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Nancy Pelosi promotes book at Lyman

By Brianna Wallen
News Editor

Referred to as the most influential woman in American politics by CNN, Nancy Pelosi is the first woman to ascend to the most powerful legislative position in the country.

From 2007 to 2011 and most recently 2019 to 2023, Pelosi served as the 52nd speaker of the United States House of Representatives.

Pelosi can now add being the author of two books to her extensive professional history.

On Aug. 6, Pelosi released her new book "The Art of Power," which shares her immense transition from a housewife to the House Speaker.

On Sept. 22, the university opened its doors to the trailblazer. Hosted by RJ Julia Booksellers at the John Lyman Center for the Performing Arts, history unfolded.

Pelosi gave the audience an exclusive look at some of the most monumental events from her nearly four decades in Congress.

"I wrote the book to set the record straight because other people were writing about these things, and I thought 'That's not how it happened,'" Pelosi said, "but they wrote their book. I'll write mine."

The event commemorates the power of women's leadership in all forms, as women initiatives are engraved in not only the nation, but the university as well.

"Speaker Pelosi's qualities resonate deeply within the baggage we hold here at Southern Connecticut State University," Interim President Dwayne

Smith said, "since our founding more than 130 years ago by three educators. Two, by the way, were women."

Smith also said that the university championed women's education.

"Suffolk's first women's studies course was offered in 1971, making Southern one of the

representatives and inspired girls and women worldwide, creating a powerful legacy.

"In this powerful sisterhood, we have two women who certainly have the wounds, who have taken the punches, who have punched back, and who together are making the world better,"

"I keep bringing it back to the children, the children, their education, their families, the safe neighborhoods where they can thrive, and that means free from gun violence, as well as a world of peace in which they can thrive," Pelosi said.

With American

obstacle, we'll push open the gate," Pelosi said. "If that doesn't work, we'll climb the fence. If that doesn't work, we'll pole vault in. If that doesn't work, we'll parachute in, but we're not letting anything stand in the way of our passing this legislation."

Pelosi said that the gate was pushed

managing the table was what mattered.

"When Nancy Pelosi entered Congress in 1987, she was embarking on totally changing the dynamic," Coady said.

Pelosi had a mission of inviting more women to occupy roles in Congress. Pelosi said that while there were 435 members, only 23 were women; 12 Democrats and 11 Republicans.

When Pelosi was elected as the first female House Speaker, she said an encouraging realization flooded her mind while sitting at Bush's cabinet table.

"He's talking, and I'm squeezed in. I never had that sensation since or before," Pelosi said. "I was there, and all the suffragists, they were there on the chair, and I could hear them say together: 'At last, we have a seat at the table,'" Pelosi said.

Due to that disproportionate demographic makeup, Pelosi said that she and DeLauro decided to recruit women to join Congress.

"We want more. We want more women, but we want more diversity," Pelosi said, "more representation of what America is about, so that our decisions reflect the people we represent."

Along with fighting for women, Pelosi is also a fearless advocate for the youth. With the election creeping up, Pelosi said that she encourages the community to vote and preserve democracy.

"What I say to young people is, the future belongs to you. You have to shape it. You, because you're going to be living in it," Pelosi said.

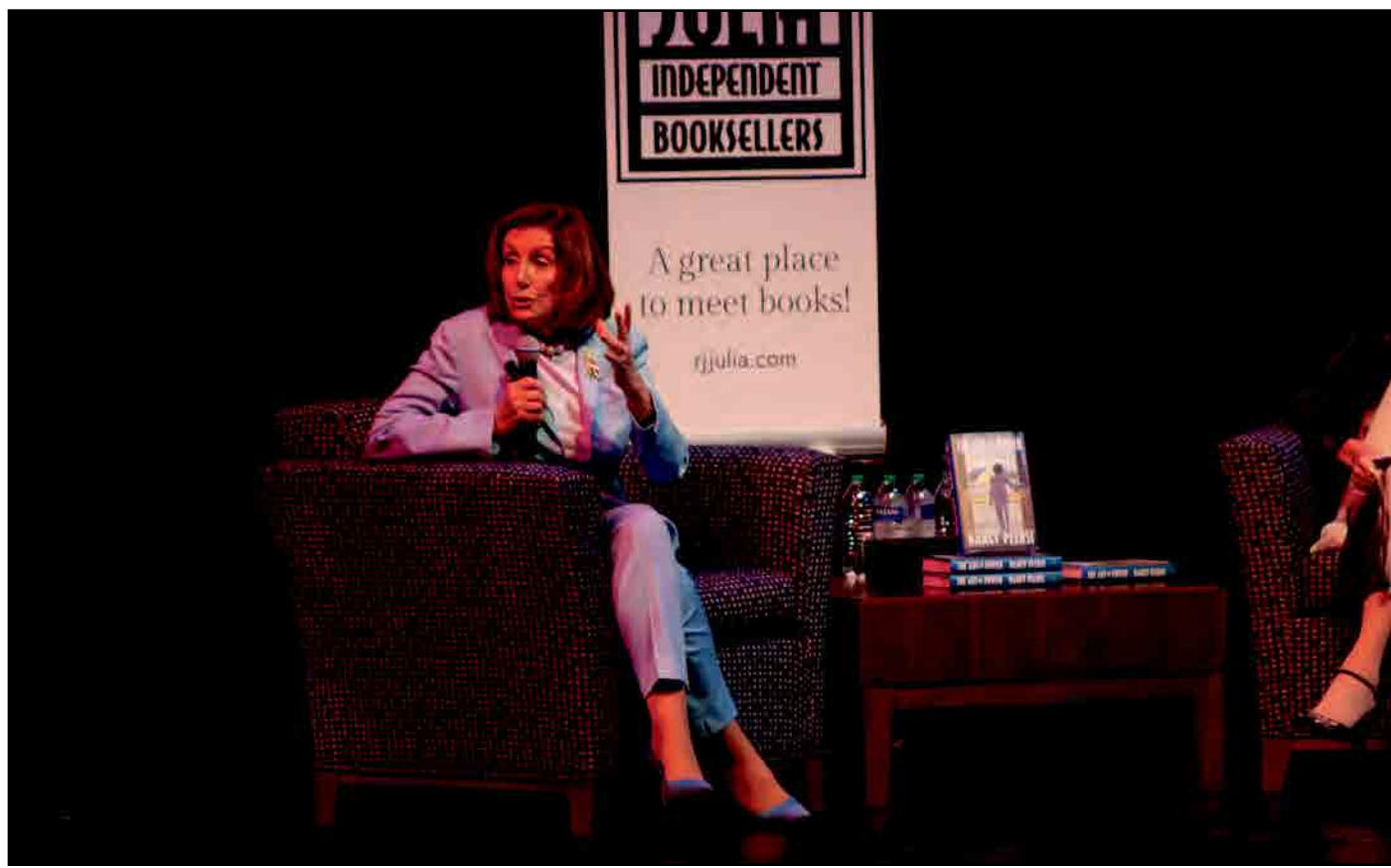


PHOTO | LILY RAND

52nd House Speaker Nancy Pelosi engaging with the audience about her career and new book.

first institutions in the country to offer such courses in this discipline," Smith said.

The event was moderated by none other than Rep. Rosa DeLauro.

DeLauro is a long-standing advocate for working families representative of Connecticut Third District since 1991.

Her unwavering commitment to securing benefits for veterans, promoting education, ensuring equal pay, and raising the minimum wage is the epitome of public service.

DeLauro and Pelosi became the "Dream Team," as they paved the way for female

Roxanne J. Coady, the founder of RJ Julia Booksellers, said.

Pelosi, the master legislator, reflected on the reason behind her most notable legislations.

"It's about justice in our country, and in those negotiations, it was about, 'What does this mean to the kitchen table of America's working families?'" Pelosi said. "It's about being respected for what you do, and fair wages, and working additions, and pensions and the education of our children."

Pelosi said that she is a firm believer in the youth and their future.

families in mind, Pelosi worked alongside Barack Obama in the passage of the Affordable Care Act, or ARA. The speaker said that was the biggest investment to date in legislating.

"It enabled 10s of millions more people to have access to quality affordable health care. But in addition to that, over 150 million families have better benefits, including getting rid of the obstacle of a pre-existing medical condition," Pelosi said.

Despite the drive and benefits to pass ARA, Pelosi said that faced many obstacles.

"If there is an

open; however, she credits that to the community.

"It was all of you. People from the diagnosis community, anybody, any illness that was out there which was a pre-existing medical condition, all of those people, those grassroots people, the outside mobilization, made all the difference," Pelosi said.

The trailblazer is also an advocate for women taking up space in high positions and being able to have their voices heard.

Coady said that women traditionally set the table, but having a seat or



PHOTO | BRIANNA WALLEN

Interim President Dwayne Smith beginning to introduce former House Speaker Nancy Pelosi and Rep. Rosa DeLauro.



PHOTO | LILY RAND

The audience getting ready for the arrival of Nancy Pelosi.

Student health services hosts STD testing

By Brianna Wallen
News Editor

Roughly one in four college students have a sexually transmitted disease, STD, and in many cases, students who have contracted an STD are asymptomatic, according to Hartford Healthcare.org.

Located in Granoff Hall, Student Health Services hosted Get Yourself Tested. On Wednesday, Sept. 18, students were able to take advantage of free testing for sexually transmitted infections, or STIs.

While STIs can cause mild symptoms, they can develop into STDs.

Melissa Lopez, the director of student health services, said these events help to encourage students to get tested.

"It is important for students to get tested so that they're aware of their status, and if they have an STI, they can get treated," Lopez said.

Student Health Services also offers resources to students that do test positive for STIs.

Lopez said that due to a partnership with the Connecticut Department of Public Health, treatments and contact tracing are free of charge.

"Treatments for



Linda Sadinsky, nurse practitioner and Melissa Lopez, the director of student health services standing in Granoff Hall.

PHOTO | BRIANNA WALLEN

STIs are offered free for students, and then we offer them education," Lopez said. "We also offer partner notification and expedited partner treatment here."

While these services are available, students can be hesitant to reach out and become aware of their

status. The unwillingness to be tested can be traced back to the taboo around STDs.

"I think there's a stigma around STDs, and this makes people hesitant to get tested because they are scared people will judge them and their lifestyle," nursing major Favour

Amayo, a sophomore, said.

Lopez said she believes that students should not be scared, as her department can assist students with the whole process.

"If they get tested, they're able to face the issue and also understand what their status is, and we can address the

problem for them," Lopez said.

Biology major Dania Burgess, a sophomore, said that STD testing can provide students with a peace of mind.

"It is a good way to ensure that everything is okay and for students to be educated on ways

that they can be healthy," Burgess said.

By getting tested and being aware of their status, students are also able to keep themselves and others around them safe.

"I think that everyone getting tested for STDs can help to stop an outbreak on campus," Burgess said.

Student Health Services also offers a wide variety of resources that students can take advantage of.

Students are able to make appointments for illnesses, injuries and reproductive health visits.

The department also coordinates flu vaccine clinics for students and weekly health education programs in the recreation center.

By welcoming students and helping to resolve their concerns through screenings, health promotion and case management, Student Health Services fulfills their mission of focusing on the physical, emotional and social requirements of students.

"I think that the department does a good job of creating a safe environment and bringing awareness for diseases that people might have and don't know how to find out if they have it," Amayo said.

Owls learn the secret to happiness at seminar

By Brianna Wallen
News Editor

College students are battling a mental health crisis, as more than 60% meet the criteria for at least one mental health problem, according to the National Education Association.

With poor mental health hitting campuses worldwide, it is important for students to be educated on resources available to them to aid their personal well-being.

Located in John Lyman Center for the Performing Arts, "The Secrets to Happiness: Discovering the Science of Well-Being with Laurie Santos," was hosted on Sept. 17.

Santos is an expert in human cognition, its evolutionary history and the evolutionary biases that impact human decision-making.

Her research focuses on the relationship

between positive psychology and behavioral modification for a happier life.

The speaker is a well-known psychology professor at Yale University and author of the widely acclaimed course The Science of Well-Being.

Santos also hosts the noted podcast The Happiness Lab, which explores the science behind happiness and how individuals can live more fulfilling lives.

The psychologist visited campus, as Owls united to gain insight on how to boost their mental health.

Santos said that there is a direct link between one's mental health and their performance.

"Not only does your mental health matter for your performance, but your mental health matters in particular if you care about solving the

problems of the world," Santos said. "Positive emotions are the kind of thing that's going to make you fix the problems."

The conference "Elevating Student Wellbeing: Pioneering Strategies for Social and Emotional Empowerment" was held earlier in the day.

It is anticipated to provide groundbreaking insights that build on the knowledge gained from the previous event.

The event featured presenters Marc Brackett, a research psychologist and founding director of the Yale Center for Emotional Intelligence, and clinical social worker Steve Gross, who is the founder of the nonprofit organization Project Joy.

Santos shared her top tips to building a fulfilling life. Her tips include both behavioral and mindset changes.

These ranged from

making time for gratitude every day, being present, engaging in social activities and getting enough sleep.

"It's helpful to focus on gratitude, to focus on the things we're thankful for," Santos said. "I think we spend a lot of time not feeling grateful, and happy people don't spend as much time doing that."

It is important for people to get an average of 7-9 hours of sleep per night.

However, many, particularly youth, are sleep deprived.

Santos said a lack of sleep impacts one's behavior and mindset as well. Subsequently, it is important to prioritize sleep and implement healthy habits.

This can be true for students at the university. Sociology major and psychology minor Leilany Cruz, a sophomore, said she typically gets 5-8

hours of sleep each night.

Cruz also said that if she loses sleep due to her course load it does affect her the next day.

"If I don't get enough sleep, I get irritable, and it takes a toll on my mood" Cruz said.

Santos also taught the audience a meditation practice from meditation teacher Tara Brach that goes by the acronym book of RAIN, which stands for, recognize, allow, investigate and nurture.

The psychologist said that it is important for them to fully identify all their negative emotions to try and nurture them.

"The problem is we never sit with it and look at it so closely enough that we feel it, but that's what the investigative step allows you to do. Kind of ride your emotions like a wave," Santos said.

Feeling negative emotions is natural, and resources to help students

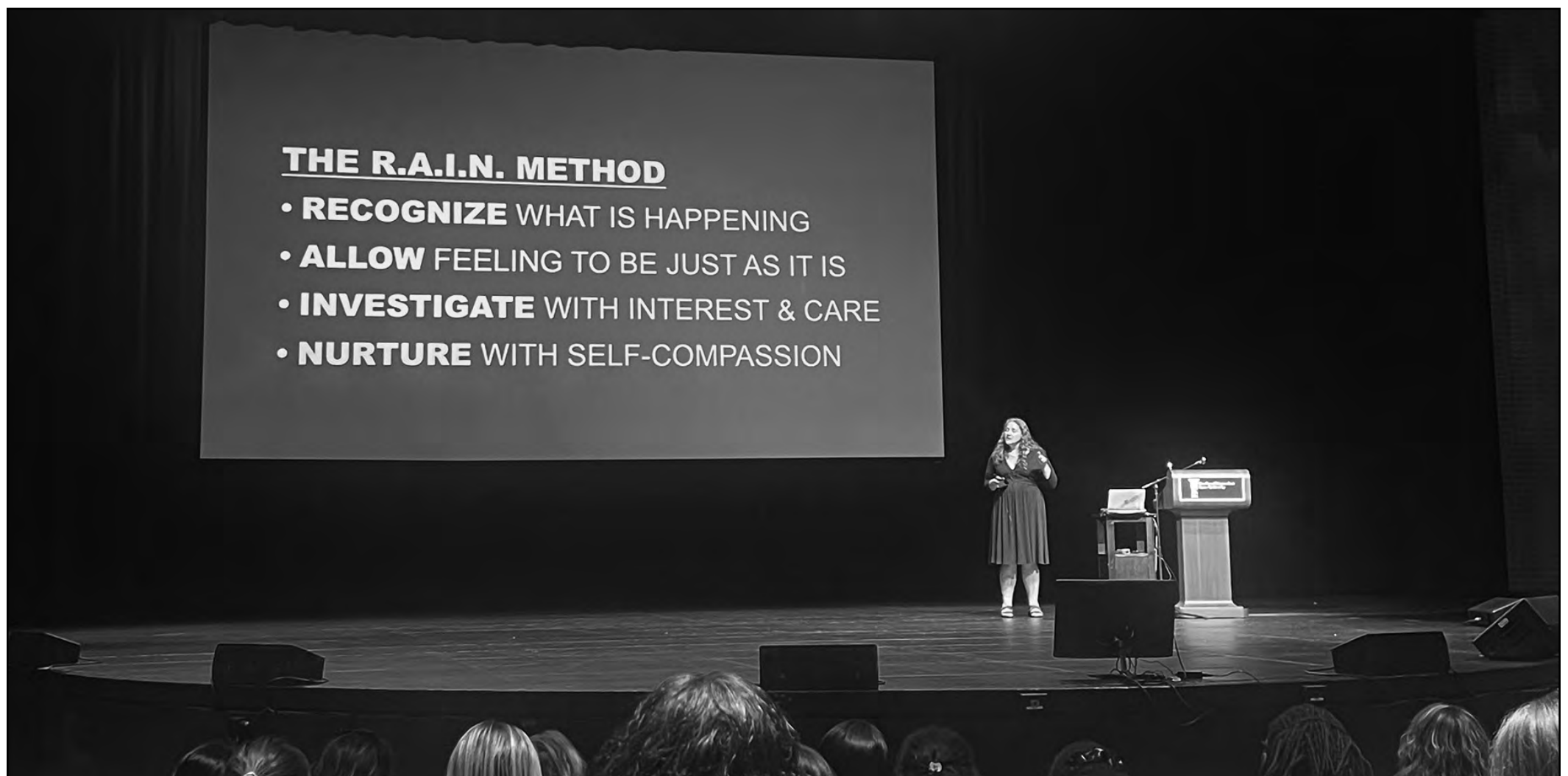
cope with them can be beneficial.

Early childhood education major Priscilla Adebambo, a junior, said this decline can be traced back to the pressures placed upon their population.

"Especially as college students it can get overwhelming with classes and we don't know where to turn to or talk to. So, I think it's important for us to learn about our mental health and where to get help," Adebambo said.

With many outside factors that affect college students, Cruz said there should be mandatory seminars on campus, similar to Santos' seminar, where students learn about mental health resources.

"I definitely think that students should attend seminars and learn ways to manage and prioritize their mental health," Cruz said.



Speaker Laurie Santos shares coping methods for negative emotions in the John Lyman Center for the Performing Arts on Sept. 17.

PHOTO | BRIANNA WALLEN

Chilean Independence Day Celebrated

By Lexi White
Features Editor

Chilean Independence Day, also known as Fiestas Patrias, is celebrated all over the world, not only in Latin countries.

On Sept. 18, 1810, Chile gained their independence from Spain. To honor this occasion, students and faculty at the university gathered in Engleman Hall to commemorate Chilean freedom.

Professor Jesse Gleason, who teaches Spanish for the world languages department, organized the event. Her husband and in-laws are from Chile and said that this holiday hits very close to home.

"I love seeing my family take a moment to celebrate with dancing, music and food," Gleason said. "I wanted to bring that celebration to our school, too."

With the help of the Office of International

Education, chicken and beef empanadas were available for students to eat. In addition, Professor Gleason enlightened students on a new study abroad program, led by faculty, that is launching in December.

"We're going to Patagonia for three weeks," Gleason said. "We'll be going to a national park, studying both biology and Spanish, so students can get up to six credits of coursework done in the three weeks while we're there."

Gleason said that she wanted to "give the students who were interested in visiting a Latin country the opportunity to do so."

To help the 10 students who will be going on this trip financially, there is \$750 available in scholarships and financial aid to reduce the cost.

One student who was interested in learning the details of the study abroad trip to Patagonia

was anthropology major Alayna Petroski, a freshman. She said she came to the event to hear the details from Gleason.

"I'm in my first semester of my freshman year, so to have this kind of opportunity, and then possibly get a scholarship to go on the trip is actually insane," Petroski said. "It's a pretty incredible opportunity, and I am really excited."

Even though Petroski is not of Hispanic heritage, she said she wanted to learn more about the Chilean culture. One way of becoming knowledgeable was by trying the empanadas.

Petroski said, "I am really enjoying the food; everything is so delicious, and what makes it even better is that I am learning about the culture of a fascinating place."

Interdisciplinary studies major Nelson Roman, a junior, was another student who attended the Chilean

Independence Day celebration. He said he came to the event to eat the free empanadas and to learn about a country that he admires.

"I like this event because it is educational and entertaining, and it shows us a culture that is completely different from ours in certain ways," Roman said. "We can enrich our education by attending these events through the food of the country and talking to the people that have traveled to the country."

By hosting this event, Professor Gleason got her students more interested in a culture that is important to her while she shared her Chilean experiences.

Professor Gleason said, "This is an opportunity for all students, not just Latin American students, to come and learn more about the culture, the language and for them to possibly even travel to other parts of the world."



PHOTO | CARLY RUSSELL

English major Galileah Torres, a sophomore, exploratory major Abigail Martinez and physics major Anthony Oquendo, freshmen, at the Chilean Independence day event.



Spanish major Soledad Morales, a junior, wearing the Chilean flag at the Chilean Independence day event.



PHOTO | LEXI WHITE

"I like corn mazes because they're really fun to do."
-Physics major Scarlet Dombek, a freshman.

Owls Decide What is your favorite fall activity?

By Lexi White
Features Editor



"Corn mazes because they're fun to figure out."
-Physical education major Travis Christopher, a senior.



"I like to watch scary movies with my friends because it's a good time."
-Sociology major Sophia Davila, a junior.



"I like apple picking because it lets me be in a nature setting where the weather is just right."
-Marketing major Jayme Regan, a freshman.



"I love going to fairs because you have a glimpse of everything having to do with fall, like apple picking, pumpkin picking and apple cider donuts."
-Interdisciplinary studies major Arielle Chetwynd, a sophomore.



"Honestly, pumpkin-picking because I think it's fun, and you could do it with family and friends."
-Interdisciplinary studies major Olivia Schaible, a freshman.

Students enjoy a free food truck lunch and snow cones

By Lexi White
Features Editor

The Programs Council, ProCon, filled the stomachs of 200 students at the academic quad on Wednesday, Sept. 18. A Los Mariachis food truck and a snow cone-making station were available for many students to enjoy.

Biology major Devona Smith, a senior, is a part of the commuter committee of ProCon and said that she "targets her events to commuters," but "any student is welcome."

Students were to give ProCon members their student identification numbers in exchange for a ticket. As this event was first come, first served for free food, the line filled quickly.

"People have been lining up 30 minutes before the event even started," Smith said. "The turnout is really good, and it seems like people are enjoying the food and snow cones."

ProCon has hosted a food truck event for the past few semesters.

Members have said that they get great feedback from students regarding these types of events and that they used a good amount of their funding to make their event come to life.

Smith said, "The amount of money we spent on this food truck would probably equal the total cost of three events, and that's honestly why we only do one event like this a semester."

Smith said that their food truck and snow cones event served as "a great alternative for students to get a meal" because it gives them a variety of food options. Students had the choice of three tacos, a burrito, or a rice bowl from the food truck.

Another member of ProCon helping to host the event was nursing major Melanie Gloster, a junior. She said that this event does not only benefit the students who are looking for something to eat, but it also caters to those who want to branch out.

"Students can talk to each other while they're in line and can

hopefully make new friends," Gloster said. "Because the line is so long right now, socializing can make the time go by faster for them."

One student who enjoyed her food was communications major Dahlona Holmes-McKenna, a senior. She said she came to this event because she was hungry and didn't want to pay for food.

"This is definitely one of the better events they have towards the beginning of the year with all the food trucks and stuff, and I'm super happy that this was free," Holmes-McKenna said. "I'm sure a lot of students don't want to pay for food at the student center or wait in a long line at Conn, so having this option today is way better."

Another student, marketing major Anna Vilenski, a junior, said that she saw the truck on her way out of the Buley Library and was "super excited" to check out the food.

"This event is great because it supports local businesses, and students can eat something other

than the regular dining hall food," Vilenski said.

Gloster said that setting up for the event was a bit hectic due to the limited amount of people that were able to

help, and that planning the event took a lot of work.

"We tried to reach out to different food truck companies, but some people didn't really

cooperate," Gloster said. "So, it was very hard to get a certain food truck here with such limited time, but we're glad that it worked out perfectly in the end."

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Men's soccer beat a perfect storm

By Dillon Flanigan
By Sports Editor

It was a gritty and suspense-filled men's soccer game on Wednesday, Sept. 18, as the university defeated non-conference opponent Queens College 3-1 at Jess Dow Field.

The game was delayed for about 20 minutes, as the opponent's scheduled arrival was delayed, pushing back warmups and the game by roughly 30 minutes.

"To be in a game that has so much emotion, and for the game to be affected so much by all the things that we couldn't control," Head Coach Kevin Anderson said "I thought it's a test of resilience. It's a test of a team to see who can put the pieces of this thing together when it's a difficult situation."

Once the game started, those in attendance were in for more than just a soccer game. There were several fouls and offsides called on both teams, as Queens College took an early 1-0 lead during minute 16.

Over the next 18 minutes, the Owls tightened their defense, allowing only one shot on goal that was saved by goalkeeper Devin Juan, a senior, as the offense attempted four shots, which all missed. That was until Zico Groenveld, a junior, evened the score at 1-1, his first goal of the season.

"We knew that there was a lot of space on the right," Groenveld said. "And going into the game,



PHOTO | CARLY RUSSELL

Being held back by a teammate, Queens College midfielder John Morrell, a graduate, argues with the referee before being given a red card.

I felt fit, and I wanted to make those runs, and my teammates found me in very good spots, so I'm grateful for them giving me the ball."

Shortly after the goal, the physical opening came to a head in minute 38, as defender Edward Mensah, a graduate, was given a yellow card. After a conversation with the referee, Queens College midfielder John Morrell was given a red card and ejected from the contest.

The action on the field was delayed as Morrell aggressively confronted the referee while held back by his teammates.

He eventually retreated to the bench, engaging the coaching staff in a heated verbal argument.

As Morrell was exiting the field, a group of fans cheering on each team got into a separate verbal dispute that was mediated by Jay Turiano, the university's assistant coordinator of athletic facilities & academic support specialist.

A minute later, after back-to-back shots saved by Juan, Owls midfielder Solomon Aidoo, a sophomore, was handed a red card and escorted off the field by Joe Hines, the university's associate

director of athletics and coordinator of athletic facilities.

Unfortunately, Aidoo was not available for comment post-game.

"I think it's always easy to judge something," Anderson said. "I haven't seen the video yet, so I'm not sure where either of those lie, but we have to respect the call, and we got to continue with the game."

At the half, now playing 10 v 10 with the ejections, the Owls needed to adjust their game plan.

For more on this story, visit thesouthernnews.com

Softball head coach resigns

By Dillon Flanigan
Sports Editor

If the departure of former head coach of gymnastics Byron Knox came as a surprise, then the university's loss of another veteran head coach is another shocking blow to the coaching roster.

In a late press release on Sept. 12, the university athletics and recreation department, led by Terrance Jones, announced that Head Softball Coach Jillian Rispoli had resigned to "pursue other professional opportunities."

In Rispoli's tenure, she went 125-230-1 including a 4-4 record in four NE10 Conference appearances.

In the same release, the university named Kate Bowen as the interim head coach of the program.

Bowen resigned on the same day from Springfield College as head coach of their softball program.

"Bowen is a highly respected coach with experience in athletic administration," Jones said in the press release. "We're ecstatic to bring someone of Kate's caliber to Southern to guide our softball student-athletes."

Bowen served as head coach in Springfield for eight seasons and served as a graduate assistant for

three seasons prior. She held a 180-88-1 overall record which translates to a .697 winning percentage, the release goes on to say.

"I am excited to join the Southern Connecticut State University family and to come back home to Connecticut. I look forward to working with this group of student-athletes to continue and build upon the program's tradition of excellence," Bowen said.

Bowen was a former softball player in her own right at NCAA Division I Manhattan College, receiving several team and personal accomplishments, including being a two-time recipient of Manhattan College's Female Student-Athlete of the Year.

The press release further states she played three seasons for the Stratford Brakettes, a professional softball team winning three national championships.

The Southern News reached out to the Athletic Department and received the following statement.

"Jillian Rispoli resigned her position as SCSU's Softball Head Coach to relocate to another state with her family," the athletic department said.

For more on this story, visit thesouthernnews.com

Women's soccer loses on senior day in NE10 opener

By Dillon Flanigan
Sports Editor

In a tough NE10 conference game on Saturday, Sept. 21, the women's soccer team fell to the Adelphi University Panthers 1-0.

After coming off a road win at Holy Family University in Philadelphia, Pennsylvania, the team returned home for senior night and their NE10 opener.

This game was delayed, as the field hockey game going on earlier that day was extended; therefore, warmups and a pregame ceremony were kept on hold until after the previous game had wrapped. After honoring their eight seniors, and a national anthem performance by Owls forward Laura Ryer, a senior, the game was underway.

"I was really proud of our players. They did what we asked them to do. They played with heart; they played with passion. They were organized; they were brave," Head Coach Adam Cohen said. "I couldn't really ask them to do anything more."

The Owls had several opportunities to score



PHOTO | LILY RAND

Forward Nicky Deslauriers, a junior, steals and dribbles past a Panther.

early, as forward Laura Ryer, a senior, had a corner kick that was saved by Adelphi's goalkeeper Peyton DeRouen.

DeRouen had nine saves during the game, while the Owls goalkeeper Kaelen Fabry, a graduate, had four.

The game was tied 0-0 at the half, as the Owls tried many creative ways to move the ball around and to stop the movement from the Panthers, but it was not easy.

"The players, they're so creative. That's kind of the beauty about soccer," Cohen said. "The coaches give the foundation and the ideas and the concepts, but once the game starts, the players take over. A lot of those creative moments come from the players."

In the early minutes of the second half, what seemed to be minor collisions between Panthers' Micaella Romagno and the Owls' forward Nicky Deslauriers, a junior, were given a yellow card in two separate instances.

Cohen said: "I just think that's part of the game. They're playing hard, and sometimes it happens."

There were many kicks out of bounds by the Owls to disrupt the seamless speed of the Panthers.

Many times, it worked, as it would result in a lost opportunity for the Panthers. However, in minute 70, Adelphi took a 1-0 lead.

"I think we really knew that they were going to be trying to look for the over-the-top ball, and we

were really able to protect that," forward Shelby Green, a junior, said. "We were very confident that we would be able to score, and I think that just knowing that all NE10 teams are very good, you have to finish your chances."

In the final two minutes of the game, everyone was on the edge of their seat. Deslauriers started the Owls' attempt to tie the game, as her kick was saved by DeRouen.

After she missed, everyone who was on the edge of their seat was on their feet, as forward Alexie Rosado, a graduate, connected for the header but missed by inches, hitting the top of the goal instead.

Midfielder and forward Sydney Myers, a sophomore, would miss her shot, as Rosado and the Owls' final attempt resulted in a save by DeRouen.

For more on this story, visit thesouthernnews.com

Field hockey drops nail-biter

By Dillon Flanigan
Sports Editor

The university women's field hockey team fell 3-2 to the American International College, AIC, Yellow Jackets, after a double-overtime shootout on Saturday, Sept. 21.

"I thought we played really hard. I think we played extremely well," midfielder Lindsey Onofrio, a freshman said. "We had a lot of intensity coming into the game, but sometimes it just doesn't work out in our favor."

On Sept. 14, the Owls went on the road to play AIC, losing in regular overtime 1-0.

In this Saturday's game, the Yellow Jackets jumped to an early 1-0 lead in the first quarter with a goal by forward Fenna Voll, as they held the Owls off the board in the first half.

There were several missed opportunities by both teams in the first half, as each goalkeeper collected four saves apiece.

"A lot of the things we just talked about those

first touches, those lead passes, the spacing that we were trying to get," Frassinelli said. "Then just the execution inside the circle for releasing those shots and getting those rebounds."

Three minutes into the third quarter, forward Keana Criscuolo, a freshman, scored her second goal of the season, the first in the game.

Criscuolo was assisted by midfielder Trinidad Rodriguez Ricchiuti, a senior, and quickly tied the score at 1-1.

Six minutes later, AIC scored their second goal, taking a 2-1 lead.

It was not until late in the fourth quarter that the Owls tied the Yellow Jackets at 2-2 with a goal from Onofrio, the first of her career.

"Thanks to my teammates who did the work up front," Onofrio said, "I kind of just trusted my instinct and went to the same spot that I usually go to, and I'm just happy it worked out in my favor."

For more on this story, visit thesouthernnews.com



PHOTO | LILY RAND

A Yellow Jacket is defended by midfielder Lindsay Onofrio, a freshman.



Goalkeeper Kaelen Fabry, a graduate, misses the save as Adelphi University scores a goal.