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# SOUTHERN NEWS

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## Adams visits university to tell his journey

**By Braden Saint-Val**  
News Writer

Last Thursday, the Department of Recreation, Tourism and Sport Management held their latest Joseph Panza Annual Sport Management Lecture in the Adanti Student Center Theatre.

The annual lecture was named after retired professor Joseph Panza, one of its originators, and since 2011, industry professionals have come to the university to share their experience in the world and business of sports.

This year, sports media personality Matt Adams was invited to speak to students who attended.

Matt Adams has worked in golf for more than 30 years as an industry executive, golf course operator and broadcaster for the Golf Channel, ESPN and the PGA Tour Network.

Being an expert in golf equipment technology, Adams ran a manufacturing company that built and designed golf clubs for dozens of brand name companies including

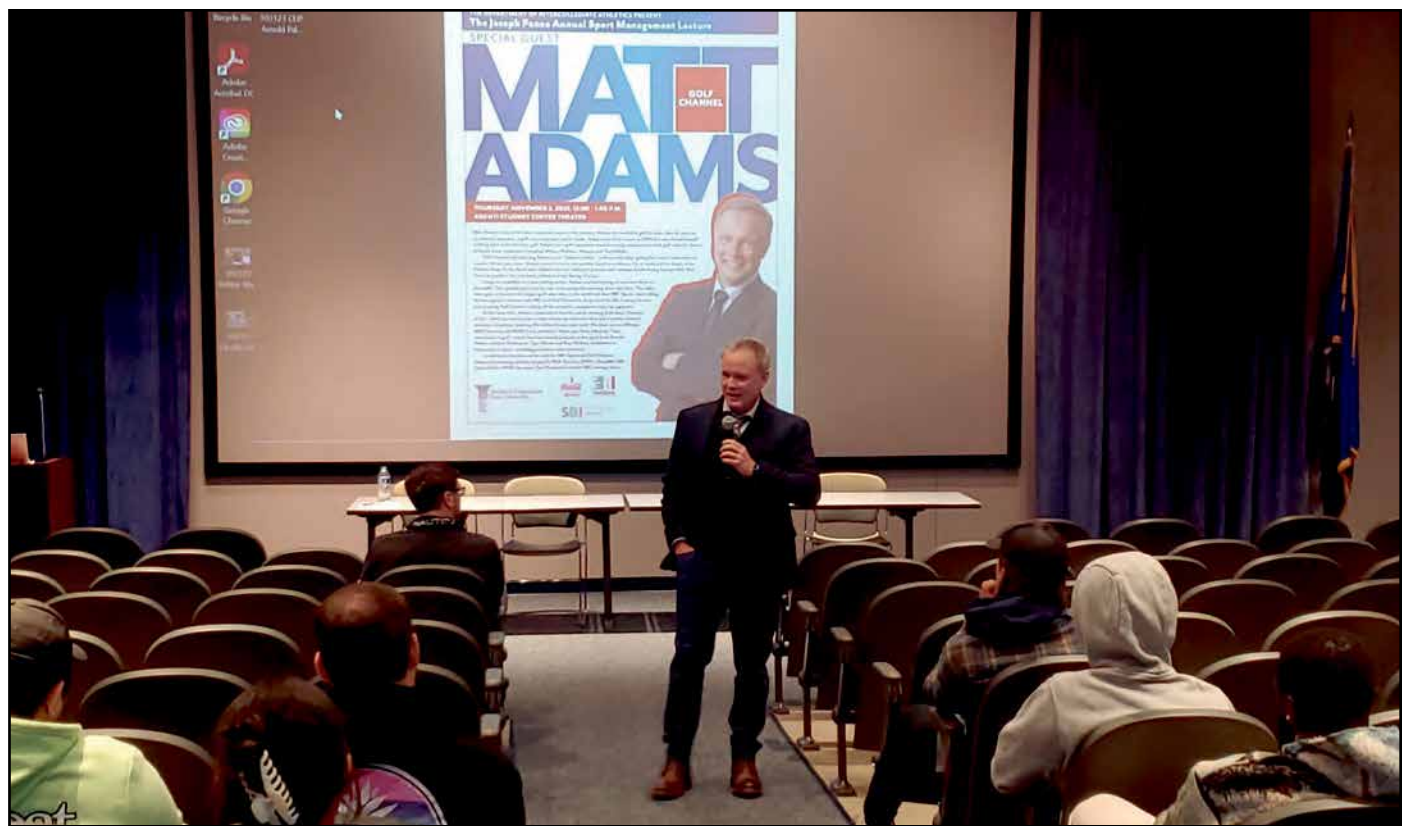
Wilson, Nicklaus, Mizuno and Taylor Made.

He currently hosts "Fairways of Life," the largest and the most widely distributed daily live golf talk show in the world. It is available on YouTube, every major listening platform and can be seen on AT&T SportsNet, NBC Sports, MSG, and DirectTV.

He is also a New York Times best-selling author and has co-authored five books in the "Chicken Soup for the Soul" book series.

In his next book, titled "The Golf Round I'll Never Forget: Golf's Biggest Stars Recall Their Finest Moments," Adams has compiled the stories of golf champions during the most distinctive golf rounds in their careers through interviews with them to provide their perspective in those moments. It will be released in April 2024.

To start his lecture, Adams acknowledged the optimism and open-mindedness he sees in undergraduate students, which keeps them from limiting their capabilities and goals.



Matt Adams gives his presentation to students and faculty in the Student Center Theater.

PHOTO | BRADEN SAINT-VAL

He then explained his career journey to students, from his fascination with radio in his youth to creating "Fairways of Life" and interviewing golf legends like Arnold Palmer and Charlie Sifford, the first

African American to play on the PGA Tour.

Adams urged students to "know their why," to not "self-edit" and doubt themselves or their dreams and take advantage of the connections they can make while in

college. He explained students have their own form of "diplomatic immunity," where they can reach out to anyone for their needs, whether it be job availabilities or advice without any pushback.

"My advice to you is dream. Dream as big as you possibly can and do it without edit because you're at a point in your life where you can't be wrong. If it doesn't work, it's not failure, it's just learning," Adams said.

## SGA sees increase in voter turnout, DeNucci reacts to winning election

**By Jay'Mi Vazquez**  
News Editor

The Student Government Association elections for the Fall 2023 semester are finished. The winners of the election were Leanne Pedrosa, Katie Falasco, Hailey DeNucci, Evan Curtis and Christian Schloemer.

Nursing major Hailey DeNucci, a freshman, was one of the five student candidates who won the election to become a representative. She will also be the class president of the 2027 class.

"I am excited and relieved to be a member of the Student Government Association. The process was lengthy, but I appreciated the informational meeting, the campaigning period and the voting period," DeNucci said.

DeNucci said that she

has had some previous experience related to SGA in high school being a senator for her high school class for three years. She said this experience is why she feels confident in her new role.

"I understood the differences between class government and student government but wanted to be a part of both. I enjoyed creating fundraisers and putting on events for my high school class, but student government addresses educational policies and academics, which is enticing," DeNucci said.

DeNucci said she has a few big plans she wants to begin with her new roles in SGA. To begin with, she wants to implement some changes to campus dining, certain major pre-requisites and bookstore prices. She thanks everyone

who voted for her and is eager to meet more of the campus community to get them what they need.

President of SGA Kyle Mashia-Thaxton said that he is thrilled to have new people joining.

"It is always an exciting, fresh breath of air to see new, eager students get involved in SGA," Thaxton said.

Thaxton has been a part of SGA for the last year and a half. He said that it was a goal of his to ensure elections were active and stable after dealing with the negative impacts COVID-19 had on enrollment and retention.

"Although voting turnout remains low, it is higher than it was during our most recent election two and a half years ago during the pandemic. There were just over 215 undergraduate student

votes casted for the candidates in this election," Thaxton said. "SGA will have to reflect on this most recent election in order to improve our future elections, as our voting goal for the next election should be to get between 300 and 400 undergraduate votes."

Nonetheless, Thaxton said he is proud of the election campaign and all those who participated. He said seeing and being able to have one take place at the university again blossomed an exciting, yet memorable moment for him.

SGA will be hosting a community day event for all the newly elected representatives to participate in team-bonding activities that strengthen a sense of community.

See SGA photos Page 2

## University police provide update

**By Jaylen Carr**  
Editor-in-Chief

On Friday, Nov. 3, Director of Integrated Communications and Marketing, Patrick Dilger, sent an email informing the public about the recent news regarding a phone scam targeting parents and students. "Several parents have received calls from individuals claiming their student has disciplinary issues," the email said.

Dilger said if parents received a call of this kind to report it to the local police department. Despite multiple efforts to reach the police department, they did not respond to comment on the issue.

## Cross-country teams win NCAA East Regional

**By Jaylen Carr**  
Editor-in-Chief

The men's and women's cross-country teams won NCAA Division II East Regional. For the women, this is their first regional championship in program history. The women's team placed five runners in the top 20 for 58 points. "Briana Grecco, Emilie Noreika, Megan Whitnell, P.J. Dauphinais and Courtney Henchcliffe all earned NCAA Division II All-Region honors after finishing in the top 25 of the 117-runner field. It is Grecco's second-straight All-Region honor after also earning 2022 honors," according to the athletic website.

Grecco led the team with a seventh-place finish in the event.

This is their second straight NCAA Division II East Regional for the men's team as they placed five student-athletes in the top 11 to defeat Roberts Wesleyan, 32-42. "Jonathan Volpe, Sean Barkasy, William Lamburn, Jeremy Rivera and Owen Gagne filled in the top 11 finishes," according to the athletic website. "Sophonias and Luca Cazzaniga also finished in the top 25 to earn All-Region honors."

Volpe topped his time from a year ago, and placed second this year. This is his third straight top 10 finish and All-Region honor.

With the regional win, the women's and men's team punched their ticket to the NCAA Division II National Championship on Nov. 18 at Tom Rutledge Cross-Country Course in Joplin, Missouri.

See cross-country photos Page 8

## MCC hosts Multicultural Explosion

**By Jaylen Carr**  
Editor-in-Chief

The Multicultural Center hosted their annual Multicultural Explosion event, dubbed "Engage, Empower and Inspire." The five-person panel included Tina Bennett, a university alumnus and now Chief Experience Officer of Yale New Haven Hospital, Freda Grant, adjunct professor at Yale University, Nicole Santiago who works in the Human Capital Management Data at Yale, June Archer, CEO of Eleven28 Entertainment and Magger Galvan, who works in the Human Resources Computing and Information Systems at Yale. The event was held inside the Adanti Student Center Ballroom on Nov. 2 from 7 p.m. to midnight.



Students sitting at the table with food during the event on Nov. 2.

PHOTO | KAHIONA SENIOR

# Hillel club members remain in good spirits

By Jay'Mi Vazquez  
News Editor

Students in the Hillel club gathered on Oct. 13 for their weekly Shabbat celebration. They were filled with sadness about the unfolding war in Israel but were determined to stay strong and support each other.

Shabbat is a Jewish celebration that happens every Friday from sundown to sunup. This Shabbat celebration took place six days after the first terrorist attack by Palestine. Hillel has been continuing to have their Shabbat celebrations since Oct. 13.

"In times like this, we all have to pull together and support each other," Rabbi Barbara Paris said.

According to Chabad.org, Shabbat is the Jewish day of rest and celebration that begins on Friday before sunset and ends on the following evening after nightfall. It is ushered in with candle lighting, prayers and feasting on braided bread and other delicacies. However, Paris said that this Shabbat, it is hard for people to rest due to

everything unfolding. "We all agreed to not make this night so heavy for us, but I feel like it is necessary that we talk about the events that took place this past week but that we also get to celebrate with each other," Paris said.

Vice President of Hillel Jacob Hasbani said he is saddened about the news unfolding but is staying strong.

"The country and the club is very united right now. We're all sticking together, helping each other make it through this," Hasbani said.

Hasbani has family and friends in Israel.

He said that these past few weeks have been hard for him to comprehend everything happening, being hesitant to attend the Shabbat celebration due to potential threats of 'national Hamas day,' a day where unexpected attacks were planned to target synagogues, schools and other crowded places.

"So far, we've had no threats. Rabbi Barbara has made it clear to all of us that there aren't anything going on around campus. Campus police have done

a great job patrolling the area, guaranteeing our safety on campus," Hasbani said. "I was still hesitant on coming to campus today with all the talk about 'national Hamas day' and constant threats to synagogues, schools and other places."

Treasurer Max Frischling said that the organization is standing strong, holding their Shabbat celebration meetings every Friday in the InterFaith Office at 4:30 p.m.

"Even though everything is tough right now and I don't have any personal connection to people in Israel, I'm here to support my fellow club members regardless of where they may be at emotionally during this time," Frischling said.

Frischling and Paris both said that Hillel has been a part of the university for five years. It has been through changes due to rooms moving in the Adanti Student Center.

"We still have to keep going. We're in the rebuild stage because after COVID we were left with little to no people involved. But now we're moving

towards utilizing this new space and having Shabbat celebrations and festivities despite what may or may not be going on around us," Paris said.

Hillel is open to anyone of all religions. Hasbani said he encourages students to get involved to learn more about Judaism and what the religion truly is.

"Anyone can come. Even if you just want a bagel or a drink or just want to make friends, come and say hello. We welcome absolutely anyone with open arms," Hasbani said. "This week has been tough for many people in numerous different communities, but we're still welcoming anyone in that wants to show support for us as an organization."

The Muslim Student Association President Sarah Majzoub and Vice President Razan Abunar declined to talk about how their organization has been holding up.

However, there were some representatives at the "Walkout Wednesday" protest and some members doing a bake sale during that time.



PHOTO | JAY'MI VAZQUEZ

Hillel members playing card games and eating food.



PHOTO | JAY'MI VAZQUEZ

Shabbat started with a candle lighting.

## New SGA members

Continued from Page 1

PHOTO | JAY'MI VAZQUEZ



Hailey DeNucci, new representative and president class of 2027.



Leanne Pedroso, new representative.



Christian Schloemer, new representative.



Gerryiki Williams, new representative.



Evan Curtis, new representative.

## New major offered in public health, wellness coaching

By Jay'Mi Vazquez  
News Editor

A new major is being offered at the university: public health and wellness coaching.

The university is one of the first in the United States to implement this new program. The closest university that offers this major is Ohio State. The goal of this program is to empower students to become wellness coaches, tackle health concerns and create plans for individuals.

Debra Risisky a public health professor, was one of the creators behind this new major. Her vision for the major began in the summer of 2022. She said she is happy to be a part of this new program and offer it to students.

"We are really excited; we are the only university in the northeast that is doing this," Risisky said. "It's great because people can go work for insurance companies, hire coaches and go to corporations or be in private practice with their certifications."

Risisky said this new program is an exploding career field that has been gaining more traction after the pandemic. She described it as an interdisciplinary field with many options available for students to do internship work while at the university and will find something good for themselves basically anywhere once they graduate.

Risisky said that the major is set up like any other program; there are 120 credits required. There are 36 major required credits that are courses already at the university. Some of the required credits are four newly created wellness coaching courses.

Risisky said that the intro course for wellness coaching is the only course available to any student. Students would have to be in the new major to take the other three coaching courses. Assistant Professor

and Program Coordinator for the School of Health Education Sarah Benes was one of the people who were consulted on the creation of this program and will be teaching one of these new courses.

"I was able to build on experience I had from starting a similar program at my previous institution to support the program development," Benes said. "I am a bit of a curriculum geek, so I love creating courses, especially ones that I think have a lot of practical value for students as these health coaching courses do."

Benes is a certified wellness coach. She got into wellness coaching because of a colleague at a previous institution that wanted to offer coaching courses and a certificate. She got her certificate and now does wellness coaching when she can.

Benes will be teaching one of these wellness coaching courses which will provide students with an experts perspective, Risisky said.

"Health and wellness coaches work with clients to improve their health and well-being through building capacity and tapping into existing strengths within the clients. The focus is on supporting sustainable lifestyle changes. Coaches help clients overcome challenges, build internal resources, connect with external resources and build skills to support lifestyle changes," Benes said.

Benes said she is excited about the opportunities this new program can offer students.

"This is so exciting because there are not many programs that exist in the country, so that is a great opportunity for our Southern students," Benes said. "Students benefit not only from the possible career opportunities but also the skills they build will transfer into their own lives personally and professionally."

## Computer science faculty host Bioinformatics workshop

By Braden Saint-Val  
News Writer

In collaboration with the University of Connecticut, the university's computer science faculty, organized a full-day workshop that occurred last Friday in the Adanti Student Center Theatre called "Women in Bioinformatics."

According to Professor Dr. Sahar Al Sessi, the workshop was made to support women faculty working in the bioinformatics discipline and encourage more women faculty and students to engage. Its goal was to create inter-disciplinary research collaboration opportunities for faculty and provide career mentoring to support junior faculty members and students.

Bioinformatics is an interdisciplinary field of science that intersects biology with computer science, data science and statistics.

Computer technology is used to collect, store and analyze biological data and information, such as DNA and amino acid sequences.

In the workshop, an all-women group of speakers presented their research in bioinformatics. This included assistant professor Ellie Duan from Cornell University, associate professors Sheida Nabavi and Jill Wegrzyn from UConn and Associate

Professors Duygu Ucar and Sheng Li from The Jackson Laboratory or JAX, an independent and international non-profit biomedical institution.

Their research ranges from epigenomic data mining, computational genomics, single cell sequencing analysis, cancer genomics, medical image processing and making bioinformatic solutions to conserve biodiversity in Earth's forests through tree genome sequencing.

In Jill Wegrzyn's presentation, she introduced the audience to CartograPlant, a web application that is used to integrate genotype, phenotype and environmental data for georeferenced tree populations.

In the workshop's panel session, speakers joined industry specialists. Erika Smith, CEO of ReNextBio, Inc., and Usha Pillai, President of Aria Management Consulting LLC, to discuss careers in bioinformatics and the diversity in the field.

Regarding the skills and qualities needed for success in bioinformatics, Sheng Li finds that communication skills are critical for both instructors and students.

"The ability to communicate with people of different expertise and research backgrounds: That will make a huge difference in terms of leveraging the resources

across the board," Li said.

Near the end of the workshop, Alexa Wnorowski, a Genomic Education Fellow at JAX, gave an overview of JAX's "Teaching the Genome Generation" program. It is designed to make genetics and genomics accessible to high school students and teachers by linking its content to personalized medicine and health, ethical decision making and everyday life.

"And we also want to lower the barriers for teachers to bring new content to classrooms through detailed lessons and activities, teacher resources and personalized support, including laboratory kits that we send to teachers throughout New England," Wnorowski said.

The audience was then led through a sample lesson from a new curriculum JAX has been developing that uses bioinformatics and genomics to teach math and data literacy, where students use bioinformatics tools to identify the potential impact of a DNA variant on protein structure and function.

Since the program's launch in 2015, 279 teachers have been trained, more than 180 schools have implemented it into their biology courses and over 21,500 students have been introduced to modern genetics and genomics.



PHOTO | BRADEN SAINT-VAL

(Left to right) Dr. Amal Abed El-Raouf, Ellie Duan, Alexa Wnorowski, Bruce Kalk (Dean of the Colleges of Arts and Sciences), Rachel O'Neill, Sheida Nabavi, Sheng Li, Dr. Winnie Yu and Dr. Sahar Al Sessi.

## University hosts Trunk-or-Treat for New Haven

By Brianna Wallen  
General Reporter

What's better than candy and costumes? Candy and costumes at the university! On Halloween night at 7:30 p.m., students and staff rolled into the Brownell parking lot with decked-out cars and tables. Eerie smoke loomed in the air, spooky decorations hung from cars and bags of candy filled the lot. Volunteers popped up their trunks and flashy costumes as they welcomed the New Haven youth.

You might have heard of the traditional trick-or-treating, but this event was a trunk-or-treat. Children dressed up in costumes and skipped from car to car with their pails collecting candy and fun memories.

Biology major with a concentration in pre-med Nicholas Lastrina, a junior, supervised a table at the event. Lastrina, a peer mentor, attended the event with his INQ students. Lastrina said the Halloween themed event had a sweet purpose.

"The event is to provide a happy Halloween and bring the community of New Haven together," Lastrina said.

This Halloween tailgate event was a collaboration



PHOTO | BRIANNA WALLEN

A car with ghost decorations at the Trunk-or-Treat event in

with the New Haven Police Department, New Haven public schools and the university. The community's positive remarks confirmed that the event's goal had been achieved.

One participant, Penelope Green, attended the event with her father, Otilio Green. She transformed into the character Mirabel from the hit Disney movie, Encanto. She said that she enjoyed the event and the treats that came with it.

"I like the candy," Penelope Green said.

Otilio Green, a New Haven resident, said that he was also satisfied with the event.

"We just got here, and

we really like the event. It's pretty cool," said Otilio Green.

Children and parents were not the only ones that were all smiles. Students that volunteered at the event enjoyed the spook-tacular event.

Nursing major Cor'daye Coleman, a freshman, handed out candy at her station with her fellow INQ classmates. She dressed up as an angel with angel wings and a halo floating elegantly over her head. Her costume matched her generous act of helping the community.

"I liked interacting with the kids and getting to see their smiles," said Coleman.



PHOTO | BRIANNA WALLEN

University students giving out candy at the Trunk-or-Treat event in the Brownell Hall parking lot on Oct. 31.

Coleman, who is also a New Haven native, said that she enjoyed seeing the university host something for her community. She said that the occasion not only helped her maintain a connection to her hometown but also revived memories of simpler times.

"It's been a long time since I've seen a lot of trick-or-treating because of the last few years," Coleman said. "It was nice seeing everyone interacting and celebrating." Over the past years,

Halloween traditions have been altered or put on hold due to the pandemic. Events like trunk-or-treat have become the new and safer option for children to celebrate Halloween.

While this is the first time trunk-or-treat has been held at the university,

Coleman said that she hopes there will be more to come.

"I hope they're happy and getting to experience this event will make them want to do this when they're older to keep this event alive," Coleman said.

## Opinion: NBA launches new format

By Jaylen Carr  
Editor-in-chief

It's the inaugural season of the National Basketball Association, NBA "In-Season Tournament," where the league breaks teams up into groups or mini divisions to compete with each other.

When the NBA announced they would have a tournament during the regular season, it surprised most fans. Having a competitive tournament just so the players can take the regular season seriously is a new low for the NBA. Star players have been frequently taking games off and playing less than 50 games a season, thus ushering in the "In-Season Tournament".

As a fan of the NBA since I was a kid, star players always played because they knew fans paid to see them. It was a badge of honor in the 1980s, 1990s and 2000s to say that you played 82

games or at least 70 games in a season.

The new invention of an "In-Season Tournament" focuses on having regular season games mean more and bring in revenue.

The more eyes on the sport, the better for NBA Commissioner Adam Silver, especially during November and December when most sports fans watch the National Football League and College Football.

"We think, and taking nothing away whatsoever from the Larry O'Brien Trophy and the ultimate goal of winning a championship, that you can create another competition within the season that becomes meaningful," Silver said in a Sports Illustrated article.

Silver's idea derives from professional soccer, which has in-season tournaments to increase competition, like the Union of European Football Association

Champions League.

When first hearing about the tournament, my initial thought was: what are the incentives for the players, coaches and the organizations?

"The players on the winning team will each get \$500,000, while the runners-up will get \$200,000. The losing players of the semifinals will each get \$100,000, and the losing players of the quarterfinals will each get \$50,000," according to ESPN. The league will also hand a trophy to the winner, dubbed the "NBA Cup."

The NBA could have done a much better job explaining this tournament because media outlets were the ones explaining what it meant and why it was happening throughout the past couple of weeks to assure viewers knew the significance of the games.

If 82 games is too long for the players, how about shortening the season to

65 games? This would ensure that star players play most of the games. If the season is compressed, it can ensure that every game is meaningful.

With the hopes of having a high seed in the conference, shortening the season will make each game valuable for the players. The incentive would be to win as many games as possible to avoid the 7-10 spots in their respective conference, eastern and western.

All eyes will be on the "In-Season Tournament" when the competition culminates on Dec. 9 in Las Vegas, where there is no current NBA team.

Could this be a sign from the NBA? With Las Vegas becoming a popular city for the location and relocation of professional sports teams like the Las Vegas Raiders and Aces, could a professional basketball team be next?

**These are the opinions of the Southern News Editorial Staff**

## Upcoming events:

### Barbie Night

The School of Business is hosting a Barbie Night with snacks, a photo booth and a showing of the movie. Pink clothes are encouraged. This will be Wednesday, Nov. 8 at 5:30 p.m.

### Owl Fest

Residence Hall Association and all Hall councils are hosting a festival in the Res Life Quad. There will be food, t-shirts, prizes and a photobooth. This will be on Saturday, Nov. 11 from 11 a.m to 2 p.m.

### Breaking Barriers: Imposter Syndrome

Yvonne R. Davis is an internationally recognized leadership development coach, speaker and award-winning journalist. She visits campus on Nov. 13 from 1 p.m. to 2 p.m. at the School of Business Case Study Room 122.

### Mental Health First Aid Training - Part 2 of 2

Hosted by the Wellbeing Center, the course teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training is on Nov. 15 from 12:30 p.m. to 4 p.m. at the Schwartz Programming Space.

### Buley Library Celebrates Native American Heritage Month

Started on Nov. 1 and ending on Nov. 30, the Buley Library celebrates National Native American Heritage Month with a detailed exhibit acknowledging the important contributions of Native American people. The exhibit is located on the first floor in an exhibit case from 8:00 a.m. to 11:00 p.m.

### 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)

**If you are looking to promote events on campus, please email Editor-In-Chief Jaylen Carr (car-rj14@southernct.edu) or Managing Editor Ali Fernand (fernanda2@southernct.edu).**

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Visit [www.TheSouthernNews.org](http://www.TheSouthernNews.org) for more.

## Owls show off their Halloween costumes

By Ali Fernand  
Managing Editor



PHOTO | ALI FERNAND

Interdisciplinary studies major Maciel Valle, a junior, dressed as a witch.



PHOTO | ALI FERNAND

Ollie the dog dressed as a dinosaur.



PHOTO | ALI FERNAND

Early childhood education major Charlotte Dworski, a junior, dressed as Stitch from "Lilo & Stitch."



PHOTO | ALI FERNAND

Public health major Angela Corsino, a senior, dressed as a deer.



PHOTO | ALI FERNAND

Computer science major Kaye Feinberg dressed as a pirate with a bird.



PHOTO | ALI FERNAND

Graduate intern of SAGE Center Brandon Iovene dressed as a witch.



PHOTO | ALI FERNAND

Communication disorders major Sam Gontarz, a senior, with a puppet from "Killer Klowns from Outer Space."

## University recognizes veterans in a ceremony

By Kahiona Senior  
Photo Editor



Panel hosts celebrating individuals of the US Military at the university's Veterans Day ceremony in the Adanti Student Center Theatre on Nov. 6.



PHOTO | KAHIONA SENIOR

## Students who make minimum wage

By Solé Scott  
Features Editor

Minimum wage is not enough for students in college who are dependent on themselves for financial support.

The minimum wage in Connecticut is \$15, yet college students need more money to pay their way to an education.

Communications major Chelsea Safo, a sophomore, previously had a job on campus but now works off campus.

"If I'm going to be practical, college is hella expensive," said Safo.

Elementary education major Cheraynne Martin, a senior, works on campus at the information desk at the Adanti Student Center.

"We are all college students; I feel like we have a lot of stuff to pay for," said Martin.

Nursing major Trudy Annor, a sophomore, works at various dorms on campus as a desk attendant.

"I don't really have to

pay bills or anything, so all I have to buy is my nails, food and hair," said Annor.

As inflation increases, everyday necessities become more and more expensive.

"It's a little more cheaper for me because I am a commuter student, so like I do save money on some stuff," said Safo.

According to the United States Census Bureau, younger people in Connecticut have a higher percentage rate of being in poverty compared to adults. The poverty rate overall is 12.6% in the nation and 9.8% in Connecticut.

To live comfortably in the state of Connecticut, they need to make tens of thousands of dollars, as the average salary is \$88,429.

"I get paid \$15 an hour for both of my jobs, and it is kind of good for me because I am able to afford some of my bills and food for me in my dorm," said Alicea.

Out of state tuition

to attend Southern Connecticut State University is \$19,940 for the 2023 and 2024 academic year.

In state tuition costs \$6,664 for the 2023 and 2024 academic year.

The tuition bill does not include university fees, housing, meal plans, books or transportation.

Today, it is hard for young people to juggle classes and jobs that do not pay enough.

"As a commuter student, I do have to pay for gas every week, and minimum wage does not cover that," said Safo.

Financial aid can cover only so much. Some students do not receive enough to cover their tuition, so families have to take out loans, which deepens their debt.

"I'm broke," said Martin.

Even though minimum wage is increasing in January by 69 cents, that will still not make a difference in students being able to afford the necessities of life.



PHOTO | SOLÉ SCOTT

Nursing major Trudy Annor, a sophomore working a desk shift at Chase Hall.

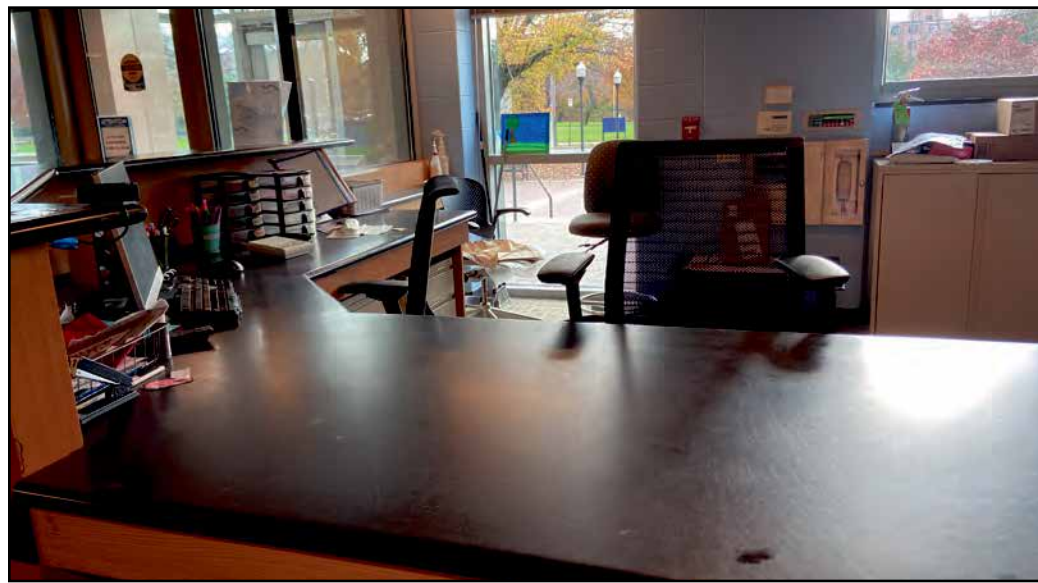


PHOTO | SOLÉ SCOTT

The Farnham lobby, site of a popular minimum wage job on campus that students like to work.

## This or That Thanksgiving- Turkey or Ham?

By Lexi White  
General Reporter



### Turkey

— Exercise Science major Erik Stanzel, a sophomore



### Turkey

— Political science major Johanna Izcoa, a freshmen



### Ham

— Journalism major Chemique Jimenez, a sophomore



### Turkey

— Nursing major Eilora Woods, a sophomore



### Turkey

— Undecided major Josh Rodriguez, a freshmen



### Turkey

— Nursing major Michael Urban, a junior

# Jersey Day hosted in Adanti Student Center

By Brianna Wallen & Lexi White  
General Reporters

When you hear the word “jersey”, what do you think of? Do you think of Jersey Mike’s delicious sub sandwiches? The hit reality TV show, “Jersey Shore”? Your favorite professional sports player’s jersey? The university’s Programs Council hosted an event on Wednesday, Nov. 1 that had all three of these aspects.

Located in Room 217 at the Adanti Student Center, the Programs Council committee satisfied all the students’ jersey-related needs. Students had the opportunity to munch on handcrafted sandwiches, sit back and tune into iconic reality TV episodes and enter a raffle to win a sports jersey.

The university’s Program Council, also known as the ProCon Committee, is responsible for multiple interactive events on campus. Psychology major Avery Loomis, a junior, was one of the students running the event.

Loomis said, “Today is actually National Jersey Day, so we decided to play into the theme by getting Jersey Mike’s, playing ‘Jersey Shore’ in the background, and we are doing a raffle for a jersey.”

Loomis said that there are four committees that make up the Programs Council: the daytime committee, which was running Jersey Day, the nighttime committee, the weekend committee and the commuter committee.

When asked what the purpose of hosting an event like this was, Loomis said, “There is this aspect of being able to feed students who potentially do not want to spend money on food or cannot afford to spend money on food, but it is also just an opportunity to get people to come in, sit and eat with their friends and meet new people. It is an event by students, for students.”

Loomis said, “We came up with this event’s idea last semester, so it has been in the works for a long time, but within the last three weeks or so was when everything started to get put into motion. We

had to place this very large order of subs to Jersey Mike’s.”

Along with Loomis, nursing major Sanna Mohammed, a sophomore, is also a member of the daytime committee.

Mohammed said that her and other members carry out events from Monday to Wednesday from 12 p.m. to 2 p.m.

Mohammed said that she promotes the organization’s goal of enhancing each student’s experience through a variety of creative initiatives.

“It’s a good way for people to get food and try things that they can’t get on campus,” Mohammed said.

Jersey Day is one of the numerous events that offers students food and experiences that go beyond the campus. These events also allow students to retreat from school and engage in a social environment.

“People can get a break from their academic life and learn about this school from a social perspective,” Mohammed said.

Overall, participants

of the event enjoyed their time celebrating Jersey Day. Business management major Zachary Guy, a freshman, said that he found joy in the complimentary sandwiches. “I think it’s always a good idea to have free food,” Guy said.

Undecided major Kayla Garcia, a freshman, said that she liked the environment of the event.

“I liked the sense of community because everyone got to come together and eat and just enjoy themselves. And I like ‘Jersey Shore,’” Garcia said.

In addition to providing students with a social outlet, the club offers opportunities for students to join and get involved. “It can help students with networking and to join ProCon,” Mohammed said.

The daytime committee hosts a variety of events every month. Loomis said, “We do events like this all the time. We are the Programs Council, so three to four times a month we do events. The PB&J Thursday that happens every week is also our doing.”



PHOTO | LEXI WHITE

Students relaxed in the resource room while eating.



PHOTO | LEXI WHITE

ProCon gathers together to host the event.



PHOTO | LEXI WHITE

“Jersey Shore” plays in the background as students eat sandwiches from Jersey Mike’s.

## University’s talent show winner

By Brianna Wallen  
General Reporter

This university is filled with talented students that excel on the court, classroom and stage. On Monday, Oct. 30 at the Adanti Student Center ballroom, students had the opportunity to showcase their talent at the Multi-cultural Social Justice Talent Show. One exceptional voice stood out amongst the performers. Nursing major Favour Amayo, a freshman, graced the stage with her rendition of “Stand Up” by Cynthis Erivo.

In the spotlight, Amayo

bolted strong soulful cords that moved the crowd. Amayo said that she was proud of her performance since she did not let her nerves get the best of her.

“I was able to reach my full potential since my voice didn’t get shaky due to being nervous,” Amayo said.

Amayo’s impeccable voice and nerve control landed her first place and a \$300 cash prize in the talent show.

“When I won, I was really, really, really happy,” Amayo said. “The audience was really supportive, and people

were screaming my name that I didn’t even know.”

Although Amayo gained attention and admiration from the crowd, in the audience she had a #1 fan supporting her. Nursing major Elise Ryan, a freshman, is the singer’s roommate and best friend. Ryan said she was proud of Amayo’s performance and talent.

“During the talent show, her song choice and stage presence was spectacular, along with her vocals,” Ryan said. “She was a little nervous before singing, but it didn’t show at all once the first beat dropped for her song.”

“I sang at the Yard Goats with many, many, many people; also, at Carnegie Hall in New York and my high school’s sports events,” Amayo said.

With impressive performances under her belt, the 18-year-old has been singing for 14 years. Without further ado, let us tune into the start of Amayo’s singing career.

“I started singing at the age of 7 when I was in Nigeria, and I mostly started singing because of church. I grew up in the church since I was little,” Amayo said. “I came to the U.S. at the age of 11, and from then on I started exploring singing even more.”

Her passion for singing fostered into something greater. The soprano joined the choir in eighth grade and said that she fell in love with the various harmonies and pitches.

“I found out that I

enjoyed the actual singing and said I want to do this,” Amayo said. “I loved hearing when sopranos, altos, basses and tenors would all come together to be one voice.”

Despite her devotion to singing, Amayo was not a powerhouse overnight.

“At first, I wasn’t really good at singing. Like there were people that were better than me. I had to work my way up and practice more,” Amayo said.

With room for improvement, Amayo said that she learned from notable soprano singers such as Céline Dion, Whitney Houston and Mariah Carey. Through this, she was able to mirror their tricks and ranges. Amayo also noted that she applied what she learned to her own voice.

“Every day of my life, every second of my life, every minute, I was always singing. As I sing every day, I hear the mistakes and improve,” Amayo said.

Even as she improved, the singer still practices every day.

“She sings all the time, and it sounds very natural. Her singing voice is always perfect,” Ryan said.

Nursing major Madeline Elmo, a freshman, is one of Amayo’s closest friends.

Amayo’s actions and voice are shattering rooms on campus. You can hear her voice on the university, chamber and gospel choirs on campus, as she come.

## Owls celebrate Halloween

By Solé Scott  
Features Editor

The spookiest day of the year has finally arrived on campus as students and faculty relive their childhood.

A cold front swept through campus, yet the sun shone bright during the early afternoon of Oct. 31.

Sports management major Louis Reyes, a sophomore, was one of two students handing out candy as ProCon members.

“So basically, since it is Halloween, I am a part of ProCon, and we are just handing out candy for today,” said Reyes.

Even though Halloween is catered to a younger audience, some students were in the mood to celebrate the holiday as they showed up to classes wearing costumes, while others were handing out candies.

“This is the first time we are doing this,” said Reyes.

Samira Zunigk is a graduate student in the TESOL program. TESOL stands for teaching English to speakers of other languages.

“This is my first semester working with ProCon as their grad intern,” said Zunigk.

Political science major Christopher Sheehy, a junior, dressed as Papa Emeritus III from his favorite occult rock band as he passed out candy outside Connecticut Hall.

“Halloween is a special holiday to me. I thought I could bring joy to fellow students and make them smile while also making them reminisce on the Halloween spirit they once had,” said Sheehy.



PHOTO | SOLÉ SCOTT

Political science major Christopher Sheehy, a junior.



PHOTO | BRIANNA WALLEN

Nursing major Favour Amayo Favour, a freshman.

# Women's soccer falls 3-1 in final regular season match

By Luke Gadson  
Sports Editor

It was a tough and competitive matchup between the Owls and the St. Anselm Hawks on Wednesday, Nov. 1 at Jess Dow Field. The scoring was going back and forth to start the game.

The Hawks got on the board early in the conference matchup, but it was not long before the Owls answered to make the score 1-1.

The Hawks would score again at the end of the half to leave the score showing 2-1 in favor of St. Anselm. The Owls were quiet in the second half, not being able to find the back of the net while allowing another goal by the Hawks.

The Owls would go on to fall to the Hawks 3-1.

After a fantastic play by the Owls, forward Victoria Vera, a junior, scored the lone goal for the university.

Forward Alexie Rosado, a senior, started the play by taking the ball from a Hawks midfielder, cutting across the field, and passing it to forward Kelsey Burr, a graduate student.

Burr moved the ball to the center of the field, 10 yards from the box, before leading midfielder Taylor Hennig, a graduate student, to the left of the Saint Anselm goal.

In exchange, Hennig centered a pass to Vera, who one-touched it past Saint Anselm's goalkeeper.

Goalkeeper Abby Aughe also had a great game, stopping 9 of the



Forward Victoria Vera, a junior, runs down the field for the Owls.

PHOTO | SCSUOWLS.COM

Hawks' 12 shots on goal.

Despite being down, Head Coach Adam Cohen is proud of the way his team fought to the end.

"I told the team that I have nothing but respect for their attitude, effort and mentality. They really competed well tonight," said Cohen.

With the loss, the Owls end the regular season at

5-6-5 overall and 3-4-4 in the NE10 conference.

With 13 points in the conference standings the Owls clinch the eighth and final seed in the NE10 Championship tournament.

The Owls will travel to top-seeded Saint Rose on Sunday, Nov. 5 for a quarterfinal matchup.

As the Owls move into

conference tournament play, they will have to prepare to go up against very tough opponents with the same goal in mind. Cohen has no doubt in his mind that his team will be up for the challenge: "Right now it's really about rest and regeneration. They will be ready for Sunday," said Cohen.

# Quiroga earns Rookie of the Week

By Avery Martin  
Contributor

Lucas Quiroga earned the NE10 Rookie of the Week award for the first week of the 2023-2024 swimming season.

Business management major Quiroga, a freshman, topped the charts in the 200 butterfly. He was also in the top five fastest swimmers in five events: 500 freestyle, 1,000 freestyle, 500 butterfly, 400 individual medley and 200 freestyle.

Quiroga posted a time of 2:01.47 in the 200 butterfly for the week he earned the NE10 honors.

Quiroga attributes his success to the demanding team practices. "I try to work on my underwater and my stroke tempo. I try to work on those to become better," said Quiroga.

Quiroga's times have also inspired other swimmers to improve their own, like his teammate, sports management major Nicholas Fournier, a sophomore.

"He is also a very fast swimmer, and he motivates us to go faster," said Fournier.

Head Coach Tim Quill was also full of praise for Quiroga's abilities in the pool.

"He's an incoming first year student. He's been doing a really nice job. He's learning an entirely different type of training format. There's always going to be an adjustment coming into college, but his first meet of the year was an open-water swim, and he was one of the first guys out of the water," said Quill.

Both Fournier and Quill describe Quiroga as hardworking and a team player.

"One thing he adds to the team is motivation. We all love him; he loves all of us. He cheers for everyone," said Fournier. Fournier also noted that Quiroga is funny and fun to be around.

"He's a very talented young man," said Quill. "I'd say he has a very good work ethic. He's not afraid to step outside of his comfort zone in practice. He still has a lot of things to learn that we are going to work on."

"I think the separating factor for a lot of athletes is that willingness to put yourself out there and not be afraid to push yourself to some pretty demanding points," said Quill.

Quiroga is clear about his goals for the remainder of the season. Like many, he has his sights set on the NE10 championships.

"I want to win the NE10s, and I want to place really well in the 500 freestyle," said Quiroga.

Quill also is optimistic about Quiroga's chances in earning better results.

"I want him to keep progressing training-wise. Every athlete in here has something that they can work on. He's got a really good stroke technique, but that can always continue to get better," said Quill.

# Webb travels from South Africa to compete for the Owls

By Luke Gadson  
Sports Editor

The Owls find talent from all around the world to come to the university and compete in various sports.

Midfielder Ruby Webb is a freshman from East Cape, South Africa, and she is a great example of the diversity in the Owls' athletics.

When finding athletes from different countries, the recruitment process does not come as easy as usual.

"Obviously, being from South Africa, it wasn't something where we could get there to actually see her. We had video and a number of virtual chats, so we were just able to have that conversation with her and find out the person she is, and that's really the big piece of it," said Head Field Hockey Coach Kelley Frassinelli.

Webb felt welcomed by the program from her very first interaction.

"Coach Frassinelli sent a very welcoming email back to me, and we started chatting. I met some other teammates and they seemed very nice. I liked the team dynamic. She then made an offer, and I committed," said Webb.

Having players from different countries, they bring values and experiences that can contribute to the team.

"We certainly are looking for diversity. We also have a player from Argentina, so having that ability to have them interact and give perspective while



Midfielder Ruby Webb, a freshman, takes a shot for the Owls.

PHOTO | SCSUOWLS.COM

they see things through a different lens is a huge bonus for our team," said Coach Frassinelli.

However, along with

that, there are new things that Webb may need to accommodate that are different from playing field hockey in South

Africa.

"It's also her on this side of it and learning the new things that we're trying to show her while

she's here. But I think the most interesting fact is that when they're playing where she's from, they play on turf all the

time, but it isn't astro. When you come here to a division two institution, you're playing on a filled surface, so it's a little bit different," said Coach Frassinelli.

For Webb, there were some nerves initially, but she is adjusting well to her new team.

"In preseason, it was really nerve-wracking. It was also a little intimidating because a few of them have been playing together already for a few years. But they were very welcoming, friendly and including, and now I am really comfortable with all of them. They're basically like my new family," said Webb.

Webb's teammates also seem to be fond of her presence whether it is on the field or not.

"She is a great friend on and off the field. She's very vocal about how she feels on the field, and she will help anybody. She's just a really good player and helpful when need be," said defender Kelsey Spencer, a freshman.

Teammates Webb and Spencer both expressed their desires to continue to win for the remainder of the season so that they can finish well in the conference standings.

Coach Frassinelli is proud of what she has seen from Webb thus far to help the team accomplish that goal.

"Knowing her abilities, she's somebody that we wanted here in our program to help us build. She's done everything we've expected from her so far," said Coach Frassinelli.

# Men's soccer clinches tournament spot

By Matt Cain  
Contributor

The Owls soccer team has punched their ticket to the NE10 conference with a win in a nail-biting game against Bentley University.

With this win, the Owls clinched the sixth seed in the conference and now look to their next opponent.

Midfielder Yannick Hilpert, a junior, hit the game-winning goal with less than two minutes to go in the game.

"In the end, it went in, and I don't know how, but we are all happy," Hilpert said.

The Owls have had a great season thus far. They found themselves being a defensive-minded team, as they only allowed 16 goals to be scored on them this season.

With the defense coming up big, goalkeeper Devin Juan, a junior, made a big save in the second half. Juan has been performing well all season, as he now has 78 saves.

"Coming in, we knew we had to get something done, especially with this being win or go home for us," Juan said.

This was a very intense game from the jump. Since this was a conference do-or-die game, the Owls knew what Bentley was capable of and what they were trying to do.

"Nothing really surprised us about Bentley. They are a tough team like they have been in the past," Hilpert said.

The Owls have been competing all year. In the second half, the Owls came out strong as they took two shots. They have been right in the middle



Midfielder Yannick Hilpert, a junior, dribbles the ball past his defender.

PHOTO | JCSUOWLS.COM

of the pack when it comes to the NE10 conference all season.

"We try to reinforce the things that we have been practicing and the things that we see," Head Coach Kevin Anderson said.

Going into post-season play, this win can put them over the hump and make the Owls a real threat to the rest of the conference.

The Owls played hard and never took their foot off the gas all season; now they look to continue their rough style of play in the conference tournament.

"We got to just continue to grow and build," Anderson said.

The Owls now have momentum going into the quarterfinal, which they plan to build on to last longer in the tournament.

In past games, the Owls have shown that they play well in tight situations.

However, after this game, the Owls seem to be taking a new approach going into the tournament.

"We are going to review and reflect as we wait for our next opponent," Anderson said.

There is no doubt that the next opponent for the Owls is going to be

tough, but the Owls have had some of the best team chemistry this year.

The chemistry and work ethic have made the Owls a top team. It is safe to say the togetherness off the field translated to great plays on the field.

The Owls are now going to go out and put it all on the line in their search for the conference title.

## Column: On the NBA: How great will Wembanyama be?



By Luke Gadson  
Sports Editor

When looking at some of the best No. 1 overall picks in NBA history, the list creates a picture of generational basketball legends. Six of the 10 greatest players in NBA history are Kareem Abdul-Jabbar, Magic Johnson, Hakeem Olajuwon, Shaquille O'Neal, Tim Duncan and LeBron James.

They all have resumes and accolades that would put most athletes to shame, as well as memorable on-court moments to last us fans a lifetime.

And, as crazy as it may sound, without playing a full NBA regular season, the first overall pick in the 2023 NBA Draft, Victor Wembanyama, could end up being better than them all.

When the Wembanyama-led San Antonio Spurs played the star-studded Phoenix Suns in their fifth game of the season, he displayed his entire skill set.

He made pull-up jumpers from beyond the three-point line, dunked over opponents and was a force on defense by swatting and defending many attempts near the rim.

He finished that game with 38 points, and was a man among boys while being the youngest on the floor at the age of 19.

If you showed someone who had never seen a basketball game the highlights of Wembanyama's game versus the Phoenix Suns, they would believe they were watching the most immaculate basketball player to ever play.

The 7'4" center dunked over NBA veterans while almost still being on the ground. He drove the ball up the court, going from dribble combos into pull-up jumpers, which should not be possible for someone his height.

He picked up his dribble to start layups from the three-point line and dunked in transition, and with his amazing wingspan and agility he protected the rim and covered the entire half-court defensively.

If this is what he looked like within his first five NBA games at 19 years old, imagine what he will look like by the conclusion of his rookie season when he has fully adjusted to the NBA's speed and physicality. Even better, imagine him in five years when he is hitting his prime and has added strength and muscle to his frame.

What does the future hold for him if he already looks like this? How insane can this get? We are looking at a mix of Kevin Durant's, "KD," offensive skill set and Anthony Davis' defensive effect, but he is five inches taller than both of them. Kevin Durant is already the most unfair scorer in NBA history, with his combination of size, length, athleticism and shooting skills. Wembanyama is everything that KD is, but with longer arms and higher height. So, how great will he be?

# Cross-country teams both advance to Nationals

Continued from Page 1



PHOTO | JCSUOWLS.COM

The men's cross-country team stands together with the trophy after repeat as NCAA Division II East Regional Champions.



PHOTO | JCSUOWLS.COM

The women's cross-country team hold their trophy together after winning their first NCAA Division II East Regional Championship.

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