as

Carl Weathers and Werner Herzog, while some provide voice work for the non-human characters.

The budget per episode is about \$12.5 million according to businessinsider.com, which is comparable to the \$10 million for the "Game of Thrones" season eight episodes. And this translates very astutely to the screen. The two episodes released so far have had large scope; beautiful, cinematic-release standard special effects give the series a very authentic feel. The designs for the costumes, set pieces, characters and weapons over a vast, mesmerizing desert backdrop are all layered together perfectly to match the distinct feeling of a gritty wild west picture.

The music is electric and fresh, taking a more western spin on Star Wars themes. It is wholly unique music for the series created by Swedish composer

Ludwig Goransson, who won a Grammy and an Oscar for his work on the "Black Panther" score, as opposed to the legend John Williams. For big fans of the franchise, it is not too jarring, but can take a little while to get used to.

Episodes are slated to release every Friday on Disney+. A subscription to the service costs \$6.99 a month for access to all of the films and TV shows from Star Wars, Marvel and Pixar, while Hulu and ESPN+ comes with it in a \$12.99 bundle, including all of Disney's Fox properties. "The Mandalorian" is proving to be a great launch accompaniment as Disney announced that Disney+ had signed up over 10 million users within the first day, according to Variety.com. With this type of buzz around Disney+, it seems like it is going to be one of the frontrunners in the streaming wars to come in the upcoming decade.

'Dr. Stone:' Fast-Forwarding Through Human History



Senku be like: ¿Quiéres?

CRUNCHYROLL

BY SAMUEL PAPPAS
STAFF WRITER

Have you ever watched a speed run for a video game you used to play as a kid?

When you were young, the first level might have taken you an hour, and beating it might have taken you dozens of hours more. But someone who knows the game inside and out can dash through it in a couple hours or less, skipping entire sections and pushing the hardware to its limits in ways that you never imagined.

"Dr. Stone" is that. Except instead of a video game, it's a manga series.

A mysterious and apocalyptic flash of green light turns every human in the entire world into a stone statue. To make matters worse, people remain awake as this happens, unable to see, hear or feel anything. 5,700 years pass without humanity until a Japanese high school student by the name of Senku breaks out of his stone shell and finds himself in a world completely reclaimed by nature.

Fortunately for humanity, Senku is

a genius scientist who is dedicated to rebuilding the world. He knows all the tricks he needs to skip over millions of years of technological evolution while surviving the cruel wilderness. He does all this with the help of his best friend Taiju, a young man with a heart of gold and the face of a confused gorilla.

With Senku's scientific knowledge and Taiju's ability to do whatever Senku tells him to do, watching this team never gets boring.

"Dr. Stone" is a story about the strength of human curiosity. We live in a world with technology that we take for granted, but we only got to that point because someone managed to figure it out without dying in the past. You can only buy and drink milk today because thousands of years ago, someone thought it would be a good idea to drink the stuff that comes out of cows.

"Dr. Stone" follows Senku and his friends as he slowly grows his "empire of science" by convincing other people of the value it has in the new world. It's the type of anime that exemplifies what I love

about anime and hate about TV in the West; people aren't jerks for shallow reasons.

Senku turns people over to his side by appealing to what science can do for them. If this were an American teen drama, Senku would have spent the first episode crying about how the world is different and slowly walking through empty fields. By episode 10, he would be in conflict with everyone around him because Netflix needs the cheap drama to make sure you are still watching and not just clicking "Next Episode" and then going back to browsing Twitter.

Senku could probably use science to determine that everyone who thinks "The 100" is a good show probably has their brain made of stone.

"Dr. Stone" has some funky character designs. We are meant to believe that these characters are teenagers, despite the fact that some of them are built like Dwayne "The Rock" Johnson. All of the female characters have this retro style to them that looks like a cross between Betty Boop and any character from a Studio Ghibli film.

If you can get over the weirdness of

Senku's hair looking like it's made of leeks, then you'll find that most of the actual science of "Dr. Stone" totally checks out.

Senku and company find themselves building pottery, bows, wine, glass, iron and other things to survive. As things progress, however, the team branches out into carbonated water, gas masks, gunpowder, cotton candy, antibiotics, water wheels, lightbulbs and radios. If the wiki page for the series is any indication, then at some point Senku will be able to make Christmas trees, wireless headphones, dynamite, tear gas, microscopes, lipstick, silent bombs, mercury-based detonators, drones and many other creations.

"Dr. Stone" is a brilliant and inventive series that currently holds my number one spot of the best animated series of 2019. It's fun, lighthearted, inspiring and educational. It has an ending theme that sounds like every "Maroon 5" song from the early 2000s.

"Dr. Stone" is available for streaming on VRV, Funimation, Crunchyroll and other services people would never openly admit to having the paid version of.

Word Search: November 21

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

Word List

1. EQUALITY
2. HISTORY
3. TRANSGENDER
4. BERLIN
5. CONTROVERSY
6. THANKSGIVING
7. WESLEYAN
8. TAVOLA
9. MANDALORIAN
10. STONE
11. BROWN
12. BARDES
13. WOYCIK
14. LAWSON
15. BRAWNER

Women's Basketball Drops Home Opener Against Brown



CCSU women's basketball fell to 0-4 on the season.

CCSU ATHLETICS

BY TREVI ALICKOLLI
ASSISTANT SPORTS EDITOR

After being competitive against Buffalo and Pittsburgh University on the road to start the season, Central women's basketball had reason to be optimistic heading into their home opener against the Brown University Bears, who were 1-1 heading into the matchup.

However, optimism soon turned into disappointment as Central allowed the most points against them this season, losing 83-73.

"It's just disappointing because this was a game we definitely could have

won and they came in here and took it to us in our own gym," head coach Beryl Piper said.

The Blue Devils shot 37.3% from the field while allowing Brown to shoot 55.4%. They were also out-rebounded, lost the assist battle and allowed 44 points in the paint.

"We have to do a better job in individual defense and help defense," Piper said. "We had a lot of possessions where we played good defense and then we take a split second off and someone scores a layup. Those are killers."

"It's just the defensive intensity, the rebuilding, the things we don't do

in practice that translate into us losing games," junior guard Emma McCamus said.

"You can't win a game when you're out-rebounded like that," Piper said. "It starts in practice, being physical, taking boxing out seriously and making it a priority."

Offensively, Central had three players score double digits and all scorers were led by McCamus, who scored a career-high 30 points. She also recorded two assists and three steals.

"It was nice to get a career-high, but it was bittersweet because who cares that I scored 30 points, I just

want the team to win," McCamus said.

"Emma had a really, really good game offensively and defensively," Piper said. "She really had the hot hand tonight."

Forward Ashley Forker and center Ashley Berube were the other double-digit scorers against Brown. Forker had 13 points, two rebounds, four assists and three steals. Berube scored 14 points, collected a team-leading eight rebounds and registered two assists, two steals, four blocks.

Central started the game on fire from the field and was only down by four at halftime. They stayed close due to their lights out shooting in the first and second quarters.

The Blue Devils shot 46.7% from the field in the first, 62.5% from three and 55.6% from the field in the second.

In the second half, the Bears adjusted and played more zone defense against the Blue Devils.

"The same thing happened against Pitt," Piper said. "When they went zone, it completely took us out of our rhythm. We have to be able to make the transition, we have to be aggressive."

The Blue Devils finished the game shooting 45.5% from downtown and 86.4% from the line. Piper said those are great numbers and you'd expect to win with those percentages but they ultimately did not as a result of poor defense.

"We have a tough schedule right now," Piper said. "It's not easy but we're not making excuses."

In terms of getting her team motivated on the road, Piper kept it simple.

"They want to win, I don't have to say much to get them motivated."

Central was back on the road to face Lehigh University this week on Monday, Nov. 18. Tip-off was scheduled for 5:30 p.m.

@ATREVI013

Letter To The Editor

On Nov. 27, 2018, the Central Connecticut State University women's cross country team traveled to Bryant University in Smithfield, Rhode Island to compete in the Northeast Conference Championship.

As the coaches stood behind their teams, frigid raindrops and strong winds struck the runners while they awaited the gunshot that signaled the start of the race. Both men and women battled a Nor'easter that had hit the state that weekend. Thick mud coated the course and the spikes on their feet stood no chance.

However, the storm failed in its mission to slow the pace of the race. Each runner gave the race all they had, a common theme in the running community. From snow, freezing temperatures, to even the sticky summer days, runners tie their laces and train through it all.

So where is the support when they need it the most? On Nov. 2, the women's and men's cross country teams hosted the 2019 Northeast Championship at Stanley Quarter Park, a five minute walk from campus.

On that very fall morning, the men's team finished second to Wagner by seven points. Senior Roberto Piotta won the men's title with an unmatched grace. His humbleness inspires those around him to work hard and trust the process.

Meanwhile on the women's side, the CCSU women defended their team title, a feat that hasn't been

accomplished since 1998 and 1999. It is also worth noting that the team fought for three consecutive second-place finishes in 2015, 2016 and 2017. Junior Angie Rafter defended her individual title, winning by 19 seconds. Megan Brawner, the lone senior on the women's

team, was third in 17:56. Junior Katie Stevens cut a whopping one minute and 38 seconds from her previous collegiate best of 20:00 to post a time of 18:22. Sophomore Ashley Dana ran 18:19, shaving 48 seconds off from her freshman year personal record of 19:07.

The impressive showing of rookies Elias Field and Brooke Morabito allowed them to be named Freshman of the Year, allowing CCSU to sweep all major awards of the event.

The moral of this story is, where is the support that is poured out for the other teams on campus? The current athletic director did not attend the championship event that the university hosted, nor the other two races the team hosted this season. He instead traveled to Staten Island to watch the football team play a regular season game against Wagner on Nov. 2.

Aside from the lack of physical support from the administration, the social media attention is abysmal. The official CCSU Blue Devils page is dominated by football and soccer. Come their championships, the page advertises days in advance. The cross country team's

NEC events are announced the morning of.

Even on-campus organizations such as the Ruthe Boyea Women's Center and the Student Government Association pushed the runners to the side on their special weekend. When the women's soccer team competed in the Northeast Conference Championship on Nov. 8 and 10, both organizations sent out an email to promote the team's exciting home weekend.

"Come out and show some Blue Devil Pride to help the team get another championship" the SGA email wrote.

The Ruthe Boyea Women's Center's email to the campus was embedded with a poster that read, "The Ruthe Boyea Women's Center supports CCSU women's soccer team."

So the university's women's center that exists to empower women supports female soccer players, but not female runners? Interesting.

The success of the other teams on campus should not be discredited. Each and every athlete puts in countless hours to perfect their craft, but the university and athletic administration needs to do a better job of supporting and promoting each team equally.

Racing is exciting and compelling. Runners compete and put on a show for the fans. As a university community, let's make more of an effort to show them we care.

@TheRecorder on Twitter

#18 Football Defeats Robert Morris, Wins NEC Championship

CONTINUES FROM PAGE 1



Aaron Winchester, (above) scored five total touchdowns in Central Connecticut's win over Robert Morris.

CCSU ATHLETICS

McCarthy said he is happy to win the conference but did not envision this when he first took the head coaching position.

"I wish I can tell you that I knew all along this would happen but I didn't," McCarthy said. "To be honest, I envisioned it going one day at a time because being a first-year head coach I didn't know what to expect. This is all new to me but I'm happy for the kids, the staff and administration."

For senior cornerback Tajik Bagley, winning championships is a complete turnaround from when he joined the program.

"When I started here, we were 2-9," Bagley said. "I tried to build a tradition, a culture and I think it's really changing here [at CCSU]."

He said the Blue Devil's tradition is all about playing physical, being poised and playing for each other as a brotherhood.

Bagley and the defense were key against the Colonials, holding them to under 250 total yards and forcing four turnovers, three picks and one forced fumble.

Fellow cornerback Dexter Lawson had a career day, catching two of the team's three interceptions.

"[This is] everything we've been working for since summer," Lawson said. "This is a statement win. Everybody was doubting us, making it seem like we were playing cupcake teams but every team that comes out

here, they feel us and they know what they're going to get."

Safety Jahlil Brown caught the other interception for the Blue Devils. Brown also recovered a fumble for a touchdown in the third quarter, giving his team momentum after a sluggish first half.

"This game meant a lot to me," Brown said. "I just lost my little cousin three days ago so I just wanted to go out there and make some plays for him, which I did. That game was dedicated to him."

Brown was second on the team with seven tackles behind linebacker Foday Jalloh (8), he added a pass breakup.

"To play with that on your heart and to play as well as he did shows just what kind of player he is and what type of dedication he has," Winchester said. "He put his heart and soul into this team and I'm so happy he was able to have success today."

The defense looked strong, but that is nothing new for them this season.

"The defense has obviously been very, very good all year long," McCarthy said. "And today was no different, they set the tone."

Offensively, the game plan was to establish the run against freezing conditions and a defense allowing only 155.5 yards per game. The Blue Devils more than doubled RMU's allowed average, rushing for 389 yards

and five touchdowns despite missing two of their top running backs.

Running backs Danley Exilhomme and Enyce Walker stepped into featured roles on Saturday.

Exilhomme ran the ball 26 times for 185 yards, Walker rushed 10 times for 90 yards and a touchdown. Winchester added an additional 91 yards and four touchdowns.

"I thought Danley played outstanding, he was outstanding," Winchester said. "And [Walker] came in and changed up the pace."

"The whole day I was thinking 'team, team, team.' I just wanted to help my team win today," Exilhomme said. "We a running back by committee so next man up is always ready."

Their success did not shock McCarthy.

"We put as much focus on our twos and threes as we do on our ones so it shouldn't come as a surprise," McCarthy said. "Danley Exilhomme has been a constant all year long and with Keonte [Lucas] and Aaron [Dawson] being out, he and [Walker] had to step up and they did that."

Wide receiver Tyshaun James also caught a touchdown pass. He finished the game with four catches for 72 yards.

Central won by three possessions but going into halftime, they were tied with the Colonials, who were also undefeated in the NEC before Saturday.

"We just kept our focus going into the second half," Lawson said. "The coaching staff made adjustments and we kept the mindset that it was 0-0."

"We started to open up in the second half," McCarthy said. "A lot of that was a run/pass option type of scheme which fits into what Aaron [Winchester] does very well."

The Blue Devils scored 35 points in the second half while holding RMU to only 14.

Central closes out their regular season on the road against Duquesne University on Saturday, Nov. 23. McCarthy said his team has been waiting for this matchup after the way last season concluded.

"Duquesne is the first game that our kids see when they look at the schedule," McCarthy said. "So I don't think I'll have any problem getting them up for this one."

Winchester was not with Central when Duquesne spoiled their hopes of a conference title last season but can feel the intensity of the rivalry this week.

"Tyshaun [James] sent us a video of them beating us on this field last year and that didn't sit right with me," Winchester said. "I'm not going to lie, it's going to be a little extra [motivation] this week."

@ATREVI013

Men's Basketball Drops Two Away Games

BY RYAN JONES
SPORTS EDITOR

Central Connecticut men's basketball continued showing signs of growing pains in the early season this weekend, falling to Massachusetts and Arizona State by an average of 43.5 points.

Only one Blue Devil scored in double figures over the course of the two games, with freshman Greg Outlaw putting in 12 in CCSU's 89-43 loss to Massachusetts.

The freshmen class, accounting for seven of the team's 12 players on roster, have gotten the most usage through this early stretch of games. Three rookies are in the top four of minutes per game for the Blue Devils, with Jamir Reed and Outlaw ranking one and two, respectively.

The young guards in particular have taken advantage of their high usage rate, with Outlaw, Myles Baker and Trey Tennyson leading the team in scoring through four games.

Six-foot-six junior Stephan Ayangma cleaned the boards off the bench in the two games, grabbing six and four rebounds, respectively. He's also making half as many shots as he's talking, shooting at a 52.9 percent clip that ranks first on the team by about 13 percent.

The free throws were again a problem for CCSU in its two games. Both nights out, the Blue Devils were unable to crack the 60's in free throw percentage (58.3 and 52.4 percent, respectively). The team's average is down more than seven percent from its Northeast Conference record 78.2 percent last year.

On offense, the Blue Devils looked stifled by the defenses they faced. The ball movement was not flowing against either



Men's basketball is still looking for their first win of the 2019-20 season.

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team, resulting in 43 turnovers and an average 31.5 field goal percentage over the span of the two games. The assist average has also told the tale of the offense this season, as the team has combined for only 11 assists a game.

With the return of Ian Krishnan into the offense looming as the season continues to progress, the extra passing IQ will be extremely beneficial to the young and iso-driven offense.

After having a strong offensive season as a junior, Jamir Coleman has been under a bit of a cold spell to kick off his senior campaign. After shooting 34 percent from the arc last year, his 25 percent clip this year should be on the up as he gets himself adjusted into this year's lineup.

Baker put up six points to go along with his four rebounds at Massachusetts, but was withheld from the game against the Sun Devils for reasons not yet known.

The Blue Devils will be back home and back in action Tuesday as they take on New Hampshire. The Wildcats are on a two game losing streak heading into their match up with CCSU.

Their road trip this weekend won't be a far traveled one, as Central Connecticut takes part in Air Force Reserve Tip-Off Tournament at Mohegan Sun. CCSU will be facing off against Vermont Friday, then will take on one of Columbia or Rider on Saturday the 24.

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Seniors Lead The Charge For Cross Country



Megan Brawner finished first amongst Blue Devils in the 6k.

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BY RYAN JONES
SPORTS EDITOR

Coming off a strong showing in the Northeast Conference Championship, Central Connecticut cross country was back chasing personal bests at the NCAA Northeast Regionals in New York this weekend.

Both sides compiled personal bests on the day, as seniors Roberto Piotto and Megan Brawner led the charge in their respective races.

Piotto has finished first among the Blue Devil men in every race this season, including a first place finish in the conference championship. He finished the men's 10K at 30:09.0, a personal best good for 68th out of the field of 265 runners.

Elias Field, a freshman runner for CCSU, finished 58 seconds after Piotto to grab the 120th spot in the race. Field has put together a strong rookie campaign for the Blue Devils, winning NEC Rookie of the Year after being the first rookie to cross the finish line in the championship.

After finishing in the top 14 in the championship, fellow freshman Eddie Nicholas finished third for CCSU in the 10K with a time of 31:14.0.

"Eddie and Elias have done a good job racing with each other," head coach Eric

Blake said. "Same can be said for Robbie and Yankarlos. They know they can race with each other so when the race gets tough they have the confidence that they can run with their teammate."

Wagner beat out Central for best NEC school score for the men's. The Seahawks took the first place finish from the men's in the championship by a narrow seven points.

Other than Piotto, senior Richard Grudzwick and sophomore Robert Moore also finished with personal bests in the

10K.

After taking home the NEC Championship in a landslide 33 point victory, the women's side put together five personal best times in the NCAA Tournament race.

The women again led the NEC in the race. Their 24th place finish was the best out of the three schools representing the conference.

Familiar names finished among the top for the Blue Devils in the women's 6K.

Brawner was first across the finish line with a time of 20:57.0, besting her previous personal best by more than three seconds.

Following behind Brawner was her running partner and NEC Championship first place finisher Angie Rafter. Rafter trailed Brawner by less than a second. The two's familiarity has helped them become the regular top finishers for the Blue Devils. Either Brawner or Rafter have been the first runner in blue to cross the finish line in every race so far this season. The duo finished 68th and 71st in the 6K.

Sophomore Ashley Dana grabbed a top 10 finish in the championships and put together another strong showing in the Northeast Regionals. She finished third for the Blue Devils with a personal best time of 21:46.9.

Coach Blake said he was "very impressed with Ashley and Brooke" in the 6K and adds that "our future looks good."

CCSU finished the women's 6K with five runners grabbing personal bests. The team finished 24th among the 37 teams competing.

Both the men's and women's teams will be heading back to New York this weekend this weekend. CCSU will be running in its final race of the season as they lace up for the IC4A/ECAC Championships in the Bronx.

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Richard Grudzwick, (above) finished with his personal best in the 10k.

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CCSU Weekly Sports Schedule

Football

- Saturday, Nov. 23, 12 p.m. @ Duquesne

Swimming & Diving

- Friday-Saturday, Nov. 22-23, Blue Devil Invite

Women's Soccer

- Friday, Nov. 22, 4 p.m. @ West Virginia

Cross Country

- Saturday, Nov. 23, IC4A/ECAC Championships @ Cortlandt Park

Volleyball

- Friday, Nov. 22, 3:30 p.m. @ Robert Morris

Men's Basketball

- Saturday, Nov. 23, 7:30 vs. Vermont (Neutral Site)





Central will now take on West Virginia in the second round of the NCAA Tournament.

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Erica Bardes, (above) scored the game-winning goal against Rutgers.

CCSU ATHLETICS

Women's Soccer Wins First-Round NCAA Tournament Game

BY GEORGE ATWOOD
SOCIAL MEDIA EDITOR

Central Connecticut upset fourth-seeded Rutgers 1-0 in the first round of the NCAA Tournament Friday night in Piscataway, NJ.

Junior Erica Bardes lobbed the Scarlett Knights' goalkeeper deep into regulation to give the Blue Devils their second ever NCAA tournament game victory. Central scored so late into the game that head coach Mick D'Arcy was preparing his bench to get ready for overtime but as it turned out, they did not need the extra minutes.

CCSU had played Rutgers in their first game of the season and narrowly lost in overtime. D'Arcy stressed that the team viewed this game as a chance at redemption after the narrow loss in the previous contest.

"Everyone was on edge the whole time, going in at halftime 0-0 we had hit the post and they had as well but it

was back an forth," D'Arcy said. "They had the ball at the back a little bit more, passing it around the back but we were patient and when they made a mistake we were able to pounce on it."

D'Arcy said it felt like *deja vu* when Rutgers was awarded a penalty.

"When they got the penalty with 18 minutes left, which was disappointing because they got a penalty in the last game with 20 minutes left, it felt like that was there opportunity to go and win the game, they didn't take it," D'Arcy said. "Once this happened I think the belief in the team grew again that tonight is gonna be ours."

Sophomore keeper Amanda McQuillan had 10 saves in the net for the Blue Devils.

"Amanda made a fantastic save from a header that went across the box and managed to get a hand to it and push it away. I thought between that and the penalty that they're not scoring today."

D'Arcy stressed that due to the close

nature of the game, the winner would be the team that took the risk.

"With the goal, it was a case of Erica being brave with the ball. She beats her player around the outside and puts herself in position, lays off another good ball and then the shot goes into the top corner," D'Arcy said. "People were saying whether it was a cross or a fluke but you've seen it all year long, she's hit the crossbar and then we've scored from that."

D'Arcy told the team going into the game that they deserved to be there and that they had every chance of winning.

"I think you have to be careful going into games like this, there was the euphoria of winning the NEC and now we're going to the NCAA tournament," D'Arcy said. "We wanted to go there and win, the message in the locker room beforehand was very much that we are here to win and not make up the numbers and we just kept stressing that we're here to win, we're here to win. It was a great opportunity to play a team we had already

played, we felt like we were really hard done by in the first game, even though it was back in August it still stung."

"We never thought we would be going back there but there was no fear from the team," D'Arcy said. "They're a legitimate Top 20 team but we knew we could match up with them and we did."

With the win over Rutgers, the Blue Devils will now play West Virginia. D'Arcy said how good of a team they are, but that CCSU has every chance of winning.

"As confident as we were going into Rutgers, they are a great side with good wins under their belt. West Virginia just beat a very good Georgetown team, they've been to the NCAA 20 years in a row," D'Arcy said. "They've been to the Final Four so a great culture there, so we know they're gonna be a very good side. I think at this stage the girls will start to think that it's one more team in our way and let's see what we can do."

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Volleyball Punches Ticket To Postseason In Final Game



CCSU will face Robert Morris in the first round of the NEC tournament.

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STORY BY RYAN JONES
SPORTS EDITOR

"We just knew we had to win it," senior Morgan Woycik said.

After a loss to Sacred Heart Wednesday, Central Connecticut's final regular season game against Bryant was as must-win as they come, and win it they did.

Both teams were hungry for a win Friday, which was showcased by a constant battle for a lead. The Blue Devils and Bulldogs exchanged leads 21 times in the four set duel.

Bryant was able to pull away in the first set with a 23-20 lead, but were unable to close out efficiently, allowing three straight from CCSU. The Bulldogs took a timeout following the tie, and snapped back into things with a three point run of their own to steal the first.

Central would not be outdone for the remainder of

the match.

The second set started off as cagey as the last, but a late four point run put helped secure a 25-20 second set win. Senior Mackenzie Dobbins served on the run and was used as CCSU's serving specialist for most of the match.

The mental toughness from Central proved to be a difference maker in the match. Despite facing six-point deficits at times, the Blue Devils never hung their heads, according to head coach Linda Sagnelli.

"When we lost a point, we just let that roll off our shoulders and played on," Sagnelli said. "That's exactly what you have to do. If Bryant got a two or three point lead, they were like 'we got it coach,' and I said 'okay, I know you do, now go do it.'"

Junior Emma Henderson broke a 22-22 stalemate in the third to put Central up 2-1, but the match was far

from over.

Refusing to go down without a fight, the Bulldogs went back and forth for the entirety of the final set. Neither team led by more than three, with one final block from Woycik and freshman Isabelle Roufs sealed the 3-1 victory for the Blue Devils.

"[The team] came to play tonight," Sagnelli said after the match. "This was one of the best volleyball matches that we've played all year, and our seniors killed it."

One senior in particular had an especially impressive day on the court.

Madelyn Kaprelyan has been an x-factor for the Blue Devils in her four years on the team. The reigning NEC Player of the Year (the only Blue Devil to earn that title in program history) has continued her dominance in her final year at Central Connecticut. In her final game on her home court, Kaprelyan posted a familiar triple double, combining for 18 kills, 26 assists and 17 digs.

"We literally put our hearts into that," Kaprelyan said.

Defeating Bryant was just the first in a series of events that needed to transpire for CCSU to make the postseason. After getting jumped in the standings by LIU, CCSU needed a win over Bryant Friday night, then needed Bryant to lose again the next night out when the Bulldogs took on Sacred Heart, which they did.

The Blue Devils finish the regular season with a 10-6 record that locks them in for the fourth and final playoff spot. CCSU will take on the host of the NEC Tournament, 15-1 Robert Morris, Friday. When the Blue Devils lost to RMU last week, it was the first time the Colonials were forced to five sets by an opponent.

"It's a new season again," Sagnelli said on the upcoming tournament. "It all starts over now."

Thought Robert Morris has only one loss in the conference this season and has dominated in their 15 wins, the Blue Devils will not be shying away from the competition.

"We've got to play like that," Kaprelyan said. "When we play as a team and put our heart into it, no one can beat us."

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