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SOUTHERN NEWS

WWW.THESOUTHERNNEWS.ORG

NOVEMBER 1, 2023

VOL. 63 — ISSUE 8

Students lead 'Wednesday Walkout' on campus

By Jay'Mi Vazquez
News Editor

"Free, free Palestine." These were some of the words chanted during a peaceful protest that took place on campus Oct. 25. There were around 70 people consisting of students, alumni and faculty who marched from the academic quad to the residence quad to support Palestine and Palestinian students. "If we don't protest for Palestine, we are taking the side of the oppressor. At an educational institution we should be asking ourselves why we don't talk about Palestine. More specifically, a 'wannabe' social justice institution should not be staying silent about Palestine," said sociology and political science major Andi and a senior. "It is important because the Palestinian people are dying and hardly anyone is talking about it, and when they do, it's seen as if the Palestinian people are the threat when in fact that's not true. Last time I checked, over 7,000 Palestinian people had died since October 7 due to the violence," said social work major Mellody Massaquoi, a senior.

Andi and Massaquoi were some of the students who led the protest. They said the importance of this protest was to create a conversation about Palestine that the



Students began the protest on the academic quad then walked past the Buley Library holding up signs.

PHOTO | JAY'MI VAZQUEZ

university has yet to have. Andi said they are disappointed in the university's ability to address the events in Palestine and the Palestinian students who attend the university. "Attending this university has disappointed me. Every time I open up an app, I see dying Palestinian children, fathers and mothers and it makes me

wonder why Southern does not say Palestine," Andi said. "Are we watching the same news? Does Southern not care about actively erasing the existence of Palestinian students on campus?" "When that email went out that mentioned the violence happening since October 7, they didn't acknowledge Palestine in any meaningful way.

All that was said was the "many innocent lives in Israel and Gaza" to quote and that was it," Massaquoi said. Massaquoi said that the occupation of Palestine is not a new topic. It has a history of 75 years, with colonialism, genocide after genocide and attack after attack happening against the Palestinian people. Andi said that they

do not feel supported at the university. They said that they would have felt mildly supported if the university at least mentioned Palestine in their statement regarding Israel and Palestine. "I would've felt mildly supported if Southern did the bare minimum and mentioned Palestine in their statement. I think Southern and all institutions should be doing

more to educate faculty and staff about current events and de-escalation tactics," Andi said. "There is no reason why I should be quitting my university job because my boss yelled at me for asking a simple question: 'Why can't you say Palestine?' I would have felt supported if they were closer to the crowd and chanted with us instead of observing the demonstration from the background." "I think the students that were there were very passionate about the cause, but our school has hundreds of students, so why didn't they come? I think time will tell when it comes to how the school ultimately reacts, but for right now, no I don't think there's a lot of support," Massaquoi said. Andi does not want this protest to be considered harmful to any other students or organizations on campus. They just wanted to create a protest open for anyone to come and support to make university administrators talk about Palestine in a correct, factually accurate and sincere way. "This protest was planned with a lot of thought, heart and soul," Massaquoi said. "We didn't make this protest to spew hate towards Jewish people nor did we do this to be anti-Semitic, but we did this out of love for the Palestinian people and hurt from our university's lack of action."

'Unmasking Stigma' event looks help combat crisis

By Braden Saint-Val
News Writer

The university, in collaboration with Eastern, Western and Central Connecticut State, hosted a conference in the Adanti Student Center Ballroom last Tuesday called "Unmasking Stigma: The Impact of Substance Use on Communities", with support provided by the Connecticut Healthy Campus Initiative. The speakers at the conference included licensed clinical workers and alcohol and drug counselors Chris Dorval and Hope Payson, certified addictions counselor and recovery support specialist Daryl McGraw, and Marcie Johnson, a diversion investigator with the Drug Enforcement Agency. They addressed the negative impact of stigma, factors that increase vulnerability to developing an addictive disorder and the impact of the drug crisis on communities. In Dorval's interactive presentation, "Coming to the Light: Breaking the Stigma of Substance Abuse Disorders" he explained how much of a barrier stigma can be when recovering from substance use, and cites the American Society of Addiction Medicine's definition of addiction as chronic brain disease, which can be used for a better approach to

recovery. "Addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response," the society says. Dorval then explained the need for recovery-oriented language, like instead of saying someone is crazy, they'd be sick or ill, as well as the need for environments that make people more comfortable with their recovery, such as events and support groups where people can interact and support each other. Dorval also cited the Substance Abuse and Mental Health Services Administration's definition of recovery as an individual and unique process, in which someone improve their health, home, purpose, and community to reach their full potential. Throughout his presentation, Dorval shared his experience with his patients and his own recovery as examples of how effective redefining addiction and recovery can be. Payson and McGraw shared the floor in their presentation called "The Power of Pain, The Influence of the Brain on Trauma, Addiction and Recovery," where

they explored the social, interpersonal and neurological factors that increase vulnerability to developing an addictive disorder, like trauma in families and communities and adverse childhood experiences. Adverse childhood experiences are traumatic events that occur during someone's childhood, such as experiencing or witnessing violence and abuse or losing a parent, which can lead to chronic health problems, mental illness and substance use problems later in life. Payson and McGraw then stressed the importance of resolving trauma and making healthy choices and connections to achieve a successful recovery. Marcie Barretta, a social work supervisor for Connecticut's Department of Children and Families, says that in her experience, people in recovery are seen as people now more than ever. Despite the nine-month time span parents have to show progress, recovery from substance use is a lifelong journey. Marcie Johnson taught attendees how the Drug Enforcement Agency regulate the manufacturing, distribution and exporting of substances through the Controlled Substances Act to prevent the illegal abuse of prescription drugs.

SGA releases election results for open positions

By Jay'Mi Vazquez
News Editor

The Student Government Association's elections for new representatives and a new president for the class of 2027. Although there were delays in voting, there were around 270 votes submitted through Owl Connect over the past two weeks to determine who would win the election. There were five people elected to be new representatives, and one of them also was elected for the new president for the class of 2027. The winners were Christian Schloemer, Katie Falasco, Evan Curtis, Leanne J. Pedroso and Hailey DeNucci. DeNucci was also elected to be the president of the class of 2027. On Nov. 6, the Student Government Association will be having its weekly meeting in the Adanti Student Center Room 217. This meeting will include the initiation of the newly elected members to go through the oath that is stated in the SGA constitution for new members. Some members were sworn in during the body meeting. Full story available next week

On Nov. 6, the Student Government Association will be having its weekly meeting in the Adanti Student Center Room 217. This meeting will include the initiation of the newly elected members to go through the oath that is stated in the SGA constitution for new members. Some members were sworn in during the body meeting. Full story available next week



Current SGA representatives and leaders in costume after election results.

PHOTO | JAY'MI VAZQUEZ

New Math 100p pilot program launches

By Brandon Cortés
Contributor

A new Math 100p pilot program aims to enhance the original Math 100p course in order to benefit students in their academic performance, thus giving them more time to complete their assignments and exams.

The decision to implement this program was made by the Mathematics Department shortly after an incredible drop in academic performance and an increase in mental health issues among college students during and after the COVID-19 and the pandemic.

"The COVID-19 pandemic had a significant impact in our lives, including the educational sector; not only mathematics was affected, but many other fields as well, such as reading, language, among others," said Aaron Clark, Chairperson of the



Inside Math Emporium at Buley Library at the university.

PHOTO | BRANDON CORTÉS

Mathematics Department. However, there is another reason behind the implementation of

this pilot program, and it is because it has been observed by the Mathematics Department that

the performance of some students has decreased due to the limited time they had to complete

their assignments.

"The pilot program, unlike Math100p aims to provide more

time and assistance to students who require it in order to complete their assignments, and give their best in the course," he said.

While the current Math 100p course allows students to spend two hours per week in the Math Emporium, Clark says that the new pilot program extends these two hours for a maximum of four per week, thus giving students more time to complete their assignments and exams.

Despite Math 100p being an independent course and the pilot program being considered a "hybrid", some instructors and assistants are available in The Math Emporium in Room 007 at the Buley Library to see which students need help.

Elizabeth Hart, Head of the Math Emporium, around 473 students have enrolled in Math100p and 209 switched to the pilot program.

Millstein visits, discusses obstacles

By Braden Saint-Val
News Writer

Students and faculty met Roberta L. Millstein at the Buley Library to discuss the obstacles facing underrepresented students in academia.

Dr. Millstein is a retired philosophy professor from the University of California, Davis but is still active in research, which is primarily in the history and science of biology and environmental ethics.

She was invited to the university by Sarah Roe, the history department's associate professor, whose main fields are the philosophy of science and its history.

Millstein was her PhD mentor at UC Davis and was invited by Roe to fulfill her desire to give students the spaces to meet underrepresented professionals and researchers that come together to solve contemporary problems.

"Coming from a background in philosophy where we have historically underrepresented minority groups, I knew instantly that we should be bringing people on campus that can really show our students that

great research takes a multitude of disciplines, a multitude of voices and paying close attention to vulnerable populations," Roe said.

Topics that were discussed included the imposter syndrome student minorities face at college, the impact of good and bad relationships between students and faculty, as well as how minority students meeting faculty that look like them can make a lasting impression, even before entering college.

Students and faculty also discussed with Millstein about the need for spaces to talk about topics that relate to underrepresented students and their experiences, and the importance of incorporating STEM into the education of vulnerable populations.

Jen Ng, philosophy major, a senior said inclusion in education changed the trajectory her college experience.

"I intended to stay in health sciences, but I decided to switch to philosophy because I liked the way that I could see things from a lens which analyzes experience with historical context and other concepts," Jen said.

Local election approaches, student opinions on voting

By Miah Green
Contributor

Students are finding the strength in their political voices, advocating their opinions as the date for voting in local elections approaches.

On Nov. 7, Connecticut will be holding local elections, according to the CT.gov Secretary of the State website. Citizens will be able to vote in their town for a running candidate as mayor. It is not guaranteed that positive changes promised to the town will happen, but voters can be engaged and ensure their voice is being heard.

"Personally, I feel that elections are heavily overlooked, and more people should be paying attention to them," said Mahogany Rawls. "As people living in this city or state or country, who we choose to put into power is crucial for our

wellbeing, and we can't afford to have someone who doesn't care about us, leading us."

Political science major Mahogany Rawls, a senior, explained that generally, a lot of mainly focus their attention on presidential elections for their standards to be met, completely dismissing the importance of voting for the candidates that are in control of our area. "They don't realize that a lot of the action in politics happens closer to home," said Rawls.

Associate Professor of Political Science and Internship Coordinator Jonathan Wharton said local elections tend to have lower voting percentages than presidential elections. "Unfortunately, at the local level, few Americans do it and fewer, in younger people," said Wharton.

According to the latest of years posted by the Secretary of the

State, the voter turnout in Connecticut for local elections in November 2021 was approximately 32 percent. Prior to that year, the voter turnout for presidential elections in November 2020 was approximately 80 percent, each election occurring concurrently.

"Voters should at least recognize or pay attention to what mayors or candidates are suggesting," Wharton said when asked about tips for how to vote. "Policing, education, economic development – those are usually the big three that are mentioned at local levels."

To vote for any election in Connecticut, you would have to meet the following requirements:

1. Must be a U.S. citizen.
2. Must have completed confinement if you were convicted of a felony.
3. Must be 18 years old or older on or before

Election Day.

4. Are registered to vote by your town's voter registration deadline

Once you meet all the requirements, you can look into how to vote in your town, which can be: in-person on election day, by mail, or even an absentee ballot.

When asked about her decision in voting, Rawls stated that her vote for local elections will be in her hometown, New Haven.

"My advice to new voters is do research before you make your decision," says Rawls. "Look into the background of each candidate as far as politics and their stance on issues and weigh out the good and bad qualities of each candidate."

Connecticut Municipal General Elections are on Nov. 7

Upcoming events

Student Health Center Update

Flu Vaccine Clinics available on Nov. 2 from 10 a.m. to 2 p.m. in Engleman Hall.

Pre-Columbian Ceramic Art from the Permanent Collection

The exhibit displays artifacts from the regions of modern-day Mexico, Guatemala, Costa Rica and Peru. The display is located on the Buley Art Gallery ground floor Monday-Friday from 11 a.m. to 4 p.m. (to Dec. 7)

Multicultural Explosion: Engage! Empower! Inspire!

The event will be held on Nov. 2 from 7:00 p.m. to 11:59 p.m. inside the Adanti Student Center – Ballroom. This second annual event will have a panel discussion telling the stories of five individuals who have demonstrated achievement.

National First-Gen College Day: Donuts & Cider!

The university will celebrate First-Gen students on Nov. 8 from 9:30 a.m. to 11:30 a.m. inside Engleman Hall – Rotunda. There will be baked donuts and apple cider available. Students will be able to meet Interim President Smith and members of his leadership team.

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

Students express opinions on artificial intelligence

By Jay'Mi Vazquez
News Editor

With the rise of artificial intelligence in society, students expressed their opinions on the potential risks artificial intelligence can have on careers.

English and interdisciplinary studies major Peter Borzillo, a junior, said that artificial intelligence is absolutely going to minimize creative careers.

"I am against AI; I don't think it's the right thing to use in society. So I think if we rely on AI to do creative things, we're going to lose the creative spirit. But if AI ever fails, we're going to be in a difficult situation because we won't be trained to be creative," Borzillo said.

Borzillo said that being an English major, his career will be impacted heavily. The use of software like ChatGPT has been used to write anything essentially and if it continues to advance, writing jobs will be eliminated.

Education major Erianna Pappano, a

junior, said artificial intelligence will create opportunities for general pulling of ideas, but it will take a lot of creativity and originality of human-to-human work.

Pappano said she is worried about it impacting her future career of teaching.

"I think that it's going to eventually impact a classroom setting. Especially once I'm teaching and my students have access to it, I'll have to rewire the way I grade papers and weigh it into the curriculum," Pappano said.

Communications and film media production major Kobe Carolina, a senior, said that artificial intelligence has made him feel man-made jobs are going extinct.

"We have AI. That just eliminates human skills like typing and just knowing stuff. We wouldn't have to know anything anymore," Carolina said. "That is like diminishing all the qualifications people would need for a job."

Carolina said he is not scared of artificial

intelligence impacting his career field because it offers a wide variety of options. However, if he were to pursue being a screenwriter, he said he will be impacted.

Communications major Woodmiya Mettelus, a sophomore, said that artificial intelligence has already started to impact jobs.

"There is already AI that writes essays, articles, writes lyrics and sings songs. So, I think it's already impacting that atmosphere," Mettelus said.

Mettelus said she wants to go into medicine, so she is not worried about it impacting her career yet, but she said she is sure that it will happen eventually.

Psychology major Trevanna Kandrach, a junior, said that AI most likely will not impact her career field, but she worries for other careers.

"I think that AI's going to strip people of their jobs. People won't be able to get paid to do the things they studied in college or mastered over

time because a robot could replicate those same abilities if technology continues to advance," Kandrach said.

"As far as psychology goes, I'm not necessarily worried about AI impacting it much. I don't think it has developed the capability to spare emotions yet, so that human-to-human experience would still be a thing in society," Kandrach said.

Philosophy major Ryan Donovan, a freshman, said people are overly scared of AI taking jobs.

Donovan said he is not worried about artificial intelligence "taking over the world." He said he does not think human interactions will be as impacted.

"I don't think AI can take our jobs with our current economic mode of production," Donovan said. "For example, factories would need workers to pay to buy back the products they create. And if you just have robots, nobody's going to buy your products because no one is going to have money."

Black Student Union holds a Halloween event

By Lexi White
General Reporter

It is finally that time of year when you can eat as much candy as you want. The university's Black Student Union gave students this opportunity when they hosted their Spooky Festival on Wednesday, Oct. 25 in the Farnham Programming Space.

The union had many spooky decorations to set the Halloween tone. Along with the scary skeleton heads and creepy spider webs all around the room, pumpkin baskets filled with candy were set up as well.

Snacks, pizza and refreshments were given out to those who attended the event and 'feel good' music was blasting as students walked in. Every individual was singing along to the songs they knew. In addition, guests were dancing to the music, which made the

event feel more like a celebration of sorts.

The union's president, Caleb Letel, is a senior majoring in communications. He said, "The purpose of this event is for students to have a chance to destress and come together to socialize."

Letel also said, "We want students to build connections outside of the classrooms and gain a personal sense of belonging. This event is really for students to mingle and get to know each other."

Mingling was an understatement. The union encouraged students to communicate by seating them at different tables and started conversations between those who did not know each other beforehand.

The Black Student Union's secretary, Dawin Magloire, a junior majoring in exercise



PHOTO | LEXI WHITE

A bucket of candy at the Black Student Union event.

science, said that this was the first spooky festival the union has done, and they had been planning

this event for a few weeks. He said, "It took us about 45 minutes to set up the tables, chairs and

decorations."

There was a great turnout of sociable students. Business

major Jemere Brown, a freshman, said that he was really enjoying the candy at the event, specifically the Skittles.

Business information systems major Jahdia Williams, a sophomore, said "I came to spooky fest to meet new people and to use my time wisely."

Like Brown, Williams was also really enjoying the candy that the union gave out that night. She said, "This Halloween candy is really getting me in the spirit."

The music that the union had played got students seriously hyped up. Williams said, "I am really enjoying the music. It sets the vibe." Students were jamming in their seats and could not help but sing and dance along.

The members of the Black Student Union did a great job of curating this event. They came together to host and exceeded their goal of getting students out of their shell.

Haunted Hick holds annual haunted house

By Brianna Wallen
General Reporter

In honor of spooky season, the university had a rise in Halloween themed events. This called for the annual event known as "Haunted Hick." Located in Hickerson Hall, on Oct. 26 at 8 p.m., students were invited to get scared at their own risk. While this event is popular among upperclassmen, this was new for first year students. For this reason, many freshmen and new students decided that to get into the spooky spirit, they would endure the unknown corridors of Hickerson Hall.

There was a huge turnout, with a large line of students at Hickerson's back entrance. Students were asked by workers of the event to find a group of five or six and to line up. Some groups said they waited up to an hour to participate in the event.

Once the excited students reached the front of the line, they were required to fill out a form of consent and identify their emergency contact. The group leader then brought them to a sketchy staircase that led to the

dreaded basement.

The walls were covered in black drapes with student actors lurking behind them. Participants said it mimicked a professional haunted house event.

Sports science major Tyvonn Thompson, a sophomore, said the experience was very interactive.

"When I was going through the event, they were touching my ankles and hoodie and stuff," Thompson said.

The actors were dressed in different costumes that represented each role. The costumes ranged from bloody orphan girls to masked serial killers with bloody chainsaws and swords.

Participants recall hearing blood curdling screams as they reached the end of the hall. Those that reached the end were met with a sign that congratulated them on completing the haunted hallways. As a reward, they got a photo to save as a souvenir.

On a spookiness scale, most students rated the experience on the spookier end. In fact, it was so scary that some people could not even

complete the path.

Sociology major with a concentration in criminology and criminal justice Keywon Wray, a sophomore, said that he rated his experience a six on the spooky scale.

"It was too scary that I didn't finish it. When I saw someone walk towards me upside down, I got really scared and turned around," Wray said.

Others pulled through and completed the event, but they did not go unharmed. Business major Juwell Clay, a freshman, said that she rated Haunted Hick a seven out of 10 due to the toll it took on her body.

"It was fun to experience, but it was a lot to digest," Clay said. "I felt like I stopped breathing twice because I was screaming so much."

Thompson said that he had the same rating as Juwell.

"It was pretty dark and spooky, but it could have been scarier," Thompson said.

Regardless of the range of opinions, Haunted Hick was a good opportunity for students to experience a haunted house and dive into the Halloween spirit.

Indie pop band Tennis performs in New Haven

By Ali Fernand
Managing Editor

Dream pop band Tennis performed at College Street Music Hall on Saturday, Oct. 28. The band consists of a married couple who perform with the aesthetics of soft '70s pop.

Tennis has gained popularity in the indie scene as a fun, chill band. They have been critically acclaimed, garnering many positive reviews on their albums. For this reason, seeing them in a live setting was particularly exciting.

This performance was a portion of Tennis' tour for their most recent album, "Pollen," which was released earlier this year. "Pollen" features more of the classic rock inspiration of their music with energetic songs that add variety to their setlist.

They have two other albums, "Swimmer" and "Yours Conditionally," which contain some of their more popular songs. "Need Your Love" is their most popular song, with a fun piano dance vibe and

tempo changes. This song translated very well to a live setting, with them bringing a full touring band on stage instead of it just being the two full-time band members.

The show opened with Sam Evian, who is a singer-songwriter with a groovy rock element to his music. Evian's music was well received by the crowd, as his vocals were excellent, and his guitar player performed many impressive guitar riffs. He performed for a half hour before Tennis came on stage to steal the show.

Once Tennis came on stage, the crowd of a few hundred people began to cheer and dance. The lighting for their set was simplistically beautiful. Most of the colors, a gradient of pastels, were reflective of their album "Swimmer," which has a purple, blue and pink gradient.

The songs sounded amazing live, and their touring band was talented. The drummer was perfectly on beat despite some of the more complicated rhythm

and tempo changes. The lead singer's vocals were incredible, as she had a very high voice which sounded just as good as it does in the recordings. There were also a number of synths on stage, one for almost every band member. The lead singer was often the one playing the synth, but the guitar and bass player also had chances to show their synth skills.

Some of the best songs live were "Runner," which contains a lot of synths and guitar riffs. The lighting also reflected this song well as the chorus is a smooth yet energetic burst. Another great one was "I'll Haunt You", as that song opens with an echoey piano then grows to a groovy pop song.

Overall, this was a fun show with incredible musicians. College Street Music Hall continues to be a great venue to see artists who might not be as mainstream. It is a nice, intimate venue where you can feel a more personal energy during a performance with talented artists.



PHOTO | ALI FERNAND

Tennis performing at College Street Music Hall in New Haven on Oct. 28.

SOUTHERN NEWS

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Issues printed by: Valley Publishing, Derby, CT
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Visit www.TheSouthernNews.org for more.

Planetarium shows a glimpse into space

By Ali Fernand
Managing Editor

“Journey to the Center of the Milky Way” was presented by the Physics and Earth Science departments. This was a show projected on the round ceiling meant for allowing students to take a look into space. Students sat around the planetarium looking into the ceiling as if they were looking into space. There were four shows on Thursday, Oct. 26. The planetarium is located in Morrill Hall Room 104.



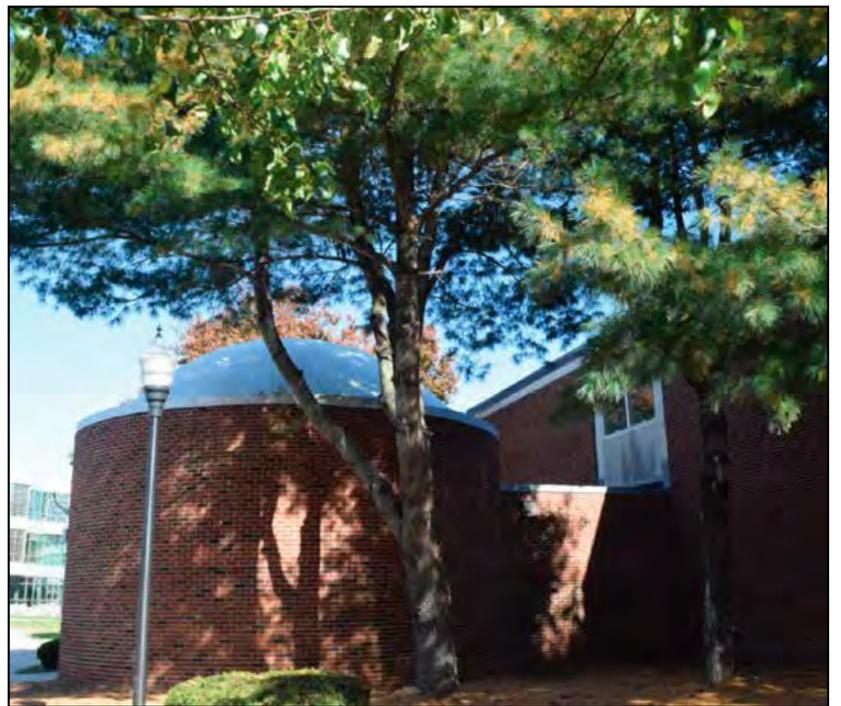
Part of the “Journey to the Center of the Milky Way,” showing a view of the stars from Earth.



A sign showing the planetarium showtimes.



Satellites shown at “Journey to the Center of the Milky Way.”



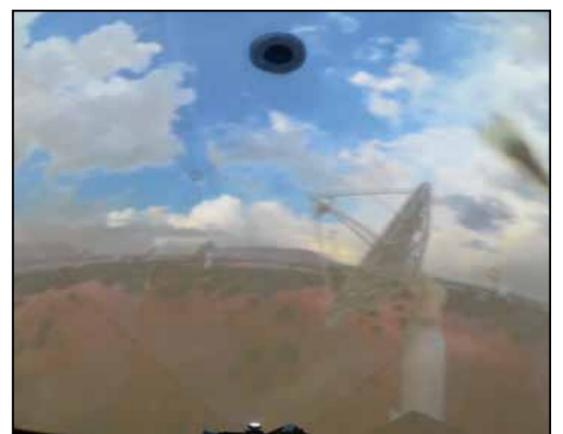
The outside of the planetarium at the end of Morrill Hall.



The sign advertising the show playing in the planetarium.



Part of “Journey to the Center of the Milky Way.”



Satellites shown in “Journey to the Center of the Milky Way.”

Papallo has eyes on All-American honors

By Avery Martin
Contributor

Wide receiver Tylon Papallo leads the NE10 conference in receiving yards, receiving yards per game and receiving touchdowns.

The senior sports management major contributes substantially to the Owls. He has six touchdowns so far this year, as well as 868 yards and 90.6 yards per game.

Papallo, who spent the first two years of his college career at Lackawanna College, transferred to the university as a junior.

He said, "It felt like home when I came on a visit here. I came on a visit in my junior year of high school, and after that, they kept in contact with me. Then I came back here, and it felt like home, so I transferred."

Head Coach Tom Godek is thrilled Papallo chose the university.

"He is a dynamic young man, and he gets along with everybody. He's a funny guy, but he's very serious when it comes to playing football. He's done a good job in school and in the community service events that we are involved with as well," said Godek.

Godek describes Papallo's approach to football as "investigative." "He'll watch film, listen intently in meetings, and he's always working on his craft to become a better blocker and receiver," said Godek.

Papallo's teammates praise him as well. Tight end Tim O'Shea, a graduate student, said, "Pap is a great teammate. He's a guy whose performance always elevates everyone



Wide receiver Tylon Papallo, a senior, celebrates after scoring a touchdown.

PHOTO | SCSUOWLS.COM

else's standard. We both came in the same year, and it's been great to see Pap grow not just into one of the best players in the conference, but a tremendous leader and person."

Team captain and line-backer Hasan Dominick, a graduate student, speaks highly of his friend and teammate Papallo on and off the field.

"He's a fun teammate. He's quiet, but once you get to know him, he's really funny, and he really motivates our players to go out there and give it everything they got," said Dominick.

Coach Godek agrees that Papallo is not only

valuable on the field.

"He has been, and still is, one of the premier players in the NE10. He's brought a lot to the program as a leader. He is someone who has really bought into what we are trying to accomplish here, both as a team and as an offense. He is really good with the younger guys, and he tries to show them the way and the work habits that are needed to become a successful football player," said Godek.

Looking forward to his last few games as a collegiate athlete, Papallo aspires to earn All-American status.

He made the NE10 Conference First Team Offense in 2022, and the Second Team Offense the year before that. In 2022, he became just the 38th player in program history to be named to the NE10 First Team.

He also had an 82-yard punt return for a touchdown in a game against Franklin Pierce last year.

Given his previous accolades, Godek believes it is entirely possible for Papallo to become an All-American. "He has done a lot for our program, and we are very grateful to have him here," said Godek.

Volpe leads Owls to another NE10 Championship

By Matt Cain
Contributor

Around this same time last year, the Owls cross country team held up the NE10 conference championship. This year, they did it again as the men and women had a clean sweep of the conference. The women won their first conference title in program history, while the men won their third consecutive title.

A key piece to the team this year was junior Jonathan Volpe. Volpe notified his teammates, coaches and the rest of the conference in 2021 as he received second-team all-conference as a freshman. Volpe finished second overall in the conference meet.

He has become a valuable piece to the distance and cross country program. This year, he received first-team all-conference, and with the help of his teammates, Volpe believes he can achieve more accolades for himself and the team.

"The practices are tough, but just sticking with each other and pushing each other- that's what's going to help us win," Volpe said.

On the team, Volpe is the most "reliable source" as the team would say. Throughout his running career as an Owl, Volpe has made it to every practice and had a next-man-up mentality. The knowledge that he now has from previous big meets is now paying off in a big way.

He is the one pushing his teammates in the workouts, and the distance guys follow his lead because of his ability to show up in every single meet. Jeremy Rivera, a sophomore, is Jonathan's number one training partner and go-to teammate.

"Johnny is one of the most reliable athletes on the team. It's great training with him," Rivera said.

Rivera and Volpe were a dynamic duo in the conference meet. Riviera finished two spots behind Volpe securing the fourth spot. Together, they combined for 10 points toward the Owls' victory.

The next task at hand is the NCAA Division II East regionals. Volpe already has his sights set on helping his teammates come out with the win.

"We gotta band together and push my teammates to get the win," Volpe said.

As said before, Volpe put the coaching staff on notice last year. Now that the cross country team consists of a younger group of guys, Volpe stands out. Assistant Coach Brian Nill was very pleased with what he saw not just from Volpe, but from the whole group that was put together.

"Building a tight-knit group always helps, especially as the meets get bigger," Nill said.

Being that Volpe led the Owls in the race and got an all-conference nod, all seven of the runners followed right behind as the rest of the Owls became all-conference as well.

Nill was very pleased with the team's performance, with Volpe leading the way.

"Having all seven runners becoming all-conference was great. This is something that is not said very often but understood," Nill said.

Women's Basketball determined to make NCAA Tournament

By Jaylen Carr
Editor-in-Chief

With the season approaching, the women's basketball team looks to bounce back from being eliminated in the quarterfinals to Assumption University.

According to the NE10 Coaches Preseason Poll, the Owls are projected to be the fourth-best team in the conference.

2023 NE10 Women's Basketball Coaches Preseason Poll:

1. Assumption
2. Bentley
3. Southern New Hampshire
4. Southern Connecticut
5. Pace
6. American International
7. Adelphi
8. New Haven
9. Saint Anselm
10. Franklin Pierce
11. Saint Rose
12. Saint Michael's

Despite the projection, the team lost their two top scorers from last year, Zoe Amalbert and Isabella Santoro.

"This team was to compete for a championship this year." Head Coach Kate Lynch said. "We have a lot of returning players this year and some great additions that have some experience."

The Owls finished with a 17-11 record last season, with 11 wins against

conference teams. As the seventh-best team in the conference, the opening playoff game was against 10th-seed Adelphi University, which they won 72-66. The Owls have five new players on their team, Lynch said.

Three of those five players are graduate transfers, a junior college transfer and one freshman, Lynch said.

Forward Katie Williamson, a senior who averaged 11.3 points per game and 6.9 rebounds, said she is excited to start the season.

"We want to hold each other to a high standard," Williamson said. "We want to make sure we hit the ground running."

Guard Jillian Martin, a senior, said the NE10 title is on the mind of everyone, and hopefully, the team can qualify for the NCAA Division II Tournament.

"Hopefully, we can get a National Championship," Martin said.

Williamson said all 15 players on the roster must prepare and be ready for the upcoming competition.

Lynch said, "As long as we can stay injury-free, and we can stay together. It's a long season."

Toughness and focus will be critical for the team to make the NE10 playoffs, Lynch said.



The Owls' players communicate during a timeout.

PHOTO | SCSUOWLS.COM

"We talk about making sure we are all rowing in the same direction every day; if we're not, some other team might be doing that."

Lynch said the coaching staff has been working with the players to focus on the

little things and to be consistent through an entire 29-game season.

In terms of Lynch's coaching style, Lynch said every year is different, but the team is changing how they play.

"I really feel like

we have the ability to press a little bit more this year and to run a little bit more this year, so we have been working on those things," Lynch said.

The Owls are working to be a much faster-paced team

compared to years previous, Lynch said.

Some team players also set individual goals for themselves for this upcoming season.

Martin, a team captain, said, "Of course, I have individual goals, but I am focusing on getting my team to where we need to be to hit the ground running at that starting first game."

Following the coach's message and continuing to perfect her role are the things Williamson said she is continuing to do this season.

Williamson said she is excited about the exhibition game against the University of Connecticut and the rematch against NE10 rival Assumption University.

Martin said she is eager to play city rival University of New Haven this season.

One of the team's captains, Williamson, said she will continue, "making sure I hold myself accountable as much as the team does."

Leading the team on and off the court is Williamson's role on the team.

Martin said, "For me, being a captain on this team is just being a leader for all the girls under, as well as the girls who are the same age."

"Come out to more home games at the fieldhouse and cheer us on."

— Head Coach Kate Lynch

Men's soccer ties 1-1 with AIC at home

By Luke Gadson
Sports Editor

It was a tough fought game until the final minute in the Owls' matchup against American International College at Jess Dow Field on Wednesday, Oct. 25. The competitive NE10 matchup ended in a 1-1 tie.

The Owls' only goal was scored by midfielder Yannick Hilpert, a junior, in the 34th minute. This was the fourth goal of the season for Hilpert. The goal was assisted by forward Zico Groenvelde, a sophomore.

Offensively, the Owls were a force against the defense of the Yellow Jackets with 12 shots on the goal, but they were not able to increase their lead in the second half. AIC scored a goal in the 84th minute, and it would eventually bring the game to a 1-1 tie.

"It was a ball from the right side. Zico got it, and I was at the edge of the box. He passed it, and I shot it into the goal," said Hilpert.

The Owls started strong with a great first half offensively, but were slowed down in the second half.

"I think it was a game of two halves. In the first half, we had a little bit more of the ball, and we controlled things a bit better. But in the second half, it was more defending, and they put pressure on us. Credit to them," said Head Coach Kevin Anderson. "We needed to find more opportunity, keep possession and break pressure so we could try to get ourselves into the final third."

Despite the tie, the effort showed by the Owls up until the end of the match was evident. "Great fight by the team. The last couple of games have been really good effort-wise. Unfortunately, we couldn't close it out. They got the goal at the end, but we move forward," said forward Leroy Best, a junior.

As the Owls near the end of the season, they look to finish strong in their final regular season game at home against Bentley University.

With a win, the Owls can get into the top eight rankings of the NE10 and could clinch a spot for the postseason.

"It will take another performance like this. The same effort, but we just have to be more efficient so we can close it out and stop them from getting goals," said Best.

Anderson stressed how consistency is the key to closing out this season with a win.

"We continue to do what we've been



Forward Leroy Best, a junior, heads a ball for the Owls.

PHOTO | LUKE GADSON



Defender Arnold Signell, a junior, prepares to throw the ball in.

PHOTO | LUKE GADSON

doing over the last five to six games. It's just about being consistent, finding moments of quality in the game and controlling the tempo of the game that guys are more comfortable with," said Anderson.

The Owls will honor their seniors during that last home game against Bentley University at Jess Dow Field on Tuesday, Oct. 31. This tie moves the Owls' overall record to 4-7-3 with a conference record of 3-5-1.

"We haven't had five days to prepare since preseason. So, we'll use those days wisely for guys to rest, recover and get ready. We're looking forward to our last game of the season, play," said Anderson.

Burrell conveys high expectations for his team

By Luke Gadson
Sports Editor

Basketball season is right around the corner at the university, and competitiveness has been brewing all preseason for the men's basketball program.

During the 2022-23 season, the Owls had a winning record, finishing with an overall record of 18-12 and a conference record of 11-9. The Owls would go on to lose to the University of New Haven in the quarterfinals of the NE10 conference tournament.

The Owls have much greater things on their mind this season.

"I think the guys are jelling together, and their chemistry is coming together. We have a lot of new additions, but we have our core nucleus back," said Head Coach Scott Burrell. "We brought in two transfers and four freshmen. Our transfers are older guys that are going to help our team mentally and physically, and they're really talented players that will give us a huge spark on the offensive end."

One main focus for the Owls this preseason has been improving in the areas that may have been weakened due to losing key players to graduation.

"A big thing is team camaraderie; energy is always a focus in practice. We're putting together pieces that we definitely needed and making up for pieces we lost from kids that graduated," said guard Logan Bagshaw, a



Forward Kazell Stewart, a sophomore, finishes a contested layup for the Owls.

PHOTO | SCSUOWLS.COM

junior.

Forward Kazell Stewart, a sophomore, said, "Preseason has been looking really

sharp. We're doing everything to sharpen our tools. From shooting to communicating on offense and

defense, it has been good to play with my past teammates and get to know my new teammates."

In the preseason NE10 Men's Basketball Rankings, the Owls clocked in at third place.

This could add some motivation for the Owls as they begin their season.

"Last year we were picked to finish second to last or last, but polls are polls," said Burrell. "They don't know what we have, and we don't know what other teams have. It's good for them to see, but you have to go out there and play. Every day you have got to try to be the best player and person you can be and good things will happen."

Considering their ranking, Bagshaw said, "We were ranked third in the preseason, so it is definitely a big target on our back. We got to go out every game and give it everything."

Focus during practice is a primary component to having a successful season; that is emphasized by the coaching staff and the players.

"It's going to take a lot of teamwork and communication. We have to push each other every day, whether it's in practice or in the games," said Stewart.

Burrell stressed how the team must learn from their mistakes and start this season on a positive note.

"Last year, we lost the first two games and dug ourselves in a hole. We dug ourselves out, but if you start off on a good note, you grow from there because we go into our conference games right off the bat," said Burrell.

The Owls begin their season with a non-conference matchup against University of the District of Columbia on Friday, Nov. 10.

Food recovery event is held on campus

By Solé Scott
Features Editor

Ever wonder what happens to food on campus after not being eaten? Well, look no further than the food recovery program on campus.

The food recovery program is a volunteer experience where students collect leftover food from the Bagel Wagon and Dunkin Donuts. The food is taken from Connecticut Hall only if it has been mass produced.

Cultural anthropology and sociology major Chris Kowalski, a junior, is a transfer student that volunteers with food recovery.

"I'm on campus five days a week because of this," said Kowalski.

Kowalski is the team lead student worker that makes sure all leftover food around campus is properly packaged so he can store them in a university van and go around New Haven to donate the food.

"Monday, Tuesday, Thursday, Friday I bring it to Park Ridge Apartments, which is like assisted living," said Kowalski.

business information Systems major Minhajul Mahid, a sophomore, volunteered on Thursday for the first time.

"I like helping," said Mahid.

Most of the time, Kowalski is the only one collecting leftover food, which is why the sustainability office encourages volunteers Monday through Friday.

"I'm right outside of Bridgeport, so it's like a half hour commute," said Kowalski.

The preparation of the food at Conn Hall is a meticulous process that needs to be followed step by step.

First, Kowalski takes a cart to transport food and enters a walk-in refrigerator where his items will be waiting on a shelf.

After he grabs the leftovers, he packages the food in containers.

Psychology major

Devon Wilson, a junior, is a student worker at the food pantry.

"I have worked at the food pantry for around two years now," said Wilson.

The university has a Food Recovery Network chapter that has been active since Feb. 2016.

According to data collected by Food Recovery Network, the university has donated 63,590.15 pounds since the spring of 2016.

"Food recovery is basically composting the excess food that is used in Conn Hall," said Wilson.

Contact Chris Kowalski at kowalskic2@southernct.edu if you are interested in volunteering for food recovery as he is looking for volunteers to help him.

Some days there is no food to pick up, which is not abnormal.

"I came down here with a couple of Yale students on a Saturday and no food," said Kowalski.

The recovery will be happening throughout the week from 2 p.m. - 4 p.m.



PHOTO | SOLÉ SCOTT

The university van that is used to transport food to places off campus.



PHOTO | SOLÉ SCOTT

Chris Kowalski, a junior, and Minhajul Mahid, a sophomore, pose for a picture.

Hermanidad de Sigma Iota Alpha sisterhood

By Miah Green
Contributor

NEW HAVEN, Conn. - Sisterhood embraces the feeling of having support. It captures the joy in laughter, the blues in sadness and moments of togetherness when you start to feel alone. Sisterhood embraces the feeling of having a family.

"As a freshman, I was far from home but not too far," said Maridelka Fermin. "I didn't have somewhere to recruit to or feel connected to until I joined this organization."

Maridelka Fermin, a 2019 graduate, also known as Mari, is one of the sisters in the Hermanidad de Sigma Iota Alpha sorority. She explained that she joined the sorority due to her experience of feeling alone during her first semester at the university. Even though she is no longer attending the university for classes, Fermin is willing to help plan events and attend them in hopes of encouraging others to join.

"If you want to learn more about your culture and be able to embrace it all while having a sisterhood, come talk to us," said Fermin.

The sorority held a "Papel Picado" event recently, celebrating Hispanic Heritage Month. Papel Picado - "punched"

or "perforated" paper - is a Mexican folk-art tradition, originating throughout Mexico and colonies of Spain. It is an art expressing creativity and joy through bright colored strings of cut tissue paper banners.

Ashley Sanchez, a junior and member of the sorority, explained that she was interested in doing this event being that it is a part of her heritage.

"I wanted to highlight that and just really incorporate something fun that anybody can do," said Sanchez.

Sanchez explained how she is the first person in her family to attend college, as she had goals to attend the university under a computer science major in order to get her PhD.

"As a Latina woman, it's very important for me to be educated," explained Sanchez.

"Latinas are typically minorities where very small percentages come out with their undergraduate degrees, bachelors, and even very, very few come out with their PhD degrees."

The event was held from 7 p.m. to 9 p.m. in Room 309 at the Adanti Student Center. A flyer made for the event displayed across the screen of the television mounted to the wall, Spanish music playing in

the background.

"I thought the event was nice," healthcare studies major Dalilah Torres, a sophomore, said. "It was nice to have an event that showcases parts of Latino culture."

Around the room, there was a share of side conversation and laughter, with people showing off mistakes made during their cutting. Traditional snacks were laid out neatly on a table in front of the room with colorful pieces of paper and supplies placed on each table for people to create their artwork. There were also papers for directions displaying different kinds of pieces that could be made.

"I only expected five or six people, but it was such a huge turnout," said Fermin.

When asked about the meaning behind the sorority, both members explained that it is a sisterhood made for women who feel as though they do not have a family outside of their homes, wanting to excel in academics and have that support on campus.

As the upcoming semesters make their approach, the members of Hermanidad de Sigma Iota Alpha sorority are hoping to get their name out there, and continue to plan events that will bring everyone together.



PHOTO | MIAH GREEN

Mexican candy called Bofitos that was available for guests to take.



PHOTO | MIAH GREEN

Candy flavored cream dessert ready to be eaten by guests.

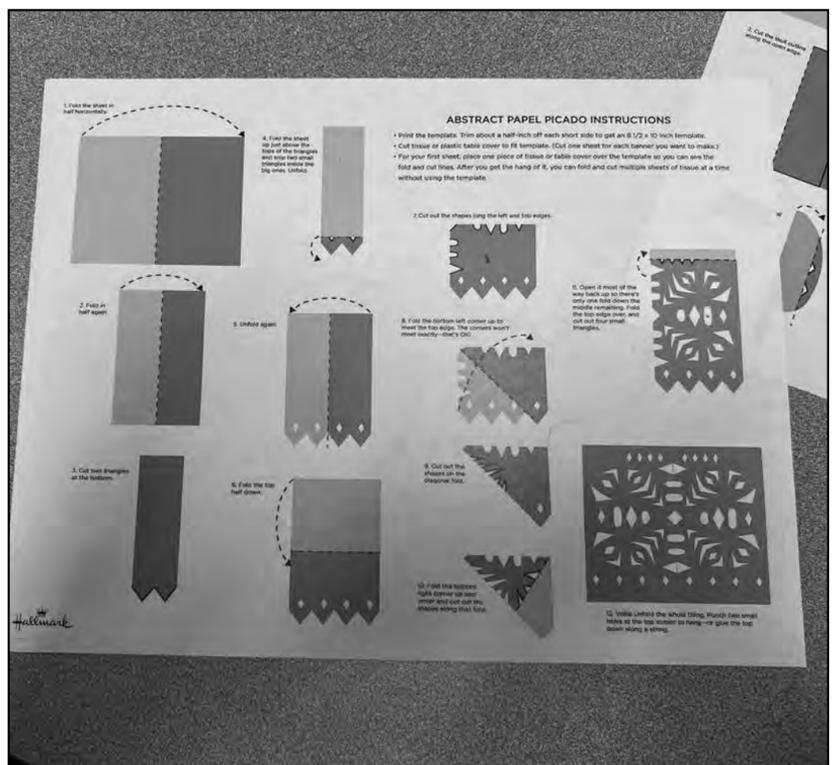


PHOTO | MIAH GREEN

Pamphlet directions on how to make paper picado and use creativity.

What is your favorite Halloween candy?

By Lexi White
General Reporter



“KitKats.”

— Exercise science major Dawin Magloire, a junior



“Milk Duds.”

— Nursing major Eliora Woods, a sophomore



“Right Twix.”

— Education major Henry Coyle, a senior



“Reese’s.”

— Exercise science major Isiah Torres, a freshman



“Skittles.”

— Computer science major Jeremy Paulemon, a freshman



“Reese’s.”

— Business economics major Rashawn Hall, a freshman

Fall Harvest Festival held in university garden space

By Lexi White & Brianna Wallen
General Reporters

Recently, there has been a shift on the university’s campus. Pinecones scatter across the sidewalk; the leaves have changed to an array of oranges and yellows, and nights are cooler. This can only mean one thing: fall is here! As the fall season rolls in, the university’s food pantry and Community Garden teamed up to host their very own Fall Harvest Festival.

Located at the on-campus Community Garden, students and the rest of the owl

community were invited to indulge in fall festivities. On Thursday, Oct. 26, participants lined up to make pumpkin creations and enjoy fall treats.

The Office of Sustainability was the main organization running the Fall Harvest Festival at the university’s garden. The head of the organization, Derek Faulkner, said he was very excited to see the turnout of students at the event.

“We just want people out here to use this space and to experience some of the mental benefits of being outdoors,” said Faulkner. “Our staff is out here to tell students about what we are doing and

why we are doing it to try and get them involved.”

While the main goal was to help students become aware of this space on campus, another objective was to collect nonperishables for the food pantry. The Office of Sustainability had other organizations at the event too, including the Well-Being Organization, Health Services and the Honeybee Project.

Environmental systems and sustainability major Sarah Tufts, a sophomore, said that this event was right up her alley. She said, “I saw that there was pumpkin carving at the festival and other fun activities. I really wanted to come check it out.”

Tufts was one of the many students that came out to enjoy the fall activities. Nursing major Chardonae Mckogg, a sophomore, said that the festival allowed her to divert from her typical routine.

“Usually, I would be inside doing some school-work, but I’m enjoying myself, and I don’t regret it,” Mckogg said.

Not only was attending this event out of the ordinary for her, but Mckogg said that celebrating the season is all new to her.

“I moved here five years ago, and I never got to experience the whole fall thing and painted a pumpkin before,” said Mckogg. “I’m able to explore the things that

people are already used to.”

Mckogg, who is from Jamaica, got to experience plenty of fall traditions through the event. Other students also had the pleasure of getting their face painted, painting or carving pumpkins and eating the delicious food provided by the organizations that hosted the event.

Business management major Ryan Gagne, a freshman, is another student that had been waiting for an opportunity to get into the fall spirit.

“I have been wanting to do pumpkin carving, so it gives me the opportunity to do so,” said Gagne.

Pumpkins were the highlight of the event, as students were eager to decorate them. Physical education major Eden Brisee, a junior, said that the activities involving pumpkins drew her to the event.

“I saw it on Instagram page, and I love pumpkins, so I got to do that,” Brisee said. “The vibes are chill. Everyone is kind of doing their own thing and relaxing.”

The Fall Harvest Festival was a great opportunity for the community to support the Office of Sustainability’s cause while enjoying the outdoors and finding pleasure in the many exciting activities that they had provided.

Student organizations hosts Breast Cancer Fair

By Solé Scott
Features Editor

Hundreds of thousands of people are diagnosed with cancer each year. To raise awareness and honor those affected by the disease, student organizations on campus hosted a breast cancer event.

The Breast Cancer Awareness Fair was held on Wednesday, Oct. 25 at the Adanti Student Center Theater.

Nursing major Jeannel Denton, a freshman, went to the event out of curiosity.

“I went because my mom passed away because of cancer,” said Denton.

Computer science major Anthony Jenkins, a junior, attended the event in honor of a family member.

“My grandmother is a breast cancer survivor, so not just this event but this whole month really means

a lot to me,” said Jenkins.

The event was packed with students who were eating pizza and talking amongst each other. Some wore something pink to be on theme. Music greeted guests as they signed in by writing their name, email and Hoot loot ID.

Accounting major Glenroy Ford, a senior, is the president of Caribbean Student Association and helped organize the event.

“CSA and SISTAS and other organizations are collaborating to spread awareness for breast cancer,” said Ford.

The event started at 4 p.m. and ended at 6 p.m. “Means a lot that people really do care on a grand scale,” said Jenkins.

The event had fun activities such as pumpkin painting as well as raffles.

The event supported a local New Haven breast cancer support group.



PHOTO | BRIANNA WALLEN

Chardonae Mckogg, Mia Grella and Anna Vilenski with their painted pictures.



PHOTO | SOLÉ SCOTT

Anthony Jenkins, a junior, and Glenroy Ford, a senior, helped organize the event.