

THE RECORDER

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Appearance Does Not Reveal Gender: Normalizing The Use Of Pronouns

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

New gender identities and expressions have been more prevalent in society during the last years, moving away from the stereotypical “male,” and “female,” or “his” and “her,” as the standard. Now, members of society are moving towards making all pronouns gender neutral so that everybody is taken into consideration and approached with their desired pronouns.

“We can never tell, by looking at someone, what their gender identity is,” Nicole McCarter, the university assistant at the LGBT center, said. “We all have pronouns, not only people who are trans.”

The LGBT Center organized the Pronoun Etiquette Campaign to raise awareness and normalize the usage of pronouns, so that it becomes an everyday thing and trans people and allies feel comfortable consistently using them.

McCarter said that one of the main pillars to normalize the use of pronouns is educating society on the differences between gender identity and gender expression. Gender identity is how a person feels and sees themselves as, which may not correspond with their biological sex. Gender expression is how a person shows their gender identity, through their physical appearance, clothing and behavior.

For instance, someone wearing a dress does not necessarily go by the pronouns “she, her, hers” and someone with a beard does not always identify with “he, him, his.”

“A few semesters ago, I was put together on a group project with a girl that asked me what my pronouns were,” Myles Place, a student worker at the LGBT Center, said. “I don’t want to offend you,” she said, but I thought it was the best thing on the planet to do.”

Trans people and people in general typically feel

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Central’s New Decade Resolutions Will Cost Over \$80 Million



CCSU

BY ISABELLA CHAN
EDITOR-IN-CHIEF

After restructuring the “Strategic Plan 2030: Changing Lives, Building Communities; Central to Connecticut,” a draft has been submitted to the Faculty Senate; within the executive summary, it is estimated that Central Connecticut will be investing over \$80 million in a 10 year period. This

conclusion has come after the university reshaped their goals following the feedback received during a forum in Dec. 2019.

President Dr. Zulma Toro collaborated with the Strategic Planning Steering Committee (SPSC) and the University Budget and Planning Committee (UBPC) in order to navigate the plans, finances and overall vision for the future.

The executive

summary concluded that with an \$80 million investment, the university will have an estimated \$96 million in expense reduction/increased revenue available to counter it. This revenue will come from the focus on five bold goals by university:

Enhancing Academic Excellence and Preparing Graduates to Thrive in a Changing Economy
Increasing Access to

Higher Education and Ensuring Student Success Fostering an Inclusive and Safe Campus Culture that Values and Encourages Individuals to Participate in a Free and Respectful Exchange of Ideas

Strengthening Stewardship—Advancing Scholarship, Service Learning, and Community Development for the Public Good

Assuring Sustainability for the

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Central Honors M.L.K Jr. And His Wife At Annual Breakfast



Jay Lewis shares his message of female importance at the Martin Luther King Jr. Day breakfast.

JULIA CONANT | STAFF

BY JULIA CONANT
ARTS & ENTERTAINMENT EDITOR

As Central Connecticut honored the legendary Martin Luther King Jr. at the annual breakfast praising his life work, the university, along with keynote speaker Jay Lewis, gave extra recognition to his wife, Coretta Scott

King. While Dr. King is known for his efforts in the Civil Rights Movement, Mrs. King was also actively involved every step of the way.

With his young sons in the audience, who up until that morning had no idea who Coretta Scott King was, CCSU alum Lewis explained his message of appreciating the women in our lives to them.

“We must not simply

educate women, but we must also educate young men about women,” Lewis said. “I don’t want to raise sons who don’t know who Coretta Scott.King is. I don’t want to raise sons that overlook the women in their lives. Jayden, Jameson, I’m talking to you. Pay attention.”

Lewis went on to list Mrs. King’s many positive attributes and accomplishments.

“Coretta Scott King was a champion of civil rights,” Lewis said. “She was a person of her own right and of her own will.

She was highly educated. She had so much talent. So much energy. Yes she joined and partnered with Martin Luther King Jr., but she was part of this movement before she met Martin. And truth be told, she was part of this movement

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A FINAL GOODBYE FOR MAC MILLER FANS



Miller leaves fans with a glimpse of his final moments.

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BASKETBALL BREAKS LOSING STREAK AGAINST WAGNER



CCSU’s Women’s basketball team takes the win versus Wagner.

SEE PAGE 12



the 5 gyms voted #1 in hartford county



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Central Honors M.L.K Jr. And His Wife At Annual Breakfast

long after Martin gave the ultimate sacrifice. We celebrate Martin Luther King Day and Martin Luther King week because Coretta Scott King made it a holiday."

Lewis brought it to the audience's attention that on Jan. 20, Martin Luther King Jr.'s daughter Bernice King took to Twitter to ask people to also celebrate her mother, citing her as "the architect of the King Legacy." This being because Mrs. King was the founder of The King Center, a nonprofit memorial and nonviolence training center.

"I had a whole speech written, and then she's gonna drop that tweet on me," Lewis joked. He shared with the audience that he changed his speech last minute to instead focus on his wife, Coretta Scott King.

"She went with him everywhere. Stood by him all the time, even when things got rough," Lewis said. "She went with him to Ghana. But did you know shortly thereafter she was in South Africa getting arrested at the embassy for fighting for rights against the evil apartheid regime?" The breakfast also included words from President Dr. Zulma Toro, regarding the university's work towards the society M.L.K. Jr. dreamt and fought for.

"At Central, we have made great progress toward the type of society that Dr. King imagined," Dr. Toro said. "But if we are to keep building this community all of us at Central must work everyday to foster an environment that counts tolerance, adversity and free expression of ideas as its core values."

The next time you reflect on all that Martin Luther King Jr. did for our society, remember who was there with him every step of the way.



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

JULIA CONANT | STAFF

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Campus Offers Free Mumps Vaccination Shots

BY ISABELLA CHAN
EDITOR-IN-CHIEF

Central Connecticut campus will be offering two free vaccination clinics on campus for various diseases and will be administered Student Wellness staff.

Shots being administered will be for Measles, Mumps and Rubella (MMR), Varicella (chickenpox) and Meningitis.

The clinics will be held in Willard-DiLoreto, Room W101 (Student Wellness Center) on Wed., Jan. 29 - 10 a.m. to 2 p.m. and Thurs., Jan. 30 - 2 to 6 p.m.. Although no money is involved, students will require their blue chip ID card in order to receive shots.

"Your health and well-being are factors in your academic success. With this in mind, we are making it easier for you to get the immunizations required by state law to be enrolled as a full- or part-time student at CCSU," Dr. Toro said in her public statement. "It is my hope the convenience of the vaccination clinics remove at least one of the barriers to you achieving your very best in the classroom and as a member of the Central family."



@TheRecorder



News In Brief

BY SARAH WILLSON
REPORTER

DMV To Allow Non-Binary Option:

The Connecticut Department of Motor Vehicles announced that, as of Monday, it will allow a non-binary gender option on drivers' licenses.

Three gender options — male, female and non-binary (marked by the letter "X") — will be available for state-issued licenses and identification cards.

Connecticut is joining one of 12 states that will allow the gender-neutral option.

Kobe Bryant, Daughter & Seven Others Dead In Helicopter Crash:

NBA legend Kobe Bryant, 41, along with his 13-year-old daughter and seven others, died in a helicopter crash in California on Sunday.

Among the dead include John Altobelli, coach of the Orange Coast College baseball team.

The aircraft went down in a remote field during foggy conditions, despite local police grounding helicopters due to poor weather.

Bryant, a five-time NBA champion who played for the Los Angeles Lakers for 20 years, is considered one of the greatest players in basketball's history.

The NBA issued a statement saying it was "devastated by the tragic passing of Kobe Bryant and his daughter, Gianna."

Coronavirus Spreads To U.S.:

At least five people are confirmed to have the Wuhan coronavirus in the United States, according to the Center for Disease Control and Prevention (CDC), which said it predicts that number will rise. This virus has sickened thousands and killed at least 80 citizens in China, according to the CDC.

Though much about the virus's symptoms and how it spreads is unknown, the CDC said the risk to American's is low.

The first person in the U.S. confirmed to have the coronavirus was a man from Washington state in his 30s, who is now in stable condition, according to BBC News.

Central's New Decade Resolutions Will Cost Over \$80 Million

CONTINUES FROM PAGE 1

Future

The goals were specifically created to help CCSU achieve their mission of development and application of knowledge and ideas to the citizens of their campus community. With the 2030 action plan, improvements and higher level of success is said to be achieved in various sectors, specifically in education and campus culture.

"Central's accomplishments have been driven by the collective and individual commitments to our important mission, and the promise of public higher

education as a means of social mobility and cultural and social development," Dr. Toro stated in a public address.

"To build upon that success, your individual contributions in the strategic planning process will inform our collective vision. I am committed to providing every opportunity for all of our stakeholders to describe their vision for the future of Central," Dr. Toro continued.

Major concerns of the action plan included incorporating environmental sustainability as well as improving the opportunities for full- and part-time

faculty to collaborate and recognize the value of part-time faculty.

Due to this, the plan was accommodated to the concerns adding objectives to "continue to implement mitigation strategies to reduce greenhouse gas emissions as outlined in the Climate Action Plan and in the objectives of the Governor's Council on Climate Change."

This will be enacted with activities like developing more energy-efficient systems to buildings and promoting sustainable hobbies across campus.

Additionally, the goal to build upon

a culture of respect, collegiality and teamwork within the CCSU family will hope to be accomplished by incorporating activities that will create opportunities for part-time staff as much as full-time. Along with that, there will be emphasis on the value of teamwork and respect.

This past Mon., Jan. 27, the plan, which was submitted for approval to the Faculty Senate. It has yet to be announced if the plan was approved.

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Central Students Debate Over The New Devil's Den Make-Over

STORY BY TREVI ALICKOLI
SPORTS EDITOR
PHOTOGRAPHY BY JULIA JADE MORAN
LAYOUT EDITOR

"I kind of like the new furniture, but it's I think it's too upward to see straight — not too comfy," Francesco Ambrosino, junior, said. "I can't sit for too long,"

Despite the slight discomfort, Ambrosino admits the renovation was an upgrade that was worth it, believing the space "needed a new look."

"The first thing I noticed is that my phone started dying and now there's no outlets on this wall. I can't charge my phone or laptop before class. And only a couple of seats have the column with the outlets built in, but they are always taken. That's honestly the one thing I've noticed so far," Stefanik explained further.



"I like the look of it, they're a lot more comfortable but they're not as convenient as before," Junior Matthew Stefanik stated.

"I like the new furniture because I like the tall booths and the color," Fabiola Casas, junior, also added.

What's New, CCSU?

- The Ruthe Boyea Women's Center is taking applications for The Vagina Monologues series. Sign up is available online at ccsu.edu/vaginamonologue
- American Marketing Association presents Connecticut Regional Marketing Conference Navigating the Future: Innovations In Marketing. It will be held on Jan. 31 from 9 a.m. - 4 p.m. in Memorial Hall.
- CCSU's Art Gallery presents "Industrially Inspired" in Maloney Hall from 4- 7 p.m., starting Jan. 30.



Appearance Does Not Reveal Gender: Normalizing The Use Of Pronouns

grateful when someone asks them for their pronouns. Therefore, as McCarter said, it is important to start those conversations and get rid of the awkwardness, as well as to give out little guides that can help to create a safe space to ask any kind of question.

The LGBT Center's tabling in Student Center was organized in hopes to answer questions, as well as hand out etiquette guides and pronoun button pins with statements like "Ask Me My Pronouns," "He Him His," "First Name Only," "She Her Hers" and "Them Their Theirs."

Place said that, to make things clear and normalize pronouns, he usually wears a button on him with his pronouns. He also explained that including a persons' pronouns on the bottom of their email or on their social media bio are casual ways to pave the path to normalization as well.



Another way to open the door to this conversation is to introduce oneself with one's pronouns. "I'm trying to challenge myself to start every situation as 'Hi, my name is Nicole and my pronouns are 'She, Her, Hers' how about you?' And it is okay if they choose not to respond, it takes a bit to get used to," McCarter said.

The subtle detail has become a bit more common, as more and more professors are starting to ask students

for their names and pronouns the first day of class, so that even if somebody does not feel comfortable saying what they really go by in that space, they know that the professor is thinking about that and taking it into consideration.

The LGBT Center has a Preferred First Name Program that offers transitioning and non-transitioning students the possibility to change their real name for their chosen name on all university records that

are not legal. For instance, the name would appear on course rosters, ID cards, email directories and university's websites, among others.

The LGBT Center also provides trainings and facilitates workshops for departments and groups for request. They can be found in the Student Center in rooms 304-305, or contacted at (860) 832-2090 and LGBT@CCSU.edu.

@BRUNAVILA

SGA Briefs

BY ISABELLA CHAN
EDITOR-IN-CHIEF

- 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 Jan. 5.
- A motion to approve the special election timeline, executive board timeline and general election timeline was passed.
- The special election 2020 timeline showed:
- January 21st – 26th Special Election Candidate Declaration
- January 27th – February 2nd Special Election campaigning
- February 3rd – February 4th Special Election voting
- February 5th – Grievance Period Plus Special Election Results
- The E-Board election timeline showed:
- February 17th – February 23rd E-Board Candidate Declaration
- February 24th – March 7th E-Board Candidate Campaigning
- March 9th– March 11th E-Board Voting
- March 12th – Grievance Period Plus E-Board Results
- March 23rd – April 5th General Election Declaration
- April 6th – April 17th General Election Campaigning
- April 20th – April 22nd General Election Voting
- April 23rd – General Election Results plus Grievance Period

Rush

ΦΔΘ

Phi Delta Theta

Spring 2020 Recruitment: January 21st – February 14th



Requirements: Full time student with above a 2.75 GPA

Interested? Stop by any of our recruitment tables on campus or one of the informational sessions below to learn more about our fraternity and receive a schedule of rush events we will be hosting.

[Informational #2: Friday January 31st Location: Philbrick Room Student Center Time: 4:00-5:00pm](#)

[Informational #3: Saturday February 8th Location: 1849 Room Student Center Time: 12:00-1:00pm](#)

Questions? Contact our Recruitment Chairman: Email: phidelt.rush.ccsu@gmail.com Phone: 860-540-6141

Editor's Column: The Census Is America's Family Photo, So Get In



BY ISABELLA CHAN
EDITOR-IN-CHIEF

grandparents move in with them.

It was almost like the Christmas card was showing what a yearly census report of this family would be like — and it probably took more work putting together that photo shoot than actually participating in the United States census.

The decennial census is frankly quite easy and offers Americans the chance to see what a Christmas card that features the entire country would look like. A census Christmas card would display the various ages, races and sexes of people currently living in the nation. Along with that, it allows the government to

receive a better idea of how populated each state is in order to properly distribute funding, reapportion seats in the House of Representatives and other important tasks.

“Federal funds, grants and support to states, counties and communities are based on population totals and breakdowns by sex, age, race and other factors. Your community benefits the most when the census counts everyone,” according to the United States Census Bureau. “The census asks questions of people in homes and group living situations, including how many people live or stay in each home, and the sex, age and race of each person.”

Our 2020 census report is not something for U.S. residents, legal or illegal, to ignore. These numbers influence a large number of economic, political and social decisions that are made in the present and in the future. Yet, it is still debated as to whether or not the survey should be altered to make it easier for all to participate.

In the past year, it has come into question how many people will actually participate in the 2020 census, as many argue if a

citizenship question should remain in the survey.

If the question is incorporated, the scale in the House of Representatives will be heavily tipped towards the Republicans, as many undocumented immigrants — whom mostly reside in democratic districts — will deter away from willingly taking part in the survey. Therefore, the population in these areas will be reduced and without an accurate demographic of these districts, it would be impossible for the government to create a fair, political representation of the nation.

I may seem dramatic, but if this standoff goes in favor of keeping the citizenship question then, more-or-less, the number of immigrants that will likely refrain from participating in the census will increase. Consequently, this will go against what the census was made to do: help better the country.

So no matter how awkward it will be, people residing in the U.S. will have to suck it up and squeeze together (metaphorically speaking obviously) to show off how much “our family” has

changed in the last decade.

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I never understood the purpose behind a Christmas card. Whenever we received one in the mail, my family would question why we received them. Was this someone's not-so-subtle way of showing off their family trip to Cape Cod, or did they actually think of us around the holidays?

I honestly couldn't tell you, but what I do know is that the seasonal card provided a brief snapshot into this person's family. There was a chance to see who was married, or away at college? Maybe I'd see their new baby or notice the

There Will Always Be My Plan Z: A Job At McDonald's

BY BRUNA VILA
ARTIGUES
ASSISTANT NEWS EDITOR

Millions of unexperienced and lost adults are graduating this year in the United States, and I am one of them.

Strada Education Network and Gallup reported that 43 percent of those graduates will call unemployment their first job, and I will be one of them as well.

I clearly remember looking up to my cousin, who studied aeronautical engineering in college, thinking about how well-balanced and developed she was and how far those days were from me. Today, I am somehow sitting in my bed in the same position as she was, trying to understand where I messed up in the process. There is no “well-balanced,” or “developed,” in my situation.

She got an amazing, well-paid job right after graduation. This is how it is supposed to be, right? From a young age, we are told that we need to study and get a college degree in order to find a good job that will pay the bills and maybe,

just maybe, let you treat yourself.

The problem is that there is no amazing or well-paying job waiting for me once I get my — clearly not as impressive as my cousin's — media studies degree. The traditional process is laughing at me and the other 43 percent of unemployed graduates.

I am now four months away from being thrown into the darkness of adulthood and having no idea of how I will survive.

I guess I can be happy that underemployment for Communication and Journalism majors is three percent under the average. I would not want to be in the position of degrees like:

- Personal and culinary services
- Homeland security, law enforcement, firefighting
- Parks, recreation, leisure and fitness studies
- Transportation and materials moving
- Family and consumer sciences/human sciences

According to the Strada Education Network and Gallup study, these

are the top majors that have the highest number of underemployment for college students after graduation. The report also identifies “strategies to increase the likelihood of graduates finding appropriate work,” with the first one being to “evaluate the employment risk of every major.”

It always comes down to the money.

So now, future college students should put their preferences and skills

aside to focus on what will bring them enough financial support to survive adulthood. Who cares if one is an amazing painter, an extraordinary coach or a talented chef? Forget the idea of having a passion because there is huge chance that it will result in becoming homeless. Maybe I did not mess up during the process, and in reality, the process is the one with a problem. I had never been sure of what path I wanted to follow. I mean, very few people know it when they are 18-years-old — which is a whole other debate.

Going for a science major was constantly in my mind. One, because I found it very interesting

and useful. Two, because it would open more doors for me in the future that would provide a sense of security. Again, money is present.

Today, after a month of avoiding any thoughts about the future, I am sitting in my bed and I am the one laughing at the process. I chose to follow my intuition and not the stack of cash. I chose to challenge the “perfect world,” and define my own meaning of perfection.

At the end of the day, Steve Jobs did not have a college degree and I think it is safe to say he lived an okay life. So, let's not get too wrapped up in the process as we enter the next chapter of life. At least there will always be my plan Z: a job at McDonald's.



TWITTER
@BRUNAVILA

EDITORIAL

Reducing Gun Control Will Only Repeat History

Thousands flooded into Virginia's capital of Richmond last week to protest new gun control measures passed by the state's Democratic lawmakers in January. To no surprise, clutched in the hands of most in attendance that day were the weapons they were protesting for. Some carrying small handguns, some decked out with full on assault rifles.

The large group of protestors, estimated around 22,000, looked more like a small militia with many them adorned in full camouflage and body armor. While there were no acts of violence committed at the rally, the protestors used their arms as a clear message: try to take away our guns.

Democratic lawmakers have proposed three new bills since taking control of legislature in November. They require background checks on all firearm purchases, have limited the purchasing of handguns to one a month and allow local governments to ban handguns in public buildings and parks.

Protestors harped upon their second amendment rights being restricted and rallied against the Democratic party at large that proposed such restrictions. Seeing these (white) protestors gather in the thousands to support gun rights brings memories that despite being just over 50 years ago, now seems like a different world.

The pro-gun Republican party was not always so loud and proud about firearms. On the contrary, the Republican party was adamant on getting guns off the streets. The only difference from then to now is who the guns are in the hands of.

In 1966, the Black Panthers announced their advocacy for the black community to arm themselves in protection against the evident political oppression, police brutality and the killing of unarmed citizens that they faced daily in Oakland, California.

In response, The Panthers established the infamous “police patrols” which consisted of groups of African-Americans following the police cars around the city documenting each time the police pulled over or arrested a black citizen.

While the black community is still fighting decades later to end the gun violence that has become a normality within their neighborhoods, the opposing (white) side is fighting for their right to bear arms without consideration of the trauma that has been implanted into the one obvious race that are currently still reaping the repercussions of our countries mistakes.

In 2017, the Journal of Pediatrics conducted a study analyzing data from the Centers for Disease Control and Prevention finding that African-American children are ten times more likely to be killed by guns.

In the height of the gun control rally, the question must be asked, who are the primary beneficiaries of less gun control?

No one.

“Individuals who witness violence are also at increased risk for a variety of mental health issues which can manifest as post-traumatic stress disorder, poor academic performance, substance abuse,” and more, as stated by a 2015 study by Brookings Institution discussing the “snowball effects,” of gun violence that are affecting education, family stability and the social capital.

These same side effects of gun violence mentioned above, are exactly what the black community has been fighting for over a hundred years in hopes for change and the change has been slow but prosperous.

With less gun control these small changes will be all but reversed.

Is this the future we want for our children?

Take A Sip of Some Sereni-Tea

BY JULIA CONANT
ARTS & ENTERTAINMENT EDITOR

January is National Hot Tea Month, and what better way to spend it than at Central's Tea Club? Tea Club president Illya Makarin explained what the club is all about.

"At Tea Club (as the name implies), we drink tea, talk about the best part of the week and address any questions/concerns members might have," Makarkin said. "We also have a simple secret introduction formula for new members (but you have to come to Tea Club if you wanna learn it!)"

"Not only is it the best way for all the tea lovers on campus to come together, but it's a great way to meet new people and get involved," Makarin said. "Tea Club has been recognized as the best club on campus and we will continue to keep it that way!"

Makarin shared how he first was introduced to the club, and how he came to be president.

"I always had passion for tea, but when I found out there is a Tea Club on campus, I knew I had to join it! This is where I met most of my friends who shared a common interest with me: tea," Makarin said. "Ever since I joined the club during my freshman year in September of 2016, my passion for Tea Club grew even stronger and since our president had to step down last

year in the spring when he graduated, I knew it was a perfect opportunity for me to take on the leadership role."

Tea Club is a fairly relaxed environment, however there are a few rules that need to be addressed upfront. One is that there are certain beverages that are restricted

from ever being in Tea Club.

"Hot chocolate is strictly forbidden in Tea Club! I mean this is Tea Club after all, right?" Makarin said. "No disrespect to hot chocolate lovers, especially on a snowy day, but please be respectful to our club and drink it elsewhere!"

Another rule is that clapping is also strictly forbidden. Instead, club members snap after one member finishes talking about the best part of their week.

"The no clapping rule has been in place since even before I joined, and is one of the staples of Tea Club," Makarin explained. "Not only is clapping loud and rude to the people next door to us when we have our meeting, but it became sort of a running joke that when a member claps \$300 will be taken out of our budget, hence why we snap in Tea Club instead!"

If you are a fellow tea lover, you should consider joining the club for the sense of community. The group meets every Wednesday at 8 p.m. in the Clock Tower meeting room of the Student Center.

"Tea Club is the place for you to come and de-stress!" Makarin pointed out. "While we supply the mugs and the tea, it is highly encouraged you bring your own mug for creativity! We look forward to seeing you at our future meetings and hope you consider becoming a part of Tea Club family!"



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REVIEW

Is The Old Disney Back?



Disney Plus is the newest streaming service rivaling other services such as Netflix and Hulu.

BY SHWAR ZAIDI
REPORTER

It looks like the wish of bringing back old Disney movies and shows has come true. In November of 2019, a new app surfaced bringing us "Disney Plus."

BUSINESS INSIDER

service, bringing back memories of their past and childhood.

"Disney Plus has a great variety from the great oldies to movies and shows made in the few years," Central Connecticut student Stephanie Cooper said. "I truly enjoy being able to walk back into my childhood on that app, experiencing and re-watching all my favorite old shows. I hope they add more soon."

Morgan Graham, a sophomore at CCSU, was also

very impressed with Disney Plus.

"It is great that we are able to watch the shows and movies we grow up watching," Graham added.

Disney Plus also allows people who may have never seen old school Disney shows the opportunity to finally experience them. This is especially helpful, as the new Disney Channel has been receiving poor reviews and ratings since it isn't as comedic, interesting or kid friendly like it was back in the days. Thankfully with Disney Plus, parents won't need to feel anxious about what material is being introduced to their child.

Furthermore, Disney Plus is just good entertainment. Just open up the Disney Plus app, lie back and watch with your friends or family. You can laugh at the funny jokes and live for the drama for just \$6.99 a month or \$70 a year.

Roshanay Thair, President of Student Government Association, reported that she has a wonderful experience with using Disney Plus.

"It's a good app and a great way to reminisce on your childhood," Thair noted. "It is also reasonably affordable and an easily accessible app on every smart phone device, so you have your favorite shows on the go."

If you are interested in buying Disney Plus, it is easy and available. All you have to do is sign up on the website or on your smart phone. Up to seven different devices and four people can use one account.

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	1		4		3	2	9	

Sudoku

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

Welcome Week

STORY & PHOTOGRAPHY BY
JULIA CONANT
 ARTS & ENTERTAINMENT EDITOR

Cast week, Central Activities Network welcomed students back to campus with a week full of Disney themed events. These ranged from a “Beauty and the Beast” dinner to “Moana” hula lessons to “Star Wars” laser tag. The photos below show off some highlights from the week.



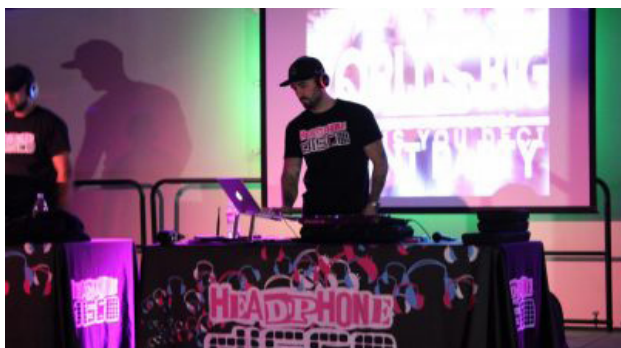
The tables at “Be Our Guest: One Ton Pasta” were decorated with wine glasses rose petals to set the mood for a candlelit pasta dinner.



At “Inside Out with C.A.N.” wellness kits were prepared based on the Disney movie “Inside Out.” The kits are meant to help with joy, anger, fear or sadness. They contained items such as stress balls, fidget spinners and candy.



“C.A.N. You Hula?” gave students the opportunity to learn several types of dances from instructors. Students could also make their own lei and grab a smoothie.



Dueling DJs competed for listeners at “Disney After Dark: Headphone Disco.” There was also a Disney photo booth and food such as churros and wings.

For The Intro’s and Extro’s

BY MAURIAH JOHNSON
 ASSISTANT ARTS &
 ENTERTAINMENT EDITOR

With it still being the beginning of the semester, things can feel overwhelming or altogether draining — especially with seasonal depression at its peak stirring up those “winter blues.”

In these dire times, as people in general, we all need someone to talk to (yes, introverts, you too!) so here are some tips to reference when things are feeling cooler than usual.

Tips for Introverts:

Phone A Friend: I know, you may feel like you don’t have one, but someone out there cares about you, even if it means calling up mom or sending a beautifully written text to yourself as a reminder of your own fabulousness.

Take A Walk: Being in your head all the time has its downfalls and sometimes those daydreams seem better than reality, but take a walk in the moment, literally. The naked

Connecticut trees may not be sunny California palms, but they are all as equally important just as you are.

Don’t Be Afraid: It’s okay to start a conversation first; I know there’s something or someone you’ve always wanted to talk to or simply compliment, do something different — even if it’s just saying hello. It’s the first step of making your dreams your reality.

Tips For Extroverts:

Take A Breather: I get it, it’s easier to just be on the go and always in the moment rather than ‘sulking’ but spending some time in your mind is healthy and necessary. Take a moment to sit still and take a deep breath. Be in the moment with yourself. Even if it’s just for five minutes, those five minutes can give your mind some peace.

Take A Day: Being an extrovert may seem easy, but there are times when your social battery is shot and being around more people isn’t going to help. In these instances, you need solitude, time and lots of self love. You can’t be that breath of fresh

air for everyone else when you’re not all charged up and loving yourself.

Talk To Someone: No, I don’t mean go out to another social gathering. I mean really talk to someone who cares even if that someone is yourself. While you’ve been out giving your all everyday, you haven’t taken the time to decompress and evaluate your day or your own emotions. It’s time to consider your own mental health.

Tips For All:

If you feel like no one will listen or you don’t feel comfortable sharing with anyone just yet, invest in a journal. It’s one of the best things you could do to grasp concepts of yourself that you may have never thought about and the factors contributing to your “winter blues.” If all else fails or you’re finally ready, the Central Connecticut Health & Wellness Center and I are here for you.

And remember, winter doesn’t last forever.



@centralrecorder on Instagram

POEM

Victory

By Nehway Sahn
 Contributor

My godfather was the heavy, lovely breath
 preceding transcendence into R.E.M. sleep.
 In autumn he gifted me a poetic frame
 riddled with spirit food, “if you can keep your head
 when all about you is losing theirs,”
 when all about mine was already lost.

My godfather was a god. A father — the aglet
 of our familial shoelace weaving Syria
 with Liberia, planting one small world
 into soil from the other small world
 birthing an ocean of lilies, daises and blue jays
 blooming and flying for eons.

My godfather is a willow tree, a cherry blossom,
 pollinating the new synapses of a mind
 stretched down seven lanes coated
 with angel feathers and a common touch.
 Remaining —
 O, ever remaining —

among Kings.

n.s.

Mac Miller's "Circles": A Final Goodbye For Fans

BY RYAN JONES
MANAGING EDITOR

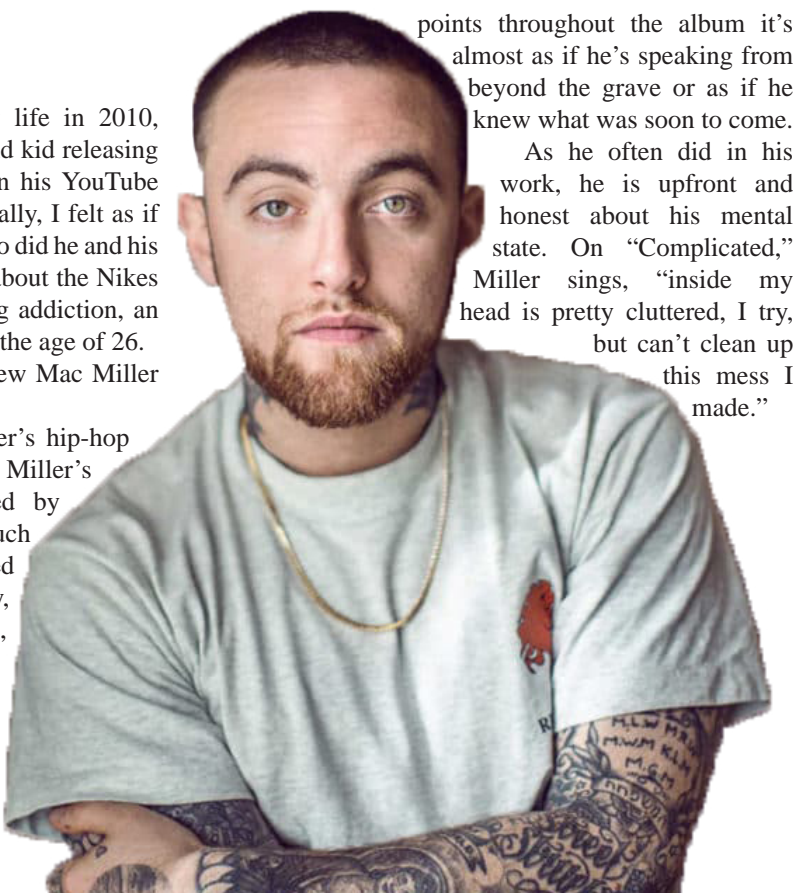
Mac Miller first came into my life in 2010, when he was just an 18-year-old kid releasing his songs and music videos on his YouTube channel. While I never knew him personally, I felt as if we grew up together in a sense; as I grew so did he and his music ability. Miller went from rapping about the Nikes on his feet to discussing the pain of drug addiction, an addiction that ultimately ended his life at the age of 26.

On Jan. 17, fans got to listen to a new Mac Miller album for the first time, for the last time.

"Circles" is a step away from Miller's hip-hop beginnings — on most of the songs Miller's stripped down vocals are accompanied by some likewise gentle guitar and not much else. The album was originally intended to be the second installment of a trilogy, this one coinciding with his last release, "Swimming."

"Some people say they want to live forever, that's way too long, I'll just get through the day."

The 12 tracks of "Circles" showcase the emotions and thoughts Miller had leading up to his tragic death in 2018. At



points throughout the album it's almost as if he's speaking from beyond the grave or as if he knew what was soon to come.

As he often did in his work, he is upfront and honest about his mental state. On "Complicated," Miller sings, "inside my head is pretty cluttered, I try, but can't clean up this mess I made."

While there are lines like this where Miller discusses his own battles with anxiety and depression, there are likewise examples of Miller coming to terms with his situation, and at times even showing some newfound optimism about it.

On "Blue World," one of the more upbeat songs on the album, Miller sings, "one of these days we'll all get by, don't be afraid, don't fall in line."

Miller truly battles with both sides of this on the second to last song on the album, "Surf." The song is as stripped back as they come; Miller's raspy voice is accompanied only by a guitar playing a progression of soft chords for most of the song. He perfectly encapsulates the feeling of depression in the second verse, singing, "sometimes I get lonely, not when I'm alone, but it's more when I'm standing in crowds that I'm feeling the most on my own."

He follows this sad realization with a more positive outlook on it: "I know that somebody knows me, I know somewhere there's home."

In his farewell to his fans and the world at large, Miller gives only a taste of what could have been. He builds off of the ideas that defined him while giving a positive spin on them. Mac Miller's unexpected death was a punch in the gut for his fans. "Circles" is the closure that was needed from that.

@RYANJONES385

Department Of Music In Need Of Recruits

BY NATALIE DEST
REPORTER

No matter what major you may be, Central Connecticut's Department of Music is always searching for individuals of all voices and instruments to join their selection of ensembles. Now more than ever, the department is in dire need of more members to join their ensembles during a time of limited numbers.

The department's Wind Ensemble, directed under professor and conductor Dr. Robert Schwartz, is specifically in need of members of all kinds for the spring semester. The ensemble is searching for those who can play clarinets, bass clarinets, horns, trumpets, trombones and percussion.

"We are just trying to survive in the music department," Schwartz said. "We are really in need of some more musicians who are able, willing and have time to play."

If you are interested in participating in the ensemble, you can contact Dr. Schwartz via email at robert.schwartz@ccsu.edu.

If you are looking for something to participate in other than the Wind Ensemble, there is something for everyone. If you are interested in joining a Chorale ensemble, you may contact Dr. Robinson [grobinson@myccsu.edu], jazz band, Dr. Knox [knoxC@ccsu.edu], or string ensemble, Professor Ribchinsky [ribchinskyJ@ccsu.edu].



An Olympic Breakfast

BY MAURIAH JOHNSON
ASSISTANT ARTS & ENTERTAINMENT EDITOR

"How's everything?" she quickly asked each table in the exact same monotone.

Her midnight black, messy ponytail trailed two swings behind her every step, as she casually speed walked to the kitchen to pick up the next order.

"She could at least switch it up," whispered the unique, curly-haired business woman to her partner as they giggled, watching the waitress ask the same question like she was reading a script.

"Hey! You wanna know a beautiful place to live?" a scruffy man in his late thirties asked the short sandy-haired elderly woman sitting across from him, who seemed to rather finish the eco-friendly crossword on her paper placemat, as they waited for their Friday morning coffee.

"Waterbury!" he said, despite being ignored.

As she rolled her kind eyes in disbelief, the at least thirty-year-old vintage AMI jukebox to her right caught her attention.

She reached into the pocket of her scuffed, brown, hooded fur coat and put on her seemingly 'Christmas Tree Shop' readers and began reading some of the tracks: "The Boy Is Mine" by Brandy and Monica, "If It Makes You Happy" by Sheryl Crow and of course, "Burning Love" by Elvis Presley.

Unable to decide, the smell of her

hot black coffee consumed the air and took away her train of thought.

"Here's your coffee," said the waitress, as she carefully made sure not to spill the cautiously hot beverage on her all black slip-resistant Superstar Adidas sneakers, as she swiftly walked away.

Silence took over their turquoise-colored booth, and with each sip of fresh hot coffee tingling on their tongues, the caffeine made its way to their nervous system and they were at peace.

"He's interesting," the fashionable red-lipped woman in dancing heels in the next booth said as she watched from her view in the back through the clear looking glass.

He stood outside, patiently waiting in front of his classic 1980's Buick Regal that looked older than him, in his knee-high polka-dot and stripped socks, grandpa-style flat cap and worn loafers.

She couldn't take her honey eyes off of him.

Captivated by his surprising appearance, she observed intensely as he placed his hand palm-down under his chin, extending his four fingers with his thumb tucked in and wagging his fingers like the secret sign of the Loyal Order of Woodchucks in the "Little Rascals" film.

Assuming he could see her from the glass windows, she returned the wave only to realize it was for the woman pulling into the parking lot in her exotic blue Toyota Rav4 truck.

Sadness peaked from her eyes.

"India! Africa! Europe!" shouted the scruffy man, taking the attention off of the sad fashionable woman, as he continued to pitch beautiful places for the elderly woman to live, while she continuously ignored him, finishing up the last of her crossword puzzle.

He took one last sip of his coffee.

"Alright Mom, I'm going to go pay. Be right back!" he said, as he left the elderly woman there.

She stared at the sad, fashionable woman, long enough for her to look to her left and notice those kind eyes gazing upon her waiting for a response.

They shared a quick smile, the kind without teeth, but when the heart speaks.

"Hey, Mom! Ready?" the scruffy man asked as he finished paying at the host stand.

She silently nodded.

The sad, fashionable woman kept her honey eyes locked on her new elderly friend as she placed her readers back into her timeworn brown pockets, glided from her booth and quietly paced to her son, as her old black New Balances scuffed behind her.

"See you soon," she said as she waved her caramel hand in the softest goodbye to the elderly woman whom she may never see again.

After mixing up the checks at the table twice, and completely forgetting her chocolate milk, the waitress approaches the sad fashionable woman's table one last time.

"How's everything?"

"Better."



Super Bowl LIV Preview



Twitter

BY SPORTS EDITORS

The Kansas City Chiefs and the San Francisco 49ers have earned their right to battle for the National Football League championship in Super Bowl 54. Through the first 100 years of the NFL, this is the first time these two teams will meet in the big game.

The Chiefs return to the Super Bowl for the first time in 50 years, hoping to win their second-ever Lombardi Trophy while the 49ers are hopeful to win their sixth, tying the New England Patriots and the Pittsburgh Steelers for most in the NFL.

This championship matchup consists of two of the best teams in the league and few fans are complaining about the matchup. Fans get to view two of the best offenses in the NFL, a dominant defense and perhaps the best quarterback in the league and last year's Most Valuable Player, Patrick Mahomes.

By all accounts, this is a balanced matchup and most game picks are split. So it is no surprise that the Recorders Sports Editors disagree on who will win this game.

Here is why Kansas City will win and why San Francisco will win Super Bowl 54.

Why The Chiefs Will Win - George Attwood

One of the biggest differences this game is the different styles of play that both teams have. The Chiefs love to spread out the defense and pass the ball while the 49ers love running the ball behind Kyle Shanahan's scheme.

However, the Chiefs defense seems poised to stop the run for one more game. In the playoffs, the Chiefs have allowed 89.5 rush yards per game and in the process, slowed down Derrick Henry, who was the NFL's leading rusher this season with 1,986 yards (including playoffs).

Early in the season, the Chiefs 2019-20 campaign felt like a lost cause due to the injuries sustained by Mahomes and others. But Mahomes returned after missing a handful of games, they regained their momentum and everything

seemed to go right for them to end the season. They got a first-round bye due to the Patriots losing against the Dolphins in Week 17.

Their luck continued as the Tennessee Titans defeated the number one seeded Baltimore Ravens, meaning Kansas City got to host the American Football Conference Championship.

Mahomes is Kansas City's engine. He missed two games due to an ankle and knee injury but still threw for over 4,000 yards, 26 touchdowns and five interceptions.

In the playoffs, Mahomes seemed to turn it up a notch from his regular-season performance.

In the divisional round, he brought the Chiefs back from a 24 point deficit to win 51-31. The Chiefs offense was so explosive that they turned a 24 point deficit into a four-point lead all in the span of a single quarter. They scored touchdowns on seven straight drives.

For me, Mahomes is the best quarterback in the league. His ability to affect a game is unrivaled as he can make plays with both his arm and his legs.

The only thing that could stop Mahomes is his own head coach, Andy Reid. If Reid calls a good game and isn't conservative with his play-calling, then the Chiefs will stand a great chance of winning.

The Chiefs will win the game if Mahomes is allowed to be Mahomes as he has proven he is nearly impossible to stop.

Why The 49ers Will Win - Trevi Alickolli

San Francisco will win and secure their sixth Super Bowl trophy because they are the more balanced team compared to the Chiefs and can win in more ways than Kansas City. They have proven that all season long but most fans still seem to think they are a fluke.

The 49ers have a franchise quarterback in Jimmy Garoppolo who has a total of five career losses, the number one rushing attack in the playoffs with 235.5 rush YPG, the number one total defense (252.5 YPG) and the number one defense against the run (41.5 YPG).

Kansas City has one path to victory and it is through attacking the secondary with speed. However, if a team

has only one way to success, that makes it easier for their opponent to take that one thing away.

Don't get me wrong, stopping the Chiefs offense is no walk in the park but the 49ers defense has been the best in the league this season and it is time they show it once more.

A path to victory for San Francisco consists of staying true to its identity. Establish the run, let their pass rushes loose and contain Mahomes.

Also, just because the 49ers are a run-first football team, that does not mean they cannot pass the ball. In fact, their passing offense has the potential to be right up there next to Kansas City.

On their roster, they have one of the best, if not the best, tight ends in the league in George Kittle, an explosive rookie wide receiver who can do everything in Deebo Samuel, a veteran receiver who offers playoff experience in Emmanuel Sanders and multiple receiving backs that include their swiss army knife fullback, Kyle Juszczyk.

Kittle finished the regular season with 85 catches for 1,053 yards and five touchdowns. Samuel caught 57 passes for 802 yards and three touchdowns while also rushing for nearly 160 yards and another three touchdowns. Sanders was acquired at the trade deadline from the Denver Broncos and he finished the season with 66 catches for 869 yards and five touchdowns.

Defensively, San Francisco is home to the best defensive line in football and one of the better linebacker groups since Kwon Alexander returned from Injured Reserve.

Their sole concern seems to lie in their secondary but if Mahomes is constantly feeling the heat, he will not have time to escape the pocket as he normally does and fire deep.

A good defensive line makes a good secondary.

The 49ers have all the tools to come out as Super Bowl Champions this Sunday and raise their sixth Lombardi Trophy but nothing is guaranteed as they still have to bring their best effort.

Kickoff is scheduled for 6:30 p.m. this Sunday.



Twitter

“Mamba Out”

BY RYAN JONES
MANAGING EDITOR

The lightning-like speed, the killer instinct. One small misstep and you'll live to regret it.

In many ways, Kobe Bryant, better known as the “Black Mamba,” can be compared to his animal counterpart. The fear he invoked in his opponents rivaled only the respect he garnered. Now, that fear and respect are only memories we can look back on.

The world stood still Sunday afternoon as news spread of the tragic death of basketball legend Kobe Bryant. Disbelief was the only feeling outweighing the one of grief. Bryant was only 41 and his daughter 13-year-old Gianna perished in a helicopter crash together. The young girl was a budding basketball star herself with dreams of playing for the University of Connecticut's Husky basketball team and later the Women's National Basketball Association (WNBA) in the future.

Bryant leaves behind a basketball resume that only a few can rival. Over a career spanning two decades, Bryant went toe-to-toe with the best and proved to every single one of them that he could outwork them. Five NBA Championships and two Olympic Gold Medals only further cement what we all saw on the court: complete and utter dominance.

In high school, Bryant would practice in a dark gym, hours before the rest of his team arrived and the lights were turned on. After he was drafted into the National Basketball Association (NBA), his work ethic only became more eccentric. Bryant was said to



have taken 800 shots before practice and then another 800 after completing hours of intense exercise. When his teammates were entering the Los Angeles Lakers facilities, Bryant had already worked up a sweat from three hours of work. His competitive drive pushed him to places few will go. He didn't want to be great, he wanted to be the best.

While Bryant's days on the hardwood were already in the past, his life off the court was just getting started.

In 2018, Bryant won an Oscar for his short film “Dear Basketball,” which is even more chilling watching now. He had planned on writing a book as well, but what was most important to him was his family.

Bryant's memory and the dreams of his late daughter is survived by his wife Vanessa and his three daughters, the youngest of which was born just this past June. After a grueling 20 years in the NBA, Bryant was ecstatic to spend his free time with them, specifically when he was coaching Gianna's basketball team. The last known photos of Kobe and Gianna are from just a day before their tragic crash, where the two are seen smiling as Gianna takes the court for the team Kobe was coaching.

The basketball world is mourning the loss of a legendary player, but Bryant transcended basketball. His work ethic, competitive drive and compassion has and will continue to inspire anyone, in any field of work. Kobe was the NBA, he was Los Angeles, but beyond that he was a father, a husband, a brother and a son.

“Heroes come and go. But legends are forever.”

Mamba out...

@RYANJONES385

Swim & Dive Falls Short At Northwestern



Alex Lindgren wins two events as CCSU falls to Northwestern 184-105

CCSU ATHLETICS

BY GABRIEL ANTON
REPORTER

As Central Connecticut State is kicking off a new semester with new buildings, classes and friends, Central's Swimming and Diving team is still in the throes of their winter season, returning with a dual meet hosted by Northeastern on Saturday at noon.

The team's last meet was on December 19th, where they faced Southern Connecticut State University and won with a score of 101 to 66. They faced much tougher competition against Northeastern falling with a score of 184 to 105, but they didn't go without a fight, knocking down key performances in the usual strong events, placing in the top three in 12 of the 16 events, and winning four, including a first diving win.

With each event having roughly five to seven participants, almost everyone who did participate gained points for their respective University, but the game was now a battle for the top three. Central faced hard resistance from their opponents as some of their best events were stolen away, yet they shined in key moments

and didn't take this as a fall from grace, but as a showing that they have been ready to continue on their already stellar semester.

In the freestyle events, a recurring strength in the CCSU swimming team, Central made the leaderboards, yet Northeastern edged them out of the top spot in almost every event. This with the exception of the 500-yard freestyle, in which senior Erika Maercklein took the spot, following by senior Grace Fredericks in fourth. The 200-yard freestyle was taken by Czulewicz, senior Grace Regan and sophomore Simona Visinski with the second, fourth, and fifth spots. Senior Ivy Milne brought home third in the hefty 1,000-yard freestyle.

A lukewarm freestyle performance didn't halt the momentum as Perrin, Czulewicz, King, and Visinski took the second spot in the 200-yard freestyle relay.

Sophomores Alex Lindgren, Mariana Espino and freshman Abby Bacon took the top three spots in the 200-yard Individual Medley.

Lindgren and Regan grabbed the first and third spot in the 200-yard breaststroke, an event that has seen a certain degree of fluctuation in past meets. This was Lindgren's

second win against Northeastern. Espino, junior Katelyn Mann and Bacon took home the third, fourth, and fifth spots in the 100-yard breaststroke, getting in that top three.

McMahon, a strong backstroke performer in past meets this semester, placed third. McMahon helped in the tough butterfly events as well, placing fourth under Welcome (third) in the 200-yard event. Welcome took second in a battle separated by two seconds, with fellow teammates Mann and Brown placing fifth and sixth to round the group off.

A great success for the diving team occurred when all three divers secured the top three spots in the one-meter diving event. The participants were seniors Reagan Kenney, Kirsten Bednarz, and newcomer junior Rachel Pinsky. To complement their success, they placed in the fifth, sixth and seventh positions in the three-meter diving, rounding off the Blue Devil's performance as valiant, yet challenging.

The fall to Northeastern won't shake Centrals team as they prepare to grace the pools again against LIU on Saturday, February 1st at 1 p.m.

Track & Field Breaks Records at John Thomas Invitational



Megan Brawner breaks Central's school record in indoor 1,000-meter run.

CCSU ATHLETICS

BY ANDREW DECAPUA
REPORTER

Both of Central Connecticut State University's Track and Field teams contributed strong performances in this past weekend's John Thomas Invitational at the Boston University Track and Tennis Center in Boston, Massachusetts.

The CCSU women's track and field team got things started on Friday and was highlighted by a record-breaking performance from senior Megan Brawner in the indoor 1,000-meter run. Brawner finished in twelfth place overall but managed to set a new school record for the women's indoor 1,000-meter run with a time of 2:52.51, beating the previous record of 2:54.34 by nearly two seconds. The women's distance medley finished third overall with a time of 11:41.59 and consisted of sophomore Angie Rafter, freshman Magnalen Camara, freshman Ashley Dana, and Brawner. The women's DMR is currently ranked twelfth in the country.

Senior Hailey Rospierski also performed well, grabbing the silver medal in the women's high jump with a leap of 1.70 meters. Rospierski also finished sixth overall in

the women's 60-meter hurdles invitational finals. Rospierski and the other competitors in the 60-meter hurdles invitational event had the daunting task of lining up against United States Olympian and American record holder, Lolo Jones.

"Where a lot of athletes would have panicked, she handled it well and focused on what she needed to do and came out with an even faster time," sprints and jumps coach Nicole Dumpson said.

Rospierski wasn't done there, she later had to compete in the women's high jump event and carried over that same determination that she used in her previous event.

"She then used that energy to go right into the high jump and clear a personal best and ECAC qualifier on her first attempt 10 minutes later," Dumpson said.

Both Brawner and Rospierski are role models and leaders of the women's track and field team, their coach said.

"Megan and Hailey lead by example," head coach Eric Blake said. "We can tell our freshman, 'You want to be good? Go follow them.'"

Central's men's track and field team also contributed some strong performances at the John Thomas Invitational on Saturday. Six CCSU men's track and field athletes earned a top 10 finish in Boston.

It was an especially successful day for the men in the 60-meter hurdles event. Freshman Richard Papa took first place in the men's 60-meter hurdles. Three Blue Devils also managed to place in the top 10 of the men's invitational 60-meter hurdles event with senior Edwin Alston placing fourth with a time of 8:11, senior Tyrik Henry placing sixth with a time of 8:23, and senior Quincy Sanchez placing eighth with a time of 8:58.

Other standout performances for the men included senior Richard Grudzwick who placed fourth in the 800-meter run with a time of 1:50.60 and freshman Jovan Dixon who placed ninth in the 60-meter dash with a time of 7:16.

Up next for the Blue Devils track and field teams is a return trip to Boston, MA to compete in the New England Championships on Friday, Jan. 31 - Saturday, Feb. 1 at the Reggie Lewis Track and Athletic Center.

@ANDREWDECAPUA

Schedule

Men's Basketball

1/30 | 7pm

@ Saint Francis

2/1 | 1pm

@ Robert Morris

Women's Basketball

2/1 | 4pm

@ Robert Morris

2/3 | 7pm

@Saint Francis

Track & Field

1/31-2/1 New England
Championships
in Boston, MA

Swimming & Diving

Senior Day

2/2 @ 1pm

vs Rhode Island

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Tom Pincince, The Swiss Army Knife Of CCSU Athletics

BY TREVI ALICKOLI
SPORTS EDITOR

A swiss army knife is considered to be a tool that offers many talents and many solutions to various problems. On the field or court, labeling an athlete a "swiss army knife" is one of the best compliments you can give them. For Central Connecticut's Athletic Department, newly named Interim Athletics Director Tom Pincince is perhaps that swiss army knife.

CCSU's former Assistant Athletic Director for Communication and Media Services has over 20 years of experience in the Sports Information department where he has done everything from announcing games, ticket sales, game notes among many other things. There is not one thing that happened during a game that Pincince and his office was not responsible for.

"I'm excited and grateful," Pincince said. "Excited because this place has been home for me for so long. Grateful because I really hope people understand how much this place really means to me. I am absolutely honored to have this opportunity right now. This is a fabulous place to be."

As the Interim AD, Pincince knows his priorities as he embarks on this journey and he wanted to make one thing clear.

"To me, it's not about me, it will never be about me," Pincince said. "It's about our student-athletes, the university, our coaches and the staff that we have. It's not about pushing my agenda. Yes, I'm going to show people that I know what I'm doing and I'm capable of doing this job but right now, it's about getting the best out of everybody during this time."

"My decision was based on feedback from members of the Central community, including athletics coaches and staff, and from several alumni and donors," the Blue Devils President Dr. Zulma R. Toro said in a statement. "Another heavily weighted factor was the in-person interview. In discussing priorities and challenges for the Athletics Department, Tom demonstrated an understanding for the role he would step into and shared a vision for leading the Blue Devils during this transitional period."

Pincince did not graduate from Central but received his masters at CCSU and has been working as a Blue Devil since he was 27 years old. To him, Central has become home for him and his family.

"It's home for me," Pincince said. "I have three daughters, I've literally raised my kids here. My oldest just turned 16 and when she was born, my wife would drop her off in her car seat before going to work and she would spend the last couple hours of the day in the car seat sleeping in the office. She literally grew up here."

This promotion is a powerful tool for Pincince's family and daughters.

"To me, it shows my girls what dedication and hard work can mean," Pincince said.

Family and trust are important to Pincince and he said that



Tom Pincince

TWITTER

trust is one of the most important things that has to be there for him and the Athletic department to succeed.

"I think it's really important to allow people to do their jobs without micromanaging them and having faith in them, allowing them to do their jobs," Pincince said.

That was one of the lessons he learned the last time the Blue Devils were without an Athletic Director.

"I think it's about learning how to let go and I think I'm doing a better job at that," Pincince said. "I have total trust in everyone here and what they do. Even if there's going to be a mistake, it's about allowing that mistake to happen, learning from it and knowing that everything is going to be fine."

Everyone in the CCSU family has been receptive and respectful to the promotion of Pincince because they know what he is all about and that he is coming from a very genuine place, Pincince said. However, the promotion has come with its challenges for him.

"In my previous role, when you're at the games, you are working, there is a job to do," Pincince said. "Now, just to go to a game and be at the game, meet with people and not do those things was difficult for me the first couple of times. To sit back and not doing that was difficult because, for 17 years, I was the one telling somebody the script for the day."

His role is different but he said that he enjoys it. In fact, being that swiss army knife and filling so many different roles over the years, Pincince believes that is to his advantage going forward.

"I think it helps in realizing and understanding how hard everybody works to make something like that happen, to make a game happen," Pincince said. "We made it seem like we just showed up to play but there is so much that happens behind the scenes for every game."

Pincince is going to put his best foot forward and work hard toward yet another promotion. He is hopeful to ditch the "Interim" tag but whether he does that or not, he is not going anywhere.

"If given the opportunity, I'd love to be in this role without the interim tag but whether it's from this seat or moving back to where I was before, I'll give everything I have for everybody here, to give them their best experience here," Pincince said.

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Women's Basketball Wins Close Game Against Wagner College



Women's Basketball earns their first NEC victory over Wagner behind Ashley Forker's 23 points.

JULIA JADE MORAN | STAFF

BY GEORGE ATTWOOD
ASSISTANT SPORTS EDITOR

The Central Connecticut women's basketball team pulled out a nail biter over Wagner College, winning 66-63 to earn their first Northeast Conference game of the season. The win also ended a seven-game losing streak.

The Blue Devils led by as many as 17 at the start of the fourth quarter before scoring the final four points to pull out the win. Junior Ashley Forker led the team with 23 points, while Ashley Berube and Emma McCamus each added 12 points.

As head coach Beryl Piper is on administrative leave, CCSU is being lead by coach Kerri Reeves. Reeves was impressed with how the team performed in her first home game in charge.

"I think the kids played really hard with an attention to detail. We have put a new offensive set in that was pretty effective for us," Reeves said. "Sticking to the game plan and having success with the game plan is something that we have struggled with throughout the year being down and coming back from that is huge for this team. We have the talent, it's nice to put it all

together and get the win."

Reeves spoke of a team meeting in which they spoke about being the best teammates they can be.

"After last weekends round trip, we talked about being the best teammates we can be. Being consistent with our efforts and energy," Reeves said. "Our bench has been great, we need everyone on this roster to win games and I think we played really gritty today and that creates a sense of togetherness. The bench was great today they were up and engaged and as you said if someone fouled or was on the floor they rushed over and helped pick them up."

Forker scored in double points for the 10th game and was the top scorer for the Blue Devils. She also added four assists and said that they felt like they deserved this win.

"I think it is so important, we have been grinding so hard for so long," Forker said. "It feels pretty deserved, I say that in a humble way because we have been working so hard and it can start a snowball effect."

During the second quarter CCSU outshot Wagner 23-9. Central were all over the court playing a pressure defense that took the game to Wagner and allowed them to turn ball over consistently. It also allowed the Blue

Devils to hold

Wagner scoreless for five minutes. Throughout the game Central forced 22 turnovers on the Seahawks. Reeves credited the turnovers as one of the major ways that the Blue Devils turned the game in their favor.

"It's the power of momentum, you get 1, you get 2, which becomes 4 and then it turns into 17 points," Reeves said. "That 2nd quarter was huge for us, huge for our confidence and huge for momentum."

In the opening minutes of the fourth quarter Wagner scored five straight points to cut the lead to 49-47. This was as close as Wagner got until the Seahawks scored with 22.3 to play to go ahead 63-62. Berube hit two foul shots with 14 seconds left to put CCSU ahead by one. Forker then added two free throws with six seconds left for the final margin. This means that Berube has scored double-figures in 10 straight games and 14 times this season.

Reeves was pleased that the team were able to hold on for the victory that they believed they deserved.

"I'm so happy for them, they deserve this win so much," Reeves said. "I just think we were prepared and ready and we knew that we could win this game and there was nothing that was gonna get in our way today."

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Career Nights Lead Men's Basketball To First Conference Victory

BY TREVI ALICKOLLI
SPORTS EDITOR

The Central Connecticut State University men's basketball team snapped an eight-game losing streak on Saturday and got their first Northeast Conference victory of the season with a win over Wagner College behind three career nights. This marks the Blue Devils first win against a Division I opponent as they won 86-76 over the Seahawks.

The Blue Devils got off to a hot start in the first half, jumping out to an early 18-9 lead. Sophomore Ian Krishnan scored 15 points in the first half, all from three-pointers and finished the game with a team-high 18 points. He also had three rebounds and one assist.

Krishnan and his coach recognized that his open looks were a result of moving the ball. The Blue Devils had a season-low seven turnovers while recording 20 assists as a team.

"It was more about our ball movement, the ball kept finding the right person," Krishnan said. "In the first half, I was on the receiving end of that and in the second half a lot of my teammates were on the receiving end."

"We had 20 assists to 7 turnovers, that's the first thing that probably stands out," head coach Donyell Marshall said. "I think the team played for each other today, the ball moved it didn't stick."

After Centrals good start to the game, the Seahawks then went on to score 14 unanswered points to take a 34-29 and held a five-point lead at halftime.

CCSU did not get discouraged, however, and started

the second half with six points to take a 37-36

Freshman guard led the way in the 15 points and five guard Tyler Rowe pointer to tie

13 : 47

A

straight unanswered lead.

Jamir Reed second half with rebounds. Senior hit a big three-the game with left to play.

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later

shot that

48-47 lead. From there on the Blue Devils would hold the lead for the remainder of the contest.

Reed was Centrals second-leading scorer on the

possessions

Reed hit a foul gave Central a

48-47 lead. From there on the Blue Devils would hold the lead for the remainder of the contest.

night with 17 points, a career-high for the freshman. He also tied his career highs in rebounds and assists with eight and four respectively to complete his well-rounded performance.

Rowe finished with a career-high as well, 12 points. He added three rebounds and four assists.

As a team the Blue Devils made 30 out of 68 (44.1 percent) shots from the field and hit 11 out of 24 three-pointers (45.8 percent). The Blue Devils knocked down 15 out of 21 shots from the free-throw line, including going 6 for 7 down the stretch to close out the Seahawks.

Four Blue Devils finished the game with double-digit points.

Krishnan, Reed, Rowe and forward Karrington Wallace was the fourth. Wallace scored a career-high 13 points, collected seven rebounds, registered an assist and one block while also blocking four shots.

Central's bench outscored Wagner's 41-11 with strong contributions from Reed and Rowe as well as freshman guard Myles Baker who added 8 points.

Coming off this conference win over Wagner the Blue Devils will look to build momentum for the remainder of the season.

"When you have a young team, they need to see that first win especially against an opponent that's in their conference or they're comparable to. Looking at the smiles on their faces they see that they can win they see that they can play," Marshall said.

The Blue Devils go on the road for a rematch against the Saint Francis University Red Flash on Thursday. The Red Flash defeated the Blue Devils 93-69 in their first matchup this season but Central looks to split the series this season before trying to do the same against Robert Morris University two days later.

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