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SOUTHERN NEWS

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Future teachers prepare for classrooms

By Jack Abbot
General Report

The university's Future Teachers Organization helps to prepare education students for their future careers.

"We are for education majors and those alike," collaborative education major and club president Jayde Eggert, a senior, said. "We have social work majors. We have communication disorder majors. Everything under the umbrella of anyone who wants to work in a school system."

The purpose of this organization is to prepare students for careers in education.

During weekly meetings, they provide information and workshops about how to get into the industry and practical skills necessary to become educators.

These meetings are held from 5 p.m. to 6 p.m. in the Adanti Student Center.

"We've actually had a meeting before where we talked about 'How do you get into the college of education?' or 'How do you get into the social work program?'" Eggert said.

They have started to become more active this year and are looking for new members who are interested in education. Like many other clubs, COVID-19 brought a halt to their activities. They have already begun to plan to host more events, including a belated Valentine's Day event to



PHOTO | JAYDE EGGERT

Future Teachers Organization Vice President Makenna Rancourt, Secretary Daniel Brown-Patriceli, President Jayde Eggert and Treasurer Kaitie Schulte at their Halloween Trunk or Treat event.

help advertise the club.

In a future meeting, they are also planning to discuss how teachers should set up their offices to create a comfortable environment.

The organization is sponsored by "Aspiring Educators," a state program that helps students enter the educational industry, helping with the application process and even acting as a union. They also sponsor other education

clubs in different state schools across Connecticut, all meeting monthly.

"The 'Aspiring Educators' program is led by CEA, which is Connecticut Education Association," Eggert said. "We are a part of them now because we are an educator's club."

They have also been working very hard with their advisor, Professor Marisa Ferraro, who has been helping them to get their name out there. The

club's Executive Board is happy that the university has been helping them more as they have become active again.

"In the past, we've kind of been on our own, but now we're definitely working with our advisor," elementary education major and club treasurer, Kaitie Schulte, a junior, said. "It's been wonderful."

Eggert and many other members have been able to find connections

though this club. Schulte was an online student who found community through this club.

"For me, this club was kind of a safe place," Schulte said. "I was going to college even though I wasn't meeting my classmates in person yet."

Schulte is hoping to teach classes at a kindergarten or preschool level.

"I personally just love the tiny ones. They make my heart just full of joy," Schulte said.

Eggert is also interested in teaching younger grades. Her goal is to teach first to third graders.

"Being in a classroom setting, I love it. I love working with the kids. I love watching the kids have what I call a 'light-bulb moment.' Where you're teaching them, and then the little light bulb in their head goes off, and they understand what you're teaching them," Eggert said.

Wellbeing Center prevents suicide through education

By Brandon Cortés
News Writer

The Wellbeing Center organized a QPR event, also known as Question, Persuade, Refer, with the aim of disseminating information on how to prevent suicide. The event took place in Room 201 of the Adanti Student Center on Thursday, Feb. 15.

Allyson Regis, Coordinator of the Wellbeing Center, views this event as a valuable opportunity for students to learn how to respond effectively if they encounter a situation where someone they know might be contemplating suicide.

Shane Lister, a graduate intern at the Wellbeing Center, emphasized that the event does not aim to provide counseling or treatment. He clarified that attending the event does not automatically make attendees qualified counselors for handling such situations. Rather, the event's purpose is to offer hope and support.

"We want you to leave with the necessary tools to spread hope to those who are contemplating suicide," Lister said.

Throughout the event, participants received insightful information regarding the significant impact of cultural and identity context on an individual's mental health.

Speakers delved into

the intricate ways in which cultural backgrounds, identity, beliefs and societal norms can profoundly influence an individual's wellbeing, psychological state and their decision to seek help.

They emphasized the importance of understanding and considering diverse cultural perspectives when addressing mental health issues, highlighting how cultural sensitivity plays a pivotal role in providing effective support and interventions.

Brandon Iovene, graduate intern at the Sexuality and Gender Equality, SAGE, Center said that from their personal experience, there are many tragic cases in marginalized communities.

"I don't think I've met one person in the LGBT+ community who has not at one point in time suffered from any sort of mental health issues," Iovene said. "A lot of people face a lot of pressure from their family and friends when it comes to showing their true identity. Many times, this can lead to people planning on committing suicide or even suicidal thoughts."

Suicide is the second leading cause of death among young people aged 10 to 14, and the third leading cause of death

among 15 to 24 year olds according to the Centers for Disease Control and Prevention. Lesbian, gay, bisexual, transgender, queer, and questioning, LGBTQ+, young people are at significantly increased risk.

The Trevor Project, a nonprofit organization which supports LGBTQ+ youth, estimates that more than 1.8 million LGBTQ+ young people ages 13 to 24 seriously consider suicide each year in the U.S., and at least one attempts suicide every 45 seconds.

Furthermore, their research unveiled that within the LGBTQ+ demographic, a concerning 41% of young individuals seriously pondered attempting suicide within the preceding year.

This poignant statistic becomes even more alarming when considering that approximately half of transgender and nonbinary youth fell into this category.

These distressing figures underscore the pressing need for targeted support and resources aimed at addressing the unique mental health challenges faced by LGBTQ+ individuals, particularly transgender and nonbinary youth, to mitigate further instances of distress and foster overall wellbeing.

Upcoming events:

Hidden Kolors

African American Greek life will be celebrated in the Adanti Student Center Ballroom on Wednesday, Feb. 21 at 7 p.m.. The contributions of African American Greek life to Black history will be celebrated.

Regulating Our Children and Regulating the Regulators

Faculty, staff and students who are parents can attend this workshop to learn about mentoring their children. This workshop will be on Thursday, Feb. 22 from 2:15 p.m. to 3:15 p.m. in CHHS Conference Room 201.

Virtual Viewing of "Brother Outsider: The Life of Bayard Rustin"

This documentary follows the life of Bayard Rustin, an openly gay civil rights leader. Join this watch party via Zoom on Feb. 22 at 6:30 p.m.. The Zoom link is on the university website.

Undoing Racism Workshop

A three-day workshop will be held on campus to focus on educating people about the history of racism and what can be done to dismantle it. The workshop will run from 5 p.m. to 6 p.m. from Feb. 23 to Feb. 26. The registration fee is waived for students at the university.

Career Readiness Library Display

Buley Library is hosting many resources on its first floor to celebrate the week of Career Readiness. This will take place all day on Monday, Feb. 26 for students to learn about how to prepare for their future careers.

Heritage Ball

The Heritage Ball will be on Thursday, Feb. 29 at 7 p.m. in the Adanti Student Center Ballroom. Dinner will be served as students celebrate heritage and culture.

Dimitri Petrov Art Exhibit

Buley Library Art Gallery is hosting a selection of works by artist Dimitri Petrov. This will be on display in the gallery until March 21. The gallery is open 11 a.m. to 4 p.m. Monday through Friday.

PHS teaches Owls about safe sex practices

Lexi White
General Reporter

For a lot of people, Valentine's Day is a very romantic and intimate holiday. It is filled with love, candy and sexual activity.

For college students, it may not be easy to practice safe sex, whether this be because they do not have money to buy contraceptives, do not have access to transportation to purchase contraceptives or are embarrassed to buy them.

That is why the Public Health Society, PHS, set up a table in the Adanti Student Center on Feb. 14 to distribute free condoms to those who need them.

Although, there were not just condoms being distributed. PHS put together goodie bags containing contraceptives as well as Hershey Kisses, lollipops and information sheets that dispel common myths about condoms and sex.

The PHS is a student organization that hosts events and spreads awareness about public health on campus. Their goal is to educate people on the topic of public health and improve the healthcare community.

President of PHS Angela Corsino, a senior majoring in public health, has a special love for the organization but especially for this event.

"The message we hope to convey is to practice safe sex and obviously prevent STDs or unplanned pregnancies," Corsino said. "By making these goodie bags free and accessible to students, we hope that these contraceptives are utilized."

Public health major Gabrielle Brown, a sophomore, was the other member of PHS running the event. Even though this is Brown's first semester with PHS, she has been enjoying every minute of it.

"It is important to practice safe sex and have the resources needed to practice safe sex," Brown said.

The first time PHS hosted an event like this, the Wellbeing Center provided contraceptives. Since then, the Advocates for Youth organization had been providing 500 condoms to the university each semester which PHS distributes in a fun and carefree way.

During the fall semester, PHS hosts a trick or treating event where students are provided with condoms and candy. During the spring semester, PHS hosts the "Kisses and Condoms" event.

"I think this booth is great, especially for college students who are sexually active," psychology major Leticia

Asante, a freshman, said. "It's great to have a booth that gives out free condoms to help protect people from STIs and STDs."

PHS has made these events traditions each semester that tons of students are grateful for.

"Because Valentine's Day is such a loving holiday, we assume people will be engaging in sexual activities, so we'd like for them to be safe in doing so," Corsino said.

Most of the students who walked by the "Kisses and Condoms" booth seemed intrigued. Others were shocked and became uncomfortable.

"I understand why some people react this

way," Corsino said. "It is a very taboo subject, but other than that, people seem pretty happy to be getting these for free."

Another student who supported this event was special education major Quinn Eyrich, a freshman.

"I think it's really cool that they're doing this," Eyrich said. "I think more people need to come by and check it out."

Luckily for those who missed "Kisses and Condoms", PHS will be hosting another similar event next semester. In addition, Corsino urges students to become a member of the PHS and to attend their weekly meetings.

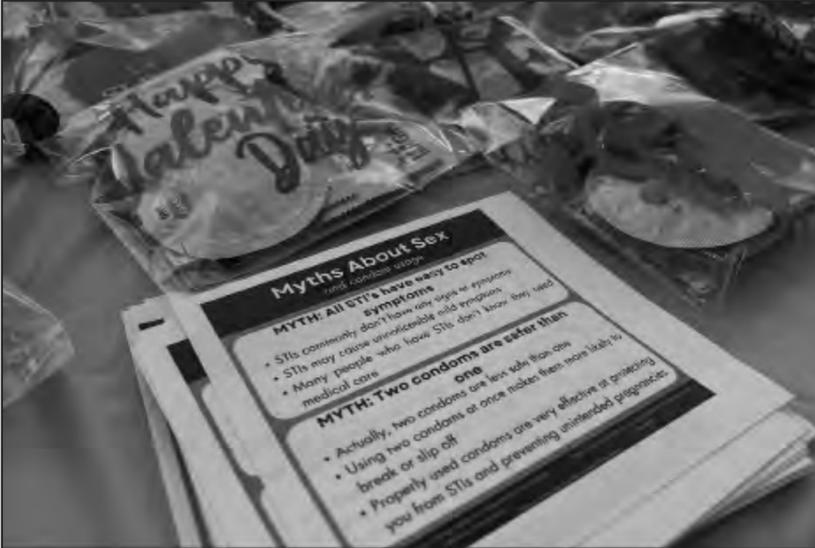


PHOTO | LEXI WHITE

PHS pop up booth has contraceptive goodie bags and notes for students to take on Feb. 14 in the Adanti Student Center.



Students take free goodie bags and learn about safe intercourse practices on Feb. 14 in the Adanti Student Center.

Students share their thoughts on inflation

Brandon Cortés
News Writer

As inflation rates surge globally, university students are grappling with the ramifications of this economic phenomenon.

The surge in prices, especially in essential goods and services, has triggered concerns among the younger generation about their financial stability and future prospects. From rising tuition fees to inflated grocery bills, students are feeling the pinch of inflation in various aspects of their lives.

"As a freshman, university life seems a bit expensive to me. I must pay debts, and I must pay for my own food," STEM Health major Hamza Bhutta, a freshman, said. "But now, with prices soaring, I find myself constantly revising my budget and cutting back on non-essentials just to make ends meet."

Bhutta's experience echoes that of many of her peers who are navigating the complexities of student life amidst inflationary pressures. The cost of housing, food and transportation has skyrocketed, leaving students with fewer resources to allocate towards academic pursuits and extracurricular activities.

For some students, the specter of inflation has exacerbated existing financial challenges, particularly for those relying on part-time jobs or financial aid to cover their expenses.

"We are already paying enough for our tuition, for the meal plans, for dorms, classes and summer classes," sports management major Da'Jaun Banks, a junior, said. "With inflation driving up the prices of textbooks and housing, I question how students will manage to afford education without

accumulating crippling debt."

The ripple effects of inflation extend beyond immediate financial concerns, permeating discussions about long-term economic stability and career prospects. Students express apprehension about entering a job market fraught with uncertainty, where wages may fail to keep pace with the rising cost of living.

About seven-in-ten Americans think young adults today have a harder time than their parents' generation when it comes to saving for the future, 72%, paying for college, 71%, and buying a home, 70%, according to a Pew Research Center survey conducted in October 2021.

These findings come at a time when younger Americans are more likely than previous generations to have taken on student debt with tuition costs steadily rising and to face an affordable housing crisis as rent and housing prices have grown markedly faster than incomes in the last decade.

In addition to financial anxieties, students are grappling with the broader implications of inflation on society, including its impact on income inequality and access to education.

Amidst these concerns, students are calling for proactive measures to mitigate the effects of inflation and safeguard their economic wellbeing. Suggestions range from increasing financial aid and implementing price controls on essential goods to advocating for policies that promote economic stability and equitable access to opportunities.

"While inflation may seem like an abstract concept to some, its effects are deeply felt by students trying to build a better future for themselves," Bhutta said.

Campus celebrates snow day

Brianna Wallen
News Editor

According to USA today, on Groundhog Day, Punxsutawney Phil did not see his shadow. Despite the legend predicting an early spring, the campus was transformed into a winter wonderland on Tuesday, Feb. 13.

With the impending storm, the university was shut down, resulting in both in-person and online classes being cancelled. The second snow day of the semester allowed Owls to rejoice during their break from classes.

Some students took advantage of the snow day by indulging in winter festivities. Exercise and sports science major Justin Galindo, a freshman, utilized the

day off to practice winter activities filled with nostalgia.

"I played in the quad with my friends and threw snowballs at people," Galindo said.

While some students took advantage of the snow, others used their free day to catch up on work. Business major CJ Dawkins, a freshman, hibernated in his dorm to study.

"I stayed in my room and did math work for my class," Dawkins said.

Similarly, many students saw the snow day as a time to reset and stay warm. Computer science major Rakaigh Pettway, a freshman, spent his day off relaxing and spending time online with his friends.

"I just chilled in my room and played Call of Duty with my friends,"

Pettway said.

To escape the cold, many Owls remained in their dorm and found enjoyment online. Business major Sam Coimin, a freshman, said that she utilized her screen time to the fullest.

"I slept, watched a few movies and ordered Chipotle," Coimin said.

Staying in was a popular choice among Owls. Business major with a concentration of marketing Juwelle Clay, a freshman, said that she binge watched her favorite show.

"I watched episodes of Scandal and almost finished season 6," Clay said.

Clay also said that she used the day to catch up on sleep.

"I took three naps," Clay said. "It felt refreshing to have a

break from my busy schedule."

Regardless of how students spent their snow day, it was much anticipated. Especially for nursing major Chrystophe Obiang-Ze, a freshman, who said that he had a biology exam that was set to occur on Tuesday morning that he did not want to take. With the snow day, he was given an extra day to study and feel more prepared.

"I think God heard my prayers in the bathroom," Obiang-Ze said. "I was really praying for a miracle to happen."

While the snow day gave students an opportunity to rest and escape classes it is clear that Owls are left, wanting more.

"We need more snow days!" Galindo said.



Snow falling on bare trees behind Hickerson Hall on Feb. 13.

PHOTO | BRIANNA WALLEN

Makerspace hosts first crochet event

By Solé Scott
Features Editor

Ever wanted to learn how to crochet? Well, look no further than attending a session at the Makerspace.

The Makerspace in the lower level of Hilton C. Buley Library hosted a “Crochet Hearts and Roses!” event on Valentine’s Day.

Students were greeted by various pamphlets on the table about how to crochet and were able to choose a design to make.

Life and Clinical Sciences Librarian and Distance Learning Coordinator Rebecca Hedreen was involved in the event and made crochet designs.

“We just got a donation of a whole bunch of yarn, and we also just bought a new bunch of crochet hooks,” Hedreen said.

The event started at 1 p.m. and ended at 3 p.m.

Therapeutic recreation major Rosaliz Carreno, a junior, helped students who needed assistance needing.

Carreno said that

her goal is “helping people get in the flow of crocheting and the beginning skills of it.”

Librarian Technician Beth Paris also got involved in the event.

“The event was how to learn how to do crocheting, so they had basic hearts you could make or roses, which are more complicated,” Paris said.

The Makerspace is not only for arts and crafts but also offers 3-D printing, coding robots, cameras and a variety of other tools for crafting.

The space is always open for students to use throughout the week.

However, if students have questions and need assistance, they should come in when a worker is present.

“10 a.m. to 3 p.m. Monday through Thursday but it flexes different days,” Hedreen said.

Under the Buley Library section on the campus website, students and faculty can request to check out any Makerspace tool by completing

a form. To use the 3-D printer, it is required to complete a separate specialized form.

“It was fun. It was nice to get out of the office and learn a new skill and be with coworkers and students,” Paris said.

This was the first crochet event in the Makerspace area.

Last semester, the Makerspace lost a part-time librarian who found a full-time job. The past librarian used to host weekly events.

“This semester, we are not able to do weekly events, so we will just have a few scattered across the semester,” Hedreen said.

The crochet event was not just meant for Valentine’s Day.

“The materials are just going to be here; there is a little kit with crochet hooks, and that is able to be checked out so you can take it home and try it there,” Hedreen said.

Be on the lookout for more Makerspace events that will be advertised in Buley Library and on OwlConnect.

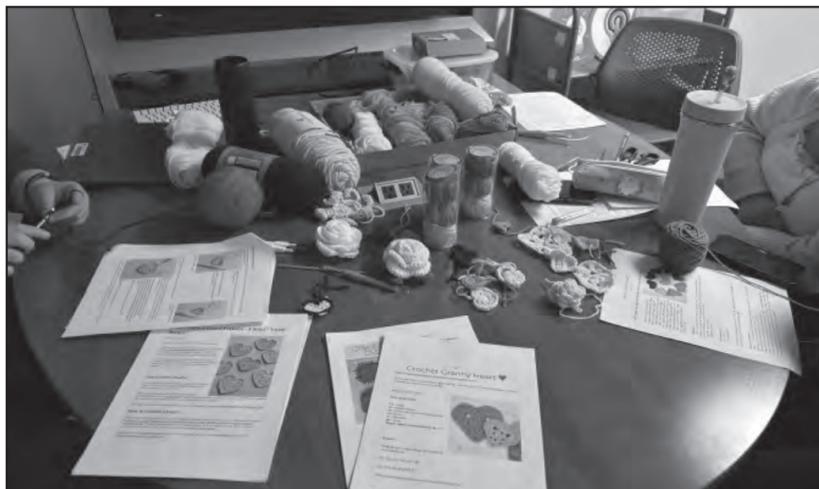


PHOTO | SOLÉ SCOTT

The crochet crafting tabling where students created their own designs or followed instructions from a pamphlet that was available.



A few crochet creations left on a table that students made while at the event.

Owls Decide: Who’s their favorite president

By Lexi White
General Reporter



“Andrew Jackson because he likes to duel people, which is funny, and he was the first president to ever have an assassination attempt.”

— Earth science major Alexander Moser, a sophomore



“John Adams because I was named after his wife, Abigail Adams.”

— Studio art major Abigail Rossi, a sophomore



“Barack Obama is my favorite president because he has broken so many barriers.”

— Political science major Ryan Williams, a sophomore



“Barack Obama because I’m Black and it’s Black History Month.”

— Psychology major Trician Johnson, a sophomore



“I don’t have a favorite president because all of them are flawed. Personally, I just want a president that supports gay rights and can stop student loans.”

— Interdisciplinary studies major John Stannard, a freshman



“Obama because we have similar paths for the middle class and below.”

— Accounting major Glenroy Ford, a senior

Underground R&B artists showcase creative minds

By Jay'Mi Vazquez
Managing Editor

This year, the underground R&B scene has artists that are pushing boundaries with sounds, images and music video concepts.

As this underground scene has been growing, there are many artists currently showcasing why they deserve more recognition for their creativity.

An artist by the name of 4Batz has been blowing up lately with his music, placing on the Hot 100 charts with his song, "Act ii: date @ 8."

The main thing that draws listeners in is his voice. Drawing comparisons to Brent Faiyaz, 4Batz edits his voice to create a higher pitch, sounding softer and more angelic.

However, his look and image are very different from the themes in his songs.

His singing about love and girls while decked out in streetwear style and equipped with grills, double cups and black Air Forces is addictive to watch.

Although this has been done before, his music videos are the definition of when the video does not match the song.

It is impeccable marketing that draws listeners in.

With a feature from a bigger artist like Drake, 4Batz would be

flourishing as an established artist.

BLK ODYSSEY is another example of an R&B artist who really is deserving of more recognition.

With songs like "ODEE" and "Want You," he has shown that there is a variation in his R&B, showcasing different tempos, lyrical abilities and melodies.

He captivates listeners with his socially conscious music and his voice. Although he does not have a wide vocal range, it sounds unlike any other artist's.

BLK ODYSSEY showcases a laid-back singing ability with an experimental, distinguished style.

"ODEE" is his best song by far, sounding like it belongs on a Travis Scott or Kendrick Lamar album.

ODYSSY's sounds share similarities to past R&B songs but also hold an exciting promise for its future.

Another artist, Elmiene, has been creating waves in the underground R&B scene.

His biggest song, "Someday," is amazing. The production and vocals on that track showcase a promising future if the right people hear him.

As a British singer, his fan base mainly is comprised of people from Britain. Mainstream global attention is what Elmiene needs.

His sound is very similar to artists like Miguel, Jordan Ward and Daniel Caesar with his ability to make every track sound soothing.

Elmiene's ability to materialize abstract ideas, especially on songs featured on his latest project, "Marking My Time," really encapsulates why he is a compelling upcoming R&B artist.

Naomi Sharon is probably one of the best vocalists in the underground R&B scene right now. Sharon's genre blending of R&B melodies and themes with afro-beats creates a unique balance for listeners.

Songs like "Definition of Love" are a good example of how impactful this blend can be. Her voice can be very soft at times but also has a strong depth.

Her songs remind listeners of Sade, and fans are here for it.

With such a unique tone, she captures the spirit and sound of Sade from the late 1990s. Her modern songs have such an older feel with their prolific production and nice lyricism.

This underground R&B has many more talented artists showcasing their creativity. As a listener, the growth of this category is fun to watch since it is comprised of vastly different sounds and experimentation.

Playlist recommendations for stress management

By Ali Fernand
Editor in Chief

Stress management is one of the hardest things for college students to navigate. One of the best coping mechanisms for this is a chill playlist. Here are a few songs students might enjoy de-stressing to at the end of a day of studying.

"Top Dog" by Magdalena Bay is a whimsical chillwave song. It features swirling synths that could put anyone in a good mood. The vocals are soft to the ears, and the lyrics can make anyone feel like the coolest person in the room. Listen to this for a positive mood.

"Just a Stranger" by Kali Uchis featuring Steve Lacy is a banger in every sense of the word. The bass in this song is groovy and fun. The vocals are pleasant to the ears. Listen to this song if you are a little mad at an ex but still want to feel on top of it.

"Held Down" by Laura Marling is a pleasant indie folk song that is full of passion. Marling has

a talent for turning the feeling of yearning into song.

It has beautiful guitar and vocals and makes you feel as if you are tucked in the softest satin sheets in the world. Listen to this song to lay down, close your eyes and be transported to somewhere beautiful.

"Andromeda" by Weyes Blood is as ethereal as music can be. Everything about this song makes one feel as if they are floating in a still body of water. This love ballad is stunning, and it is a must listen for anyone who is a hopeless romantic.

"Nude" by Radiohead is a stunning ballad from the beloved rock band. This band shines when they take the tempo down and express some emotion.

The instrumentals in this song are lovely; headphones are essential for this one. The vocals in this song sound like something Ariel would sing in "The Little Mermaid."

"Simulation Swarm" by Big Thief is another indie folk song that is

full of whimsy. It is a bit faster paced than Big Thief's other songs but is a standout in their discography. It has groovy guitars and soft vocals. Listen to this song if you need to take a brief break while studying for a little groove.

"Ring of Past" by Men I Trust is a detour from this band's otherwise spacey psychedelic sound.

The band made the odd decision to make a disco-influenced song, but it could not have been a better decision. This song has a delicious bass line and ridiculously fun synth lines. Listen to this for a chill but intense groove.

The last song for this playlist is an oldie but a goodie. "Ain't No Sunshine" by Bill Withers is a stunning ballad where he yearns for his lover.

This song is beautiful and could make anyone feel in love, even if they are not. Listen to this if you are in the mood for a classic singer-songwriter feeling or if you yearn for love.



PHOTO | ALI FERNAND

An example of a stress relief Spotify playlist.



PHOTO | INSTAGRAM

Elmiene's cover art for his "Marking My Time" album.

Thoughts on Super Bowl LVIII commercials and halftime show

By Solé Scott
Features Editor

San Francisco 49ers and Kansas City Chiefs faced off to win the Vince Lombardi Trophy. This was the eighth time the 49ers advanced to the Super Bowl and the Chiefs' sixth.

The 2024 Super Bowl was held in Las Vegas for the first time in National Football League, NFL, history on Feb. 11 at the Allegiant Stadium.

No Super Bowl can start without the national anthem, which was sung by country music icon Reba McEntire.

The Black national anthem, "Lift Every Voice and Sing," was sung by singer and actress Andra Day.

Throughout the night, the 49ers were in the lead and were the clear favorites to win until the game went into overtime.

The halftime show with Usher proved to the world why he is a living legend. The dancing, live vocals, outfit change and exciting roller-skating segment was a once in a lifetime performance.

Alicia Keys was the only extraneous element of the halftime show with an all-too-common voice crack mishap in the beginning of "If I Ain't Got You." After the game, the NFL updated the halftime show and noticeably

edited out the voice crack.

Now, Alicia Keys is a fantastic musician but not a good singer when she is live.

The game ended with the Chiefs winning 25-22 against the 49ers due to Patrick Mahomes throwing the winning catch to Mecole Hardman Jr., who scored a touchdown.

The Super Bowl is popular for its athletic entertainment and halftime show, but it is also well known for its commercials.

This year, the commercials were mediocre compared to other years. The jokes were corny and regrettable since the ads were not cheap to produce.

My favorite commercials were from Verizon and Beyoncé, who unexpectedly broke the internet because she teased the release of two songs that will be on her new album in March.

Kanye West reportedly spent \$7 million for an ad slot only to use his iPhone to tell the audience to visit his YEEZY website and buy his shoes and clothes.

I also enjoyed the Apple music commercial with Taraji P. Henson, Ludacris and Lil Jon going all over Las Vegas after losing Usher.

that slightly distorted his speaking voice.

One aspect of this Super Bowl that drove myself and other audience members insane was the camera continuously showing Taylor Swift and her crew.

The NFL needs to know that when fans are watching football, they are only watching football. Throughout the season, Taylor Swift has been forced down our throats since she started to date Chiefs player Travis Kelce.

No other spouse, fiancée, girlfriend, mother or father to a player is shown as much as Swift, which totally gives off the vibes of a PR relationship.

Nevertheless, this Super Bowl was not only interesting to watch but also made history.

For example, the event was the most watched United States broadcast since the Apollo 11 moon landing with 123.7 million.

Next, Super Bowl 58 was the longest in history, lasting 74 minutes and 57 seconds.

Lastly, the Chiefs were the first team to win back-to-back Super Bowl's since 2004, when Tom Brady led the Patriots to victory.

The next Super Bowl will be held in New Orleans at the Caesar's Superdome.

These are the opinions of the Southern News Editorial Staff

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Visit www.TheSouthernNews.org for more.

Women's basketball defeats crosstown rival

By Dillon Flanigan
Sports Editor

At the outset, there was frustration and confusion for the Owls, but in the rearview mirror there was a feeling of exhilaration of victory.

It was a humbling win for the women's basketball team as they defeated their crosstown and NE10 rival, the University of New Haven, UNH, Chargers, 67-53 on Wednesday, Feb. 14.

"Obviously coming out, not the best start, and I think we just weren't getting anything done on offense, and that's because our defense wasn't good," guard Hope Fox, a sophomore, said.

In the first two minutes, the Chargers put the first points on the board, taking a 4-0 lead. Starting in place for guard Jillan Martin, a senior, was Fox, who drained a wide-open three-pointer to put the Owls on the board. Over the next six minutes, the Chargers entertained a 14-0 run, expanding their lead to 17-3. The quarter ended in Owls' deficit 20-7.

"We told them just to fight, no matter what team we are playing. If you're up big, you still got to keep fighting. You don't want to go up by 10. You got to keep pushing the envelope there. If you're down by like 13, like we were in the first quarter, you're still fighting," Coach Kate Lynch said.

The Owls' 10-0 run continued into the second quarter, bringing the lead in reach 20-15 with contributions by guard Julianna Bonilla, a graduate, guard Delaney Haines, a junior, and guard Rheyne Steinauer, a sophomore. Midway in the second quarter, a 9-2 UNH run brought their lead to 29-17.

As the quarter progressed, the Owls had more shots go in than the Chargers. Both teams had opportunities to score as the quarter ended with Fox's three-pointer and free throw, bringing the Chargers lead 35-30.

The Owls nest appeared to have been rattled.

"We needed to wake up. Our energy was off this morning, so it was kind of just getting our heads right. Remembering specific keys to the game, knowing we had to help our post players out down low and just coming up with the stops," guard Makenzie Helms, a graduate, said.

A minute after the break, forward Katie Williamson, a senior, opened the scoring with a layup via an assist from forward Ashley Evans, a sophomore. As the Owls tried to inch closer, their effort was minimized by countless UNH scores.

That was until a layup by Fox clinched the Owls' first lead of the game, 43-42. An aggressive scoring campaign by both teams were neck and neck

as the third quarter was winding down to Helms' buzzer beating layup, knotting it to 52 apiece.

"We kind of went with what was working for us, and so the little pick and roll with me and Katie just hitting her off that pop, and she was just hitting them every time. So, we kind of kept going back to that," Helms said.

On four jumpers and two free throws, Williamson struck gold as she scored the first 10 points in the quarter. The Charger heart was ripped out as Helms placed the cherry on top, completing five of six free throws. The Owls defense shined as they only allowed one point in the quarter.

"Katie stepped up in the second half. Hope did a great job filling in for Jill. Kenz really woke up in the second half, so I think we held it out in the first half enough, and then our scorers stepped up," Lynch said.

Although the disparity in time with lead was evident with New Haven possessing the ball for 26:19 and the Owls for 11:01, the university was not out of the picture for long.

Steinauer etched eight rebounds, two assists, two blocked shots and eight points in a personal high 30 minutes of play as Williamson recorded nine rebounds and two blocked shots while 16 of her 20 points came in the second half.



PHOTO | KAHIONA SENIOR

Guard Makenzie Helms, a graduate, shoots a layup.

In the post-game, the talk was not only about the win but about how they managed to keep the Chargers to a single point in the fourth quarter.

"Beginning the game, their shooters were knocking down shots and shot a great percentage for three," Lynch said. "Regarding the three, they get the basketball inside. So, we just started to keep working in the post and put a little bit more ball pressure in the second half, and we are fortunate it worked out."



Guard Hope Fox, a sophomore, passes the ball to guard Delaney Haines, a junior.



Forward Rheyne Steinauer, a sophomore, fights for the ball.



Women's basketball players talking during a timeout.

Commuter breakfast for early morning students

By Jack Abbot
General Reporter

"Good Morning Commuters" is hosted by Commuter Services every Thursday from 8:30 a.m. to 10:30 a.m. in the Adanti Student Center Resource Room for students who are arriving early to class.

This week, it was themed for the "Week of Wellbeing." They offered miniature Zen gardens to students while playing calming music to encourage a relaxing atmosphere.

"This is especially important for commuters because we try to advocate for a closer bond between commuters and the campus," Commuter Assistant and psychology major Heather Rae Gaydownen, a sophomore, said. "We try to encourage them to stay on campus or create connections and relationships as much as possible."

Commuter Services

is an organization on campus that aims to provide events and resources for commuters.

They also have several other events including Commuter Luncheons, which take place monthly and Commuter Crew which takes place bi-weekly.

"There's usually always food and prizes," Gaydownen said. "It's just a nice, fun way to connect with other commuters."

Commuter Crew events usually focus on helping commuters make connections through games and teamwork.

Commuters often have a hard time making connections on campus. These events are to help them stay on campus when class ends and make friends who they can see regularly.

"I just like being able to get to connect with a lot of the commuters," Gaydownen said. "I see new faces every time."

They are also working to introduce more

regular events, including a juice bar which may soon start to take place on Tuesdays in the Engleman Rotunda.

"Sometimes, I don't have time in the morning to make myself breakfast or go to another place and get breakfast," recreation and leisure studies major Hailey Ortiz, a sophomore, said.

Ortiz takes the bus to campus, meaning that stopping for food on the way is not an option. Commuter meals such as this one are a way for people like Ortiz to find food on campus in a pinch without having to pay for food at the Adanti Student Center or Connecticut Hall.

"If I don't have breakfast, I am very low energy, and sometimes I even feel sick in the morning without breakfast," Ortiz said.

These events also act as a way for commuters to meet their Commuter Assistants who help to organize these events and

provide resources for them. It helps introduce them to the Resource Room, which is an open space for commuters to visit and hang out during the day with free drinks.

The commuter office is across the hall where commuter assistants are ready to provide help or answer questions for commuters.

"Commuter Services is still somewhat new," Gaydownen said. "We're still growing and trying to see what's best."

The organization is still growing and is looking to offer more regular events to commuters going forward.

"Southern is a commuter college. The majority of us are commuters, and it's important to be able to do events that cater towards them or make it a bit easier," Gaydownen said. "It would suck to think that a commuter would feel less important on their college campus."

Home game sports schedule:

Women's Basketball

The Owls face Southern New Hampshire University on their home turf on Wednesday, Feb. 21 at 5:30 p.m.

Men's Basketball

The Owls face Southern New Hampshire University on their home turf on Wednesday, Feb. 21 at 7:30 p.m.

Track and Field

Both men's and women's track and field will have a meet on their home turf on Friday, Feb. 23 at 10 a.m.

Women's Lacrosse

The Owls face Saint Michael's College on their home turf on Tuesday, Feb. 27 at 4 p.m.

For information on all home and away game times, go to scsuowls.com

Owls spear Chargers; win fifth straight

By Avery Martin
Contributor

It was an important win on Wednesday, Feb. 15 for the Owls, as they won 75-60 against University of New Haven.

The Owls, now on a four-game winning streak, held the lead from the first minute of the first half and did not let it go. With defense in mind, they were able to score repeatedly throughout the first half. For the first three minutes, they were leading 8-0.

Forward Josh McGettigan, a graduate, said, "I

think we came out hitting on all cylinders. We all stuck together, and it was really our defense that led the way."

Head Coach Scott Burrell also attributed the team's successful game to great defense by the team.

"I think we played a full game; I think we played really good defense. We were smothering on defense. They didn't get in any easy looks, and we rebounded the ball well," Burrell said.

The strong focus on defense was obvious in the first half, as the Owls scored several three-point

shots for offense. Guard Mason Williams, a graduate, played a great game, scoring 14 points in the first half alone. Nine of those points were from back-to-back three-pointers.

Williams said scoring big is always intentional. "We work on throwing and transitioning. I got a lot of threes in transition; I got some out of the rebound. So we just kind of are moving around, and my teammates did it today, which is really good," Williams said.

Forward Cherif Diarra, a sophomore, and guard Marty Silvera, a junior, each had four rebounds, and guard Logan Bagshaw, a junior, had three.

"When you rebound the ball, play good defense and rebound more, you get easy buckets and transitions," Burrell said.

Going into the second half, the score was 47-21 Owls. Burrell said that leading by more than half does not completely change the strategy of each player giving his all.

"Our goal is to try to go out there and compete every night. We try to win every night," Burrell said.

"And if we do that, we will move up in the standings, and we know that."

In the second half, the Chargers were able to make a slow comeback, but the Owls held them off. Diarra and McGettigan defined the half. It was layup after layup.

"We were getting steals, rebounds and just running, so that really helped us," McGettigan said.

McGettigan scored five points, and Diarra scored six. Forward Kazell Stewart, a sophomore, scored seven.

As Diarra noted, the Owls used the momentum from the defense of the first half to propel their second half offense.

"It's a rivalry game, so we don't take our foot off the gas. They could come back anytime. It's a new half, a new game. We gotta keep repeating," Diarra said.

As the final whistle blew, the Owls finished strong against their rivals. Ranked fifth in the NE10 conference, the Owls are back in action at Saint Michael's College on Feb. 17 and back at home on Feb. 21 against Southern New Hampshire



PHOTO | KAYLEE BLAKE

Forward Cherif Diarra, a sophomore, dunks.



PHOTO | KAHIONA SENIOR

Guard Sean James, a junior, guards a Charger.



PHOTO | KAYLEE BLAKE

Guard Marty Silvera, a junior, with the fade-away jumper.

Lacrosse eager with experience

By Matt Gain
Contributor

With the women gearing up for their upcoming lacrosse season, high hopes and optimism are running through the practice field and film sessions.

After their first successful season in 2023, the Owls now look towards this upcoming season with the leadership of captains defender Hannah Holmes, a junior, and midfielder Brianna Shaw, a senior.

These two have been playing together for most of their college careers, but there will only be one captain suiting, as Shaw will have to be on injured reserve for most of the season.

Depth is going to be a big factor this season since there are several returners coming to compete. Those returners consist of a strong senior group that has been together for all four years and are ready to break into the NE10s.

"We got four senior starting defenders that are all back who all started multiple games in the past," Head Coach Kevin Siedlecki said.

There are also several freshmen and sophomores who are hungry to get out on the field. Shaw being out for the season will result in more playing time for the younger talent on the bench.

"The sophomore group has looked really good in the preseason," Siedlecki said.

Last year's first winning season for the Owls made them feel as if they can now compete with top NE10 talent. Last season, they went four and eight in conference play, but with the next man up mentality and the changes to the roster, the Owls feel like they can hold their own against conference play with no problem.

"We are probably going to have 20 girls in the rotation this year. Last year, we only had about 18 or so," Siedlecki said. "We feel we have at least 20 girls who can step on the field and give us something."

Now taking on the responsibilities as a captain, Holmes is very optimistic about the upcoming season. She is a part of that core senior group who has

been through trials and tribulations all the years she has been an Owl. However this year is different, as she now looks to lead her team through top tier talent.

"There are five to six teams ranked nationally, and we are right under them and want to prove ourselves," Holmes said.

Along with Holmes being named captain, she has a chip on her shoulder and wants to prove herself not only as a better player than before, but as a good leader. With Shaw not being able to play, Holmes will be the only captain on the field.

"I want to show people why I'm captain and to show the team why I belong in this position," Holmes said.

In preseason play, the Owls showed they can go out and compete in every game. The season is just four days away. The Owls look to hit the floor running and jump out to an early season win.

"The first game is out of conference and a different level of play. Does not matter. You still have to have the same mentality through all games," Holmes said.

Sports Recap: Feb. 17-19

By Dillon Flanigan
Sports Editor

Basketball:

The men's and women's basketball team both traveled to Colchester, Vermont on Saturday, Feb. 17 to face Saint Michael's College.

Women's Basketball:

After a 60-41 victory over Saint Michael's College, they extend their win streak to four straight. The Owls improved to an overall record of 15-10 and an NE10 record of 12-7.

Saint Michael's took a first quarter lead 13-7, but the Owls offense started to heat up as guard Hope Fox, a sophomore, hit a three-pointer, tying the score at 25-25 with less than a minute to go until half.

Out of the half, guard Makenzie Helms, a graduate, hit a jumper to open scoring. After a back and fourth, the Owls took a 38-34 lead.

As the game neared its end, the Owls outscored the Purple Knights, 22-7 in the quarter and flew back to Connecticut with the win.

Helms led the team with 13 points, six rebounds, and team-bests five assists, four steals, two blocks and went 5-for-6 from the free-throw line.

Forward Katie Williamson, a graduate, guards Delaney Haines, a junior, and Fox each scored eight points.

Williamson led the team with nine rebounds, two blocks and went 4-4 in free-throws.

Haines captured four rebounds, two assists and a steal as Fox recorded four rebounds and a steal.

Forward Ashley Evans, a senior, totaled five rebounds, two blocks and an assist.

Men's Basketball:

Their win streak ended at five in a row, losing 91-80 to the Purple Knights. This loss drops them to 17-8, holding on in a tie-breaker with Pace University for the fourth seed in the conference at 11-8.

The first half was highlighted by the Owls out-rebounding the Purple Knights 27-17. However, they were in a deficit 35-29.

In the second half, the Owls got within two with 12 minutes to go with a layup from guard Kazell Stewart, a sophomore. But Saint Michael's offense did not falter, defeating the Owls.

With 10 points, rebounds and assists, guard Marty Silvera, a junior, recorded his first career triple-double.

Stewart totaled 20 points, five rebounds and a steal. Forward Josh McGettigan, a graduate, had a season-high 28 points and 13 rebounds.

Gymnastics:

Women's gymnastics posted a new all-time record of 49.025 on the vault at the Ken Anderson Invitational on Friday, Feb. 16.

Temple University hosted and finished in first with a score of 194.875, the Owls finished in second place with a score of 192.375, the University of Bridgeport finished in third place with a score of 191.925 and Ursinus College finished with a score of 189.625 in last place.

UNEVEN/PARALLEL BARS:

Gigi Mastellone, a freshman, had a team and personal-best score of 9.850 Audrey Arnold, a senior, posted a score of 9.700 and Kylie Sitty, a freshman, recorded a score of 9.575 as the Owls finished with a total score of 47.725 on the uneven/parallel bars.

BALANCE BEAM:

Angel Lee, a junior, posted a team-best score of 9.750 and placed third. Alexa Melanson, a junior, recorded a score of 9.575 while Emiley Kahl, a senior, had a score of 9.500.

Mastellone recorded a career-best score of 9.475 finishing with a total score of 47.075.

FLOOR EXERCISE:

Libby Allen, a junior, posted a team-best score of 9.775 and came in a tie for fourth place. Both Sitty and Melanson recorded a score of 9.750.

Ava Kelly, a sophomore, had a score of 9.675 while Erica Beyer, a junior, posted a score of 9.600. Hanna Zebdi, a senior, had a score of 9.550, adding to the total score of 48.550.

Vault: Zebdi and Lexi

Bracher, a junior, posted the highest score of the day for the Owls. A first place score of 9.875, a career-best for both gymnasts.

Both Sitty and Allen had a career-best score of 9.775.

Ava Kelly posted a score of 9.725, which matched her career-best.

Brianna Dorr, a junior, had a score of 9.650 resulting in a total 49.025, the highest score in university history.

Men & Women's Track & Field:

The university took home NE10 Championships for both men and women.

The men's track and field won their seventh straight and 18th in program history, scoring a total of 238 points.

Like the men, the women won the NE10 title. This is their first indoor title since 2011 and fourth in history, scoring a total of 201 points.

Swimming & Diving:

Men's swimming & diving took home the NE10 Championship with a score of 901, the third-straight NE10 Championship and 16th in program history.

The Owls captured 23 medals, including six individual championships.

Dylan Prescher, a junior, won three individual championships, earning the honor of NE10 Most Outstanding Men's Swimmer of the Meet.

The women swam their way to an NE10 Championship with a score of 1061.5.

This is their fourth-straight and 16th win over the last twenty years.

The Owls captured 29 medals, including nine individual championships and broke two NE10 records in the 400 medley relay and the 100 backstroke.

Baseball:

The Owls won the series against NE10's Saint Anselm College this past weekend in Myrtle Beach, SC

Fri. 2/16 - W 6-4

Sat. 2/17 - G1 W 4-1

Sat. 2/17 - G2 L 10-0

Sun. 2/18 - W 10-4

All information has been provided by SCSUOwls.com



PHOTO | SCSUOWLS.COM

2024 Women's Lacrosse Seniors.

Back: Ailis Wargin, Kirsten McIntire, Maggie Kallinich, Hannah Holmes and Brianna Shaw

Front: Savannah Feinberg, Alexa Alchimio, Sarah Robbins and Michela Rutigliano