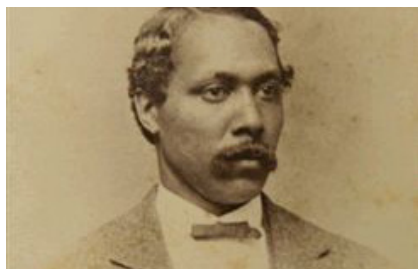


THE RECORDER



Black History Month Spotlight: Recognizing Central's first African American graduate.

SEE PAGE 4



Missed the Super Bowl? Check out the best commercials that the game interrupted.

SEE PAGE 7



Women's Track Continues to break records in New England Championships

SEE PAGE 12

Transitioning To A Sustainable Campus Is A Must



The three pillars of sustainability are social, economic and environmental.

CCSU

BY ISABELLA CHAN
EDITOR-IN-CHIEF

As part of the new strategic plan, President Dr. Zulma Toro and a number of committees are looking to implement five ambitious goals by 2030. One of which being to “develop new community engagement opportunities that benefit New Britain, the region and the state socially, culturally, environmentally, and economically.” But sustainability fails to be at the forefront of the university’s goals.

Director of CCSU Environmental Health, Safety and Sustainability Karen Misbach shares that the university has been working towards achieving the goal and other environmental-oriented

initiatives. As she co-chairs the President’s Advisory Council for Environmental Sustainability (PACES) with Dr. Charles E. Button, they work together to move CCSU towards becoming a more sustainable campus.

They highlight that there are three pillars of sustainability: social, economic and environmental. If any singular pillar becomes too strong, then it destroys the rest.

“If any of those three parts of sustainability take over and become more dominant it takes away from the others. So you can try and work on your economic sustainability at a cost to maybe your environmental or social and it works the same for each and every one of those.” Misbach said. “You can’t build your economy and have your environment fall apart

or at the expense of its people. It’s all incredibly related — it’s almost ecological.”

Misbach admits that the economic challenges the university faces are what partially kept them from achieving some of their environmental goals, such as transitioning the main campus to solar power. As of now, the university is falling behind on fulfilling their goals in the American College & University Presidents’ Climate Commitment they adopted in 2007.

Within this agreement, CCSU is supposed to betaking concrete steps to achieving climate neutrality by 2050. In order to do so, the university must reduce its greenhouse gas emissions to 50 percent below the Fiscal Year 2008 levels and by the Fiscal Year 2025.

CONTINUES ON PAGE 3

Central’s Carnegie Community Engagement Designation Renewed

BY ISABELLA CHAN
EDITOR-IN-CHIEF

Central Connecticut has been awarded the Carnegie Community Engagement designation from Brown University.

The designation will be for another six years, according to a public statement released by President Dr. Zulma Toro. The exclusive classification is considered to be a high honor as it is from the Carnegie Foundation for the Advancement of Teaching.

In order to qualify, a university must receive an evaluation with evidence documenting the institution’s practices while participating in service learning activities in their local community, region and state. The university initially earned the classification in 2011 and sustained the title after reapplying last fall.

The Carnegie Community Engagement recognition highlights the collaboration of higher educational knowledge and resources among the public and private levels of a community. Through these relationships, various sectors will be enhanced through research, creative activity and an improved curriculum. Additionally, Brown University states it will “strengthen democratic values and civic respon-

sibility,” within members of the community and allow opportunities to “address critical societal issues and contribute to the public good.”

“I am so very proud to lead a team committed to serving as stewards of Central Connecticut,” Dr. Toro said. “Our work with and on behalf of our communities to address local, real-world problems and improve the quality of life for all enriches our students’ educational experience. This is why community engagement factors heavily in our new strategic plan.”

Community engagement projects that the university has joined throughout the years includes the Ana Grace Project’s “Love Wins” initiative, partnerships with local businesses in the New Britain and greater Hartford area, CCSU Days of Service, and a number of service learning courses that assist residents within the local area.

Dr. Toro added the decision letter from the foundation, which stated that the university’s application “documented excellent alignment among campus mission, culture, leadership, resources, and practices that support dynamic and noteworthy community engagement.”

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CT DMV Recognizing Non-Binary Gender Opens Can Of Worms

BY BRUNA VILA ARTIGUES
NEWS EDITOR

Connecticut will follow the lead of 12 other states by offering a third gender designation option on drivers’ licenses and ID cards: the non-binary (X). While the new policy has become a way to recognize intersex and non-binary state residents, the additional option is being questioned.

Gender has typically been assigned to one’s biological sex, thus forcing intersex people to choose a binary category: female or male. Selecting a gender has taken place for many throughout their lives, especially on public records and spaces, such as birth certificates, passports and other legal forms.

“We have a responsibility as a state government to be inclusive across our customer experiences,” Governor Ned Lamont said in the press release. “This option on license applications tells all Connecticut residents that we are welcoming and that we are open for business.”

Anastasia Knight, a LGBT Center student worker, said that this addition will provide an option for those who never had one.

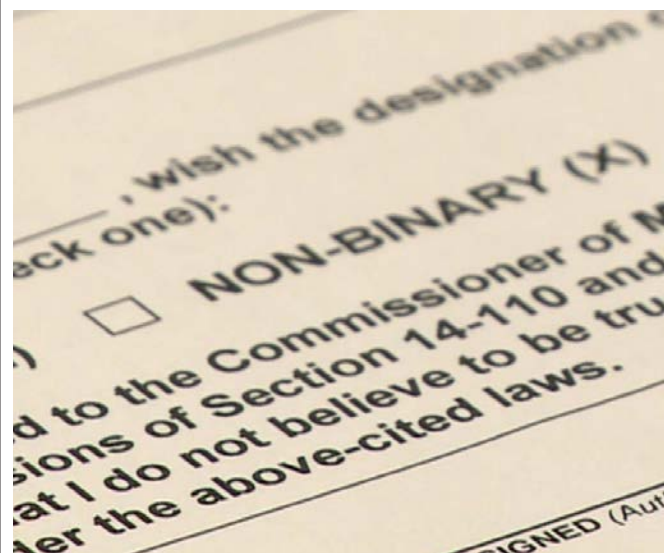
“Non-binary is a gender identity that doesn’t exist within the typical gender binary,” she said. “They don’t fit in the middle. They don’t fit in one side or the other. They’re completely outside of it.”

Gia Paulus, an employee at the LGBT Center, explained that non-binary people are not “the third gender,” which is why there is a widespread belief that the addition of another gender option may become more troublesome. By introducing a new gender marker, different concerns may arise, one being the lack of education on the subject.

Knight further stated that education on these topics is mostly related to anti-discrimination. However, if a gender X is added in legal records, Knight recommended that training should be required for people who will be in contact with the gender X and others that will encounter the third option.

“When you get your license, there is the option to be an organ donor and what it encompasses,” Paulus said. “In that same section, they could explain the different gender marker choices and the meanings, so that people could choose the one that they feel more comfortable with.”

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CT DMV

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Former Central Student Who Threatened Mass Shooting Charged With Assault

BY ISABELLA CHAN
EDITOR-IN-CHIEF

Months after making threats of a mass shooting, a former Central Connecticut student was arrested by Norwalk Police for assaulting his father.

Brandon Wagshol, 22, was arrested after pushing his father, Abraham Wagshol, into a wall and hitting him in the head with a two-foot pipe, according to police reports. The 5 a.m. attack on Saturday morning left the victim with a "large laceration," upon their head. Police recovered the weapon as evidence.

Wagshol was charged with disorderly conduct and second-degree assault with a bail set at \$500,000.

During his arraignment at Norwalk Superior Court on Feb. 3, Wagshol's father informed Judge William Wenzel that his son had never attacked him before and did not think the incident was "intentional," according to the Hartford Courant.

"I don't feel a threat from him," Abraham Wagshol stated to the judge. "He's never attacked me before."

Darnell Crosland, Wagshol's attorney, noted that during the time of the incident, his client was in the midst of changing medications and may have been experiencing serious side effects.

Prior to this, Wagshol was arrested for the illegal possession of four high-capacity gun magazines. Wagshol has since been

suspended and is temporarily banned from the university campus. The pending case required him to wear an ankle bracelet and remain on house arrest after being released on a \$250,000 bond.

The suspect claims he "did not have the intention of committing any mass shootings at all whatsoever."

Records showed that Wagshol was previously involved in two domestic incidents with past family members.

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CT General Assembly Splits Democrats And Republicans



Ned Lamont and other state officials will convene Feb. 5th.

TWITTER

BY RYAN BROOKS
CONTRIBUTOR

As the Connecticut General Assembly convenes a myriad of issues that the legislature will address are being brought to light, including tolls, marijuana, vaping and sports betting, that have the state's government divided in their decision.

Tolls in particular have been at the forefront of the state's political discussions after Governor Ned Lamont and Democratic leaders have proposed a trucks-only toll plan, which would place toll booths at 12 different locations on six highways across Connecticut.

In order to ease Republican leadership's concerns about expanding tolls to all vehicles, the plan includes a special transportation council that would be made up of officials appointed by Republican and Democratic leaders. However, public opposition to the tolls plan has been fierce and legislators are hesitant to vote for anything controversial in an election year.

Another issue on the agenda is the marijuana legalization, which would bring \$166 million in revenue to the state budget. Some of the state's senators want to include provisions that would expunge criminal records for people convicted of low-level drug offenses and give certain advantages to minority entrepreneurs to gain a foothold in the industry.

In addition, Lamont has stressed regional cooperation with states such as New York and Massachusetts to establish regional standards for recreational marijuana use. It is unclear if any Republicans would vote for any form of a marijuana bill.

Along with use of marijuana, vaping has also taken particular significance in Lamont's legislation as there have been 38 instances of vape-related injuries in the state.

"We should have a statewide ban on tobacco flavors in tobacco products," State Senator Mary Abrams, a Democrat from Cheshire, stated.

House Majority leader Matt Ritter, a Democrat from Hartford, carried this thought, stating "the debate on flavors is going to continue because the dangers of vaping have proven to be deadly."

In stark contrast with issues such as tolls and marijuana, vaping has broad bipartisan support in Hartford. In tandem with Democratic leadership, Republican leaders have voiced concerns about the vaping industry. If this increasing bipartisanship holds, there will undoubtedly be swift action on vaping in the upcoming session.

Upon taking office in early 2019, Lamont promised to put Connecticut on a "debt diet." Lamont has mostly lived up to this promise.

As part of a long-standing battle to establish sports betting and broader gambling in Connecticut, legislative leaders introduced a bill that would authorize online sports betting and establish a new casino in Bridgeport, which would be jointly operated by the Mashantucket Pequots and Mohegans.

Senate President pro tempore Martin Looney, a Democrat from New Haven, said that it is "absolutely critical to move the legislation forward and deliver new revenue to the towns and cities." However, any gambling deal must be agreed upon by the Mohegans and Mashantucket Pequots per their agreement with the state of Connecticut dating back to the 1990s.



@TheRecorder



Transitioning To A Sustainable Campus Is A Must

CONTINUED FROM PAGE 1

As of now, CCSU is not on track to reaching that goal.

"We're trying to become a lot more active than we have in the last years because I'm somebody who likes to see progress in things or actions taken where we can actually make progress towards our goals," Misbach stated. "So it's not exactly things people will see but it helps with our energy usage."

Some of the projects already in motion include adjusting and upgrading buildings' to LED lighting and altering their heating and ventilation systems to be more energy sufficient. One of the more impactful projects is the Residential Recycle Program, which allows resident students to donate their gently-used or unused items to local donation centers at the end of each spring semester.

In an public statement, Button emphasized that it is critical the university begins to make more changes, as there have been three decades worths of warnings from the global scientific community and the United Nations Intergovernmental Panel on Climate Change; furthering the severity of how climate change is "unfolding in real time."

Dr. Alexandrina Tzanova of the Geological Sciences Department carries similar concerns, noting that in the past 200 years a lot of geographical changes have formed thus impacting the life span of current and future generations.

In her course on climate change, Tzanova discusses the different life aspects and fairness in climate. She notes that fairness is subjective based on the point of view in developed and developing countries, which in

part makes climate change difficult to approach.

"If you ask a developed country to cover the cost then its 'Well I paid my dues, I developed in order to have these resources.' Where on the other hand, if you're from the point of view from the developing country, you're thinking, 'Well you're the one who ruined it for me. You're the one who used the fossil fuels to get rich and now you're rich and have solar and all these other technologies that I cannot afford, but I'm suffering [from] the climate change that you caused.'" Tzanova explained.

She hopes to see the university get more involved in publicizing their climate initiatives and bringing them to the forefront of their missions. However, she believes the power relies further than the administration.

"I think the ball has to be put in the court of the students because a lot of the really successful initiatives I've seen are student-driven. The university can put a bunch of recycling bins in place but if the students, faculty and staff are still throwing their recyclables in the trash, then that's not really gonna help," Tzanova said.

Sustainability is not a one-step destination but a transition, as Button likes to tell his students. He, himself, continues to learn new ways to become more environmentally friendly, arguing that there is always room for improvement. In his course, Button emphasizes that there are a number of ways for one to improve their sustainability efforts. He recommends beginning with smaller changes, such as eating locally, using reusable products and to constantly think before taking action.

"It's not just teaching about a subject, you're literally



CCSU Campus

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teaching people a different way of thinking about how people are connected," Button stated.

Tzanova carries similar beliefs, expressing that not everyone should follow the same rules as others, since each person has their own morals and beliefs from their culture and religions.

"You cannot ask that of everyone, but if everyone picks something that makes them feel like they're making a sacrifice or they can live with putting sustainability as part of their choices. Being that choice is the car that they drive, how they tend to their lawn, do they put any energy-sufficient appliances in their houses — as long as they doesn't feel like a sacrifice to the person [then] the more likely they are to stick with it," Tzanova added.

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CT DMV Recognizing Non-Binary Gender Opens Can Of Worms

CONTINUED FROM PAGE 1

Therefore, others offer a different solution to "a much safer option," which would be to move towards the removal of any indication of gender.

"What is the reason for [the gender marker]?" Nichol McCarter, the University Assistant of the LGBT Center, said. "What does the DMV and state mean when they say gender? What implications could this provoke in regards to our current political climate?"

McCarter said that he hopes that this small change can spark something larger in order to challenge the incorrect understanding about biological sex as a binary system, which in turn will eventually help liberate and protect those who are intersex.

"Gender nonconforming and intersex people are part of a gap that has been underserved in a lot of our bureaucratic processes," Paulus, an employee at the LGBT Center, said.

Paulus said she believes that creating more options is a good start in the right direction. "The fact that the DMV is starting to recognize them is a very progressive step forward," she said.

For those interested, the LGBT Center has the necessary forms to apply for the non-binary gender X identification option in their office at the Student Center, located in rooms 304-305.

@BRUNAVILA



Members of the LGBT do not all agree the new gender option is progressive.

Twitter

What's New, CCSU?

- February 5th, CCSU Save A Heart Day will take place in Alumni Hall in the Student Center from 9am to 4pm
- Sodexo Dining services will allow students to donate a guest meal swipe to a student in need for the first two weeks of the month of February. Ask the cashiers at Memorial Dining Hall and Hilltop Cafe how to donate
- Devil's Den at 10pm in Semesters on Thursday Feb. 6th will host Improve Night



Black History Spotlight: Ebenezer D. Bassett

BY ISABELLA CHAN
EDITOR-IN-CHIEF



Ebenezer D. Bassett

CCSU

While some Central students mistakenly call the building “Social Sciences,” from time to time, Ebenezer D. Bassett Hall has become a historical landmark in Connecticut, as it is the first public building in the state to be named after an African-American.

Named after the first black graduate at CCSU, known as State Normal School during his time, Bassett initially broke the color barrier in the state’s education realm in 1853. He was the only person of color in his graduating class. Following his years in education, he worked closely with famous abolitionist and author Fredrick Douglass. Both men recruited men of color for the Union Army of the American Civil War

His diligent work and efforts during the war allowed Bassett to obtain

the title of the first African-American diplomat in United States history, following the nomination made by President Ulysses S. Grant to name him the American minister to Haiti. Despite facing a number of struggles during his tenure, including corruption scandals and violence, Bassett completed his duties with civility, patience and

excellent decorum.

In 1898, the President of Haiti appointed Ambassador Bassett as Vice Consul General, serving until his passing in 1908. Bassett and his family are buried in Grove Street Cemetery in New Haven, Connecticut.

Bassett’s legacy and wisdom continues to live on at CCSU and throughout the city of New Britain. The

building is recognized as the 140th site on the Connecticut Freedom Trail, as well as honored at the historic walking tour in downtown New Britain. A memorial plaque in his name is located near the original location of the former Normal School.

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News In Brief

BY SARAH WILLSON
REPORTER

Connecticut Hospital Taking Precautions As Coronavirus Spreads:

Patients with a fever visiting PM Pediatrics Urgent Care in West Hartford will be required to go under a “special screening,” a step taken in response to the Coronavirus spread, the pediatrician’s office said.

Patients are also being asked to let staff know if they have traveled to China — where the virus began — within the past two weeks.

So far, there have been nine confirmed cases of the coronavirus in the United States.

Coronavirus symptoms, according to the Center for Disease Control, are similar to that of the flu, which kills 60 times more people annually than the virus, according to the Washington Post.

Anyone experiencing flu-like symptoms is encouraged to seek medical attention.

Two Dead, One Injured In Shooting At Texas A&M Commerce Campus:

A shooting at a residence hall on Texas A&M Commerce Campus leaves two women dead and a toddler injured on Mon., Feb. 3, according to the university’s police department.

University Police Chief Bryan Vaughn did provide much information on the investigation but stated the child was in stable condition. While investigators have not released a motive in the shooting or stated if they are actively looking for any suspects.

All classes, programs and events on the Texas A&M Commerce Campus and all remote locations, including online, are cancelled till Wed., Feb. 5.

Iraq Names New Prime Minister:

Iraq has named a new prime minister following four months of protests that killed hundreds, according to BBC News.

Former communications minister Mohammed Tawfiq Allawi was appointed by President Barham Salih over the weekend.

Allawi said he is in support of the protests and vowed to hold those for the killings responsible. He has also promised to combat corruption.

Allawi was one of the only candidates not rejected by protesters.

SGA Briefs

Student Government Association holds its weekly meetings every Wednesday at 3:05 in the Bellin room in the Student Center. Here are some of the things discussed during their last meeting, January 27.

- There will be a Diversity Forum in the Philbrick room on March 25 at 6:30, the results of which will be given to President Toro.
- There will be an event held in the Student Center Circle on Autism Awareness Day, April 2 from 12 p.m to 3 p.m. The event will cover myths regarding autism. There will be pins and t-shirts handed out.
- Food trucks will be flooding the Student Center Circle on April 30 from 6 p.m to 10 p.m for “Embracing Roots.” There will be Teriyaki Mania, a falafel truck and fuego picante. Students will be able to sketch out their countries with chalk, along with tie dye and decorate t-shirts/bandanas.
- The Annual SGA Banquet will be held on May 6 from 6 p.m to 10 p.m in the Connecticut Room. There will be a Hollywood/red carpet theme for the night.
- \$2,600 was allocated to the South Asian Student Association for an Awareness Week
- \$390 was allocated to the Too Good For Instruments Club to attend a competition in New York called “SingStrong 2020”
- \$6,277 was allocated to the Tennis Club to attend a tournament in Vegas.

Rush

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Phi Delta Theta



Spring 2020 Recruitment: January 20th – February 14th

Questions? Contact our Recruitment Chairman: (860) 971-1502 or

Attend one of our informationals Saturday February 8th Student

Center 1849 Room 220 from 12:00-1:00pm

Look At Your Close Ones, Are You Letting Them Be Who They Truly Are?

BY BRUNA VILA ARTIGUES
NEWS EDITOR

Freedom of expression was established in the First Amendment in the 18th century over 200 years ago, so that people could express ideas without the fear of government censorship. However, sometimes our biggest fear is not the higher ups, but the people standing right beside us.

Hundreds of years later, we proudly say that we live in a century in which it is okay to be who you are, to wear what you want, to sing what you love, to dance what you feel and to write what you believe. In fact, you would think people would have had enough time to process this freedom of expression, to understand what it means, to respect others' and to embrace it for themselves. But I am not sure this is the case.

The United States: a country that landed on the moon, invented the internet, owns the biggest variety of fried food, reigns in the film industry, has their own type of football, is made of nearly every culture in the world, but does not accept all people.

The United States is the land everybody looks up to, the land of evolution and latest developments,

the land of opportunities and second chances, the land that judges and punishes certain expressions.

Last week, rapper Lil Nas X showed up to the Grammy Awards in a spectacular Versace hot pink cowboy outfit that made everybody's mouth drop. A promising young star nominated for six very deserving awards, giving visibility and validation to all the people out there like him and expressing himself just like any other artist did that night. But rather than receive praise, he got punished for it.

"Welp, Guess I won't be winning



a GRAMMY...If this what I gotta wear," captioned rapper Pastor Troy in a picture he shared of Lil Nas X in his outfit, proceeding with a very disgusting homophobic rant.

And this is only one of the million examples out there. Freedom of expression goes beyond words and speeches. Freedom of expression breaks stereotypes and liberates creativity. And everybody is entitled to have and share an opinion about it, but not to purposely hurt and despise others. And here is where the line is drawn. You do not have to agree with it, but you have to respect it.

Everyday, anywhere, a little boy is scared to wear makeup, a little girl is scared to transition, a father is scared to come out, a mother is scared to share their political values, a grandfather is scared to wear a skirt, a grandmother is scared to sing rap.

Everyday, anywhere, someone is terrified of speaking their mind or being themselves because of others' reactions. Look around you, look at your close ones, are you letting them be who they truly are?

The government might tell you whether or not something falls within freedom of expression, but the people beside you can personally and deeply hurt you. Let's turn things around and open our arms to the ones that differ from us and show them that they can stay true to themselves no matter what.

@BRUNAVILA

The Impeachment: Game Over

BY MEGAN BRAWNER
COPY EDITOR

Congratulations America! The silly impeachment trial is coming to an end. What began as an inquiry back in October, spun into a partisan mission to impeach President Donald Trump.

The 51-49 vote on Jan. 31 prevented additional witnesses from testifying. Republican Sens. Mitt Romney and Susan Collins voted with Democrats to introduce new witnesses. The vote signals a smooth path for Mr. Trump's acquittal.

Leading up to the vote, the decision could have gone either way since there are a lot of Republicans in purple states that did not want to lose their seat over the potential accusation that they were covering for the president if he were to face his former National Security Advisor, John Bolton. Thankfully, most of the senators recognized that the impeachment charges are a sham and should not be entertained any further.

Let us take a stroll down memory lane to see how this whole thing began. Mr. Trump rightly suspected that Ukraine had interfered in the 2016 presidential election. He was deeply concerned as to why former

Vice President Joe Biden's son, Hunter Biden, was making \$50,000 a month to be on the board of Burisma Holdings, Ukraine's largest independent natural gas company.

Remember, Hunter was lacking any qualifications to hold such a position, the Wall Street Journal reported. This led to the eventual suspected withholding of aid contingent with Ukraine conducting investigations.

However, the investigations never launched and the aid was delivered on time. News flash: quid pro quo is very common in foreign policy. Requesting aid recipients to investigate corruption isn't illegal.

Alan Dershowitz, Mr. Trump's defense attorney, attempted to hammer in on this point. He said in a defense statement, to hypothetically assume that a Democrat president told Israel that foreign aid, authorized by Congress, would not be delivered unless the Israelis stop building settlements. He argued that they could disapprove of such a demand, but that it would not constitute as an abuse of power.

The two articles that the House of Representatives impeached Mr. Trump for were one count of obstruction of Congress and

abuse of power. However, if you look at the direct charges, these are not impeachable offenses.

To start, Mr. Trump asking for a corruption investigation is not illegal. In fact, the aid was delivered on time in September. His request may have been reckless, but it is not impeachable. Even if one claims that this is ignoring the national interest, this is still not a corrupt intent-based crime.

The second article of impeachment, abuse of power, is vague and can be interpreted in different ways.

The moral of the story is that the House of Representatives did not have the elements to fulfill legitimate charges. This is precisely why they did not reach bipartisan approval. We may not like his judgement calls, but this is not subject for impeachment.

I also find it ironic how the media is conveniently forgetting about President Barack Obama's negotiations with Russia in 2012. During this election year, the U.S. and Russia were in the midst of missile defense negotiations. The New York Times reported that Mr. Obama told Russian President Dimitri A. Medvedev that after the election, he would have

more flexibility.

This constitutes as a quid pro quo, which Lawyer Eric Herschmann pointed out to the senators last week. Mr. Obama used his powers to ignore the interest of the nation and abused them to advance his own political interests. This is what we call a direct pro quo folks!

Mr. Obama wanted Russian officials to back off until after the election. The American people didn't take this into account though, and they re-elected Mr. Obama for a second term. The point here is that we don't have to support everything a president does, but we can voice our opinions at the polls. So why is the media slamming Mr. Trump's actions as if history has never witnessed such a thing?

From Democrats high-fiving each other after the articles of impeachment were passed, to Nancy Pelosi fist bumping Bill Maher on his show; our elected officials have been far from professional throughout these months. It is a shame that they did not set a higher standard for themselves. Thankfully, this game is almost over.

So my deepest "condolences" to Mrs. Pelosi and the Democrats, you sure did put up a fight. It is too bad you did it for the wrong reasons.

@MEGANBRAWNER1

EDITORIAL

A Mandatory Quarantine May Be The Reason U.S. Is Able To Contain Coronavirus

On Dec 31, China announced an outbreak of an unknown respiratory illness in the city of Wuhan. The strain, which is identified as a novel coronavirus (or "2019-nCoV"), has exceeded the severe SARS outbreak in 2002 and 2003 in China and it has spread worldwide.

Within 10 days of the outbreak, a new hospital was being constructed to help the ill, but just days from the opening, it is estimated it might not be ready soon enough. Chinese residents have seen their families struggle and eventually die from the virus. Now, they are experiencing the same symptoms and have nowhere to go or be treated.

"Getting treatment is so difficult," The New York Times reported on Mr. Gan, a citizen of Wuhan. "We can't get admitted to the hospitals. And there's not enough medicine."

Trying to take care of themselves and their loved ones, they are not sure if the resources are enough or will be delivered in time to aid those in need. Instead of being a part of the 457 recoveries, a patient might join the 361 deceased across the country, the China's Health Commission reported.

The Center for Disease Control and Prevention confirmed there are 28 countries in the world facing the 2019-nCoV cases, with the United States handling 11 cases themselves. However, President Donald Trump did not take long to sign a presidential "proclamation on suspension of entry as immigrants and nonimmigrants of persons who pose a risk of transmitting 2019 novel coronavirus external icon."

Now, the airports that continue to permit flights from China with U.S. citizens and travelers returning from Hubei Province, will be put through a mandatory quarantine of up to two weeks prior to them traveling back to the U.S.. China's foreign ministry was against this decision and claimed that "in the face of the public health crisis, countries should work together to overcome the difficulties and not shift one's troubles onto others, let alone take advantage of people's precarious position."

While some are against the decision for Trump to go through the extra steps and putting them through thorough quarantine, he and the U.S. government are just being cautious to keep everyone safe from the virus. Federal health administration officials have emphasized repeatedly that currently, the risk of contracting the coronavirus in the United States is low but it is important to keep it that way.

"We are working to keep the risk low," U.S. Health and Human Services Secretary Alex Azar said at a White House press conference.

Azar described the new entry rules and quarantines as "prudent, targeted and temporary."

What is important to remember is President Barack Obama performed a similar act in 2014 due to the Ebola outbreak in West Africa.

Despite the high level of concern of the virus potentially spreading in the U.S., national hospitals have been able to maintain it well. In fact, according to NBC News, the first patient diagnosed with coronavirus has just recently been released from the hospital.

The man, who chose to remain anonymous, was hospitalized at Providence Regional Medical Center in Everett, Washington, and will remain in isolation while he continues to recover at home.

"I appreciate all of the concern expressed by members of the public, and I look forward to returning to my normal life," the man said in a statement.

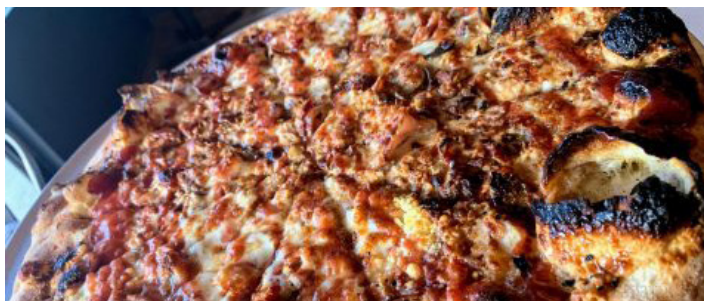
Ten other patients have been confirmed to have coronavirus across the United States as the numbers remain low, likely due to President Trump's and the U.S. Health and Human Services' taking swift action.

National Pizza Day - Phenomenal CT Pizza Any Way You Slice It

BY ISABELLA CHAN & MAURIAH JOHNSON
EDITOR-IN-CHIEF & ASSISTANT ARTS & ENTERTAINMENT EDITOR

In honor of National Pizza Day coming up this Sunday, take a tour of some of New Haven's finest gems!

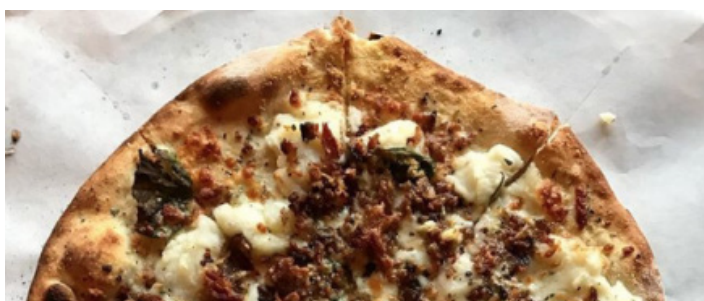
One 6 Three



ISABELLA CHAN | STAFF

One 6 Three is not your typical New Haven pizza restaurant. Whereas Modern Apizza and Sally's Apizza follow the beautiful, classic take on pizza, this restaurant fuses together wood-fire Neapolitan pizza with their own unique flavor palettes. With eclectic pies varying with menu favorites like the Hannibal, which is their version of meat lovers, or Sweet & Salami, offering a hot and sweet combination with hot cherry peppers and honey swirl. But if you're really looking to try something new, then look to The King (pictured above). This PB&J combo starts with a peanut butter sauce as the base and is coated with smoked bacon, caramelized walnuts, mozzarella and topped with homemade cranberry-honey jam. After one bite, this place will have a pizza of your heart.

BAR



INSTAGRAM

The name tells it all, but it definitely doesn't give the pizza justice! BAR specializes in all types of brick oven pizza and let's not get started on their signature mashed potato pizza; it's absolutely mouthwatering and a starch-born perfection. The difference between BAR and the other brick ovens around town is the lightly toasted crust and dough that still allows you to enjoy their exotically creative flavors without the lingering charcoal. BAR will send you home with an unforgettable experience with their retro dance floor and of course, a full stomach.

Pizza House



MAURIAH JOHNSON | STAFF

Pizza House is one of my very own childhood favorites in New Haven. Aside from the traditional brick oven love that prevails the town's taste buds, Pizza House offers sweet and savory non-grilled goodness. Each oven-baked slice melts onto your tongue, while oregano, garlic and their mystery sauce moonwalks its way to your heart. Their infamous sausage and pepperoni pizza will always leave you craving more and with a little extra pep in your step when you walk out their unforgettable four-plus star doors of your heart.

Zuppardi's



VINCENT SG | GOOGLE REVIEWS

Zuppardi's has been gracing pizza lovers all over the world in little New Haven for over 80 years, standing tall with the highest rating of them all: 4.7 stars. Trust me, the family-owned business bakes their smackdown specialty clam pizza to perfection. With a nice and fluffy crust that can be folded perfectly down the middle of its greaseless, generous, triangular slice, this pizza will change your life — with a choice of red or white sauce! There's a reason why they ONLY sell pizza!

Seven Unwritten Misconceptions of Society

BY SHWAR ZAIDI
REPORTER

Society has some unwritten rules that nobody likes to admit they follow, but many secretly believe they must. It can lead to many people feeling unhappy, unsatisfied, insecure and out of place. However, sometimes what we see and think in this society is not the truth. It takes a lot of courage to disregard the external rules and have faith in yourself. Here are a list of reasons why these societal rules are not true.

1. You must be thin to feel confident in your body

It can be hard to love our bodies, especially when we see supermodels or celebrities showing off in photo shoots. However, many pictures of models are photoshopped and not real. There are plenty of plus size models who can show how proud and confident they are in their bodies. It doesn't matter what shape or size you are. You have every right to love the body that you are in and to know that you are beautiful just the way you are.

2. It's cool not to care

The whole idea of it being "cool not to care" has been hitting a lot of people. We are afraid to feel vulnerable, so we shut down, pretending we don't care even if we really do in fear of rejection or losing something. But the thing

is, it is cool to care, and we need to care. If you show that you love someone or that you care what happens, you can be changing a lot of people's lives. Showing

empathy and kindness is so much more than cool, it's uplifting.

3. You have to go to college and get good grades to be considered smart

There have been too many times that people are forced to do something or have been put down simply because they aren't doing well in school. We all are intelligent, although that intelligence may be spread into different areas. If you keep trying and never give up, you are much more than just smart, you are brave. A "D" on a test does not prove that you don't have the abilities to thrive academically. So many people with low grades have done amazing things, making our world a better place.

4. You must know what you want in life

We all want to make our own impact on the world or do something that we love that can satisfy ourselves. But not everyone knows exactly how they want to do that, and that's okay. You don't have to know what you want to be yet if you have no idea. As life passes and you take some opportunities, you will eventually find yourself in the place you are meant to be. Just be confident in yourself that you will find the field you want to be in.

5. There is something wrong with you if you are different

If someone is different, we would much rather attack them instead of understanding them. However, we all are different, and we each need to express ourselves in our own way. Being ourselves is the best thing we can be

in a world filled with billions of people. You'll realize that someone just needed someone like you in their life, including all of your uniqueness.

6. You have to be popular to be worthy

We can't control who likes us or doesn't like us. But just because someone is more popular than you doesn't mean that they are living a happier life. We all are making someone happy without necessarily knowing it. That being said, never do something that makes you uncomfortable just to make people happy. Being real and genuine is much more appreciable than everybody liking you. People have their own insecurities, so depending on others for your worth can be risky. The right people will stay no matter what.

7. You are not worth it, there will always be someone better than you

We are taught there is always someone smarter, prettier or better than us. But that is not true, nobody can ever be your kind of smart, your kind of pretty or just you. You are worth it and do have an impact on the world. We are taught to just blend in, but we are so much more. The only way we can see that is to forget about what society thinks and to be ourselves. We should love ourselves instead of waiting for society to acknowledge our worth. Only then can we feel whole.

The Return Of Demi Lovato

BY NATALIE DEST
REPORTER

More vulnerable than ever, pop sensation Demi Lovato makes an emotional yet long-awaited return to the music industry with her Grammy performance of her newest song “Anyone,” for the first time after a two-year hiatus.

Before her near-fatal drug overdose during July of 2018, the former Disney star released her emotional ballad “Sober,” a song in which she revealed her relapse after six strong years of sobriety.

Shortly after the release of “Sober,” her unreleased song “Anyone,” was reportedly written and recorded just 4 days before her overdose, CNN reports. Looking back at it, Lovato claims this song was a blatant cry for help in an interview with Apple Music’s “Beats 1” the Friday before her performance.

“The lyrics took on a totally different meaning,” Lovato said. “At the time when I was recording it, I almost listen back and hear these lyrics as a cry for help. And you kind of listen back to it and you kind of think, how did nobody listen to this song and think, ‘Let’s help this girl.’”

During her time spent in a two-week hospital stay and in-patient rehab treatment, Lovato felt strongly about performing this song, given a chance to return to the spotlight.

“I remember being in the hospital and listening to the song,” she recalled. “I just remember hearing back the songs I had just recorded and thinking, ‘If there’s ever a moment where I get to come back from this, I want to sing this song.’”

Straying from the public eye since her hospitalization, Lovato returned to the Grammys with a performance expected of triumph; which is exactly what she delivered. Dressed in a white gown on a more intimate stage in the center of the arena, the 27-year-old was accompanied by only a piano.

Unable to release the opening notes of the song, Lovato had to restart, as a tear streaked down her cheek. Once she was able to gather the strength to start again, the singer began belting her story about her desperate and failed attempts at finding relief.

“I tried to talk to my piano, I tried to talk to my guitar,” she began. “Talked to my imagination / Confided into alcohol / I tried and tried and tried some more / Told secrets ’til my voice was sore.”

She continued on, confessing she feels stupid when she prays, that her wishes upon shooting stars always fail



Demi Lovato makes an amazing comeback with Grammy and Super Bowl performances.

BILLBOARD

her, even with “a hundred million stories / and a hundred million songs / I feel stupid when I sing / Nobody’s listening to me.”

“If there’s ever a moment where I get to come back from this, I want to sing this song.”

“Anyone” captures the reality of Lovato’s battle against addiction, that her fans, sobriety coaches and faith in God were no recourse of help in her worst moment. Although the song is not considered a fast-pace, pop radio single, it is songs like this that are made for healing and demonstrating survival.

After several tears and impressive belting, at the end of the performance, Lovato let out a smile of pride, and was met with a 20-second standing ovation.

The pop-star went to Instagram and reacted on her performance stating, “What an unbelievable night.

My first time back on stage in almost two years. So emotional for me. Thank you for all the love, support and for sharing this moment with me,” Lovato said. “I love you all.”

Outlets such as Billboard, NBC News and USA Today, all claimed Lovato’s performance the best of the 2020 Grammys.

But the Grammys weren’t the only stop for the singer; Lovato also performed the national anthem at Super Bowl LIV this past Sunday. Back in 2010, 17-year-old Lovato predicted her performance, tweeting “One day, I’m gonna sing the national anthem at a super bowl. Onnee dayyy....”

The Washington Times is calling her rendition the “best since Whitney,” in addition to receiving high praise from multiple news outlets, music and sports fans. Lovato went to Instagram stating “A dream come true,” thanking the NFL for giving her an opportunity she’s dreamt of for the past 10 years.

Starting her new year off on nothing but a strong note, Lovato’s musical and personal efforts are being credited. Fans are hoping for more healthy and happy months to come for the pop-singer.

Although it is been unconfirmed exactly when Lovato’s newest albums will be released, fans are anticipating a record of triumph, vulnerability and the embodiment of being transparent with oneself.

@NAT_DEST

The Best Of Super Bowl LIV Advertisements 2020

BY JULIA CONANT
ARTS & ENTERTAINMENT EDITOR

The Super Bowl isn’t just about football. It’s also an opportunity for companies to represent their brands in some of the most entertaining commercial breaks of the year.

This year was no different, as there were many funny, shocking and overall memorable commercials that kept audiences captivated during the gaps of the game.

Cheetos

Cheetos advertised their new popcorn by implying that you can use Cheetos as an excuse to get out of doing work. Since eating Cheetos causes your fingers to be covered in orange dust, you won’t be able to carry out tasks like lifting a couch, spotting a gym partner or holding a baby. The unapologetic look on the man’s face as he gets out of performing all of these duties is priceless, and MC Hammer popping in to say “you can’t touch this” every time adds to the hilarity.

Little Caesars

Little Caesars now does delivery, which they describe as being “the best thing since sliced bread.” We then see into a sliced bread factory, where Rainn Wilson is informed of this new competitor. He drives himself mad thinking of new ways to format bread in a way that will be better than Little Caesars’ delivery. He is unsuccessful and has no choice but to get a job as a spiteful Little Caesars delivery man.

Bud Light

Bud Light makes seltzer now, and who better to advertise it than Post Malone? As he drinks his first fruit-flavored seltzer in a convenience store, we see inside his brain. Two differing parts of his brain are conflicted, since he usually only drinks Bud Light, but this new seltzer is “light and refreshing.” Since the men working in his brain fight over the controls, Post Malone himself flails around the convenience store, knocking over shelves and merchandise. In the end, he decided to get both Bud Light and Bud Light seltzer because he is incredibly rich.

Hyundai

Chris Evans, Rachel Dratch and John Krasinski show of Hyundai’s new Smart Park feature, where the car parks itself. However, they all have heavy Boston accents, so it sounds more like “Smaht Pahk.” Krasinski exuberantly announces “Look who’s got smaht pahk!” as he smugly presses a button and his car parks itself into a tiny space. Even David Ortiz can’t resist but poke his head out from his apartment window to watch the Sonata park and un-park itself.

Doritos

Lil Nas X and Sam Elliot find themselves in the midst of a heated old western showdown. The prize? A bag of Cool Ranch Doritos. However, this is not a normal western showdown. A dance battle ensues to Lil Nas X’s “Old Town Road” complete with fancy footwork, the splits and wiggling mustaches. Lil Nas X wins and rides off on his horse with the Doritos. The final few seconds show Billy Ray Cyrus sitting off to the side as he says, “I ain’t dancin’.”

Rocket Mortgage

Jason Momoa is the star of this commercial, as he gets home from a long day of work. He takes off his shoes, but then proceeds to take off his arm muscles, six pack and hair piece, implying that all those attractive features are simply a façade. The idea behind it is that you feel comfortable to be yourself in your home, you will feel even more comfortable financing your home with Rocket Mortgage. In the end, we see Momoa struggling to lift very light weights, but chickening out and telling his personal trainer to take it from him.

Planters Peanuts

Earlier this month a video of the Planters mascot sacrificing his life for his friends went viral. Many fans mourned the loss of Mr. Peanut for weeks, however, the Planters Super Bowl commercial brought relief. As other brand mascots such as the Kool-Aid Man and Mr. Clean cry over the loss of Mr. Peanut, one stray tear waters the mound where Mr. Peanut was buried and causes a Baby Nut to grow. Mr. Peanut has been reborn, and Planters fans can rejoice.

Fitness Class Schedule

With the new C.J.Huang Recreational Center finally open to the public, a new range of free fitness classes are available for Central students and faculty to take of. Here is a list of some of the classes you could take in the brand new fitness studios that are sure to help you work up a sweat.

Afro Dance

An African-inspired dance class. Afro Dance Workout with Peace and Dami- Tues. 3 to 4 p.m. and Fri. 12 to 2 p.m. in the downstairs studio.

Barre

A ballet-inspired strength training class. Barre with Olivia- Mon. & Wed. 9 to 10 a.m. in the downstairs studio. Barre with Sarah- Mon. & Wed. 12:30 to 1:30 p.m. in the downstairs studio.

Bootcamp

A high-intensity weight loss class. Bootcamp with Nina- Tues. & Thurs. 2- 2:45 p.m. in the downstairs studio.

Calisthenics

Exercise focused on working large muscle groups. Calisthenics with Jared- Mon. 7:30 to 8 p.m. in the upstairs studio.

Cycling

Endurance-building classes using stationary exercise bicycles. Cycling with Jen- Mon., Tues. & Wed. 12 to 12:45 p.m. in the upstairs studio. Cycling with Teri- Mon., Tues., Wed & Thurs. 5 to 6 p.m. in the upstairs studio.

HIIT

High-Intensity workouts meant to get your heart rate up. HIIT with Sarah- Tues. & Thurs. 11 a.m. to 12 p.m. in the downstairs studio.

Pilates

Low impact flexibility exercises. Pilates with Mary Jo- Mon. 4:15 to 5 p.m. in the downstairs studio.

Qi Gong

A Chinese healing technique class. Qi Gong with Master Lei- Tues. 3 to 3:45 p.m. in the upstairs studio.

Self Defense

Learn how to protect yourself in dangerous situations. Self Defense with Master Lei- Tues. and Thurs. 10:45 to 11:15 a.m. in the upstairs studio.

Shao Lin Kung Fu

One of the oldest and most famous forms of kung fu. Shao Lin Kung Fu with Master Lei- Mon. 10:30 to 11 a.m. in the upstairs studio.

Yoga

A spiritual and physical form of exercise and meditation. Yoga with Morgan- Tues. & Thurs. 1 to 1:45 p.m. in the downstairs studio.

Water Aerobics

Aerobic exercise done in shallow water. Water Aerobics with Joe- Tues., Wed. & Thurs. 8 to 8:30 p.m. in Kaiser pool.

Zumba

A fitness program done through dancing. Zumba with Mary Jo- Wed. 7:30 to 8 in the downstairs studio.



REVIEW

BY SAMUEL PAPPAS
REPORTER

The year is 1917. The trenches are muddy, the German helmets are pointy, Russia is having a revolution and Woodrow Wilson is really hopeful about this whole “League of Nations” thing.

Our story opens on a pair of British soldiers who are assigned the job of hand-delivering a message to a commander elsewhere on the Western front. This commander and over 1,500 soldiers are walking into a trap, and if our two protagonists Schofield and Blake fail to deliver the message, then the losses will be catastrophic.

Well, not so catastrophic that they couldn’t entrust the mission to two random guys with barely any motivation as it is.

“1917”’s claim to fame is that the entire film consists of one long take. From the moment the movie starts, we stay with these two men the entire time, never cutting away or transitioning to another battlefield. Whether you like it or not, you stay in the trenches. This puts us directly into the shoes of the characters. Blake is a patriotic young Brit who accepts the mission and recognizes what’s at stake, but that doesn’t mean he is some badass. He’s just a normal guy trying to do his bit for his king and country.

Schofield hates the war and risking his life as much as I hate parking at CCSU, but that doesn’t mean he’s going to up and leave Blake.

The movie starts off quiet and almost serene as we are brought into the trenches, never idling away or waiting for the plot to progress. But when things ramp up in intensity, there’s a palpable sense of danger. We barely even see any Germans in the entire film, but the knowledge that they’re there persists throughout.

We get to see Schofield and Blake silently clearing out empty trenches, watching each others backs. If this were an American film, it probably would’ve included a scene of the duo explaining how they used to play football in college or some flag-waving nonsense. “1917” relies on its cinematography to explain the relationships of it’s characters.

“1917” has remarkably tight pacing. The entire experience is almost exactly two hours long and a lot of ground is covered as we travel alongside our characters.

World War One-Shot



This is how I feel walking into a class twenty minutes late during an exam.

Twitter

We start off in a peaceful meadow, travel into a brown trench with neatly kept sandbag walls and soldiers sleeping along the sides, then the scene seamlessly shifts into the trenches on the front lines. They are littered with black mud, bombed-out walls and disheveled soldiers, not knowing when a sniper might peek out and put them down. When the journey properly begins, we’re subjected to the vast, terrifying no man’s land. Corpses are strewn in various states of decay, some seeming to have been there for years, each telling a story about how a group of young men met a tragic fate. Good stuff. Fun for the whole family.

Alright I can’t do much from this point without getting into spoilers, so consider this a recommendation. If you even remotely like war films or unique methods of filming, then “1917” will not disappoint.

Instead I offer a story about my movie experience, courtesy of AMC.

In a relatively quiet moment following an intense standoff with a German soldier, Schofield hides away in the basement of a ruined house and comes across a French woman caring for a baby that isn’t hers. They cannot understand each other, but the baby stops crying with Schofield, who begins telling him a story. It’s a beautiful

scene. We’re not expected to believe this is supposed to be romantic for Schofield and woman he can’t even speak to, but it reminds us of the humanity that anyone can have, even as they are surrounded by people who want to kill them. As Schofield told his story the screen went black. At first I thought it was some kind of artsy representation of the baby drifting off to sleep, but the screen stayed off and the characters continued speaking.

Good old AMC Plainville lost connection to all of the projectors in the entire theater. The audience sat in silence for about 15 minutes before the scene restarted and we saw everything we missed. I don’t even know how it happened. I would love to imagine the uproar this would have if it happened during the climax of some Marvel film that people have convinced themselves is quality viewing.

On the bright side, the audience got a nifty bathroom break sandwiched neatly in the last quarter of the film.

Go watch “1917.” Consider it homework if you have a class about World War I. It’s utterly unique and wonderfully crafted. The perfect way to start your year.

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Sudoku

GENERATED BY
SUDOKU BECHER

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9			7				
2		7		4			
		8					5
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	7	4	2			3	
		6	4	5	8		1
			3	8	2		

“Industrially Inspired” Recap



Tim Kowalczyk's "Fragile Mugs & Tumbler" are made to look like cardboard, despite being ceramic.

STORY & PHOTOGRAPHY BY
JULIA CONANT
ARTS & ENTERTAINMENT EDITOR

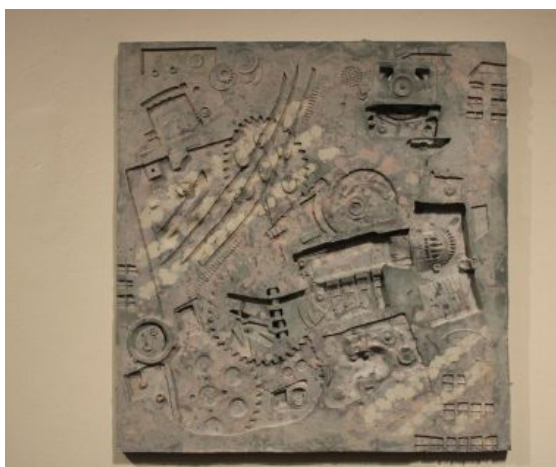
As Central's Art Gallery opened the doors to their new exhibit "Industrially Inspired," over a hundred of local art lovers packed together like sardines to witness the featured artwork from Tim Kowalczyk, Kenneth Baskin, Pedro Centeno, Tim See and Chris D'Ambrose.



Kenneth Baskin's piece entitled "Old & New" is made of soda fired stoneware and steel.



Performances by CCSU's Dance Education and DanCentral teamed up with Island Reflections Theatre dancers and drummers.



Chris D'Ambrose's cast stone piece, "Untitled (Grey spotted)."



Tim See's ceramic, glass and plastic "Pouurer and Tray."

POEM

Meditation

BY MARX CHIRIBOGA

Cold and Cross-legged on the red carpet,
Leaning against a brick wall.
Closed eyes to the dark room,
trying to see fire within my chest.

These four walls have heavy air,
Filled with translucent rabbits and cheetahs,
Floating towards my nostrils.

I inhale.
Hungry and soaked cheetahs come in,
Running in circles.

I exhale.
The cheetahs don't leave.
Their quick paws lit up a fire.

I inhale.
Warm rabbits enter with curious eyes,
jumping playfully.

I exhale,
And choke with the smell of burnt fur.

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The Recorder
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Chiefs Win Super Bowl LIV: Is a Dynasty Forming In Kansas City?

BY GEORGE ATTWOOD
ASSISTANT SPORTS EDITOR

Through three quarters, it seemed that the San Francisco 49ers would win their sixth Super Bowl, tying the New England Patriots and Pittsburgh Steelers for the most ever in the National Football League until the Kansas City Chiefs overcame a double-digit deficit for the third time this postseason to win their first Super Bowl in 50 years.

Patrick Mahomes led this team on three straight touchdown drives in the second half to overcome a 10 point deficit and win the first Super Bowl of his young career. The win ended the drought for their head coach Andy Reid. Mahomes is the first quarterback in NFL history to win a Super Bowl and NFL MVP before the age of 25.

In the early exchanges, the defenses were on top. Both teams were able to pressure the quarterbacks, forcing them to throw the ball early and making them unable to get into a rhythm. Both quarterbacks finished the game with multiple interceptions. The Chiefs switched to a hurry-up offense to counter one of the best pass-rushing teams in the league and the Defensive Rookie of The Year, Nick Bosa.

In the first three quarters, Mahomes did not look like his usual self. He looked uncomfortable in the pocket and threw two interceptions. While the passing game was not

its usual self, their rushing attack was picking up the slack. Damien Williams, who's season was much like a roller coaster due to injuries and playing time, rushed for 104 yards and a touchdown. Williams is the first player ever with over 100 rushing yards, rushing and a receiving touchdown in a Super Bowl.

A deciding factor in Super Bowl LIV was that Mahomes played better in big moments than the opposing quarterback of the San Francisco 49ers, Jimmy Garoppolo. In addition, Kansas City's coach, Reid, managed the game better than Kyle Shanahan.

Shanahan was very conservative, as evident in his game plan right before halftime. His team had over a minute on the game clock with multiple timeouts, yet he chose to run the clock out. Facing a fourth-and-two from the Kansas City 24-yard line, the 49ers' coach chose to send out Robbie Gould to kick a 42-yard field goal.

Furthermore, Shanahan abandoned his team's strength, their run game. At the point of Mahomes' fourth-quarter interception, the 49ers had run the ball 15 times for 117 yards (7.8 yards per carry). After the interception, they only ran it four more times for the rest of the game and when they did, Raheem Mostert averaged 7.3 per rush.

Reid was the opposite of Shanahan on Sunday, he went for it on fourth down twice in the first half. The second time, the Chiefs had four players in the backfield who each did a pirouette before getting into position for a direct snap to Damien Williams who rushed the ball into

the endzone giving the Chiefs a 7-3 lead.

Mahomes was underwhelming for the first three-quarters of the game but ultimately proved why he is one of the best young quarterbacks in the league and why he can potentially become the face of the league one day.

He finished the game with 286 yards, two touchdowns and two interceptions. Tyreek Hill (9 rec, 105 yards) and Sammy Watkins (5 rec, 98 yards) were the leading receivers for the Chiefs.

Defensively, the Chiefs once again proved to be better than what most people gave them credit for. They struggled against the run (6.4 YPC) but due to Shanahan abandoning it late in the game, that ultimately did not hurt them.

Through the air, they held star tight end George Kittle in check throughout the game. The 49ers leading receiver was Kenrick Bourne with two receptions for 42 yards. Kittle finished the game with four catches for 36 yards.

After the Super Bowl, Kansas City defensive linemen Chris Jones said, "I plan to stay here forever, man, and win not only one championship, two, three, four. We got to build a dynasty here."

Building a dynasty is easier said than done, especially when you have the target of being the Super Bowl Champions, but Kansas City is on the right path with an explosive offense and an underrated defense.

@THECHUNKYGADGIE

30 Is The New 35 In The NFL

BY TREVI ALICKOLLI
SPORTS EDITOR

According to the National Football League, their league is the safest it has ever been in their 100-year history but the recent trend of players retiring at a "young" age would suggest otherwise.

Patrick Willis, Calvin Johnson, Rob Gronkowski, Andrew Luck and Luke Kuechly are all examples of young NFL stars who decided to hang up their cleats at a relatively young age and in every case, injury is the main reason why.

Johnson retired at the age of 30, Gronkowski and Luck retired at 29 while Kuechly retired at 28 years old.

At the time of his retirement, Johnson cited injuries as a reason to quit while he was ahead and also explained why he wasn't coming back.

"I'm not coming back, man," Johnson told ESPN. "Look, man. I got stuff that's going to hurt for the rest of my life. I got a finger that's literally bone-on-bone."

Luck's decision to retire was perhaps one of the most shocking in the NFL and it was a direct result of injuries he had suffered throughout his career.

"I've been stuck in this process. I haven't been able to live the life I want to live," Luck said during his retirement press conference. "[Injuries have] taken the joy out of the game and after 2016, when I played in pain and was unable to regularly practice, I made a vow to myself that I would not go down that path again. I find myself in a similar situation and the only way forward for me is to remove

myself from football and this cycle that I've been in."

In 2015, Luck sprained his shoulder and lacerated his kidney. In 2016, he suffered a torn cartilage in his ribs and a concussion. In 2017, he experienced difficulties with his shoulder again and had surgery. In 2019, perhaps the final straw, Luck suffered a calf strain before he eventually retired.

The stars draw the

most attention from the media, but Chris Borland is someone who was not a star, just a good young player who had potential, but retired from the NFL after spending one season in the league.

Borland retired after his rookie season in the NFL after getting All-Rookie honors after recording 108 total tackles,

12 tackles for loss, one sack and two interceptions in 14 games.

"I thought of a lot of different things," Borland said to The Washington Post after his retirement. "The decision I made — when I see kids' heads bang together, I think of [how] your brain sits unfastened in a pool of cerebrospinal fluid.

And it's gelatinous and it's crashing against a hard skull. So that's kind of an image I always have when

football's on."

Borland said to The Washington Post that he does miss the game, but he does not second guess his decision.

"Intellectually, I know it's a sound decision," Borland said. "So I don't regret that. More information has come out since I walked away from that kind of

reaffirmed my decision."

Since Borland's rookie year in 2014, there have been 1,237 reported concussions, according to the NFL Player Health and Safety Injury Data.

Concussions and players' long term health are major contributing factors to early retirement, but so is the desire to pursue something new in life.

Patrick Willis, a potential Hall of Fame player, retired from the NFL after eight seasons at age 30 due to some injuries but also the internal fire to keep him going in the NFL was dying.

"When I no longer had that passion to get up each day and put forth my best efforts, I just knew it was time for a change," Willis said to CNBC.

Willis is now the Employee Value Proposition (EVP) of Open Source Storage, a start-up that specializes in cloud technology.

As illustrated above, in most cases, NFL players retire due to injuries and fear of the long term effects of football, but early retirement nowadays goes far beyond that.

Finances also play a role. The NFL Players Association has fought hard to increase players' salaries when drafted and has spent countless resources educating players on how to be smart with their money. In many cases, once a player feels they are financially stable, they walk away from the game.

Retirements are unexpected but it seems like players are becoming more educated about their health and about life after football. 30 might be the new 35 in the NFL.

@ATREVI013



Schedule

Men's Basketball
2/8 | 4pm
@ Bryant University

Women's Basketball
2/8 | 1pm
@ Bryant University

Track & Field
2/7 All Day
@ University of Albany
Winter Classic

Buzzer Beater Keeps Women's Basketball From Back To Back Wins

BY GEORGE ATTWOOD
ASSISTANT SPORTS EDITOR

The Central Connecticut women's basketball team lost in the final few seconds against Sacred Heart, 54-52. The Blue Devils were competitive throughout the game but were unable to get over the line. CCSU lost the second game of the week 80-42, after allowing 46 points in the second half against Robert Morris.

In the game against the Pioneers, the score was tied at 52 with 1:02 to play. The Blue Devils forced a shot clock violation and took the ball with 32.9 seconds left. Sophomore Forever Toppin had an open shot at the rim but came up short allowing SHU to have the final possession with 3.9 seconds to play. Junior Jayla Davis drove straight to the basket and finished at the rim with .6 seconds left on the clock giving the Pioneers the win.

The Blue Devils came into the game against Sacred Heart following their first Northeast Conference win of the season. A 66-63 win over Wagner College in which they shot 18-19 from the free-throw line.

Central started the game with a strong offense and took an early 11-4 lead. The Blue Devils were also strong defensively,

holding the Pioneers to just 10 points in the first quarter. Junior center Ashley Berube scored nine first-quarter points and shot 4-5 from the floor.

Berube finished the game with 13 points, eight rebounds and one assist. She was the leading scorer for the Blue Devils.

In the second half, the wheels started to come off for Central as the Pioneers went on a 19-0 run and led 52-45 with 3:33 left in the game. Central had 20 bench points compared to Sacred Heart's six. McCamus and Berube were the only other Blue Devil to score double-digits.

McCamus scored 12 points to go along with five rebounds, one assist and a steal.

The Blue Devils' second game of the week saw them travel to Robert Morris. The Colonials came out victorious 86-56 over CCSU.

The Blue Devils trailed by just five at halftime, but were unable to generate any offense in the second half, scoring just 13 points. McCamus led CCSU with 14 points. This was her fourth straight game hitting double-figures.

McCamus also had one rebound and one steal against RMU.

The Colonials went on a 13-2 run making the score 21-10 at the end of the



Emma McCamus (pictured above) scored 12 points against Sacred Heart.

CCSU ATHLETICS

first quarter. The Blue Devils outscored RMU 19-13 in the second quarter and shot a perfect 8-8 from the foul line in the first half. This made the score 34-29 going into the half.

In the second half, the Blue Devils couldn't generate any offense and were outscored 46-13. The Blue Devils has 16 total turnovers against the Colonials that led to 21 points off of turnovers. Berube and senior Ashley Chin each grabbed a team-high six rebounds. The Blue Devils

had seven steals, each coming from a different player.

RMU finished with 39 bench points compared to Centrals 9.

The recent games leave Central 2-19 overall and 1-9 in NEC play. The Blue Devils have two more road games this week before returning home. They face Saint Francis University and Bryant University before coming home to face the Bulldogs again.

@THECHUNKYGADGIE

Second Half Collapse Leads To Losses For Basketball



Jamir Reed (pictured above) recorded a career-high 19 points in Centrals seven point loss against Robert Morris.

CCSU ATHLETICS

BY RYAN JONES
MANAGING EDITOR

Central Connecticut men's basketball team went into the locker room Friday and Saturday with a lead on the scoreboard and two elusive wins a mere 20 minutes away. In those closing 20 minutes, the Blue Devils were outscored 94-59.

The flaws that plagued the Blue Devils in their losses this season were seemingly wiped away against Saint Francis University Friday. Central Connecticut was ranked last in the Northeast Conference in opponent's three-point field goal percentage but held the Red Flash to an abysmal 18.2 percentage from beyond the arc in the first half.

Ian Krishnan and Myles Baker led the charge offensively, as each of them sank four threes in the first half. Since Krishnan's return to the lineup over winter break, he's shot a team-best 45 percent from three.

The Blue Devils have played 22 halves of basketball in NEC play. Krishnan and Baker's scoring surge against SFU is only the fourth half where multiple players scored

in double figures.

Krishnan finished the game with a team-high 18 points on 5/13 shooting. Baker finished as the second-leading scorer for the Blue Devils with 16 points. He completed a well-rounded game by adding five rebounds, three assists and two steals.

Guards Trey Tennyson and Greg Outlaw also scored in double figures, with 15 and 10 respectively. Tennyson scored all of his points in only 11 minutes of game action and 5/7 shooting from the field.

While closing out on defense, the Blue Devils were also lighting it up the floor. Nine of CCSU's 12 attempted threes in the first half fell, which helped them jump out to a 20 point lead heading into the second half.

Then the pendulum sharply swung the other way in the second. The stout shooting from Central was wiped away, as they sunk only two of their 13 attempted threes in the second (15.4 percent).

Four of the Red Flash's five starters scored in double figures in the second half, with guard Ramiir Dixon-Conover shooting a perfect five-of-five from the field.

SFU only ran five deep in the second half (apart from one minute given to a bench player) while Central was

quick to make substitutions in the second.

While CCSU's game against SFU was a tale of two halves, their game with Robert Morris was a much more back-and-forth affair.

Neither team was able to get going offensively to start, but freshman guard Jamir Reed scored eight in the first to lead both teams. Central stuck with the hot hand in the second, as Reed piled in 11 more to give him a career-high 19 points as the final buzzer rang.

The rest of the Blue Devils were unable to get much done offensively, with no one else scoring in double figures. Walk-on senior Tyler Rowe played a chippy brand of defense in his 26 minutes on the floor, stealing the ball away four times. Rowe is tied for first on the team with 1.1 steals a night.

CCSU was within one late, but was outscored 15-6 in the final seven minutes, leading to a 64-57 loss.

The Blue Devils will continue to fight for their second win on the road as they travel to Bryant this weekend. After their three-game road stint is finished, CCSU will be back at home for three straight games against LIU, Bryant and Fairleigh Dickinson.

@RYANJONES385

Women's Track And Field Continue To Breaking School Records At New Englands



Disclaimer: Megan Brawner is on The Recorder staff.

CCSU ATHLETICS

BY ANDREW DECAPUA
REPORTER

The women's track and field team set two new school records as both the Central Connecticut State University men's and women's teams earned three podium finishes at the New England Championships this past weekend in Boston, Massachusetts.

Senior Megan Brawner broke her own school record in the women's indoor 1,000-meter run that she set last weekend. Brawner finished with a new best time of 2:51.80 in the indoor 1,000-meter run final which was good enough to earn her the silver medal.

Brawner never got complacent after her record-breaking performance just one week ago at the John Thomas Invitational.

"The beauty of running is that you can never be satisfied with the present," Brawner said. "There is always someone faster than you, so I love the ability to set higher standards for myself and keep pushing through tough training blocks to run quick times."

The other record-breaking performance came from sophomore Angie Rafter. Rafter set the new school record this weekend with a time of 2:12.69 in the indoor 800-meter run final while grabbing the bronze medal.

Rafter is able to find many ways to keep herself motivated and strive to be the best athlete that she can be.

"Personally, I am never really 'satisfied' after races. I always finish a race and go over all the things I could've done differently, where I could've started my kick, where I could've been more conservative," Rafter said. "My teammates are also a big part of how I stay motivated. We are such a small team, but we have so much potential and we want to show the other conference schools that."

Other standout performances for the Blue Devils at the New England Championships included senior Hailey Rospierski. Rospierski took fourth place in the women's 60-meter hurdles final with a time of 8.69. The CCSU women's track and field team finished ranked eleventh out of 24 teams that competed this past weekend.

The CCSU men's track and field team also boasted a podium finish of their own. Senior Richard Grudzwick was able to take the bronze in the men's 800-meter run final with a time of 1:55.28.

Grudzwick credits the positivity and trust in his abilities to keep himself composed in big moments and in tough races.

"I think my ability to stay positive and believe I can compete with the best of the best plays a big role when it comes to championship racing," Grudzwick said. "I

know I can kick or go with any of these guys so as long as I trust my strength and my kick, I know good things will happen."

The CCSU men's track and field team also got strong performances from junior Miles Fye-Moore, senior Edwin Alston and senior Quincy Sanchez. Fye-Moore was able to qualify for the men's 200-meter dash final and finished in eighth place with a time of 22.23 seconds. Alston and Sanchez both qualified for the men's 60-meter hurdles final and finished in sixth (8.22) and eighth (8.33) respectively. The men's team finished the New England Championships ranked twelfth out of the 22 teams that competed.

Head coach Eric Blake was pleased with the both team's performances this past weekend, but has his eyes on more lofty goals.

"We have a good group and they seem really self-motivated. This allows the coaching staff to focus on designing the right workouts to make the team better," Blake said. "Our big team goal is always the NEC Championships. We want to win that, and the teams always have that in mind."

Up next for the track and field teams is a trip to Staten Island, New York to compete in the University at Albany Winter Classic on Friday, February 7.

@ANDREWDECAPUA

Swimming & Diving Defeat Rhode Island On Senior Day



Swimming and Diving celebrated Senior Day on Sunday, Feb. 2 against Rhode Island University.

CCSU ATHLETICS

BY GABRIEL ANTON
REPORTER

After getting their feet wet again last month at Northeastern, the CCSU Swimming and Diving team returned in spectacular fashion to the victory lane scoring two wins against returning Northeast Conference rivals Long Island University and the University of Rhode Island in an away and a home match this weekend.

On Saturday the team traveled to Brooklyn to hit the waters at LIU, defeating them by the smallest of margins

with a score of 133 to 129. One event's worth of leaderboard points separated the victory from LIU. The Blue Devils had proven to be the more focused and cohesive team.

On Sunday, the team hosted a Senior Night at the Jack Suydam Natatorium on campus against URI in celebration of the strong senior talent that had to lead them to victory over the past seasons. Senior swimmers that competed at the natatorium for the last time on Sunday included Grace Fredericks, Keelin Kendall, Erika Maercklein, Gracie Regan, and Ivy Milne and divers include Kirsten Bednarz and Reagan Kenney. CCSU won 183-117. They won 11 out of the 16 events.

Freestyle events continued to be strengths for Central as their skills were on full display on both days of competition as they won four out of their six freestyle events against LIU and all six against URI. Maercklein was part of both freestyle relay teams that secured first place in the event. She along with fellow senior Grace Regan, sophomore Destiny Johnson, and freshman Shannon Welcome defeated LIU in the 200-yard freestyle. Against URI, a team of her, Katie Czulewicz, Jeannette King, and Simona Visinski took the first spot in the 400-yard relay.

Maercklein went to take first place in the 500-yard freestyle and the 1,000-yard freestyle events against URI. She also won the 500-yard event against LIU.

Mariana Espino and Alex Lindgren won the 100-yard breaststroke against URI, garnering the first and second spots respectively. Lindgren went on to win the 200-yard event supported by Regan and Abby Bacon.

For the butterfly events, Welcome fought and won against both LIU and URI, garnering the second-place spot in the all the butterfly events she competed in this weekend.

Lindgren took control of the 200-yard Individual Medley events, scoring first and second at URI and LIU respectively. A team of McMahon, Espino, Mann, and King took first place against URI in the 200-yard medley relay while a team of Perrin, Lindgren, Welcome, and Visinski followed up with second place.

While the diving team did not participate against LIU, they did demonstrate their talent and served the team well on Sunday against URI for senior night. The two senior divers, Bednarz and Kenney, took the fourth and fifth place and made it on the leaderboard with Rachel Pinsky taking sixth in the 1-meter diving event. Kenney took the third spot against URI in the 3-meter diving event, garnering 3 points for the Blue Devils.

The new year sits well with the Central Swimming and Diving team as these two wins add to an already great record this season. They travel to East Meadow, NY for their National Eastern Conference Championships where they look to continue their winning streak and dominate freestyle, breaststroke, and medley events against their NEC rivals. The event is scheduled for Feb. 19-22.