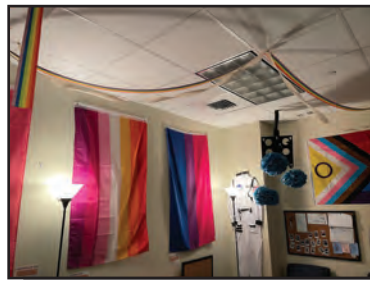




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SOUTHERN NEWS

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Campus Sargeant speaks on mental wellness

**By Mirka Molina
Contributor**

According to Sgt. Kim Clare, more police die by suicide than getting shot in the line of duty. Police officers have the highest suicide and divorce rates due to the nature of their jobs and their exposure to trauma. This is a reality shared by police at the university.

The police department at the university has a peer-support program in which Clare is the coordinator. She is also on the statewide list where anyone from another police department can call her if they wish to speak.

"I think dealing with everyday life and being a law enforcement officer and what you endure and see combined is overwhelming sometimes. I think sometimes officers have trouble managing and finding a balance," said Clare.

Clare has been involved in police wellness long before it had a name. At the university she has become the go-to person when people are struggling with issues on the job or with family. She explains

she fell into the role of being that person and slowly became involved in putting together a peer-support team.

Before working at the university, Clare worked for the City of New Haven and explained it took a while for her to adjust herself at the university.

Peer-support used to be an optional thing for police departments, but ever since the George Floyd incident and every police department must have a peer-support team.

The art of the police accountability bill is officer-wellness, in which police are required to see a mental health professional once every five years and take periodic drug tests.

Clare explained, in her opinion, that it is not sufficient, so she was able to get the university's administration to agree to do check-ins for their team once a year.

"As far as wellness goes, it should be a priority and it wasn't for a long time, in my opinion," Clare said. "It has become a priority amongst police departments, and I think everyone realizes there's a need for it."

Clare explained that the police culture does not like the word "mandatory" and mental health had a stigma attached to it for the community, let alone police.

"Police culture is like, 'We are strong. We have this. We can manage it and take care of it,'" said Clare.

Clare described that she has been through traumatic experiences in her career while working for New Haven. One that stood out was involving a 10-year-old girl's stepfather molesting the girl in the middle of the night while the mother was at home. She described how that stuck with her for a while.

"Those kinds of cases are tough for anybody, especially when it involves children," Clare said.

She said she has been in shootings, untimely deaths and homicides. She said the first homicide-case she went to was a week right out the police academy.

"It was at a bar, and I just remember that we were told by witnesses that the victim was shot outside and ran inside and collapsed on the floor," she said.

She explained that her boss, at the time, had her ride the ambulance with the victim in case the victim was still alive and could tell her who shot him, but she believed he was already deceased.

She remembers her task at the hospital was to get the time of death. She found out later that the bullet went under his armpit.

"You as a citizen might be exposed to trauma, maybe two or three times in a lifetime. Police are exposed to trauma 100 to 200 times in their lifetime," Clare said. "We come from big cities. So, we have seen a lot of deaths. Here you have the opportunity to make a real difference in someone's life. You have more resources and time to spend with people, it'll be better for them, better for their family and the interaction that they have with the community."

Interim Chief Kenneth J. Rahn explained that in his police career he has had two close friends commit suicide and has seen the impact it has on the families, children and coworkers.

"It's great to see that

people recognize that it's ok to ask for help if you need it," he said.

Wellness for police has become a priority at the university and in a lot of police departments across the state and across the nation.

According to Clare, wellness is not just mental wellness. She says that the police try to focus on physical wellness, spiritual wellness and financial wellness.

She said there is a lot

of financial stress that officers go through.

Clare said that officers struggling can contact the Employment Assistance Program and now there is an app where they can get someone on the phone immediately.

Anything criminal or potentially dangerous is obligated to be reported, but there is always help out there.

"Anybody that's struggling, police officers, they can call me," said



PHOTO | MIRKA MOLINA

Sgt. Kim Clare at Granoff Hall University Police.

College Democrats open to all Expired North

**By Jaylen Carr
Sports Editor**

Derrick Arnold recently stood up in a room of student Democrats and prompted them with a potentially controversial statement.

"Trump foreign policy was good for our enemies," said Arnold.

Arnold, the president of College Democrats, a junior, said that it is important to have debate among students because you hear different perspectives. In the beginning of the club's meeting held on Oct. 13, Arnold opened the discussion with an opinion to get the members discussing a topic.

Vice President Nathaniel Gross politely

disagreed and said Donald Trump and Joe Biden had different views on foreign policy because of Trump's personality.

The debate continued throughout the hour-long meeting and students hinted at how the United States will be involved in war in the future.

Arnold taught the members about war and the different terminology that is used. Proxy war is when a massive country like the United States or Russia is supporting a country during war without getting involved, said Arnold.

Arnold said College Democrats meet every Thursday at 7 pm and always want to open the meetings for debate regardless of political affiliation. The club wants

different perspectives.

"I think part being a Democrat is being open and open-minded to all beliefs, so that is why we support everyone here regardless of ideology," said Arnold. "You are welcome here."

College Democrats prioritize educating and motivating students on political issues, according to OwlConnect.

History and Political Science Major Kyle Thaxton, a junior, said he actively participates in politics in his hometown of Groton, Connecticut.

Thaxton said, "I've been on two campaigns there and I was in the Groton town Democrats. When I came here, I wanted to be around like-minded people."

He was the president of the College Democrats last year, but he is now a club member and actively participates in club events.

Psychology Major Thomas Robertson, a junior, said he joined the club because he wanted to be informed on politics.

"I wanted to become more interested and more informed on politics from across the political spectrum," said Robertson. "I attempted to join other political organizations on campus, but College Democrats were the most active."

According to Arnold, College Democrats are very active in the community, very open-minded and supportive to hear other ideologies to

have debate.

"We do a bunch of different things to get the community involved," said Arnold. "We are very open with ideology, so we don't care if you're Republican, Democrat, Independent."

The club does community service events like beach cleaning to help the community, said Arnold. Occasionally, they have special guest speakers, come to talk about politics.

Gross said, "We try to create a fun and active environment for members."

Debates during the meeting can get loud at times, but members do not take anything personal and respect each other's opinions, said Robertson. They continue to be close friends and actively participate in discussions.

Thaxton said, "We are all Democrats, but we all respect each other. We just want to make sure everyone's opinion is accepted and valid."

Even students who do not consider yourself a Democrat should get involved with College Republicans, Thaxton said, because they need more members.

The open-mindedness and communal environment are the reason why students keep coming back to the meetings, said Arnold.

"We have people that come back, and we have people that want to participate," said Arnold. "We create a very open

Hall elevators

**By Destene Savariau
News Editor**

North Campus Midrise has seen an increase in building-related issues. Students have been getting stuck in the elevator.

"This elevator always seem to be broken or have some sort of issues and it becomes very inconvenient throughout the school year," Hospitality and Tourism major Neveah Mills, a senior said.

Some North residents mirror these feelings as they also bring up the concern of their safety using the elevator. With its slowness and constant creaking, a few residents worry they may get stuck or will get stuck again like Psychology Major, Stephen Ibekwe, a junior, who got stuck in the elevator on Oct. 3.

"I got stuck in the elevator on Monday. The elevator took me to the main floor, but it didn't open. I was there for a good like, I would say like, 10 minutes," Ibekwe said. "I was yelling, and I had to knock on the elevator really loud and yell again until the RAs (Residential Advisors), heard me and sent me back to the fifth floor. Then I just took the stairs down because I'm not taking that elevator back down again."

Some North residents feel this could have been prevented. Especially since they have taken notice that the elevator's inspection certificate is three months past its expiration date; it expired on July 5.

"I think we could have just paid more attention to the elevator itself because if you look on it, it literally has the date of expiration and it's in like July so it has been expired for a while. So yeah, probably just pay more attention to the things," Ibekwe said.

One of the elevators in North Midrise then broke. So far it has been over two weeks and residents have been using one elevator for all six floors.

"All of the elevators on campus have been inspected by the State Elevator Inspector within the last three months. The delay in the delivery of the inspection certificate is basically due to the paperwork follow up that is bogged down due to the very large amounts of retirements that happened this past summer. I will assure you as soon as the certificate arrive at facilities that they will be installed into the appropriate elevator," Associate Vice President of Capital Budgeting and Facilities Operations Eric Lessne said.



PHOTO | JAYLEN CARR

College Democrats discussing foreign policy during their weekly meeting.

Students go to Washington D.C. for workshops

Story & Photos by Southern News Team

While we normally don't cover the Southern News and Crescent magazine team, this week most of us were at MediaFest22 in Washington D.C. hosted by the Society of Professional Journalists, SPJ, and College Media Association, CMA.

According to the SPJ Media Fest event on Owl Connect, "MediaFest22 is a unique and inspiring journalism convention experience, bringing together professional journalists, student journalists and college media advisers from every area of journalism, from across the country, to our nation's capital. Attendees will hear from renowned speakers; benefit from hands-

on workshops, general sessions and concurrent breakout sessions; enjoy networking opportunities; soak up everything the exhibit hall has to offer; celebrate during awards presentations, banquets and receptions; unwind during tours of the city and historical sites - and so much more!" These are some of the photos we took during this experience.



Photo | Sarah Shelton

SPJ and CMA name badges for Crescent magazine's Layout Editor Almendra Delacruz, SPJ member Sole Scott, Crescent magazine Managing Editor and Southern News' Photo Editor Sarah Shelton, Crescent magazine Editor-in-Chief Valeria Arujo and Southern News Editor-in-Chief Sofia Rositani.

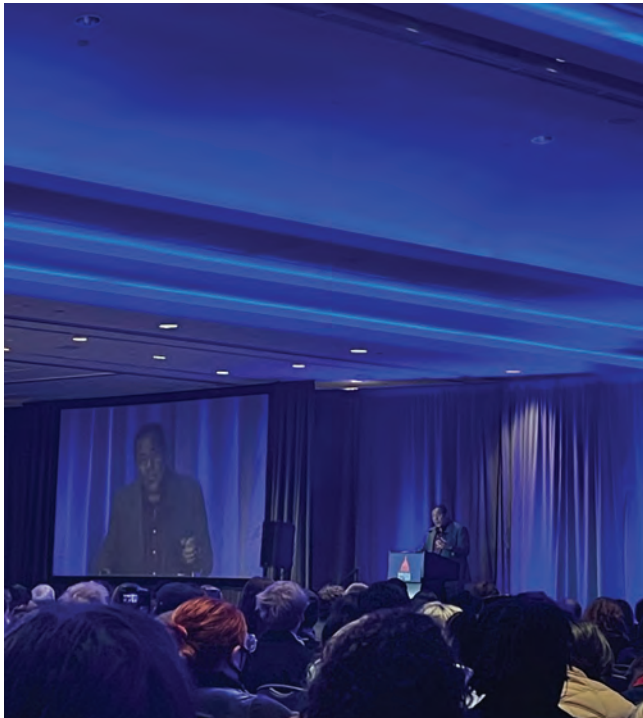


Photo | Sarah Shelton

Journalist John Quiñones speaking at the conference.



Photo | Sarah Shelton

Students walking with their suitcases.



Photo | Jaylen Carr

Southern News editors Sofia Rositani, Sarah Shelton and Jaylen Carr at a Carl Benstein and Bob Woodward keynote.



Photo | Sarah Shelton

Grand Hyatt Hotel, where journalism students stayed, from the lobby.



Photo | Sarah Shelton

One of the workshops students could have attended, "Breaking into Music Journalism."

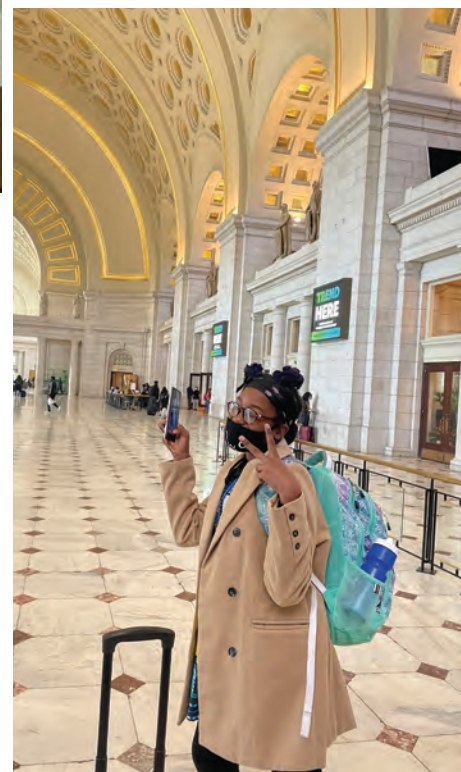


Photo | Sarah Shelton

Southern News' News Editor Destene Savariau arriving at Union Station.



Photo | Sarah Shelton

A workshop for journalism creators and businesses to succeed on Instagram.



Photo | Jaylen Carr

Crescent magazine's Managing Editor, Sarah Shelton, and Editor-in-Chief, Valeria Arujo, in front of the Treasury building.

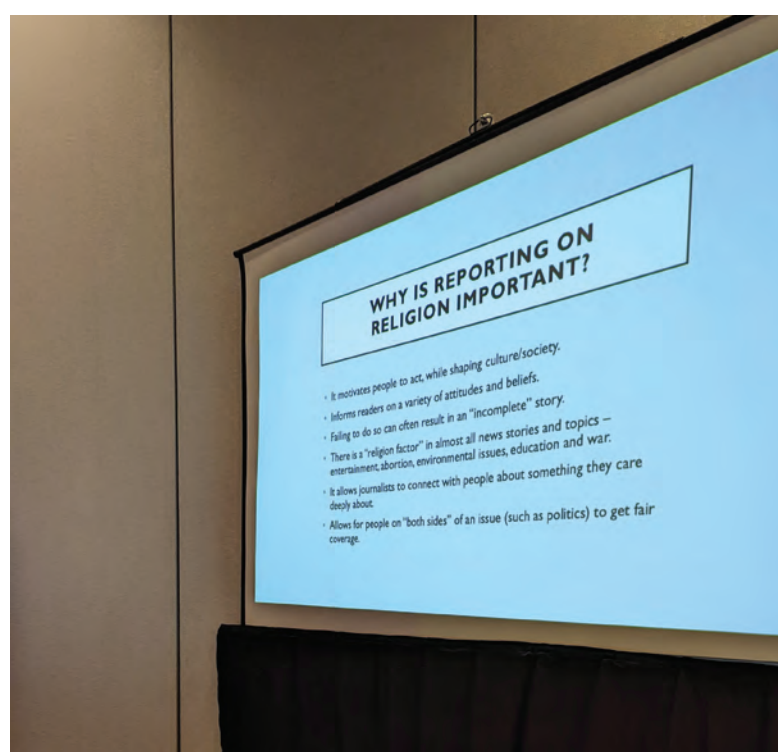


Photo | Sofia Rositani

Powerpoint slide from "Why religion reporting matters in the 21st century" workshop.



Photo | Sarah Shelton

Southern News Copy Editor Joey Merly representing the university.

Queer students have a safe space at the SAGE center

By **Ali Fernand**
Features Editor

Full of flags and students engaged in conversation, the SAGE (Sexuality and Gender Equality) center, which is an open door for LGBTQ+ students on campus.

“This is a hang out space, we’ve got people playing video games, people doing homework,” said SAGE Center’s graduate intern, Brandon Iovene.

There are couches, a table and even a TV in the

room. Feinberg says that a lot of their friends are made at the SAGE and events it holds. They also like to have the space to relax and do homework.

“I’ve made a lot of friends since coming here; it’s such a welcoming and supportive space,” said frequent visitor of the SAGE Center Emily Feinberg, a sophomore.

The center is one of the many social justice organizations on campus. Though many students go to have fun, it exists to educate everyone on

campus about LGBTQ+ identities. Iovene has called these “invisible identities” because despite visual cues, LGBTQ+ identities can never be assumed. There are resources on campus that SAGE helps students navigate.

“We have the preferred name change where you can change your name on all school documents without needing to legally change it,” said SAGE Center Ambassador Sara Lareau, a junior.

This is a service that exists at the university for trans students who would like to have their preferred name displayed on school documents. They can do this without needing to legally change their name, which is a long legal process.

SAGE also educates campus on violence that students face. This includes both verbal and physical violence. According to the National Sexual Violence Resource Center, LGBTQ+

people are four times more likely to experience violence than those who are not LGBTQ+. Students also experience discrimination on campus from those who are in leadership positions.

“I’ve had friends who would order something on Amazon and use their preferred name. The Residential Advisors (RAs) would tell them if they didn’t use the name that was in the system, they would throw it out,” Lareau said.

Lareau says that there are trainings in place to prevent RAs from discriminating against students. However, students still deal with disrespect from their peers and those in leadership positions.

“Students will often time experience microaggressions – in the classroom, between peers – it happens, it’s going to happen,” Iovene said.

Another resource that SAGE offers is a fully stocked closet. There are clothes and other items

available for free for any student on campus.

The origins of the closet were to provide trans students with easy and free access to gender-affirming clothing. However, the closet is open to students of all identities.

“We’ve made it grow to where we have hundreds of items including clothes, accessories, pads, tampons, condoms readily available for students,” Iovene said.

These are goods that students use in their day-to-day life. Having free access to these items eases the worries that students may have about not being able to afford them. All the clothing is donated. Iovene said that most of the donations come from staff members at the university.

SAGE Center was first created by the late Cathy Christy, a past director of Violence Prevention Victim Support Center (VPAS). According to an email from Patrick Dilger, Christy passed away earlier

this year just after retiring from her position at the university.

“Cathy was getting her master’s; she was doing her thesis. Her project then turned into the SAGE Center as part of her work with the Women and Gender studies program,” Iovene said.

Christy was a leader for victims and marginalized groups on campus. She was involved in the annual “Take Back the Night” event which is meant to raise awareness about sexual assault victims. Her work was for everyone of any identity, but her thesis for her master’s specifically included queer people at the university.

“She saw that there was a need for a space for queer people,” said Iovene.

Though her plan might not have been long term, her project led to the SAGE Center that exists today. They now provide many resources for queer folk: name change information, mental health advice, community.



PHOTO | ALI FERNAND
Pride flags (lesbian (left), bisexual (right)) in the SAGE center on Oct. 6.

Labor activists speak to students about workers’ rights

By **Robby Tierstein**
Contributor

On this past Thursday, there was a meeting orchestrated by the American Union of University Professors to raise awareness of the prevalence of unions among university students.

Gary Winfield is a staff member at the American Union of University Professors.

“We are the professor’s union on campus, and this is an effort to talk about unionizing, particularly as it relates to get people involved in the union movement,” Whitfield said. Winfield joined the American Union of University Professors largely to help revitalize the cause of unions.

“In the past couple of decades, unions have not only been what they were in the past as strong,” Winfield said. “There’s

been an effort to revitalize the union movement and I think young people need to know that they’re going into the working world and being able to join with other workers and advocate for themselves will be important.”

At this past Thursday’s American Union of University Professors meeting at the university, there was a video broadcast from organizers of unions representing Trader Joe’s, Starbucks and Amazon. Workers are demonstrating their right to unionize by demanding improved safety in the workplace, better hours and raising the minimum wage.

“Those particular places have been important because it’s kind of an ongoing conversation about work,” Winfield said. “Those places have been where we heard crazy stories about people urinating in bottles etc.,

so they become pretty important issues.”

Linda Cunningham is another worker of the American Union of University Professors who specializes in organizing unions in the university. She is very enthusiastic about getting students interested in unions amidst an ever-growing number of workplace concerns in America.

“All the faculty are unionized because they’re considered state employees and all state employees are unionized,” Cunningham said. “We manage the collective bargaining agreement and do the collective bargaining agreement for the all the employees that work under the American Union of University Professors (AAUP) contract.”

On behalf of the professors in the American Union of University Professors, Cunningham helped bargain their

contract. She helps negotiate the conditions of staff members on campus.

“It’s about them being able to get money for their research, having guarantees for some travel funds, making sure that their course loads, things like that,” Cunningham said.

Thomas Robertson, a junior, was one of the audience attendees at the meeting. His interest in unions stemmed from a curiosity he had about unions while scrolling through OwlConnect. A commuter from the Naugatuck area, Robertson was interested in learning more about unions near the local area.

“I wanted to be more educated, it might be my background of my hometown, but I haven’t heard anything good about unions,” Robertson said. “You come here at a university like Southern, it gives you some diversity



PHOTO | ALI FERNAND
Panelists Travis Glenney-Tegtmeier, Jamie Edwards and Jordan Flowers speaking about their labor efforts on Oct. 27.

of thought, so I can hear someone give a pro-union perspective.”

Robertson said he was only familiar with “Amazon and their battle,” only vaguely heard of “the union busting at Starbucks” and “did not know anything about Trader Joe’s” prior to hearing about the American Union of University Professors

event. He also was interested in hearing about “the contract that the teacher’s union got to work with.”

Robertson said that he had a positive experience at the event.

“The event was really well done. I had some good food, we had a senator here, we had a faculty member here. I liked it,” Robertson said.

Opinion: TikTok has changed our treatment of musicians

By **Ali Fernand**
Features Editor

If anyone has been on TikTok or Twitter in the past week, you probably have seen the videos from recent Steve Lacy concerts. He recently had a song “Bad Habit” go viral, specifically, because of TikTok. It is a great song; I think it deserves the hype that it has gotten. However, this has created an issue for his most recent shows. There have been clips surfacing of the crowds at his concerts and how lifeless they are. None of them know the words to his songs. They do not even know more than the chorus of his most popular song.

As someone who has kept up a bit with Steve Lacy since high school, this is extremely frustrating. I specifically remember listening to “Dark Red” in the car with my friends. He has a great discography, and I was hoping that this recent virality would get people into his music. However, it seems like a lot of people only know songs from the section that is shown on TikTok.

There was a recent controversy of him smashing a camera that was thrown at

him on stage. People were very critical of this. Obviously, it is not a positive interaction but if something was thrown at me, I would react the same.

I enjoy TikTok as much as the next Generation Z person. I have often praised the app for how easy things can blow up out of nowhere and allow people to discover new things. In fact, I was really excited at the thought of it making it easier for niche artists to get more mainstream attention. I am a hipster, but I do not want to gatekeep. The idea of my favorite artists having top hits because of a viral song on TikTok is exactly what I would want to see.

Another artist that comes to mind for me is Doja Cat. Not to be a hipster, but I liked Doja Cat before she blew up. It was 2018, she had just released her meme song “Moool” which got attention on twitter. I immediately loved her. She was such a genius for making a song that is both lighthearted and well-made. Then her release of “Tia Tamera” in 2019 with Rico Nasty absolutely blew my mind. Doja Cat was made for the intersection of music and internet culture.

Then there was the viral

“Say So” dance which I thought was funny because I had said that was my favorite song on “Hot Pink” when it first dropped in 2019. This dance was monumental. It skyrocketed Doja from a niche internet rapper to a mainstream pop star overnight. Unlike Steve Lacy, Doja Cat continued to have hit after hit. It seemed like any song she had ever made had the potential to go viral. Songs that were

never meant to be singles were becoming top-charting.

Doja’s success is completely deserved. She has a unique style, aesthetic and ear for music. However, I do not think that her mainstream success has been healthy for her. She has openly talked about how much she hates her fanbase. There were many incidents in this past year that led her to have outbursts, specifi-

cally, on Twitter.

Even though the “Say So” dance was over two years ago, I do not think that Doja had the time to adjust to pop-stardom. She went from being an internet-obsessed small musician to a main topic of conversation way too fast. This is not healthy for anyone.

The fans created by TikTok are completely toxic to the mental health of musicians. With an already

exploitative industry, I can understand why they have these outbursts. Their fans do not care about their music that they have spent years crafting. Despite recent success, Steve Lacy and Doja Cat have both been making music for around a decade. Of course, they are going to be frustrated when their audience does not know their music or they feel an entitlement to their time.

SOUTHERN NEWS

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Nelson gets inducted in Hall of Fame

By Avery Martin
Contributor

One of three people inducted into the Connecticut Gymnastics Hall of Fame in 2022, Jerry Nelson says “it is heartwarming. It’s not why I did my job but it’s nice to know the things I did in my career got recognized.” Nelson’s passion for



PHOTO | SCSUOWLS.COM
Jerry Nelson spent 15 years as the gymnastics head coach.

collegiate gymnastics began in 1973 when he first competed for the Owls.

He was part of the National Championship-winning teams of 1973 and 1975.

After a successful career in coaching, Nelson returned to the university in 2003.

Nelson said “It was a good move right at the

right moment. It turned out to be the job of my life. I had the opportunity to be a coach and be part of the lives of the students who came to Southern.”

From 2003 to his retirement in 2019, Nelson led the women’s gymnastics team to 3 Eastern College Athletic Conference (ECAC) Team Championships and has helped 86 gymnasts become All-Americans.

However, for Nelson, gymnastics was never just about the accolades. “My main goal isn’t always about winning medals, it was about teamwork and building a team.

I wanted to keep my athletes safe and participating in the gym and in the classroom,” said Nelson.

Isabella Antonangeli competed for the university from 2017 to 2020. For most of that time, Nelson, who she describes as “heartwarming,” was the head coach.

Antonangeli, who returned to become an assistant coach for women’s gymnastics in the 2020-2021 season, says that Nelson “came out of

retirement for us because he loved us so much.

Nelson said he would do anything for us and that alone shows how great of a man he is. He makes you feel like you’re loved.”

When she became assistant coach, Antonangeli says that Nelson gave her advice. “He said to have fun with it; stand up for your girls and speak up if you need to,” said Antonangeli.

Associate Director of Athletic Communication Ken Sweeten says, “Jerry is great to work with. He really cares about his athletes.”

For student gymnasts, Jerry Nelson’s positive personality makes him stand out.

Nursing Major Hannah Stahlbrodt, a graduate student, says, “He’s just a happy-spirited, warm, nice guy. He always made me feel like I was getting better and never put me down.”

Both Stahlbrodt and Antonangeli say that Nelson is fond of dad jokes and enjoys checking in on alumni after they graduate.

Antonangeli said, “Some alumni and I had a cookout

with him back in August at his cottage. He was really glad we did that and got it put together.”

Another word that is frequently used to describe Nelson is “generous.”

After the tragic passing of student gymnast Melanie Coleman in 2019, Nelson renamed the scholarship made in his name to the “Melanie Coleman Scholarship.”

Nelson plans to follow the Owls’ 2023 season and is excited to see how each gymnast contributes to the team under the current head coach, Byron Knox.

“I am so looking forward to that. Byron is a great coach and a good man and I think he will do justice by the job,” Nelson said.

Looking back at his career at the university, Nelson said,

“We have done well and competed well against D1 schools and I promised them that I would take care of them and help them succeed. I am attached to this university. I love it here.”

Column: On the NBA

By Jaylen Carr
Sports Editor



We are two weeks into the NBA season, and it is time for me to make an early prediction.

First off, let me deal with the elephant in the room: The Los Angeles Lakers. They are already off to a slow start due to the lack of three-point shooters.

The Lakers must trade Point Guard Russell Westbrook because he does not fit well with forwards LeBron James and Anthony Davis.

I do not know who wants Westbrook, but they must hear calls from other teams to see their options.

In the end, I think the Lakers may end up in the bottom half of the Western Conference. I think they will end up between the fifth and eighth seed in the West.

And can Anthony Davis stay healthy for a whole 82-game season? He is off to a better start in terms of health thus far. Hopefully, he can stay healthy because he is vital for any success in Los Angeles.

In terms of my NBA Finals prediction, I believe it will be the Golden State Warriors versus the Milwaukee Bucks.

When you discuss Warriors basketball you have to mention the splash brothers, Curry and Thompson.

In my opinion, the best two shooters to ever play basketball. I believe that they will have their typical steady and consistent season.

Curry is going to average his usual 25 points a game and 40% percent from the three-point line. The Warriors are the most well-run organization in the league with Bob Myers as the general manager and Steve Kerr as the head coach.

Hopefully, Thompson can get back to his normal form from three years ago.

In the Eastern Conference I had a hard time picking the Bucks. However, I believe in Giannis Antetokounmpo, a.k.a.- “Greek Freak.”

I think the Bucks have phenomenal veteran players like Brook Lopez and Jrue Holiday who provide relentless defense.

A Bucks versus Warriors matchup will bring in the ratings with the stars involved.

I predict the Bucks winning their 3rd championship in franchise and Antetokounmpo bringing home his 2nd Finals Most Valuable Player trophy.

Field hockey’s season record falls to 4-11

By Bradley Robidoux
Contributor

“Senior Day” for the field hockey team was bittersweet as the team fell to Southern New Hampshire University in overtime 2-1.



PHOTO | BRADLEY ROBIDOUX
Field hockey honors seniors during the game.

“Unfortunately, we had a lot of chances and we couldn’t finish,” said Trinidad Rodriguez Ricchituti, a sophomore. “But we are growing and it is showing on the field so we should keep pushing this way and we will improve,” said Ricchituti.

Rodriguez Ricchituti scored the only goal for the Owls in Saturday’s contest with the score coming in the third quarter to give the team momentum after a scoreless first half.

The Owls’ defense was stout, despite letting in one goal in regulation and one in overtime, totaling 16 saves.

Goalie Kaitlyn Parent, a freshman, had five of those 16 saves.

With the game tied 1-1 at the end of regulation, the Owls went into overtime for the second time this season.

Despite a valiant display of defense by the Owls in overtime, a lucky shot from Southern New Hampshire University which ended the game for the Owls.

One of the four seniors who were celebrated during Senior Day, Kaitlyn Bourque, has played since she was a freshman.

“It’s crazy to think about the four years I’ve been



PHOTO | BRADLEY ROBIDOUX
The field hockey team sits in a post-game circle.

on this team and where we started and where we came from,” said Bourque.

“The togetherness and the culture we’ve created really makes us stand out

from any other program.”

Bourque said, “Coming off Senior day just finishing as a team and having fun with it at this point!”

Volleyball victorious against Saint Rose

By Ben Martin
Sports Writer

The university’s volleyball team did something on Tuesday that they have struggled with all season: finishing set and they knew they needed to take the fifth set.

At the break between the sets, the Owls huddled at Pelz Gymnasium to strategize and build morale going into the fifth set.

However, one person was missing from that huddle: Head Coach Lisa Barbaro.

“We decided that we needed to pick up our energy, so we huddled,” Outside Hitter Gabriella Gaibur, a senior, said.

“The only people that have our backs for sure are

each other.”

After the huddle, the Owls came out for the fifth set. They ended up winning 15-12 and by winning that set they defeated the College of Saint Rose Golden Knights 3-2 on Tuesday after being down 2-1.

“We have a lot of determination on this team,” Outside Hitter Sara Enright, a junior, said. “It talks all of us and our bench and our fans. Everyone was cheering us on and that’s what mattered.”

To win the game and the set was a large task for the Owls as the score was tied 11-11.

“I am very proud of this group,” Coach Barbaro said. “For them to tough it out and finish

strong in the end. It’s just a great feeling.” Along with determination, the Owls’ lineup flexibility aided them to the win on Tuesday’s matchup.

“We have had a lot of injuries and health issues throughout the year, so we have tried multiple lineups throughout the season,” Coach Barbaro said. “We have been able to make some changes at crucial times and that really paid off for us in that fourth and fifth set.”

The Owls have had a problem of injuries and health issues spanning back to late last month.

According to Setter Taylor Jones, a junior, the team had to put people out of position at practices because they did not have enough for every position.

Going back to the beginning of the game, the Owls came out of the gate strong as they took a tight first set 26-24.

However, sets two and three were both won by the Golden Knights by a score of 25-21.

“We really pushed through at the end,” Enright said. “It was a team effort, and we are proud of coming out on top.”

Although the Owls won in a thrilling matchup, there are things to improve upon from every game regardless of the outcome. The team must work on not letting mistakes build said Gaibur.

Although the Owls were able to come out on top in a close game, Enright believes there is more work to be done with that.

“When we get to the top, we have to be able to finish games,” Enright said.

Along with Gaibur and Enright, Coach Barbaro believes the team still has some work to do in their final games of the season as they prepare for the Northeast 10 conference tournament.

Barbaro believes the team needs to work on passes and serves a little more and develop their offense.

To get those skills at their best, Barbaro wants the team to focus on the present.

“We are just trying to take it on day at a time,” Coach Barbaro said. “That’s where our focus is, one practice at a time, one day at a time.”