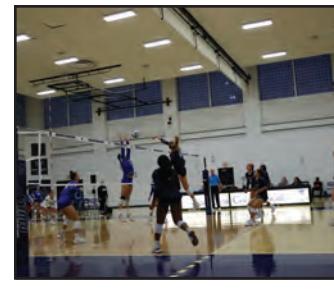




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SOUTHERN NEWS

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Arts League voices opinion on buildings

By Jay'Mi Vazquez
News Editor

The Students Arts League protested against the new school of business and the university for lack of updates in the Earl Hall arts building on campus.

The protest was started by the Students Arts League over the last few weeks, but went into effect on Thursday, Sept. 28. Several art pieces were put up and displayed outside Earl Hall on the front awning.

"The goal was to start a discussion," Lead Coordinator of the Student Arts League Elisedd McGinley said.

"We wanted a conversation to begin surrounding the topic of fund disbursement and allocation around facilities on campus. Time and time again other departments especially the arts department are pushed to the wayside in terms of needs and attention," studio arts major Sara Lareau, a senior, said.

There were about 20 students that helped the Students Arts League participate in the protest. The invitation was sent out to other art students as well to get as much help as possible, McGinley said.

This was the first installation of the protest. Both McGinley and Lareau said they are

excited about continuing to create awareness about the fight for a new arts building.

"This is the first part of a series called spacial awareness. The objective is to make awareness about space and how we distribute space and more importantly, the role of artists on campus," McGinley said.

"We will continue doing what we can to have conversations take place and the undermined issues to be noticed and addressed," Lareau said.

Both Lareau and McGinley said they have received immense support from students, and are hoping to receive even more with the future installations of this protest. Faculty have yet to comment on the protest.

"Our students have been very excited about it. I know art faculty have noticed it," McGinley said.

"Student feedback has been incredible. Conversations are happening everywhere, and more and more eyes are going towards the current state of the Arts Department," Lareau said.

The Students Arts League feels Earl Hall is an inadequate space for the projects students want to create and for the increasing number of students joining the



PHOTO | ELISEDD MCGINLEY

During the installation, the Students Arts League put posters outside of Earl Hall to show that some buildings on campus need funding and support from the university to be updated.

arts programs at the university.

"We have the most comprehensive studio arts program in the state of public or private universities," McGinley said.

McGinley said that the university is aware of the statistics involved with students involved with arts, yet does not do anything to help it. McGinley is not upset

about the new business building but wishes that Earl Hall received the same treatment.

"Earl Hall has racked up over 10 million dollars in renovations to keep it up to building code. It doesn't really meet the needs of the students who work in the building," McGinley said.

"Earl Hall has been marked for demolition multiple times since 1993

and has needed multiple renovations in an attempt to keep up to code and safety regulations," Lareau said. "Many other departments and buildings have seen major construction efforts and allocations of funds, while Earl Hall has sat in need of a new building for around 30 years now. We have outgrown our current standings and need the facilities and

resources to properly foster our growth as part of this university."

The current space does not allow students to do projects like spray-painting, ceramics in a safer environment and certain metal projects they should be able to do, McGinley said.

"We all do something of value. We deserve the space to do it to the fullest," McGinley said.

University receives \$3.2 million NSF grant

By Jay'Mi Vazquez
News Editor

The university has received a five-year \$3.2 million grant from the National Science Foundation to retain and recruit racial groups currently underrepresented in studying science, technology, engineering and mathematics.

Provost and Vice President of academic affairs, Robert Prezant said that the goal of the grant is straightforward. "The goal is to encourage and increase more students who are underrepresented in the STEM disciplines to go into the stem fields, to stay in the stem fields, to graduate in the stem fields and then to go on into a career in the stem fields," Prezant said.

STEM diversity is a topic that has been studied for decades, Prezant said. He hopes this grant better diversifies the disciplines and presents better opportunities for students.

"We should have the representation among our different groups in the United States. That should be reflected in the stem disciplines. It's not yet but that is the intent of the group," Prezant said.

"There is a difference in graduation rates of the underrepresented minorities when compared to the white

or Asian students, so, we want to get these groups to have the same graduation percentage," Professor of Mathematics Klay Kruczek said.

This grant is beneficial to the math side of the STEM disciplines. It is mainly focused on aiding students to complete their math requirements quickly, Kruczek said.

"One of the biggest stumbling blocks is students mathematical preparation. A lot of stem majors require a lot more of mathematics, especially a physics degree might require calculus. So, students have to go through a set of classes. So, we are trying to get students to be successful in math in a higher placement," Kruczek said.

Prezant explained how the university is the leading school in this grant. Central, Eastern, and Western Connecticut State University are partnered with the university.

"Were in partnership with the three other Connecticut state universities, Central, Eastern and Western, but we are the lead," Prezant said. "We're going to get a bigger cut of it because we manage the award."

Although it took over a year to receive the grant, Prezant said himself and everyone

else is excited about the grant's opportunities for students.

Prezant said funding of the five-year grant was put into effect on Oct. 1, 2023 and is planned to be renewed.

"We are funding students out of the grant money, mainly focusing on the first two years of college," Kruczek said.

The first two years will be similar to the four cohorts that are planned with the grant, Kruczek said.

"Students will be offered seminars where people from industry and some faculty talk about the research.

There will be some peer mentors to help with tutoring. And then in the later years of college, students will work with research mentors," Kruczek said.

"The work of the grant is very intentional recruitment, to help diversify the population. There are also the support initiatives within the program," Prezant said.

The university's goal is to help boost diversity and help students financially in STEM programs which will increase enrollment in the program.

"It's actually going to be mandated that there's an experiential opportunity to do research, to do an internship or an externship," Prezant said.

Board of Regents approves new master's program

By Braden Saint-Val
Contributor

This past September, the Connecticut State Colleges and Universities Board of Regents approved a new master's degree-granting program for occupational therapy in the College of Health and Human Services, making the university the only public university offering this degree in the state.

This comes after the college moved into a new state-of-the-art building to house its departments last year.

"When we were designing the building, the vision we had for the college was to expand the number of health professions that we could offer to our students. It is really important in the health professions for different disciplines

to learn together and learn about one another, because that's how they work when they get out into the field," said Dean of Health and Human Services Sandra Bulmer.

Occupational therapists work with people of all ages in many settings, including hospitals, clinics, schools and community programs to help their patients live more independently.

Becoming an occupational therapist requires a master's degree, but it is expensive, since graduate programs in Connecticut have only been available in private universities.

Heather Kuhaneck, the new degree's founding program director, said the lower tuition cost at the university will make a career in occupational therapy more accessible, especially to students of color, so that they can enter a field that has

been dominated by white women.

Although the social sciences or health-related disciplines like exercise science and public health would be best to study before pursuing the degree, Kuhaneck said.

Healthcare sciences major Stephanie Guartan, a senior, is planning to wait a whole year after she graduates to be one of the first students to earn the degree.

"This new OT program will have distinguished faculty members who are accomplished in their fields, thus providing a fertile ground to nurture my development as a skilled and compassionate occupational therapist," Guartan said.

The Master of Science in occupational therapy will be open to applications from incoming graduate students in 2025.



PHOTO | BRADEN SAINT-VAL

A home simulation room in the Health Services building, where students will be shown how to help individuals manage their daily living skills.

Majors and minor fair hosted in Adanti Student Center ballroom



PHOTO | ALI FERNAND

Healthcare studies major Kenya Butler a senior, public health major Angela Corsino a senior, anthropology major a Charmaine Robichaud a senior, biotechnology major Vicky Hu a senior, marketing major Micheal Formica, senior, were student workers at the event.



PHOTO | ALI FERNAND

Kelly Curtis, Graduate Assistant and Women and Gender Studies master's student.



PHOTO | ALI FERNAND

Gabriela Lockett, Admissions Representative for the School of Nursing and Leilannie Quintana, Coordinator for Nursing Scholarships and Early College.



PHOTO | SOLE SCOTT

Angelica Wade a freshman, nursing major attends majors and minor fair.

OCPD aid students in after college life

By Ali Fernand
Managing Editor

Students on campus are often thinking about their future beyond university. The Office of Career and Professional Development, OCPD, has recently made big changes to help students with their future. "We're big on career readiness and looking to help all students here at Southern understand the key skills that they are being exposed to and in the classroom, outside of the classroom, through all the different experiences that they have here," said Associate Dean of the OCPD

Thierry Thesatus. The office is located on the first floor of Buley Library. Its goal is to offer many resources related to jobs. Recently, they have focused on offering programs that cater to the specific industries students are interested in. "We really homed in on specific industries and offered those events so students could be tailored when they came to a career fair because it was meant for what they wanted," said Associate Director of the OCPD Aimee O'Shea. Making sure all students have access to

connections they specifically want is a big task for this office. To further assist students, they have expanded the office with new roles and resources. Thesatus is one of those new roles in the OCPD. He started at the university in Aug. 2022. "We want them to understand the skills that they are developing, and we want them to be well prepared for the future world of work," Thesatus said. Students are also able to work on other skills job-related. The staff consists of both faculty and students at the university. The staff want to help students

practice the skills they will need when the time comes. "Resume reviews, creating a resume if you've never built one before, creating cover letter, giving feedback on cover letters," said Career Peer at the OCPD Kathleen Griffin. Career Peers are student workers at the OCPD who give a student perspective on tools students need for jobs. With this, students can experience a student mentor to help them with what they need. "Coming in, working with a team member and having a tailored experience to really career

plan and take a look at their future, it's just such a benefit to them," O'Shea said. Any university student can set up one-on-one appointments with career advisers. They are also able to submit resumes and cover letters on the OCPD website for advisers to review. Though a lot of students are worried about post-graduation, the OCPD offers help for students any time in their academic career. It can be as early as picking out a major. "We have major career exploration week, which is Oct. 2 to the 6, a career readiness week

in the spring, industry information sessions and panel discussions from alumni," O'Shea said. The team at the OCPD is prepared to help any student at any place in their academic journey. The office has resources ready to go for any student who would like to feel more confident in their future. "We are all self-motivated, and as a team we come together really well to think about a lot of the different programming as well as the different services and resources that we can provide for our students to be successful," Thesatus said.

Lil Yachty releases new five song EP

By Jay'Mi Vazquez
News Editor

Rapper Lil Yachty has been on a roll since he dropped his album "Let's Start Here" on Jan. 27th, 2023. On Sept. 28, Yachty released a new EP titled "The Secret Recipe."

The five songs on this track list showcase why Yachty is one of the best artists in rap right now. The songs on the track list are "The Secret recipe" featuring J. Cole, "Tesla," "Slide," "Solo Steppin Crete Boy" and "Strike."

"The Secret Recipe" featuring J.Cole has been gaining attention since being released. This is one of the highest rated songs on the project, being Yachty's first collaboration song with J.Cole.

Yachty was able to show off his lyric abilities and unique tone of rapping. Yachty's lyrics started with a whiny tone of voice about the challenges he faced being considered a "mumble rapper."

J. Cole delivered a verse full of punchlines about racial inequalities and the impact he has had on rap culture; even calling himself the greatest rapper yet.

"Tesla" is up to par with Yachty's unique style. It is not the most lyrical Yachty track, but its production makes up for it.

The usage of catchy adlibbed hook lyrics and using a beat that could easily have fans bop their head are what make the production amazing.

Slide is another decent



PHOTO | JAY'MI VAZQUEZ

The cover art of "The Secret Recipe" by Lil Yachty.

track from Yachty. It does not showcase his lyrical abilities, but more of a melodic flair with the use of mumbled vocals. The instrumental relies heavily on percussion elements integrated with trap beat elements.

"Solo Steppin Crete Boy" was one of Yachty's tracks that was heavily anticipated by fans.

The song was first showcased in the AMP Cypher as a freestyle with popular streamers and YouTubers Kai Cenat, Fanum, Davis, Duke Dennis, Chrisnxtdoor and Agent00.

Kai Cenat had called Yachty during one of his livestreams asking him to release the song for the fans; Yachty agreed and put it on this project.

Yachty's lyrics were more advanced than most of the songs on the project. It surprised fans how capable he was able to deliver such a high-quality verse on a song that he considered a "throwaway."

"Strike" is by far the most popular song on the project.

This was the first song on this project to be released before the others. It was Yachty's first release after the career-altering "Let's Start Here" album.

Yachty's sound can be compared to the viral song "Poland" he released prior to this project. Stretched out wavering vocals were used, capturing listeners attention because of how different it sounds.

Fans heavily anticipated

this track as well. Yachty's sister was on Instagram singing along to Strike when it was unreleased. The clip of her singing it went just as viral as "Solo Steppin Crete Boy" when it was first shown to the public.

Yachty has had such a great year for himself through music.

This EP adds to the excitement of what else he has in store for fans for the remainder of 2023. It seems as if yachty has been brushing shoulders with the right people, setting himself apart from all the same generic sounds of music created today.

These are the opinions of the Southern News Editorial Staff

Upcoming events: Homecoming week!

Wednesday- Donuts with Dr. D

In the University Access Programs office in Engleman B018, students can eat donuts and take pictures with Interim President Dr. Dwayne Smith. The event takes place from 1-2 p.m.

Student Health Center Update

Flu Vaccine Clinics available from 10 a.m. to 2 p.m. in the Morrill Hall Breezeway. They will also be available on Tuesday Nov. 2 from 10 a.m. to 2 p.m. in Engleman Hall.

Thursday- Blood Drive

The American Red Cross will be on campus from 11 a.m. to 4 p.m. Students can donate blood to those in need.

Pep Rally

The pep rally will take place in Moore Field House from 7-9 p.m. The athletic teams will be featured in the event. There will be prizes and contests for students attending.

Saturday- Pre-game Tailgate

The university community will be holding a tailgate before the big homecoming game from 10 a.m. until 2 p.m.

Homecoming Football Game

The big game will be at 2 p.m. The Owls will be playing against American International College.

Food trucks and games

Food trucks and carnival games will be set up in the parking lot between Moore Field House and Wintergreen Garage at 11 a.m.

Ongoing- 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. The gallery will end on Dec. 7.

'Footloose'

Directed and choreographed by Larry Nye and music direction by Jill Brunelle, the 'Footloose' production will be on Oct. 12, 13, 14 at 8 p.m. and Oct. 14 at 2 p.m. at the John Lyman Center for the Performing Arts.

History Club holds e-board election

Brianna Wallen
Contributor

With a new season comes new beginnings. For the university's history club, this calls for the possibility of a new e-board. On Wednesday, Sept. 20, an election was held in Engleman Hall for members to vote to elect members for various positions.

As each candidate, running for positions ranging from secretary to president, voiced their goals in their speeches, one common trend that emerged was an ardent desire for members to enjoy themselves.

"I want to do everything I can to make sure everyone has fun here," said a history major Jack Abbot, a sophomore.

Abbot, the club's current treasurer, is running for vice president. He said that he hopes that his past efforts of creating the club's Instagram page and budgeting for their trip to New York last year, make him be viewed as a promising candidate by his peers.

Along with the candidates' desire to make the club an entertaining environment for students, each candidate has their own admiration for history.

History education major Tyler Wetmore, a junior, joined the club in Fall 2022 and became the president this semester. He said that he hopes to continue carrying out his position in office following this election. Wetmore reminded his audience that his initial

reason for joining the club was his perspective on history.

"I just really love the beauty that is history," Wetmore said. "History is what you make of it. I think that history is for everyone, you just have to find what you're into. Everyone can understand history because they lived it and are currently living in it."

Including learning about history, the club's initiatives have created meaningful experiences for its members to participate in. In the past year, they planned trips to New York to view historical artifacts and learn about history firsthand.

Journalism major Avery Martin, a sophomore, said that the trip to Ellis Island meant a lot to her, as it

allowed her to create a deep connection with her family lineage.

"I went exactly 98 years after my great-grandmother was there," Martin, the club's secretary and social media manager since January, said.

Martin noted that due to her own experience and connection to the club, she wants to ensure that everyone feels included and has a place that they belong.

"When I was a freshman and lived here, on campus, and I didn't have many friends. I joined the club and met people that have similar interests," said Martin. "It has been great for me."

The e-board's efforts to run a club that breeds friendships have been shown successful through the experiences of members. History education major Justine Dobbin, a sophomore, said that through the club she has developed many friendships and connections.

With the club becoming her social outlet, Martin said it has become "a reliable thing to look forward to every week. I look forward to trips, movie nights and getting to hang out with friends."

As each of the 20 members vote anonymously this week to elect or re-elect candidates, the e-board waits patiently for results to be received. However, after each campaign speech, it can be concluded that each candidate exhibited a fervent passion for history and the club that can not be contained.

"I'm definitely looking forward to what me and e-board can come up to in the future. I want to leave a legacy behind for this club and keep the ball rolling," said Wetmore.

SOUTHERN NEWS

Advisers: Cindy Simoneau
Frank Harris III

Contact information:
Email: scsu.southernct.news@gmail.com
Newsroom Phone: 203-392-6928
Fax: 203-392-6927

Mailing Address:
Southern Connecticut State University
Adanti Student Center Room 222
501 Crescent Street
New Haven, CT 06515

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Multicultural Center & OLAS collaborate

By Solé Scott
Features Editor

Multicultural Center and Organization of Latin American Students, OLAS, join forces for an event in celebration of Latin Heritage month.

Both organizations collaborated for a networking opportunity among students, staff and faculty in Room B121 in Engleman on Wednesday, Oct. 4 at 1:30 p.m.

Recreation and Leisure major China Lewis, a senior, attended the event after hearing about it on campus.

"I'm a part of the UAP program, and I'm so used to checking in with Maribel and I stopped there today and heard that she was in room B121, so I came here to see Maribel," said Lewis.

Associate Director for the Center of Intercultural Engagement Jay Henderson was one of the faculty that helped facilitate.

"This event is a good opportunity for students to do a speed dating opportunity to meet and engage with people through faculty and staff around campus who identify as Latinx and Hispanic," said Henderson.

Students had the opportunity to speak with faculty in a game of speed friending that lasted for 3 minutes per rotation round. At each chair, there



Recreation and leisure major China Lewis, a senior, attending the MCC and OLAS event.

was a paper that consisted of questions to ask faculty if a student needed some guidance.

Esteban Garcia is the Associate Bursar and is the advisor of OLAS.

"Family is really important in Latino communities, so we want to make sure that we are having the sense of family with our faculty, staff and students," said Garcia.

The genetic makeup of people that joined the

event was a mixture of ethnicities and backgrounds, which was the goal of the event.

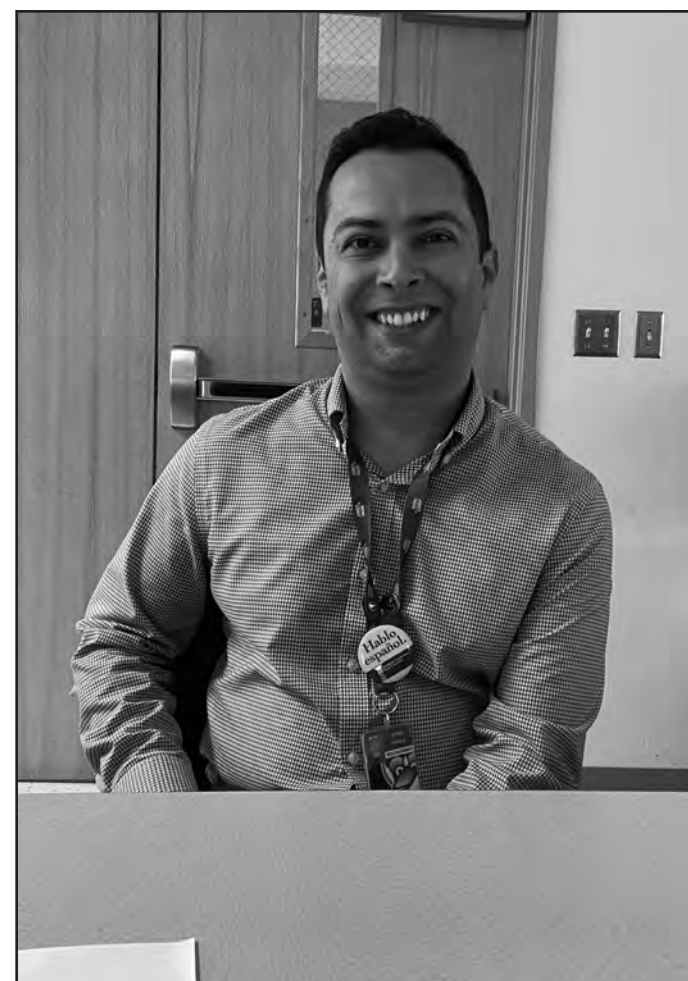
"So far, I like it. Seems up to my speed, I guess," said Lewis. "I wouldn't have come across it unless I came to look for Maribel, so I'm happy I did."

"There is not many Latino faculty and staff members, so we wanted to connect them with the students so that they can see themselves as

mentors but also to help them down the road build networks," said Garcia.

As National Hispanic Heritage Month nears the end on Oct. 15, this event was beneficial for students to connect with others that they normally would not.

"I'm not even Latino/a so I don't know, but it's just as important as if somebody was African American, which I am," said Lewis. "Important as



Staff advisor of OLAS Esteban Garcia attending the Mi Gente, Mi familia, Mis Amigos event.

any other culture."

Henderson believes the university could do more but is satisfied with all the events that were available for this month.

"We try to think of different intersectionality of the Latino community to highlight and celebrate all of our differences in our culture," said Garcia

This event was full of faculty, staff and students making connections with each other, which was the main goal the MCC and Olas were striving for.

"Reach out to your faculty and staff members, we're here to support you and we definitely are invested in your success," said Garcia.

Crescent Players premiere musical 'Footloose'

By Ali Fernand
Managing Editor
Solé Scott
Features Editor

Friday night at the Lyman Center was packed with university students and families who were attending the opening night of "Footloose."

Students performed the classic musical full of pop and rock music. They were costumed in clothes reminiscent of the 1980s with striped shirts, jeans and boots.

"I don't know if I could pick a single favorite song, but there's a lot of really good music," said student sound designer Nick Moran.

Some of the popular songs include the title song, "Footloose," and classic 1980s hit "Holding Out for a Hero." These songs were full of energetic choreography since the original movie is known for its dancing.

The stage had an orange background with a set built to be utilized as the story takes place in

Elmore City, Oklahoma. This is a suburban town, as it follows the main character moving there from Chicago.

"I started doing theater in the fifth grade," said Gian Melendez, who plays Ren McCormack in Footloose. "I found a passion for it, learning about myself to boost my confidence."

The play was directed and choreographed by Larry Nye with musical direction by Jill Brunelle. Nye and Brunelle are both faculty members of the Theatre Department.

"I have been doing music for about five or six years. I auditioned and prepped for it for a good amount of time," said Melendez.

This play had the audience laughing hysterically throughout the duration of the show as "Footloose" was reinvented in a more modern take.

"I've been working on shows since I got here in 2019, so it's something I'm used to, but it's a lot of hard work, especially with tech," Moran said.

The Crescent Players co-presented this play with the Theatre Department. Crescent is a student-run performance organization that produces their own events and projects.

University plays can be a steppingstone to being a professional actor on a stage, which is what some student actors hope for. "I'm planning on

getting my Masters in School Counseling because I enjoy working with students and creating an impact on them, but theatre acting on film and stage is something I definitely want to pursue professionally," said Melendez.

Not every student has a plan to pursue theatre professionally. Many students participate in the play because they have a passion for theatre.

"Realistically I don't think I will be able to, but I would love to," said Americo Salvi, who plays Reverend Shaw Moore in "Footloose."

One part that stood out was when the characters Vi Moore and Ethel McCormack sang

"Learning to Be Silent." This song was performed by the women of Elmore City about not being able to speak their minds and having to obey men.

The process for the production of the play was grueling and time-consuming. The cast and crew put together this musical in less than a month, with hour-long days and multiple rehearsals a week.

"We put up this two hour show in 29 days, in a month," said Melendez. "Usually, this a show that takes five or six months to make."

Footloose has one more weekend of shows taking place. The times will be Oct. 12, 13 and 14 at 8 p.m. and Oct. 14 at 2 p.m.



The poster for "Footloose" displayed outside of the Lyman Center theatre.



Student actors performing popular musical "Footloose" on stage at the Lyman Center.

Planetarium adds new projectors, opportunities

By Bradon Cortés
Contributor

In a celestial fusion of education, the Physics Department opened the doors of the planetarium to the university community to show off the new digital planetarium projector.

Elliot Horch, chairperson of the Physics Department, in collaboration with the Earth Sciences Department, inaugurated the showcase for the new Digital Starlight planetarium projector in Morrill Hall, Room 104.

"We are replacing the old pinhole projector that has been here since 1950 with the new one; with this new projector we can do so much more than ever before," Horch said. "We are one

of the few planetariums that have both the old projector and the new one, so it's like being able to see the past and the future in the same room."

Horch said that since it is the week of minors and majors, it is the perfect time to open the planetarium doors so that any student passionate about astronomy can look at the cosmos through the new digital projector's lenses.

Fiona Powers, a graduate assistant of the Physics Department, explains that this opening is not just exclusive to show off the new projector.

"Any student or faculty member can -with our permission- talk to us if they want

to come into the planetarium and have a good time while looking at the cosmos," Powers said.

Horch says that one of the main goals of this event is to bring students across interdisciplinary lines to nourish curiosity and build an interest in astronomy or even astrophysics.

Horch also says that the Physics Department has many opportunities, including a wide variety of laboratories in the science building for students who are highly interested to pursue a minor either in physics or astronomy, or even for those who want another alternative to their major.

"We have laboratories where we research photons, laboratories that specialize in

instrumental astronomy - which specializes in building cameras for giant telescopes - and we have the remote observation room where we stay up all night controlling a telescope located in Arizona and collect data. We are also home to the Connecticut Nanotechnology Center," Horch said.

Attendees like Mike Sanger, a graduate assistant in gender and women's studies, loved the planetarium show and loved how remodeled the planetarium looks inside.

"I'm a big nerd when it comes to this. I've heard and watched that video presentation more than 100 times already on PBS. Astronomy is amazing, and I just love the beauty of it," said Sanger. "Although the planetarium is small, and I haven't been to this planetarium in years, it is good that the southern community has this within reach, and that for the scale it is, it's perfect for the university."

Nevertheless, Horch says doors are open to anyone who pursues an interest in science and wants to delve into the world of the unknown and the infinite journey of physics.

"There are endless opportunities. If one of the following words: astronomy, physics, quantum mechanics or astrophysics catches your attention, then our department has plenty to offer," Horch said.

Women's swim team seeks fourth straight NE10 title

By Jaylen Carr
Editor-in-Chief

Coming into the 2023 season, the women's swim team looks to four-repeat as champions and continue their dynasty.

"We have been fortunate to win 15 on each side," Head Coach Tim Quill said. "We have the type of team that is capable of winning another conference title."

Quill said even though the team has won the division championship the last three seasons, the team does not take it for granted.

"Every year is a new year. We have a lot of incoming new freshmen this year, and they are just learning the system," Quill said.

The team went to West Chester, Pennsylvania recently for an open water event, "When you compete up against better competition you tend to become a better competitor," Quill said.

At the meet in Pennsylvania, the Owls lost to West Chester University 206.5-84.5, while defeating Shippensburg University 179-99 on the same day.

"Coming back for that four-peat for that NE championships, and we did lose some strong scorers with the senior class last year," 2016-17 Freshman of the Year Gracie Marsh, a senior, said.

Combining the men's and women's teams there are 12 new athletes in the program, Quill said.

Marsh said, "Maintaining that strength that we have and the depth we have in our program. Building up the new first-year students that we have as

well because we had a big incoming class."

Utilizing the whole roster is essential for the team's success, Marsh said.

For the Owls to four-repeat, Quill said the key will be the team's depth.

Bringing another NE10 championship trophy insight, Justice Glasgow, a junior, said, "We want to put out some good races. We want to try get people in top eight to help get those high scores."

It is going to take a lot of hard work, and with a new training regimen it will help the team in order for the team to continue their dominant play, Marsh said.

"We are lifting three times a week, which is new for us. Usually we do twice so I think that is going to help us a lot just building strength and just applying that in the pool," Marsh said. "We've been doing a lot of technique work in the mornings more than we did in the beginning last year which is helping with our breakouts."

Along with having a good workout regimen, Glasgow said, the teams' eating habits is also going to be key while prioritizing their mental well-being.

Building team camaraderie and supporting each other is important for the team for a long season, Glasgow said.

The practices have been going well, Quill said, "We take it one day at a time here. Yesterday issues were yesterday issues; we are just moving forward as program."

For more of this story go to thesouthernnews.org



PHOTO | BRADON CORTES

Elliot Horch, chairperson of the Physics Department, is starting up the new digital projector at the planetarium.

This or that: In-person classes or online classes?

By Jay'Mi Vazquez
News Editor



"In-person by far. Mainly because there is a lot of social aspects lost online. You learn from your friends."

- English major Jason Merced, a junior



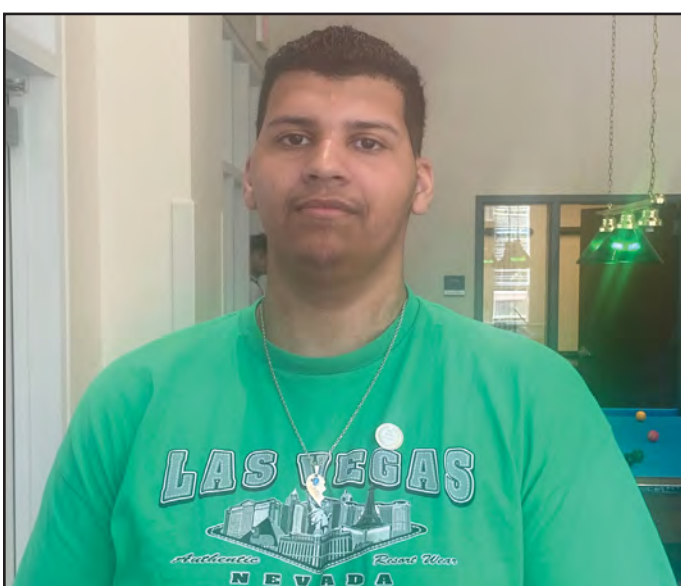
"In-person 100 percent. I can't learn online; it is really difficult for me. I always forget when assignments are due."

- Nursing major Tracy Nham, a senior



"I like in-person classes. I feel like it's better interaction. You're able to ask teachers questions after class without having to deal with a glitch."

- Communication disorders major Hailey Mutcherson, a freshman



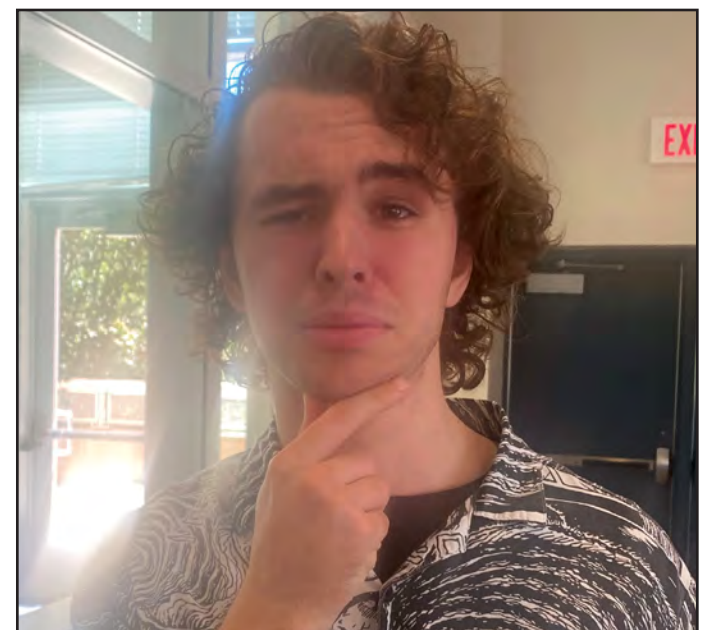
"In-person. It's better to know the syllabus more personally, and it's good to socialize with people in classes."

- Journalism major Eric Ruiz Jr., a sophomore



"I prefer in-person classes. It is mostly because I like being with my other classmates and I get to learn better when I'm able to see my professor to ask questions to interact with the material."

- Environmental science major Rebecca Stanton, a senior



"I prefer in-person classes because I need to talk to the teacher face-to-face to get understanding of what they're saying."

- Special education major Aidan Moore, a junior

Volleyball earns conference win

By Luke Gadson
Sports Editor

The Owls battled for four competitive sets in a 3-1 victory over Assumption University at Pelz Gymnasium Friday evening. This is the university's second win against the Greyhounds this season, as the Owls defeated them in a non-conference matchup earlier this season.

This time around in a conference game, the stakes were higher for both teams. The Owls stepped up to the challenge to earn their first conference win of the season.

Each set was close in margin, with the scores reading 25-21, 28-26, 25-16 and 25-23. The Owls only lost the

second set. With the university losing a set, the momentum was shifting back and forth throughout this match. The Owls were rolling on all cylinders, topping the Greyhounds in points 71-49, kills 48-38, blocks 15-4, assists 42-32 and aces 8-7.

Outside hitter Sara Enright, a senior, is second in the NE10 in kills, and she continued her impressive season, leading her team to victory with nine kills, five blocks, two assists and an ace. Outside hitter Carissa Michel, a freshman, put together 13 kills and three aces in the victory.

Setter Lily Miller, a junior, was a force in Friday's win, tallying 13 assists and 11 digs. Setter Taylor Jones, a senior, also put up an



Middle blocker Sarah Stark, a freshman, goes for a kill.

PHOTO | LUKE GADSON



The Owls celebrate after a score.

PHOTO | LUKE GADSON

outstanding 24 assists in the win.

Winning this game was huge for the Owls and gives them momentum as they proceed further into conference play.

"We feel really good since this is our first conference win, and it was a home game as well," said Michel. "This showed us that we need to come out strong: all gas, no brakes, no matter what. Just stand on business regardless, and if you lose a match, move on."

This win also gives the Owls an abundance of confidence, with thoughts of an NE10 championship

in the back of their minds. "Today we had positive communication and a really good, positive attitude," said Libero Aubrey Villena, a sophomore. "If we keep up this rate, this energy of improving, then we can go all the way."

The Owls improved their home record to 8-2 and their overall record to 10-8 with this win. This is also their first conference win and sets them up nicely for NE10 standings with a conference record of 1-1. The Owls look to record another conference win when they face Saint Rose on Tuesday, Oct. 10.

Men's swim team prepares for another NE10 championship run

By Luke Gadson
Sports Editor

There is excitement among the university's swimming and diving program, as the team prepares for their upcoming season. Coming off from a successful season last year, winning the NE10 conference championship, the Owls look to take the same steps to achieve the same goal this season.

"We're going to try to win the conference championship again," said Head Coach Tim

Quill. "I think that's the goal year in and year out. We've been fortunate enough to win 15 on each side and we have the type of team that is capable to win another. But, we don't take it for granted, every year is a new year."

They recently finished up their preseason and had their first meet on Friday, Sept. 29 at West Chester University. The university's men's swimming and diving team left the West Chester Tri-meet with a record of 1-1.

Between five new freshmen joining the team and returners from last year, the Owls are confident in their abilities this season.

"We had a pretty good first meet; it was a good and hard showing out there. We drove 5 hours to West Chester, and we're dead from practice, but I'm liking the way things are looking," said Franklin Kuhn, a senior captain. "We have a lot of young talent, and we're returning a pretty dominant team."

With the team facing Fairfield University and the University of Connecticut soon, they have a difficult path to repeating as conference champions. Instead of letting these difficult opponents intimidate them, the Owls take on the challenge and the competition brings the best out of them.

"This week we're going to Fairfield University, and then next week UConn. These are really good teams, but when you go against the best competition it tends to make you a better competitor," said Quill.

The university's men's and women's teams train together in both the offseason and preseason. This is a key factor in their preparation for another NE10 championship.

"We're all looking forward to the NE10 meet in February. We've been working hard for this whole season so far, and I know the returners have worked really hard in the offseason," said Kobe Dominguez, a junior.

Quill takes pride in his women's and men's team's ability to train so well together. "Obviously we are a men's program and a women's program, but in a lot of respects, we are just one program. Men and women train together, travel together and compete together. I think it's a really good makeup to have men and women train in the same pool at the same time," said Quill.

With the NE10 conference swim meet not being until February, it seems far away, but it will be here quickly. Quill will continue to stress this to his team and focus on the small details now so that they can achieve their main goal in the end.

"Work on the little things, and the big things will come. They're more likely to happen when you're working on them everyday," said Quill.



Men's Swimming and Diving place first in the NE10 200 medley relay.

PHOTO | SCSUOWLS.COM

Column: On the NFL



By Luke Gadson
Sports Editor

The debate over the title of the greatest wide receiver in NFL history has ignited passionate arguments and comparisons between several legendary players. Receivers like Jerry Rice, Randy Moss and Terrell Owens often find themselves at the top of this debate. However, I feel that it is clear that Jerry Rice stands as the best wide receiver in NFL history.

Jerry Rice's statistical achievements are nothing short of incredible. Over his outstanding career, Rice hauled in a remarkable 1,549 receptions for 22,895 yards and 197 touchdowns. These numbers remain untouched by any other wide receiver in NFL history. Rice's ability to combine consistency and longevity sets him apart, as he maintained an elite level of performance over two decades in the league.

While Rice's numbers are undoubtedly impressive, his competitors in this debate are incredible as well. Randy Moss, often known as one of the most electrifying receivers in the history of the NFL, put together 982 receptions for 15,292 yards and 156 touchdowns during his career. Moss was a six-time Pro Bowler and four-time First-Team All-Pro selection. His ability to stretch the field and make unbelievable catches is legendary, and he holds the record for the most touchdown receptions in a single season with 23.

Another contender for the title of the greatest wide receiver is Terrell Owens. Owens recorded 1,078 receptions for 15,934 yards and 153 touchdowns throughout his career. He was named to six Pro Bowls and was a five-time First-Team All-Pro selection. Owens was known for his incredible work ethic, athleticism and ability to make clutch plays when his team needed it most.

When looking at accolades, Jerry Rice's resume shines above them all. He was selected to 13 Pro Bowls and was named First-Team All-Pro 10 times. Rice's three Super Bowl rings and Super Bowl MVP honor highlight his ability to perform on the highest stage. His impact on the game was more than just statistics, as he was a game-changer on every snap.

Moss may not have won a Super Bowl, but his impact on the field is undeniable. Like Moss, Owens also fell short of a Super Bowl ring, but his ability to take over games with his size, speed and hands made him one of the most dominant receivers of his era.

To this day, Jerry Rice is studied by wide receiver coaches around the world for his ability to run routes and catch the ball. Jerry Rice is a staple in the football community for the fundamentally correct way to play the wide receiver position. His time in the NFL is long gone, but the fact that he still has an impact on the game today is a testament to his greatness.