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SOUTHERN NEWS

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Students host discussion on peace with police

**By Destene Savariau
News Editor**

With the relationship between minority communities and police being continuously strained, a Communications class, COM 450, hopes to alleviate this tension through a conversation between student leaders and local officers.

The topic was "Peace with Police," a senior capstone project about breaking the bias between communities through dialogue.

"We really felt like this topic resonated especially with like the social issues in the last couple years with police violence," said Communications major Alexander Donald Rice, a senior. "So, we really wanted to attempt to open up the communication between southern students and the police and try to create a dialogue there."

The importance of the discussion revolved around the complex relationship between police and minority groups and how it can

reflect our campus. Personal and professional communications major Andrea DeFilippo, a senior, commented on how this topic is much bigger than just a class.

"The importance is that especially after all the things that have happened with George Floyd, Breonna Taylor, this kind of talk is necessary to make sure that students of color, especially at Southern, are feeling safe and protected by everyone," said DeFilippo.

Some student organizations that were a part of the conversation with the police were the, Zeta Phi Beta Sorority, Phi Beta Sigma Fraternity Inc, Iota Phi Theta Fraternity Inc, Student Government Association.

President of Phi Beta Sigma Inc. George Brown felt that as president, it is important to be a part of conversations like this because he feels his duty is to help make his community better.

"One of our national programs is social action. By doing events like this, we're helping build a relationship between the police and the

communities they serve," said Brown.

Besides the student leader panelists, there were law enforcement representatives from the university's Police, Hamden Police and New Haven Police Department.

Sgt. Peter McKay of the university's police department expressed how the main objective is to see things from different perspectives, like those of students and police, in order to build trust within the community.

"I just wanted to be a part of the conversations. I mean, without conversation, you can't build trust, and you can't build relationships with the community you work with. So, I want to build relationships with the southern community," said McKay.

Interim Chief Kenneth Rahn, another panelist, felt it was a great opportunity to get out and hear what students have to say, have a chance to talk about themselves and also hear what the campus community thinks about the campus officers.

"You don't get better

as a police department unless you are able to hear people's concerns and learn what you do good and don't do good. You know, they're tough conversations, but you must have the courage to have those conversations," said Rahn.

After hearing some concerns from student leaders and students in attendance, both Rahn and McKay have proposed ideas on how to make the university a better and safer place for students, especially minorities, on

campus.

"As supervisor, I'm going to have conversations with my officers as a whole; maybe you can try to do a little better at putting your best foot forward and being a little more involved with the community," said McKay.

"As interim chief, I will definitely take these student's ideas into account going forward and will definitely hope to hold more events like these to get more student opinions and ideas," said

Rahn.

SGA Representative Alexander Grant commented on the event overall and how he thought the conversation really did help start to bridge the gap between students understanding police and police understanding students.

"I think the officers did a good job of elaborating on things they could do better but also the difficulties of things that they want to accomplish and how they can actually go about it," said Grant.



PHOTO | DESTENE SAVARIAU

"Peace with Police" panelists made up of student leaders and local police officers.

New club discusses health Food pantry on campus

**By Robby Tierstein
Contributor**

The Multicultural Health Leaders met to discuss ongoing health concerns in the New Haven area.

Nursing major Sara Bernal-Garcia, a junior, joined the club this semester because she said she felt "impacted by their mission to provide cultural diversity in the healthcare system."

According to Garcia, this club intends on "creating a safe space for people to come and talk to each other."

"I've always wanted to help people and I've always been interested in health-care," said Bernal-Garcia. "I know nursing is a very empathetic and trustworthy career and I've always wanted to do something to help others, especially those who are sick."

Melissa Lopez, a fifth-year student, is the vice president of the Multicultural Health Leaders. She became interested in this position after hearing about it from the current club president. Lopez was the club secretary but filled in as vice president after the previous one stepped down for personal reasons.

"I really liked what goals this organization had for bringing awareness about health care disparities to campus and the community," said Lopez.

Lopez said she has "al-

ways had a love of science, medicine and the complexity of it all."

Lopez said she was drawn to nursing because she "wanted to make a difference in someone's life by being there for them during a moment of vulnerability that can also be scary for some people."

Lopez said that club members were able "to have a fundraiser for Breast Cancer Awareness Month and we were able to donate proceeds to the CT Breast Cancer Initiative."

"This club has a lot of potential in becoming a good resource for first-generation students, or anyone interested in having important conversations about health disparities while feeling like a part of something," said Lopez.

Nursing major Brianna Alexandria Fredericks, a senior, is the president of this club. She said she joined it a year ago to address the issue concerning the "disproportionate population of African Americans or people of color in the program."

"I wanted to make sure that people in the program and in healthcare studies were represented," said Fredericks. "I wanted to be part of this club to make sure that we were having important conversations and feeling heard and represented in our respective professions."

"We are also having conversations about things that are not in class," said Fredericks.

Fredericks became the president of the Multicultural Health Leaders after the pandemic significantly altered club membership.

"Post-COVID, it was extremely hard to have in person clubs because those past seniors and e-board members had just left and there was no follow-up because of COVID," said Fredericks.

Fredericks said last year was about rebuilding from the bottom.

"At that point, it was just the e-board and maybe two other people," said Fredericks. "So, it wasn't hard for me to become a secretary last year. From the work I've done last year, I was in a good spot to be passed the torch as president."



PHOTOS | ROBBY TIERSTEIN

President of MHL Brianna Alexandria Fredericks

**By Ali Fernand
Features Editor**

Food insecurity is an issue a generous portion of college students have experienced. College life and finances make sufficient eating difficult.

"More than 50% of students during their four years at college will experience food insecurity," said food pantry intern Michael Lawton, a graduate student.

This statistic is alarming for Lawton. According to "Data Haven," food insecurity has doubled in New Haven in 2022. People are dealing with food insecurity more because of growing inflation and the COVID-19 pandemic. However, this means that no one is alone in dealing with food insecurity.

The food pantry seeks to educate students about the options available to them to get through each week and succeed academically. Many may avoid getting help because of the stigma around food insecurity. People are made to feel that it is embarrassing to need help getting food each week. This makes it harder for students to seek out what they need.

"If you're experiencing food insecurity, there is no shame to it," University staff member and manager of the food pantry Karen Christian-Porteus said.

Both Lawton and Christian-Porteus say they take pride in the pantry for being a judgement-free zone. They want students to feel safe in this space.

Though it was established just under two years ago, in 2020, the pantry has already been able to improve the day-to-day life of a student at the university. Lawton said that there were efforts being made to open the pantry sooner, but the COVID-19 pandemic slowed that process.

Paula Frankowski, a student-worker at the food pantry, has seen firsthand how the efforts have helped her peers.

"I know a lot of people use the food pantry to get necessities for the week," Frankowski said. "We're college students, we're pretty much all in need of food."

The hope is that by providing these items to students, it will help them be more successful in their academic careers.

Items that students might be missing from their daily lives are provided. This includes food, toothpaste, deodorant, toilet paper and paper towels. Students can navigate the pantry just like they would at a grocery store.

"The last thing we want is for you to be unable to focus on your education because you had nothing to eat," said Christian-Porteus.

According to "Health Affairs," students who experience food insecurity have a lower GPA than those who do not have food insecurity. It is hard to have the energy for vigorous courses when food is unstable. Those who are food insecure also tend to attend class less

than students who are food secure.

Some students may also feel that they cannot take anything because other people might need it more.

"You're not taking it away from anyone," said Frankowski. "If you need the food, take the food."

The pantry is in the back of the Wintergreen building facing the Moore Field House. There will be a metal ramp that will lead up to the front door and a sign at the front labeled "Food Pantry" with its hours.

Students may visit and fill one bag full of items once a week. There are no qualifications; any student can show up with no questions asked. All they need is their Hoot Loot card and a bag.

However, each item has a limit to how many a student can take. This is to ensure everyone can have their needs met.

"Something that is harder to supply, such as milk and eggs, students can only take one of," said Lawton.

Though these limits exist, students are still encouraged to take what they can. If they are unable to fulfill their needs at the pantry, there are other options for them. This includes other pantries that exist off campus but are still in the area.

To read more of this story, visit our website at thesouthernnews.org

New Haven food brought to campus for students

**By Luke Molwitz
Photographer**

Programs Council, also known as ProCon, held a "Taste of New Haven" event which showcased different food from around New Haven.

The food was ordered and brought to Farnham Programming Space for students to enjoy and take as many options as they wanted. This included

food and snacks from Insomnia Cookies, T-swirl, Frank Pepe's and Pitaziki.

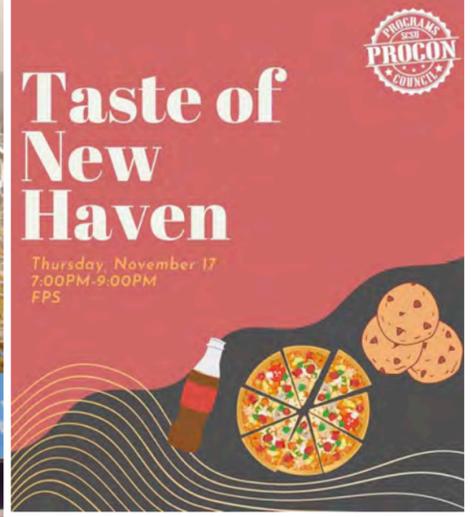
This is an annual event held every year.

According to a programmer, they chose the food based on what they hear students around campus like to eat.

The only thing in common with last years event was Insomnia Cookies and T-Swirl crepes.



One of the Insomnia Cookies boxes, which were filled with different cookie options.



The flyer for the event, courtesy of ProCon.



A student's plate of food before grabbing dessert.



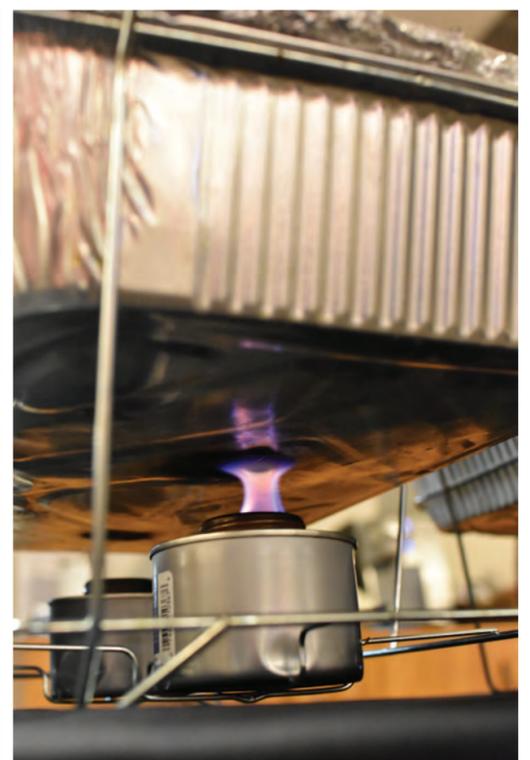
Two students who attended the event posing for a picture before they started eating.



Programmer Ramsley Exantus handing out Pepe's Pizza.



Food ready to be handed out.



Flames under the food so it does not get cold.



Crepes from T-Swirl placed on the table with labeled flavors on the bags.



A group of students sitting at a table with their food while a line forms in the back of the room.

Dystopian drama 'Civil' receives sold out shows

By Ali Fernand
Features Editor

The university's theatre held their most recent production described as a "post-apocalyptic courtroom drama." On Nov. 17-19 hosted sold-out shows and a visit from the original playwright.

"It's been insane, the response from the public has been overwhelmingly positive," said the director of "Civil," Benjamin Curns.

The fate of the characters depended on the audience's vote. Decisions were based on limited information, the court technology redacted certain statements and questions.

"Back in the 90s when the O.J. Simpson trial was about to get started, there was a discussion of how they were going to find the jury," writer of "Civil" Rob Matsushita said.

This trial was highly publicized and struggled to find unbiased jurors. "Civil" explored the solution to this problem through a virtual experience.

Matsushita is a customer service worker in his daily life. Each production is special to him, so tries to come to every production that he can. He traveled to the university from Minnesota.

"I'm a regular dude. If someone does a production of one of my shows it's a genuinely special thing," Matsushita said.

The show also introduced a world of new political issues. The first case was a custody battle between exes Red and Green; they conceived and froze an unborn fetus as teenagers.

"It seemed controversial," Matsushita said. "Abortion and childcare is still a hot button issue."



Student actors bowing at their final performance of dystopian courtroom drama "Civil" on Nov. 19.

PHOTO | ALI FERNAND

The actors also would pause trials for "commercial breaks." These included advertisements for products that existed in this world.

"It was very serious, then it would cut to something

that made me giggle," Welsh said.

The second half of the show decided the fate of murderer, Orange, who was on death row. The murderer wanted to be transferred

into a hyper-corporeal unit, or a synthetic person. The victim, Blue, testified as one of these synthetic people.

The Kendall Drama Lab, where "Civil" took place, was transformed into an

immersive set. Audience members were on both sides of the stage. Those who attended were given their own headphones to experience the play with.

"The whole experience; wearing the headphones, getting to take part in what happened," said elementary education major Cora Welsh, a junior attendee.

This involved lots of different lighting and sound effects.

"To put a show like this together requires a lot of commitment, effort and time," Curns said.

The end of the second act threatened the audience. An entity said everyone in the jury was attached to life support, and they would die if they did not vote for Blue. This made the decision harder for the audience.

"I didn't know whether to put my hand up or down," Welsh said.

Climbing Club gets students active on and off campus

By Jaylen Carr
Sports Editor

Inside a building with a teal sign that reads "City Climb Gym," there are colorful rock-climbing walls, encouraging words from experienced members to newcomers and sweat from the hardworking participants.

President of Climbing Club Hayden Rovelli, said the club first started in 2012, took a hiatus in 2015 and was revitalized during the pandemic.

"This year has been the first year that we're getting new people coming every week," said Rovelli.

According to Climber



PHOTO | JAYLEN CARR

Nicholas Diccico (left) and Timothy Arvin (right) practice climbing in the cave area at City Climb Gym on Nov. 5

News, one advantage of rock climbing is positive impacts on participants' mental health, and it can

provide a social outlet for people who want to meet other climbers.

Vice President Josephine

Nolet added, "It's such a social sport, and you're physically actively doing things, and you're solving problems."

Math major Bryce Drynan, a senior said he started getting into climbing during the pandemic.

"It felt like a good way to get involved," Drynan said.

Sports and movement science major Timothy Arvin and business and marketing major Nicholas Diccico, freshmen, said they both wanted to join a club together that was not academic, but instead sporty and active.

"I went to the club fair, and the rock-climbing club

genuinely had a happy personality," said Arvin. "I enjoy doing athletic things, and it's a good way to meet new people."

Diccico said that he and Arvin went to the same high school and vowed to get more involved in college. Rock climbing is a demanding sport, said Diccico.

"You have to focus, and you have to be on point on what you do and how you climb," said Diccico.

Rovelli said, this year he has been trying to make it less intimidating and approachable for newcomers. His aspiration for next semester is to introduce a community

service aspect to the club. This would involve things like a trash pick-up event at a local climbing gym.

The club is open to all, and students can sign up through OwlConnect or by attending the events, said Rovelli.

"You don't need to have any experience and the first time is on us," said Rovelli.

Nolet said what sets the club apart from any other club on campus is its unique qualities. It pushes you physically and allows you to socialize with other climbers simultaneously.

"If you think it looks cool, and you want to come one time to try it out you totally can," Rovelli said.

A response to SCSU TV's segment about Southern News

By Sarah Shelton
Photo Editor

I love the student media; Southern News, Crescent magazine, Folio, WSIN radio and SCSU TV. We have always worked on projects together and have had each other's backs as the Student Media declines a bit.

However, it came to my attention SCSU TV has a new show on their YouTube titled, "Early Early Show with," the host name is then said in the title. I was informed half of the segment is just making rude comments about the school newspaper, which are supposed to be jokes, dry humor. So I had to check it out.

While we do not cover the Southern News and Southern News staff in this paper, my peers felt insulted by some of these jokes. I

personally feel an official university club should not be posting inappropriate jokes nor tearing any other club down, so I am writing this unaffiliated.

Journalism students who are not even a part of the newspaper let me know they did not like these videos, which is how I was even made aware of them. So this is my review on their show.

Episode one starts off with the host saying nobody reads the newspaper. Yet, after an entire month this SCSU TV episode had only had 54 views. At least 8 of them being journalism students confused on why they are using and making fun of the school paper as their "news segment."

"Wow all the way in page four," he started. This was about a women's sports

story. Page four happens to be our sports section when we do a four-page paper, which this was. He then somehow turned it into a sexist joke saying if it was "men's soccer it would at least be page three." Nope, page three is features.

The only time we did a sports story on page one was our six-page homecoming edition.

As a feminist myself, I do not want others to think this is true. The newspaper works in sections.

The host then continued to make a joke about students being on opioids, because of an article about students participating in Narcan training. A little tone deaf, in my opinion.

He then criticized the BLACKPINK review, because it did not relate to the university. In their second episode, he also

criticized the BTS review for the same reason.

Writing a review in the Southern News is a privilege editors get for the hard work they put in, especially since our Arts & Entertainment section got cut a year ago. Then to episode two.

"I'm so glad that I can go to the Southern Newspaper to know what's going on in a country that is across the world from us," he said.

The day this got posted, BLACKPINK was in New Jersey. BTS and BLACKPINK are very popular in America and are not stuck to Korea. In fact, one of BLACKPINK's members is not even Korean.

Now speaking as an editor, here at Southern News, we support every community and all communities on campus. This includes the LGBTQ+

Community. We typically cover events and share information from the SAGE, Sexuality and Gender Equality, Center. As a member of the community herself, my roommate would also like me to add that the joke the host made about the SAGE Center's Open Door Closet was tasteless. The closet in the SAGE Center is a closet of free clothes for students who need them. He makes this clear and I highly appreciate that, but not the joke.

"It's a little funny that it promotes pride, yet encourages them to run back into the closet," the host said.

Other than the negative comments that were made, I found other aspects of the show quite funny. Their story about the "Do Nothing Club" made me

laugh and I am glad they are finding their own news by showing the Kiwibots. I also thoroughly enjoyed every other segment I have seen on their channel.

In conclusion, us Southern News editors wanted to clear up what our student-run newspaper is about, which is the university's community and students. I took one for the team by writing this.

Jokes are welcome, but they should be funny and respectful; especially at a diverse school full of social justice.

SCSU TV reuploaded episode two without the news segment after much backlash and Southern News and SCSU TV presidents spoke making amends. SCSU TV privately agreed not to make anymore videos on the Southern Newspaper.

Student Media Board is hiring!!
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Openings can be found on <https://forms.office.com/r/GKtTWv0Y4u>



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Cross Country wins regionals

By Avery Martin
Contributor

The men's cross country team won the Northeast 10, NE10 Championships on Nov. 6th. Sean Barkasy, a freshman, said winning his first conference title was important to him.

"Coming in as a freshman, knowing this school was a winning program, then winning with them, and then being part of the top three on the squad as a freshman is really important to me" Barkasy said.

Jonathan Volpe, a sophomore, was also excited to win his first conference title.

"It was good. We were expecting it, going into it, to get first or second because we were doing really well. I think we just went into it with the right mindset," said Volpe.

The team began working hard over the summer to perform at their best this season. For freshmen like Barkasy, that means getting used to a new way of training in the college atmosphere.

"That freshman or sophomore season is when they look back and

realize that they may have to make some changes in training to get better. Within an hour of finishing the season last year, they all realized some things we needed to work on," Head distance Coach Brian Nill said.

Since the beginning of the regular season in September, the team has worked hard to lower their times and run at their best. They kicked off the season strong, finishing fourth out of 35 teams. They continued to finish in the top places since then.

On Nov. 19th, the team competed in the NCAA East Regional Championship in Bethpage, New York. They finished first with strong results from all team members. Volpe finished third in the men's 10k, Jake Mattei, a senior, finished ninth and Barkasy finished 14th.

This marked the first regional win for the men's cross country team in the program's history. Several runners also earned All-Regional Honors. Before heading off to regionals, Volpe said, "We want to get top three and hopefully we will win it."

Barkasy was also looking forward to performing well at regionals. "Our goal is definitely to win regionals. We've been working more cohesively

as a group and working on pack running. As for myself, I just want to keep it top seven at regionals and just work my way up from there," Barkasy said. This season's strong results and regional performance have led the team to qualify for the NCAA Division II National Championships in Seattle, Washington on Dec. 3rd.

"For us it's a little different. The schools from the midwest, the pacific northwest and California are very good. My goal for the guys is that I want us to crack the top 25. I think we can get in the top 25 and I just want them to get their feet wet with the experience," Nill said.

Nills and fellow coach John Wallin say that being alumni of the cross country team themselves has helped their coaching. "Our whole staff is alumni, which is great," Wallin said.

Both coaches mentioned that the team is overall very young. Comprised mainly of underclassmen, some may see this as a disadvantage.

"It's an advantage because it is a teaching moment. These guys are pretty young so you can teach them a lot of new stuff. They will be able to do this stuff for years down the road," Nills said.

Owls Sports Update

Men's Basketball:

Record: 2-3

Game Recap: Won against Molly University 83-60 in Rockville Centre, NY on Nov. 22.

Center Zach Penn, a senior, led the team with 16 points and nine rebounds. Guard Ulyen Colema, a senior, had 15 points and went 3 for 7 from the three point line.

Women's Basketball:

Record: 4-1

Game Recap: Won against Caldwell University 70-50 on Nov. 27.

Guard Zoe Amalbert led the team with 12 points and 7 assists. Forward Katie Williamson, a junior, had a season high 14 rebounds.

Men's Swimming and Diving:

Record: 2-1

Game Recap: Won against Worcester Polytechnic Institute 156-140. McAllister Milne, a sophomore, won four events, including the 200 Medley Relay, 200 Butterfly, 100 Freestyle and 200 Medley.

Women's Swimming and Diving:

Record: 2-1

Game Recap: Won against Worcester Polytechnic Institute 158-139. Lindsey McCawley, a sophomore, won the 200 Breaststroke, Paola Castillo, a freshman, won the 200 Butterfly and Maddie Dean senior won the 200 Individual Medley.

Men's basketball loses 58-57 against SNHU

By Jaylen Carr
Sports Editor

The Owls lost a close game against Southern New Hampshire University, SNHU, 58-57, despite forcing 21 turnovers.

Coming into the game, the Owls won their first home game against Caldwell University 72-69 on Nov. 16. Guard and forward Ulyen Colema, a senior, scored his 1,000th career point in the game in 37 minutes of play.

SNHU came into the matchup against the Owls with a 2-1 record and one of the Northeast 10, NE10, top teams. The Owls were able to get contributions from their bench throughout the game.

Guard Sean James, a sophomore, scored 12 points off the bench while going three for three from the three-point line. James was one point shy from matching SNHU's 13 total bench points.

"I just tried to stay ready," James said. "The good thing about coming off the bench is that you get to read the game before being in it."

The Owls led 29-27 at the half and built some momentum to start the second half. SNHU had 16 turnovers in the first half

which helped the Owls take the early lead.

As the second half started, SNHU came out and dominated the Owls in rebounding. SNHU had a plus 15 margin, 39-24, in rebounding which helped secure the one-point victory.

As the clock started to tick down in the second half, SNHU was trying to take time off the clock, but they had to shoot the ball in order to beat the 24-second shot clock, which they did.

But in the end, the Owls were not able to secure the rebound to have a chance to win the game.

In the closing seconds of the game, SNHU grabbed an offensive rebound after a missed shot to seal the win.

Forward Kazell Stewart, a sophomore, said there were no positive takeaways from this loss.

There are many aspects in the game the team has to improve upon, Stewart said.

"We just got to be better," Stewart said. "We have to be stronger mentally."

Stewart helped the Owls by scoring 12 points and shooting 62% from the field. He also helped the Owls force 21 turnovers by contributing 2 steals and 2 blocks.

Head Coach Scott Burrell said the team gave away this game and needed to win against a conference rival.

"It was a winnable game, and we didn't compete for 40 minutes," Burrell said.

Coach Burrell was not pleased with the team's effort and commitment to finish a game when they had a lead throughout the game.

The team played "nonchalant and with no urgency," said Burrell. Burrell said the team has to improve on everything after the one-point loss. But the major area of improvement is communication.

"We can't break down as a team," Stewart said. "We have to crash the glass."

The Owls allowed 14 second chance points and 16 offensive rebounds. The leading rebounder was guard Marty Silvera, a sophomore, and Stewart who both grabbed 5 total rebounds.

"We all have to be able to fight until the end," Stewart said. James said despite the loss, the team has to stick together and learn from this experience.

"Times are going to get tough, but we just have to stick together in order to get through it," James said.

Women's basketball wins their third game

By Ben Martin
Sports Writer

Coming out of the half, the Owls were up against the Dominican University Chargers by four points; however, in the third quarter, that lead would expand.

With just six seconds off the clock, guard Isabella Santoro, a graduate student, disrupted the passing lane causing a steal. After the steal, she dribbled the ball down the court and scored on what Owls play-by-play announcer Chris Smith called a "coast-to-coast delivery."

Santoro's layup was the catalyst for the Owls offense as they scored 22 points in the third quarter which led them to defeat the Dominican University Chargers 68-60 on Tuesday.

"We always have a little bit of a third quarter drought," Owls' Head Coach Kate Lynch said. "We know as a group we can be better and we needed to fix that."

In the second half, we stopped the ball, we limited their offensive rebounds and we executed offensively, Lynch said.

After Santoro's basket, forwards Ashley Evans and Katie Williamson, juniors, led the scoring attack in the third quarter for the Owls by scoring nine and eight respectively, totaling 17 of the 22 points scored in the quarter.

"I am happy that I was able to support the team and do the critical things to make sure we got the win in the end," Williamson said.

In the fourth quarter, the Owls and Chargers went back and forth scoring 11 points apiece which led to the Owls ending the game with an eight-point lead.

"Today we showed our strengths, but also



PHOTO | LUKE MOLWITZ

Guard Zoe Amalbert patiently waits to set the play.

our weaknesses, so just keeping the hard work in practice to get better," Evans said.

In addition to their third quarter scoring, Evans and Williamson both had double doubles on the night. Evans finishing with 15 points and 10 rebounds and Williamson finishing with 11 points and 10 rebounds.

"I think I did really well because I have been playing as an out," Evans said.

Along with Evans and Williamson, guards Zoe Amalbert and Delaney Connors were both close to double doubles with Amalbert scoring 13 points and having eight assists on the night and Connors scoring 15 points, tying Evans for the team lead, and dropping seven dimes as well.

With Amalbert, Connors, Evans and Williamson all amassing over 10 points, the Owls had four out of five starters scoring double figures.

"Overall, we are very happy," Williamson said. "It's great to get a bounce back win after the last game."

The Owls prior matchup

was against Southern New Hampshire University; they lost at the Moore Field House 58-55 which put extra emphasis on winning Tuesday's matchup

"We really talked about bouncing back from our loss against SNHU," Lynch said. "We had to try to control the boards a little bit more and focus on stopping the basketball."

The Owls win improves their record to 3-1 through their first four games. However, with 22 games left on the schedule, the team is looking for areas to improve upon as most of the season awaits them.

"Just keep the energy up and keep the morale up," Williamson said. "As long as we work hard and keep doing what we are doing we will do the best we can."

Along with Williamson, Coach Lynch looks ahead for improvement gradually throughout the season.

"We just have to keep getting better, we just have to keep progressing," Lynch said. "As long as we are continuing to evolve and progress and fix some small thing, I think we will be okay. We just have to continue to get better."



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Guard Seam James, a sophomore drives to the basket in the game against SNHU.