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‘Nation’s doctor’ talks student mental health

By Sofia Rositani
Editor-in-chief

“Social connection and loneliness” was the theme

of the night when US Surgeon General Vice Admiral Vivek H. Murthy spoke at the university with student panelists from New Haven universities an activity that brought everyone out of their chairs.

“We were designed to connect with one another,” Murthy said.

The event began with President Joe Bertolino speaking and introducing the guest speaker.

“Dr. Murthy stresses that social connections are as vital to our health as food and water, and that is certainly true in a college environment. So, it’s fitting that we have a large group of students with us this evening from Southern, but also from Gateway Community College, Yale University and the University of New Haven,” Bertolino said.

He then introduced the Dean of the college of Health and Human Services, Sandy Bulmer, who welcomed Murthy and talked about the new Health and Human Services building.

“This is a week of celebrations for our college. As next Friday we will host a ribbon cutting ceremony for our new College of Health and Human Services building,” Bulmer said.

Murthy thanks the crowd for being at the event before the activity began.

“I know we’re all giving up something to be here. Maybe you would have been out having dinner with your friends,” Murthy said.

He said that before the event he faced with his wife and children.

“I saw them, and I was like, I missed that, just being with the family but I see

all of you and when we have conversations like this to me it’s worth it,” Murthy said. “To take that time away because we are investing in something that’s going to help my kids, your kids down the line and all of us to be better off, which is again by rebuilding and strengthening connection, community right here and all across America.”

After Murthy spoke, there was an activity led by someone who works with Murthy. The activity was “a conversation on your feet” which involves those involved to pick one side that fits them the most. One of the questions was “night owl vs early bird” and they had to go left for night owl, middle for either or right for early bird. Murthy asked those a few questions from each side and then started the process all over again with a new question.

Following the activity was a student panel that had four students from four different universities answering questions on mental health and social connections.

“I know a lot of my peers aren’t very open in contacting people who are higher into the institution due to what backlash they can get or the lack of communication from those higher-up people. So, I feel like it’s very important for some togetherness so that we can bridge the gap between those two groups,” psychology major Mary Lipa, a senior from University of New Haven said.

Once the panel ended Murthy invited Governor Ned Lamont to speak about mental health and connectedness in the state.

“We made the biggest commitment to mental health in the history of the state. We have been providing mental health



PHOTO | SARAH SHELTON

US Surgeon General Vivek Murthy interacts with an audience member during an activity prior to a panel discussion at the Adanti Student Center Thursday Sept. 8.

facilities in virtually every school that wants it,” Lamont said.

Murthy said he has noticed 57 percent higher rates of suicide in the past 10 years, not counting the reservations, in America. There is a new crisis line, 988, and it is a line open all day every day for those who suffer with mental health issues and need support if they do not have a provider or need immediate help.

“I leave here optimistic about our

chances for doing better when it comes to youth mental health. Because not only was it clear that the students I met today were open and willing to talk about their mental health struggles, they were open with their struggles with loneliness and isolation,” Murthy said. “But they wanted to be part of a solution and some of them are working with legislators and legislation that actually help invest more in addressing mental health needs.”

Russian journalist fights censorship, propoganda

By Sofia Rositani
Editor-in-chief
Destene Savariou
Contributor

A prominent Russian journalist had his website censored two days prior to a lecture at Lyman Center, where he spoke about censorship in Russia.

Nobel Peace prize winner and Russian Journalist, Dmitry Muratov, spoke, through an interpreter Vasily Arkahov, a friend of Muratov, for an event held by political science, history, journalism and English departments.

President Joe Bertolino opened the event with introducing Muratov and an award-winning political reporter, Ebong Udoma, who moderated the discussion.

“Tonight, Mr. Muratov will offer us a unique and critical perspective on the Ukraine conflict, Russian society and politics and the grave importance of free press which is under siege,” Bertolino said.

Following Bertolino’s speech, chairperson of the journalism department, Cynthia Simoneau introduced Udoma and Muratov.

“In the last 25 years, there have been over 250 journalists killed,” Muratov said.

Muratov adds that 180,000 websites in Russia were censored. According to Muratov, the Soviets did not kill journalists, but over a 25-year period, 215 journalists have been killed. Recently a journalist was assaulted on a train because the media has

been targeted in Russia.

“I apologize for the censor, but I don’t want to humiliate myself with hope,” Muratov said.

Muratov goes on to explain the constant war journalists face daily. According to Muratov, there are two sides to journalism in Russia.

Soviet Russia- if you have something on your mind, write the opposite and expect heavy censorship. An example of this is when the Russian General Prosecutor censored or “shot” 180,000 websites. Or when the Echo of Moscow, - Russia’s third largest news platform, was taken over by Parliament.

Versus Russia- where you can write your thoughts but can’t publish them; otherwise, you’ll be

declared enemies of the state and likely executed. The seven police officers positioned throughout the building should answer your question. When they were addressed in a question about whether or not he feared for his safety.

“I thought security was here to protect you from me?” He said. “In short, no.” Even when another journalist furthered the question about whether or not he fears for his safety if he returns to Russia, he still answered no. “I don’t fear for my life. I return to Russia because I’m not the only targeted one.”

As told through Arkahov, Muratov details what life is like for journalists declared enemies of the state. He used images he took, and others took to show what it is like to be

a journalist in a country where there is little to no freedom of speech. He showed images of executed journalists and a newspaper with an image of a journalist in a cage who was sentenced to 22 years in prison.

Dmitry Muratov went into detail about his thoughts on journalism’s future in Russia.

“As a journalist at this stage, I find it’s best to sit and observe with respect but leave it to the young journalists. This generation is my hope,” Muratov said.

Young people in Russia “have a very difficult fate,” according to Muratov.

Journalists speaking out and doing their jobs- has cost the lives of 19 young journalists labeled them as “foreign agents.”

“In the motherland, the country doesn’t need the truth. It needs those who serve their country. We need propoganda, not journalism.”

Muratov spoke about propoganda and how a lot of young people mainly watch and read the news that has propoganda. They do this because that’s the main news sources they can get due to other sites and broadcasts being censored by the country.

“Propaganda is selling the idea of killing and the idea of murder,” Muratov said. “Propaganda always prepares people for something.”

He compares propoganda to radiation at one point during the event.

Muratov said, “The media genocide has been accomplished.”



PHOTO | LUKE MOLWITZ

Nobel Peace Prize Winner and journalist Dmitry Muratov accepting Southern hoodie.

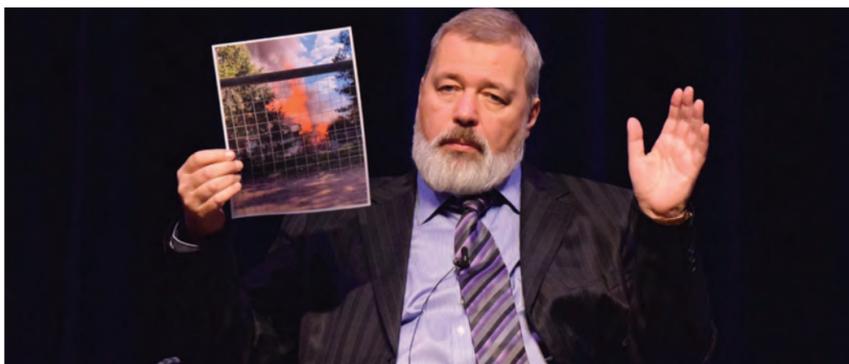


PHOTO | LUKE MOLWITZ

Muratov showing an image that was taken while a journalist was harmed.

What to expect from new professors on campus

**By Robby Tierstein
Contributor**

Due to all the professors who have recently retired or left Southern, the university experienced a noticeable change in faculty during the fall 2022 semester.

Daniela Wolin, Ph.D., is a new adjunct professor in the anthropology department. She formerly taught at Eastern Connecticut State University and was contacted by anthropology chairperson Michael Rogers, Ph.D., through a previous lecturer. Wolin is “really excited to join Southern as a lecturer” in biological anthropology.

“Southern has a very strong anthropology program, it has classes in biological anthropology, cultural anthropology and archaeology,” said Wolin. “It’s a really wide-ranging department.”

“I’m excited to be teaching at Southern just because there are a lot of resources within the department of anthropology including a lab space and an extensive teaching election of casts,” said Wolin.

Wolin is joined by another recent adjunct professor, Dave Paulson, of anthropology who was contacted by Rogers over the past summer. Paulson is also currently working on his Ph.D. in anthropology at Temple University in Philadelphia, Pennsylvania.

Paulson is an alumnus who graduated in 2010 with a bachelor’s degree in anthropology with a minor in psychology and Asian studies. He “was very active on campus” and was “committed to the field of anthropology during that time as an undergraduate student.”

Paulson is an instructor at the university’s interpreting culture’s course. This course is “themed in anthropology” with the intention of teaching critical thinking skills, “learning argument structures” and analyzing information that is presented to them in their daily lives.

Paulson is eager to teach at his alma mater, the same place that fostered the skills he needed to become the person he is today.

“Coming full circle, it’s very much a homecoming

for me to come back to the place where I developed as a student and got my early beginnings as an intellectual,” said Paulson. “And now as I progress into my professional career, I can give back to the university that raised me in a meaningful way.”

When it came to addressing the changes in faculty in the anthropological department, Rogers said that it was a relatively smooth process.

“We did not have any full-time faculty retire, we just had part-time faculty retire,” said Rogers. “It’s a little bit easier because part-time faculty only teaches one or two classes per semester.”

“We have an easier time recruiting part-time because full-time is a tenured track, it’s a permanent position, it’s a yearlong nationwide search,” said Rogers. “We didn’t have to do that since we had only part time people retire on us.”

Heather Wagner is a new full-time assistant professor with a bachelor’s degree in music therapy. She was contacted by music chairperson Joshua Groffman, Ph.D., to become the coordinator of the first music therapy academic



Photo | Luke Molwitz

Moving bins set up for students and moving volunteers on the side of West Campus.

program in Connecticut. Unlike other new professors, she has not replaced a previous faculty member.

Groffman said that “we have not had any retirements in our faculty” but there is “a number of new faculty this fall.”

Wagner was previously a

full-time assistant professor at The State University of New York at New Paltz.

Wagner was able to apply for her current position after the university was able to propose a music therapy program. She was eager to finally be able to work in her home state.

“The past ten years of my life were advocating for a music therapy program here in Connecticut,” said Wagner. “I looked at different universities in the state and was considering where might be a good fit for a music therapy program and Southern was one of them.”

Move-in day brings new students to campus

**Photos and Story By
Sarah Shelton
Photo Editor**

New Owls, also known as the class of 2026, were welcomed to campus on Aug. 25.

The scene was filled with many upperclass students who volunteered to help underclassmen

move in and parents wishing their children goodbye.

While not every student was a freshman, as some upperclassmen moved in early, volunteers still helped them load their stuff into ResLife move in bins to get cars moving away from the front of the dorms for more students and parents to arrive.



Student running with stuffed bear to catch up to moving volunteers.



Volunteer smiling while pushing a bin with a student.



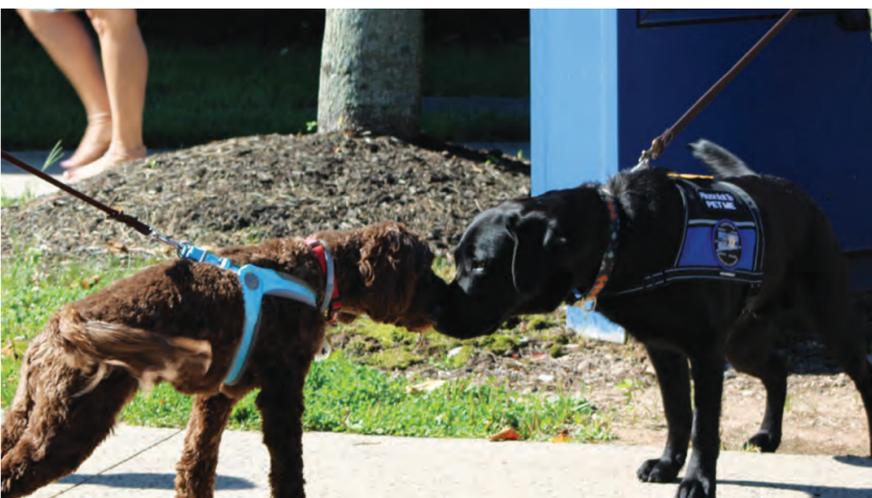
University Police directing cars to parking spots.



Signs directing people to dorms.



Moving bins set up for students and moving volunteers on the side of West Campus.



Officer K9 Jules not only greeting new students, but also other dogs on campus.



Elementary education major Arianna Palmer representing the dance team with volunteers.

Fivio Foreign concert kicks off Fall semester

By Hailey Roy
Contributor

Maxie Lee Ryles III, better known as Fivio Foreign, was the first artist to perform at the University in the past four years. Hosted by the Office of Student Involvement, the rapper made an appearance on Saturday, Sept. 10, 2022, in the academic quad for the fall concert.

The New York rapper has over 10 million monthly streams on Spotify. He performed some of his biggest hits including “City of Gods,” “Demons” and “Zoo York;” his favorite song to perform was “Big Drip.” He released his first single in 2019, making him an up-and-coming artist to look out for.

Ryles has 1.9 million Instagram followers and has collaborated with popular artists such as Kanye West, Alicia Keys, and Nicki



Fivio Foreign performing at the academic quad on Saturday 10, 2022

PHOTO | HAILEY ROY

Manaj.

This was his fifth performance at a university ever and described the audience as having a lot of energy.

“The energy was crazy; the energy was crazier than a lot of spots,” Ryles said.

During his performance,

he brought four students onto the stage to dance to his song “What’s My Name.” His interactive performance made for a highly enthusiastic audience.

This was a unique opportunity for students on campus. Events like this only

happen once every couple of years. In the past, the university has had artists like John Legend, Bryson Tiller, The Roots, J Cole, A Boogie Wit da Hoodie and more.

The rapper had some advice to give to students at

the university.

“Study what you’re doing, whatever craft you’re trying to do, master it and be the best at it,” Ryles said.

After the performance, students from the special events committee got to attend a meet and greet with Ryles in the Lyman Center. They were able to take pictures and speak with the artist.

The concert was about 35 minutes long. It was easy to see the amount of effort that students put into this event.

Siddhi Suresh, a senior majoring in communications, discussed the process of getting a performer from a student’s perspective as a member of the special events committee.

“Eric Lacharity asked us to make a list of artists that’s based off of our list of artists and then we asked around, asked our friends and then we sent it to Eric.”

There are many factors and filters that go into picking an artist. Price, availability, popularity, song lyric messages, and safety are all taken into consideration.

“We want to make sure we’re bringing the right fit of an artist to our campus. We look at the messaging in their music and if they’re misogynistic or degrading women or don’t use the right language that we would want to hear at a social justice institution,” Associate Director of Student Involvement and Leadership Eric Lacharity said.

The Office of Student Involvement also works with the university police department to see if there have been any criminal charges or red flags associated with the artist that could raise a concern.

“We’ve had a really good stretch of concerts” Lacharity said.

Opinion: Senior Year Started With Fleas and Stitches

By Sarah Shelton
Photo Editor

Every year something seems to go wrong with my dorm, but this year has topped it.

As a senior, I was finally excited to move into North Campus for the first time. My roommate and I both have a single with a shared kitchen. That means our own bathrooms and king-sized beds.

On the first day of move-in, my toilet was covered in pee stains so bad that the entire seat was discolored and could not be scrubbed away.

I honestly could not wait for maintenance as I was getting no response, so I drove to target and got a toilet seat for \$24.99, with no reimbursement. After moving everything in I was happy with my dorm.

Within a day or two after move-in, I moved in early for work, I noticed bug bites on my ankles. I brushed it off as mosquitos as I was swatting them away the night before.

When my roommate moved days later, within one day, she started getting bug bites in the same place.

I checked my mattress for days and there were no bed bugs in sight. I felt relief every day after checking.

My roommate then started finding tiny bugs on her; I too found one on my arm.

On Wednesday, Aug. 30, we put in a work order for extermination.

The next day we went into my bedroom and found multiple bugs on my rug. We put one in a plastic bag and brought it down to the front desk for help.

That’s how we found out our room was infested with fleas.

The Resident Advisors on duty asked if we had any pets at home. Was I scared to admit I have a dog? Yes. Jax always has a flea and tick collar on, so it could not be from him. My mom also deep cleans the house almost daily.

The amount of fleas we have found in our room at that point was too many for me to have brought here anyway, especially since I had not been in the other bedroom. Both bedrooms and our shared common room had these bugs that blended in with the carpeted floors.

I did not know how to handle this situation as I have never dealt with fleas.

Everyone helping quickly realized this was probably from whoever stayed in our room over the summer. Probably the same person who peed all over my toilet seat.

The director of Schwartz Hall talked to us Wednesday night. We were told we had to stay in our room with the fleas, because of the university’s pest control and central housing rules, and told the Exterminators could not come until Friday.

While agreeing with the fact we should not spread the fleas, we were not the ones who brought it, nor should we have been forced to stay in this room.

We did not want to bring them to our homes, so we had no choice but to stay with our flea roommates who refuse to leave our carpet.

My mom and brother had to drive up that night and go to Walmart to get us flea spray and sticky traps, which I got permission to use that night, and we cleaned.

On Thursday, Sept. 1, our hall director, Clint Gosselin, finally gave us the option to



Flea found in a rug inside a North Campus bedroom..

PHOTO | SARAH SHELTON

relocate, but my roommate Ali and I agreed we would make a decision after the exterminators came.

Finally Friday came and we were ready to evacuate for a few hours, but that never happened. However, we finally got confirmation there was a cat here over the summer who left the fleas.

The exterminator checked my room and claimed he did not find anything, even though I found three new bites that morning. He was about to leave so Ali asked him to check her room and he found some. He said he will come back on Monday to treat it.

Gosselin was just as disappointed as us. We all had the impression they were treating it that day. He offered to move us to a new room permanently and started working on paperwork to get us a free laundry card to wash everything.

Ali and I were very grateful for Gosselin as he seemed to be the only one at the university taking this very seriously. He also took fast action which we did not receive in West Campus last year.

In the words of my mom, “this is ridiculous, why are they making you live with bugs for three more days?”

Ali and I started cleaning the new room, and as I was doing laundry I slipped and hit my head pretty hard on the washing machine door. I felt very embarrassed that I injured myself while doing laundry.

The laundry room floor was very waxy, but my slides may have been a little slippery due to Wednesday’s flea spray. Either way, I somehow ended up on the ground.

There was no cell service in the laundry room and my calls would not go through, but eventually one somehow got through to Ali and she had to run down the hallway with paper towels, as open foreheads tend to bleed a lot.

Poor Gosselin also had to take care of bloody me after spending all day taking care of our flea problem and moving situation.

I was taken to the hospital for the concussion and had to get five stitches near my eyebrow. Yay for my black eye and the new permanent scar.

Also, my dog Jax is okay and flea-free. Good thing he loves taking baths, because he will be taking many more to make sure my mom did not bring it home.

What a great way to start off senior year. Beware of Room 311.

OLAS Gets Groovy

By Ali Fernand
Features Editor

The Organization of Latin American Students (OLAS) held a dance event called “Latin Moves” in the Adanti Student Center Ballroom on September 6th. This was a night open to all students to learn the basics of a few Latin American styles of dance.

“Latin Moves” was one of the first events held to kick off the new semester at Southern. This event stands out from others. It offered students both a chance to get active their first weeks back on campus and to learn something new about Latin American culture. The event was offered to all levels of dance skill, making it easily accessible for students who are new to these dance styles.

“People can come and learn new dance moves with us, like Bachata, Salsa, Merengue,” president of OLAS Cristal Rivas said.

Students were able to get a taste of what the organization has to offer. OLAS has its own dance team, making this an opportunity to explore how students might want to be involved.

“Latin Moves” is an event that the organization typically does during Week of Welcome. It is an event that captures the fun and embrace of culture that OLAS represents as an organization.

“It gives a chance for students at Southern to come see what our organization is about,” public relations Arianna Ruiz said. “We want to educate the campus on what we’re

about here.”

OLAS offers a way for Latinx students to embrace their heritage and place on campus. It also allows non-Latinx students to learn more about Latinx culture. Creating an atmosphere of respect and appreciation is valuable to many students at the university and “Latin Moves” offered exactly that.

“I hope [Southern students] can get not only educational information, but just build new friendships with us,” said Ruiz.

All OLAS events are also an opportunity for students to socialize. Latin Moves began with everyone introducing themselves. This made it less tense for students who might be nervous going into a dance event.

The organization puts in effort to make students comfortable at their events. “Latin Moves” included a variety of snacks and beverages for the attendees to enjoy. This kept everyone energized and hydrated so they could focus on learning the dance moves.

The timing of “Latin Moves” was not coincidental. It was held with a clear purpose of what it wanted to represent.

“It’s something to kick off Hispanic Heritage Month,” said Rivas.

September 15th – October 15th is Hispanic Heritage Month, making this event a way for students to get educated. This is a month meant to celebrate the impacts and accomplishments of Hispanic culture in the United States.

To read more, check out www.thesouthernnews.org

Featured on the Website

Students have a chance to win a 43 inch TV and AirPods at a ProCon event. They were able to do this just by guessing songs from short snippets. his included Post Malone, Olivia Rodrigo, and even the Victorious cast. It was

a mix of both throwback hits and popular songs today. More details on this event are on the website. There was pizza, chips and refreshments offered to students participating.

Rosalia, Spanish singer-songwriter, has dropped

the deluxe version of her album “MOTOMAMI” called “MOTOMAMI+” on September 9th, 2022. Rosalia has gained intense popularity because of her unique sound and virality of a few songs. She has collaborated with popular

American artists such as Travis Scott, The Weeknd and Billie Eilish. This has allowed her to gain popularity with American audiences. Rosalia is known for her unique approach to vocals and production. Her vocals serve as an



PHOTO | ALI FERNAND

Students learning various styles of Latin dance.

Fall Sports are back in full swing this year

By Jaylen Carr
Sports Editor

This semester will bring a lot of excitement and expectations for all sports. Players and coaches are setting individual and team goals to help motivate them in their sports.

The volleyball team has won six of their first ten games to start off the season.

Senior volleyball player, Payton Reis said, "Our overall goal is to make it to the NE10 Championship and then into regionals."

Winning the NE10 Championship would be major news for the university

But individually, Reis said she wants to set her own records and be able to break her own records.

"At the end of the day I play volleyball in college because I enjoy it. My biggest motivation is that it is something I enjoy and it is fun," said Reis. According to Reis, her teammates are one of her biggest motivations because they are always helping each other to get better each day.

The men's soccer team is off to a 3-0-1 record, scoring 12 goals in their first four games. The women's soccer team is off to a 2-2 start with 21 saves thus far.

Despite the football team falling short 48-7, to Shepard University on Sept. 1, 2022, there are still high hopes and goals to reach this season.

This season Inside Linebacker, Jahliil Watson

said, "Our main goal is winning the NE10 championship and then getting into the playoffs."

Watson said he is motivated by his family because he grew up in a neighborhood full of poverty. His parents' great work-ethics inspired him to work hard according to Watson. "I do everything for them," said Watson.

Defense is one of the major keys to winning games and having a successful season this year for the football team.

"As far as the defensive aspect, we talked about this all offseason, throughout spring ball and even now up until fall camp that we want to be a scoring defensive and shut people out," said Watson.

Offensive Coordinator Christopher Bergeski said, "We have a great group of guys and excited throughout camp to get them back here working. Taking business with our league is an important part of our game. We have a young team, but we have some experienced players as well."

Despite some players having different years of experience on the team,

Bergeski said "Our guys have been working their tails off and for us we try to take it a step at a time." Both the players and coaches not only have team goals but individual goals to achieve by the end of the season.

Fall sports have huge goals as individuals and as a team that they want to achieve.

Football team opener was a learning experience

By Ben Martin
Sports writer

The football team lost their first game last Thursday, September 1, to the Shepard University Rams 48-7. The game was the season and home-opener for the Owls and it did not end the way they wanted.

Although the game did not go as planned, the team

believes there are positives to take away. According to senior quarterback Joe Bernard, the team was well prepared and felt confident going into the game.

"We had a great camp," said Bernard. "We feel like we have playmakers everywhere."

In conjunction with being prepared, the team did not give up during the game. In particular, the team

improved in the second half according to sophomore running back Diante Wilson, saying that they tried to outscore Shepard even though they were down.

Along with the team, Bernard felt ready to go on Thursday as well. Bernard stated he felt good about his reads and where to put the ball.

Sophomore running

back Diante Wilson caught a touchdown in the third quarter. Wilson's touchdown capped off a seven-play drive that started at the Southern 22-yard line.

Along with the touchdown on that series, Wilson had three rushes on that drive as well.

Wilson stated that many of his touches last season were handoffs rather than receptions and as a result, the touchdown meant a lot to him.

"I worked hard this offseason on becoming more of a balanced running back," Wilson said.

Wilson believes that this game was a good learning experience for the Owls.

The defense had some bright spots as well. Senior linebacker Robert Nunez and Junior Hasan Dominick ended the game with 12 tackles each. However, the biggest defensive play for the Owls came from the sophomore defensive back



PHOTO | LUKE MOLWITZ

Shawn Martin (running back) gets tackled.

Ja'Kai Young.

The pick came late in the first quarter after Shepard had established a 14-0 lead. Also, it ended a four-play drive in which Shepard was moving swiftly down the field. The pass that Young intercepted was an endzone pass as well, which prevented another 1st quarter touchdown for the Rams.

"We have put our best foot forward and made corrections we need to make," Bernard said.

Looking ahead, the Owls take their newfound learning into a match up against The University of New Haven Chargers.

The cross-town rivals are coming off a seven-point loss to Bowie State, and last year held the top record in the northeast 10 conference. While the Owls play another tough opponent, they are not afraid of the challenge, Bernard said, "We are full steam ahead and ready to show everyone what we've got."



PHOTO | LUKE MOLWITZ

SCSU offensive line opens up a running lane for the running back.

Women's soccer trio propels them past Post

By Ben Martin
Sports writer

The Owls women's soccer team defeated The Post University on Sunday, September 4, with a score of 3-0.

The Owls had a variety of goal scorers in the game with each goal coming from a different player. The scorers in the game for the Owls were sophomore forward Kylee Slavik, senior back Julia Alicea and freshman forward Nicky Deslauriers.

Slavik put the Owls on the board first in the first half at the 27 minute of play. The score came on a pass from junior forward Alexie Rosado.

"It was so relieving," said Slavik. "All my hard work has finally paid off"

Slavik worked all winter on her skills and built up her confidence to take on players one on one. Additionally, she worked on creating opportunities for herself and her teammates.

Slavik's goal may have been the first in the game; however, it was not the last one the Owls scored that afternoon. In the second half, the Owls tacked on another two goals.

The first goal of the second half came on a spectacular header by Alicea off a corner kick by graduate student midfielder Taylor Hennig. The point was racked up with 62

minutes played in the game. "It felt really good to put away a goal at the beginning of the season," said Alicea. "It gives me more motivation going forward"

After Alicea's goal, the Owls added another one just six minutes later. The goal was scored by freshman forward Deslauriers. It came off a pass in front of the goal by fellow scoring teammate Slavik.

"It felt good to score my first goal," Deslauriers said. "I feel like I'm getting well with the team and our style of play."

Coming into the game, the Owls were 1-2 and came off a crushing 7-2 defeat at the hands of The Mercy College Mavericks. In that game, Mercy had two players that each scored two goals.

Due to those circumstances, the Owls came into the game with a mix of nervousness and excitement Alicea said. Overall, the team had high energy according to Slavik, which made them ready to play a game they needed to win.

"We knew what we are capable of and were looking to tap into our identity as a team again," Alicea said.

Winning against Post did not only even up SCSU's win and loss totals, but it served as a momentum swing for the team.

Alicea said, "It gave us that extra motivation and positivity we needed heading into conference games."

The Owls start conference play tomorrow September 10th as they travel to Vermont to play The Saint Michael's College Purple

Knights. Last year, the Owls had a record of 5-5-3 in conference play which meant they were in the middle of the pack. However, they are looking to improve that in conference record this season.

The Owls have another NE10 matchup this week

on Tuesday at The Pace University Setters in New York. The women matched up against Pace once last season and won that game 2-1. The two consecutive in conference matchups make the Owls come back with a positive result.

As the Owls get into NE10,

the games mean more for their chance at getting into the playoffs. That heightened importance has the team fired up and ready to go.

"We have a lot of momentum and excitement that's coming from our last win; we can not wait to keep them coming," Slavik said.



PHOTO | LUKE MOLWITZ

Riley Ayer (back) passes the to her fellow teammates.