

The Recorder

October 30, 2020

Volume 122 | Issue 4



Students looking to socialize on campus can utilize the tents on Vance Lawn.

GWYNETH MCDONALD



Seth North and Catharine Beecher Residence Halls, have been designated specifically for student exhibiting corona virus symptoms.

GWYNETH MCDONALD

Students Outraged By Centrals Disregard To Their Belongings

BY SAMANTHA BENDER
 NEWS EDITOR

“I am very disappointed in how CCSU addressed everyone’s concerns,” Junior Emily Prizio, expressed about her experience with the move out process.

Many Central Connecticut students are just as outraged as Prizio at the way the university handled moving out the dorms following a student’s potential exposure to an individual with the corona virus during the spring 2020 semester.

When the campus abruptly closed on March 12, resident students were informed they had to be moved out of their dorms by 4 p.m. that day and due to the evolving urgency of the pandemic, they were given minimal details on when they’d be able to return to retrieve their belongings.

Following the campus’s evacuation, President Dr. Zulma R. Toro informed students in an email that a FEMA-certified, professional moving company, Siracusa Moving & Storage, had been hired to assist in packing up items in each dorm and temporarily storing belongings in a secured location.

Dr. Toro also included that GoPro cameras would be used by the movers to document the move out process in an effort to ensure that all items were safely packed up and secured in their correct bins.

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Living On Campus In Quarantine

BY GWYNETH MCDONALD
 CONTRIBUTOR

As part of the safety of the community, Catharine Beecher Residence Hall has been designated as Central Connecticut’s quarantine dorm. For some campus residential students, returning to campus this fall meant quarantining on the premise upon arrival.

In addition to showing proof of a negative corona virus test result, students coming from states listed on the Center for Disease Control and Prevention’s “no-travel list” are required to quarantine in Beecher Hall for an estimated 14 days.

On Aug. 10th, Claire Sutherland-Case, a NCAA women’s basketball player and sophomore majoring in psychology major, drove to campus from her home in Ontario, Canada. Upon arrival, she quarantined in Beecher Hall, along with other students who were predominantly student-athletes

coming from out of state.

Sutherland-Case said she found it “funny” that she had to quarantine even though Canada’s cases are significantly lower in comparison to those of the United States. She was released from Beecher on Aug. 24, at which point she was allowed to officially move into her selected room in Robert Vance Hall.

According to Sutherland-Case, the food during quarantine was repetitive and not particularly healthy. This was surprising to her given that most students in the building were athletes.

Another challenging aspect of her two weeks was not being able to stay as physically active as usual. Though each room holds only one person, the rooms are set up as doubles, providing limited space to do the at-home workouts that her coach had sent to her.

In addition to the space restriction, she says it was hard to wake up in the morning and find the motivation to workout. She

confessed her frustration with Central’s athletics for having her come two weeks early so they could begin practice, but then changing the guidelines and pushing their start by two weeks.

“They wanted us to be able to practice right when we got out, but that ended up changing because we are still in phase zero for athletics,” Sutherland-Case said. “We haven’t been practicing or doing anything in the athletic facilities for the past two weeks, so they made us come here two weeks early just to sit here for another two weeks not being able to practice.”

She admitted that the first few days were tough and lonely but she was thankful that she was permitted to spend time with other students living in the building.

Senior engineering major Michael Baechle, a Vermont resident, had a similar experience to that of student athlete, Sutherland-Case, though he only spent one night in quarantine.

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A Look Inside CCSU’s Corona Virus Tracking System

BY ISABELLA CHAN
 EDITOR-IN-CHIEF

“If I said to you back in March we had someone that tested positive [for corona virus], we would’ve said ‘let’s get in our car, we’re getting out of here!’ because we didn’t even know or understand the virus back then,” Chief Operations Officer Sal Cintonino said. Six months later, Connecticut is seeing quite the opposite.

Already a month into the fall semester, Central Connecticut has been able to maintain an environment with a limited number of confirmed positive corona virus cases. Despite this, the university has one of the highest rates of new cases being reported in the state, peaking at 3.44 percent and currently resting at 2.31 percent.

These numbers are monitored daily using a survey and testing through Griffin Health.

The daily symptom survey contains two main questions based on one’s exposure to the disease and their symptoms. If one is in the “Green,” they may visit campus.

Those who are placed in the “Yellow” or “Red” will be monitored to decide if they will resume normal activities or be placed into quarantine or isolation.

Chief Information Officer George Claffey has become a familiar name for many as he emails the symptom survey to the campus community. Like Cintonino, Claffey is also a part of the university’s task force team for corona virus.

we’re not bringing them into that campus community.”

Claffey explained that the symptom tracking is meant to be the first in one of many “layers” of preventing the spread of COVID-19 on campus. Anyone who resides or intends to visit the premise, including university employees or visitors, must complete the survey prior to entry.

hall staff and in-season student athletes at CCSU.

Along with that, Sodexo employees receive separate testing on a weekly basis from Griffin Health.

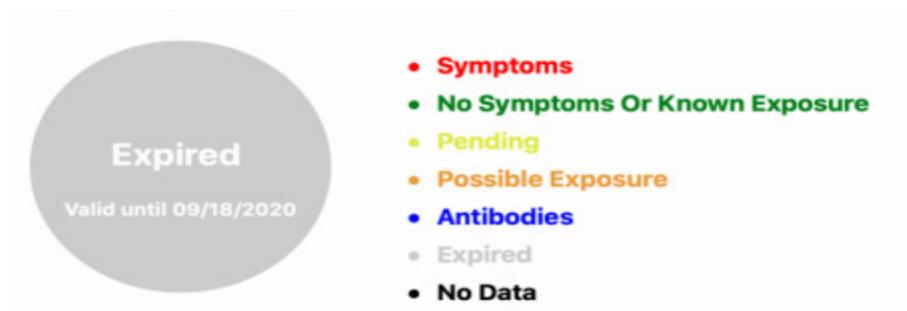
“It’s not always perfect but the goal is to have that occur before you even enter campus,” Claffey said.

“A lot of what our practice is to do this in layers. So we want to have multiple layers and when we have multiple layers, you know, we’re helping to ensure that if something does breakdown there’s hopefully another layer that helped keep it up,” he continued.

In the CCSU Fall 2020 Reopening Blueprint, it is noted that those who fail to comply with the university’s health and safety protocols will be reprimanded based on the actions.

Cintonino advises those to call the COVID Hotline, (860) 832-3200, to report any compliance issues. The Blueprint states, “a call to the COVID hotline will trigger the immediate deployment of designated personnel who will investigate the matter, identify the status of the non-compliant individual and file a report.”

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“The first part of that is the survey I send out every morning,” Claffey said. “The goal here is to have people do that sort of ‘self-check’ before they get into their cars or even walk out of their dorms. And if they are not feeling good,

CSCU has also announced they will increase testing on residential college students from 5-10 percent to 25 percent of residential students on a weekly basis. This consist of randomly testing 25 percent of the resident students, residence

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CCSU Cancels Spring Break For 2021

BY SAMANTHA BENDER
NEWS EDITOR

The Connecticut State Colleges and Universities (CSCU), in collaboration with the university presidents, have determined that spring break will be officially eliminated from the spring 2021 semester.

President Dr. Zulma R. Toro issued a mass email to students explaining the developing plans for next semester.

“Some of you might believe that losing out on spring break is unfair,” Dr. Toro stated in her email. “Quite frankly, the pandemic has caused a great deal of disappointment for most of us, but we make the best of things and do all we can to protect ourselves and one another.”

The spring semester will now begin one week later than originally scheduled, with classes beginning Jan. 26, 2021.

Though the week of spring break, from Mar. 15 to Mar. 21, has been cancelled, finals week, May 10 to May 16, 2021, will continue as scheduled.

As of now, the intent for next semester is to continue the combination of on-ground and remote classes and activities.

“Limiting your exposure to COVID-19 during spring break is critical to keeping our campus community safe,” Dr. Toro’s email went on to state.

The Council of Deans made the decision

during its meeting on Sept. 2 regarding preparations for the spring 2021 semester.

In a memo from the provost, Dr. David Dauwalder, to deans, he wrote, “although we hope for a return to pre-COVID normalcy for our operational environment, we must plan for a spring 2021 semester under conditions similar to Fall 2020.”

In addition to eliminating spring break, the provost outlined that planning for the upcoming semester needs to include three scenarios: HyFlex, fully remote and on-ground.

Alexandra Opoka, a senior nursing student at Central, was upset to hear about the decision.

“Having it taken away took me back to the harsh reality that our senior year isn’t what we had dreamed it to be, almost taking away the hope of having a relatively normal senior spring,” Opoka said.

But Opoka says she respects CCSU’s decision and understands it was made with the best interest of students at heart.

“As upset as I was initially, I agree with the decision. I’m hoping that maybe by keeping our spring under tighter restriction, we’ll be able to have commencement ceremonies to have that last part of senior year actually happen,” Opoka said.

Colleges across the nation are following

suit in cancelling spring break amid travel concerns throughout the pandemic.

According to ABC News, the University of Michigan is among one of the latest universities to eliminate it, including fellow Big Ten universities like University of Wisconsin, Madison, Purdue University, Ohio State University and University of Iowa.

Other higher education institutions, including the University of Tennessee, the University of Florida, and Baylor University, have taken a similar course in removing spring break from the spring semester.

Shawn Savior, a Central senior, also stands by the decision to cancel spring break at this point in time, though he suggests CCSU may have eliminated it prematurely.

“I think that it may be a bit too early to call it at this point. It seems like the time for when we can all be safely on campus again is constantly changing,” Savior said. “Seeing as how spring break is about six months away, that’s a lot of time for the current situation to change. I think it’s all about what things look like during winter break.”

The target date for the release of the spring 2021 schedule for use in advising is around Oct. 5, 2020.

@SBENDER99



With the election nearing the corner, polls are looking for the younger generation to volunteer.

GETTY IMAGES

Polls Seek Younger Workers For Election Day Amidst COVID-19

BY RYAN BROOKS
ASSISTANT NEWS EDITOR

With the presidential election less than two months away and corona virus remaining prevalent, government officials across the nation are urging young citizens to become Election Day poll workers.

A lack of poll workers is not uncommon. According to the Election Administration and Voting Survey, 70 percent of states and jurisdictions reported troubles recruiting Election Day staff.

The survey also states that around 77 percent of the poll workers are over the age of 61 which creates two problems.

According to the CDC, “the risk for severe illness from COVID-19 increases with age, with older adults at highest risk.”

This means that if current trends pertaining to older Americans working at the polls continue, thousands of Americans would be putting their lives at risk on Election Day.

The second problem is that a lack of poll workers has been shown to contribute to voter disenfranchisement, as long lines curtail potential voters on Election Day.

According to Cathy Cook of the

“Picayune Item,” a typical day for a poll worker lasts between 12 to 15 hours and workers start training a couple of weeks before the election.

“Poll workers are the gatekeepers of democracy. They check people in, verify their identity, and determine their eligibility to vote,” Cook says. “If voters do not appear on the rolls, poll workers trouble-shoot the problem or offer a provisional ballot. Poll workers also explain how the machines work, answer questions about the ballot and field complaints about long lines.”

Many state governments, civic organizations and corporations have stepped up to raise awareness in light of this.

On Sept. 1, 2020, the Federal Election Assistance Commission declared “National Poll Worker Recruitment Day” with the civic organization “Power to the Polls.” The effort was aimed specifically at younger voters; since then news outlets have reported 350,000 new poll workers.

State Director Eduardo Sainz of “Mi Familia Vota,” a nonprofit voter outreach organization, told the Associated Press, “we need to make sure that every voter gets their vote to be counted and no voter gets turned away, and that means investing

and having individuals who are culturally competent and speak several languages.”

In an effort to incentivize poll work, on Sept. 1, Old Navy announced they would offer their employees a day’s worth of pay if they signed up to work at the polls; Target later followed suit.

Earlier that day, Kentucky Secretary of State Michael Adams announced a partnership with the nonprofit trade organization “Guild of Brewers” to promote poll worker registration on beer cans. The partnership will work to place labels with QR codes on beer cans that take drinkers to a site where they may apply to work at the polls or register to vote.

In Tennessee, Secretary of State Tre Hargett announced an essay scholarship for students who participate in poll work.

“Students participating in this contest not only have the opportunity to win scholarship money by sharing their election experience in writing, but they are helping their local election commission run a safe and secure election,” Hargett said.

Connecticut citizens may register as poll workers through their town government website or the Connecticut state government website.

@RB2K18

Living On Campus In Quarantine

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Baechle took his COVID-19 test on Aug. 20, with the intention of moving into his room selection in Thomas Gallaudet Residence Hall on Aug. 25.

Within three days, Michael received confirmation via phone that his test results were negative, but in order to prove that to CCSU Health Services and Residence Life, he was informed he would have to show them the hard copy sent to him by mail.

Baechle was expecting to receive his results on or before move-in day, but he did not receive them until the following afternoon.

"I had an absolutely terrible first two days," Baechle said.

Baechle had the choice of going home and returning with the hard-copy of his results or living in Beecher until his results arrived and then having his family send him a photo of the document. To avoid the excess driving, he opted for the latter.

During his stay, Baechle's biggest concern was the food provided to students.

"I didn't eat for the entire time I was in there," Baechle said. "The food shows up in to-go containers, stacked in the lobby and labeled by meal. It sits out at room temperature for hours."

Baechle recounts finding a warm yogurt when grabbing a breakfast for the following day. But he was pleasantly surprised that there were plastic water bottles readily available in the hallways of Beecher at all times.

He mentioned he was provided linens but that the nurses stated he was getting both the last room and the last of their linens.

The residents in the building are able to be on the patio outside during the day as long as the professional nursing staff are in the office. Baechle raved that



Food for those in quarantine are delivered in to-go containers.

GWYNETH MCDONALD

everyone working in the building was nice and helpful.

Two nurses perform frequent mental health checks and have an office in the basement of Beecher Hall where they are doing COVID-19 tests for the CCSU community.

Additionally, since the water fountains have been shut off all over campus as a precautionary measure, Baechle feels that he was better hydrated in quarantine than in his dorm in Gallaudet.

Both Sutherland-Case and Baechle agree that their

experience in Beecher was difficult, both mentally and physically, but there seems to be a general consensus that everyone in the community is doing the best they can during this unprecedented time.

@GWYNETH MCDONALD

CCSU Faculty Weigh In On HyFlex Model

BY RYAN BROOKS
ASSISTANT NEWS EDITOR

As Central Connecticut faculty complete their first month of the semester under corona virus conditions, some professors reflect on the successes and failures of the HyFlex courses.

In preparation for the fall 2020 semester, CCSU offered faculty technology training and in-person classes, which included handouts, YouTube tutorials, as well as optional talks with the Instructional Design and Technology Center (IDTRC).

Professor Robin Smith has applauded the quality of the training program but wishes faculty had more time to digest the information they were given.

overloaded," Smith said.

English professor Gilbert Gigliotti shared similar sentiments.

"The more technology one relies on the more opportunity there is for something to go wrong," Gigliotti said.

Gigliotti, who has chosen to teach on-campus this semester, stressed the importance of in-person interaction when teaching.

"I like being in a classroom, seeing people's faces," Gigliotti said. "I like being able to see if I'm getting through to people."

drop-off.

"I think at least 75 percent of a given assignment is on time, as opposed to the regular 85 to 90 percent, so it's not like nobody is handing stuff in," Gigliotti said.



Throughout campus, hand sanitization stations are available for students, staff and guests to use.

RYAN BROOKS

"I think the issue was the window for training was short," Smith, the Chair of the Political Science Department, said. "The opportunity for faculty in August to familiarize themselves with the equipment was limited."

Smith, who has used the online video platform Kaltura for the first month of the semester, was not surprised when, in the first days of the new semester, the platform experienced a worldwide outage.

"Everyone thought we would roll this out and it would work, not understanding that hundreds of institutions were rolling it out simultaneously and the system would be



Classes are designed to keep students six feet apart.

RYAN BROOKS

According to Smith, the in-person aspect of the college experience is extremely important. Yet that face-to-face interaction is just not possible for many students under the HyFlex model, which strips away the ability for students to interact with their peers in meaningful ways.

"It makes a world of difference when you get to know your peers," Smith said. "Some of my groups would finish in fifteen minutes and spend five minutes talking about classes and sports, it's that social interaction that is hard to generate in this environment."

When asked about student participation and assignment completion, the professors found themselves split on the issue.

Though many were concerned about a major drop in work completion, Gigliotti says that he sees little to no



Campus is pretty vacant due to HyFlex classes.

RYAN BROOKS

However, Gigliotti acknowledged the need to remind students of upcoming assignments more than usual.

"I'm doing a lot more reminding, both in class and emails," Gigliotti said.

After experiencing the HyFlex model for a month, economics professor Mitchell Charkiewicz suggests a HyFlex expansion for the Spring 2021 semester, stating "an increase in the HyFlex is preferable."

Charkiewicz feels encouraged by CCSU's relatively low corona virus case numbers and has confidence that the school can handle more in-person students in the classroom.

Professor Smith says she generally agrees with Charkiewicz.

"Things are so fluid right now, in terms of health and safety," Smith said. "But I think the hope is at some point next spring, we might be able to move from this mostly online universe to some additional in-person opportunities."

With COVID-19 restrictions and the HyFlex model making it so that there is little activity on campus, many are just looking to return to some sense of sense normalcy.

"I'm hoping more students, if things go the way they've been going, choose to come next semester," Gigliotti said. "It's lonely on campus."

@RB2K18



CCSU students created a Facebook to share their displeasure on the university's treatment of their personal belongings after the emergency move-out.

CENTRAL ENGINEERING SERVICES

Students Outraged By Centrals Disregard To Their Belongings

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Despite these claims, when the time came for students to retrieve their belongings, it was evident to many students that such safety measures CCSU had promised, were not actually implemented.

CCSU senior Stephanie Liptack was returned a shattered mirror and was missing an entire dresser worth of clothing that she in turn had to replace with her own money.

"I feel as if Central did not care about mine and my peers' concerns with the move out process as they did not update us about our items for nearly three months," Liptack, a criminology student, stated. "None of the promises about how our items would be packed was followed, and even still Central has remained pretty silent about this issue."

Liptack added that in order to get answers she had to speak with multiple faculty and staff members about her missing items, as well as making many

phone calls and filing a police statement, in addition to four missing items forms, to receive assistance.

Kaylee White, a junior at Central, was met with similar frustrations when she tried to address her issues with her items.

"I actually had to fight and email multiple times to even get someone to talk to me and when I did the only thing they said was 'I will pass along your concerns'."

When students asked for the video footage of their items being moved out of the dorm, their requests were met with cryptic responses.

Prizio received an email stating "we will look through the video if you discover a missing item" but along with many of her peers, she was never given access to the video footage even after providing proof of the missing items.

"The absolute frustration has become so overwhelming and has definitely taken

a toll on my mental health," Prizio stated. She claims to have had to throw away hundreds of dollars worth of items leaving, including some that she believed were "irreplaceable" and "priceless."

In addition to CCSU's safety measures, students were also told the National Guard would be assisting in returning students' belongings when it was deemed safe for them to return to campus and gather their items. But Sydney Lane, a former residence assistant in F. Don James Hall, described the process as "unorganized" and "disrespectful."

Though Lane arrived early to gather her items, it took her about an hour to retrieve them. When the time came, she realized her refrigerator was missing and, after providing a clear description of it, asked the staff to look for it. After 20 minutes had passed, the staff informed her they couldn't find her fridge.

"After about ten more minutes, a Siracusa contractor came and spoke with me and said 'this has been happening to a lot of people, we aren't sure what happened,' and that I needed to file a claim with the school," Lane said.

Despite filing a missing items form and Lane received no feedback. She later went on to write a detailed email to several university administrators, including Facilities Management, Student Affairs, Residence Life, the university deans and Dr. Toro.

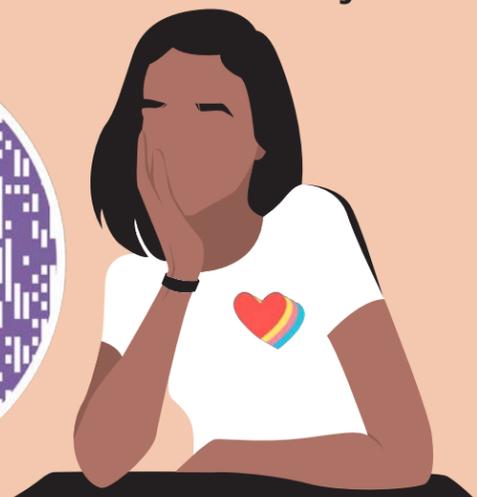
"I received a very dismissive email back from the president's office stating they did the best they could and basically too bad for us," Lane said.

CCSU has yet to release an official statement addressing these concerns and did not respond to requests for comment.

@SBENDER99

PRIDE CLUB

Every other Tuesday at 5pm
Starting Sept. 29 - Open to all!
Scan the QR code below to join!



We need writers!

Interested in
being featured in the
newspaper?

Contact an Editor
(see page 2)

A Look Inside CCSU's Corona Virus Tracking System

CONTINUED FROM PAGE 1

All student reports will be investigated by the Student Rights and Responsibilities Office.

He emphasized that now more than ever people need to be socially responsible and be an ambassador when it comes to wearing a mask.

"The only places that are permissible [without a mask] are over in Memorial Hall and the Student Center's Devil's Den area. And so, for some people they're like 'well I'm in that area,' and it is 'that area' but wouldn't it be better for you to put your mask back on once you finish eating, especially at this point in time?" Cintonino expressed. "For someone to say 'oh c'mon, what's the big deal?' The 'big deal' is I don't want to get sick and you don't want to get sick."

According to Claffey, CCSU has one of the largest contact tracing team of any of the public schools in Connecticut. In addition to the staff working for the university health services that are in the quarantine and isolation dorms, there are contact tracers, a 24/7 COVID-19 hotline as well as seven nurses that are providing nurse-supervision support.

The university also remains in contact with New Britain's and Connecticut's Department of Public

Student Symptoms Tracker

1. In the last two weeks did you care for or have close contact with someone diagnosed with COVID-19?

Yes*

No*

2. Do you have any of the following symptoms?

- * Fever
- * Cough
- * Shortness of breath
- * Sore throat
- * Muscle aches
- * New loss of taste and smell

Yes*

No

Submit

ISABELLA CHAN

Health.

"We not only talk to them about what's going on in our campus but also about what's going on in New Britain public about our commuter students that live in the area," Claffey stated. "We're looking at every CCSU constituent: every staff, students, faculty, regardless of where they live. We're trying to talk to them and engage with them to see how they're doing. I think that's part of why we're being so successful because we're building that relationship and showing people this is a community that cares."

Cintonino shared the university has also taken other steps in preventing the spread of COVID-19 on campus. These new additions include social distancing measures, required face masks and coverings, ultraviolet lighting in every classroom, new HVAC systems with ultraviolet cleaning systems to purifies circulating air and multiple hand sanitization stations.

"All those things were so that we can create the best possible safe environment for everybody that's on the campus," Cintonino said.

CCSU Plans To Introduce More HyFlex In Spring 2021

BY RYAN HAYES
STAFF WRITER

The fall 2020 semester is underway and everyone on campus has been adjusting to a new era of learning. With the pandemic and social distancing requirements, large-scale coordination is much more difficult, but Central Connecticut is looking forward to using what they have learned to make further improvements this semester and into spring 2021.



The library desks are spaced for social distancing. **RYAN BROOKS**

According to Dr. Robert Wolff, Dean of Liberal Arts and Social Sciences, the university hopes to turn the corner on the pandemic, meaning that they want to allow more students on campus. However, he says that CCSU is going to have to be prepared for anything.

"We have to plan for all different possibilities. So we are planning and we're registering for students in a semester that's kind of like this one, but with some more options," Wolff said.

If the corona virus pandemic begins to spike in numbers again, CCSU would have to return to remote instruction, similar to that of spring 2020. But, if the situation improves,

there's a possibility more people can be accommodated on campus.

To have an "open style" campus in spring 2021, CCSU must first meet the requirements of an extensive rubric and receive clearance from Governor Ned Lamont's office that the university has met conditions to open more fully.

Wolff expressed that the two most important factors for student success are building a connection with a professor and forming a peer group; the pandemic making both of these more difficult than usual.

"It's a lot harder to make connections through Webex. It's working for some, but we have students who know they need to make connections in person. So, the HyFlex classes were initially designed for them," Wolff said.

HyFlex classes average around 12 people, but in larger rooms such as Torp Theatre, which are equipped to hold up to 40 people with social distancing measures in place.

Dr. Steven Brock of the criminology department teaches "Victimless Crime" via the HyFlex format. Within his course, there are 30 students enrolled, but only four of them are signed up for the in-class portion.

The professors have been using the software, Kaltura, for remote students. This program allows professors to live stream and record class at the same time that it is happening, allowing for synchronous or asynchronous viewing.

Originally, Kaltura was the only software available for HyFlex classes, but the university has now made other softwares available such as Cisco Webex and Microsoft Teams.

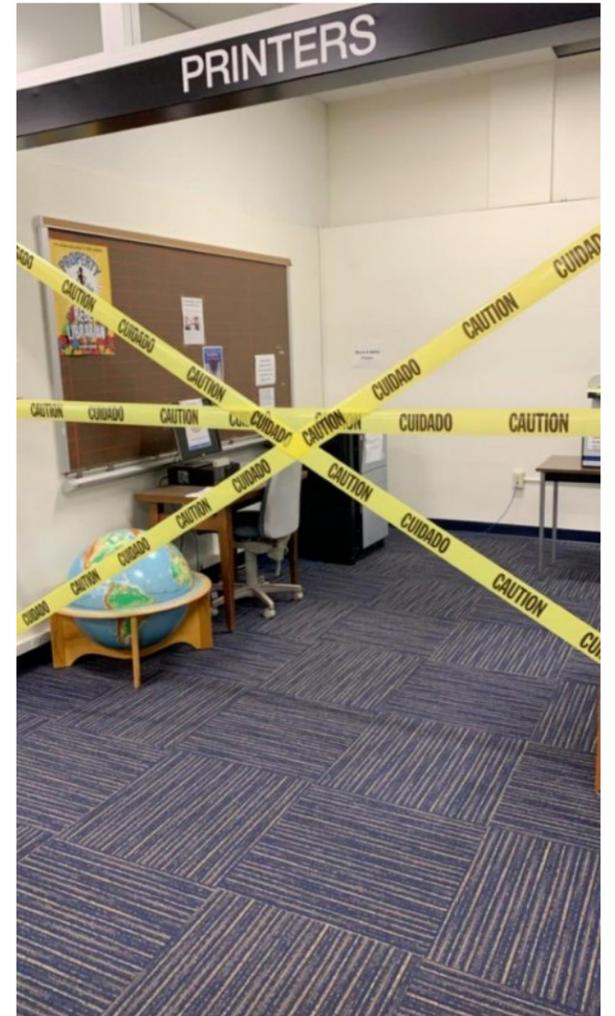


Computers are not available for student use. **RYAN BROOKS**

Brock was unsure if he should switch to another software as Kaltura has a 15-second delay, so he conducted a poll among his students. They ultimately decided to stick with Kaltura.

"Based on the results that I got, it seemed like not too many students wanted to make the change at this point," Brock said.

Brock wanted to avoid changing course in the middle of the semester seeing as how students had already gotten used to the program.



Access to printers have been revoked due to COVID-19 protocols. **RYAN BROOKS**

CCSU plans on continuing to adapt to the changing circumstances to help students learn safely and want students to know that people are working hard to adapt to challenges and help them succeed.

"It's a struggle for everybody, but your faculty, your advisors, your Deans' Offices, everybody is working incredibly hard to try to help students succeed," Wolff said, addressing specifically students. "So if anyone's facing challenges the first thing they need to know is to reach out to somebody."

Dukes Demands Justice From Hartford Police And CCSU



Black Lives Matter flags were being waved at the rally in Hartford.

GWYNETH MCDONALD

BY ISABELLA CHAN
EDITOR-IN-CHIEF

It was a typical end-of-summer Saturday afternoon, the pale blue sky painted with delicate small clouds was coupled with a cool, refreshing breeze blowing through the air. And as the sun shined down on the Hartford Police Department, a small crowd gathered outside the building shouting “justice will prevail!”

The audience could not have been no more than two dozen, but that did not lessen their support for Christopher Dukes, former Director of Student Conduct at Central Connecticut. Dukes demanded justice for himself using a megaphone and a small suitcase of evidence he gathered supporting his innocence.



Christine Dukes accused her husband of abuse.

GWYNETH MCDONALD

In 2018, Dukes faced multiple charges from his wife, Christine A. Berenbach, who accused him of attacking her. He was arrested for two counts of first-degree kidnapping and strangulation, third-degree assault, second-degree threatening and breach of peace, according to police reports.

All charges were dismissed on Nov. 14, 2019, but Dukes still faces repercussions from the night of his arrest including limited visitation with his children and termination from his position at Central Connecticut.

“[Hartford Police] have lied to the public about what happened to this case. And I said before, as the scripture reads, it is a time for war and then we will get peace,” Dukes said. He shared his recollection of the events leading up to the incident, calling out his estranged wife for falsely incriminating him, the Hartford Police Department for mishandling his case and CCSU for firing him without a thorough investigation.

“My call for action is that I want the legal process to work the way it was intended,” Dukes said. “Our pledge of alliance talks about with liberty and justice for all, not some. Not women, not men, not black, not white, for all.”

“We are all entitled under the 14th amendment of the United States Constitution equal protection under the law. The moment these criminals knew this woman staged a 9-1-1 call, they should’ve arrested her and they haven’t. I am calling for the same justice they tried to serve me with.”

In the initial police reports, Berenbach reported Dukes had dragged her into their basement and bounded her with pre-cut strips of duct tape, then forcing her to confess to having an extramarital affair, which she denies. After escaping the house,

Berenbach contacted Hartford Police, stating a large, drunk, black male was trying to kill her and himself while heavily armed.

A year after the incident, the DNA reports concluded Dukes was “eliminated as the source of the DNA profile” from the first strip of duct tape collected. DNA tested from the second strip of duct tape indicated that there were three mixtures of DNA found, it likely being Berenbach, Dukes and unknown sources.

Both strips of duct tape suggested that it was predominately Berenbach’s DNA found on them.

“She fabricated evidence and your state lab proved it,” Dukes said into the megaphone. “Beyond any reasonable doubt, no one else could have taken that duct tape off that roll except her, and the officer who’s DNA is on there as well. Go get both of them!”

Furthermore, Dukes claims Hartford police manipulated his case and are “only trying to protect themselves from prosecution” by not releasing all of the evidence from the night of the incident and supporting a “false” report.

“[Hartford Police] gave me all my property back, except one item: the roll of duct tape that they seized as evidence. They have still not given it back to me, deciding that it needs a court order. They don’t want to give up the tape because they know Hartford Police helped her plant that evidence, helped her fabricate that evidence while they had control of my house,” Dukes stated to the crowd. “They know what they did and they’ve been concealing it ever since.”

Currently, Dukes’s case is under investigation by the Hartford Police Department.

Many of those in attendance chimed in throughout Dukes’s speech, adding their own personal commentary when they felt it fit.

“Give up the duct tape!”

“They’re lying!”

“Justice will prevail!”

As supporters stepped up to speak, many of them shared their personal experiences with Dukes and their grievances with his case.

CCSU graduate Jajuan Arnold has known Dukes since his days as a student on campus. Though just learning about many of the details in Dukes’s case just months ago, Arnold expressed feeling “frustrated but encouraged at the same

time” while at the rally.

“It is unfortunate that we have people in positions of authority and power that make decisions that affect our lives that don’t relate to their reality. They see first the color of our skin or gender and not seeing the person, not seeing the humanity,” Arnold stated. “We can’t paint the picture as a ‘Black thing’ or a ‘White thing’ but what’s doing what’s right and addressing unrighteousness.”

“Chris I’m here and I will stand with you and learn how to fight this peaceful, righteous way to address the corruptions that are in this police force, Hartford PD, and everywhere else. We have to stand for what’s right,” Arnold added.

While the charges against Dukes have been dismissed, CCSU has not redacted his termination. Following his termination, he had stated the university had “ulterior motives” for his removal, citing two distinct cases he handled during his time as Director of Student Conduct, now known as Office of Student Rights & Responsibilities (OSRR).

“Under the previous administration, CCSU buried several misconduct cases, where one staff member committed a rape, another severely sexually harassed another person,” Dukes stated. “Unbeknownst to the previous president, he had absolutely nothing to do with it, but two administrators on his executive committee covered up those cases.”

According to Dukes, CCSU was scheduled to be reviewed and audited for all sexual misconduct cases in 2018. Prior to the investigation, he claims to have met with President Dr. Zulma R. Toro to inform her of the two cases and planned to inform the auditors during their visit. Days later, Dukes was accused by his wife and was promptly placed on administrative leave; the meeting of the auditors was cancelled.

“Prior to my dismissal, CCSU did not interview one witness in this case, not one. They didn’t interview my estranged wife, who was the complaint in criminal case. Nobody filed a complaint at Central so unless someone served as the complaint at Central, they were supposed to conduct an unbiased investigation. You would’ve thought they didn’t know me after being on that campus since 18 years old in 1990.”

Dukes’s termination is being investigated by in the hands of an arbitrator. CCSU has no comment at this time.

“I’m not seeking vengeance or being bitter, my point is justice needs to be served,” Dukes expressed.



The small crowd remained with Dukes for the duration of the rally.

GWYNETH MCDONALD

EDITORIAL

Wake Up And Smell The Fires

We are no strangers to California wildfires, but one of the most recent ones, which has been deemed California's largest single wildfire, hits home more than most.

According to CNN, the El Dorado Fire in San Bernardino County was sparked by a smoke-generating pyrotechnic device used at a gender reveal party. If this isn't any indication of just how much of an impact each individual has on one another and the planet, then we're afraid to see what else there is to show for it.



Active

Active for 49 days

CAL FIRE

Knowing that one party, with the

innocent intentions of celebrating an exciting event, can result in over 19,000 acres burned just goes to show the monumental consequences that can result from ignorance and lack of regard for the planet.

It was not only terrifying, but also appalling to learn that the hazy skies looming ominously over Connecticut the last few days was actually to be attributed to the smoke that made its way 3,000 plus miles across the country from the western wildfires.

If the world doesn't "wake up and smell the fires" soon then the chance to take action will slip by us. In fact, the new "Climate Clock" in New York City stresses the importance of this. It is saddening to think about how Manhattan's Metronome's digital clock, which once told time, now tells our remaining time to alter our impact on climate change.

Will we need more than a 62-foot-wide, 15-digit electronic clock for us to wake up and take action?

When will we realize we are not invincible, nor is our planet and its resources?

When will we realize that if we want any chance of growing old on this planet we

must immediately begin to combat climate change?

For over 4.5 billion years, it has protected us. It has given us life, a place to live, and a place to sustain our needs. Unfortunately, we have not taken good care of the house that has given us life.

Many things are happening to our earth, including the wildfires across Western states. Let us start questioning ourselves; isn't this proof enough for us that we have taken advantage our earth to the extent where it is exhausted?

California Governor Gavin Newsom told CNBC the worst is yet to come if people do not consider what the earth demands of them.

"California, folks, is America fast forward. What we're experiencing right here is coming to communities across the United States of America unless we get our act together on climate change," Newsom said.

While some might say the fire happening from afar in California or Arizona has no impact in their lives – it sure it impacts every human being because this is our earth. Maya Angelou once said, "We need joy as we need air. We need love as we need water. We need each other as we need

the earth we share." We are the inheritors of the earth, and each of us has a role in preserving it.

The magnitude of the fire may not impact you, wherever you are in Connecticut. However, it has taken lives, destroyed communities, and has caused what could be hundreds of billions of dollars in damage.



2 Counties

San Bernardino and Riverside

CAL FIRE

The impact it has created is a message to all of us that we must come together to combat climate change – if we do not work together and hold hands in unity, climate change will take over the place we all call home.

Editor's Column: My Educational Experience Is Being Reduced So Why Isn't My Tuition?



BY ISABELLA CHAN
EDITOR-IN-CHIEF

In the last few months, I have come to loathe the word "normal," because things will not be returning to normal for a long time. The world is in a troubling state and there is no denying that the need to adapt is critical, but that doesn't change the fact that online learning does not equate to the learning experience inside of a classroom.

Therefore, any college or university willing

to alter their quality of education for students without properly adjusting their tuition rates and fees, in my opinion, is conniving and dishonorable. Earning a degree is a costly decision and is thought of as an investment for the future, but this feels like a deal gone wrong.

My access to campus services are reduced. Not to mention, a majority, if not all classes are taught virtually, and yet I still have to pay the same rates and fees as if things are "normal." In simple terms: we've been swindled and it's ludicrous.

For many state colleges and universities, including Central Connecticut, tuition rates and fees are administered by the state legislature and a board of executives. All decisions are made at the board's discretion, including if tuition rates and fees will be discounted, frozen or increased.

At the beginning of February 2020, Connecticut State Colleges and Universities announced tuition and fees at the four state universities will increase by "an average of 3.8 percent for commuter students and 3.3 percent for resident students. In total, this means an average annual increase of just over \$400 for commuter students and just over \$800 for residents."

One would believe that because of the extenuating circumstances brought upon by COVID-19 a freeze would be in order, but months later the decision to increase tuition still stands and has yet to be reversed. Maybe their argument is "online learning isn't that bad," but if someone on the board had to learn statistics through a Zoom meeting then I'm sure they'd feel differently.

I am well aware that this is a double-edged sword; without a tuition increase, institutions may have a budget crisis to face, including pay cuts, layoffs and furloughs. But is that worth the price of experiencing a drop in student enrollment and retention?

In order to forgo lower rates, some institutions have chosen against a tuition freeze/increase. Already, Spelman College, Princetown University, Georgetown University and others, have banded together to create a 10 percent cut to their tuition. Along with that, Southern New Hampshire University has made efforts to aid students by offering incoming freshmen full-tuition scholarships and promised to cut tuition by 61 percent for the next academic year.

Similar adjustments should be made across all higher education platforms because the change to online learning heavily impacts a student's livelihood. While a tuition decrease for one or two academic years may momentarily impair an institution, the reduced quality in education will impact a student for the rest of their life.

I appreciate the proactiveness and adjustments made in order to create a learning environment during this time, but we all can agree that it is not the same nor conventional. I am not asking for the university or others to give me what I paid for because it is simply not possible at this time. What I am asking them to do is to consider their students' futures and fight for a tuition decrease.

After all, universities love to say we are one big, happy family, so it's time to start acting like one.

Wear Your Mask To Save A Life

BY SHWAR ZAIDI
CONTRIBUTOR

Corona virus is a dangerous disease that has been spreading worldwide and is not a stranger to the United States. In order to prevent further harm to the economy, while trying to live the most normal life where we do not live in another lockdown, we have to wear masks.

Around the end of May, many places such as stores, schools, restaurants and movie theaters began to open. However, they would open with a couple of negotiations and restrictions, specifically that people must wear a mask and practice social distancing.

Unfortunately, not everyone is pleased with wearing a mask. We live in an individualistic society where people often do not like to be told what to do by the government. There has been a political debate going around that it's the people's choice to wear masks and they shouldn't be forced to do so. Some people might cause a fight while trying to go into restaurants or public settings when asked to wear a mask.

The action of people not wearing a mask is causing a lot of significant harm to society. We all want to get back to our normal lives. But if we can't flatten the curve, it will be impossible.

Different people can experience severe and painful symptoms if they contract the virus. The virus can kill or harm elders, people with mental issues or even healthy people.

Some Central Connecticut students have expressed

that wearing a mask is extremely important and they are disappointed in how others are not taking it seriously after hearing multiple students tested positive for COVID-19 because they went out to different social gatherings.

CCSU Student Government Association Vice President Cheyenne Bermudez said that she was extremely disappointed in how people acted "selfishly" for not wearing a mask and going out to large gatherings.

"I am starting to see people slowly wearing their masks improperly or not at all, which is heartbreaking," Bermudez said. "A lot of faculty and students have spent these past six months working relentlessly to open the campus and it's sad to see how little people care. More people are just going to parties and being selfish by not thinking of the consequence of their actions."

Masks are more beneficial than what may people think. According to the Center for Disease Control and Prevention, masks help block air particles with many germs from other people who sneeze or cough from the nose and mouth.

Julia Plunkett, a senior at CCSU, said that masks could help save lives and avoid losing someone you love.

"Last year my mum died because of Influenza A," Plunkett said, "if they are saying COVID-19 is worse, I will be wearing a mask. It helps keep students, friends, family, staff and professors' safety. I wouldn't wish the loss of a parent or friend to something so easily managed by social distancing, washing your hands and wearing a mask on anyone."

"Masks slow the spread of COVID-19 and slowly flatten the curve," Helen Moore, a senior at CCSU, also added. "If we all stopped wearing masks, then more and

more people would be at risk and in the hospital. The hospitals don't even have enough beds, which would be an issue."

President Dr. Zulma Toro emailed members of university stressing the importance of wearing a mask, not gathering in huge parties and social distancing. Additionally, the email noted that local police and CCSU Police Department will be making sure that students were not partying in large gatherings off-campus.

Wearing a mask is more than just a piece of fabric on your face. It's saving people from dying and reducing the pain felt around the world. If people are not serious, we will never be able to have a normal life where we can freely go out in the world to do as we desire, like before.

For those experiencing the COVID-19 symptoms please quarantine at home and contact a medical care provider. These symptoms include: coughing, shortness of breath, fever, headaches, loss of smell/taste, muscle ache, blue lips or dizziness.

For more information, visit [cdc.gov](https://www.cdc.gov)



When Is Profane Language Acceptable For A Newspaper Headline, If Ever?

UNC has a clusterf---k on its hands

We're only a week into the semester and four COVID-19 clusters have already surfaced on and around campus.

Two COVID-19 clusters — one at Granville Towers and one at Ehringhaus Residence Hall — were reported Friday. On Saturday, UNC confirmed reports of a third cluster at the Sigma Nu fraternity house, and a fourth, at Hinton James Residence Hall, was reported Sunday.

In the messages, UNC clarified that a "cluster" is five or more cases deemed "close proximity in location," as defined by the N.C. Department of Health and Human Services.

We all saw this coming. But University leadership should have expected students, many of whom are now living on their own for the first time, to be reckless. Reports of parties throughout the weekend come as no surprise. Though these students are not faultless, it was the University's responsibility to disincentivize such gatherings by

reconsidering its plans to operate in-person earlier on.

The administration continues to prove they have no shame, and the bar for basic decency keeps getting lower.

They chose to ignore the Orange County Health Department, which recommended that the University restrict on-campus housing to at-risk students and implement online-only instruction for the first five weeks of the semester. They chose to ignore the guidance of the CDC, which placed the University's housing plan in the "highest-risk" category.

Even faculty — though many of them continued to teach classes in-person — saw it coming.

Now, as we prepare for a second week of classes, many questions remain unanswered. What factors will trigger the so-called off-ramps, and what will they look like?

Particularly concerning is the fact that the University has refused to disclose any additional information, including the official number of positive cases, citing the Family

Educational Rights and Privacy Act.

But, don't we have a right to know? There is a significant difference between five positive cases and, say, 20 — and the potential for exposure extends far beyond those identified through contact tracing. Furthermore, many have expressed doubt as to whether FERPA actually prevents the University from disclosing case numbers. According to guidelines from the U.S. Department of Education, schools may release information regarding COVID-19 as long as "a student's identity is not personally identifiable."

But it certainly wouldn't be the first time that UNC has used FERPA as an excuse to withhold relevant information from the campus community. For years, UNC refused to release disciplinary records of students found responsible for sexual assault on campus. Only after a long, expensive legal battle and a ruling from the North Carolina Supreme Court did the University

finally turn over the information.

The Editorial Board recognizes that the decision to transition away from in-person classes is one that ultimately lies with the Board of Governors — not the administration. However, the administration is far too eager to attribute blame to parties other than itself. Matters are rarely as complex as UNC makes them seem. The chancellor of a public university with a multi-billion dollar endowment is hardly powerless — not now, not ever.

We're angry, and we're scared. We're tired of the gaslighting, tired of the secrecy, tired of being treated like cash cows by a University with such blatant disregard for our lives.

UNC is often recognized for the ambition demonstrated by its students and faculty, and the administration's insistence to maintain an on-campus presence amid a pandemic can definitely fall under that.

One thing's for sure — this roadmap leads straight to hell.

truth and be as honest about the world and the events happening in it as we can possibly be.

By treating swear words as if they are some sort of bomb, we do our readers a disservice. It is not our job to protect and shadow readers from the reality of the world. Our job is to shed light on it, as difficult and harsh as it may be at times.

The Daily Tar Heel certainly succeeded in receiving the attention it deserves, and I believe their word choice was justified given the situation at hand. I applaud them for taking matters into their own hands. Current Editor In Chief for The Daily Tar Heel, Anna Pogarcic, told The Washington Post she stands behind their decision to run the headline.

"This is basically our full time job to serve our community and readers and hold the University accountable," Pogarcic said. "It came to a point where it just felt something needed to be said. The words we typically use were not enough."

What better way to convey their point about the university's decisions than by crafting a headline that would pull readers in and encourage them to read their concerns?

At a certain point, it's necessary to take a stand and develop new and creative tactics to deliver a specific message.

The Daily Tar Heel's play on words was an effective way of calling attention to UNC's decision to move forward with in-person instruction.

Let's spend less time treating swear words as if they are forbidden or the end of the world and more time allowing journalists to use their discretion when it comes to crafting headlines and relaying news to the public.

UNC student newspaper the "Daily Tar Heel" says "UNC has a Clusterf---k on its hands"

SAMANTHA BENDER

BY SAMANTHA BENDER
NEWS EDITOR

The University of North Carolina at Chapel Hill's student newspaper, The Daily Tar Heel, summed up the school's corona virus policy with an "f-bomb."

When news circulated of the profane headline and images of it were shared all over the internet, I couldn't help but consider whether using such strong language is acceptable in certain situations like this one, or if it should be

avoided at all costs.

The article, about clusters of corona virus cases that had popped up on campus since reopening, was fitting in more ways than one.

But I've always been taught that there's a time and place for everything and given the state of the world right now, specifically the effects of the corona virus on daily and school life, I'd say this was both the correct time and place.

Though there's no denying that such language should rarely be used, the editorial was well-reasoned and well-written with facts and statistics to back

up their claim and bold headline.

I'm also a firm believer in freedom of speech. While profane language shouldn't be used carelessly and just for the heck of it, such language can be used within context to best explain a situation or article, as well as to attract readers. It also comes down to connotation. Many words are considered everyday language, yet other words with the same definition are considered in poor taste due to connotations we've created and built up over time.

As journalists, it is our duty and responsibility to our readers to report the

An Amazonian Delivery: Riding Shotgun With An Essential Worker



Sydney Craig delivers Amazon packages during the pandemic.

MAURIAH JOHNSON

BY MAURIAH JOHNSON
LIFESTYLE EDITOR

“Welcome to the life,” Sydney Craig said as she pulled into the gravel employee lot at the brisk of dawn, opening the passenger door for me to hop inside Amazon’s white Ford quickly.

“We have 183 packages today, so, clearly, we’re not getting out of here early,” she joked.

The back of the van is filled to the brim with yellow and black three-foot-wide plastic crates the company calls “totes,” which groups the day’s deliveries. The packages are organized alphabetically by the zones’ zip codes and labeled with correlating stickers [A through E]. At the same time, large orders of bounty paper towels, kids bicycles and headphones peaked through the crevices of boxes.

“The route today isn’t my usual, we’re heading 40 minutes out to East Hampton.”

Craig places her pencil case of travel sanitizer on the dash, hooks up her Amazon delivery phone and cues Rufus & Chaka Khan’s infamous “Sweet Thing” while eating her homemade bacon, egg and cheese on a cinnamon raisin bagel as the sun began to rise. The van eases onto state road 74.

“You wouldn’t believe how many people are actually waiting to receive their packages this early,” Craig said as her head bops to the music emphasizing her retro striped cap. She nods and makes quick eye contact with me — “Yes, at seven in the morning.”

As Craig takes a right turn, she passes a burgundy sign reading “Welcome to East Hampton,” and the repetitive maple syrup farms; she turns into a high-end cul-de-sac. She pulls over, grabs her Amazon android, hops out and opens the double doors on the left-hand side and scans the bar-code of three packages.

“This is our first stop!”

Craig troops through the walkway in her grey pants, clutching the packages in one hand and the phone in her other. Standing at just 5’2, the rain happily greets her as she makes it to the door.

She gently places the packages at the front door where the customer has requested. Stands back, takes a picture for proof of delivery, swipes “Finish” on her device and is given her next destination that so happened to be two minutes away at a two-story home painted with a blue-eyed dancing monkey right out front.

The hopping in and out cycle continues for

20 minutes until Craig backs into a driveway; dropping off a box of Maxwell House coffee to a home resembling a tree-house with the roof of a hut. Skipping back enthusiastically, “Alright! first tote done!”

Driving five minutes out to the next destination in East Hampton, Craig pulls over into a non-housing area full of trees and begins to organize the packages in the totes by the zones labeled with the correlating sticker [B]; writing the number of the house with her black Expo marker that she keeps in her blue vest pocket.

As the sounds of juggling boxes quiets down, an overwhelming faucet of water begins to ring louder than the droplets of rain. With a quick neck turn, there’s Craig squatted in the middle of nature, taking a bathroom break with the doors of the open van blocking any possible pedestrian view.

Amazon drivers are permitted only one thirty-minute break and two fifteen-minute breaks that are “not convenient or effective” when working ten-hour shifts regularly and being held to timely delivery standards.

According to Business Insider, other Amazon drivers have even admitted to urinating in “bottles, bags or outside to save time on the road.” Some women shared they’ve “brought buckets and baby wipes to work so they could go to the bathroom in the trucks.”

The corona virus shelter-in-place orders has opened the world’s eyes to what it means to be an essential worker. Workers, often taken for granted, are risking their lives on the front lines. This includes grocery workers, mailmen, ride-share, transit and delivery drivers.

With the pandemic reaching nearly six million in the U.S. and millions still filing for weekly unemployment, Amazon still hasn’t wrapped itself around people testing positive in over 70 of their facilities.

The billion-dollar company may be violating labor laws as well as not taking safety precautions after NPR released information of the company unrightfully laying off protest leaders to “send a threatening message to other employees that they should also keep quiet about any health and safety concerns.”

Even Craig’s Bristol branch laid off “almost half the company [twenty workers]” through a text message. Branch management took nearly four weeks to accommodate the

facility properly yet social distancing markers were not implemented and gloves, masks and sanitizer had to be self-provided — which a mass production company like ‘the everything store’ [Amazon] could have easily provided.

While some changes have been made, such as indoor temperature taking stations, Craig admits that “a lot of workers began to skip to get to the vans outside.”

Luckily, there haven’t been any confirmed cases in the Bristol branch. However, Amazon is still neglecting the high possibility of contraction through essential equipment, like their community phones, chargers, keys, accessories and the vans.

“It’s not worth it, we aren’t properly compensated for the effort we put in and our health that is being sacrificed for \$16 an hour — no one deserves this Jeff Bezos,” Craig said.

Despite her employer’s shortcomings, Craig still makes her six in the morning shifts “the best,” by listening to the gospel hit “The Best Is Yet To Come” by Donald Lawrence & The Tri-City singers to get her mind right. For Craig, there is one thing that seems to triumph all odds: the customers.

“I’ve never felt such sincere gratitude for just delivering their packages, the smiles on their faces when I’m walking to their door and let’s not get started on their “Thank You” baskets filled with some of my favorites: M&Ms, Kind Bars and Bai Tea,” Craig gushed.

After finishing her last tote of the day around 1:30p.m., Craig decided to “gas up” and then take her thirty minute break. As she sat in the driver’s seat eating her Great Value canned pineapples, she reflected on all the wild dogs she’s had to dodge while delivering, how many telephone poles she’s hit trying to reverse the van and her infamous bathroom breaks in unspeakable places.

“I mean, I don’t know too many people who bring canned fruit to work for other purposes, not excluding bowel movements,” she added.

Her pearly whites shined in laughter as her gloved hand shifts the van from park to reverse.

“Alright! We’ve had enough Amazon for the day, let’s go home!”

UPDATE: Since the writing of this story, Sydney Craig’s Amazon branch has now been closed. She is become another one of the millions filing for unemployment.

A Fascinating Recreation

BY ISABELLA CHAN
EDITOR-IN-CHIEF

As I was falling down the YouTube rabbit hole during quarantine, I found myself in a peculiar place: food recreations. After binging the well-known Bon Appétit’s “Gourmet Makes,” I needed another series to feed my food obsessions — thus came Joshua Weissman’s “But Better.”

The series follows Weissman as he battles against coveted fast foods with his upscale version of them. Using professional cooking skills, high-quality techniques and real ingredients, the 21-year-old chef elevates the quick eats to restaurant-quality bites.

In the end, Weissman almost always comes out as the self-proclaimed winner.

I should warn you of a few things before falling into Weissman’s rabbit hole:

This is not a “do-it-yourself” series. In fact, anyone at a beginner’s cooking level should probably hold off on attempting his recreations because Weissman’s cooking technique and use of ingredients are impressive to say the least.

Weissman’s recreations are not identical to the drive-thru originals. Though he swears to make the recipes similar, they are not. His food merely captures the essence of fast food items.

My last piece of advice is don’t make the rookie mistake of watching on an empty stomach; the B roll shots will leave you salivating.

In other words, don’t expect to be able to go home, hungry, and recreate his Arby’s curly fries unless you have fresh black

truffle shavings lying around and know how to use them.

As Weissman takes on fast food chains with his artisanal reinventions, he takes his viewers through an experience that is almost familiar but new at the same time. By watching childhood favorites, like McDonald’s chicken nuggets, come to life in an actual kitchen, I can’t help but feel a sense of nostalgia hit — or maybe that was just my stomach grumbling.



In his version of In-N-Out’s Double Double, Weissman bakes his hamburger buns.

JOSHUA WEISSMAN

Despite being a fan of his competitor’s foods, the YouTuber is very critical of them at the beginning of each episode. By revealing the flaws we all hate to admit are there when it comes to fast-food franchises, Weissman places himself in the lead before even touching a whisk.

But Weissman’s confidence can often borderline arrogance, throwing in commentary like “I broke down this whole chicken for flex,” and “not everyone has to be extra like me” in his voiceovers.

During his Wendy’s Baconator cook-off, Weissman described his revamped burger as “the Michelin-starred French laundry,” and his counter-part as a flop, “trying to fly away because it’s embarrassed.”

The eccentric food blogger is self-righteous to put it lightly, but he truly does know what he’s talking about. If you can look past his not-so-subtle brags, then you can learn to appreciate his talent at the stove.

Rather than using store-bought brioche buns or even pre-made barbecue sauce from his fridge, Weissman creates almost every ingredient from scratch and incorporates recipes from his cookbook, “The Slim Palate Paleo Cookbook,” into the dish.

Crafting homemade Japanese milk buns and caramelizing onions for a sweet, savory sauce are doubtfully a part of In-N-Out’s Double-Double recipe. But in Weissman’s version it is a must, and doesn’t it just look beautiful that way?

But if his skills on the grill aren’t enough, then simply be enticed by the visually appealing B-roll and hilarious meme/Vine references thrown in. It pains me to say that not many YouTubers know how to capture an audience, but Weissman has got it down to a science.

The impressive edits coupled with mouth-watering food is too irresistible to deny. So if you find yourself nearing YouTube’s food rabbit hole, don’t be afraid to dive into “But Better.” Trust me, it is better.

Fall Fashion Is Calling, Ready To Pick It Up?

BY ISABELLA CHAN
EDITOR-IN-CHIEF

Leaves are falling and autumn is calling. Which means it is time to bring out the cozy sweaters and fun jackets to layer up. It may have been a while since some of us have ventured out of our homes, so for those looking for some guidance on how to tackle the brisk season, look no further than this fall fashion guide.

COLORED LEATHER

There's nothing like throwing on a good piece of leather to add a touch of rebellious to any look. With an excellent article of leather, an outfit can become a beautiful fashion ensemble. Simply make that change by elevating your look of black leather to colorful leather —the splash of vibrant hues will add a refined, sophisticated edge.



EARTH COLORS

If jewel tones are too vibrant for your taste, then ground yourself with beautiful, open earth tones. By layering various shades of browns, greens and whites, an outfit is elevated to a modern yet clean look. Much like jewel tones, earth colors are complementary of one another and, when combined, they offer chic attire for the season.



JEWEL TONES

They say diamonds are a girl's best friend, but deep jewel tones might have them beat. Everyone looks good in at least one shade of jewels; whether it is sapphire blue, ruby red, amethyst purple, citrine yellow or emerald green, there is a color for everyone! The best part is, all jewel tones are complementary to each other which makes curating an outfit with all the tones a breeze.



STATEMENT CARDIGANS

Sweater weather is here, but that doesn't mean to pull out the "plain Jane" pieces. Layering on a statement cardigan adds an element of vivacity that a solid colored sweater just doesn't have. Plus, it's a great way to stay warm; the more layers, the better!



ANIMAL PRINT & FAUX FUR

Animal print is always a hit year-round and it becomes a major trend in the fall when coupled with faux fur. Take on the jungle that the world has become with these animalistic vibes and fierce prints and fabrics. You'll surely be able to take on the COVID-filled autumn.



COLORED & PRINTED SUITS

Every college student should invest in a suit because, together or separately, it offers an easy go-to in professional attire. In addition to that, a suit rarely goes out of style and this season is no exemption. Play around with colors and fabrics to assemble a suit that fits you and your style perfectly. Consider seasonal shades and fabrics, like corduroy, that'll keep you toasty inside and outside.



We Can't Keep Up With The Kardashians Anymore

BY SHWAR ZAIDI
CONTRIBUTOR

“It is with heavy hearts that we've made the difficult decision as a family to say goodbye to Keeping Up with the Kardashians,” according to Kim Kardashian's Instagram post.

“After what will be 14 years, 20 seasons, hundreds of episodes and numerous spin-off shows, we are beyond grateful to all of you who've watched us for all of these years – through the good times, the bad times, the happiness, the tears, and the many relationships and children. We will forever cherish the wonderful memories and countless people we've met along the way. Thank you to the thousands of individuals and businesses that have been a part of this experience and, most importantly, a very special thank you to Ryan Seacrest for believing in us, E! for being our partner, and our production team at Bunim/Murray, who've spent countless

hours documenting our lives. Our last season will air early next year in 2021. Without Keeping Up with The Kardashians, I would not be where I am today. I am so incredibly grateful to everyone who has watched and supported me and my family these past 14 incredible years. This show made us who we are, and I will be forever in debt to everyone who played a role in shaping our careers and changing our lives forever.”

We never knew this day would come, but it's finally here. “Keeping Up with the Kardashians” is a hit reality TV show documenting the life of a huge family with Kris as the mother who raised six daughters: Kourtney, Kim, Khloe, Kendall and Kylie, with frequent appearances by Rob Kardashian and Scott Disick.

The show filmed each of their lives and displayed how they dealt with being famous while sticking together as a family since 2007. Recently, it was announced that the show would be coming to an end after 18 seasons.

Khloe Kardashian wrote the same message on her Instagram page, expressing how much she loved being in the show, but it had to end with all the family signed at the bottom of the message.

Some Central Connecticut students have said they felt shocked and hurt that their favorite show would no longer be there with them.

“I've been watching this show since I was so little and it almost became a tradition,” student Sofia Boluk said. “The show will be missed dearly. It's been great.”

Many speculations are going around as to why the show came to an end.

According to Elle, there has been a source saying that Kylie Jenner and Kim Kardashian wanted to quit the show to take care of their kids and partners. Kim has had a lot of drama with Kanye West and wanted to focus on her mental health.

Furthermore, according to Elle, Kourtney Kardashian has already

reported that she could not stay in the show because it was a toxic environment for her. Which is why Kris finally decided the show should end.

Senior Melody Zielke expressed her support for the Kardashians and explained why she did so, sharing she thought the hate they received was unnecessary.

“I have always supported the Kardashians/Jenner clan because of a very important reason,” Zielke said. “Kim, Kris, Kourtney and Khloe made their way to the top being female in a man's world. With their TV show and much different clothing, makeup and perfume lines created on the empire. A lot of people give them hate, yet they have never walked a day in their shoes to know how hard it is to live in the paparazzi camera 24/7.”

Fellow senior, Deena Lavado, said she was completely in shock when she found out the show was ending but has a feeling they will come back.

“I feel sad that the show is ending and I am sure I can speak for all the fans when I say that we did not see this coming,” Lavado said. “But I am looking forward to seeing what new business adventures they will have after the show is over and I am sure they will bring the show back when their kids are older.”

Regardless of whether people hate or love the Kardashians, the show became the reason for their popularity. Many people around the world were entertained, which resulted in a total of 18 seasons to be produced. The show will be missed by many of their fans who supported them through their fame.

If you have never watched or would like to re-watch the show, it is still available in Hulu. There are also spin-off shows such as “Life of Kylie,” “Kourtney & Kim Take Miami,” “Kourtney & Kim Take New York,” “Khloe & Lamar,” “Dash Dolls,” “Rob & Chyna” as well as recent ones like “Revenge Body” with Khloe and “Flip it Like Disick” with Scott.

No Straight Roads: Battle Of The Bands

BY SAMUEL PAPPAS
STAFF WRITER

You know that feeling when you lay on your bed for three hours and listen to the same album you've heard a thousand times and contemplate your place in the universe? Have you wondered what that would be like as a video gamer?

Well, keep wondering because "No Straight Roads" is a rhythm-based hack-and-slash game from a Malaysian based developer, Metronomik.

The plot is simple. Mayday and Zuke's band, Bunk Bed Junction, was publicly mocked on television by the EDM producers of NSR, so our heroes decide to go on a crusade in the name of rock and roll. This element of the story is woven into the game in a fun way. As you fight the boss and gradually whittle down their health, the music changes from club music to classic rock. When the boss runs out of health, Mayday and Zuke deliver a finishing blow reminiscent of the "All-Out Attacks" from "Persona 5."

In NSR, gamers play as Mayday and Zuke, two up-and-coming musicians who use the power of rock to strike back at the electronic dance music (EDM) authority of Vinyl City. Enemies and bosses attack you in patterns based on the beat of the song playing in the background, so jamming along to the wonderful soundtrack helps you get better at the game.

Every boss feels unique and has a magnificent presentation, but when it comes to the core game play of running, dodging, attacking and exploring the levels, things fall apart.

The camera stays at a fixed angle, making it impossible to see enemies behind you. Jumps allow for minimal course correction when a character is already airborne. Fighting ranged enemies is a chore since only specific foes drop ammunition to fight them. The list goes on.

The game is also plagued by a multitude of bugs and glitches—missing textures, infinite boss phases, falling off the map, etc. None of them ruin the experience on their



In NSR, Mayday uses her guitar to bludgeon her enemies. Coachella is going to be crazy this year.

NINTENDO

own, but they do put a damper on things.

NSR sidesteps the game play issues by letting you restore your health to full and try again whenever you die, at the cost of reducing your rank on the Boss Fight to a "C."

The game isn't difficult per-se, but if you're the type of person who likes to get high scores in games like "Devil May Cry" or "Bayonetta," then NSR will aggravate you to no small amount.

Metronomik's debut title isn't taking any awards home in the game play department. It's clunky, but if you're on board with the style and characters, then the game play is just serviceable to bring you to an end.

Every time the game play was starting to wear on me, NSR brought me back with its fun, cheeky character interactions and expressive animations.

NSR has the texture of an anime from Studio Trigger. The battles are larger than life and filled with intriguing imagery that brings the settings to life. Mayday and Zuke also get a surprising amount of development as they defeat more bosses and liberate more of Vinyl City. Some dialogue-heavy sections can overstay their welcome and many of the background NPCs feel like they could have

been better utilized, but I would be lying if I said I didn't enjoy NSR.

It's rough around the edges. The game play is formulaic and bland in many places. Still, when it came together, I was moving my head to the beat and feeling the adrenaline build up as that familiar rock tune signified the boss was almost defeated.

Mayday and Zuke fight back because they love music and being a part of the culture of their city, but passion can't take you everywhere. I won't spoil the ending, but Bunk Bed Junction learns the value of music to inspire change within their community.

It's a feel-good game with a wide range of musical styles and influences that shape the game as a whole. The entire soundtrack has even been dubbed in multiple languages with a level of care and dedication put into each localization that I've never seen in a game before.

For \$40, you could do a lot worse. I wouldn't recommend NSR to everyone, but if you are in the mood for an upbeat, inspiring journey with some great music to boot, then go rock the town.

Oh Covid, What Have You Done

BY KELLY LANGEVIN
SOCIAL MEDIA EDITOR

My stomach rumbled with shaking hands as the wheels of my car turned into the parking spot that I anxiously chose. I went on to search my car for the waitress apron that hadn't been touched since March.

It had been three months since I was furloughed from my job because of corona virus but finally, it was time to return.

"Frick, where's my mask?" I annoyingly asked myself, praying I didn't leave it at home.

I reached below to pull out my black mask with bright red chili peppers, put it on and walked into work, hoping that I wouldn't feel lost.

"Are you kidding? I waited this long for my food and it looks like this. I want a full refund," a tall, angry blonde woman with a pixie haircut yelled to my manager at the To-Go station. I definitely didn't feel lost anymore.

Boom, welcome back to food service.

It was a weird feeling that day: wearing a mask that muffled my already soft-spoken voice and sporting over-sized working gloves was not my familiar work attire. The day consisted of dropping my pen one too many times and accidentally writing a whole order in complete gibberish because my hands were simply not at ease, followed by staring at the menu again and again due to my nerves.

Oh COVID, what have you done?

I spent the day sanitizing every table that was open over and over again—even cleaning the tables that were taped off to maintain the restaurant's 50 percent capacity. The only thing that COVID made easier at my job was the pay-at-table tablets.

After a few hours went by, wearing a mask to keep myself and others safe didn't phase me. It was different, but not impossible.

"Sir, your T-shirt over your face does not count as a mask," the restaurant host exhaustively explained to

the umpteenth person that day. After an exchange of unpleasant words, the man left and did not return.

I thought to myself, "thank God," because I did not want to serve that guy. But as I turned around, thinking I was lucky, a party of 10 walked in equipped with their masks.

According to CDC and our corporate office, the restaurant cannot seat more than five people at a table unless one is an infant.

The host kindly explained their family can be seated but at separate tables and was not allowed to get up and keep talking to each other because of social distancing around other guests. They agreed and were seated.

"Hi guys, welcome can I take your order?" I asked the first table of adults who were standing and not sitting.

"No, we need a minute," one woman replied.

As I walked back over to my manager, I told her the table would not sit down.

"They're protesting," my manager explained. "They can't be seated together. They're protesting."

My job has always been more than writing down an order, serving food or scraping the unwanted pieces into the trash. My job has consisted of listening to customers, the good and the bad, and being told I do my job very well or plain awful.

But with COVID being added into an already chaotic setting, the new wave of reality has not set in on everyone yet.

Though I was away from my job for three months, it didn't take me long to realize Covid-19 has changed just about everything I thought I knew. And with every shift I walk in wearing a mask, feeling ready to embrace the new chaos that will come my way, there is always people with T-shirts high above their noses and the families who try to protest the restaurant rules.

When my shift ended and my wheels turned out to leave the parking lot, I glanced back at the brightly lit restaurant and let out a heavy sigh.

"Oh, COVID," I said. "What have you done?"

Netflix Brings Culture Back

BY MAURIAH JOHNSON
LIFESTYLE EDITOR

After Netflix launched its "Strong Black Lead" section in February, the anticipation for its release of seven series hits from the '90s to the 2000s has finally arrived.

On August 1, the trailer began with "Moesha" (1996-2001); the show revolves around the life of a fashionable teen named Moesha [Brandy] struggling with friends, relationships and losing her role as the female head of the household after her dad marries her high school teacher.

"Moesha" has six full seasons that were enough of a binge for the rest of your summer or held you up until September 1 when "Sister, Sister" came in full force.

Many may not know of "Moesha," but "Sister, Sister" (1994-1999), starring Tia and Tamera Mowry is a classic and where "go home Roger!" all began. In the midst of a hectic shopping day, the long lost twins finally meet each other while arguing with a confused Frenchman over Tia's "sweat-er" and Tamera's "sweat-shirt"—you'll have to watch the very first episode to get that one.

Re-watching the show now as an adult, there are some quite predictable moments from the adopted twins, but there's you'll remained entertained by Jackée Harry's hilarious comebacks and stellar belt collection.

My personal favorite is the timeless classic "Girlfriends," (2000-2008) starring Joan (Tracee Ellis Ross) and her hilarious girlfriends: Maya, Toni and Lynn. We can't forget William, as he is the only man casted in the series as the main character.

Netflix released the series this month and it has been nothing but greatness—granted the episodes are only 20 minutes. The show is complete as these beautiful women of color portray stories that are just too real to relate to; with Joan as the controlling lawyer, Toni (her best friend) as the Fresno gal that just got rich, free-spirited—and unemployed—Lynn and Joan's unpunctual, dutiful assistant Maya it's no wonder the show ran for eight years.

From issues of racism, middle-aged dating, betrayal and just life, the eight season series will take you through a roller coaster of emotions and make you want to call up your girls and your best guy-friend to get the life advice you didn't know you needed, or wanted.

Stay tuned for the rest of Netflix's "Strong Black Leads" coming soon:

Oct. 1: "The Parkers"
Oct. 15: "Half & Half"
Oct. 15: "One on One"

Q & A: How To Survive Being Home

BY CHRISTOPHER CACERES
CONTRIBUTOR

For many students, college is their first time away from their family. The corona virus pandemic created a need for remote learning, which can be challenging for some.

Sure, it's nice having cooked meals and perfectly folded shirts that smell like a cross between lavender and childhood, but losing the sense of independence that comes from moving away to college is irreplaceable.

It's a weird feeling experiencing the first day of college from the dinner table while your mom makes dinner and tells you to sit up straight, and your little brother keeps asking your help with fractions, all while your dog barks at the neighbor's dog outside.

If any portion of this hits home, here are some tips from Dr. Jonathan Pohl, Coordinator of Wellness Education at Central Connecticut State University.

Q: How do students maintain their sense of independence while living at home?

A: Students, more often than not do not maintain independence unless living in a space that has its own entrance, such as a "mother-in-law" apartment. Often students find themselves being treated less like an adult and more like a high school student. I encourage students to have a sit-down meeting with parents to review an updated set of rules to living in the house. The students describe their capacity to accept responsibility and try to get freedoms to match. Some parents will not budge, but most will make accommodations.

Q: How should students deal with feeling anxiety during an unprecedented semester?

A: The first step would be to monitor their anxiety level. The average person during the pandemic has been feeling more anxious, and this has led to difficulty sleeping, eating and organizing. I would want the person to place their anxiety on a scale of 1-10, one being the least anxious and 10 the most — monitoring the anxiety several times a day. I would also want them to make a list of activities that would reduce the anxiety (a toolbox

for emotional health), with indoor/outdoor activities, activities with others via the web and alone, and hopefully a number of them being free. Then pick the peak times and use the tool in the toolbox and monitor whether or not the tools worked.

Q: Just because there is a pandemic does not mean the desire to socialize and be a typical college student has gone away. How should students deal with the feelings of FOMO (fear of missing out) and depression?

A: To deal with FOMO, remind yourself that today's sacrifice is tomorrow's freedom. Be realistic, you will miss out on some of the college experience, as everyone is missing out on socializing and events in life. However, know that you are preparing yourself for when the pandemic is over and we go into Normal 2.0. For those who are taking a semester off, they will be in college with a slightly younger crowd. For those who are still partying, you are "socially cheating" yourself and others. You are able to socialize now but it is costing everyone else more time in the midst of the pandemic. The more people socialize now, the longer we have to wait for the pandemic to become manageable. The pandemic has brought a level of depression to everyone, how much depends on the person. To work on the depression, find small things that are pleasing to you and focus on them. Make time for friends and family if only in virtual life and make plans for when this is all over — even if for 2022. If the depression persists, seek out Counseling 860-832-1926.

Q: Being back at home may feel like moving backward in life. How do students deal with thoughts like this?

A: Especially, if parents are treating you like you are back in high school, checking on homework, etc, always react as if you were out on your own — "no need to check on homework — it's done". Try to make it feel more like going home to save money for an apartment, put some money in the bank toward that for when this is over. Remind yourself of your ultimate goal, the degree, and then think about when that will happen. Even print out a calendar for May (fill in the year) and put it up where you can see it. If family needs you to help around the house, see if

you can get the specifics such as watching the rest of the family on certain days for certain hours and not letting that become every time you are home. Keep your eyes on today and tomorrow.

Q: How can students stay motivated while remote learning?

A: You won't be able to stay as motivated at least not in the same way as before COVID. I would encourage thinking about how you get motivated and then working off that create new ways. Look to completing the next assignment so you can move closer to your degree, or to complete the class. Do an activity countdown for the semester so you can see your progress. A major factor in motivation is to thinking about most things as shifting, as fluid. The reason for this is everything is changing, the times of classes meeting, the format, the syllabus, the professor's passion for teaching and especially technology and accessibility. Allow yourself the opportunity to move with the changes, as fighting them will only impair your motivation. Keep a journal of your life so you can let it out and return to it when facing adversity.

Q: How do students stay focused on schoolwork when there are so many interruptions and distractions, like siblings and parents?

A: These are out of the normal distractions. There isn't anyone running through your class yelling about needing a bowl of Cheerios, except maybe the virtual-acting class. Try to find the humor in this. Nobody will believe this world existed, but it does. The next thing is to try to set boundaries. My children have their schedules on their doors, so I know when not to interrupt them. There are perks in being home and allow those no-rent, free food perks to be the focus when ultimately frustrated with interruptions. If you can set regular school times, that will help avoid some interruptions, but not all — family members will adjust to your schedule.

Q: Can you share tips for mediation when there is a dispute with a family member?

A: The first step is to have weekly family meetings to share the ups and downs of

the week and create a forum for mediation. Know there will be times when everyone is frustrated and this may be the time for a game of Monopoly or baking cookies — anything just to get rid of some of the tension. The mediation needs to occur when everyone is at their best, or at least willing to listen. If nothing works, have people repeat back what they just heard the other person say so communication is clear.

Q: What should students know about how their parents or guardians are feeling during this pandemic?

A: They should know parents and guardians are just as lost as they are in muddling through the pandemic. The added pressure of having to have answers when there are none can be anxiety provoking. Also know, if the grandparents are still alive this creates an added burden as they are not able to interact with them as they normally would — fearing that COVID could strike at any time.

Q: How can students connect with someone at CCSU to help them through this stressful time?

A: They can connect to Counseling, which is extremely helpful, to get tips on reducing anxiety and have someone who is not biased to talk to about problems or concerns. There are clubs and events still taking place on campus and everyone should keep on eye out for things to do, taking necessary precautions. Professors can help with projects that could forward the academic career. There are a number of resources available to find ways to manage. In Wellness we have tips on managing emotionally, behaviorally and socially while coping with COVID. I have a twitter account under @janothapohl2 and there is an Instagram account @ccsuwellness.

Q: Lastly, any closing thoughts on this semester and whys students can get through it.

A: Stay focused and know there are others out there struggling as well. We need to be a community.

Crossword

WORDS

- RECREATIONS
- SOCCER
- KARDASHIANS
- AMAZON
- PRACTICE
- BUDGET
- TRACKING
- QUARANTINE
- HYFLEX
- CULTURE
- RESIDENCE
- DARCY

R	E	S	O	C	C	E	R	R	A	D	T	M	C
S	E	E	N	I	T	N	E	R	A	U	Q	Y	B
E	R	C	E	F	K	R	A	E	A	S	E	R	U
I	C	N	R	A	E	E	A	R	E	R	P	L	D
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A	S	K	A	R	D	A	S	H	I	A	N	S	I
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Volleyball Back in Action: A Dive Into Practice in a Pandemic



Volleyball is back to full team practices after doing a few weeks of smaller groups.

LINDA SAGNELLI



There is no way that games will be played this year, but the hope is that there will be a season in the spring.

LINDA SAGNELLI

BY RYAN JONES
MANAGING EDITOR

The fall season is postponed and having one in the spring is merely speculation to this point. Still, CCSU volleyball is working like they've got a game tomorrow. In these extremely abnormal times, this might be the most normal thing we've got.

Last week, volleyball started practice on campus in small groups of 3-5. Though the plan is for all fall sports to do the same, volleyball is currently the only team to get fully cleared by health services.

Because the process of getting fall athletes cleared normally is done from spring through the summer, having to do it all at once has caused some bumps in the road in terms of getting everyone cleared.

Sagnelli said that health services "did a phenomenal job in such a surreal environment. They were able to methodically go through their checklists and clear everybody." This year, there were multiple stages of the testing done online.

When the athletes returned to campus, they quarantined together in a dorm for two weeks. Sagnelli said this was critical for the team's bonding and chemistry, something she has instilled as the standard for her teams.

In a normal year, volleyball would have been having team dinners, team building exercises and other off the court activities. "That's when you really learn about each other," Sagnelli said. However, through the "quarantine dorm," Sagnelli said the team was still able to find that connection.

"They were bonding with themselves for 14 days," Sagnelli said. "It just presented itself in a different fashion this year, that's all. Our players are still our players and they're very warm and welcoming. The bonding just came in a different manner, a quarantine dorm, as opposed to what we normally do."

Even with all of the planning, the idea of practice

during a pandemic is still hard to imagine. What could that possibly look like?

Well, it all starts from the schedule, and it is certainly a tightly run one.

First, the team had to be broken up into bubbles. Sagnelli and assistant coach Matthew LaSance both run groups of five on Monday, Wednesday and Friday. Both groups meet at separate times so that the gym and equipment is all sanitized. Greg Shell, also assistant coach, holds practice on Tuesday and Thursday with a group of three players who live off campus.

As the athletes walk into Kaiser Hall, they should have already completed their daily symptom test, which is subsequently shown to their coach.

From there, there is less of a schedule and more so guidelines the team abides by. Coaches stay 6+ feet away from the players and masks must be worn for the entirety of practice.

Players are given a mask and water break during practice as well. After sanitizing their hands, they leave the building and space themselves out to safely drink and get some mask-less outdoor air. Throughout practice the balls are sanitized frequently.

Once the second week of practice is complete, the team will be moved into the next phase, which allows them to practice in larger groups of about 12-13. For volleyball, this means the full team will be practicing together (13 on roster).

A season without games is a strange one for sure, even for Sagnelli.

"Even if it's a normal year, each year is different than the one before it. As coaches we always look at years as separate," Sagnelli said. "With that said, this year brings new challenges. We are very hopeful that we will have a season, albeit in the spring, but that's hope. When you have hope that can really be inspiring."

Apart from the safety measures, what teams are doing in practice also differs this year than others. The goal is to improve on strength, conditioning and individual

improvement while also putting an emphasis on getting out there and having fun, according to Sagnelli.

"We don't have to work as much on systems because we don't have a game coming up in a week or two," Sagnelli said. "Through it all I want them to have fun and I think that's really important. The players love to scrimmage and play in competitive games so we're gonna be doing more of that and a lot less coach controlled drills."

Sagnelli also said there are plenty of benefits to taking this approach. "There are more unexpected things. You can learn so much through play and that's what we're gonna focus on this fall. We want everyone to stay engaged."

So far, so good for Sagnelli, who said the team's intensity has not changed in the slightest.

"You would never know it if you walked into the gym that anything was different," Sagnelli said. "They are practicing with the same intensity, the same love for the game, they're great teammates to each other, they're wonderful to coach and I think that's inspiring."

Across the country, the blame for the uptick in COVID-19 cases has been lumped onto college students. Sagnelli explains how her players hope to change that stigma.

"They're doing the best that they can given all of these parameters that they have to deal with," Sagnelli said. "You see a lot of news that is negative towards the college aged student but it's also an opportunity for college age students and specifically our student athletes to actually lead the way. This can be a positive."

Sagnelli has no doubt in her mind that her team will remember this strange season for the rest of their lives. She is also confident their actions will be remembered for good. "To look back and remember how positive you were through adverse situations can really say a lot for your character and the character of the team."

A season in the spring is only speculation at this point. Still, CCSU volleyball is hard at work like they've got a game tomorrow, perhaps the most normal thing we can look to in these increasingly abnormal times.



Seniors will be granted an extra year of eligibility. There are five on CCSU's roster.

LINDA SAGNELLI

OPINION

Sports and Politics Were Never Separate, and They Never Should Be

BY RYAN JONES
MANAGING EDITOR

The National Basketball Association brought the sports world to a halt last week when the players had a unified boycott of their playoff games. Like every other time an athlete has used their massive platform to promote social equality in America, it was met with some disdain.

“Shut up and dribble.”

“Stick to sports.”

Faultfinder “fans” often reiterate these phrases, but those phrases are founded in falsity. Sports were never a separate entity of the world around it and throughout history has blurred the lines between politics and sports.

The reason behind the NBA’s recent boycott stems from police brutality and specifically the murder of Jacob Blake. Players around the NBA have been protesting this and showing support for Black Lives Matter since the season restarted in June.

But this is not the first time that America’s ingrained racism has forced athletes to push sports to the back-burner.

That alone is so frustrating to imagine: countless people have used their platform to speak out against racism over the years. Now we are seeing their children and grandchildren fighting for that same cause.

Social issues are just as embedded in our sports as they are our daily lives. In fact, some

of sports most iconic-and darkest-moments are born from it:

America in 1968 was reaching a boiling point. Tommie Smith and John Carlos, both runners for that summer’s U.S. Olympic team, literally used their platform to send a message. After taking first and third in the men’s 200-meter event, Smith and Carlos raised their fists to the sky as the national anthem played. The two lowered their fists as the song ended, but the moment had already cemented itself in history. Just five months after Martin Luther King Jr.’s assassination, Smith and Carlos were booed by the crowd. Smith went on to say, “If I win, I am American, not a black American. But if I did something bad, then they would say I am a Negro. We are black and we are proud of being black. Black America will understand what we did tonight.” The International Olympic Committee was outraged, though IOC President Avery Brundage had no problem with Nazi salutes during the 1936 Olympics, which brings me to...

If 1968 was a boiling point, 1936 was a volcano. Though a few years removed from the start of World War II, Adolph Hitler’s reign over Nazi Germany was in full effect, making Berlin easily the strangest setting imaginable for the 1936 Olympics. Though the NAACP had advised a boycott, American runner Ted Owens took the track and took the crowd gathered by storm. Owens won four gold medals that day and cemented his legacy as possibly the greatest track and field



A group of Cuban baseball players from the Negro League Red Sox in the dugout together during a 1951 home game. **BASEN**

runner of all time, all while in the land of a dictator who believed his race to be physically inferior. Unlike his white teammates on the U.S. Olympic team, Owens was not invited to the White House by President Franklin D. Roosevelt.

If sports are truly some sort of escape from reality, then why was baseball just as segregated as the rest of America? While the story of Jackie Robinson is sometimes portrayed as an endearing turning point, it’s more essential to note why Robinson joining a major league franchise was so important. While Major League Baseball was seen as America’s pastime, the Negro Leagues (comprised of African and Latino Americans) were shunned as the ugly stepsister. Players like Satchel Paige and Josh Gibson could have

dominated in the majors had it been possible. Even when players did integrate, “smooth” is the last word I’d use to describe the transition. Robinson and the other African American players who had integrated into baseball now had a target on their backs. They were now free to play the sport they love but now fans, managers and fellow players hurled death threats and racial epithets at them with every step up to the plate. There was nothing equal about the treatment African Americans got in the MLB.

So often we hear the phrase “history repeats itself.” Whether you are criticizing protest or staying silent today, you are complicit in this version of history repeating itself for African Americans as it has for the past 400 years.

Mick D’Arcy “Closes the Book” on 2019 Championship, Looks Ahead to Another



Mick accepting his award last season after the women’s soccer championship victory.

RYAN JONES

BY RYAN JONES
MANAGING EDITOR

Mick D’Arcy has plenty to be proud of from his time coaching CCSU women’s soccer. But he doesn’t dwell on that much.

“Each year is a new beginning and I’ve always thought it best to close the book on the previous year and start fresh,” D’Arcy said.

So far, that plan seems to work well for D’Arcy and the Blue Devils. D’Arcy has coached CCSU to eight NEC Championships in his 20 year tenure including two in the past two seasons.

There are tons of stats you could pull to show how successful CCSU women’s soccer has been over the last two decades, but there is one in particular I find both trivial and mind blowing. Freshmen on the 2002 team only knew success. No, really. From 2002 to 2005, CCSU won the Championship every year. On the other side of this, an incoming freshman on any other NEC team in 2002 did not fair as well.

Before he fully closed the book on last season, D’Arcy did take a point from one chapter with him to bring along this year.

“Last year was a fantastic season on many levels,” D’Arcy said. “As a coach you always want to maximize the potential of your team and I think we did that last year.”

It’s hard to argue against that. After their first conference loss on October 3, the Blue Devils did not lose another game until the November 22.

After their run through the regular season and NEC Playoffs, the Blue Devils took down Rutgers in the NCAA Tournament before their season ended against West Virginia in a 1-0 double overtime loss.

The loss was heartbreaking, but there was still much to celebrate going forward. From then on, D’Arcy said his team knew “that we were able to compete at that level and we were good enough to advance to the Sweet 16. So this year our goal was not so much to advance further in the NCAA Tournament but to once again maximize our potential, leave it all on the field and see where that takes us.”

When asked about the possibility of “defending the title” won last year, D’Arcy explained that that is not a phrase he is a fan of. “There is a trophy in Kaiser Hall that says 2019 NEC Champions on it. We don’t need to defend it. That’s the job of Campus Security. I trust that they won’t let anyone steal it,” D’Arcy said.

While the future is uncertain as ever, D’Arcy and the Blue Devils are still hopeful that there will be a season played out in the spring. D’Arcy acknowledged the hurdles in the way of that, but trusts the dedication of his team to overcome them.

“There is a huge responsibility on our students to be socially responsible over the next few months,” D’Arcy said. “But they understand what is at stake here. They want to play. You don’t get to be an elite Division I student athlete without making sacrifices and having self-discipline. Obviously there are some factors outside of our control but we plan on doing everything we need to do so that we can compete this year.”

NCAA Announces Start of College Basketball Season



Teams can officially begin playing games on November 25.

GEORGE ATTWOOD

BY RYAN JONES
MANAGING EDITOR

The winter sports season is back on after the NCAA Division I Council approved the start date for both men's and women's basketball season.

There will be a games played, but things will not look like a typical season.

Games will start on November 25 instead of the originally planned November 10 date. This was done because most schools are sending students home after Thanksgiving for the remainder of the semester.

The empty campuses will be used as an impromptu "bubble" for basketball players, though the term bubble has specifically not been used by the NCAA so as to avoid confusion.

Teams are required COVID-19 testing three times per week. This includes players, coaches, trainers and anyone else the team would be interacting with during the season. For CCSU this number is right around 30 tests given three times a week.

A problem some schools may face is the cost of testing. CCSU may be looking into cheaper testing possibilities than their current tests, which cost over \$100 per person. Cheaper tests run the risk of false positives/negatives, but the belief is that such a high volume of testing each week will weed out any false reads.

As of now, no schedule is in place for who CCSU will be playing or when, but the belief is that there will not be much travel this year due to the pandemic as well as spending.

Both the men's and women's teams have already started practicing on the court in small pods and masks. Full team practices will start up on Wednesday, October 15.

The maximum number of games a team can play is 27, down from the usual 31. Along with this, teams only need to

play in 13 games to be eligible for the NCAA Tournament, the latter possibly a decision made factoring in the realities of the pandemic. For a basketball team, one positive test could wipe out an entire team for a few weeks and with an already shorted season, makeup games may be hard to come by.

The NCAA recommended that schools play in at least four non-conference games. For CCSU, these games are crucial for the athletic department. Before the pandemic, the men's team was scheduled to play in guarantee games against Virginia Tech and UConn. If both of these games are still played, it's likely that the revenue made will be less than originally planned.

The men's team was also slated to play in three non-conference games as part of an event at Rutgers. Originally scheduled for November 10, this may be out of the question as well for the new season.

At this time there is no information on a start date for CCSU and the rest of the Northeast Conference, however the NEC has met twice already to discuss possibilities and is scheduled to meet on September 30. All signs at the moment point to a December start to the regular season.



Once the basketball season starts, the empty campuses will act as an impromptu "bubble" for basketball players.

JULIA JADE MORAN

Ryan McCarthy Gives Thoughts On a Football-less Fall

BY RYAN JONES
MANAGING EDITOR

College football is deeply entrenched in the culture of almost every American university. A fall semester without it seems just crazy enough for 2020, but the postponement of the season is equally as historic as it is telling of the state of the world today.

In CCSU's official record book, the Blue Devils' season record is listed year by year, dating back to CCSU's inaugural 1935 season (which was only three games in length). There's one gap from then to now, with only four words used to explain the break from 1942-45: "No teams - War years."

What phase will delineate this year? "No teams - COVID years"? When CCSU football inevitably returns, what will the state of college football look like? How can coaches ensure the safety of their players while still running a tight ship on the field?

There are countless questions and hurdles college football coaches will have to face before college football can return. CCSU football head coach Ryan McCarthy has been busy facing these hurdles himself

though it has not distracted him from the things he misses from the game.

"What drives us as coaches is being around players," McCarthy said. "They give us energy."

McCarthy is in no rush to send out the Blue Devils in the midst of a pandemic and has focused on being "openly transparent" with his players about the current state of the team.

Towards the end of last semester, McCarthy said he told his team that he had "no idea what things were going to look like" going forward.

"I didn't think there was going to be the inordinate amount of spikes that we saw in the country," McCarthy said, "but I didn't feel good about the season and to be honest with you, a lot of the kids didn't feel good about it either. They had health concerns as well, as they should."

McCarthy said he is mostly against the idea of playing a full season this spring and questioned the logistics of it.

"What is it gonna look like? Are you going to play in the spring and then play in the fall? How many games are you going to play in the spring and then play in the



Blue Devil football will continue to safely workout and prepare for what comes next.

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fall? We're talking about health and safety, you're going to play 20 games in a year? I don't know how that works," McCarthy said.

In lieu of the tremendous workload of having two seasons in a single year, McCarthy proposed that the team plays in a number of scrimmages with teams from around New England akin to high school football jamborees. "Just to grease the wheels a bit," McCarthy said.

"You can't just throw them on the field right away," McCarthy said. "With injuries and how the game is played I don't think it's in anyone's best interest to throw them back out there."

Instead, McCarthy said "we need to gradually work into it and formulate a plan. I think the plan is let's play in the fall. Go through the spring, play a couple of exhibition games and then take it from there."

The Monetary Toll of a Sports-less Semester

BY RYAN JONES
MANAGING EDITOR

As Central Connecticut State University faces the loss in revenue from online learning, their athletic department grapples with another loss of revenue, a semester without games. The consequences of this could mean a loss of roughly \$916,500 in expected revenue.

All of the games scheduled for Central Connecticut this fall were off the table after the Northeast Conference announced the postponement of the season on July 9. Though there's never a good time for a pandemic, the loss of the fall sports season in particular is brutal for college athletic departments. For CCSU, it cost hundreds of thousands.

CCSU football brought in the most revenue in both guaranteed games and outright ticket sales among all of the school's sports (based on average of past three seasons obtained by the Recorder). Guaranteed games are road games played against upper-level schools in which

schools like CCSU get paid to play in.

This fall, CCSU football was scheduled to play in a guarantee game against Toledo. That game would have made CCSU athletics \$325,000, which alone accounts for roughly a third of all revenue in the department in a given year.

In a typical year, football will bring in \$412,500 in guarantee games and an additional \$22,000 in ticket sales.

With no games being played, the department does save the money that would have been used for travel costs.

With football's season gone, the attention now is on basketball. The NCAA recently announced that there would be a season played, but with some parameters which we discussed in our story about the college basketball season.

Basketball will be traveling as little and as close as possible this season. Even with the chance of guarantee games, schools are not doling out the money they typically would in a given year considering none of them know if fans will be allowed.

CCSU men's basketball was scheduled to play at UConn and Virginia Tech, both of which presumably would be guarantee games. If these games are still to be played, the money coming in would be significantly less than what was worked out before.

In a normal year, men's basketball brings in \$408,000 in guarantee games, just shy of the amount brought in by football. The team draws roughly \$17,000 in ticket sales.

Women's basketball typically brings in another \$52,000 in guarantee game money and \$5,000 in ticket sales.

Between guarantee games and ticket sales, roughly \$916,500 is brought into the CCSU athletic department from football and basketball alone. This number accounts for a majority of the profit made in a year, which is true for all college athletic departments. With half of that gone already, the NCAA and its schools are scrambling to put together some sort of season.

Guarantee games and ticket sales are of course not the only money coming into the

athletic department. Donors play a huge role in the department's funding, though opportunities for fundraising have also been effected by the pandemic.

Two of the biggest revenue drawing events, a wine tasting and golf tournament, could of course not be held this year due to the pandemic. Pincince said one of the things the department is working on is other fundraising ideas. The department has also been hard at work securing and maintaining their corporate sponsors.

Central's athletic department is a tightly run ship and thanks to the low number of employees have not had to face any issues with furloughs.

Sports are often seen as an escape from reality. In the entertainment that sports bring us, we often forget the realities holding the foundation that is sports together, none of which bigger than money. Yes, college sports are entertaining and an important part of American culture. But first and foremost, they are a business.

NEC Soccer Pens Letter To NEC Commissioner

BY RYAN JONES
MANAGING EDITOR

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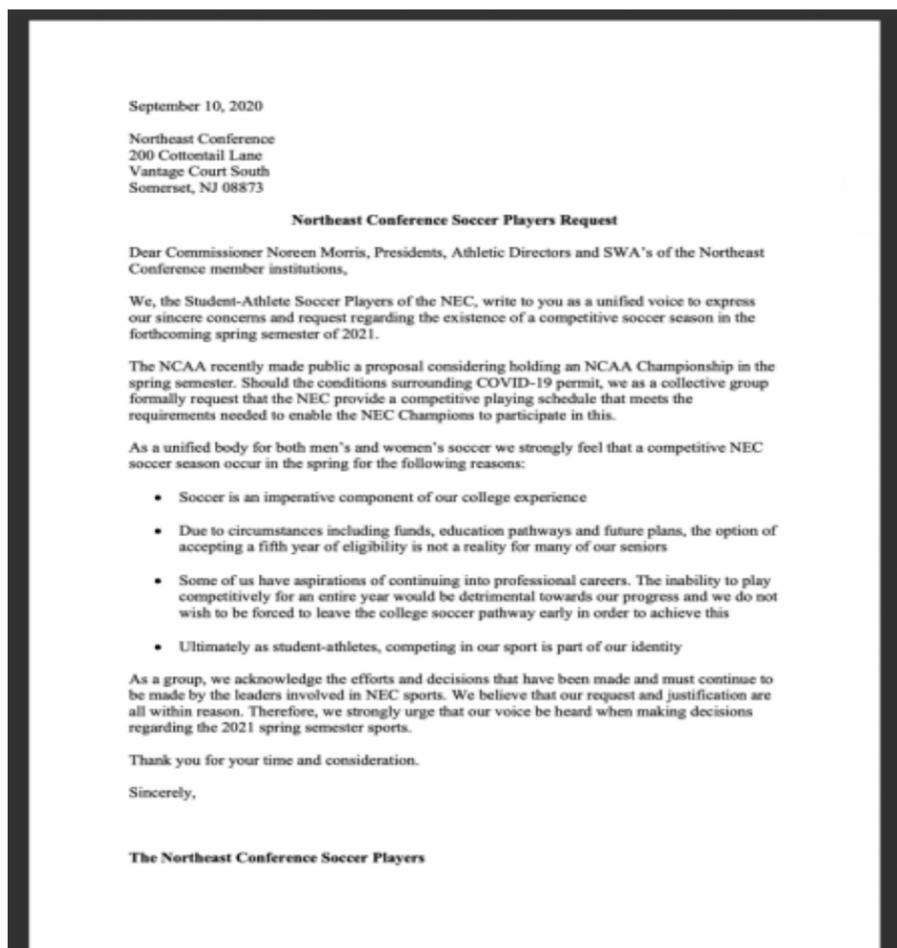
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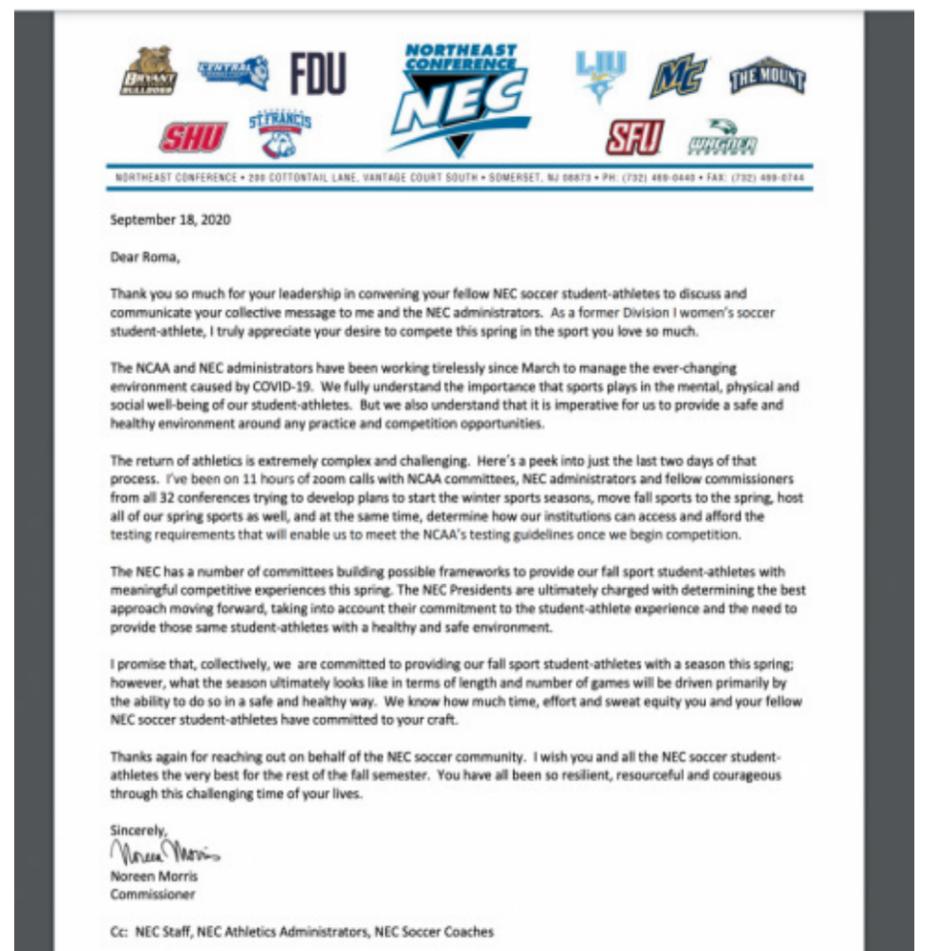
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