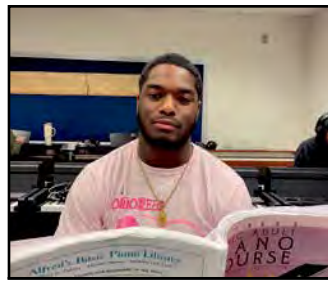




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SOUTHERN NEWS

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WGS hosts 'Healing Quilt' ceremony

By Brandon Cortés
General Reporter

The inauguration of the 'Healing Quilt' by the Women and Gender Studies Department, WGS took place on the third floor of the Adanti Student Center.

The inauguration opened with a speech given by Yi-Chun Tricia Lin, the director of the WGS, where she talked about the history of quilts and the 'Healing Quilt's' ties to the #MeToo movement.

"The creation of this quilt shows us if anything that the university is a place for possibilities and showcasing how we show up for social justice," Tricia Lin said.

Professor Kari Swanson said that while reflecting on a community member within their healing space, the question arose of how to appropriately acknowledge and celebrate the resilience and strength of survivors in the community.

"Our response was to create and collaborate with us on community projects to produce the 'Healing Quilt' for the university community," Swanson said.

Swanson said that weaving arts have historically been considered

women's work, and that is often a collaborative effort.

"We see this project as honoring that tradition, and we welcome participants of all genders," Swanson said.

Regarding the design of the quilt, Swanson explained that they opted for an elongated rainbow as a symbol of their community.

The collaboration involved collective efforts in the initial phases of constructing the quilt, with some colors personally added by Swanson.

The process included distributing fabric pairs, organizing workshops on campus and encouraging participation in the creation of individual quilt squares, which were later collected during these workshops.

"We got squares from students, staff, faculty and alumni around the university," Swanson said.

By spring of 2019, they received more squares than were needed to complete the quilt.

Alexander Girard, professor and chairperson of the Art and Design Department, participated in the creation of the quilt and was one of the first to participate and suggest ideas for its creation.

Girard said he found it heartbreaking to hear and

learn through a campus-wide email that a hate fire was put towards people standing for the #MeToo movement and any type of movement.

"I said to myself: 'what can I do, and how can I have any power to do something about this?' It was then when I saw the opportunity for us to address some of these issues," Girard said.

Girard said that after receiving the completed squares, they faced the challenge of assembling the quilt. Not being experienced in quilting, Girard turned to their mother for assistance.

Together with fiancé, they transported the project to Wisconsin, embarking on an 18-hour drive to allow Girard's mother to piece the quilt together. The process involved breaking down the individual squares and, with the help of one of her friends, quilting them into the final product.

"We are all excited that it's in this beautiful space to hopefully inspire others who might be struggling with this issue or other issues and to be a nice visual reminder of how powerful it is to come together about something like this," Girard said.

Interim President Dwayne Smith attended

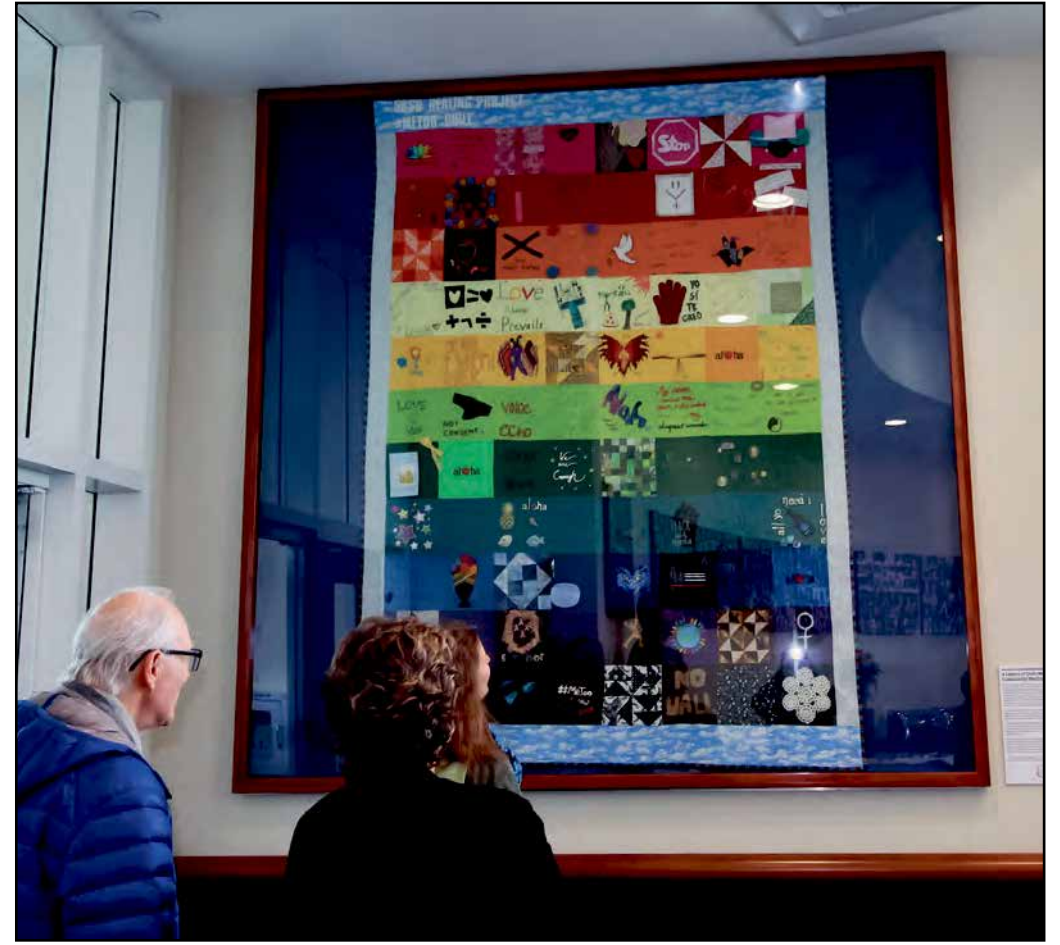


PHOTO | DAVID GOMEZ

Inside the Adanti Student Center on the third floor, the 'Healing Quilt' dedication ceremony highlighted survivors of the #MeToo movement.

the inauguration ceremony of the 'Healing Quilt,' saying that this opening ceremony is something that embodies who we are as an institution.

"The #MeToo movement is an issue that is dear to my heart, and it is

truly wonderful to hear the history about how this came to be," Smith said.

Psychology major Thomas Robertson, a senior who attended the event, says he was perplexed and amazed by the ceremony and seeing the different squares that

make up the healing quilt.

"At the upper right corner of the quilt, there is one square that reads in cursive 'my scars remind me that I indeed survive,' It gave me goosebumps when I read it to myself. It was powerful," Robertson said.

Students voice opinions on social media impact

By Jay'Mi Vazquez
News Editor

With the rise of technology in society and the impact COVID-19 has had on relationships, students expressed their thoughts on how impactful technology can be on relationships.

Elementary education major Stanislav Rakov, a junior, said he feels that social media has made relationships worse.

"For friends, it made it better to easily connect with them, but for romantic relationships, there is a lot of mistrust attached to it," Rakov said.

Rakov said that social media's impact on society as a whole is not good. He said that there are a lot of misconceptions about the way relationships should be handled online.

People tend to make their relationship seem better than what it really is online, which ultimately leads to the disconnect from reality and virtuality, Rakov said.

Psychology major Bella Lage, a freshman, said that social media has not improved relationships due to the fact that comparisons are widely made.

Lage said that the comparisons that could be made to other people's relationships could have a negative impact on their own.

Special education major Taylor Wasilewski, a junior, said that social media in general is not good for people, especially in relationships.

"I feel like relationships

obviously need communication, and social media provides that, but there are other factors that go along with having social media," Wasilewski said.

Wasilewski is a student worker at the Violence Prevention Advocacy Support program at the university, which often deals with people dealing with negative impacts social media has on relationships.

"Relationship violence is commonly advanced because of social media. If someone were to post something that their partner didn't like, that could lead to violence," Wasilewski said.

Health science major Joné Mwape, a junior, said that social media has its positive and negative impacts on relationships.

"It has helped connect people. But at the same time, it also puts this image for relationships, which is the negative part," Mwape said.

Mwape said people tend to feel pressured to live up to the relationship standards showcased online. He said this should not be the case; however, with the way social media influences others and puts pressure on people, it has.

In a Pew Research Center study, 34% of people between the ages of 18 and 29 have felt jealous or unsure about their relationship status due to how engaged their partner may be on social media.

It also showed that social media has impacted face-to-face interactions and promoted unrealistic

expectations which negatively affect relationships.

Sociology major Gianna Rubino, a junior, said that social media has improved some aspects of relationships.

"In a sense, it has helped improve communication. However, I think it could destroy relationships as well," Rubino said.

Rubino said that people often compare themselves to other people on social media.

The imposter syndrome associated with social media could have negative effects on how someone may perceive themselves or someone else's relationship, Rubino said. She worries that relationships would be immensely impacted because of this comparison.

Social work major Mikayla Lumfuakiadi, a sophomore, said social media hurts and improves any type of relationships.

"Anyone online could affect your relationship like outside influences," Lumfuakiadi said.

Lumfuakiadi said people are just so hurtful nowadays online that it makes it hard to know when someone is being genuine.

"The impact celebrities and others have on people and the way society has framed 'good relationships' to be is what ruins relationships entirely. I'd rather social media not play a role in relationships, but unfortunately, that is what society has made normal," Lumfuakiadi said.

University Police and INQ students hold food drive

By Braden Saint-Val
News Writer

The students of INQ 101 section 52 teamed up with the University Police to give back to the campus community and combat food insecurity this holiday season.

INQ 52 and Sergeant Cynthia Torres with her K9 partner Jules, held a 'Stuff-A-Cruiser' food drive last Tuesday, where the challenge was to fill a police cruiser with donated items for both humans and their pets to benefit the university's Food Pantry.

Through this event, the class fulfilled the community service requirement of the course under Torres'

guidance. With the entire class consisting of business majors, Torres said it gave them a chance to learn how to run their own events.

Business marketing major Brianna Roberts, a freshman, said that Torres and Jules meet with her class every Tuesday and are a major help when it comes to getting comfortable with the university as freshmen.

Torres said the food drive reflects the police's dedication to giving back to the university.

"At the police department, our goal with the community outreach with Jules is to do at least one program a month that has a lot of impact. For us, it's just

to see and to know that we make a difference with our own community here at Southern," Torres said.

The police cruiser and donation desk were set in the academic, and while donations were coming in throughout the day, students walked by with curiosity and petted Jules.

The pantry's Graduate Intern Victoria Ibitoye is immensely grateful for Sergeant Torres and the work she has done with the police and INQ 52 students to make the event happen.

"I'm really thankful for her; all the work that she does. She's amazing. She's a gift, and this is a gift for the pantry," Ibitoye said.



PHOTO | BRADEN SAINT-VAL

During the food drive, Sergeant Cynthia Torres, Diana Barnum and Victoria Ibitoye stand in front of the event table.

SAGE celebrates Trans Day of Remembrance

By Braden Saint-Val
News Writer

As the safe haven for the university's LGBTQ+ community, the Sexuality and Gender Equality, SAGE Center observed the Transgender Day of Remembrance by honoring those who died to violence.

The Transgender Day of Remembrance is an annual observance on Nov. 20 that honors the memory of transgender people whose lives were lost in acts of anti-transgender violence.

It was founded in 1999 by a small group, including Gwendolyn Ann Smith, Nancy Nangeroni and Jahaira DeAlto, to memorialize the murder of black transgender women Rita Hester and Chanelle Pickett.

The SAGE Center not only celebrated the lives that have been lost this year but also invited public advocate and educator Ace Ricker to speak on his experience as a black transgender man in the Adanti Student Center Theatre.

"When we have our guest speakers come, it's important that we ensure that we're uplifting trans voices and a trans person that is able to speak true to themselves," said SAGE Center's graduate intern Brandon Lovene.

It is a time for the LGBTQ+ community to celebrate, uplift and honor the transgender community while highlighting the significant increase in hate and violence against transgender people.

Ricker has been a

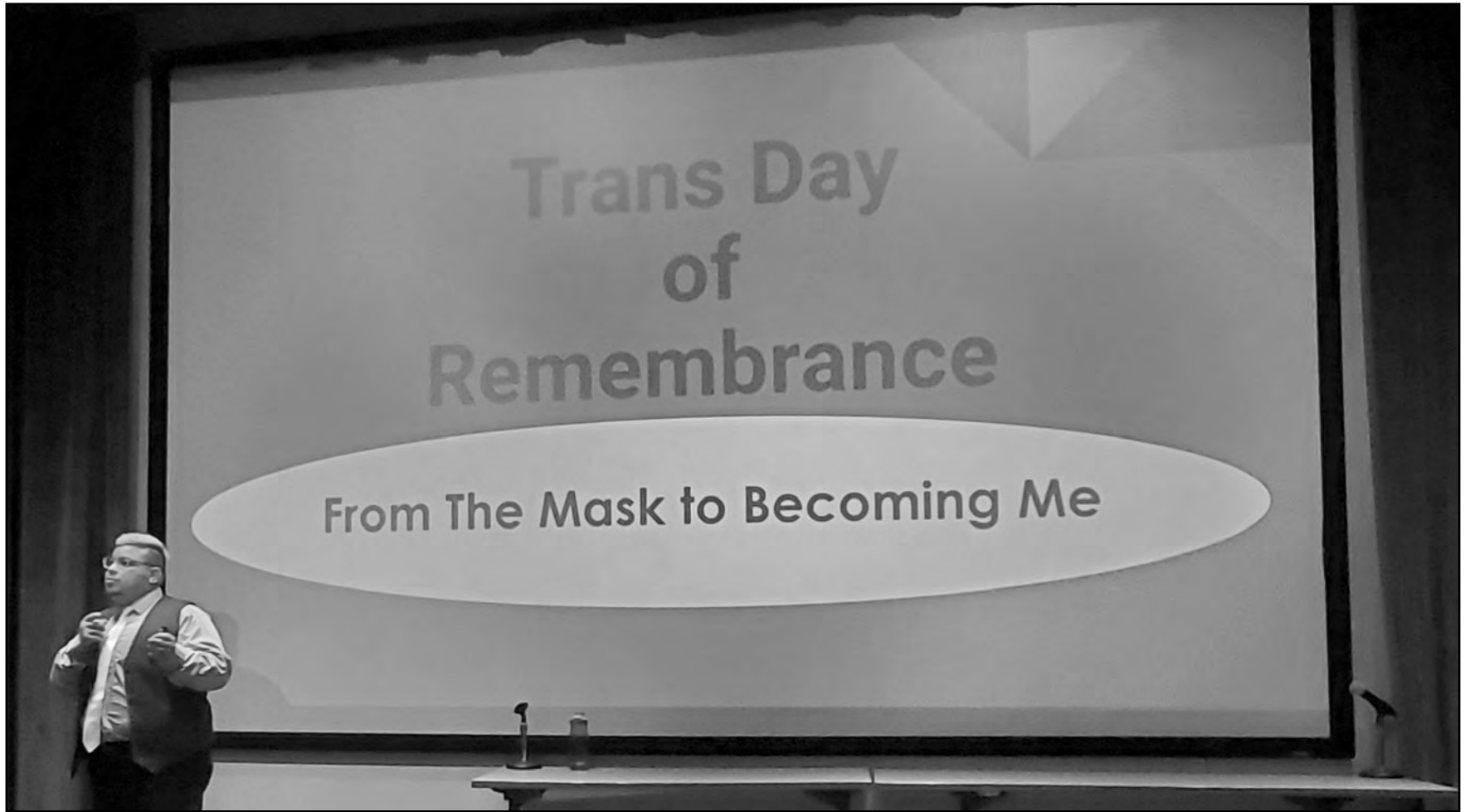


PHOTO | BRADEN SAINT-VAL

Guest speaker Ace Ricker presented a powerpoint advocating for the LGBTQ+ community.

transgender advocate since the age of 15 and has worked with a number of organizations in fighting for the equality of marginalized communities.

He is also the owner of Awareness through Communication and Education LLC, which provides education about the LGBTQ+ community as well as other topics such as toxic masculinity, intersectionality and neurodiversity.

Ricker shared the story of his life growing up with white adoptive parents in a predominantly white

community.

He talked about the challenges he faced in grade school, where societal gender norms were constantly promoted, which made it difficult for him to express his gender identity openly.

In an interactive exercise, Ricker instructed students to blindly fold and tear a sheet of paper. When they opened their eyes, everyone had a different or similar result. Ricker emphasized that there was no right or wrong way of doing it.

He used this exercise to illustrate how it felt for

him to be in spaces where he did not feel represented and how he would shut down in such situations.

"I wanted to know that there was a future for me because I didn't see anywhere there was. I didn't see people like me; there were no conversations that I could connect to, and by third grade, I very much so started to isolate entirely," Ricker said.

When he was thirteen, Ricker finally received the answers and conversations he needed at Planned Parenthood. Since then, he has become a

prominent public advocate in Connecticut, embracing his authentic self.

Transgender women of color face disproportionate rates of transphobic violence, and in recent years, anti-transgender legislation has sprung up across the country, mainly targeting transgender youth and their access to school facilities, school athletics and the gender-affirming healthcare they need.

The SAGE Center has created a bulletin that tells the stories of the victims of anti-transgender

violence this year but emphasizes that there are still many that have gone unreported every year.

Ricker and Lovene stressed the need for both people in and outside the queer community to take effective action and make their voices heard to combat violence and discrimination.

"Ultimately, it's up to each and every one of us as members of this campus community to be actively involved and engaged in continuing to support queer students and queer people in general," Lovene said.

Students express thoughts on vaccinations

By Brandon Cortés
General Reporter

To vaccinate or not to vaccinate: that is the query that remains central in contemporary discourse fueled by conspiracy theories. These theories span from microchips being integrated into vaccines to more fantastical notions that vaccines could confer immortality.

In the midst of this ongoing conversation, psychology major Emily Valenzuela, a freshman, advocates for a comprehensive evaluation of both positive and negative outcomes arising from vaccine testing on non-human subjects.

"If the vaccines prove safe for these beings, there's a potential assumption of safety for children. However, it remains contingent on external factors that are yet unknown," Valenzuela said.

Her perspective underscores the need

for a nuanced approach to ensure the safety of vaccines before their introduction to children. In response, the Center for Disease Control and Prevention asserts that vaccines are overwhelmingly safe for children.

The United States has a robust history of providing safe vaccines, with millions of children receiving vaccinations annually. Serious side effects such as severe allergic reactions are exceedingly rare, and healthcare professionals are well-trained to address them.

On the flip side, computer science major Hamza Nazim, a sophomore, introduces a time-dependent dimension to the debate. He suggests that the safety of vaccines may vary based on the era in which they were developed.

This introduces an additional layer of consideration, acknowledging that historical context

plays a role in determining the perceived safety of vaccines.

"I don't really think the COVID vaccine was safe at first, mainly because it was made in a very short amount of time. And I do think that kids should stay away from that, but other vaccines that have been tested and have been out for a while are pretty fine," Nazim said.

Nursing major Fatan Chowdhury, a sophomore, shares the same opinion as Nazim, stating that vaccines, like the flu shot, being made in a short period of time, may well be somewhat suspicious.

"I don't think they can mess you up or even harm your child, but I do find it kind of fishy that they were made in a very short amount of time," Chowdhury said.

Contrary to the concerns expressed by some, nursing major Aurora Sosa, a freshman, staunchly holds the belief that vaccines are

unequivocally safe for children. Her optimism stems from a deep understanding of the meticulous processes involved in vaccine development.

"I am very positive that vaccines are 100% safe for children," Sosa said.

Sosa highlighted the stringent testing procedures that vaccines undergo before reaching the market.

She also mentioned the extensive clinical trials, regulatory reviews and ongoing surveillance mechanisms in place to monitor for any adverse effects.

Moreover, Sosa emphasized the collective effort of scientists, healthcare professionals and regulatory bodies in upholding the highest standards of safety for pediatric vaccinations.

"Vaccines have been here for a long time, and it has been proven over time that they have helped us combat a lot of deadly diseases," said Sosa.

Upcoming events:

Making Treason Odious Again: Perspectives from the Naming Commission and the Army's War on the Lost Cause

Connor Williams, lead historian on the Department of Defense's Naming Commission, will speak on campus on Nov. 29 from noon to 2 p.m. inside Engleman Hall Room C008.

Buley Library Celebrates Native American Heritage Month

Starting on Nov. 1 and ending on Nov. 30, the Buley Library celebrates National Native American Heritage Month with a detailed exhibit acknowledging the significant contributions of Native people. The show is on the First Floor of 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. through Dec. 7.

Pack the Pantry: Food Drive and Open House

The Food Pantry on campus is hosting a food drive to stock up on needed items. They are also screening a mini documentary to raise awareness about food insecurity. This event will be on Monday Dec. 4 from 1 p.m. to 3 p.m. in Engleman Hall Room B019.

Alpha Phi Delta Pool Tournament

Alpha Phi Delta Fraternity is hosting a pool tournament for students. The tabling will be Wednesday Nov. 29 at 11 a.m. in the Adanti Student Center Food Court. The tournament will be on Thursday Nov. 30 at 7 p.m. in the Adanti Student Center Game Room.

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).

Sleep deprivation effects on students

By Jasmine Williams
Contributor

Sleep – The Centers for Disease Control and Prevention states, "As a nation 35% of adults are not getting enough sleep. This comes out to about 84 million adults sleeping less than the recommended 7 or more hours a night."

College students are constantly overworked. Most students, work part-time if not full-time and still try to manage a huge workload while balancing their social life.

Focusing on balance, "adulting" can be intimidating and overwhelming to those who are not used to having so many responsibilities. Lack of sleep normally starts to

affect grades.

According to the national Alliance on mental illness, 44% of students experience symptoms of mental health problems caused by lack of sleep. The problems are anxiety, depression and poor attitude.

Seven hours or more is enough sleep for college students. Those who sleep less may have more health issues compared to those who are getting close to seven hours and above.

Nursing major Danielle Addy, a sophomore said, "I have no problem sleep wise. I don't have sleep deprivation."

Addy said she goes to sleep around two a.m. leaving her with seven or nine hours of sleep. I

"I do have sleep deprivation; on average I probably get a good four to five hours of sleep," biology major Terieze Naylor, a junior, said. "College itself stresses me out, I only have morning classes so I have time to work in the afternoon."

Naylor said she would like to have at least six hours of sleep a night.

According to the Center for Disease Control, the average amount of sleep college students should receive is seven to nine hours in a 24-hour period.

Social work major Adrianna Corniello, a junior said that she gets six hours of sleep on average but would like to get eight.

"Unfortunately, I have

responsibilities as a student," Corniello said "The college load itself does stress me out to the point where I lose sleep because I have to make time for other obligations as well as submitting homework before a deadline."

Corniello said that she often spends nights after class studying and finishing assignments.

"I think Southern should be able to take stress management classes each semester as a credit course to maintain time management," Corniello said.

She said student surveys should also be sent out more often to students to make changes regarding bad sleeping habits.

André 3000 releases first solo album

By Solé Scott
Features Editor

Tranquility, peacefulness and flutes erupted in my eardrums as André 3000 emerged from obscurity to showcase his instrumental talents in an unusual way.

“New Blue Sun” was released on Nov. 17 after André 3000 surprised his fans with his announcement via NPR on Nov. 14.

The album is one hour and 27 minutes long and consists of eight songs in total. This marked his first solo debut.

To the surprise of his fans, this album has no beats or bars whatsoever. This means André 3000 is just playing flutes throughout the entire album.

How can one of the greatest rappers not release a rap album after all these years?

The first song on the album is titled “I swear, I Really Wanted To Make A ‘Rap’ Album But This Is Literally The Way The Wind Blew Me This Time”

The majority of the song titles are egregiously long, yet hilarious.

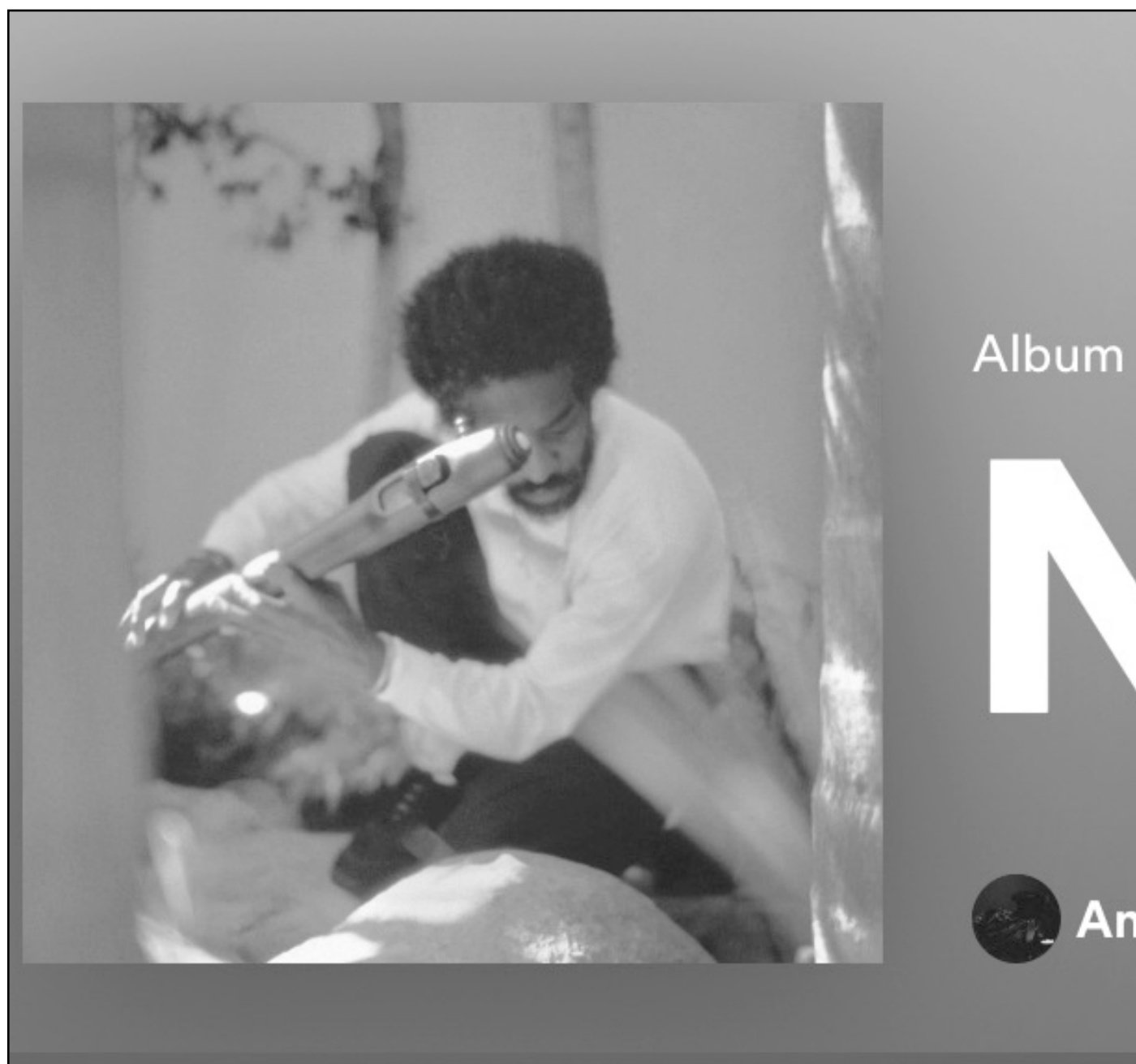
Another favorite title of mine is “The Slang Word P*ssy Rolls Off The Tongue With Far Better Ease Than The Proper Word Vagina. Do You Agree?”

Lastly, “Ninety Three ‘Til Infinity And Beyoncé,” was a creative title and yet a head scratcher to say the least.

The album is giving meditation or a day at the spa. It was not what I was expecting, but I could get used to it.

More rappers should release calming albums, especially as they age, because it will show their adaptability.

Also, this dramatic change shows that André



André 3000's new album, “New Blue Sun,” as it is seen on Spotify.

PHOTO | ALI FERNAND

3000 has not only aged but elevated the music he wants to share with the world.

For some added background information for readers who may not know who André 3000 is, he was part of the award-winning rap duo OutKast.

André 3000 has sold 20 million records and won six Grammys over his 31-year career.

For the first time, I did not scroll through Twitter

before listening to the album because I wanted to have a clear and unbiased opinion.

As I listened, I realized the tone of the flute is varied. André 3000 is playing a variety of different flutes, which blew my mind.

I later learned one flute he was playing was a custom-made wooden Mayan double flute made with two resonating pipes.

Apparently, he owns dozens of flutes from

all over the world, most likely practicing diverse cultures’ music.

I could understand the confusion some may have about this new project. How does someone that has “Miss Jackson,” “Hey Ya” and “Elevators” in their discography move to such a bizarre and unprecedented new era of his career?

So far, I have listened to the album from start to finish twice, and I am really digging it.

I already have plans to listen to “New Blue Sun” when I have trouble sleeping at night or when I need to de-stress.

This album will not attract his traditional hip-hop core audience, but the ones who appreciate music in all of its forms will adore its artistry.

Nevertheless, all music lovers should give the album a listen, and open their mind to a new creation.

Marvel series ‘Loki’ releases second season

By Braden Saint-Val
General Reporter

Marvel Studio’s “Loki” has become a standout installment in their promising yet lackluster and oversaturated Multiverse Saga so far.

This article contains spoilers.

In this Disney+ series, it follows Loki from the 2012 “Avengers” film who regained possession of the Tesseract in “Avengers: Endgame.”

He was quickly apprehended by the Time Variance Authority, TVA, a bureaucratic organization that operates outside of time and space and is responsible for monitoring the “Scared Timeline.”

He was then forced to work with TVA agent Mobius to hunt down a variant of himself named Sylvie who was hellbent on destroying the TVA and its creator He Who Remains for taking her out

of her original timeline as a child, as well as for taking TVA agents out of theirs.

In the season one finale, Sylvie killed He Who Remains, which caused an infinite number of timelines to be unleashed. Prior to his death, He Who Remains had warned both Sylvie and Loki that this action would cause the emergence of his dangerous variants, known as the Council of Kangs, who seek to

conquer the multiverse through a multiversal war.

In the second season, Loki and Mobius work to retrofit the Temporal Loom. It is responsible for converting raw time into a power source for the TVA, but its overload of infinite timelines makes it unstable, leading to a meltdown that could destroy the organization.

The series is filled with sci-fi action and tropes akin to “Doctor Who.” Each location and time period is uniquely characterized by outstanding cinematography and set design.

Composer Natalie Holt created a chilling yet beautiful soundtrack that amplified pivotal moments, adding an extra layer of emotion and depth.

Throughout both seasons, the TVA’s control over free will and trillions of lives by destroying timelines is questioned, allowing supporting characters to develop their own arcs as they reform it.

Tom Hiddleston conveys an authentic range of emotions as Loki, showing viewers a new approach to the character that has never been seen before. Additionally, Owen Wilson’s portrayal of Mobius complements Loki so well, resulting in great on-screen chemistry and a relationship that evolves from distrust into bromance.

Season two introduced the TVA’s Head of Repairs and Advancement Ouroboros, played by

Oscar-winner Ke Kuy Quan. He brings immense charm and humor to the diligent and intellectual technician, standing out in every scene he’s in.

Despite their efforts, Loki and his allies failed to stabilize the loom, which resulted in an explosion that destroyed the TVA. This occurred in the fourth episode out of six, and Loki survived.

The writing, acting, cinematography, visual effects and music in the last two episodes see the creative team at the top of their game to deliver a bittersweet ending that left me both speechless and satisfied, while also looking forward to what comes next.

It was the culmination of Loki’s personal growth. Season one explored his newfound potential, while Season two established who he is. Being the god of mischief had always defined him, but through his friendships with Sylvie and Mobius, he learned to be so much more than that.

It also brought his fears of loneliness to light, and the finale shows how he struggled with that pain and what it meant for him to overcome it.

There are more big twists, so you will just have to see for yourself how Loki and his show became the MVPs in Phase five of the Marvel Cinematic Universe.

These are the opinions of the Southern News Editorial Staff

Freshmen register for classes

By Brianna Wallen
General Reporter

Monday is famously the most dreaded day of the week. For freshmen at the university, this past Monday was no different if not worse. On Nov. 13, first-year students registered for classes for their spring semester.

Anxiety, panic and frustration were common feelings for freshmen that day. Due to being the last class to select classes, their options were scarce.

“It was awful. The system kept crashing, and all the classes were filling up,” nursing major Zoie Matava said.

The registration time for the freshman class was divided into three sections based on the number of credits students entered the university with. Those with 20 or more credits had it the best of all the freshmen, as their time opened at 8 a.m.

First year students with 10 or more earned credits had access to registration at 10:00 a.m., and those with no earned credits registered at noon. Despite the various sections, with limited open seats, the remaining first-years competed for classes.

“Biology 200 kept filling up fast, so I had to switch to Biology 102 to fulfill my health services requirement,” health science major Aliyah Golding said.

Especially with required classes, many health science and nursing majors fought for the little quantity of seats that remained.

“A lot of people needed that BIO class, so they should have had more seats for people that didn’t get it in the fall semester. It puts people behind to get their requirements,” Golding said.

In addition to rivalry for classes, students faced another drawback with the system failing.

“It loaded the first time for two minutes and said that I didn’t get my classes. Then it reloaded for 20 minutes, and I went back to Banner Student, and it said that I have all my classes,” computer science major Leanne Pedrosa said.

With high stakes to get desired classes and an overwhelming number of students trying to register at the same time, it was a recipe for disaster.

Due to the many challenges and setbacks that these students endured, there was a resource available to help freshmen. The First-Year Experience Office welcomed first-year students to register for their classes at their center to be offered individualized support.

“They were very understanding. They helped to calm down my jitters and let me know what classes worked best for me,” communication disorders major Ashley Donahue said.

Despite the strenuous process of registering for classes, these new owls are excited to glide into the spring semester with their new classes. Nursing major Madeline Elmo, a freshman, said that her new schedule has classes that are heavily associated with her major.

“I’m ready for the spring semester because there’s more nursing driven classes, and I’m more interested in that,” Elmo said.

SOUTHERN NEWS

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Visit www.TheSouthernNews.org for more.

Transgender Day of Remembrance

By Kahiona Senior
Photo Editor

Guest speaker and transgender advocate Ace Ricker was presented to the spotlight. He is a transgender educator and is vocal about his past and current struggles with gender. Ricker transformed his self hatred into an educational legacy of LGBTQ+ advocacy. He lets those who are struggling with the same things know that they are not alone. Transgender Day of Remembrance was on Nov. 20 and honors the lives of transgender people who have passed.



Ace Ricker begins his panel with his favorite tie on, representing the transgender flag.



Ace Ricker stands in front of his presentation, reading "Being YOU is Beautiful."



The crowd interacts about the differences in how people think during the panel.



Ace embraces his pink water bottle and uses it to say pink is just a color.

Glow-in-the-dark roller-skating night



Students in the Adanti Student Ballroom have a blast skating together during the RHA glow-in-the-dark skating night.

On Nov. 14, RHA put on their annual glow-in-the-dark roller-skating night. This year's was held in the ASC Ballroom. This event had the Ballroom packed, as students arrived in multiple rounds to make sure everyone had time to skate. This was an excellent event to bring students together and help uplift each other.

See full story Page 6



Health care studies major and RHA president Cristal Rivas De La Cruz, a senior, and Education majors Mariah Cotto and Raquel Martinez, freshmen, receiving free t-shirts.



Theater majors Jaylen Pope Durant and Emerald Cruz, elementary education major Troy Griggs, film major Lizzie Gormley, sociology major Brooke Davis, and education major Kayla Thelwell, freshmen, skate together.



Students enjoy the night in the ballroom-turned-skating-rink; there are a variety of skates, ranging from normal colored to fun LED wheels.

Student athletes balance schedules

By Solé Scott
Features Editor

Football, basketball and soccer are just some of the sports that the university offers that bring a crowd to games. The university has a plethora of athletes who participate.

Athletic training major Jasmine Branford, a sophomore, is a track and field athlete and a student worker.

"It's fun. Definitely had to make some adjustments when I got here," Branford said.

Branford has been on the track for two years and is from Norwich, Connecticut.

Sports management Jahlil Watson, a graduate student, is on the football team as a linebacker.

"I love it. I've been playing since I was five, so you know, I just grew up around it," Watson said.

Watson has been on the university football team since freshman year. In his first year, he had already accumulated six tackles by the end of the 2019 season.

Human resource management major Sabrina Downs, a junior, is on the dance team.

"It's really good. I like the environment we created," Downs said.

The dance team perform at university football games, women and men's home basketball games and other events on campus. The team also competes on a local and national level.

"I have danced for the last six years of my life," Downs said.

These three athletes work on campus on top of being an athlete and a student.

"I work three days a week: Monday, Wednesday, Thursday. Class two days a week," Branford said.

Watson's schedule is also jam-packed throughout the week.

"I'll have weight room at eight in the morning, then I'll come to work at 10 and get off at 12," Watson said. "I'll go to the library to do some homework, then from 2 to 6 is straight meetings, then practice."

Being a student

athlete comes with high expectations that one must live up to in order to be in good standing with one's team and the university.

"When I first I got into college, it was difficult just managing and all that, but over time, just learning the schedule and learning the ins and outs of it," Watson said.

The university has 19 NCAA Division II athletic teams. It is easy to imagine how many students are juggling work, sports, school and social lives all at once.

"Right now, we are in preseason, so our actual season does not start until December. Then, outdoor starts somewhere in the spring semester," Branford said.

The students sacrifice a lot of their time and energy for the sports they all love.

The opportunities that are bestowed upon them are why student athletes continue to play their respective sports, but that comes with a cost which they each learn to pay in their own way.



Sabrina Downs, a junior, at Farnham Hall after coming from work.

PHOTO | SOLÉ SCOTT

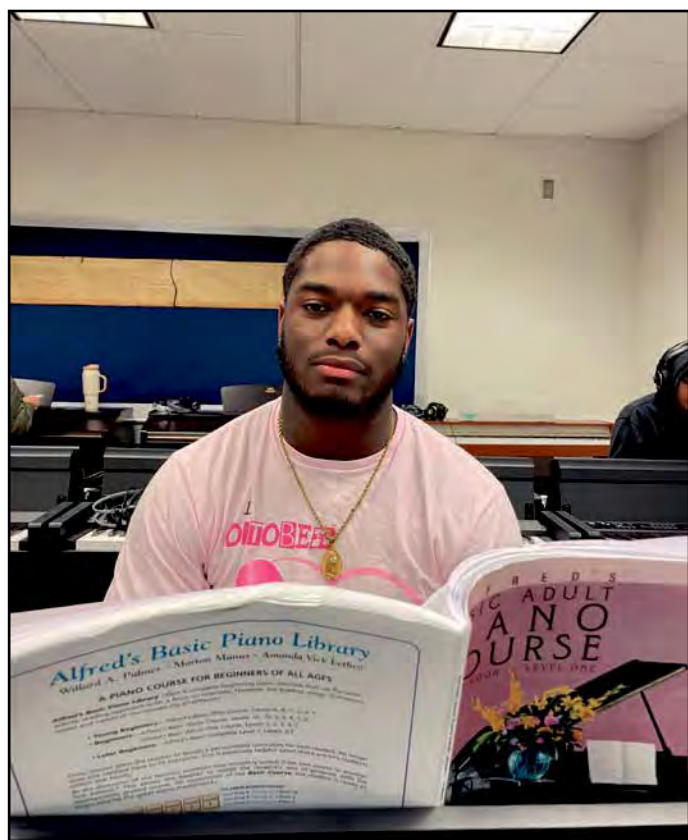


Jasmine Branford, a sophomore, in the Moore Field House during practice.

PHOTO | SOLÉ SCOTT

This or That: Favorite Holiday Song

By Lexi White
General reporter



"'Baby, It's Cold Outside' because I'm a winter baby, and I love anything that's Christmas theme."

— Sociology major Ryan Phillips, a freshman



"'Last Christmas' because it gives me nostalgia."

— Nursing major Rachel Lovelie, a sophomore



"'Dreidel, Dreidel, Dreidel' because I'm Jewish."

— Business management major Allen Livits, a junior



"'Rudolph the Red-Nosed Reindeer' because it reminds me of my childhood."

— Psychology major Derrick Coleman, a senior



"'Mistletoe' by Justin Bieber because it's a good song."

— Special education major Katie Ryan, a sophomore



"'Mele Kalikimaka because it reminds me of a warm place, and I hate the cold."

— Nursing major Mia Palumbo, a sophomore

RHA hosts roller-skating event in ballroom

By Lexi White
General Reporter

The Adanti Student Center Ballroom was transformed into a glow-in-the-dark, 2000's-themed roller-rink by the Residence Hall Association, RHA.

RHA oversees all the Hall Councils on campus and organizes events for people who live on campus. RHA's president, Cristal Rivas De La Cruz, a senior majoring in healthcare studies, said that RHA has been hosting this event every year, and it always has a good turnout.

"We started organizing everything a month in advance," Rivas De La Cruz said. "If we had to get food or a contract so that we could use a certain space, we had to request and pay for it."

The glow-in-the-dark roller-skating event, held on Tuesday, Nov. 14, began at 7:30 p.m. The RHA provided guests with plenty of snacks and refreshments that students indulged in while taking a quick break from skating. In addition, RHA gave out 'Roll with Us' t-shirts.

While students were skating, using skates that the RHA provided, feel-good music filled the rink that put everyone into a great mood and facilitated socializing.

RHA's resident advocacy chair, Claire Valfils, a senior majoring in psychology, is in charge of advocating for students who are having issues when it comes to Connecticut Hall or their residence hall.

Plenty of students did get out of their rooms to have fun and skate; one being nursing major Maddie Elmo, a freshman, who said that she had never roller-skated before.

"I am enjoying this event a lot, and being with my friends while skating at school is really exciting. Plus, it's free,"

Elmo said. Valfils said that before she joined RHA and hosted the roller-skating event with them, she attended the event on her own.

"I remember I came to this event a few years ago and noticed that it was very popular," Valfils said.

Valfils said that she thinks this event very much benefits students on campus.

"I think this event just really helps residents get out of their rooms, especially for me, personally," Valfils said.

"This event definitely gets you to meet more people that you haven't met before. It's a physical activity and gets you out of your dorm, which is great," Elmo said.

Social work major Grace Huber, a freshman, said that she had seen flyers posted in her building advertising the RHA's event.

"There isn't a lot of stuff to do during the week after classes, so it's really nice that they have stuff like this," Huber said.

After every event that the RHA hosts, they ask for feedback from residents to see what they can improve upon for the next upcoming event.

"It takes a lot of work. We ask residents what we can do to make things better. Basically, just opinions so we can plan better events in the future," Rivas De La Cruz said.

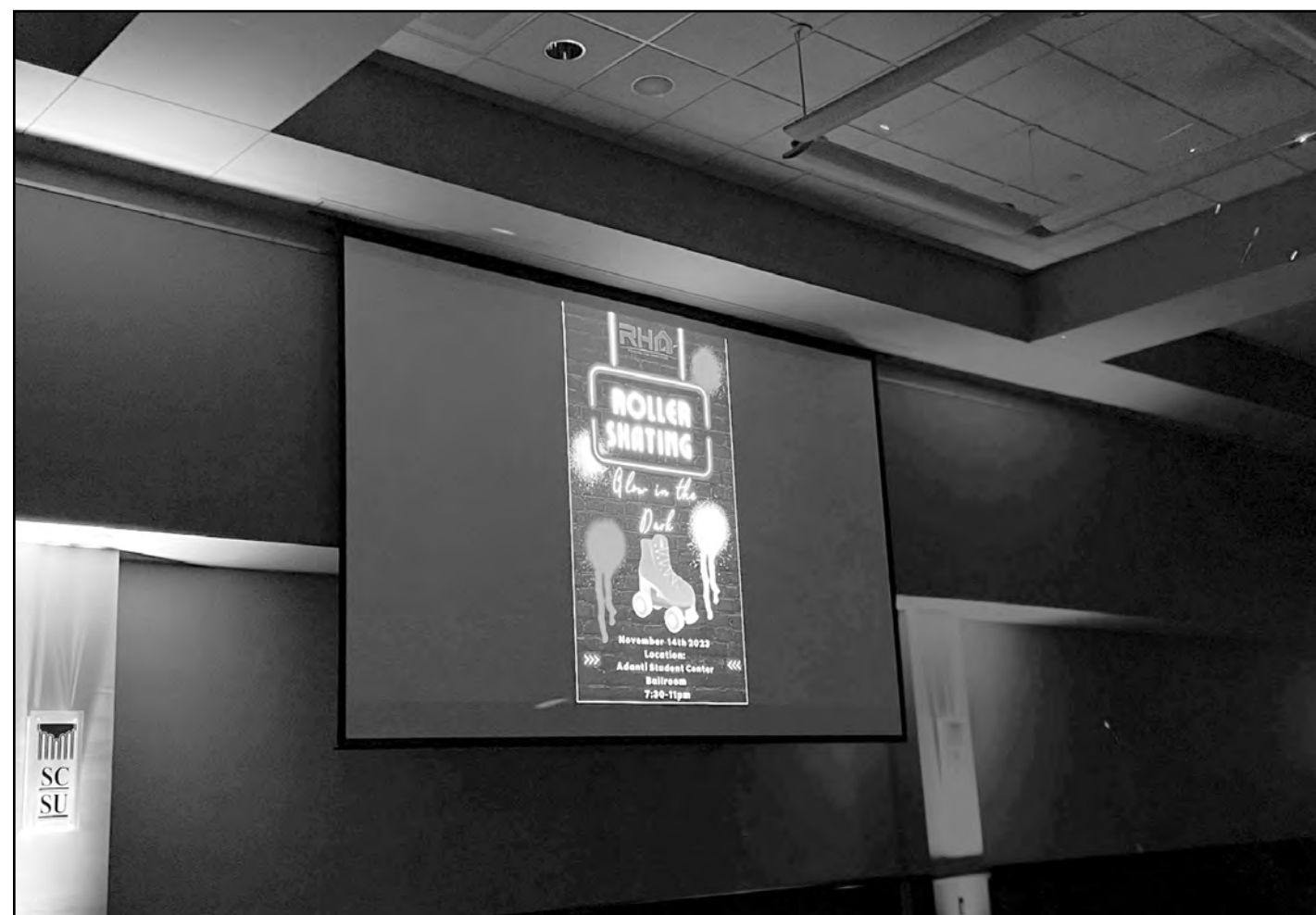
While the semester is almost finished the RHA is planning on hosting more events very soon.

One of their future activities is Jukebox Bingo, which is on Dec. 4 from 6:00 p.m. to 8:00 p.m. in the Farnham Programming Space open to all students.



Nursing major Maddie Elmo and social work major Grace Huber, freshmen, attending the event together.

PHOTO| LEXI WHITE



The RHA flyer appears on the projector in the Adanti Student Center Ballroom.

PHOTO| LEXI WHITE

BSU hosts 'Wild n' Out' event

By Lexi White & Brianna Wallen
General Reporters

The Adanti Student Center Theatre was split in half with the Owls against the University of New Haven Chargers who rap-battled it out on Nov. 15, at 9 p.m. The Black Student Union, BSU, recreated the hit show 'Wild n' Out' to see which university could take the 'King of Comedy' crown.

The Black Student Union, BSU is an organization on campus that pushes for black excellence and recognizes the hardships that black students may be facing.

"I like to say that BSU is by the people for the people in a sense. We just recognize that things could be better on campus for black and brown students," said BSU's Secretary, Dawin Magloire, a junior majoring in exercise science.

MTV's comedic series, 'Wild n' Out,' is known for combining rap and comedy improv games that their hilarious contestants get to participate in. BSU put their own funky fresh spin on the show, as board members and guests from the crowd had the opportunity to get involved in stand-up routines and comedy skits in front of a live audience.

"We had to figure out what games we wanted to play, what games were okay with both BSU entities and had to figure out the logistics and scheduling of both BSU groups as well," Magloire said.

"This is a way to show unity within multiple BSUs to show that we are not confined and that we can come together and have some fun," physics major Devyn Newton, a sophomore, said.

Owls were hooting in the crowd for their team,

and students from the University of New Haven showed up in support of their school.

"I thought that this would be a really fun, engaging event to have on campus. We specifically invited another school's BSU to form that collaborative relationship between both groups and to possibly have more events next semester," Magloire said.

The audience was packed with viewers ready to soak up funny jokes. Accounting major Samantha Hurley, a freshman, said that she had complimentary reviews about the comedy show.

"I give the concept a 10 out of 10. I had fun and got some laughs," Hurley said.

While viewers enjoyed the game, some were dissatisfied with the outcome. With UNH taking the crown with a score of 1-3, many students stated that the

Owls deserved to win.

Political science major Dasia Ortiz, a sophomore, said that the university's team could have improved their jokes while the imposing team gained some questionable points.

"Our school could have done better, and UNH should not have gotten those points," Ortiz said.

Despite this, both sides served punchlines and a lineup of jokes that made the night enjoyable. With exciting feedback from attendants, there is a push to have more events like this in the future.

Nursing major Daneiris Tirado, a freshman, provided feedback on ways to improve the event.

"It could have been longer. If they do it again, they should do it in the Ballroom or somewhere bigger, so that more people can attend," Tirado said.



Black Student Union students pose for picture.

PHOTO| LEXI WHITE



Owls versus UNH in 'Wild n' Out game.

PHOTO| LEXI WHITE

Mental Health with Multicultural Center

By Brianna Wallen
General Reporter

Over the years, the negative cloud surrounding mental health has slowly been fading. With the stigma associated with mental illness, many people were discouraged from opening up about issues that they faced. Though due to an influx of mental health campaigns being launched, mental health literacy has improved. This leaves room for light to shine on silent fighters.

The atmosphere on campus is no different, as many staff members are inviting students to the conversation on mental health. On Thursday November 16, at 5:00 p.m. students were given a seat at the Multicultural Center to tune into an insightful living room conversation about mental health.

Guest speaker Samuel Figueroa, had the floor to speak about his own battle with mental health.

"I've definitely dealt with my own mental health problems, whether it be depression, anxiety," Figueroa said. "It definitely played a big role in my life."

Through Figueroa's own struggle he uses it as motivation to help others that endured the same problems he did.

"I am hoping that by being able to be honest and transparent with my own struggle, it can be able to help inspire others to be able to be comfortable telling their story and expressing themselves," Figueroa said.

In addition to combating the stigma, this transparency served as an example for the following generation. Figueroa's willingness to share his story stems from his passion to emphasize the value of prioritizing mental health.

"I think it's important for especially college kids to be able to have that conversation and be able to put an importance on their mental well-being," Figueroa said.

As he conveyed his story, Figueroa was interviewed by Chrystal Long, the Coordinator of Multicultural Counseling. Long is a thriving mental health advocate, as she has been in the field for two decades.

"I always am pushing mental health resources," Long said. "I hope that students were able to kind of take away tips on how to utilize resources and how to also deal with their mental health."

With the success of this event and the importance for resources for mental health, there is a wish for more events in the future.

"I think it's really important for people to be informed about it and to feel like they have a place to go to talk about," Williams said.

Nyquist receives NE10 weekly honors

By Avery Martin
Contributor

Health and human services major Hailey Nyquist, a junior, was named the NE10 Swimmer of the Week.

Nyquist excelled in a tri-meet against Central Connecticut State University, CCSU, and Wagner College, where she had a time of 58.41 in the 100 Backstroke, a time of 2:13.11 in the 200 Backstroke and a time of 59.74 in the 100 Butterfly. She then proceeded to earn a time of 27.69 as the lead in the 200 Medley Relay.

"She is certainly a leader. She won the conference championship title in the 100 backstroke last year. She's probably in the best shape she's been in at the beginning of the year. She has already shown a lot of promise in all of her events," Head Coach Tim Quill said.

Nyquist is also highly praised by her teammates, including finance major Kobe Dominguez, a junior.

"She's a good leader. She's very ambitious. She works pretty hard toward her goals," Dominguez said.

Leadership is clearly Nyquist's strong suit outside of the pool. Quill said she is a great example for the underclassmen on the team.

"Because she's a returner, a junior upperclassman, I think what we want from her is what we want from all the upperclassmen, which is to take more of a leadership role and help the underclassmen



Hailey Nyquist, a junior, poses for the Owls on media day.

PHOTO | SCSUOWLS.COM

adapt and adjust as quickly as possible," Quill said.

Nyquist is a team player, said her teammates and coaches.

When she discusses goals for the season, she is insistent that swimming is a team sport.

"Although it is individual races, we are still

a team. Our goal is to get NE10 champs at the end of the season. We just work hard each day together to get as much points at the end as we

can," Nyquist said.

Despite her highlights outside the pool, it is her performance in the pool that has earned her the NE10 Swimmer of the Week.

"I know she's dreaming big, and she wants to put herself in a situation where she might be able to get invited to an NCAA meet. And based on what I have been seeing as far as her practice, performance and competitiveness so far, I think she's got a shot to do that," Quill said.

Dominguez also believes Nyquist is a standout athlete. She encourages others to do their best, he said.

"She is very competitive. She doesn't like to lose. She makes her goal in practice to be the first one at the wall," Dominguez said.

Nyquist boasts several major accomplishments, including championship wins in the 400 medley relay, 100 backstroke and 200 medley relay. She also has a silver medal from the NE10 Conference Championship in the 100 butterfly last year.

Above all, Quill hopes audiences will most be impressed by Nyquist's perseverance to go far in the demanding sport.

"She had a surgical procedure on her knee and couldn't even train for the first half of the first year. We decided to utilize her, and she did a really good job in her first season with minimal training. If anybody is deserving of any type of comeback award, it would be Hailey," Quill said.

Column: On the NBA



By Luke Gadson
Sports Editor

Many viewers were confused while watching the National Basketball Association, NBA, games last Friday. This confusion was likely furthered by broadcasters mentioning that this was an "In-Season Tournament game" since many are unaware of the new terminology.

The NBA In-Season Tournament is a brand new competition that takes place during the regular season. In June 2023, the National Basketball Players Association and the league approved a collective bargaining agreement about the tournament's format.

Six groups of five teams each were formed from the 30 NBA franchises. Each team will play the others within their group once.

Following that, eight teams will move on to compete in a single elimination tournament. The team in each group with the best record will advance along with the team from each conference with the best record that finished second in its group.

The NBA Cup will be awarded to the winner of the championship game that follows the single elimination stage.

The groups within the conference were split up based on each team's regular season record from the 2022 season. The teams with the top three conference records were in the first group, followed by the teams with the fourth, fifth and sixth best records in the second, and so on.

The 22 teams who do not advance to the single elimination phase will play two extra games on Dec. 6 and Dec. 8 in order to guarantee that every team plays exactly 82 games in the regular season.

On Dec. 8, the four teams eliminated from the tournament quarterfinals will play one last regular season game against the other team in their conference.

Since an eighth seed qualified for the finals the previous season, playoff performances seem less and less connected to regular season results. The NBA In-Season Tournament will spice up the regular season, drawing more viewers who would normally be watching football games otherwise.

Money is another factor. After the 2024 season, the NBA's media rights agreements with ESPN and TNT will expire. A successful debut of the In-Season Tournament would provide the league with another selling point when negotiating with new partners.

"The In-Season Tournament will add must-win games in the early part of our season while creating something new and different for fan bases to celebrate and rally around," said NBA Executive and Vice President of Basketball Strategy & Analytics Evan Wasch.

Women's basketball secures first NE10 win

By Dillon Flanigan
Contributor

The women's basketball team defeated Adelphi University 56-46 in a back-and-forth thriller, winning their first NE10 in-conference game of the year.

The Owls took their home court at James Moore Fieldhouse after a week off facing the Adelphi Panthers.

In the first quarter, forward Ashley Evans, a senior, made a layup to put the first points on the board. The Owls took a 7-0 lead early. They wrapped a defense-laden first quarter up 16-6.

"I was proud of the way they'd be prepared to speak. They really homed in on the scout, knowing their personnel, knowing what we needed to do defensively. We just have to kind of keep going in this direction," Head Coach Kate Lynch said.

The strong level of play continued into the second quarter but began to plateau at the end. The university took a 26-15 lead at the half. Forward Katie Williamson, a senior, carried her team, scoring eight of the 10 points in the quarter.

"I think there was some in the second quarter where like, we had an opportunity to kind of put them away a little bit. We missed some open jumpers. Luckily, I thought defensively we were pretty good. So that kind of kept us in the game," said Coach Lynch.

To start the third quarter, Williamson scored, but the Owls

played inconsistent defensively.

Adelphi gained its first lead of the night at 32-30 with two minutes left in the third quarter.

90 seconds later, guard Delaney Haines, a junior, nailed a three-pointer, taking the lead, and the Owls did not look back.

"Obviously, the third quarter we kind of let the shooters go off, but I think we held their main scores to their average, and we just- We knew their plays, and we locked in on that. So, that was a big key," said Fox.

In the fourth quarter, the Owls offense exploded for 23 points as the defense came alive. The university controlled the quarter on both sides of the ball.

In the final minute of the game, an eight-point deficit making victory well within reach for Adelphi, Williamson knocked down two free throws.

As the clock expired, a defensive block by Williamson sealed the win for the university.

"That's kind of- that's Katie's game. That's what she brings to our team," said Coach Lynch.

With four fouls in the game, Lynch and Assistant Coach Stephanie Hiriak-Lund had to decide when to put her back on the court even in foul trouble.

"We didn't want to do it too early; didn't want to do it too late; didn't want to, you know, to get that fifth foul to go out because she's so important, you know, to us to our glue or gel team. So, she did great.



The Owls celebrate after their first conference win.

PHOTO | SCSUOWLS.COM

She played within herself in those last few minutes," said Coach Lynch.

After a tough loss to Assumption University a week ago, the university needed to get a win on their home court, especially against a conference opponent.

"I think today was a much-needed win. I think we found a way to get the win even when things weren't going our way, and like, we just did the little things. Like, we won the boards. We got charges and deflections, and those added up at the end of the game," said Fox.

The Owls were not at full strength either. They

were without starting guard Julianna Bonilla, a graduate student, missing her third straight game. Starting in Bonilla's place was Haines.

"I think we had a good lead. I think we got a little too comfortable and took a quarter to like, get it back up and going," said Haines.

She finished with an assist and five defensive rebounds.

The momentum swung in favor of the Owls, including Haines who had three three-pointers, all in the second half.

"Towards the end, I think we just had a lot more energy once our shots started falling. All

the energy as a team brings everybody up. So, just once our shots started falling, getting stops, we took the game to the end," said Haines.

Evans totaled two points, two assists and four rebounds while Jillian Martin, a senior, had nine points, two defensive rebounds and six assists in over 38 minutes, a season and career high in a single game.

Williamson racked up 20 points, two assists, eight rebounds and a key block in the game. Fox accrued five points, three assists, eight rebounds and two steals over 36 minutes.

Men's basketball lose close game to Adelphi

By Dillon Flanigan
Contributor

Despite a valiant comeback effort, the men's basketball team fell short in a heart-wrenching defeat from Adelphi University.

The building, once filled with hope, echoed with disappointment as inconsistency sealed their fate.

The Owls took their home court at James Moore Fieldhouse, facing the Adelphi Panthers. The Owls fell 69-66 in a nail-biter, losing their second NE10 conference game of the year. Their record falls to 3-2.

"No one wants to lose, definitely at home, so it was tough. Coach came in there, telling people we got to do this now. But we'll get back; it's still early in the season," said guard Marty Silvera, a junior.

In the first half, Silvera made a pull-up jumper to put the first point on the board. Then the Owls quickly took a 9-0 lead.

Adelphi went on a 13-3 scoring run, the Panthers leading 13-12. With ten minutes left in the first half, forward Josh McGettigan, a graduate transfer from Saint Rose, made a pair of free throws.

The Panthers responded within a minute with a three-pointer to take the lead again and a step-back jumper to add on.

A decline of consistency in play thanks to increased fouls, turnovers and a buzzer-beater by Silvera, led to the Owls facing a deficit the rest of the half, trailing the Panthers 32-30 at halftime.

At halftime, the Owls regrouped and adjusted their objectives. Two keys

were to stay focused on defense and stop fouling.

"Coach came in at halftime and said we got to stop fouling. We just moved our feet a little second half, played a little defense and just stick to this principle on defense, and that's how you come back. I told you defense start off offense," Silvera said.

A minute into the second half, Silvera and the Owls were the first to score, tying the score at 32.

The well needed break at half seemed to do the trick as the Owls started to shoot the ball better and clean up the fouls.

At the 15-minute mark, Silvera stole the ball and drained a three-pointer.

On back-to-back offensive Panther possessions, each resulted in three-point baskets. The first tied the score, and the second took the lead, 42-39.

"We're sticking together and just having faith in everyone that comes in the game and everyone that is on our team. We're going to get out there, and we're going to try our best," McGettigan said.

Although the Owls kept in reach, the Panthers maintained the lead for the rest of the game.

At one point, the university had an uphill battle with a 12-0 deficit late in the half.

Sitting in a 61-49 hole, the Owls put together an offensive push to score.

With help from forwards Kazell Stewart and Cherif Diarra, sophomores, and McGettigan and Silvera, the Owls narrowed the deficit to two at 68-66 with seven seconds remaining.

Fans were sitting on the edge of their seats as time



PHOTO | DAVID GOMEZ

Guard Sean James, a junior, drives past his defender.

expired. Diarra could not get the shot off in time, and the Owls fell in a game that went down to the wire.

Consistency from start to finish was the goal shared by the coach post-game.

"You got to fight for 40 minutes to win games," Head Coach Scott Burrell said.

Silvera's stat line read as three rebounds, four steals, seven assists and

27 points: a career high. Even though his performance was noteworthy, he echoed what his coach said post-game.

"Our main problem is staying together the whole 40 minutes," Silvera said.

After a tough loss, the team was visibly frustrated.

"We are very hungry. We should be 2-0 in-conference right now, but it didn't go that way. So, when we come back

from break, I know all the guys are going to be 100% hungry and focused and ready," Silvera said.

Contributions came from others, including Diarra who carved out six points, one steal, five assists and nine rebounds in over 27 minutes.

McGettigan totaled ten points, three rebounds and one assist in the contest.

Stewart had a productive game in his own right.

He recorded a steal, seven rebounds and three blocks defensively; but on the offensive side, he had 12 points with an assist.

"We had spurts of just relaxing like the game was going to come to us. You got to take a game from a good team, and especially in this league, there's no games that are gimmies," said Burrell.

"No matter who you play, it's going to be a battle."

Silvera makes an immediate impact

By Matt Cain
Contributor

Last year, the Owls basketball team went to the NE10 Tournament but was knocked out of the running by the University of New Haven.

That year's team was led by two seniors: Zack Penn and Uylen Coleman. With those two graduated, the team is now led by guard Marty Silvera, a junior.

Silvera has been on a winning streak lately as he earned Conference Player of the Week and Honor Roll Athlete of the Week.

He is averaging a career-high in almost every category and making an impact by being durable, efficient and effective on the court.

This season, Silvera and the Owls look to provide a identity for the team.

"He's played at the Division I level. He knows what it takes to be great," Head Coach Scott Burrell said.

In the last NE10 matchup against Assumption University, Silvera put up a respectable 10 assists and seven rebounds, which are also season highs for him.

With the Owls on a hot start led by Silvera, team chemistry has been at an all-time high.

Guard Sean James, a junior, has been the perfect player to complement Marty's game.

"They have a great relationship off the court which translates onto the court," Burrell said.

Silvera's assists have increased to an average of 7.2 assists per game. With his unselfish play style, the team now benefits from more shots and an increased game tempo.

Silvera is not just competing on the

offensive end of the ball; he plays great defense as well. He averages 3.0 steals a game this season.

The defense was what the Owls were lacking in seasons prior. Now, Silvera has stepped up in the defense category as well.

"He can do anything: score, play defense and pass. He is great to have," Burrell said.

Marty knows his role on the team and knows how good he is. With the rapid start to the season, every day is a lesson to improve with.

There has been another new addition to the Owls' roster: forward Josh McGettigan, a graduate student.

McGettigan transferred to the university this fall and has been connecting well with his new teammates, including Silvera. "Marty is a great teammate and has great IQ on the court as well," McGettigan said.

When Silvera plays well, everybody plays well and complements the tone he sets.

The Owls are on a hot start and do not look like they will slow down anytime soon.

The goal for the Owls this season is to have a great regular season and be a top contender in the conference.

With the leadership of Silvera, the team has a great mentality going into each game.

"I know my role on the team, but it's about getting the win at the end of the day," Silvera said.

The Owls leave it all out on the floor every night, and now with improved team chemistry, they can perform at a high level every game, thanks in part to Silvera.

Barber earns Gold Award finalist

By Jaylen Carr
Editor-in-Chief

University Hall of Famer and former coach James Barber was announced as one of the 45 NCAA Division II 50th Anniversary Gold Award finalists.

The conference award has a male and female recipient, and Barber was chosen as the male representative.

NE10 rival Bentley's Barbara Stevens, a women's basketball head coach, was named the female recipient.

In August, NE10 Conference officials created this award to recognize men and women in sports who had a longstanding and positive impact in the entirety of Division II.

"Conference offices reviewed the initial pool of 231 nominated individuals, and each selected two honorees," according to the NCAA website. "The NCAA Division II

Management Council Identity Subcommittee will review these finalists and select the two overall winners, who will be recognized at the 2024 NCAA Convention in Phoenix."

Barber has been part of the university for 58 years. He set hurdling records on the track and field team as a student athlete. He was also captain and Most Valuable Player, MVP, of the football team.

He was also an assistant coach on the football and track teams later at the university.

In the early 1970s, Barber started the Southern Educational Opportunity Program, which led to minority students receiving a college degree, which still exists today.

"Each of these finalists in their own way have made a significant impact on Division II," Vice President of Division II Terri Steeb Gronau said.



PHOTO | SCSUOWLS.COM

Guard Marty Silvera, a junior, brings the ball up the court for the Owls.

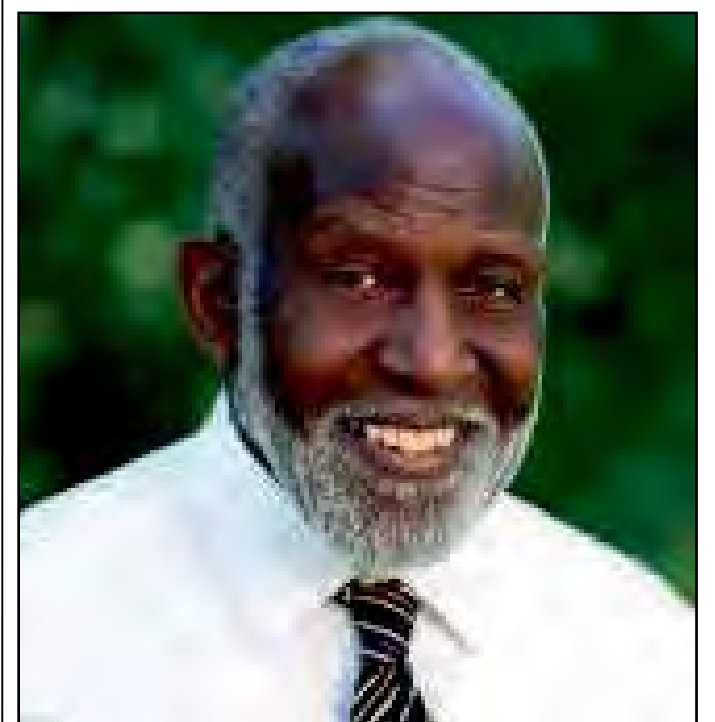


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