

THE RECORDER

www.centralrecorder.org | December 4, 2019

VOLUME 120 | ISSUE 16

Central's Strategic Plan Is Being Reworked After Mixed Reviews



The strategic plan for 2030 highlights many goals that will potentially improve academic and campus culture.

BRUNA VILA ARTIGUES | STAFF

BY ISABELLA CHAN
NEWS EDITOR

After months of developing Central Connecticut's strategic plan for the coming decade, heavy criticism was received from the faculty and staff on the details, as many believed the draft needed to improve in specific sectors and language clarity.

The "Strategic Plan 2030: Changing Lives, Building Communities; Central to Connecticut" implemented by President Dr. Zulma Toro and

working groups will "build upon these fundamental principles to provide an enriching student experience to the increasingly diverse 21st century population of Connecticut and beyond."

"It's important for us to be well positioned to respond to the changing landscape in higher education," Dr. Toro stated. "It's a way for us to come together as a team, a way to come together and be able to embrace a common vision for the institution, for us to share goals and aspirations."

Dr. Toro hopes that with the new goals in the plan a foundation to achieve success

in various aspects of the campus will be created, specifically in education and campus culture.

As of the now, the interim strategic plan, set in place in June 2017, targets four main goals: increase student enrollment, maintaining academic success, expanding community engagement, as well as develop additional sources for funding. Moving forward, the new strategic plan for 2030 will be primarily focused on five "bold goals" from the university that will develop and refine the campus.

These new goals, listed in

order of importance, include:

1. Enhancing academic excellence and preparing graduates to thrive in a changing economy
2. Increasing access to higher education and ensuring student success
3. Fostering an inclusive and safe campus culture that values and encourages individuals to participate in a free and respectful exchange of ideas
4. Strengthening stewardship—advancing scholarship, service learning, and community development for the public good
5. Elevating financial sustainability and prosperity

The Strategic Planning Steering Committee, University Planning & Budget Committee and other work groups have been creating this draft since Dec. 2018. In order to collect the input from various individuals on campus, a number of surveys, interviews and open forums were conducted.

While faculty and staff gathered during a forum to review the new completed

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#17 Football Loses In First Round Of FCS Playoffs

BY TREVI ALICKOLLI
ASSISTANT SPORTS EDITOR

Central Connecticut's historic 2019 season came to a conclusion in the first round of the Football Championship Subdivision playoffs against the University of Albany. CCSU lost 42-14 against the Great Danes this past Saturday despite starting the game strong and controlling the momentum throughout the first half.

"They played better than we did," head coach Ryan McCarthy said. "We had a lot of injuries but that's no excuse, you play with who you have and they played better."

Heading into the game, the Blue Devils were ranked #17, were 11-1 and had won eight straight games while being undefeated against FCS opponents. Their only loss was against Football Bowl Subdivision (FBS) opponent Eastern Michigan on Sept. 21.

Central has been in the FCS playoffs twice in the past three seasons, losing in the first round both times.

Central started the game with a 15 play, 73-yard drive that consumed 8:38 of game time. The drive ended on Albany's

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New Britain Takes Step Towards Ending Homelessness

BY SARAH WILLSON
STAFF WRITER

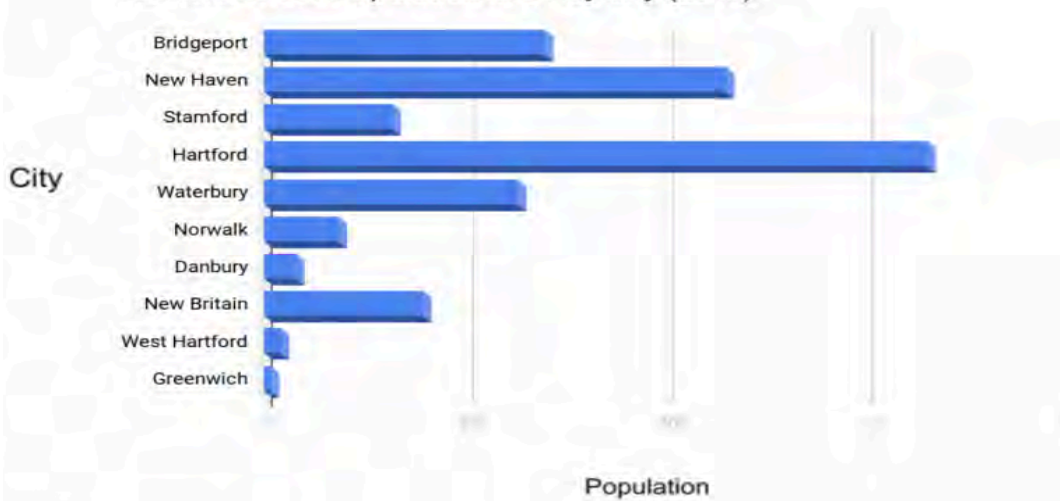
Just one month after announcing chronic homelessness in New Britain was eradicated, Mayor Erin Stewart is helping work towards a plan that aims to end homelessness at a municipal level.

Alongside Milford Mayor Benjamin Blake, Stewart teamed up with the Connecticut Conference of Municipalities to form a new "Homelessness Prevention Task Force."

The Task Force consists of a number of volunteers from the Connecticut Coalition to End Homelessness (CCEH), a program that encourages communities to embark on sustainability projects, such as community gardens and water conservation efforts.

According to the Associated Press, the group will provide those heading the Task Force with a variety of "coordinated, voluntary actions" to become better equipped to address the homelessness issue, including

Homelessness Population In CT By City (2017)



Nearly 150 people remain without shelter in New Britain.

a "model resolution that municipalities can adopt."

While chronic homelessness — which does not take into account those who have been without a permanent address for less than 365 days — is said to no longer be an issue in New Britain, data shows nearly 150 people in the city still remain without shelter.

Roughly 200 city residents were counted as homeless in

2017.

Like New Britain, data shows Connecticut has made progress reducing its homeless population over the past decade. According to the U.S. Department of Housing and Urban Development, the state saw a 38 percent decrease from 2007 to 2017 in unsheltered homeless counts.

The number of homeless individuals is hand-counted

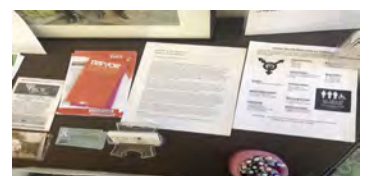
every year at the end of January, a time when the majority of shelters are open across the state, the CCEH said.

Despite the positive trend, 8,000 of the state's residents — including over 1,500 children — spent at least one night in one of the state's homeless shelters.

Stewart was reached out to for comment regarding her role in the program but has not responded.

SARAH WILLSON | STAFF

LGBTQ CENTER HOLDS 'QUEER COFFEE AND DONUTS'



Each semester, the LGBTQ Center holds an event for students to grab refreshments and learn about resources available to them.

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WOMEN'S SOCCER FALLS IN SECOND ROUND OF NCAA TOURNAMENT



Facing off against West Virginia, CCSU women's soccer lost in overtime in the second round of the NCAA Tournament.

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THE RECORDER ARCHIVED

If interested in an archived PDF versions of this semester's Recorder, head to OurSchoolNewspaper.com/recorder.

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Staff meetings for The Recorder are held on Mondays at 5:00 p.m. in the Blue and White Room in the Student Center.

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Red Ribbons Out For The World AIDS Day

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

December began with red ribbons being adorned worldwide as millions came together to show support to all of those who are currently living with and those who have died from acquired immunodeficiency syndrome, better known as AIDS, related illnesses.

For over 30 years, World AIDS Day, annually held on Dec. 1, has been celebrated as the first international day for global health, with governments, United Nation agencies and civilians getting together every year to campaign around a different theme. The 2019 theme "Communities Make the Difference" was chosen to point out the important role of "peer educators, networks of people living with or affected by HIV."

This includes a number of people, including those who contracted the disease through "people who inject drugs and sex workers, women and young people, counselors, community health workers, door-to-door service providers, civil society organizations and grass-roots activists," as United Nations AIDS explains.

Society has psychologically and physically been fighting HIV and AIDS for decades, with over 700,000 Americans who lost their lives to illness since 1981, according to the United States Department of Health & Human Services.

Currently, 1.1 million Americans are living with HIV, along with nearly 40,000 newly diagnosed patients each year. As the disease continues to be openly talked about, there is still stigma and discrimination towards people for it. With the World AIDS Day campaign, people are encouraged to spread awareness of this issue and get rid of all the myths and



World AIDS Day is celebrated on Dec. 1 every year.

HEALTHY NEWBORN NETWORK

misinformation in order to reduce such stigma and harmful views.

As the issues surrounding AIDS remains relevant today, a lot still needs to be done, specifically in the need for funding.

During Feb. of this year, President Donald Trump announced his goal to end the HIV epidemic in the United States within 10 years. However, according to the Centers for Disease Control and Prevention, that would mean at least 400,000 more people would be diagnosed with it by then, thus adding more difficulty to his hefty goal; 20 percent of the newly diagnosed would be young adults from 13 to 24 years old.

HIV and AIDS continues to be present in people of all ages, including college students. Although the majority

of people will treat them the same, there are unfortunately some others who will not. Students with HIV may face discrimination throughout their years in college, such as being excluded from classes, activities or social events among others. Because of this, World AIDS Day emphasizes the importance to educate students on the subject and raise awareness that legal action is also possible for the ones suffering.

World AIDS Day works to make sure that people who suffer from the disease receive effective care and treatment, feel supported and are able to have a normal, high-quality life. The disease may be gaining more attention, however, stigma and discrimination surrounding it and those suffering continue occurring.

@BRUNAVILA

The Recorder is looking for writers and photographers. These positions will enable you to contribute to CCSU and local content to The Recorder. The positions are paid. Contact chan2017@my.ccsu.edu with interest in contributing.



CENTRAL CONNECTICUT STATE UNIVERSITY

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We would like to wish you luck on your finals and invite you to join us in the Student Center on December 4th 4:00 PM- 6:00 PM and December 5th 9:00 AM- 11:00 AM for some holiday treats!

Reminder that The Student Center Hours of Operation during finals are

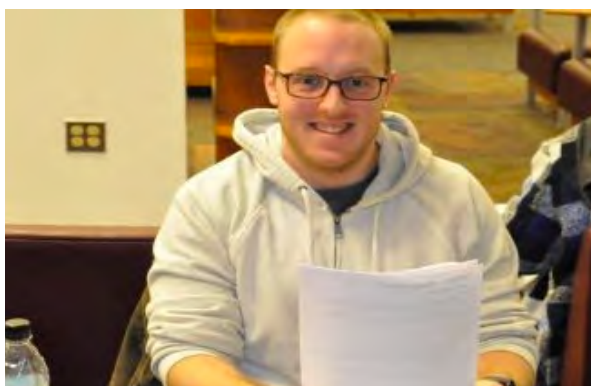
Monday- Friday 7:00 AM- 11:00 PM
Saturday: 9:00 AM- 11:00 PM
Sunday: Noon- 11:00 PM

CONGRATULATIONS TO OUR GRADUATES!

Students Face The Final Countdown, Literally

STORY BY ISABELLA CHAN
NEWS EDITOR
PHOTOGRAPHY BY TREVI ALICKOLLI
ASSISTANT SPORTS EDITOR

As finals week rears around the corner, Central Connecticut students prepare for the mental battle between themselves and their GPA.



ANDREW AUDIBERT - GRADUATE STUDENT

"Between this and my normal day to job, it can be a lot for sure. I would say it has it's moment of stress," Audibert expressed while working a finals project. "I would say it is a lot at once for people, and I can't imagine if I had to do two things and work at the same time — that would be really difficult. So one class at a time is definitely more than enough for me."

But as a teacher himself, Audibert understands the feeling from the "opposing" side as well. Despite being able to relate to the "overwhelming" pressure of finals, Audibert said "it's kind of a necessary evil, eventually you are kind of more pliable in the future."

He believes transparency is the biggest barrier between students and teachers during this time. He recommends study guides and "trying to make sure students know for sure what they need to know at that time."

"The one piece of advice that I would give to almost any student is to do all your work as you're going throughout the course of the semester," Audibert stated.



JAMEY NAPOLEON - FRESHMAN

Despite not having final exams in all of her course, Napoleon explained she has a number of essays and projects that rival the stress of her other two exams.

As a freshman, the common feeling that comes attached finals has yet to hit Napoleon but she knows as the time itches closer too her due dates "mapping out," her assignments is a must. After hearing the rumors and seeing the exaggerated memes of how stressful of how finals can be,

Napoleon was prepared for the worst.

"High school kind of sucked too but in college, you definitely have to just grind and just get through out," Napoleon stated. She recommended "they should work it out better where all the projects are due this week to give students time to study for their test next week."



TIFFANY SLICKLEIN - JUNIOR

"Just cause everything is compounding into one week and if you have five classes then you either have test or projects every class, which is a lot to do in a certain amount of time," Slicklein, a player on the women's basketball team, stated.

The student athlete believes that this time of year stress is evident amongst almost everyone; she suggests that changes should be made to keep the stress at bay.

"Yes, you can tell everyone is just stressed out, very emotional and just like a wreck cause it's a lot to handle in such a short amount of time. Everyone struggles but you have to get through it because it's standard," Slicklein expressed. "I know it's what we signed up for in college but I do think they can organize it better, maybe into a two week period or something a bit longer. It's been going for a while and since everyone keeps struggling they should change it."

Central's Strategic Plan Is Being Reworked After Mixed Reviews

CONTINUES FROM PAGE 1

draft of the strategic plan, many came forth expressing critical assessments of where they believed there was room for improvements.

One of the issues being the lack of acknowledgement towards sustainability efforts. As part of the President's Advisory Council for Environmental Sustainability' (PACES) at CCSU, Dr. Charles Button was hoping for detail on ways the university would implement long-lasting, environmental plans.

"Back in 2007 the campus signed onto the American College and University Presidents Climate Committee. That commitment that our president [at the time] signed onto set three goals and I would like to suggest that they remain part of the campus's goals because we have not removed ourself from that commitment," Button stated.

Button noted that some of these goals included reducing the amount of greenhouse gases produce on campus by 50 percent by 2025 and becoming carbon neutral by 2050, which he believes should be reinstated into the strategic plan for 2030. PACES also drafted other suggestions that they would like to see added to the strategic plan addressing their concerns for campus sustainability.

Other questions also were brought forth, such as regarding reduction in budget while simultaneously increasing class sizes and drawing attention to campus safety.

Although some of those in attendance "felt supported" by the new plan and found the goals to be achievable to reach by 2030, which is based on a social media survey conducted during the forum, there was an understanding that changes needed to be implemented moving forward.

While Dr. Toro and the working groups continue to tweak the the strategic plan, which will be reviewed by the Board Of Regents in Feb. 2020, Dr. Toro remains hopeful that the new plan will bring forth success to the university but was honest in saying it may not appease everyone.

"Thinking that every single recommendation will be part of the strategic planning, I don't know if that will happen [but] everything will be considered and we will try our best," Dr. Toro stated. "We are trying our best to put together a plan that commits some individuals in them middle because at the end, we cannot have 100percent of what every one of us wants. That's the challenge."

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News In Brief

BY ISABELLA CHAN
NEWS EDITOR

Connecticut Begins to Divest in Gun Stocks:

Connecticut is planning to divest its money from civilian gun manufacturers in hopes to aid in the efforts of enacting stricter gun laws, according to the CT Mirror.

State Treasurer Shawn Wooden, who oversees \$37 billion in public pensions, stated \$30 million worth of shares will be divested “in five of the 17 companies identified by an independent index as producers of guns and ammunition.”

This comes just days before the seven year anniversary of the Sandy Hook Elementary School shooting. If approved, it will become the first steps taken by the state to divest in firearm-related companies following the Newtown massacre.

US House Approve Uighur Act That Will Sanction Chinese Officials Over Muslim-Detainment Camps:

US House of Representatives have approved a bill that will call on the Trump Administration to sanction Chinese senior officials responsible for placing their Muslim minority population in detention camps in Xinjiang.

The Uighur Act of 2019 is a stronger version of the original bill that the Senate initially passed in Sept., which drew in anger from Beijing.

Although the majority Republican House has approved the current bill, it has yet to be reported on if President Donald Trump has signed or vetoed it.

Global Climate Goal Might Not Happen Due to High Carbon-Dioxide Emissions:

Despite global carbon emissions slowing down, the high rate of carbon-dioxide emissions is keeping the climate goal from being attainable, according to a report from the Australia-based Global Carbon Project.

Although emission levels have decreased from 2.1 percent in 2018 to currently 0.6 percent, the world continues to be off track of the goals implemented by the 2015 Paris Agreement. As 200 countries meet for the United Nations climate talk this week, they will discuss ways to limit the high fossil fuel pollution and other climate issues at hand.

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The Media's Power To Forge People's Identities

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

The concepts of “sex” and “sex roles” have been fighting to differentiate from each other for decades. While sex refers to the biological differences between male and female, sex roles dive into the culturally determined behaviors and attitudes associated to each gender.

Yet, studies have shown society typically only represents them as one.

The theorist Douglas Kellner explained that radio, television and film, music, internet and other forms of media play a role in forging one's identities, which he defines as people's ideas of sex roles, class, ethnicity, sexuality, selfhood, among others titles.

Kellner believes that media is like a cultural teacher that tells us how to think and feel, as well as how to be a man and a woman. He argued that “they show us how to dress, look and consume, how to react to members of different social groups. How to be popular and successful and how to avoid failure and how to conform to dominant system of norms, values, practices and institutions.”

This belief states media influences core values and opinions of people in which they see the world in all aspects.

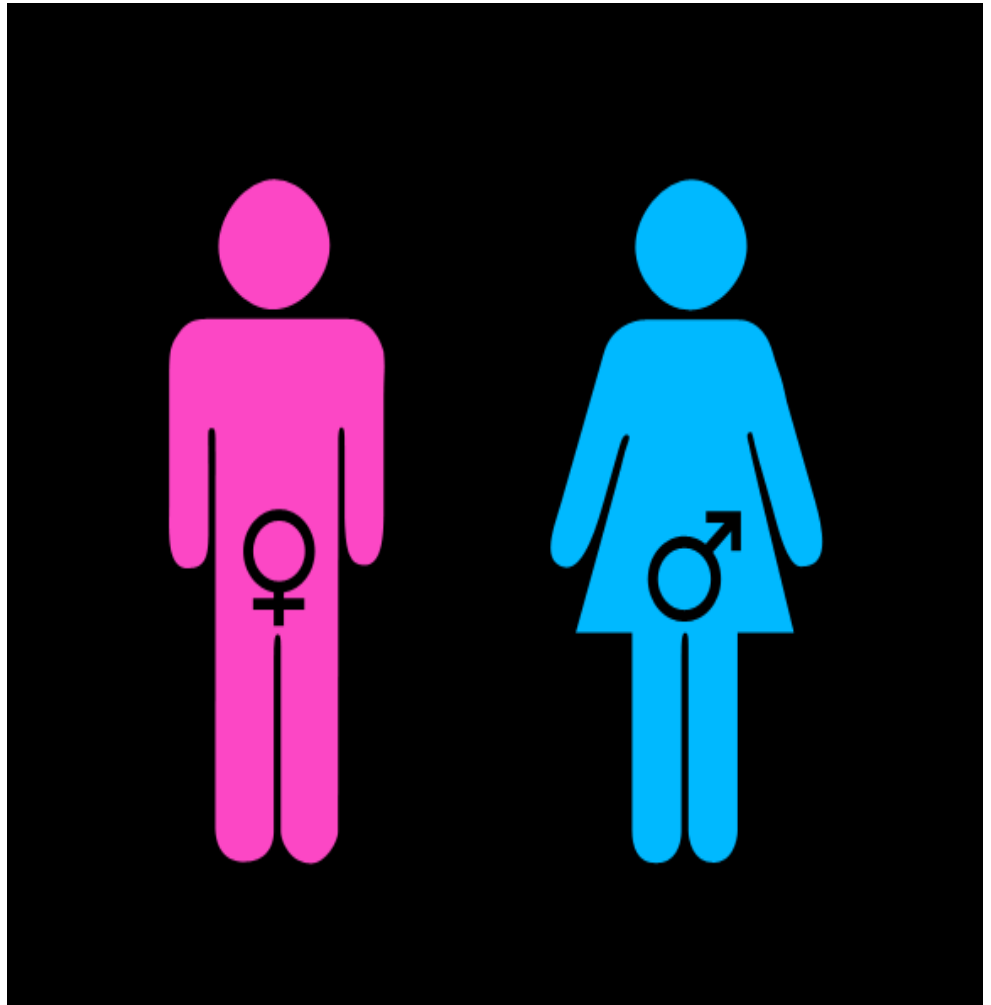
David Gauntlett, a sociologist and media theorist, confirms this idea about identity, believing the binary that divides masculinity and femininity has been socially constructed, especially from the media.

“Nothing within your identity is fixed,” Gauntlett stated. “Gender, like other aspects of identity, is a performance (although not necessarily a consciously chosen one)”.

Along with that, Dr. Cynthia Carter of Cardiff University explains that much of the gender research has been towards the ways socially constructed gender and sex roles negatively impact on individual life chances, such as when it comes to self worth and women's perceptions and careers.

“Media is thought to convey to audiences what types of roles and behaviors are most approved of and valued in society,” the journalism and media reader explained, meaning media shows what is correct and whoever does not follow it is not represented in media therefore, eventually, does not socially exist.

These dominant values and attitudes that media possesses has shown to heavily influence children too.



“Sex” and “Sex Roles” continue to fight against each other.

PENN STATE

Authors of “Playing Princess: Preschool Girls Interpretations of Gender Stereotypes in Disney Princess Media” Julia Golden and Jennifer Jacoby examined how young girls interpreted the gender-role stereotypes in Disney Princesses.

By Disney promoting the storyline of a savior to young girls and princesses that found with a happy ending with true love it “circulates powerful and consistent messages regarding gender norms and roles,” according to Jacoby and Golden.

Their study showed that preschool girls copied the gendered princess behaviors when they were playing, such as the attention to beauty, clothes and accessories, as well as certain body gestures and the exclusion of boys; evidently it showed media become a tool that influenced the minds young people.

A number of studies have also shown that women are consistently misrepresented in media in various ways despite changes in societal behavior.

Author Rebecca Collins noted women

are under-represented, even though women's roles in society have evolved a lot; the difference between the amount of men and women portrayed is still the same thus affecting the way consumers view themselves.

She argued the way women and men are portrayed is much more important than any form of representation at all. Many studies indicate that women are presented as “sexualized” or “submissive” or with provocative clothing or thin, partially nude attire. This image shown video games and rap music videos misconstrues with reality.

With body positive movements and an era for #MeToo and TimesUp, society has shown it is altering in some form yet stereotypes remain common. As people are given the chance to be able to act the way they want, wear what they feel comfortable with and express themselves regardless of unrealistic gender roles. It has been shown in many ways that the way gender is in media needs to change to fit reality.

@BRUNAVILA

What's New, CCSU?

BY DAN FAPPIANO
EDITOR-IN-CHIEF

- Peter and the Starcatcher, directed by Jan Mason is being shown in the Black Box Theatre from Dec. 4 to Dec. 7. General admission is \$15 whereas tickets for students and seniors is \$7.
- CCSU is hosting its inaugural World AIDS Day forum on Dec. 4 in the Connecticut Room located inside Memorial Hall. LaToya Tyson, Nilda Fernandez and Dr. A.C. Demidont are among the event's panelists.
- The LGBT Center is hosting a game night in Breakers on Dec. 4 from 4:00 to 6:00 p.m. The event is meant to be a safe space for the queer community and free food will be provided.
- The CCSU Computer Science Club is hosting, “Hour of Code,” on Dec. 05 from 7:30 to 8:30 p.m. in Vance Academic, rooms 005 and 006. The event allows students to spend one hour with the club, learning about coding and computer programming.

SGA Briefs

BY KRISTINA VAKHMAN
PHOTOGRAPHY EDITOR

The Student Government Association meets every Wednesday at 3:05 p.m. in Bellin A and B in the Student Center. These briefs are from the SGA's meeting on Nov. 20.

- CCSU President Dr. Zulma Toro presented a new draft of the university's Strategic Plan 2030, which includes goals like reaching 15,000 enrolled students and fostering a safe campus climate.
- A motion to allocate \$5,337.00 to the women's flag football team passed.
- A motion to add a new point under Section 3-1 of the SGA's bylaws stating that the Student Life Committee will hold one diversity inclusive conference a year passed.
- A motion to amend Title 4, Section 4-1 of the SGA's bylaws to say that 25 percent of the money remaining in each SGA account, with the exception of SG9010, will be donated to the SGA Scholarship Endowment passed.

Central Recorder on Facebook

EDITORIAL

Leave The Beluga Whales Alone

Mystic Aquarium recently sparked controversy by requesting a permit to relocate five captive-born beluga whales from an amusement park in Ontario, Canada to their own aquarium in Connecticut. The importation of the beluga whales is both illegal and morally wrong.

Chris Regan, vice-chair of the Mystic Chamber Board of Directors defended the decision to transport the whales.

“The whales being considered for transport to Mystic Aquarium are all captive born animals living in an overcrowded situation,” Regan said in a letter to the editor published by The Day. “Not only is Mystic Aquarium providing a better life for these animals, it is assuring that it has a larger group of whales to validate studies that will advance conservation of belugas and other whales.”

However, taking beluga whales from MarineLand in Canada to the United States is illegal under the Marine Mammal Protection Act (MMPA) which states, “the MMPA prohibits, with certain exceptions...the importation of marine mammals and marine mammal products into the U.S..”

Whether this instance is counted as a “certain exception” is to be determined by the National Marine Fisheries Service (NMFS), who Mystic Aquarium requested the permit from. Out of the 10 requests they have received from various organizations, the NMFS has granted eight permits to import beluga whales, making the odds of them denying this request low.

Beluga whales can easily become stressed by things such as unfamiliar noises or disturbances — both of those factors come with international travel, making it nearly impossible to import the whales without inflicting some amount of trauma upon them.

It would be inhumane to subject the beluga whales to such stressful conditions under the guise of research and better living conditions. Along with the emotional and psychological damage forced onto the beluga whales from foreign travel, they will be torn from their family and social relationships.

The five whales being transported were born in captivity; their parents, however, were captured from the Russian stock in the 1990s. According to Hakai Magazine, the fact that their “parents are from a now depleted stock is the focus of opposition from groups like the Animal Welfare Institute (AWI).”

“These animals are in trouble in the wild,” says Naomi Rose, a marine mammal scientist with the AWI. “Encouraging their trade either alive or dead is bad. We shouldn’t do it, and the US shouldn’t be part of it.”

Rose noted that this is the first time a U.S. facility has attempted to import belugas from a depleted population for intended scientific research. Mystic’s plan to put the whales on display is “specifically not allowed under the law,” she said. “If NOAA allows this, they are setting a very bad precedent.”

Yet some continue to argue that moving the whales will only benefit for their future, including beluga expert and chief scientist of biological research at Mystic Tracy Romano.

She believes “importing the five whales would aid in the whale’s individuality as well as the conservation of wild belugas by strengthening the aquarium’s scientific studies.”

However, what’s in the beluga’s best interest is not further captivity nor being passed around from aquarium to aquarium in hopes of boosting visitors, revenue or potential “scientific research,” but rather keeping them in the wild. These animals are meant to stay out of captivity and undisplayed, given the chance to thrive in their natural habitat.

Editor’s Column: Dear The Recorder, Thank You



BY DANIEL FAPPIANO
EDITOR-IN-CHIEF

I’ve been with The Recorder for two and half years. I started simply as a sports writer and quickly moved my way up to the Layout Editor, which later gave me the opportunity to become the Editor-in-Chief at the beginning of this semester. During my time here, I gained the best experiences and made memories that I will never forget.

As a sports writer, I was able to sit in a press box and stand on a football field while interviewing Division I athletes for the first time in my life. I was able to travel to various states to cover Central Connecticut’s football team. From these experiences, I made connections inside the university’s athletic department and was able to cover stories I never thought was possible.

Growing into my position as the Layout Editor, I was able to help

reinvigorate our content by adding life and energy to our layout design. I was able to use my voice and help create an entirely new landscape outline to the newspaper. Through this, I helped make an actual change and left my mark at The Recorder.

Coming into the role as Editor-in-Chief, myself and others navigated through a semester of breaking news — of both positive and negative. We brought information regarding the tension within Central’s communication department, as well as highlighting the success of several of our sports teams like the women’s soccer, women’s cross country and football’s NEC Championship.

Overall, every week we went in and did our jobs. The Recorder made a difference and, in my opinion, was the best source of news for the surrounding Central Connecticut area.

All these things I will remember for the rest of my life; I will be able to tell my family where I got my start and I couldn’t have been prouder to be a part of a publication like The Recorder.

For me, the biggest memories I have are the people I met and the friends made along the way. I was able to be in

a space that allowed me to meet other aspiring journalists and work together to create a strong publication every week.

I built lifelong friends and met people who have changed who I am as a writer and a person forever. The times we had in the office were just as valuable to me as the times I spent out in the field working.

These two and a half years have changed who I am. When I came to CCSU, I was a man who enjoyed to write. Now as I leave The Recorder, I am a journalist.

I encourage the future staff to keep writing, never be told you don’t matter. The work being done at The Recorder is real journalism and is truly making a difference. I couldn’t be more proud to have been a part of this journey.

Although my time at The Recorder is over, the publication will remain to stay the same with its strength and ability. Week in and week out, the staff will continue to publish the best news surrounding the CCSU area.

Whoever has read or contributed to the works of the newspaper, to those who understand and appreciate what we do here, I thank you as well. You changed my life forever.

@DFAPPIANO14

Thanksgiving: A Beautiful Holiday To Waste Tons Of Food

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

Over 150 million pounds of turkey, 14 million pounds of dinner rolls, 29 million pounds of vegetable sides, 30 million pounds of gravy, 45 million pounds of green beans, 40 million pounds of mashed potatoes, 48 million pounds of sweet potatoes and 38 million pounds of stuffing.

Americans love Thanksgiving. It is one of their favorite holidays, probably only because of the food that comes with it. However, would they love it as much if they knew that, according to United Technologies, these numbers are not the amount of food consumed, but the amount wasted? And they did not even take the deserts into account.

I have only experienced four American Thanksgivings in my life and, although I will not complain about the soft, warm cornbread or creamy macaroni and cheese, I will criticize the amount of food present that day.

Why do people feel the need to cook for 20 mouths when there will likely only be 10 real people attending? There is no reason for three different dishes of sweet potatoes, buying massive turkeys like there is no tomorrow and baking a pie of every kind of fruit.

It is like American society has set these standards that say: Holidays require tons of piles of stacks of food.

And guests are expecting it. In fact, everybody dives into Thanksgiving knowing that there will be more leftovers than food eaten. People’s mindsets are to get themselves into a food coma and unable to get off the couch. But, again, why are we aiming for this much food if the leftovers end up thrown away too?

Americans waste up to 40 percent of their food each year. According to the U.S. Department of Agriculture, more than 37 million people struggle with



Americans waste more food than they eat on Thanksgiving.

HISTORY

hunger, which translates to around 11 percent. Now, do the math.

This 40 percent of wasted food could help lots of families fight food insecurity. There are thousands of children who do not know where their next meal is coming from and thousands of adults that might not eat for at least three days, yet we are here buying extra vegetables just because we can afford to do so.

Do you know how much mac and cheese we brought back to school after the holidays? Do you know how much it is still sitting in our fridge and will end up in the garbage? And I will not even mention the amount of rice that was not eaten during that Friendsgiving I went to last week.

We could plan our shopping beforehand, maybe check our fridge beforehand to avoid buying duplicate

ingredients. Rather than allow the ugly fruits to go to waste, we can bake those then freeze any extra fruit and vegetables. Along with that, why not tell the guests to bring their own containers to take some leftovers so that they may remake them into new, different foods.

Or we could just waste it all like we are doing. It is on us.

But remember: you are lucky. You are lucky to celebrate a feast-indulging holiday like Thanksgiving and enjoy the insane variety of foods and treats that come along with it. Here’s a not so subtle reminder that there is a five-year-old not too far from your house that did not get to take a bite of that warm and crunchy apple pie like you did.

Did you embrace it enough or did you throw some of that away too?

@BRUNAVILA

LGBTQ Center Hosts 'Queer Coffee And Donuts'

BY SHWAR ZAIDI
STAFF WRITER

If you need a place to feel at home, be around people that understand you or need to talk to someone in a safe place, the LGBTQ center is the spot for you. You do not need to be queer to join. Allies are welcome and you are already eligible to drop by.

On Nov. 21, the LGBTQ community presented an informal event called "Queer Coffee and Donuts." Anybody could come in the lobby, get free coffee and donuts and just sit around and chill. They also provided information for events coming up and everybody could just sit down and talk about issues that they feel most comfortable with.

"Queer Coffee and Donuts" was hosted in order to spread awareness about the LGBTQ center and explain what they represent. This is their second semester hosting the event.

"A lot of people come up just for the food and walk around getting to know other people. For us, that is great," Anastasia Knight, a student who helped create the event commented. "Whether you are queer or not, if you are an ally and you want to be part of the community [you are welcome to]. We are very welcoming, and it would be amazing to come by. Even if you just want coffee or donuts, that is also fine too."

Some people enjoyed the event because it helped them feel more comfortable and allowed them to meet new people.

"I love the center," Gia Paulus a student worker at CCSU said. "It is a great space for queer [people] and allies to be themselves and be relaxed. It is a great way to attract people that don't usually come to the center. It is a very accessible place to get to know everybody and get some food too."

The event also provided people with helpful information and services that some students need, such as a trans lifeline which is a free hotline to help people



Pronoun pins were available for the taking at Queer Coffee and Donuts.

SHWAR ZAIDI | STAFF

who are struggling with their identity and need guidance.

They also have information provided to help people through the procedure of changing their first or last name. They have a list of locations of gender-neutral bathrooms on Central's campus. There were many booklets given out to help people who need guidance related to the LGBTQ community. Additionally, there were many pins given out with different pronouns.

Attendees appeared to have an enjoyable time just by sitting down and talking about different issues related to

their lives. The center aims for people to feel very much included and safe.

"My favorite thing about this center is that it brings different people and a lot of allies to come and just relax," Casey Watson, a CCSU student worker said.

The LGBTQ center has many events and meetings coming up, so it is not too late to join. Pride meetings are at 8:00 p.m. every Tuesday. Feel free to drop by and get to know the people in the center by going to Student Center 3rd floor, room 304-305.



Surviving Finals



BY JULIA CONANT
ARTS & ENTERTAINMENT EDITOR

We are currently in the thick of what many students regard as the most stressful point in the semester. Finals week is upon us, forcing many to stay cooped up in their rooms studying and calculating what grade they need to get in order to pass the class. Though this may sound dreary, there are a few things you can do to improve your finals week experience.

Visit the Learning Center

If you need to recap everything that will be on your final, look no further than The Learning Center. Tutors are available in math, statistics, physics and chemistry. The Learning Center is located in D-316 in Willard-Diloreto Hall. It's open Monday through Wednesday from 10 a.m. to 8 p.m., Thursdays from 10 a.m.

to 5 p.m. and Sundays from 3 p.m. to 8 p.m. Check the Learning Center's website before showing up to ensure the subject you want to be tutored in is available at the time.

Utilize The Writing Center

If you have a final essay or other writing assignment looming over your head that you need help with, the Writing Center is here to help. Located in room W-314 of Willard-Diloreto Hall, the Writing Center helps with organizing ideas, improving sentence structure and much more. It's open Monday through Thursday 9 a.m. to 5 p.m. and Fridays from 9 a.m. to 1 p.m. The Writing Center also has drop-in hours on the second floor of the Elihu Burritt Library on Tuesdays and Wednesdays from 6 to 8 p.m. You can make an appointment online, but walk-ins are also allowed as long as staff are

available.

Meet With Your Professor

Your professor knows exactly what will be on the final since they are the one who made it. This makes them a valuable resource if you are unsure what topics you should be studying or if you're confused about a specific topic. Most professors have office hours, which gives students an opportunity to visit and ask any questions they may have. If your professor doesn't have office hours, you can always email them or ask questions during class time. After all, your classmates may have the same questions you do.

Form A Study Group

Some people work better in groups than they do alone. If you're one of these people and you have some of

your classmate's phone numbers, it may be a good idea to ask some of them to study with you. There's no reason you should all struggle alone when you're all studying the same material. Perhaps one of your classmates is good at a topic you are having trouble with and vice versa.

Take A Deep Breath

In the weeks leading up to finals, it may seem as though you have a never-ending list of things to do. There's always an assignment to complete or something to study for. Sometimes it helps to realize that the stress will be gone once finals are over. After the final exam day, the only thing left to do is to wait for your grades to come in on WebCentral.

The moral here is not to sweat it. Final exams are rough, but following these tips will make them more bearable.

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@centralrecorder on Instagram



A Closer Look At The Art Educators 2019 Exhibit

STORY AND PHOTOS BY JULIA CONANT
ARTS & ENTERTAINMENT EDITOR

Disclaimer: Julia Conant works in Central's Art Department.

The Central Art Gallery's Art Educators exhibit showcased the works of CCSU's undergraduate and graduate-level art education majors, giving them a chance to show this school what they're capable of before heading off to teach art themselves.

The gallery contained a wide array of mediums, with some unconventional ones, such as book pages and fabric. The two gallery rooms (the inner gallery and the larger gallery) showcased different themes.

"The work includes a variety of media and subject matter," art professor Dr. Cassandra Broadus-Garcia said. "The inner gallery this year was turned into a portrait gallery and showcases numerous portraits by different artists. The larger gallery has ceramic work, paintings, etching, and crafts."

One student, Andrew Baris submitted a collection of works focusing on themes

relating to his childhood.

"I photographically explore issues of loss, change, youth and old age," Baris said in his artist statement. "Particularly, I am looking at how illness can devolve the family dynamic."

One of Baris' photographs features his grandmother who was diagnosed with dementia two years ago. He also implemented audio into his artwork with a compilation of voices from old home videos playing from a speaker in the gallery. "The relationships depicted in the imagery offer a poetic glimpse into the complex nature of family and its shifting dynamics," Baris stated. "While this family is mine, the transference of thought and emotion is universal."

The Art Educators 2019 exhibit closed out the gallery for the rest of the fall semester, but look for more exhibitions in the spring.

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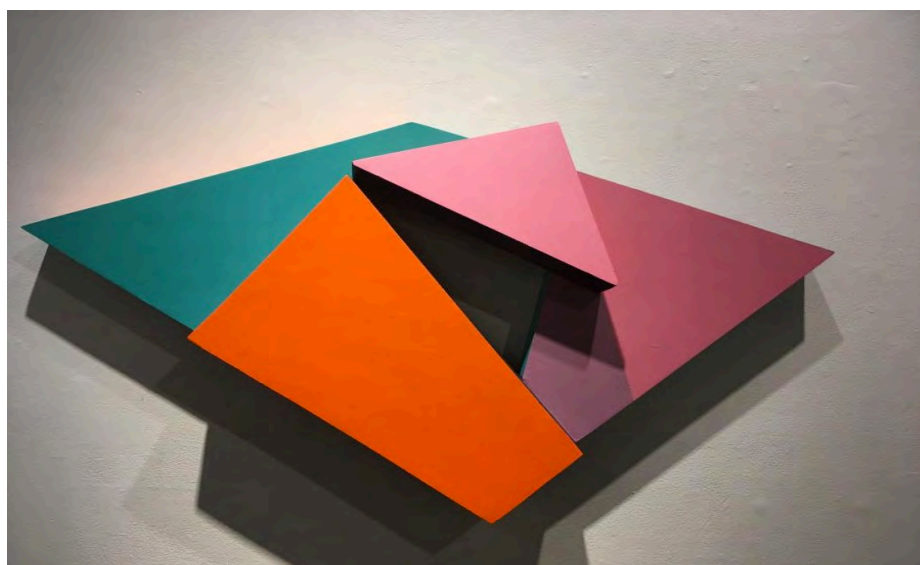
Jenna Raymond's piece entitled "The Despair Society" was made with acrylic paint, book pages and gold leaf.



Rebecca Koonz submitted her "Dog Painting Series" into the gallery.



Stefan Augsberger's piece entitled "Going Fishing."



Ryan King's untitled acrylic and wood piece.

Living The American Dream

BY GEORGE ATTWOOD
SOCIAL MEDIA EDITOR

Even though on paper England and the United States are similar, after spending four months here I can tell you that they are completely different. Only in America can I open my mouth and start talking and everyone listens — that part is true, the English accent does work wonders this side of the pond.

I love to travel. I've already been to New Zealand, Australia, Japan and then a bunch of countries in Europe. The chance to live in America was something I couldn't turn down. I had never been to America, which made my decision to come a lot easier. But there are two very annoying parts of being in America.

First is everyone imitates my voice. The accent impersonation is awkward because everyone does the same tone, essentially Ross from Friends when he becomes a professor. In my 19 years of living, I have never met someone with that accent, at least not until I came to America.

The other irritating thing is that everyone thinks I live in London, which I do not. In England, there is a big stereotype that Americans think that London is the only

city in England, and it rings true. When I correct them on where I am from, it is always followed with the question, "How far away from London is it?"

Only once someone knew where I lived, and that was because their dad was from a city an hour away from me.

But along with English misconceptions, the worst part of living in America is that I have to call it soccer rather than football. This is always very frustrating because I have had to correct and clarify myself on many occasions. If I am having a conversation and say "football," it turns into me always having to explain if I am talking about the sport that kicks the ball around on a field or the sport that requires no feet, but rather hands to throw the American football around.

Although I have had some experiences in which it was not entirely pleasant, as a whole I would say I've had a fantastic time living in America.

I love saying things that no one understands and having the ability to watch some form of sporting event every day, which is something America has definitely done right. Since coming to the United States, I have become a Mets fan, which combined with being a Jets fan is possibly the worst combination of New York teams

to follow. But I embrace it proudly.

Nothing could compare than going to New England's Great State fair and fall staple: The Big E, also known as the Eastern State Exposition. When I was offered a chance to go, I simply couldn't turn down the opportunity. I didn't know what to expect, as all I had been told was that it was a huge fair.

I most certainly was not disappointed. I have never seen so much fried food in one place. There was fried everything: Pop Tarts, Snickers, Kool-Aid and even banana and Nutella sandwiches. By far, the best thing I will ever eat is definitely deep-fried Wisconsin cheddar cheese. It was quintessentially American and I loved every minute of it.

Overall, I am very happy that I decided to come to America and do a study abroad year because it has helped me grow as a person and has made me a lot more independent. By the time I go home, I will have been on four planes by myself and survived in a foreign land by myself for eight months.

America is nothing and everything I expected it to be; I can confidently say I enjoyed this experience entirely.

@THECHUNKYGADGIE

OPINION

Disney Succeeds Again With 'Frozen 2'



"Frozen 2" hit theaters on November 22.

POLYGON

BY TESSA STACK
STAFF WRITER

Spoilers ahead.

This past weekend, the sequel to one of the most popular Disney movies of the century, "Frozen," was released. I can confidently say it was much better than the first.

The movie opens with a scene of the two princesses as kids and their parents, King Agnarr and Queen Iduna. As King Agnarr tucks them into bed prior to the first film, he tells the girls about an enchanted forest and how he visited it as a child before a war

broke out. His father died, but Agnarr was saved by a stranger who is later revealed to be Queen Iduna.

Queen Iduna sings the girls a lullaby about a mysterious river that later plays a part in how Elsa finds who she really is meant to be.

After this flashback intro scene, we see what Anna, Elsa, Kristoff, Olaf and Sven are up to in present time. Olaf still acts as the comedic relief for the film, as he is confused about most of the film's occurrences. He is fixated on the fact that he will understand more once he grows up. Kristoff tells Sven his plan to get on one knee and propose

to Anna. However, he can't seem to stop saying the wrong thing and ruining his chance to do it. Anna, like in the first movie, still is chasing her sister "Into the Unknown" while Elsa hears voices calling to her.

"Frozen 2" was more for the adults in the audience as it included dark humor, more secretly crude jokes and my personal favorite, Norwegian lore and mythology.

One plot line features two opposing groups of people who have been trapped in a dark forest for decades: The Northuldrans, who are the natives of the forest known to use the forest's magic to their advantages, and the Arendelle guards, who are all sword

and brawn. This narrative shares similar qualities to the story of the Norwegian King Fairhair who defeated and unified two other forces.

Another story Disney most likely based the sequel's plot off of that fits even better would be the "War of the Aesir and the Vanir" from Norse mythology. The Aesir and the Vanir are two different groups of Norse gods. The Aesir fought by rules of combat with weapons and brute force (like the Arendelle guards) while the Vanir used their means of magic (like the Northuldrans). They waged war on each other for years until they eventually called a truce.

In the case of "Frozen 2," this truce is represented by Elsa and Anna. They are the true bridge between the two groups since they discover their father was an Arendelle guard and their mother was Northuldran.

Another key element Disney used from Norse mythology is the water horse spirit that shows up as Elsa is trying to cross the ocean. In the film, the horse tries to drown Elsa before eventually befriend her. Although very dark, the water horse is an actual mythological entity called Kelpie. Kelpie has the same mythical allure to people as the Scottish people and the Loch Ness Monster. It is known to be a shape-shifter and a symbol of doom to passing humans. Although, Kelpie occasionally helps people and even let them ride them, as we see the water horse in "Frozen 2" do with Elsa.

The surprising aspect of "Frozen 2" is that it is not just a film for adults, despite the fact that it features a lot of history and lore. The songs are much better and mesmerizing.

People can now compare Frozen to the best underrated Disney film from this decade, "Tangled." This movie is a definite must-see if you are a fan of Disney or history.

Get Your Daily Serving Of 'Soup' With A Will Away's New EP

BY CAROLYN MARTIN
ASSISTANT ARTS & ENTERTAINMENT EDITOR

Connecticut-based modern-rock band A Will Away has finally released the EP their fans have been waiting for. The EP, titled "Soup," features six songs, all of which were recorded during special sessions fans had the opportunity to attend back in March.

The EP opens with the track "Settling." It is an upbeat song with heavy lyrics. Matthew Carlson (guitar and vocals) sings "You've spent your days living on a turnstyle/ Hold them back with an out-of-body smile/ Nothing seems normal/ Trying to enjoy the ride" in the second verse. It's a song that doesn't need to try hard for a listener to like it.

Next comes "Soft Shell." This track opens with a hard guitar riff and discusses the subject of sensitivity. In this track, the listener hears Carlson sing "Be careful what you say to me/ The slightest [expletive] might make me bleed." This track is similar to one you would hear on a classic rock radio station, and in every regard, that's a compliment.

The third track is called "Sea Hag Blues." It chronicles a night of drinking and the speaker, in this case Carlson, is trying to piece the night together. He touches on many aspects from beginning the song with, "Double vision put me on a bathroom floor," to end the song with, "Has anybody seen my car lately?" It's an unconventional but catchy song.

"Evaporate" is up next. The song starts with upbeat drums and a powerful bassline. The song then goes on to discuss a failed relationship and how two people should've



Connecticut band A Will Away released their newest EP "Soup" on November 20, 2019.

A WILL AWAY

split up, instead of staying together out of convenience.

The fifth track is called "TOIFMG." While what the letters stand for is up for debate, everyone can agree that this is the most mellow song on the album. The song then chronicles the questioning of the decisions that were made and has Carlson telling the listener that they'll have to "just walk it off."

The final track is called "Long Exposure." This song feels right being the closing track. Everything that's come before has prepared you for this song here. This track talks about a lot. From running into old friends in verse one to have a run-in with the cops in the second verse,

many layers were compiled into a song that's just over three minutes long. But that is not to say it's jumbled or unrefined.

Everything in this track blends together perfectly. The song and the EP close with harmonies of the chorus of this song and lines from the previous songs over the conclusion of this specific song.

The EP clocks in at 16 minutes long. So if you're looking for a place to start listening to A Will Away, there's no better place to start than with this EP.

@CAROLYN_MARTINN

Specializing In The Accordion: Nathan Chapeton

BY NATALIE DEST
MANAGING EDITOR

For music major Nathan Chapeton, performing music has become a natural talent. The White Plains native has been immersed in music since a young age, becoming familiar with numerous instruments throughout his musical journey.

“My mother wanted me to do something productive when we moved to Middletown, CT from White Plains, so she had me take guitar lessons when I was in third grade,” Chapeton said. “After a few months, my father found a teacher who taught accordion...I started to take lessons with her after seeing her perform.”

Although ambitious to learn instruments of all kinds, Chapeton’s interests lied heavily with the accordion, an instrument that is not particularly common. Now his primary instrument, the style of the accordion has remained fascinating to the 19-year-old.

“The options for repertoires for such a system is unlimited,” Chapeton said. “The sound of the classical accordion blends very well with baroque and classical music. It is not the stereotypical “oom-pah-pah” sound, but rather both keyboards have individual notes, like a piano.”

Throughout the time of Chapeton’s lessons, his passion for the accordion and musical drive became stronger.

“Ever since my lessons, my interest and ability for music grew. By the time I was in junior high, I had been in several ensembles over the years, such as jazz ensemble, marching band, chamber choir and theater,” Chapeton said. “I sang, played piano and at one point played electric bass.”

Chapeton’s talents throughout high school carried on into his college years. Now at Central Connecticut State University reaching for his bachelor’s degree in Theory and Composition, not only is the sophomore carrying on with the accordion, but is performing other instruments and with various ensembles.

“My involvement with CCSU music is very active. I’m in many of the ensembles such as Wind Ensemble, Chorale and University Singers. I plan to hopefully involve my instrument [accordion] in a few chamber ensembles, such as a piano trio or string quartet,” Chapeton continued.

While attending Central for his degree, Chapeton has been given several opportunities to perform



Chapeton performing with his accordion at Carnegie Hall.

NATHAN CHAPETON

beyond campus showcases.

“The most important events in my life have been performing solo concertos with both the Hamden and New Haven Symphony orchestras and competing in the Coupe Mondiale,” Chapeton said. “I remember my mother taking my sister and I to one of the concerts of the New Haven Symphony, and she would’ve never guessed that in a couple of years I would be one of the soloists.”

Recalling these experiences as “eye opening,” Chapeton is thankful to have been given the chance to further his musical abilities with concerts such as these.

“These experiences have truly opened my eyes to the possibility of the accordion and I’ve truly been very lucky in my life to experience so much at a

young age. I’m very grateful for the opportunities I’ve been given and I would like to return the favor by using my musical ability to the fullest in the years that are coming.”

As for his future, Chapeton has no plans of ending his musical journey any time soon. The music major is hopeful in continuing his talents in music and pursuing the accordion for years to come.

“My plan for the future is to become fluent in as many musical genres and to compose for several types of ensembles, such as choirs, string quartets and symphonies,” Chapeton said. “The accordion will definitely be a part of this endeavor and my hope is that the accordion will be without a doubt a serious classical instrument.”

@NAT_DEST

Word Search: December 4

V	R	P	B	E	E	X	O	D	X	C	C	L	L	M
Q	B	L	G	G	M	O	E	F	M	Q	S	J	I	O
D	M	S	P	J	H	C	R	N	A	M	E	L	O	C
B	P	F	W	A	L	T	U	O	L	P	U	O	S	V
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N	O	O	A	N	B	E	R	U	B	E	H	R	X	E
E	F	N	S	L	A	G	X	Y	W	Y	A	O	R	L
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T	T	O	A	L	S	C	M	X	A	D	T	T	A	S
Q	J	R	H	F	B	U	M	G	T	G	O	K	W	Q
F	M	F	W	T	Q	F	G	B	T	F	N	F	Q	L
Q	D	F	M	C	L	A	U	G	H	L	I	N	O	X

Word List

1. STRATEGIC
2. RIBBON
3. GENDER
4. HOMELESS
5. WHALES
6. FROZEN
7. SOUP
8. FINALS
9. AMERICA
10. CHAPETON
11. BERUBE
12. OUTLAW
13. COLEMAN
14. PLAYOFFS
15. MCLAUGHLIN

Men's Basketball Falls At UMass Lowell In Heartbreaker

BY RYAN JONES
SPORTS EDITOR

Following some wide margin losses, Central Connecticut men's basketball lost in heart-breaking fashion to New England rival UMass Lowell 73-71. The men collected their eighth loss of the young season, this one by the slimmest margin yet.

In the team's first few games of the year, the offense has been lethargic at times and unable to truly get going. This was not the case against UMass Lowell.

Jamir Coleman, one of Central's lone seniors and key returnees this season, took over and dominated for the Blue Devils. The forward matched a career-high 27 points in the loss in an incredibly efficient fashion, shooting 75 percent from the field and cashing in on both of his two free throw attempts.

While the Blue Devils' star veteran stuffed the stat sheet, rookie Greg Outlaw put together yet another strong performance.

Outlaw scored a new high for his freshman campaign, dropping 16 in only 23 minutes. Like Coleman, Outlaw put together an efficient night on the floor, shooting 7-for-12 while sending back two shots and nabbing two steals. The freshman leads the team in scoring through the first eight games, averaging a tick over 10 points per game. The guard is also seventh in the conference in steals, averaging 1.5 per game.

Outlaw was named Rookie of the Week in the Northeast Conference, while Coleman earned a spot on the Prime



Jamir Coleman, (above) scored a career-high 27 points in the loss to UMass Lowell.

CCSU ATHLETICS

Performers list for his performance.

Central Connecticut only shot seven free throws on the day while UMass Lowell was given 22 opportunities. While Central was unable to draw fouls (10 from UMass Lowell) they were quick to foul the River Hawks (21 from CCSU).

Stephane Ayangma and Xavier Wilson cleaned the boards for CCSU, with each of them collecting seven rebounds. Despite the strong night at the glass from these two, the Blue Devils were out rebounded

29-40. Among NEC teams, Central ranks last in rebounding margin (-10.1).

The final minute of Central's game against the River Hawks had a flare for the dramatics, but did favor the Blue Devils. Ayangma made a layup that put CCSU up one with 42 seconds on the clock. With four seconds remaining, UMass Lowell scored a layup to put them up 73-71, a lead they would not relinquish.

This two point loss is the closest game Central Connecticut has dropped

all season. They currently rank last in the NEC in scoring margin, losing by an average of 26.2 points.

The Blue Devils will be back in action at home this Saturday, as they tip-off against Maine at 1 p.m. The Black Bears are 2-5 on the year and have lost all five of their road matches this season. Maine is headlined by senior Andrew Fleming, who is averaging 17.7 points per game and recently dropped 37 on fellow NEC school Merrimack.

@RYANJONES385

Week 14 Fantasy Football Picks

BY THE RECORDER SPORTS STAFF

With the fantasy playoffs starting for most standard leagues, The Recorder sports staff is here to tell you just who is going to win your playoff matchup and get you one step closer to the championship round.

Trevi Alickolli, Assistant Sports Editor

SURE THING: QB Carson Wentz (PHI vs NYG)

Wentz has struggled at times this season and has not lived up to his fantasy expectations but he has a very favorable matchup this week against a bad Giants defense. Despite losing to the Dolphins a week ago, Wentz put up good fantasy numbers as he scored nearly 30 points. Expect the same this week, on primetime, against New York.

SLEEPER: RB LeSean McCoy (KC @ NE)

The New England Patriots have struggled against quick, receiving back as of late and McCoy has been the main guy in Kansas City since the injury to Damien Williams. Expect McCoy to have a productive day against the Patriots linebackers and get in the end zone either running or receiving.

BUST: WR Tyreek Hill (KC @ NE)

Hill has been in and out of the lineup this season due

to injury and has not gotten into a groove this far. He will most likely draw the matchup of Stephon Gilmore, who has shut down opposing top receivers this entire season. If Hill does not face Gilmore, he will draw a double team from others so the matchup is not a favorable one for Hill.

Daniel Fappiano, Editor-in-Chief

SURE THING: RB Derrick Henry (TEN @ OAK)

On paper, the Raiders' run defense isn't terrible. However, Henry has been on a tear lately with over 100 yards and at least one touchdown over his past three games. As the Titans look to fight their way into the playoff, feeding Henry will be a focal point. He should be able to run his way into a top ten finish overall in Week 14.

SLEEPER: QB Gardner Minshew (JAX vs LAC)

Sixth-round pick Gardner Minshew will be inserted back into the starting lineup after Nick Foles failed against the Tampa Bay Buccaneers. Minshew has proven he could succeed in the past and despite the Chargers getting back Derwin James, should be able to keep Minshew Mania rolling.

BUST: RB Saquon Barkley (NYG @ PHI)

Barkley has been a massive bust all season, rushing for just 544 yards and two touchdowns on 137 carries.

The Eagles have a tough run defense and show lead, meaning Barkley should see less of a role on offense and his tough season should continue.

Patrick Gustavson, Foreign Correspondent

SURE THING: QB Aaron Rodgers (GB vs WSH)

After two single-digit performances, Rodgers bounced back for four touchdowns and 27 fantasy points against the Giants. The Packers, led by Rodgers, should have a big day against the lowly Redskins defense

SLEEPER: TE Vance McDonald (PIT @ ARI)

You should always start tight ends against the Cardinals. In their last seven games, the birds have given up eight touchdowns to the position, including the likes of Tyler Higbee, Ross Dwelley, OJ Howard and Rhett Ellison. McDonald has a strong chance to find the end zone this week.

BUST: RB Marlon Mack (IND @ TB)

Mack has missed two games with a hand injury but looks to be close to a return against Tampa Bay, who has been the second-best team against backs in the league. Also, the Colts have a crowded backfield and head coach Frank Reich is not afraid of riding the hot hand, seen by him benching lead-back Jonathan Williams for the entire second half. Stay away from this backfield this week.

BIG CAT COUNTRY

@TheRecorder on Twitter

#17 Football Loses In First Round Of FCS Playoffs

CONTINUES FROM PAGE 1



(Left to right) Aaron Winchester, Tre Jones, Tajik Bagley and Connor Mignone walking out for the coin toss against the University of Albany.

CCSU ATHLETICS

three-yard line but Central was not able to capitalize, missing the 20-yard field goal.

After an Albany three and out, quarterback Aaron Winchester threw a 31-yard touchdown pass to tight end Theo Zidor to put them up 7-0 in the first quarter.

The rest of the first half turned into a defensive struggle as no team was able to score until the Great Danes scored a touchdown right before half and took the momentum for the rest of the game.

To start the second half, Central's defense, ranked sixth in the country, allowed three straight passing touchdowns, effectively allowing Albany to regain momentum.

"That's when everything unraveled," McCarthy said. "We ran out of gas, they went to their run-pass option game and did a good job of isolating their receivers and drawing our safeties and linebackers up. We were down by a significant amount of points and that had not happened all season long so that was uncharted waters for our guys. I don't think we handled it particularly well."

Statistically, the Blue Devils outperformed the Great Danes in some categories while also staying close in others. Central controlled the time of possession (34:22 to 25:19), got more first downs (18 to 16) and out-gained their opponent on the ground (199 to 100).

Aaron Winchester led the offense with 209 total yards, 148 passing and 61 rushing. Winchester finished the year with 2,549 passing yards and 19 touchdowns. He also led the team in rushing with 160 attempts for 843 yards and nine touchdowns.

He was named the Offensive Player of the Year in the Northeast Conference as well as to the All-NEC First Team this season in his first year in the conference.

McCarthy said that his quarterback was banged up on Saturday.

"Aaron [Winchester] came into that game with a sprained ankle," McCarthy said. "We tried to keep that as quiet as we could but he was not 100 percent. There were times during the week where he couldn't even run."

"When you play 13 games, injuries are going to happen and we were out there

shorthanded with injuries."

Winchester played his first and final year as a graduate transfer with the Blue Devils and left his impact on his team and coaches.

"He was unbelievable on the field, but from the leadership aspect, you can't replace a guy like that," McCarthy said. "I've been coaching for 18 years and he's one of those kids where they don't come around very often."

Wide receiver Tyshaun James was healthy, however, and was also named to the All-NEC First Team. He caught four passes for 23 yards against Albany and ran the ball three times for 10 yards.

During a year where he was a dominant force week in a week out, James had somewhat of a quiet game.

"We knew from a passing game perspective that they were going to key in on him and they did," McCarthy said. "It's not like we didn't look at him, they just had a good plan for him."

James finished the season with 48 catches for 978 yards and nine touchdowns. He also ran the ball 24 times for 167 yards and five touchdowns.

James is usually at the top of the receiving statistics, but on Saturday tight end Theo Zidor secured that honor.

Zidor caught three balls for 60 yards and a touchdown.

Running back Danley Exilhomme rushed 12 times for 69 yards against Albany. Exilhomme led all Central running backs with 119 attempts, 631 rushing yards and eight touchdowns this season.

Defensively, CCSU struggled at times. They allowed two 100 yard receivers and allowed redshirt freshman quarterback Jeff Undercuffler to throw for more than 300 yards and six touchdowns against the sixth-ranked defense in the FCS.

They did, however, force one turnover from Undercuffler when linebacker Tre Jones intercepted him in the first half.

Jones fished the game with six tackles, one tackle for loss and the interception. On the season, he was third on the team with 58 tackles, tied for third with two interceptions and was first with eight sacks, 14.5 tackles for loss and two forced fumbles.

For his performance, he was named to the All-NEC Defensive First Team. Jones was one of two Blue Devils on the First Team list, the other being cornerback Tajik Bagley.

Bagley finished the season with 40 tackles, one tackle for loss, two interceptions and nine passes defensed.

With the loss against the Great Danes, the Blue Devils finish the season with an 11-2 record. Central was undefeated in the NEC on their way to the championship and their only FCS loss came in the FCS Playoffs. Central is already onto next season as McCarthy is already on the road, scouting his next recruiting class.

"Everyone expects the same thing moving forward and trust me, no one has higher expectations than myself," McCarthy said. "Every year is different but our kids, they find a way to win. They make their own wins."

@ATREVI013

Women's Basketball Struggles Without Top Scorer

BY TREVI ALICKOLLI
ASSISTANT SPORTS EDITOR

Disclaimer: Bruna Vila Artigues is the Assistant News Editor on The Recorder.

The Central Connecticut Women's Basketball team continued to struggle defensively through the holiday break, allowing more than 70 points in both of their losses this past week against Duquesne University and the University of Albany (New York).

Central lost 72-33 on the road against the Dukes on Tuesday, Nov. 26 and 73-63 at home against the Great Danes on Sunday, Dec. 1. The Blue Devils have allowed their opponent to score more than 70 points in five of their first six games. They average 73.3 points per game allowed.

During the two-game span, opponents shot a combined 41.4% from the field against Central.

Offensively, the Blue Devils had a night to forget in Pittsburgh. Their season-low in points scored came as a result of the team shooting 20.3% from the field, 5.6% from downtown and 50% from the charity stripe. Central attempted 64 field goals but only connected on 13 of them.

No player surpassed double-figure scoring against Duquesne. Central scorers were led by center Ashley Berube, who had eight points, and freshman Dejah Jenkins, who scored a season-high seven points.

Berube also collected six rebounds and blocked two shots. Jenkins recorded an additional block and a steal.

This was the first game of the season where Central did not have their leading scorer, Emma McCamus. McCamus played the previous four games and was averaging 14.8 PPG.



CCSU women's basketball suffered losses to Duquesne and Albany University.

CCSU ATHLETICS

She is dealing with a concussion and is close to making a return.

Despite still missing their leading scorer, Central found their offense against the Great Danes as they exceeded their season average of 58.2 PPG, scoring 63 points.

CCSU led throughout the entire first half. However, a 14-point run in the third quarter helped Albany recapture the lead and momentum.

Without McCamus once more, the Blue Devils had two players score in double figures. Guard Bruna Vila Artigues led the way with a career tying and season-high 13 points on 4/6 shooting from the field, 1/3 from three and a perfect 4/4 from the foul line. She also secured two rebounds.

Berube was right behind Artigues in scoring. She finished the game with 12 points on 5/9 from the floor. Berube also got eight rebounds and six assists. A well-rounded performance from the center despite the loss.

Berube led the team in rebounds and assists on a night where they were sharing the ball well. Central had 16 assists on 20 shots made in the game.

The Blue Devils will host their second straight home game on Thursday, Dec. 5, against the University of Massachusetts Lowell. Tip-off is scheduled for 7 p.m.

After the two-game home stand, Central will hit the road again for four straight away games.

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Shauny Alterisio, (above) was named to the Second-Team All-North Region team.

CCSU ATHLETICS



Yo Tachibana, (above) was named the MVP of the Northeast Conference Championship.

CCSU ATHLETICS

Women's Soccer Falls In Second Round Of NCAA Tournament

BY GEORGE ATTWOOD
SOCIAL MEDIA EDITOR

The Central Connecticut women's soccer team fell 1-0 in double-overtime to the West Virginia Mountaineers on Friday night in Charlottesville, VA in the second round of the NCAA Women's Soccer Tournament. West Virginia capitalized off a corner kick in the 105th minute of the match to advance to the Sweet Sixteen. It marked the sixth double-overtime match for Central this season.

CCSU closes the 2019 season at 13-5-4 overall and 8-1-1 in league play. The team defended their Northeast Conference title and reached the second round of the NCAA Tournament for the second time in program history. The Blue Devils never lost a match at home (9-0-1) and totaled 44 goals on the year.

The chance of playing in the Sweet Sixteen was never spoken about

according to head coach Mick D'Arcy.

"I think it went unspoken, but we all knew there was a chance that we could go further than we had ever gone before," D'Arcy said. "We went through the scout with the team and after watching them, the message was clear that this was a winnable game. I thought we matched up well with them and that there were areas on the field where we could outplay them. Then it was a case of respect the occasion, don't be overawed by it but to enjoy it as well because it takes a lot of work to get to this point."

Throughout the season, the Blue Devils have played well on the defensive side of the ball. Sophomore goalkeeper Amanda McQuillan had four saves in net for Central. This included two high-quality saves back-to-back to keep the score level at the time.

D'Arcy stressed the importance of letting the team remember the result.

"It's part of the grieving process. It's got to hurt. I can't tell its okay because they know its not okay," D'Arcy said. "For it to come down to a goal like that is disappointing for the players that were directly involved with the goal. It will hurt for a long time but we have to hope that it makes them stronger."

D'Arcy recognized that as the coach, it's important for the players to still remember the successes they had throughout the year.

"One moment cannot take away from the season because for the 340 teams, their season is going to end with a defeat to end their season and for us that was this game. We can't let that one moment destroy the season that we built it would be unfair for the players to carry that load because that's unfair on them."

Despite the turnover of players in college soccer, D'Arcy is looking forward to the next season with the team.

"I'm excited, right away we have

started looking at who we have next year and how it is all gonna play out," D'Arcy said. "We're gonna lose some great players but that's the price of success, if you didn't lose good players, then you would be a bad team."

Three members of the Central Connecticut women's soccer team earned the United Soccer Coaches All-North Region honors. Sophomore midfielder Roma McLaughlin was named to the First Team, while senior Shauny Alterisio and junior Erica Bardes were named to the Second Team.

This is the second year in a row Alterisio was named to the All-North Region Second Team and second consecutive year women's soccer had three all-region selections. Having earned First Team recognition, McLaughlin is eligible for All-America honors.

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Volleyball Knocks Out Top Seed, Falls In NEC Championship Match



CCSU volleyball ended their season by defeating Robert Morris and eventually losing to Sacred Heart in the NEC Championship.

CCSU ATHLETICS

BY RYAN JONES
SPORTS EDITOR

The end of Central Connecticut volleyball's season had a flare for the dramatics. At the end of their regular season, Central did not even know if they would be in the postseason. Everything that needed to happen for a postseason berth fell into place for CCSU, but they got matched up with first-seeded Robert Morris, who only lost one game all year.

The Blue Devils did what was thought to be the impossible: defeating Robert Morris on their home court and booking a ticket to the Northeast Conference Championship.

Central Connecticut went toe-to-toe with the Colonials and stole back-to-back set wins to open the

match.

CCSU led for the most of the first set, but an attack error from the Blue Devils tied things up at 24. Junior Emma Henderson was able to swing the momentum back into Central's favor with a set winning kill. Henderson led the team with 3.05 kills per set this year (fifth in the NEC) and posted her 15th double-double of the season against the Colonials with 24 kills and 25 digs.

The Blue Devils took the second set as well, but lost the third and fourth by a combined four points.

Things were expectedly just as neck and neck in the fifth and final set. With the score tied at 12, the Blue Devils put together one of their most clutch runs of the season. Junior Samantha McCreath, who had a breakout season for the Blue Devils, scored the final two points,

both off of assists from Madelyn Kaprelyan, winning the match and punching CCSU's ticket to the championship game. This was the Blue Devils' sixth appearance in the NEC Championship, all under head coach Linda Sagnelli.

After knocking off the first seed, the Blue Devils would again be facing a tough opponent in the second seeded Pioneers. Sacred Heart won both of the previous two matches between the teams 3-1.

The opening set proved to be the most contentious between the two. The Blue Devils led by three and were three away from taking the first, but a 6-1 Pioneer run secured the 25-23 victory.

The Blue Devils did not score in the 20's for the remainder of the match, losing the second and third sets by a combined 20 points.

Saturday's loss put an end to what was a season of up and downs from Central Connecticut. A rough start to the season, highlighted by a three game losing skid, was all but erased after they followed it up with an 8-2 run to end the season. They finish the year with a 15-15 record overall and 10-6 record in the NEC.

Next year, the Blue Devils will be without some key pieces. Seniors Kaprelyan, Gala Galabova, Morgan Woycik, Erin McDermott and Mackenzie Dobbins all made their marks on the court this year for the Blue Devils.

While graduation will bring with it the loss of some key pieces from the team, the young players and soon-to-be seniors all had great seasons as well. Freshman Isabelle Roufs started 17 matches for CCSU and was sixth in the conference in hitting percentage.

Henderson has shown that she can step it up as an offensive leader for CCSU while fellow junior Ashlyn Eisenga has anchored the defense, which was awarded with NEC Defensive Player of the Year honors.

The Blue Devils will have a few weeks to reflect on this season and their accomplishments, but will soon be back to training for the 2020-'21 season.

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