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SOUTHERN NEWS

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‘Heritage Ball’ celebrates culture on campus

By Solé Scott
Features Editor

Students dressed in their best fashions for a special night that only happens once every spring semester.

On Feb. 29, the Multi-cultural Center hosted the “Heritage Ball” in the Adanti Student Center Ballroom. The theme of the event was Met Gala.

Biological anthropology major Christian Marroquin, a sophomore, handcrafted his outfit.

“I bought the vest and the pants and the shirt from Goodwill. Then after that, I went to JoAnn’s and made the arm sleeves,” Marroquin said. “I made the trail to it, and I just had gold chains around my house and just simply used that.”

Education major Danika Smith, a sophomore, attended the extravaganza with friends. Smith described what she decided to wear to the event.

“A black dress, backless and some cute heels,” Smith said.

Communication major Alani Brown-Jones, a sophomore, dressed up with friends for the party.



Students having fun at the “Heritage Ball” in the Adanti Student Center Ballroom.

PHOTO | KAHIONA SENIOR

“I’m wearing a little pretty black lace dress and black heels,” Brown-Jones said.

As soon as students entered the hallway outside the ballroom, they were greeted with a red carpet and a photo backdrop where pictures could be taken.

Before entering the

event, students had to check in with staff at a table to make sure they had RSVP’d or paid for any remaining tickets.

“For me, I went last spring semester, and I really enjoyed it,” Marroquin said.

The “Heritage Ball” started at 7 p.m. and ended around 1 a.m.

There were police officers patrolling the event the entire night to ensure students’ safety.

Officer Chris Cinque attended his first “Heritage Ball” event.

“We are just here to provide general security because of the amount of people who are going to be here tonight,” Cinque

said.

Joining Officer Cinque was Officer Tom Glassow.

“I have worked the gala ball in the past. I think it is a great opportunity because we have a diverse university,” Glassow said.

There was a dance floor in the middle of the room and numerous tables around the room.

The event had a plethora of drinks and food such as jerk chicken and yellow rice.

“You get to meet people from all different walks of life, and all the different foods that are represented are pretty cool,” Glassow said.

The Carribean Student Association dance team entertained the crowd by performing a group dance.

There also was a taekwondo act where performers jumped high in the air to kick and break planks of wood.

Audience members were engaged in both acts.

“What the university does is they hire police officers to provide public safety presence, just make sure everybody has a safe environment to enjoy the night,” Glassow said.

During the ball, certain students involved on campus were awarded certificates in recognition of their hard work.

By the end of the night, all the students were on the dance floor as the DJ played energetic music.

“I am expecting to see people be celebrated for what they deserve and to have a good time,” Brown-Jones said.

Panel discusses careers in liberal arts

By Jack Abbot
General Reporter

Several professionals working careers in the arts and humanities came to the university to speak about their career paths.

The event was held on Tuesday from 3:30 p.m. to 5:00 p.m. and was hosted by the College of Arts and Sciences, Interdisciplinary Studies, Arts Administration and Cultural Advocacy and Professional Development.

This event was to educate students on various career paths that students could achieve in the arts and humanities.

“The whole goal of this event is to make students aware of interesting career paths in the arts and humanities,” Coordinator of Arts Administration and English Professor Joel Dodson said. “That includes everything from the public humanities, like museums and libraries, as well as the fine arts.”

Many of the presenters said that their education went beyond the degree. Instead, they argued that the skills provided by an education in the arts or humanities, such as creativity, are skills that employers in various sectors are in demand of.

“It’s good to understand how things work,” McAllister said. “What does it look like to send out that contract? What does it look like to create a budget and manage it? What does it look like to have an event go from seed to flower?”

The presenters included Curator and Cultural Producer for Cultured AF and Kulturally LIT Juanita Sunday, Marketing Director for the New Haven Symphony Orchestra Katie Russo, Project Specialist for the



Panelists and students at the discussion panel in the Adanti Student Center Theater on Tuesday, Feb. 27.

PHOTO | JACK ABBOT

Yale School of Art Annie Lin, Head of Special Collections in Buley Library Patrick Crowley, Program Manager for Connecticut Office of the Arts Kolton Harris and Associate Director of Community Impact Sha McAllister.

“This is extremely important,” English Professor Scott Ellis said. “We need to show our students, not only English majors but the humanities in general, the numerous career opportunities that await them once they graduate.”

Each of these members spoke about their own experiences in the

workforce and what students could learn from them.

Harris said that your career is only a part of who you are, and that you should not allow your creativity or other important aspects of yourself to be destroyed by your career-driven side.

“Only you are you, and the world needs you to be you,” Harris said.

The event was held in the Adanti Student Center Theater and received a good turnout.

Many of the event’s attendants and organizers suggested that there are career options for students in these

programs but that awareness of them is very low, with some suggesting that it is due in part to a lack of support from the university.

“We seem like an afterthought,” Ellis said. “What I’m hoping the university can do is recognize that what the employers say they want in all of these surveys fits quite well with the arts and humanities.”

Crowley emphasized the importance of flexibility and adaptability in a career path.

“Pivots are not setbacks. Pivots are just different ways forward,” Crowley said.

Students speak on funding and inflation

By Brandon Cortés
News Writer

As inflation rates continue to climb, students at the university express concerns about how this economic phenomenon could affect their education.

With rising costs of living and operating expenses, many are worried about the potential impact on university funding and tuition fees.

At the heart of the issue is the fact that inflation erodes the purchasing power of money over time.

This means that the same amount of money will buy fewer goods and services as prices rise. For universities, this translates into higher expenses for everything from faculty salaries to facility maintenance.

Exercise science major Jaylen Tucker, a junior, expressed his worries of the potential effects of inflation on university funding, stating that as inflation rises, the cost of running a university increases as well.

“I saw the same thing back in California. It’s just a matter of time to see it here as well,” Tucker said.

Other students echoed similar sentiments, emphasizing the potential impact on tuition fees.

“If universities are facing higher expenses due to inflation, it’s likely that they’ll pass on some of those costs to students through increased tuition fees,” biology major Santi Arounsack-Colon, a junior, said. “For students already struggling to afford their education, this could make attending university even more challenging.”

The issue of affordability was a recurring theme in the conversations

with students. Many expressed frustration about the rising cost of higher education and the financial strain it places on students and their families.

“I’m already taking out loans to pay for tuition, and the thought of it increasing even more because of inflation is really concerning,” computer science major Alana Parris, a freshman, said. “It feels like pursuing a college degree is becoming increasingly unattainable for some students.”

The rising cost of tuition has far-reaching consequences, affecting not only students’ financial wellbeing but also their mental health and academic performance.

Many students report feeling stressed and overwhelmed by the pressure to cover tuition expenses while juggling coursework and extracurricular activities.

Moreover, the issue of university funding and tuition is not a new one, but the COVID-19 pandemic has exacerbated existing inequalities and highlighted the urgency for change.

As students grapple with job losses, financial instability and uncertainty about the future, the need for affordable education has never been more pressing.

In addition to concerns about tuition fees, students also raised questions about college funding.

They emphasized the importance of understanding how universities allocate their resources and whether there are opportunities to increase efficiency and reduce costs without compromising educational quality.

Owls dive into “Writing the American Script”

By Brandon Cortés
News Writer

On a crisp Thursday evening, students and faculty members gathered at Engleman Hall in Room B111 to attend a seminar by Robert Forbes. The seminar, titled “Writing the American Script: Thomas Jefferson’s Notes on the State of Virginia,” promised an insightful exploration into one of the most iconic works of American literature.

Forbes, a former professor at the university, has dedicated years of his life to studying the writings of Thomas Jefferson, particularly his seminal work, “Notes on the State of Virginia.”

Published in 1785, Jefferson’s book is a comprehensive examination of Virginia’s geography, economy, culture and politics during the early years of the American Republic.

It is considered one of the most important works of American literature and a foundational text in the study of American history and culture.

As the seminar commenced, Forbes captivated his audience with his deep understanding and passion for Jefferson’s writings.

He delved into the historical context surrounding the composition of “Notes on the State of Virginia” and highlighted its significance in shaping the intellectual landscape of early America.

Forbes discussed Jefferson’s meticulous observations and analyses of Virginia’s natural resources, indigenous peoples and social institutions.

He emphasized how Jefferson’s work reflected Enlightenment ideals of reason, inquiry and progress while also grappling with the complexities of slavery and race that plagued the young nation.

In his presentation, Forbes drew parallels between Jefferson’s writings and contemporary issues facing America today.

He highlighted the relevance of Jefferson’s insights into the relationship between democracy and education, the role of government in promoting the public good and the tension between individual liberty and societal responsibility.

During the seminar, Forbes also discussed Jefferson’s complex life and how he viewed his

writings as a kind of “legacy.”

“In looking at Jefferson’s life, it’s clear he always wanted a son to carry on his legacy. He feared being forgotten even after the American Revolution. So when he chose to write “Notes from the State of Virginia,” it was his chance to leave a lasting mark and be remembered for something significant,” Forbes said.

Throughout the seminar, Forbes engaged his audience with thought-provoking questions and insights, encouraging lively discussion and debate.

He challenged conventional interpretations of Jefferson’s legacy and invited participants to consider the complexities and contradictions inherent in America’s founding ideals.

As the seminar concluded, attendees expressed their appreciation for Forbes’s scholarly expertise and eloquent presentation style.

Many remarked on the relevance of Jefferson’s writings in understanding contemporary issues and the enduring impact of his ideas on American society.

In a closing statement,



PHOTO | BRANDON CORTÉS

Robert Forbes leads seminar at Engleman Hall in Room B111 on Feb. 29.

Forbes reflected on the enduring relevance of Thomas Jefferson’s “Notes on the State of Virginia” and its significance in shaping the American narrative.

“Jefferson’s writings challenge and inspire

us, reminding us of the enduring ideals that have shaped our nation’s history and identity,” Forbes said. “As we navigate the complexities of the present, we can look to Jefferson’s insights for guidance and

inspiration.”

Following the seminar, attendees gathered for a lively discussion over lunch in the Political Science Seminar Room, where they continued to reflect on the themes and ideas presented by Forbes.

The School of Business hosts “The Confidence Gap”

By Jack Abbot
General Reporter

The School of Business hosted a presentation on the gap of confidence in the workplace between men and women.

Michelle Lenzi, a recruit of Northwestern Mutual, delivered a presentation on Wednesday that discussed a pattern of women experiencing less confidence in the workforce to their male counterparts, even when performing at a similar level of competency. This pattern is referred to as “The Confidence Gap.”

“Successful women cannot lean in on a stretcher that cannot support their weight without their opportunities collapsing around them,” Lenzi said.

According to Lenzi, gender does not affect the level of confidence displayed. Starting at about 5th grade, the confidence of males to perform academic tasks tends to increase while the confidence of females tends to decrease. This is a trend that continues when entering the workforce and throughout their careers.

Studies have shown that women are more likely to have aspirations of reaching top

management than men as new employees. However, the statistics show the opposite for experienced employees and senior leaders.

In terms of how confident they are at reaching top management, women show less confidence at each level.

Lenzi described what it was like to be one of the first women in her own office.

“I was lucky in that because our office was so small, and I basically built it. I didn’t experience it right away,” Lenzi said.

Promoting the success of women in the workplace is not just beneficial for the employee.

Studies have shown that it can improve many other aspects of the workplace.

According to the presentation, organizations that are rated highly for “diversity and inclusion” experience 57% higher team collaboration, 19% higher retention, and are 45% more likely to see an improved market share and 70% more likely to see success in new markets.

The event ran from 1 p.m. to 2 p.m. in the School of Business. Despite the trend being prevalent in education and employment, Lenzi believes that universities



PHOTO | JACK ABBOT

Michelle Lenzi presents to students in the School of Business on Feb. 28.

are a good example of how to remove the confidence gap.

“I think colleges these days are doing a really great job promoting different majors that you might not have thought of before to women’s groups,” Lenzi said. “Most campuses have some sort of women’s group.”

The university has a number of organizations that focus on promoting diversity and encouraging people of various genders and backgrounds to have confidence in their education.

“Southern is effective at providing the resources for diverse groups to succeed, with a

network of teachers and an extensive range of organizations,” business management major Damien Davies, a sophomore said. “Southern not only provides students with an environment to achieve a good education, it also allows those same students to access valuable resources to succeed after

they leave.”

After the presentation, the floor was opened to the audience where many shared their own experiences within the workplace.

Attendees provided each other with advice and encouragement for how to stay confident in the workplace.

Professionals teach students how to navigate their emotions

By Lexi White
General Reporter

Figuring out life after college can be extremely difficult for most students. Sometimes, these hard times can be caused due to students not having a support system that can help them navigate their future careers.

Luckily, at the university, the Office of Career and Professional Development and the Wellbeing Center are always available to those who need extra assistance.

These two organizations came together on Feb. 27 in the Adanti Student Center to host an event where students could talk about their academic or professional difficulties and gain tips

on how to overcome anxiety when going through the job search process.

The Office of Career and Professional Development can help students with career and major advice, experiential learning and resume building.

Rachel Cunningham-Exavier is the assistant director of the Office of Career and Professional Development.

Her goal from this event was to ease students’ minds and see how they are feeling as they are figuring out their career paths.

“In order to be equitable, I feel like you need to understand and listen to the student before you can offer advice,” Cunningham-Exavier

said. “So, we need to be able to listen, talk, ask questions and really listen to what students’ needs are.”

The idea for this event came about when Cunningham-Exavier and Allyson Regis, who is the Coordinator of the Wellbeing Center, had a conversation pertaining to students’ anxiety when applying for jobs.

They decided that by joining forces, they could create a healthy and supportive environment for those who needed it.

The Wellbeing Center provides counseling, health and violence prevention services. Their goal is to help students be physically, mentally, emotionally and spiritually well.

“This event will definitely benefit

students because if they are here that means they want to take those next professional steps,” Regis said. “We wanted to do this event to highlight some of the things that can help people feel like they are not alone in their professional struggles.”

Cunningham-Exavier and Regis started the event off by offering lunch to students who attended and presented their organizations, what they do and how they can help give support. They then opened the conversation up to those who attended the event and asked them to share their professional struggles.

Business administration major Sanjitha Hossain, a graduate student, was one of the students who expressed what they are going

through in their lives.

“I did not know that they had guides for graduate students,” Hossain said. “I feel like when you are a graduate student, you are an adult, but this is so cool because I was trying to figure this out all by myself.”

This event helped to make Hossain feel less alone in her academic and professional experiences.

“Being told about career changes and how that is okay made things feel less scary as a newcomer to the real world,” Hossain said.

Another student who attended the event was philosophy major Jen Ng, a senior. She did not realize how in-depth and helpful this event was going to be.

“I learned that it is important to put myself

out there, and that I should consult more services on campus,” Ng said.

Ng also really enjoyed how Cunningham-Exavier and Regis made the event very inclusive by talking to each student as an individual instead of just going through the motions.

“I think this benefits students by making them feel more confident and competent,” Ng said. “Helping them chase their dreams while figuring out how to make their own lives feel fulfilling.”

To set up an appointment for career, academic or mental health services, go to the university’s website or look up the Office of Career and Professional Development or the Wellbeing Center.

Faye Webster releases new love album

By **Ali Fernand**
Editor in Chief

Singer-songwriter Faye Webster released her album "Underdressed at the Symphony" on Friday, March 1. This sultry romance artist has gained popularity recently for her dreamy love songs.

With songs like "Right Sight of my Neck" and "Kingston," Webster has caught the ears of those who love soft love songs. This most recent release is no different from the past songs and albums her fans fell in love with.

The first singles released from this album were "But Not Kiss" and "Lifetime."

"But Not Kiss" sounds like a modern version of an Alanis Morissette song, showing the turmoil of love.

It is one of Webster's most dynamic songs, with a contrast between quiet and loud moments. The piano riff is a standout feature of the song along with Webster's lovely vocals.

"Lifetime" was accompanied by a music video, where fans see Webster in makeup that ages her,

showing how long she sees herself with her lover. This song is her typical mellow love song with a beautiful sliding guitar that is featured in most of her songs.

"Lego Ring" was another song released prior to the full album. This song features rapper and musician Lil Yachty, who fans have learned is a childhood friend of Webster's.

Though the two could not seem more different, this collaboration is a great way of blending the two.

Webster's singer-songwriter style works well with Lil Yachty's psychedelic vibrato. "Lego Ring" is a more experimental song, but it is fun to see these artists work together to make something cool.

The rest of the album is everything a Faye Webster fan could want. The sliding guitars make for a spacey yearning feel. Webster's vocals are extremely soft to the ears, and they almost blend in perfectly with the instrumentals. It is as if her vocals are just a part of the instrumentation.

The opener "Thinking About You" is the longest of all the songs on the album, running over six minutes. However, it is a great way to be introduced to a Webster album.

The standout features of her as an artist are immediately heard by the listener. Every part of this song is cool and collected.

"Feeling Good Today" is the shortest song on the album, running not even a minute and a half. This song acts as an interlude between the song with Lil Yachty and the second half of the album.

The interlude is perfectly able to blend the contrast between the sound of "Lego Ring" and the rest of the album.

Webster's vocals are stylized with autotune and harmonies over a simple guitar riff. It is the middle ground of the experimental Yachty feature, and the singer-songwriter fans know.

Overall, Webster will continue to be an artist to look out for. Her artistry is something to admire and it is easy to see why music fans have gravitated to her.



Faye Webster's cover art for "Underdressed at the Symphony."

PHOTO | SPOTIFY

Music professors host 'Art of Trio' performances event

By **Brandon Saint-Val**
Contributor

As grueling midterms approach, the average student wants to take a break and relax, so what better way to do that than with some evening jazz?

On Feb. 28, Music Professors David Chevan, Rex Cadwallader and William Cleary performed "Art of Trio" in the Garner Recital Hall, where they created a free-flowing and spontaneous jazz performance.

The "Art of Trio" series has a history going back to the 1990s in Milford.

"Rex Cadwallader, our pianist, was very involved with the Arts Council of the city of Milford. And at that time, they had a jazz series, and he was the host of it, and he invited me to be the bass player," Chevan said. "That's when the series started with this whole idea that it would be the two of us with a different guest for each performance."

Ever since

Cadwallader joined the music faculty, "Art of Trio" has taken place at the university.

"Rex always brings the harmony. I bring the rhythm, and then whoever the guest is, very often they're bringing the melody," Chevan said.

In this edition of the series, William Cleary brought the warmth and expressiveness of the saxophone to the performance.

"Will Cleary is just such an artist. We're so fortunate to have him on faculty here at Southern because he really inspires both his playing and also in his teachings," Chevan said.

Cadwallader played with precision, his fingers gliding across the keys, producing beautiful sounds that filled the room. Providing a steady beat, Chevan added depth and richness to the music, playing with passion and intensity.

Their incredible musicianship and the power of a trio was in

full display, creating a captivating and multifaceted atmosphere followed by constant applause.

At one point, Chevan had a groovy solo, then Cleary and Cadwallader sprung back in, a fitting example of listening and reacting in jazz.

Several music students attended the performance, seeing what they learn in class demonstrated.

The performance was also sponsored by the Stutzman Family Foundation, which has continuously donated to the music department, providing merit-based scholarships and funding to the applied lessons program for music majors and minors.

The department will have events throughout the semester, including "Ellynn Rey and Friends: Music and the Wilderness" from jazz vocalist and music faculty member Ellynn Rey, accompanied by Darren Litzie, Jeff Fuller, Brian Woodruff and Mark Kaplan on April 10.

Thoughts on ABC's comedy TV show "Abbott Elementary"

By **Solé Scott**
Features Editor

TV was dull and dry before "Abbott Elementary" premiered. I was watching old sitcoms such as "Moesha," "Girlfriends," "Martin" and "Family Matters" to satisfy my entertainment needs.

"Abbott Elementary" is a comedy show on ABC that shows every Wednesday at 8 p.m.

The show follows five teachers, the principal and their hilarious janitor. The characters are Janine Teagues, Barbara Howard, Gregory Eddie, Melissa Schemmenti, Jacob Hill, Ava Coleman and Mr. Johnson.

Quinta Brunson, who was a famous personality on BuzzFeed, created the show because her mother was a teacher for over forty years. Barbara Howard is loosely based off her mother.

I love that the school is in Philadelphia, Pennsylvania and serves mainly black and brown students. Shows are always based in Los Angeles, New York City and Atlanta, so it is refreshing to see a new location.

Abbott touches on the realistic events that school employees have to go through such as managing discussions of drugs and

drinking, being underfunded and overworked and students being shy among other things.

Abbott is quite similar to "The Office" as both shows are mockumentaries that follow a working staff.

Since season one, the comedy has racked up numerous awards such as Primetime Emmys, Screen Actors Guild awards, National Association for the Advancement of Colored People awards, Peabody awards and Critics' Choice awards all in the span of two years.

Not only is Abbott bringing back comedic mockumentaries but they are also bringing back 20 plus episode long seasons, which is a rarity now but used to be the norm back in television history.

I have to give credit where credit due, and that is to the casting director who chose all the seasoned actors.

For example, the casting of Queen Sheryl Lee Ralph, who is known for playing the original Deena Jones in the Broadway musical "DreamGirls" and Dee Mitchell on "Moesha," is amazing.

Tyler James Williams is most known for playing the younger version of Chris Rock on "Everybody Hates Chris" as well as

Cyrus on Disney Channel's original movie "Let It Shine."

Lisa Ann Walter played beloved character Chessy in "Parent Trap."

Jannelle Evans is a comedian and staff writer and was the opening act for Chris Rock's 2017 comedy tour.

Chris Perfetti has starred in numerous TV shows and films. He is also a renowned actor in theatre, as he received the Theatre World Award for Best Debut Performance.

William Stanford Davis has had minor roles in TV shows such as "The Bold and the Beautiful," "Lincoln Heights" and "Ray Donovan."

The ratings for the show have skyrocketed to numbers TV does not see quote as often for prime-time viewership.

Season one viewership was 3.8 million while season 2 averaged 3.9 million viewers.

"Abbott Elementary" is a show that is not only filled with nostalgia but also a show that all family members can watch and actually enjoy.

If you have not watched "Abbott Elementary" yet, please watch it every Wednesday at 8 p.m. on ABC network or catch up on Hulu if you have a subscription.

SOUTHERN NEWS

Advisers: Cindy Simoneau
Frank Harris III

Contact information:
Email: scsu.southernct.news@gmail.com
Newsroom Phone: 203-392-6928
Fax: 203-392-6927

Mailing Address:
Southern Connecticut State University
Adanti Student Center Room 222
501 Crescent Street
New Haven, CT 06515

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Visit www.TheSouthernNews.org for more.

Student ethnic organizations hold 'Heritage Ball'

By Kahiona Senior
Photo Editor

The university's ethnic organizations held a "Heritage Ball" on Feb. 29. The event was sponsored by the African Student Association, Black Student Union, Multicultural Center, BROSE, S.I.S.T.A.S., Organization of Latin American Students, the Asian Cultural Association and the Caribbean Student Association. The ball was Met Gala themed, and students dressed to impress. Awards were given, and food was served. There was even a taekwondo performance. This event brought students together to celebrate cultures and diversity.

Photos: Kahiona Senior



Students danced a majority of the night.



Taekwondo performers jumped high and kicked through wood blocks.



Computer science major Zachary Mercado and psychology major Taylor Green, sophomores, attended the dance together.



Students having fun and holding up a chair while dancing.

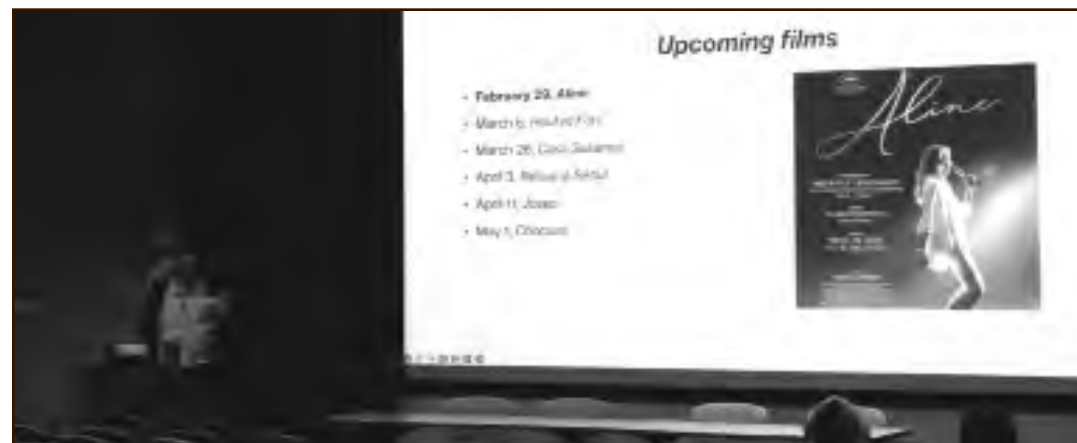


Students enjoying food while watching the taekwondo performance and were left shocked.



Earth science majors Gabby Galacia and Bianca Chernowski, seniors, enjoy the night.

French film series: 'Blurring Boundaries'



The movie shown on Thursday, Feb. 29 was Aline by Valérie Lemerrier.



Popcorn, fresh fruit and snacks were offered to attendees.

The university's French section and department of world languages and literatures held a film festival on Thursday, Feb. 29. On March 6 and 26, April 3 and 11, as well as May 1, French movies will be shown. The topics consist of questions of fame and isolation to national identity and gender. Entry is free. All films have English subtitles and start at 6 p.m. in the Adanti Student Center Theater.

Photos: Kaylee Blake



The "Blurring Boundaries" French film series in the Adanti Student Center Theater.

Students learn how to navigate relationships

By Lexi White
General Reporter

Being able to talk openly about one's emotions or opinions can help reduce stress levels, but having a safe environment to have these conversations in is more comforting.

On Monday, Feb. 26, the Wilkinson Resident Advisors, RAs, hosted an event pertaining to these ideas.

Business management major Asia Fairweather, a sophomore, was one of the RAs hosting this open-minded event.

"We are going to be asking questions to get the mind thinking," Fairweather said. "We will be asking relationship or intimate questions, self-love questions and general questions to see where people's heads are at while we converse."

In addition, the RAs provided chocolate covered strawberries and smoothies to all who attended. They also set up a rainbow loom station, a gimp station

and a beaded bracelet station to keep the residents' hands busy as others are giving their point of view on each question.

"We did a lot of different community building events last semester, but we wanted to get a little more intimate to have residents really connect with each other," Fairweather said.

With each question that was asked, students had the choices of extremely disagree, disagree, neutral, agree or extremely agree. They had to stand by the sign of which they side with.

Social work major Lydia Brown, a junior, was another RA helping to host this event.

"I think this will make students feel more comfortable about being on campus because we are going to be having a hot topics discussion," Brown said.

Students got personal about their perception of each question. Questions pertaining to college life, social media, confidence

issues, personal identity and even sexual education did not make the students uncomfortable.

They each embodied their experiences and opinions, and this helped them to build their relationships with one another.

Communications major Jonathan Christiano, a sophomore, was one of the students who participated in this honest event.

"This helped me to connect with my peers because I was able to hear their points of view and opinions on different subjects," Christiano said. "I got to laugh with them, connect with them and have a productive discussion with them."

Another student who participated was nursing major Naomi Dimkpa, a freshman.

Dimkpa said, "This just showed that in college you can talk about whatever you want. In high school, we could never talk about the things we did tonight."



PHOTO | LEXI WHITE
Wilkinson Resident Advisors serving drinks and chocolate covered strawberries for the event.



Wilkinson Resident Advisors speaking to the students that attended the event about relationship experiences.

Owls Decide: Favorite class you have taken

By Lexi White

General Reporter



"Probably INQ because my teacher would always hold us accountable, and we needed to do the work in the class."

— Economics major Tarik Behremovic, a sophomore



"Business law because I got to learn about ethics and got to see the business side of things."

— Accounting major Kristofer Dushi, a senior



"My narrative filmmaking class because I was able to work with all my friends, and we produced something that I'm proud of."

— Communication major Ricardo Pena, a senior



"Oceanography because I like the ocean, and Professor Cooper is an angel."

— Art education major Kendra Doyon, a freshman



"Personality because my professor was such a good teacher and made the class really interesting."

— Psychology major Emma Renker, a sophomore



"Narrative filmmaking class because it teaches me the ins and outs of the process of making a film."

— Film and T.V. major Deuce Mangum, a senior

Owls take down AIC

By Dillon Flanigan
Sports Editor

Emotions were flying high after the women's basketball team's victory; no pressure for the men, as they defeated American International College, AIC, Yellow Jackets 84-80 in overtime on Friday, March 1.

"We've struggled in the first half, struggling to score the ball," forward Kazell Stewart, a sophomore, said. "It's just about being positive at the end of the day. As long as we keep positive, everything is going to work out."

To kick off the first round of the men's NE10 Tournament, forward Josh McGettigan, a graduate, hit a jumper to put the Owls on the board. The university built their lead to 7-5 when AIC took an 8-0 run.

Guard Mason Williams, a graduate, knocked down a three followed by a pair of McGettigan free throws and a three-pointer. The Yellow Jackets were up 20-19 with seven minutes to go in the first half, but the Owls offense scored ten consecutive points.

It was a truly back and forth game throughout the contest. Every possession seemed to be the difference maker. Williams shot a three-pointer to take a 37-31 lead at halftime.

Williams, guard Christian Joe, a freshman, and guard Sean James, a junior, all rotated in early



Forward Kazell Stewart goes all out for the basket.

PHOTO | DILLON FLANIGAN

on. This half seemed to be where the university tried to find what mix of five Owls fit.

"Mason, he just gives us more size, and when you're playing bigger athletic teams, you kind of want more size out there," Head Coach Scott Burrell said. "When you make a change for Christian, you want more motion offense in the paint to create things for other people. Shawn makes shots and can create for other people too."

While teams were in the locker room, the university held a ceremony to honor the 2013-2014 elite eight team. The alumni, their family in attendance, were joined by Interim President Dwayne Smith and Athletic Director Terrence Jones. A recap commemorating their magical run was aired on the jumbotron in front of a packed house.

Out of the break, forward Cherif Diarra, a sophomore, completed a free throw. Except for

a 7-0 run for the Owls midway through the second half, neither team appeared to take the momentum.

"We started out slow," guard Marty Silvera, a junior, said. "I feel like the second half we did more attacking and just going up and taking the wide-open shots. And it started working."

With a minute left, Silvera made two free throws, making the university one point shy of a tie score, 69-68. The Yellow Jackets then took what turned to be a crucial timeout for the Owls.

"Just execute. We try to draw up a play- a lot of time left," Burrell said. "Get a bucket. Get a stop."

After two free throws by a Yellow Jacket, five seconds remained on the clock. Silvera inbounded the ball, passing it off to McGettigan waiting in the corner for an off-balance game-tying three-pointer.

"This is it for me," McGettigan said. "I am trying to get the NE10

Women's lacrosse wins home opener

By Dillon Flanigan
Sports Editor

After a nail-biting road loss to the non-conference Molloy University Hawks team few days prior, the Owls bounced back defeating Saint Michael's Purple Knights 15-7 in the season's home and NE10 opener on Tuesday, Feb. 26.

"We had a hard loss on Saturday. We were just focused on ourselves. We did that. We came out strong, and we worked hard and played unselfish," attacker Kirsten McIntire, a senior, said.

In this game, the offense started strong, scoring the first four goals. Attacker Alexandra Ruel, a graduate, fed McIntire for a man-up

goal. McIntire would then assist midfielder Amelia Mansfield, a junior, to score. The last two goals were scored by attacker Allie Palmer, a sophomore, and midfielder Allie Welder, a freshman. The latter goal was on a free position shot.

Eight minutes into the game, the Purple Knights scored their first goal. 38 seconds later, the Owls responded with a goal from Ruel, assisted by attacker Savannah Feinberg, a freshman.

The goals continued into the second period in a back and forth scoring effort as the university took a 7-4 lead. However, Mansfield, Feinberg, McIntire and attacker Jordan Fischer, a junior, each scored a goal, securing a halftime lead

of 11-4.

"We came out strong, and we just kept that momentum up. We really worked on being the first to ground balls and working in transition," Ruel said.

The offense plateaued, though attacker and midfielder Anna Meserve, a freshman, and McIntire each added a goal to extend their lead 13-4. Towards the end of the third period, the Purple Knights rejuvenated their offense, scoring two goals, making it 13-6.

"We are still working on some things, working out the kinks," Head Coach Kevin Siedlecki said. "Our systems are designed for whoever is in the spot to get open to take the shot."

The fourth period proved to be a defensive battle as midfielder Bailey McDermott, a sophomore, scored a goal via an assist by Reilly. That was quickly followed by a Purple Knight goal. With over seven minutes left, Welder sealed the win for the Owls with a free position shot.

"The win today meant a lot. We play another NE10 opponent on Saturday, and I think this really gives us extra energy going into that game too," Ruel said. "I think it made us feel good to that win today, especially against an NE10 opponent."



A Purple Knight and an Owl meet at mid-field for a center draw.

PHOTO | KAHIONA SENIOR

Women's basketball defeat UNH

By Dillon Flanigan
Sports Editor

"Rebound Bonilla! Four seconds left," Owls play-by-play broadcaster Chris Smith said. "Takes a desperation, and it goes in, the half-court shot by Julianna Bonilla."

Ending the third quarter with everyone in shock, guard Julianna Bonilla, a graduate, nailed the buzzer beater from half-court.

"For me, it's my last year, so I am going to continue to go out with a bang, hopefully, and just try and produce as much as I can for this team," Bonilla said.

In the first round of the NE10 Conference Tournament, the women's basketball team hosted and defeated their crosstown rivals, the University of New Haven, UNH, Chargers 60-44 on Friday, March 1.

"We have a step on the gas mentality right now," Bonilla said. "We know its survive and advance. You win, you move on. You lose, you go home. Going into the game, we knew that we did not want to go home today."

Two baskets for the Chargers occurred when they completed one of two free throws and a layup. Sandwiched in between was a Bonilla three-pointer, but it was overshadowed by what was yet to come.

Guard Makenzie Helms, a graduate, and several other players scored throughout the first quarter, extending the Owls lead 12-6.

"I thought we stuck to our game plan very well, which was just get their bigs out of the game, and our guards put a lot of ball pressure on," guard Rheyne Steinauer, a sophomore, said. "I just feel we all executed really well."

Bonilla drained a three followed by Helm's jumper; the lead grew to 11. The next three of four jumpers were made by forward Katie Williamson, a senior, extending the Owls' early lead to 25-8. The 30-12 halftime lead was capped by guard Delaney Haines, a junior, with a corner three.

"Stay mad; stay focused. You have a goal. Everyone has a goal. We kind of just reflected on our journey and the fact that we want more," Head Coach Kate Lynch said.

Two minutes into the third period, the Chargers did not miss. They entertained an 11-0 scoring run, their best of the game. The Chargers did not hesitate to continue to score, but it only became sparser.

Steinauer scored eight of her 11 points in the final six minutes of the third period. However, the third period ended with fans on their feet when Bonilla hit the half-court shot.

"They came out shooting well, UNH. But I thought we were able to weather the storm the best we could," Lynch said.

The Owls continued a 9-0 scoring run, earning them the largest lead in the game, 52-31. Rebounds and steals made easy shots for the Owls as the clock hit triple zeros. Owls scoring commenced with a Bonilla three, ceasing with a Haines three.

"We kind of assumed at some point they are going to hit some threes, and they do shoot the ball fairly well," Lynch said. "They have an inside and outside threat. We're just wanting to at least try to limit one of those options."

In the postgame, their time with the lead was shattering. The Chargers had a lead for an entire 18 seconds; miniscule compared to the Owls with over 37 minutes.

Women's Track & Field win NE10

By Dillon Flanigan
Sports Editor

The Women's indoor track & field team won their first NE10 Conference Championship since 2011 on Saturday, Feb. 17. They finished the 2024 NE10 Indoor Championship with 201.75 points after the two-day event, winning eight individual championships and multiple gold, silver, and bronze medals.

"I think we came in very strong as a team. We have been working on this all season," Hannah Caiola, a sophomore, said. "We all knew coming in we would win just because how hard we have been working this season."

After day one, the Owls accrued 81 points leading Southern New Hampshire University, SNHU, in second place with 45. They controlled the entire

meet and blew everyone away by the end of day two. Adelphi University was the runner-up with 124 points as SNHU fell into third place with 103 points.

"Our entire team showed out," Ella Maclean, a junior, said. "We scored how we thought we were going to, which was exciting. Everybody did what they were seated to do or better, which was awesome for our team."

In the 60-meter dash, Maclean placed first for the second year in a row, finishing with a time of 7.65. She was followed by Kisha Francois, a junior, with a time of 7.72. In the 400-meter dash, Caiola recorded a time of 56.58 followed by Avery Winters, a sophomore, with 57.69.

"Just thinking about trying to in my 60s at least have a good start. Get out

of the blocks, and then be powerful the whole time," Maclean said. "In my 200, I knew that if I got out fast out of the blocks and then could just stay nice and relaxed throughout the whole race that I would run it well."

For the second event, Maclean repeated, finishing in first place in the 200-meter dash at 24.73 quickly followed by Winters with a time of 25.11.

In the 3000-meter relay, Courtney Henchcliffe, a junior, posted a time of 10:27.50, as Emilie Noreika, a graduate, finished in second place at 10:37.85. P.J. Dauphinais, a freshman, finished in third place with a time of 10:40.13.

The Owls finished runner-up in the 4x800 relay with a time of 9:50.31, as the university finished third in the 60-meter hurdles. Belle

Smith, a freshman, placed first in the shot-put, throwing her farthest, 12.28 meters.

"I have been putting a lot of work in, but it was definitely tough. Absolute focus throughout the whole event," Smith said. "I was building towards hitting twelve meters. Well overdue and a goal."

Caiola, Smith, Francois and Maddie Hathorn, a sophomore, received a gold medal, with Maclean and Henchcliffe receiving two. Noreika, Francois and Dauphinais received a silver medal, with Winters and two relay teams receiving two. Noreika, Dauphinais and Patrice Mansfield, a sophomore, claimed the only bronze medals for the Owls.

The Owls competed in New England Championships March 1 and 2 as some look forward to nationals on March 8 and 9.

Softball is ready to roll with veterans

By Dillon Flanigan
Sports Editor

With an equal mix of seasoned veterans and incoming freshmen, the softball team brings a wealth of experience to the diamond this season.

"No matter if you are a first year, senior, grad student, we are all here to do one thing, to get a job done," starting pitcher Jessica Perucki, a graduate, said. "It was an easy decision for me to return because athletically our program has a little bit of unfinished business."

After back-to-back seasons under five hundred, the Owls are looking to take the next step as a complete and more experienced unit.

Everyone performing up to the level they are expected to be is a tall task

to answer, but multiple players are poised for breakout seasons.

It seems whether it is baseball or softball or any sport in between, defense is a must. Projected starting centerfielder Emily Lange, a senior, is presumed to be tasked with patrolling center. But not only does the outfield defense need to be cleaned up, so does the infield.

Projected starting shortstop Nadia Cestari, a sophomore, is expected to take the next step defensively. "I think she is poised to explode defensively," Head Coach Jillian Rispoli said. "That is what we need from her. We need her to be a great shortstop."

Cestari can lean on her double play partner, second baseman Katrina

Roy, a senior. Roy took a leap offensively last season from two years ago. Her average is up, as are her hits and walks compared to her strikeouts, which have trended downwards.

Experience is key this season, as there are several younger players returning after a season under their belt. One, starting pitcher Ashley Lewis, a sophomore, has a year of starting under the watchful eye of Perucki.

"I am not worried about Ashley Lewis in the slightest bit," Rispoli said. "I think she is going to be a stellar pitcher for us. She is good at what she does."

Rispoli echoes the sentiments on the experienced pitching staff led by Perucki. Followed by Perucki and Lewis, Rachael Miller, a senior,

and Madison Pryor and Dominique DeLutri, juniors.

However, as DeLutri can contribute to the stable of arms, she is in competition with Nicole Spinelli, a freshman, for the starting first baseman role.

"I had a lot of help from Dominique DeLutri," Spinelli said. "She's kind of led me in a path where I am learning new things, even if it is little technical things like where to move on certain plays and stuff like that."

As DeLutri assists Spinelli in her defensive play, the calendar will shed another year or two before Spinelli ascends the experience ladder. She, like other freshmen today, will be looked upon to lead their group a few years from now.