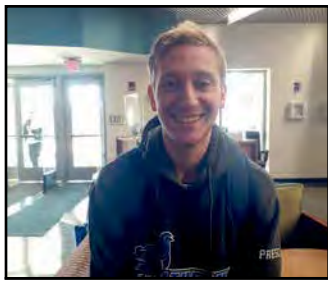




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University projects enrollment increase

By Jaylen Carr
Editor-in-Chief
Jay'Mi Vazquez
News Editor

As the university has seen a decrease in enrollment in the last year, administrators are working to increase the number of students next year.

In fall 2023, the overall headcount is 8,820 students, and the university projects an increase to 9,307 total students in fall of 2024.

"We want to increase the number of new first-year students, new transfer students and readmitted students," said Julie Edstrom, the vice president for enrollment management. "We want to increase retention in our continuing students, and graduate has seen more growth than undergraduate in the last two years, so we want to see that continue."

The university needs 282 additional students to achieve their goal of a 3.5% increase, Edstrom said. There were 69 fewer students enrolled from the fall of 2022 to 2023, going from 8,889 to 8,820.

"We are still not back at the level of enrollment that we were at before the pandemic, but we were projecting that we were going to be down 3% in our headcount, and we actually managed to

be less than 1% down," Edstrom said.

Since his address, Interim President Dwayne Smith and the administration have highlighted that retention will be critical moving forward for the university's sustainability.

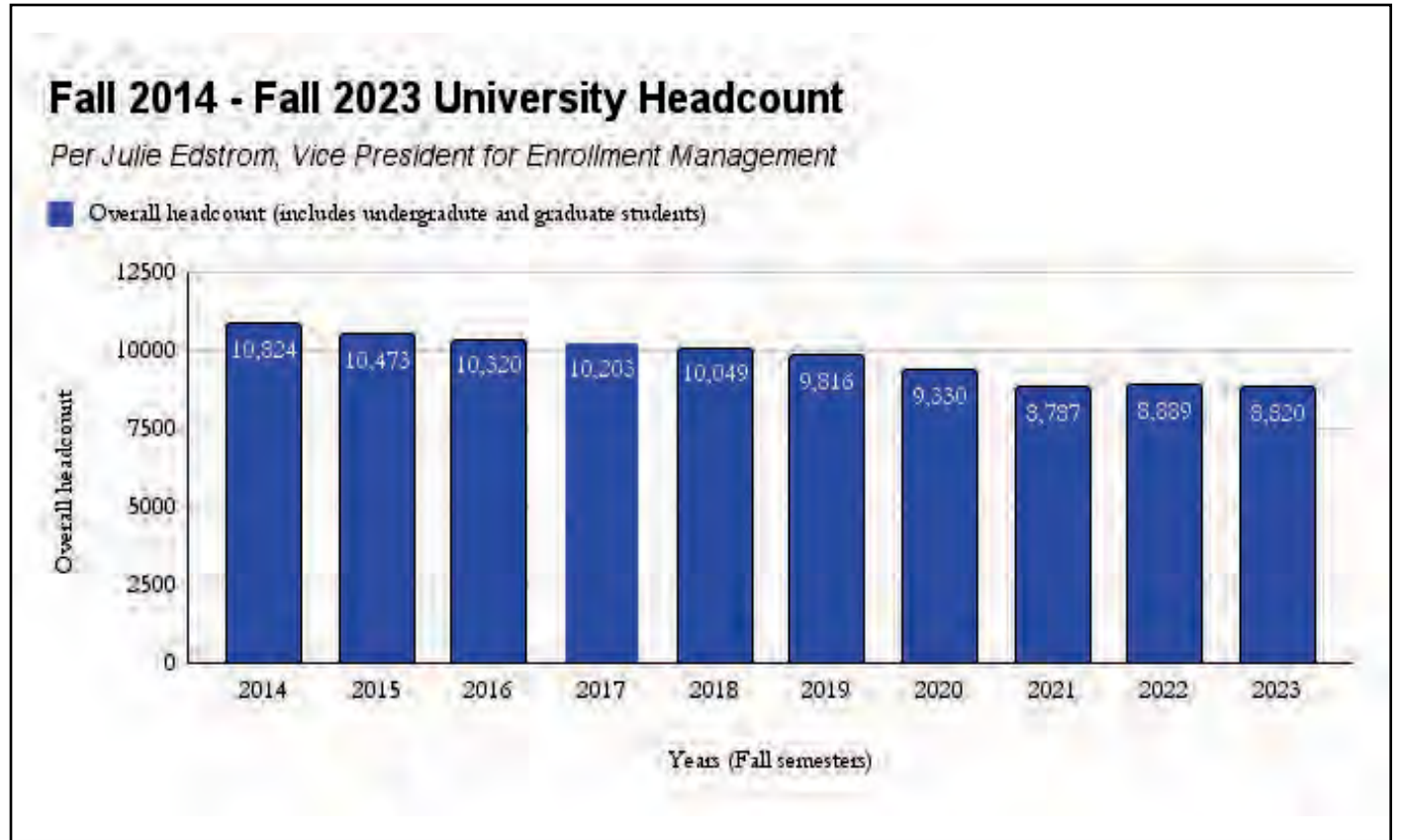
The university is prioritizing improving retention and recruiting students at the undergraduate and graduate levels in hopes of seeing the projected increase in enrollment, Edstrom said.

The university administrators have focused on increasing enrollment by having the university be present at college fairs, visiting high schools, email marketing campaigns and social media marketing, Edstrom said.

"We have been especially focusing on Connecticut," Edstrom said. "We would like to expand enrollment from other states, but the reality is that if you look nationally, students want to choose a school that is conveniently located to them, and affordability is a factor here, too."

The main goal for the university is to increase the daily campus visits through their program, and Edstrom claims that that has been going encouragingly well.

Significant events like Admissions Open House are also ways the university tries to increase



The chart shows the overall headcount which includes undergraduates and graduates dating back to the fall of 2014 to 2023.

enrollment by inviting prospective undergraduate students looking to attend a university in the future to these events.

There are currently 1,227 new first-year students; the university projects that the number will increase to 1,300. For new transfers this semester, there are 766 students, with hopes to increase to 800 for the upcoming year.

The campus has only

seen an increase in enrollment twice in the past decade; 2014 and 2022.

Attributes that students bring to the campus, like being a first-generation student, coming from a low-income family or being a minority student, can make them prone to having more challenges in completing their degree on time, Edstrom said.

This includes having accessible resources, such as the financial aid

program and the Center for Academic Success and Accessibility Services, CASAS, that help students get to the college academic level to help with any obstacles students may face.

"A huge factor is mental health, and we have tried to increase our support in our investment in what we make available in overall health and well-being," Edstrom said.

Of all the Connecticut

State Colleges and Universities, CSCU, the university has the second-highest enrollment behind Central Connecticut State University.

One of the primary reasons students attend the university is because of the diverse community and how intentional the university is in ensuring everyone feels welcome, Edstrom said.

See enrollment Page 2

History and political science departments host historical event

By Jay'Mi Vazquez
News Editor

In recent years, it has been a common debate among historians and the public whether statues commemorating Confederates should be removed.

On Nov. 29, the university's history and political science departments hosted a discussion with the lead historian of the Naming Commission, Connor Williams. Williams discussed the importance of why Confederate statues are being removed globally and provided examples of what the commission has done since its start in 2021.

"As we change these commemorations, take their names off military bases, we are not so much erasing history as we are rediscovering history

as it existed," Williams said. "There are statues coming down all across the United States."

Williams said that statues being removed is one of the oldest problems humanity has faced, sharing a poem by Percy Bysshe Shelley titled "Ozymandias."

Williams and the seven other members of the Naming Commission have been looking at army bases that were named after Confederate officers. They have changed a total of six army base names after advocating for nine to be changed.

"For two years, the commission toured the country. We went to 10 different bases that had Confederate names," Williams said. "We wrote three reports to Congress that outlined our recommendations."

One Confederate statue that has yet to be removed is the Arlington National Cemetery Confederate Memorial.

Williams said everything about the monument is problematic from top to bottom with inaccurate history portrayed.

Williams described the process the Naming Commission would do to get suggestions to change the army bases names.

"We wanted to listen to the people," Williams said. "We had 35,000 submissions with 3,500 unique names. Then from there, we had 450 meritorious candidates and a shortlist of 87 finalists."

Williams said that the Naming Commission is mandated by Congress. The commission would report their findings to Congress, gaining support

from 50 military officers in the process. However, the Naming Commission is still an independent organization.

History professor Stephen Amerman said that the overall event was great. The discussion about Confederate statues and Confederate-named army bases is one he wants to happen more so that people and students are aware.

"Connor Williams was able to draw upon his very interesting experience to give us a very informed, thoughtful, knowledgeable and important presentation," Amerman said.

The removal of Confederate statues reminds us that history is also something people can get passionate about and can argue about, Amerman said.

University Police gives update

By Jay'Mi Vazquez
News Editor

University Police have been investigating the theft of three motor vehicles on campus during the last few weeks.

The recent thefts have taken place in the Wintergreen Parking Garage and North campus, all taking place in the month of November.

Some of the stolen cars were late model Hyundai Elantras. New Haven and Hamden police have been seeing a trend of Hyundai and Kia vehicles being stolen in the last few months.

Campus Police Chief Kenneth Rahn said he always encourages students to utilize the Livesafe app and report suspicious activities to prevent any type of theft on campus.

"For vehicles on campus, we try to be very visible in the parking lots," Rahn said.

Rahn said that in the event of a vehicle being stolen, an officer will take the report from a student. From there, the details are sent to a national database to try and locate the vehicle. If the vehicle is found, the student will be contacted with where it has been located and towed to.

Rahn said that a defect in the base Kia models from the years 2011 through 2022 is the cause of these vehicles being targeted by car thieves. Hyundai models from 2015 through 2020 also have a similar defect in their ignition system, making them easier to steal.

"We have a program here where we obtained initially 120 steering wheel locks. We're almost through those, so we're going to get another 120," Rahn said.



The University Police station located on Wintergreen Avenue.

IT department offers tips for students

By Jaylen Carr
Editor-in-Chief

With the recent rise in fraudulent emails to students, University Police and IT suggest that students not give personal information out through email and look for any suspicious messaging.

"The best way to go against this is to be more aware and being vigilant when you see them," Director of Support Services Vu Trieu, said.

"If something seems too good to be true, then it is likely too good to be true."

Trieu said students must look for signs that do not seem accurate.

"Never accept a job or continue with any offer that requires depositing checks into your account or wiring portions to other individuals or accounts," according to the University Police website. "Report the email as spam, phishing or junk."

Trieu said students need to be on the lookout for these types of emails because there has been an increase this year.

As a helpful tip, the University Police suggest what students can do if they get scammed.

"If you have provided login credentials in any way, including clicking on a link sent within an email you now believe to be suspicious, reset your password," according to the University Police website. "When in doubt,

reset your password."

If IT has received enough scam requests about a scammer recently, they will send out alerts to students about it, Trieu said.

The notification will then help students become aware of the possibility of a scammer contacting their email.

IT wants students to inform campus police.

Trieu said, "Push comes to shove; just call us or email us at IT Support."

MSA organizes silent protest at Buley

By **Brandon Cortés**
General Reporter

Just outside the library, another protest took place to provide support and raise awareness about what is happening between Israel and Palestine on Nov. 29 with 20 students and faculty members attending.

Computer science major Shahzaib Raza, a sophomore, played a key role in leading the protest.

During his speech, he highlighted the censorship of Palestine-related content by numerous media outlets.

"A few days ago, there was a protest like this going on in Washington, only bigger. Around more than a thousand people attended. Did you see it on the news? Of course not, because they were silenced," Raza said.

During the speech, Raza emphasized the fact that several people who have expressed their opinion about what is happening in Palestine have been placed in serious danger.

"Many people are putting themselves in danger just for expressing their opinions about this. That makes me think: 'Will I be next?' I don't know," Raza said.

Political science and

business administration major Sarah Majzoub, a junior, was also at the protest and gave a speech reciting the chant "For the rivers of the sea, Palestine will be free."

"As many of you know, there has been a lot of controversy over this chant," Majzoub said. "Many people want to believe that this chant means something hurtful when it is not. To me, it means a promise."

Majzoub said she has had to make sure to follow Instagram guidelines and take good care of the comments she makes on social media to prevent her accounts from being deleted or suspended.

"These 53 days, I have made sure that everything I say does not offend anyone else. I have had to reassure everyone around me that just because I support Palestine does not mean I hate anyone or other religion," Majzoub said. "I've had to bring myself down so that others don't feel offended. Why is it that when we are exposing the genocide towards Palestine, we must make sure not to offend anyone?"

Majzoub said that as a Muslim the first thing she is taught is to be respectful and be kind to others.

She said that as a Muslim and as someone who advocates for human rights, she does not support anti-Semitism or any hatred towards any race or religion.

However, Majzoub says that it is never okay to take the lives of others, much less justified by war.

She said that she will

never again be apologetic for expressing herself when speaking for the ones who were killed for supporting Palestine in Vermont, Chicago, New Jersey, Texas and other states and nations just to make them feel comfortable.

"I will never watch my words when speaking

about the war crimes Israel's government has been committing for over 70 years, and I am no longer going to defend myself saying I'm not anti-Semitic when Jewish people for decades have stood up and publicly condemn the Israel government," said Majzoub.

Environmental science major Katie Wagner, a senior, said that attending this protest helped to support her Palestinian friends.

"This cause is important, and this is a genocide, and we really need to stand up for our friends whenever we can," Wagner said.



MSA President Sarah Majzoub shares words with the crowd of students and faculty who attended the protest.

PHOTO | DAVID GOMEZ

See protest page 4

Enrollment increase, students' thoughts

Continued from Page 1

"Being a place where lots of students with different identities can feel welcomed, supported, respected, valued and that doesn't happen," Edstrom said. "I think we are one of the most diverse campuses."

Also, the campus has received updates with new facilities like the School of Business Building and has many programs for students to achieve their passions.

Some students voiced their opinions on why they picked this university to attend.

Exercise sports science major Maximus Fuller, a freshman, said he was recommended to attend the university by some of his friends. His interest in the men's track and field team is also what drew him to the university.

"I like the campus. I don't see myself going anywhere else. I'm not really interested anywhere else because I like the community that is offered here," Fuller said.

Undecided major Fernando Osorio, a freshman, said he plans on staying at the university.

Osorio said he feels supported at the university because of the amount of diversity in the community. He said that the community has really enriched his experience so far, and he looks forward to continuing his experience at the university.

"My favorite part of the university is how many things are always going on. There are a bunch of different options that you can get involved in as well," Osorio said.

Computer science major Mardochee Youte, a freshman, said he applied to numerous schools, but the university was the best fit for him because of the community aspect and price.

"The people are what made it good for me. Plus, being close to home is nice since I commute," Youte said.

Healthcare studies major Emma Guadalupe, a freshman, said that financial aid covered her dorm fees, so that is why she chose the university.

"I like the people and having my own space away from my house. It's helpful to have my own space away from myself," Guadalupe said. "I have my friend group, and everybody that I've interacted with has been nice and welcoming."

Business major Henry Huinac, a sophomore, said he chose the university because he knew people who attended before him. He wanted to get the experience for himself, so he applied and got in.

"I like the professors, the courses and the overall community. It's a fun place to be," Huinac said. "I've made many friends."

Health science major Katherine Figueroa, a freshman, said she chose the university because it is affordable and close to home.

"It's also a welcoming environment. I like the people, and the courses aren't too bad," Figueroa said. "It's just a good university; everyone is really nice, and the professors are very understanding."

Student leaders celebrate luncheon

By **Braden Saint-Val**
News Writer

Typically, a resume is looked at for just 30 seconds, so if there is not something that stands out or makes you unique, you could be brushed aside and not get called back for an interview unless you get professional help.

The Office of Student Involvement & Leadership Development held its final "Leadership Luncheon" of the semester last Wednesday with the Office of Career and Professional Development's Director, Aimee O'Shea.

O'Shea showed students who attended how to incorporate their leadership experiences into a resume and job

interview to express their individuality and impress potential employers.

"The 'Leadership Luncheons' give them the opportunity to one, get a free lunch, but also hear from different staff and faculty on campus about certain aspects of leadership that are really important," the Office of Student Involvement & Leadership Development's Graduate Intern, Talia Lent, said.

After a satisfying lunch, O'Shea taught students how to write about their accomplishments, strengths and skills in their resumes.

No matter what type of job or volunteering they have done, there are always ways they can describe what they did

and learned in the best light possible.

She also explained the importance of soft skills like creativity and conflict resolution that can transfer into any workplace and introduced them to the National Association of Colleges and Employers, NACE, Career Readiness Competencies.

They are the top eight skills that employers consistently look for in college graduates, which include career and self-development, communication, critical thinking, equity and inclusion, professionalism, leadership, teamwork and technology.

Students discussed

what two soft skills they feel strongest in and how their experiences correlate with NACE's competencies to better understand themselves.

Nursing major Simon Dinglasan, a freshman, believes that communication is one of his strongest skills. After the pandemic, he studied different ways to communicate effectively and understand others better, which supports his role as a student leader.

"We really want students to understand who they are as a professional and what they offer to their next place of employment or to their next step," O'Shea said. "Our goal is really to help students identify and enact their own success."

See luncheon page 4

Students' thoughts on final exam week

By **Jay'Mi Vazquez**
News Editor

As the university approaches final exams week, levels of stress and anxiety rise among students.

According to a study conducted by MentalHelp in 2016, 89% of college students are stressed two to four times each semester, around 30% said they are stressed the entire time, and 31% of students blamed their stress on midterm and final exams.

Students expressed their thoughts on how prepared they feel for their finals and how it has impacted their mental state.

Early childhood education major Sarah Khan, a junior, said that the two weeks before

final exams are the most stressful time for her due to the amount of work she must do.

"I feel like this semester had a lot of stress, given the state of the world and all the things happening in it," Khan said. "I definitely feel stressed; however, I think that's a universal college student feeling right now."

Khan said she is trying to give her full attention to her classes and preparing the best she can to get good grades on her final exams.

Psychology major Jalil Pena, a freshman, said he feels prepared for his finals.

"I have two or three finals; I feel prepared for them. I've been getting good grades on my midterm exams and on my tests," Pena said.

Pena said even though he feels prepared, he is anxious to get good grades on them. He does not want to potentially fail a course due to a bad final exam grade.

"As far as next semester goes, I plan on being as prepared as I can be. I want to put in the same effort, if not more, to be confident going into exams," Pena said.

Psychology major Michaela Dukes, a freshman, said this being her first college finals week is stressful.

"I just don't feel prepared because after Covid in high school, we didn't have midterms or final exams," Dukes said. "I blame my high school for not preparing me, not the university."

Dukes said she is going to be studying as much

as she can, but the transition from high school to college has not been easy for her this semester with how fast-paced everything is.

"I look forward to next semester and the following ones because now I'm prepared for how college truly is. So, I think next semester I'm going to be better prepared," Dukes said.

Communication major Owen Zephirin, a senior, said that finals week is definitely stressful. This is Zephirin's last semester, so he said he wants to be successful on his exams.

Zephirin said he only has two exams this semester that he has been preparing for the last few weeks.

"I'm really trying to hone down and do good," Zephirin said.

Upcoming events:

Cocoa & Cram and Pause for Paws

On Wednesday, Dec. 6 from 4-6 p.m. in Buley Library Room 443, students can go to a free hot cocoa bar and pet some puppies. Students can de-stress as finals week is coming up.

Virtual Town Hall with Interim President Smith

On Thursday, Dec. 7 from 3-4 p.m., Interim President Smith will be giving a town hall presenting the status on issues facing campus. This will include enrollment, campus safety and the budget deficit. A link to the meeting will be provided before the town hall.

FYRE Award Ceremony

Throughout the week of Dec. 4-8, first-year students will be presenting their FYRE projects. On Friday, Dec. 8 from 4-4:45 p.m. at the FYRE Gallery on the third floor of Buley Library, students will receive awards for their projects.

Holiday Extravaganza with New Haven Symphony Orchestra

On Saturday, Dec. 9 from 3-5 p.m., the New Haven Symphony Orchestra will be performing in the Lyman Center. They will be performing holiday classics as long as partnering with the Food Pantry to collect non-perishable food items for those in need.

If you are looking to promote events on campus, please email Editor-In-Chief Jaylen Carr (carrj14@southernct.edu) or Managing Editor Ali Fernand (fernanda2@southernct.edu).

Editor-in-chief Jaylen Carr says goodbye

By Jaylen Carr
Editor-in-chief

This is it. It has been a great run. I have enjoyed every last second of covering stories, writing, laying out pages, interviewing, talking with staff members and ensuring we put out a newspaper that we can all be proud of.

First, I want to thank my amazing parents and my supportive four siblings—Gabby, Andrew, Ethan and Zach for being there for me throughout my college journey. Without their love, support and encouragement, I would not be the person I am today.

I have learned much about my future profession while working at Southern News. I was always eager and willing to learn from my professors and predecessors.

It seemed like yesterday when I walked into the newsroom on a humid August day last year, not knowing what to expect as the sports editor. Luckily, I was surrounded by three people I instantly became friends with. I thank the “big three”—Sofia Rositani, Sarah Shelton and Ali Fernand.

The girls and I were all editors last year and grew so close to one another. Sitting beside Shelton every Monday morning, I received my daily dose of Selena Gomez updates and photo suggestions.

Rositani taught me everything I know about being editor-in-chief. I learned the ins and outs of the job and how to manage conflict when it arises.

Fernand, the current managing editor, has always been someone I appreciated and enjoyed being around. She was



the Kobe to my Shaq and the Pippen to my Jordan this semester. We were the ultimate

one-two punch leading the publication. I was glad to have an experienced and highly talented

managing editor who knew what was needed to make everything run smoothly. I will miss those talks between classes in the newsroom and the constant laughter.

The newsroom was a place of comfort and community. Of course, we had stories to write and assign, but the newsroom was a place for me to be me.

To my amazing advisors, professors Simoneau and Harris, thank you for all you did for me as a journalism student and as part of the Southern News.

Professor Harris, thank you for always being there for advice. Professor Simoneau, thank you for your tough love and support and all you did to make me a better journalist. Thank you for your honesty and encouragement. I will miss those

Saturday morning phone calls, not saying “hello” and instantly talking about the paper, those weekly meetings and critiquing sessions offering feedback to help us improve.

I want to thank professors Gil and Paguaga for always giving their insightful input and support over the last two years.

To the current staff, I would like to thank each of you for your hard work and commitment to making Southern News what it is. You all have been great to work with and continue to make the publication great in the years to come.

It has been an incredible ride for me thus far, but it will not stop here, as I hope to fulfill my dream of becoming a sports broadcaster one day.

Thank you, Southern News.

Students debate between coffee and energy drinks

By Brandon Cortés
General reporter

In the bustling world of student life, the age-old question persists: is it better to rely on the comforting embrace of a cup of coffee or to venture into the exhilarating but sometimes controversial territory of energy drinks?

This enduring dilemma has fueled passionate discussions among students, with opinions as diverse as the beverages themselves.

In the midst of this ongoing conversation, marine biology major Julia Deponte, a junior, advocates for a comprehensive evaluation of both positive and negative outcomes arising from the consumption of coffee and energy drinks.

“I drink a lot of coffee, but sometimes I feel like it has the opposite effect,” Deponte said. “I want to feel awake, but when I drink coffee, sometimes I feel sleepy.”

On the flip side, communications major Spencer Lane, a junior, introduced a different dimension to the debate. He said that there is a difference between drinking energy drinks and drinking coffee.

“Having coffee feels

way more chill and natural than slamming down an energy drink from a can,” Lane said. “I don’t drink much coffee either, but when I do, it’s way easier on my system and feels more in control than chugging a Monster or Red Bull.”

Ty Abdul-Shakoor shares a similar opinion as Lane, stating that many energy drinks have the same flavor, and it is very difficult to distinguish them.

“Energy drinks suck,” Abdul-Shakoor said. “They all taste the same, and they all have the same bland taste.”

With an opinion quite opposite to the rest, English major Mikaila Cinelli, a junior, has a positive opinion about coffee.

“I’ve been sipping on coffee for quite a while, and I gotta say, it’s been a real lifesaver, especially back in high school,” Cinelli said.

Expanding on her experience, Cinelli highlights the unique variations in individuals’ tolerance levels and stresses the significance of exercising moderation when indulging in these beverages.

She points out that many students, much like herself during high

school, have integrated coffee into their routines to navigate the challenges of academic life.

Additionally, Cinelli sheds light on the prevalence of these beverages among students and underscores the need for regular monitoring of their impact on health.

This monitoring, she explains, ensures that students can make informed choices about their caffeine consumption, promoting a culture of responsible and mindful use.

Summing up her viewpoint, Cinelli echoes the sentiment that these beverages have stood the test of time, proving to be valuable aids for students seeking to remain alert and focused throughout their academic endeavors.

As she reflects on the challenges of academic life, Cinelli emphasized that without the presence of coffee and energy drinks, many students, just like herself in high school, would find it considerably more challenging to meet the demands of their studies.

“Coffee has always kept me awake, and as we can see, there are many students who depend on it to be able to continue with their long days of study,” Cinelli said.

Review: Beyoncé releases ‘Renaissance’ concert film

By Jaylen Carr
Editor-in-chief

By Solé Scott
Features Editor

Jaylen Carr—Everyone, get in formation with your disco-ball-inspired cowboy hats and your “House of Chrome” attire. Queen Bey dropped her long-awaited “Renaissance” world tour film on Friday, celebrating house and dance music pioneered by Black artists in the 1970s.

The film captured the live performance of the tour at all stops, from opening night in Stockholm, Sweden, to the final show in Kansas City.

Viewers learned that it took Beyoncé and her team four years to prepare for the tour — a tour that became the highest-grossing tour by a female artist in history.

On the film’s opening night, it grossed over \$11.5 million from 2,539 locations, according to Variety.

The long-form documentary highlighted the tour’s choreography and, most importantly, the decades-long history of ballroom culture driven by queer Black and Latino communities.

During the film, she discussed how she understood her impact and always wanted to use her influence to shed light on marginalized communities.

Thus, she introduced “The Dolls,” her background dancers who would all get their chance to shine throughout the tour, especially after the song, “Pure/Honey.” The stadium would reach its fever pitch after that song: “The Dolls” performed their iconic dance moves, “voguing,” with the crowd’s eyes glued to the stage.

“My hope was the music from the ‘Renaissance’ would lead to some of these beautiful legends getting the flowers they deserve,” Beyoncé said in the film.

Those drag legends, including Kevin Aviance and Moi Renee, appearances by Ts Madison and Big Freedia, production by DJ Honey Dijon and the album imagery that pays homage to Harlem’s ballroom scene captured the true essence of the “Renaissance” phenomenon.

The album is inspired



PHOTO | JAYLEN CARR

The poster for Beyoncé’s “Renaissance” at AMC in Southington on Dec. 1.

by her uncle Johnny, who was gay and loved house music. The film showed scenes of a young Beyoncé and Johnny dancing to 1970s house jams.

My favorite part of the film was when she performed my favorite song off her seventh studio album, “All Up in Your Mind.” She had her cowboy-inspired outfit on while singing with so much passion.

There will never be another performer like Beyoncé. Viewers witnessed her work ethic and battle from knee surgery before the tour started back in May. No disrespect to icon Michael Jackson; I believe it is safe to say that Beyoncé is one of one and is uniquely the greatest performer.

Solé Scott—America has a problem, and her name is Beyoncé Gisele Knowles-Carter, who just released possibly the greatest musical documentary, “Renaissance,” on Friday, Dec. 1.

First off, I need to give credit where credit is due. Beyoncé is that girl, plain and simple.

The film starts off with Beyoncé singing “Dangerously in Love” in a delicious black dress that prompted the audience in the movie theater to erupt in screams.

I would like to highlight the many different fierce outfits the superstar donned throughout the tour. She shone especially in the custom Versace and Pucci outfits she wore at

her Inglewood birthday concert, which was chicness at its finest.

When the audio went out for “Alien Superstar,” the way her and her team handled the situation was mind-boggling, especially when she came out with a whole new outfit just to redo this song.

There were a few shocking moments in the film, such as Beyoncé having knee surgery a month before the Renaissance World Tour started.

The most gut-wrenching part was learning that her 11-year-old daughter, Blue Ivy, read hateful comments on social media about her dancing. However, that did not stop her from perfecting her craft. Instead, it fueled her fire.

I gained a newfound respect after seeing the process of creating a show from the ground up. I was astounded by seeing the workers dismantling the set every concert to move on to the next.

After finishing the film, I am convinced that Beyoncé is the love child of Whitney Houston and Michael Jackson. She has the voice and artistry of both performers in one.

Even though the movie is two hours and 48 minutes long, it was worth watching, and you should listen to “Renaissance” and watch the film to understand who Beyoncé is in 2023.

These are the opinions of the Southern News Editorial Staff

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To submit a piece, email it to scsu.southern.news@gmail.com, or stop by the Southern News office on the second floor of the Student Center, Room 225. Electronic submissions are preferred.

Visit www.TheSouthernNews.org for more.

Silent protest in solidarity with Palestine

By Kahiona Senior
Photo Editor

The Muslim Student Association, MSA, held a silent protest outside of Buley Library on Nov. 29. This let students spread awareness and speak their minds about the war happening in Palestine. Those participating brought signs, and some made pins to hand out. Students spoke and listened carefully about the nation-wide concerns and effects on our community.

Photos: David Gomez and Kahiona Senior



PHOTO | DAVID GOMEZ

Shahzaiv Raza looking into the crowd while speaking.



PHOTO | KAHIONA SENIOR

MSA President and political science and business major Sarah Majzoub, a junior, and computer science major Shahzaiv Raza, a sophomore, speaking during the protest.



PHOTO | DAVID GOMEZ

Computer science professor Dr. Amal Abd El-Raouf, computer science major Maleeha Wahid, a senior, and Sarah Majzoub outside of Buley Library in the last minutes of the protest.



PHOTO | KAHIONA SENIOR

Students listening to Majzoub and Raza vocalizing their concerns.

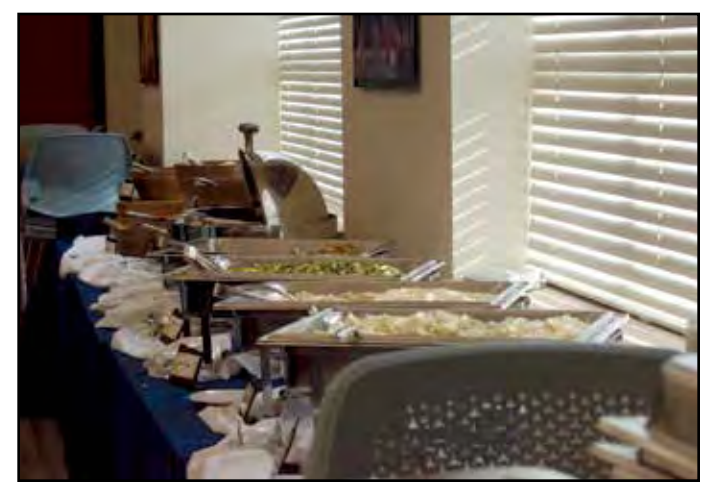
Student Involvement hosts leadership event



Associate Director of the Office of Career and Professional Development Aimee O'Shea informing students on useful resources the school provides.

In the Adanti Student Center, the Associate Director of the Office of Career and Professional Development, Aimee O'Shea held a "Leadership Luncheon." During the event, lunch was provided, and students learned how to write the perfect resume as well as how to answer interview questions to their best ability.

Photos: Kahiona Senior



The Office of Student Development and Leadership Development provided a burrito bar to participants.



O'Shea beginning the maximizing student leadership involvement in resume presentation.



Students listening to the presentation and learning about resume building.

Do organizations hosts a coloring event

By Solé Scott
Features Editor

Imagine stepping into someone else's shoes for a day to see what they go through on a daily basis.

Zeta Phi Beta Sorority, Inc and Iota Phi Theta Fraternity, Inc joined forces for an event they created, "If I Could Walk in Your Shoes" on Thursday, Nov. 30 in the Adanti Student Center Room 309.

Communication disorders major Jailene Brito, a sophomore, attended the event after seeing it advertised on OwlConnect.

"Support my fellow classmates and come out and draw and color with my friends," Brito said.

According to OwlConnect, "If I Could Walk in Your Shoes" is an activity that helps create insight on how others relate.

The line was out the door as students packed inside the small room. The event ran from 7:00 p.m. until 9:30 p.m.

After entering the room, students were met

with music and an array of shoe drawings and colored papers that they could choose from to display their type of shoe.

The two organizations catered China Wok for the event. Shrimp lo mien, white rice, pork, fried rice, egg rolls, broccoli and sweet-and-sour chicken were served.

Anthropology and social work major Arielle McIntosh, a junior, attended the event.

"I came out to the event to support my friends that were putting on the event and for the food and vibes," McIntosh said.

After choosing a shoe design, students were able to creatively color and design their chosen shoe.

After coloring, you could cut out your shoe and glue it onto a colored paper of your choosing.

On the back of the paper, students were encouraged to write some things they would want everyone to know about them, whether it is an interest or a personal story.

"My definition of walking in someone's shoes is to take a step back and look at it from a different perspective," McIntosh said.

Social work major Thiommy Carballo Garcia, a junior, went to the event with a friend.

"I think the activity was very beneficial. It allowed students to bring conversation to topics that are often avoided by society," Garcia said.

Healthcare studies major Mahogany Young, a sophomore, enjoyed the event.

"The event was really good, and I felt like it was a great opportunity to learn about putting yourself in someone else's shoes," Young said.

The incorporation of the variety of shoes such as Converse, Jordans, boots and heels highlighted the different shoes each person walks in for their journey.

"We are all diverse, which makes certain experiences unique," McIntosh said.



PHOTO | SOLÉ SCOTT

Anthropology and social work major Arielle McIntosh and social work major Thiommy Carballo Garcia, juniors, enjoying the event.



Healthcare studies major Mahogany Young, a sophomore, posing for a picture in the middle of coloring her Crocs drawing.

This or That: spring or fall semester

By Brandon Cortés
News Writer



"Fall semester without a doubt."

— Business major Ryan O'donell, a freshman



"Fall semester. I really like it."

— Sports science major Dylan Prescher, a sophomore



"I will have to go with fall semester. Fall has a lot of holidays to spend with family."

— Healthcare studies major Kemar Johnson, a senior



"As an athlete, I would say that I like the spring semester better since it benefits my performance."

— Sports management major Nick Fournier, a junior



"This fall is my first semester, and so far I'm doing very well."

— STEM major Hamza Bhutta, a freshman



"If I had to choose, I would choose the spring semester since it is much warmer and better."

— Elementary education major Curtis Lee, a junior

Behind the scenes with the SCSU TV crew

By **Brianna Wallen**
General Reporter

Three, two, one action! The university has their very own news channel known as SCSU TV. For the past decade, dedicated team members have been posting videos on their YouTube channel, biweekly for all to see. With precise lighting, complex cameras, and creative ideas, students bring their ideas to the big screen.

Film television and digital production major, Ricardo Pena serves as the club's president and general manager. Pen shares the behind the scenes work that goes into each show.

"Students share their

ideas, they get assigned jobs, record, and we put it all together," Pena said. "We really try to let students be creative."

Their news segments range from man-on-the-street to skits. In the digital productions facility on campus is where the magic happens. The area mimics a TV set, where anchor shoots are recorded. The club utilized their own gear including microphones and cameras. With this professional equipment and environment students are able to gain experience.

"Most jobs in film want people with 2-3 years of experience," Pena said. "The club can get students familiar with working in

a studio setting and sets everyone up with the same success."

Students also take the opportunity to practice various roles. Club members are able to try out important jobs that are on a TV show set including director, switcher, audio, anchor, and camera operator.

Communications major Cassia Flanagan, a junior shares the overall experience in the club. "The club gives everyone a chance to play around with different parts of filming a show."

As a result, students have experience with different duties under their belt.

Flanagan, who is a transfer student said that

prior to coming to this university she wasn't involved on campus much. After being recommended to join by her professor, Micheal Bay, she decided to join.

"I liked what I saw, I thought it seemed like a fun & engaging space to be in," Flanagan said.

Flanagan along with an abundance of new members joined the crew as well. According to President Pena, this was a good semester for new enrollment.

Mass communication with a concentration in film production major Deuce Mangum, a junior, plays the role as the club's teleprompter and produces graphics. Mangum, who is also

the club's news director enjoys the process of producing the news segments.

"I like the sense of accomplishment when everything is done," Mangum said. "Everything coming together and seeing the project come to life."

Students pitch stories, anchor shoots, write lines, record, and edit in the span of two weeks. With a wave of new freshmen President Rena acts a mentor to help new members become acclimated to equipment and tasks.

"It's never a dull moment," Pena said. "It's my job to make sure that the rest of the e-board and members have all the

resources and access to personal equipment."

Though with the teams combined efforts these news segments are able to happen. For Pena, he finds joy in everyone enjoying themselves on set.

"I like seeing everyone there have a good time, it's the biggest indicator that I'm doing a good job as a general manager," Pena said.

After closing the curtain for the fall semester, the club is currently on break. Flanagan recommends that students join for the spring semester.

"SCSU TV is a great source to get involved," Flanagan said. "The future looks really bright for this club."



PHOTO| BRIANNA WALLEN

The SCSU TV crew posing for a photo inside their studio in the Adanti Student.



PHOTO| JAYLEN CARR

SCSU TV room where they conduct their meetings and produce their content.

Alphi Phi Delta creates a pool tournament

By **Braden Saint-Val**
News writer

For the past century Fraternities and sororities have been committed to providing community service locally and nationally, contributing countless hours and raising millions of dollars for charitable organizations.

The Greek organizations on campus, like the Alpha Phi Delta "APD" and Gamma Xi chapter, often conduct community service events that the student body engages in.

"One of our main pillars is philanthropy, and we're actually very lucky to be one of the few fraternities or sororities that allows each chapter to pick their own individual philanthropy instead of having one that the

entire organization does," psychology major Andrew Stone, a senior and the chapter's president, said.

That gives the chapter the freedom to practice philanthropy in so many creative ways; for example, through a sport.

Last Thursday night, the fraternity held their latest pool tournament in the Adanti Student Center's Game Room to raise money for the Chapel Haven Schleifer Center, an educational and living facility for people with developmental and social disabilities.

Those who wanted to play paid a \$5 entry fee, and concessions were provided by donation.

The game room was buzzing with excitement as 11 players ran practice rounds. Music filled

the room, and friends gathered around the pool tables to watch and support, creating an atmosphere that is perfect for late-night fun.

Sociology major Gianna Rubino, a junior and tournament competitor, regularly plays pool and is grateful that Gamma Xi can hold its tournament every semester.

"I started getting into it my freshman year. I've seen a few friends play, and I thought I'd give it a shot. I love it. I play whenever I can out west. One of my friends actually gave me the nickname 'Pool Queen' because I play so much," she said.

"I honestly had a blast. Even though I got out the first round, it was still fun. For me it was just coming out and having a

good time," Rubino said.

Environmental science major Shyhiem Jones, a junior and tournament competitor, said he likes supporting campus events in addition to having great socialization with his peers.

"This is one of the best times I've had all week," Jones said.

After multiple rounds of single elimination, it was down to students Jack Wargo and Sina Shojaee in a best-out-of-five final game.

Their matched skill level led to an intense 2-2 tie, but Shojaee finally broke it in the fifth game, and the top three players walked away with gift cards of their choosing.

At the end of the night, the Gamma Xi Chapter raised \$76, which will be doubled to \$152 by the APD Foundation for



PHOTO| BRADEN SAINT-VAL

A packed room of students playing pool at different tables.



Students playing a round of pool on the first level of the Adanti Student Center.

Student opinion: Winter Break is in the air!

By **Brianna Wallen**
General Reporter

In the midst of finals season, there is a bright light at the end of the tunnel. That bright light is winter break. With two more weeks left until break, these owls are ready to soar into the holiday season. Whether students are going home or traveling, they are all excited to dive into their own winter traditions and get into the holiday spirit.

For those that celebrate Christmas, December is a time to deck the halls. Nursing major Tahlia Smith, a freshman, is excited to return home to decorate her house.

"I'm ready to put up the Christmas tree with my family and hang ornaments," Smith said.

Computer science major Leanne Pedrosa, a freshman, is a Christmas fanatic.

"Christmas is my favorite holiday," Pedrosa said. "I remember in the Philippines they have fireworks and we celebrated Nochebuena, where we eat when it hits Christmas at 12 a.m."

"When my Filipino family comes over, we celebrate a lot," Pedrosa said. "Kids go around the neighborhood, we give them money."

Along with Christmas traditions, being with family ignites the holiday spirit. Sports management major, Dashun Johnson a junior said that as a father, he is excited to have bonding time with his one-year-old daughter Ray'lynn.

"I'm looking forward to spending time with my daughter," Johnson said.

Due to being a family person, Johnson said that for the holiday he plans to spend time with his extended family.

"I'm going to eat with my family, who is coming from New York," Johnson said.

Many other students are excited to reconnect with families as well. Nursing major Sophie Binezewski, a freshman, said that she has an annual holiday tradition.

"Every Christmas, I go see my grandma and eat dinner with her," Binezewski said.

Along with seeing family, some students are ecstatic to leave campus and return home. Nursing major Hayley Kolosky, a freshman said that she cannot wait to kick back.

"I'm ready to get away from campus," Kolosky said. "I'm going to relax and not have to worry about schoolwork."

Men's basketball defeats St. Rose 83-69

By Luke Gadson
Sports Editor

The Owls battled with the Golden Knights of Saint Rose up until the final buzzer, but they kept their composure and pulled away at the end as the score showed 83-69 when the clock hit zero.

The Owls had a slow first half of the game, shooting 38% from the field and 21% from the three-point line. They quickly turned this around in the second half as they made nine three-pointers in the second half and shot for an impressive 53% from the field.

Forward Josh McGettigan, a graduate student, and guard Christian Joe, a freshman, combined for 40 points in the victory. Joe, coming off the bench, played a huge role putting up 20 points, seven assists and two steals. McGettigan had seven rebounds to go along with his 20 points.

"Christian came in and changed the tempo. We were struggling and down eight late in the second half. Christian's energy, ball movement, quickness and shot ability definitely changed the game for us," Head Coach Scott Burrell said.

McGettigan's shooting ability was on full display late in the second half, and his consistency kept the Owls in this game. His teammates worked to get him open looks, and he cashed in on those opportunities.

"The first half was kind of a struggle for all of us, including me, but we came out in the second half with our heads up. It's definitely important for me to knock those shots down when I'm needed to.



Guard Christian Joe, a freshman, shoots a three-pointer for the Owls.

PHOTO | SCSUOWLS.COM

I know my teammates and my coaches trust me, so I just have to knock them down," McGettigan said.

Forward Kazell Stewart, a sophomore, had a big game offensively and defensively, tallying 17 points, nine rebounds, four assists and four blocks. Forward Cherif Diarra, a sophomore, was a force in the paint;

he leads the NE10 in rebounds per game with 9.1, and he grabbed nine rebounds and scored eight points Saturday afternoon. Diarra's defensive effort was a factor in this win as he also had three blocks and three steals.

"We're a team that's based on defense. We kept our heads up after a tough first half; they battled, and

we battled back. We did a good job staying poised," Joe said.

The Owls made sure to point out how important a role their defense played in winning this game.

"We came out, and we stuck together. We played solid defense and got the stops we needed, and we scored when we needed to as well," McGettigan said.

With this win, the Owls improved to an overall record of 5-2 on the year and a conference record of 2-2. The next game for the Owls is another in-conference matchup, where they will travel to Pace University to take on the Setters on Tuesday, Dec. 5 at 7:30 pm.

The Owls have some tough NE10 opponents

coming up, but they have no doubt they can win these games if they are consistent with their style of play.

"We just have to play with confidence and play together. It's going to be a tough atmosphere on the road, but if we do our job and compete like we usually do, we'll be okay," Burrell said.

Men's swimming and diving team secure first NE10 win

By Dillon Flanigan
Contributor

The university men's swimming and diving team defeated the College of Staten Island 132-74 in the first NE10 season in Staten Island's history, winning their first conference meet of the year and improving to 2-4.

The University entered Hutchinson Natatorium inside James Moore Fieldhouse after two weeks off. They welcomed the Staten Island Dolphins of New York City in a dual meet with the women's team.

"I think we came in here more fired up than we have in the past, ready to get after it, facing someone from the NE10 this year. That was a good motivation for the team to really show the NE10 what we really have," exercise and sports science major Dylan Prescher, a junior, said.

The first event of the meet for the men was the 400-yard medley relay and it included two groups of Owls. The A team consisted of J.D. Starkey and Jack Fry, sophomores, Travis Scott,

a freshman, and Kobe Dominguez, a junior. They won the first event with a time of 3:40.17. The B team completed the relay with Collin Doyle, a senior, and Nick Fournier, Zach Krantz and Aiden Kennedy, sophomores, with a time of 3:44.43.

"Pretty good. My hundreds are really starting to come together. I am starting to hold together all of my underwaters, my breakouts and just being able to kick for a full 100 overall is really doing bits for me," sport management major Fournier said.

Prescher completed the 1000-yard freestyle and secured a place in first place out of four Owls with a 10:08.07 time. Kristopher Janney, a freshman, swam to a 10:29.17 time ahead of Nicholas Zerva, a sophomore, with a time of 10:48.27.

"It was good. I wanted to go fast. I was hoping to go a little faster. All things considered, I did what I could today. I'm happy with it," Prescher said.

The Owls wiped the Dolphins with four of the seven competing swimmers representing the university placed in the top four of the 200-yard freestyle. They were led by Franklin Kuhn, a senior, with a time of 1:48.09. Kuhn was followed in order by Lucas Quiroga, a freshman, at 1:50.19, Samir Souidi, a sophomore, at 1:52.60 and Fournier at 1:55.80.

"We've just been working our tails off all year. We have been focusing a lot on the 200 events even though today we only really had the 200 IM and the 200 freestyle.

But our emphasis on the 200s have brought together all our sprint events as well," Fournier said.

Fry led the Owls in the 50-yard freestyle at 22:10, with the placement of Drew Ladner, a junior, in third place with a time of 22:35. Adam Fred, a freshman, came in at 22:48, and Doyle clocked in at 23:20.

With the Dolphins taking the top two spots in the 200-yard individual medley, Michael Aiello, a junior, claimed third place at 2:08.10.

Jacob Tanner, a sophomore, swam into fourth place with a 2:08.27 time, and Scott followed with a time of 2:09.00.

In the 100-yard butterfly, Tanner secured his first win with a time of 54.92. He was followed by Aiello at 55.31 and a fourth-place finish by Zerva at 58:07.

Ladner completed the 100-yard freestyle at 48.86 and was quickly backed up by Kuhn at 48.95.

Fred seized the 100-yard backstroke event with a time of 54.38. He was met with Dominguez at 54.63 and Starkey at 54.88.

Doyle was one of three swimmers and the only one who represented the Owls in the 500-yard freestyle.

After falling behind early in the swim, he focused and came back to attain first place at 5:12.44.

"Today was a great example of the depth of this program," Head Coach Tim Quill said. "Anything can happen at any point. We are staying very optimistic about what this program could do."

Women's soccer players compete in 'Senior Bowl'

By Ali Fernand
Managing Editor

Women's soccer players Kelsey Burr, Amanda Dustin and Taylor Hennig have been selected to play in the "Senior Bowl."

This is a competition between the best soccer players in the New England region.

The "Senior Bowl" includes players who are ending their career in college soccer from all divisions, I, II and III.

"It's a tremendous honor. I'm really proud of them," Head Coach Adam Cohen said. "I think they're the perfect representatives of Southern Connecticut."

The competition took place on Dec. 2 at 12 p.m. This was the final game these athletes were able to compete in for their collegiate career.

"The best college players that have been voted on, that have received the honor, come together and are put on teams with the other college players, and they all get to compete," Cohen said.

All three players selected had just finished their last season in their soccer careers. "Senior Bowl" was their opportunity to play at the college level one last time.

"I'm honestly just excited to be able to get a chance to play with different players at a high level and also get a chance to get to play with Kelsey one more time," midfielder Hennig said.

Burr, Dustin and Hennig all proved themselves to be worthy of their nominations. They each had a successful season, making them clear picks for their nomination

and selection to this ultimate game.

"My whole career overall has been so great, this season being the highlight of my career," forward Burr said.

Midfielder Dustin cannot participate in the competition due to an upcoming surgery.

Though she says she is sad to be unable to participate, she hopes to see her teammates succeed in this final competition.

"I was bummed, but at the same time, it's always for the right reason," Dustin said.

All three of these players are currently graduate students at the university.

Their collegiate soccer careers have been longer than most, but this season was the last they could be eligible for.

All three have expressed gratitude that they were able to end their career honoring their university and its soccer program.

"We've had new players come in each year helping contribute in different ways, making the team better, and we just grew as a team, which helped me become a better player," Burr said.

All players are in their final season; however, the nomination process is based on their entire career in soccer.

Therefore, these players have shown excellence in their entire careers, not just this season.

"I can look back on my career and know that it ended in a Southern uniform with my teammates, with my coaches, and I wouldn't have wanted it any other way," Dustin said.



PHOTO | SCSUOWLS.COM

Travis Scott, a freshman, in action for the Owls.

Uricchio earns NE10 Honors

By Avery Martin
Contributor

Elementary education major Jasmine Uricchio, a sophomore, was named to the NE10 Honor Roll on Nov. 21. The swimmer recently won two events at a meet at Worcester Polytechnic Institute. Her wins helped the team secure a 162-132 victory.

Uricchio won the 500-yard freestyle with a time of 5:14.95 and the 200-yard butterfly with a time of 2:10.81. She then took second in the 200-yard freestyle with a time of 1:58.57. Uricchio's 400 medley relay team also finished second in 4:04.74.

Head Coach Tim Quill attributes these results to Uricchio's versatility.

"She is a go-to athlete, she can swim a lot of different individual events and swim them well," Quill said. "I wouldn't say she is a breaststroker, but she can do the fly events and all the freestyles from the 50 on up, that makes her a very versatile athlete."

Quill says that Uricchio's results this year stand out. She has moved beyond the freshman transition period and onto showing the results she is capable of.

"She is definitely ahead of where she was last year. There is always a transition period for the student athletes," Quill said. "I think that she adjusted well last year, but she is definitely ahead of where she was last year at this time."

Uricchio also believes that this season has been one of improvement and progress for her.



Jasmine Uricchio, a sophomore, poses for the Owls on Media Day.

PHOTO | SCSUOWLS.COM

"This season has been really good so far. I feel like I am doing a lot better than I did last year," Uricchio said.

As with many athletes, Uricchio's big goal for the season is to make the NCAA championships. Quill says that Uricchio is on the path to doing so and that they are taking training one day at a time.

Uricchio is also known for her hard work and determination. Psychology major Paola Castillo, a sophomore, is Uricchio's teammate and roommate. She has seen not only Uricchio's

performances in the pool but also her determination outside of it.

"She's just an all-around great athlete, she has a lot of potential. She is a very supportive teammate, a very hard-working teammate," Castillo said. "She is a leader by example, and you can't deny all the results she puts in. She is someone to admire and aspire to be."

Quill agrees that Uricchio's work ethic is special.

"She brings a lot to the table, there is no question as to her work ethic in

practice," Quill said. "She is not afraid to really go after it, and she trains well with some of the men that are in there in her lane."

Outside of athletics, Castillo said she and Uricchio have formed a special bond and compared her to a ray of sunshine that helps the team.

"It's been an instant connection, and she is like a sister to me. We use each other to push each other at practice," Castillo said. "We're there for each other all the time, and she is someone that I am glad she's in my life and she is on this team."

Women's basketball falls to NE10 opponent

By Luke Gadson
Sports Editor

The Owls fell to a tough in-conference opponent, Saint Rose, Saturday afternoon in James Moore Fieldhouse.

In a game where it seemed like nothing was going their way, the Owls fought to the final whistle. The Owls had moments of success, but it was not enough to overcome the Golden Knights who beat them 58-30.

The Owls showed high energy on defense all game, despite their shooting struggles on the offensive side. In the matchup with the Golden Knights, the Owls made 2-19 three-pointers and had a field goal percentage of 17%.

The Owls also struggled with turnovers all game long, finishing the game with 17 to Saint Rose's 13 turnovers. Even though the Owls had a rough game, they would not let this affect their attitude as they move forward this season.

"Obviously, we didn't shoot very well in our own gym. That's something we must work on and something that our coaches stressed to us. I know we will be better; we just must play more aggressively. We can't let teams come into our own gym and take advantage of us," forward Ashley Evans, a senior, said.

Evans led the way for the Owls on Saturday, shooting 44% from the field and racking up nine points, five rebounds and one block. Defensively, forward Renza Milner was a force. She recorded three blocks in the game.

The Owls rebounded the ball well despite their struggles. Forward Rheyna Steinauer, a sophomore, came off the bench and grabbed four offensive rebounds; she finished with six total.

Guard Jillian Martin, a senior, was also a force on the boards, grabbing six rebounds to go along with three assists in this matchup.

Growing together as a team is something talked about by the Owls in their locker room and an aspect of their game they want to improve.

"We've been trying to emphasize growth moving forward. We've been having some issues moving forward with that," guard Julianna Bonilla, a graduate student, said. "I think growth is a big aspect of what we're looking for in ourselves, individually and as a team. We keep emphasizing the importance that it's one through 13 and not just the first five."

With their third straight loss, the Owls overall record moves to 2-5, and their in-conference record drops to 1-3. The Owls have another tough opponent in Pace University coming up next, but they know what they must do to get out of this slump.

"We must be consistent with everything we do moving forward. This is a hard L, but we're going to learn and move on from it. We will be ready for Tuesday," Bonilla said.

Women's swimming and diving win second in a row

By Dillon Flanigan
Contributor

The university women's swimming and diving team defeated the College of Staten Island 135-73, winning their first NE10 conference meet of the year, and with their second win in a row they improved to 3-6.

The Owls entered Hutchinson Natatorium inside James Moore Fieldhouse after two weeks off facing the College of Staten Island Dolphins in a dual meet with the men's team.

"I think overall the team did very, very well. We were told that we were putting off events, and I think that just gave us more motivation. It doesn't make us any less motivated. We're all still trying no matter what events we do, and we work together as a team," elementary education major Arianna Arturi, a junior, said.

The first event of the day was the 400-yard medley relay which consisted of two teams of Owls.

The A team consisted of Abby Lyons, Emma St. Hilaire, Sara Roney and Allyson Quintos, freshmen, who won the event with a time of 4:15.90.

The B team consisted of Molly Dodd, a sophomore, Ella Marzec and Natalie Weier, juniors, and Gracie Marsh, a senior. They placed second in the relay 4:30.30 in front of Staten Island's single squad.

"It was pretty good. I'm very happy about how my events went. Definitely coming off of Thanksgiving break and going



A member of the women's swimming and dive team competing for the Owls.

PHOTO | SCSUOWLS.COM

"This is one of those few sports where you self-inflict pain upon yourself every single time you get up on the block or when you get in the water and train; there's nothing easy about that."

— Head Coach Tim Quill

hard this week being sore. I think me and the team itself did a really good job with pulling through," healthcare studies major

St. Hilaire said.

In the 1000-yard freestyle, Molly Kennedy, a freshman, placed in first out of three Owls with

a time of 11:18.03. Julia Pitchel, a sophomore, etched out ahead of Jordan Herman, a junior, with their respective times of

12:38.47 and 12:44.01.

The top three of the seven competitors in the 200-yard freestyle were the Owls. The top three were led by health and human services major Hailey Nyquist, a junior, with a time of 1:59.32. Lyons finished with a time of 2:04.69, and Weier came in at 2:08.40.

"I was excited. I don't usually swim the two

free or five free. So, I was thrown around a little on the off events, but it was nice to see you know, some different events. It was very exciting," Nyquist said.

Arturi secured her spot in first place of the 50-yard freestyle at 25:11 and was quickly followed by Jasmine Uricchio, a sophomore, at 26:08.

Uricchio later led the 200-yard individual medley at 2:15.58.

She was met by teammates Lindsay McCawley, a junior, placing second at 2:18.84, and followed by Paola Castillo, a sophomore, with a time of 2:21.56.

Castillo grabbed her first win at the 100-yard butterfly, timed at 1:00.94. A few seconds later, Arturi, Quito and Abbey Piech, a junior, rounded out the placement in the event for the university.

In the 100-yard freestyle, Kennedy picked up her second win with a time of 55.90 just ahead of Brooke Keeney, a junior, at 56.24 and Justice Glasgow, a junior, at 56.99.

St. Hilaire won her first individual event of the meet with a time of 1:04.63 in the 100-yard backstroke and was followed by Zoe McNeill, a freshman, at 1:05.85 and Julia Pitchell, a sophomore, with 1:07.22.

"For me, just focusing on myself mentally when it comes to my races and just going into my race, saying you know what, just go out and do it. It has helped instead of overthinking my events. So, it was a surprise for my 100 back, and I was happy about it," St. Hilaire said.