

THE RECORDER

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New Britain Community Leaders Address City's Issues Prior To City Election



The panel of men emphasized that change begins with helping younger generations.

ISABELLA CHAN | STAFF

BY ISABELLA CHAN
NEWS EDITOR

A group of New Britain's influential, male community leaders joined together to address a number of issues in which they believe the city is currently facing along with their ideas on how to resolve the obstacles at hand.

Those on the panel included independent New Britain mayoral candidate Deivone

M. Tanksley, democratic New Britain mayoral candidate Chris Porcher, community organizer Victor Constanza, local business owner Johnny Turner, warden for MYI Prison Derrick Molden, and community leaders Tyree Hughey, Stephan Palmer and Timothy Conaway.

The public event was mediated by Central Connecticut's Student Government Association.

During discussions, the men emphasized that many of the

issues, such as New Britain's high level of violent crimes and the economic development/ job creation within the city, were not being approached the right way. They claim the best way to approach the situations is by helping younger generations and prevent them from creating bad habits.

"I work with over a thousand kids in the past four years and every kid has told me, 'I get put in programs I don't want to go

to, I get forced I,'" Palmer stated. "The city needs to do forums like this in different high schools, middle schools and find out what programs kids want so they're not forced to do it."

As the head of a youth program for Hartford and New Britain youth, Palmer witnesses firsthand how children are easily influenced and impacted by the community around them, calling it a "vicious cycle," that they often end up in.

Molden adds that the city should invest in its youth through education.

"If you are going to actually look at a problem you cannot miss education, it's a generational curse that kids are trying to break out of these barriers from," Molden stated.

"The problem lies with the education system. If you don't know how to succeed in life you will not move forward, nothing else will ever matter until that gets solved," Molden continued.

Some panelists claim that New Britain government and CCSU should make it a priority to improve the education and comprehension of the city's students in order to help make

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Connecticut Legislators Say 'No More' To Poor Mental Health Parity Compliance

BY KRISTINA VAKHMAN
NEWS PHOTOGRAPHY EDITOR

Connecticut insurance companies have long ignored federal mental health parity laws meant to prohibit them from treating mental health services as lesser than their medical or surgical counterparts. In July, Governor Ned Lamont signed a bill into law to change that.

"Insurance companies do not treat diseases of the brain the same way they treat diseases of the body," Connecticut Rep. Sean Scanlon, one of the bill's key backers, said in an interview after the July signing. "That is very unfair and discriminatory."

The Connecticut bill will require insurance companies to annually submit detailed reports of their coverage of mental health and substance abuse services. This comes after a 2017 Milliman report showed

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MARCHING BAND HOPING FOR ANOTHER SUCCESSFUL SEASON



Dr. Schwartz and the Blue Devils Marching Band are marching towards another strong season.

SEE PAGE 8

FOOTBALL DEFEATS SACRED HEART



Central football's defense stepped up in a win over NEC foe Sacred Heart.

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THE RECORDER ARCHIVED

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Islamophobia and Terrorism in the Age of Trump

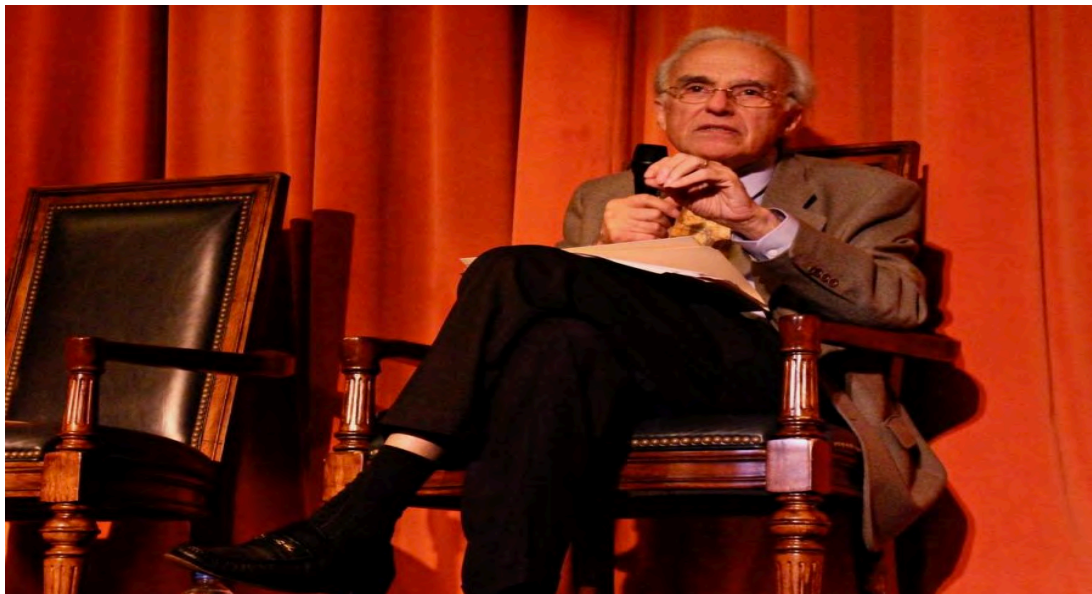
BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

The birth of the word "islamophobia" roots in Europe in the 1990s, where articles about it were being published already. However, it was not used in America until 2010, when Time's magazine titled their cover story: "Is America Islamophobic?"

Professor John L. Esposito answered this question as several members of the Central Connecticut community gathered to hear him discuss islamophobia and terrorism in the age of Trump in Torp Theater of Davidson Hall.

Esposito, professor of religion, international affairs and Islamic studies at Georgetown University, is the founding director of a Muslim-Christian-understanding center and an "Ending Islamophobia" initiative. He has written more than 55 books about the subject of the fear of Islam and is known world-wide for his work.

During his speech, Esposito shared his knowledge about Muslims and Islam, the



Speaker John Espito answers audience questions during his Trump-era islamophobia lecture last Thursday.

KRISTINA VAKHMAN | STAFF

globalization of concept of Islamophobia and people's misunderstandings of it. As well as where Donald Trump and his administration stands regarding this group of people during his elections and presidency.

"The speech was amazing and a much-needed topic to happen on this campus," political science and sociology double major Kristina DeVivo said. "The truth and facts were

undeniable and a sad reality," she continued.

"Islamophobia is an extreme fear and hostility towards Islam and Muslims, which often leads to social and political discrimination and can be used to rationalize violence; manifested in hate speech, hate crimes and military attacks," Esposito explained.

Esposito further explained how this fear has grown

exponentially throughout the years. The fear of not just Muslims extremists and terrorists but of Islam and Muslims as a whole has become normalized in American and European culture.

"You can write anything you want about Islam and Muslims in the newspaper [but] you wouldn't say about a Jew, a Catholic, or an Italian," Esposito

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The Office Of Diversity And Equity Adds "Inclusion" To The Mix

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

As a fresh start, the Office of Diversity and Equity at Central Connecticut changed its name to the Office of Equity and Inclusion in order to broaden the concept of diversity and their mission.

"We must use and enforce an inclusive and safe campus where everyone is valued and can participate in a free and respectful exchange of ideas," President Dr. Zulma R. Toro said during her opening speech two weeks ago.

As a part of her plan, Dr. Toro established Dr. Nancy "Rusty" Barcelo as the interim chief of the office to reshape and broaden the office's mission. In the past, a lot of emphasis had been placed on compliance issues, important but not enough. Now, they also want to cover other matters such as race, LGBT and curriculum issues among others.

"The president and I saw that as an opportunity," Barcelo explained. "Given that I was new and we were trying to create a different vision and mission for the office we thought that maybe we should also change the name."

The name change became an idea after noticing the high interest and frequent use of the word "inclusion" by many institutions who have incorporated it into their titles.

Dr. Barcelo called around the country to see what people thought of it and the response was very positive.

"It was not a big strategic or significant change, but it sends a new message," Barcelo said.

"It is not just about working," Barcelo continued. "Compliance will always be a major part of what we do, but we think



The Office of Diversity & Equity has changed their name to The Office of Equity & Inclusion. BRUNA VILA ARTIGUES | STAFF

inclusion is really critical because it's not about diversity, but inclusion in everything we do."

Dr. Barcelo wants CCSU to be more than just numbers that come in the front door. It is about being included in everything, as well as equal treatment for everyone.

"Often when we look at diversity, we just think in terms of how many we have," Barcelo explained. "Well, who does that leave out? We know how many women we have, students and faculty and staff. But it's more than that, it's about the climate. It's about how we are all being treated in Central," Barcelo said.

The office wants to establish a relationship and work together with a number of people in order to have better training and understanding of what is happening and how to fix it, some of which include nearby colleges, schools and major administrative units, along with on-campus

departments, such as the student senate, LGBT center, the disabilities center and cultural centers.

"I want to be in a situation where we're not responding to a crisis, but we're doing some pre-work ahead of time," Barcelo said.

In efforts to accomplish this, the department is planning on sending out a climate survey to students, faculty and staff. They want to put together a study to be better informed of the primary issues and concerns on campus, as well as to address the work that needs to be done.

With a new name and new faces leading the way, the office is very excited and hopeful in building on the foundation of the work that came before to transform it for the better.

"It's going to be a long process," Barcelo admitted. "This stuff will not happen overnight; we did not get to this place overnight." @BRUNAVILA

CCSU Is Working To Help Struggling Students Graduate



Degrees When Due Initiative will help students to cross the graduation stage. JOHN ATASHIAN

BY ISABELLA CHAN
NEWS EDITOR

Central Connecticut has joined a number of institutions in assisting post-secondary education students who are struggling to earn their four-year degrees to cross the academic finish line with Degrees When Due.

The project is conducted by the Institute of Higher Education Policy (IHEP), who works to increase the access and success in collegiate education. In the past, the IHEP has worked to increase associate's degree completion and optimize multi-state reverse transfers to help

increase students chances of graduating.

With the Degrees When Due initiative, the organization will work to improve the infrastructure of scholastic education in order to help "near-completers" cross the education finish line. Over 150 institutions in 20 states are participating in the program; within the state of Connecticut there are 10 partaking, including CCSU and Charter Oak State College.

Along with these institutions, other Connecticut community colleges and state universities will be participating as well, such as Capital Community College, Eastern

Connecticut State University, Manchester Community College, Middlesex Community College, Southern Connecticut State University and Western Connecticut State University.

According to a study by IHEP, there are just over 30,000 students in Connecticut who are close to receiving their college degrees but are struggling to complete the process. This is likely due to life obstacles some face, like scheduling conflicts, family obligations and financial difficulties.

Although there are no clear indications on how the initiative will resolve these setbacks for students, Degrees When Due is looking to increase the degree attainment rate from 34 percent to 65 percent by 2025.

"Our Degrees When Due institutional and state partners are building a strong pathway to degree attainment for all students, including by providing an on-ramp for those who have paused their studies or 'stopped-out,'" IHEP President Michelle Asha Cooper, Ph.D. said, according to the CCSU website

"IHEP enthusiastically welcomes the selected institutions and states to this effort. Through this initiative, they will increase student success, serve a diverse set of student populations, and join us in addressing one of higher education's most pressing challenges: degree completion," Cooper added.

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Connecticut Legislators Say 'No More' To Poor Mental Health Parity Compliance

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With Governor Ned Lamont's signature, a new Connecticut mental health parity bill became law in July. KRISTINA VAKHMAN | STAFF

Connecticut has the worst mental health parity compliance in the United States, forcing patients into out-of-network coverage.

The state insurance commissioner's office will evaluate whether companies are meeting mental health parity requirements and send its determination to legislature's insurance committee, which Scanlon co-chairs. The bill will take effect in 2021.

But there are no written repercussions for insurance companies who don't comply. Scanlon said that could come later and that, for now, the "media attention and public spotlight" on companies with "bad behavior" would serve as a punishment.

He added that there could be further repercussions, like the insurance commissioner denying a company's request for a rate increase if it is not meeting mental health parity requirements.

"People who are discriminating against other people should not be making more of a profit," Scanlon stated.

Moreover, Scanlon said that the bill's removed provisions requiring insurers to cover prescribed substance abuse treatment drugs and to cover treatment regardless of whether it is court-ordered are also for the future. They had to be stripped, he said, or Connecticut's insurance companies would've had the

whole bill scrapped.

"They were probably going to try really hard to kill the entire bill if we didn't compromise," Scanlon explained, saying he plans to tackle it in the next session. "That piece is really important to me and I will continue fighting for that piece until we get it done."

The United States' Federal Mental Health Parity and Addictions Equity Act was signed into law in 1996. Scanlon said it has "no teeth" to hold insurance companies accountable, but that this new Connecticut bill is a step in the right direction.

"This is going to lead to people who have been in the shadows, unable to access care because their insurance won't cover it, to finally getting the help that they deserve," he stated.

That includes people like one-time Democratic candidate for state treasurer Dita Bhargava's son, who died last year of a fentanyl overdose after battling an opioid addiction for years. At the bill signing, she said his coverage for treatment was "always only partially covered."

"This bill would have helped him tremendously," Bhargava said. "He went through seven rounds of treatment. Every round was faced with the same challenges of trying to get insurance companies to approve his treatment."

"It was never more than 28 days and we know that this is a lifelong disease," she went on, recalling how her son once asked why his struggle with his addiction was seen as less than a physical ailment like cancer.

And former Democratic Rhode Island U.S. Rep. Patrick Kennedy, who also appeared at the bill signing, called it a "modern day civil rights bill for those with brain illness." He himself has fought a drug and alcohol addiction along with handling bipolar disorder.

"With the signing of this bill, [Connecticut's] gonna be on the way to leading this country on this issue which you should feel very proud of," Kennedy said.

But for uninsured individuals like Central Connecticut political science senior Christian Reyes, the bill makes no difference. By the time he reached the point of needing behavioral health treatment, he had nothing to cover it and has given up on trying to get insured.

"It'd be nice to see a therapist or a counselor, but if you don't have extra money to even pay your bills on time, how are you going to see someone for mental health treatment?" Reyes said. "When you don't have insurance, you learn to deal with your mental health on your own."

While he appreciates the bill, Reyes

feels "completely forgotten" when it comes to mental health coverage.

"It's great especially considering, in Connecticut, there's a lot of drug use. I live in Torrington and it's plagued with hard drugs. It's good that people who are insured can use their insurance for what they need," he stated.

On a national scale, Connecticut is taking a stand as well.

Senator Chris Murphy took part in introducing the Mental Health Parity Compliance Act of 2019. It would require insurers to "submit comparative analyses upon request from federal oversight agencies," according to a press release, finally giving the federal law the "teeth" Scanlon said it's lacking.

"People in Connecticut with mental health and substance abuse conditions deserve the same access to care as everyone else," Murphy said in the press release. "Our legislation will require insurance providers to give the same access to care for someone with a mental health diagnosis as they do for someone with a broken leg, and it will crack down on bad actors to make sure they do."

The Mental Health Parity Compliance Act of 2019 is currently waiting for consideration. In the meantime, Connecticut's legislators hope their bill will correct the state's parity record.

@KRISDVP



Former Rhode Island Congressman Patrick Kennedy was a major proponent of the bill. KRISTINA VAKHMAN | STAFF

National Coming Out Day

BY ISABELLA CHAN
NEWS EDITOR

It all started in 1987, when nearly half a million people gathered in Washington D.C. for the National March For Lesbian and Gay Rights on Oct. 11. Since then, millions of people have come together on that very same day to celebrate the LGBTQ community and the strength behind opening up about sexuality.

This year will be the 32nd anniversary of National Coming Out Day. The Human Rights Campaign (HRC) who works to ensure that with this day people are reminded of powerful coming out can be. According to their studies, "one out of every two Americans has someone close to them who is gay or lesbian. For transgender people, that number is only one in 10."

Factors that typically keep individualities from coming out are homophobia and insecurity, therefore influencing some people to refrain from expressing their sexual preferences. But when individuals are given the opportunity to come out safely, then they may be able to embrace who they are freely and reduce mental stress.

By honoring this day, homosexuality is given the

opportunity to thrive publicly instead of living in the shadows of society.

HRC emphasizes that because every coming out experience is different for each person, it is important to remain respectful to every individual's unique decision on navigating their choice to live openly.

Central Connecticut's LGBT Center will be celebrating National Coming Out Day with Rainbow Breakfast at 9:30 a.m. in Alumni Hall. For more information and to register for the event, please visit the LGBT Center page on the CCSU website.

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National Coming Out Day is Oct. 11.

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World Mental Health Day

Help us create lasting change



Prevention



Awareness



Treatment



Managing mental health properly is crucial to leaving a long, sustainable life.

WORLD MENTAL HEALTH DAY

BY ISABELLA CHAN
NEWS EDITOR

Mental health is said to be vital in a person's wellbeing as it will influence their emotional, psychological and social state-of-mind, as stated by the National Institute of Mental Health. As more and more people learn of their personal mental illnesses, it has become important to ensure them that they are not alone, specifically by celebrating World Mental Health Day.

World Federation of Mental Health President Dr. Alberto Trimboli shares that this year's theme for World

Mental Health Day will be suicide prevention. The theme came after studies revealed a person will die of suicide every 40 seconds; although suicide is not always correlate to mental health, the two do often link together so it is important to acknowledge how they may relate.

"The object of making suicide prevention the theme of World Mental Health Day in 2019 is to attract the attention of governments so that the issue might be given priority in public health agendas around the world," Trimboli said in a public statement.

"Getting people to talk about a subject that tends to be taboo and about which many hold mistaken and

prejudiced ideas will help the community to learn about the risk factors so that they can identify and learn to address them," he continued.

It is important to keep in mind just because a person has have mental health issues, it does not mean they are suicidal.

If you are struggling with your mental health or someone you know, please meet with a counselor at Student Wellness Services. You may also contact the National Suicide Prevention Lifeline or call 800-273-8255. In case of an emergency, call 911 or a local hospital.

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New Degree Options for "Environmental Geography And Sustainability" At CCSU

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

The CCSU Department of Geography announced the launching of a new bachelor's degree and/or minor in "Environmental Geography and Sustainability" this fall.

More young people are leading and getting involved with the concepts of sustainability and climate change crisis, understanding its impacts on society and the future. A degree in Environmental Geography and Sustainability can help these students find jobs in areas where they can focus on and address

environmental, social, and economic justice.

"Society needs a well-informed and trained citizenry, leaders and workforce that are educated about the environmental, social and economic challenges facing current and future generation so they can advocate for, and implement sustainable practices throughout society," Dr. Charles Button, professor and chair of the Geography Department said.

This degree "will help students understand those challenges and empower them to steer humanity to a more just and harmonious existence," Dr. Charles Button continued.

The opportunities and careers in this field are increasing every day. In fact, CCSU offered the first Master's Degree in Global Sustainability in the state of Connecticut in 2008. Since then, they have been expanding the academic curriculum in sustainability, to build knowledge and skills to students that want to become involved in this movement to change the way humanity lives, so that future generations can also fulfill their needs.

For more information, contact Dr. Charles Button via email: Buttonche@ccsu.edu or phone: (860) 832-2788.

@BRUNAVILA

New Britain Community Leaders Address City's Issues Prior To City Election

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post-secondary education on option for all residents.

"If you're graduating from New Britain High School, it's likely you can't even compete to get into Central," Porcher stated. "A lot of our kids don't have behavioral issues or education issues because they don't have the abilities. We really need to change our curriculum to support social and emotional learning."

As the forum continued, mayoral candidates Tanksley and Porcher spoke on behalf of their campaigns and pinpointed how exactly they would be most suitable for the position as the mayor of New Britain.

Tanksley proudly claims he is running as an independent candidate because he argues a politician is not what the people of New Britain want.

"I'm not a politician, a lot of people have lost hope in that word politician. When you throw out the words like democrat and republican, it doesn't matter if it's the good or bad ones, a lot of people shy away because they lost hope in them," Tanksley explained.

He argues that as an independent candidate he can bring forth solutions for issues in New Britain that people want to see fixed.

Porcher countered that as a democratic candidate he wants to encourage community members to learn how their local governments in order to help them create a system they are looking to have.

When people are better educated on the system then they will know to vote for the people they believe over

political party status.

"We need to look at both sides," Porcher stated. "We have to look at better developing our kids, give them better resources and at the same time protect our local business owners."

Along with promoting more minority businesses and job opportunities within the city, Porcher is in support of people wanting to challenge and change the system in order to achieve better minority success.

With the mayoral debate approaching, it is advised for registered voters to look into the candidates running in their town election. Those looking to register to vote visit voter.registration.ct.gov.

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@TheRecorder on Twitter

News In Brief

BY SARAH WILLSON
EDITOR-IN-CHIEF

UCONN To Offer Free Tuition For Low-Income Families:

The University of Connecticut will provide free tuition to low-income families for in-state students starting in the fall of 2020.

Known as the Connecticut Commitment, the program will reduce tuition from \$13,798 to \$0 for families with a household income of \$50,000 or below for up to four years, or eight semesters.

Transfer students who meet the criteria will be offered up to two years of free tuition, or four semesters.

The Connecticut Commitment said it hopes to raise the requirement above \$50,000 to include more families.

Second Whistleblower Emerges:

A second whistleblower has come forward in the impeachment case of President Donald Trump, who is already under fire for a phone call with Ukrainian President Volodymyr Zelensky, where he called on the country to investigate Hunter Biden, the son of former Vice President Joe Biden.

No details about the second whistleblower have been confirmed, BBC News reported. It is unclear as to whether or not either whistleblower will testify to Congress.

If the Democrats in the House of Representatives vote to impeach Trump, there would then be a trial in the Senate.

Trump Attacks Turkey, Threatens To Destroy Economy:

President Trump threatened to destroy Turkey's economy after abruptly deciding to pull U.S. forces out of Syria, according to BBC News.

The threat was said in a series of angry tweets in which Trump said he would "obliterate" Ankara, the country's capital, if it takes a planned military strike in Syria "too far."

The U.S. withdrawal of troops, BBC said, will likely leave Kurdish-led forces in Syria vulnerable to the Turkish military.

Republicans, including Lindsey Graham, criticized Trump over the withdrawal, citing that the U.S. troops were key to defeating the Islamic State in Syria.

@SARAHWILLSON

Islamophobia and Terrorism in the Age of Trump

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Speaker John Espito gave a lecture on Trump-era islamophobia last Thursday.

KRISTINA VAKHMAN | STAFF

said. "In today's world, even the president or a member of congress can say whatever they want," Espito continued.

Esposito cites that during an interview on CNN, President Trump was asked if he thought that Islam was in war with the West.

"I think Islam hates us," Trump replied.

But how does Islam "hate us" President Trump?

"Saying that Islam hates is like saying that Judaism hates us, or Catholicism hates us," Esposito explained.

In fact, he mentioned that seven countries adopted the Muslim ban just because they were afraid of terrorists argued as to why is the world treating all Muslims like terrorists.

Based on a 23-year-spa study set in Canada, along with an reporting an overview of over 2 million articles from the New York Times, it was found Islam and Muslims were portrait more negatively than alcohol, cancer and cocaine. Judging from these findings,

the average reader would likely create a negative bias towards Muslims, assuming they are all bad and the same, according to Esposito.

"What happened in 9/11 was catastrophic, but is using

the phrase 'War on Global terrorism' very accurate? What does it say specifically? Do you distinguish areas and countries?" Esposito countered.

Research shows that no

religious, social or ethnic group has received or is actively facing greater discrimination in the United States than Muslims.

Throughout the 2016 presidential elections, several candidates discussed the works of Islam, one of which including Ben Carson who believes a Muslim should renounce to their faith in order to be president.

Pushing past American politics and culture, Islamophobia has begun to create an impact on U.S. domestic and foreign policies. President Trump has talked about wanting to close and monitor mosques across the country, as well as terminate immigration from the Muslim world.

"We need to be concerned not only about our foreign policy, but also about our situation in America," Esposito said. "In America, I think the real test is to what extent do we embrace pluralism; political pluralism and religious pluralism?" @BRUNAVILA



Political Science Professor Ghassan El-Eid asks speaker John Espito a question.

KRISTINA VAKHMAN | STAFF

SGA Briefs

BY KRISTINA VAKHMAN
NEWS EDITOR

The Student Government Association meets every Wednesday at 3:05 p.m. in Bellin A and B in the Student Center. These briefs are from the SGA's meeting on Oct. 2.

- There is a Diversity Forum on Oct. 10 from 7:30 to 8:30 p.m. in the Student Center's Philbrook Room.
- The first Good Neighbor Campaign is set for 1 p.m. on Nov. 2.
- A motion to allocate the Dance Team \$3,134.48 passed.
- A motion to allocate the Pep Squad \$2,401.10 passed.
- A motion to allocate the Political Science Club \$2,959.20 to allow more members to go to a conference in Puerto Rico passed.

What's New, CCSU?

BY DANIEL FAPPIANO
EDITOR-IN-CHIEF

- Central Authors, Oct. 9 12:15 p.m. in CCSU Barnes and Noble Bookstore. Cassandra York will present "Prevention No Bloat Diet: 50 Low-FODMAP recipes"
- CT Sports, Business and Entertainment Career Fair, Oct. 9 4:30 p.m. @ Dillion Stadium. Registration costs \$20 and the event will feature businesses such as the Hartford Athletic, New York Rangers and the Brooklyn Nets
- "An American in Warsaw," Oct. 9, 7 p.m. in Founders Hall. Vivian Reed will discuss Hugh Gibson and his life in Poland.
- "Gone, But Not Forgotten," Oct. 10, 12:00-3:00 p.m. in Willard DiLoreto Atrium. Create a quilt scare for a loved one who lost their life to a substance abuse disorder.

Central Recorder on Facebook

EDITORIAL

Sandy Hook Promise Showcases The New Back To School Experience

A few weeks ago, Sandy Hook Promise debuted a back-to-school advertisement highlighting school supplies, clothing and the potential dangers that lie ahead for school children.

It starts off innocently with a student showing off his new backpack, along with a young girl praising her new folders and binders. The setting quickly became terrifying as students began to scatter to get away from an attacker.

Two students prepared to use their art supplies as a weapon of protection, followed by a girl calling her new pair of socks “a real life saver” as she used them as bandages for a wounded classmate.

The commercial turned morbid as the ending scene was a young girl crying in a bathroom stall, texting her mother “I love you” while slow footsteps entered the room.

Needless to say, the intense scenes were spine-chilling to witness, but it embodied an all too real reality for this generation of school children of how fearful returning to school can be.

Since 1970, there have been 1,316 school shootings in the United States, according to a study by Naval Postgraduate School. Following the attack at Sandy Hook Elementary School, the number of school shootings has increased by 18 percent in the past seven years.

These acts of violence have become ingrained into our society’s culture and behavior to the point in which several K-12 schools have incorporated active shooter and attacker training into their curriculum. The programs are said to train students and educators on the signs of an attacker and how to confront the situation.

Sandy Hook Promise, founded by family members whose loved ones were killed at Sandy Hook Elementary School, is one of many organizations that teach such programs in schools. They emphasize that although school shootings are inevitable nowadays, it is important to learn how to prevent them.

For some, this may seem to be a bit of a stretch for children’s protection, but it truly is a much-needed precaution.

This training is essential and all schools and parents should be in favor of implementing it in some capacity. The sad reality is that school shootings are imminent nowadays so it is better safe than sorry when it comes to saving lives.

As a parent, nothing would be worse than losing your child to this sort of incident and if parents could do anything to prevent tragedy, they should.

The Sandy Hook Promise video put the whole school shootings crisis into perspective for many. Seeing children in that setting, running for their lives, was the final push some needed to actually realize what is happening.

For many, they have not been in that situation, so it was hard to visualize what was happening but Sandy Hook took the viewers in and out them in the kid’s shoes.

That is why the video received so much attention, whether it was good or bad.

In Connecticut, while tragic, it was important that the Sandy Hook shooting took place in the state because more schools will realize this is a possibility and adapt the new security measures. The rest of the country is further away from the tragedy but should still adapt.

Overall, the video by Sandy Hook Promise was a very important and very powerful move in an ongoing battle to prevent school shootings and keep everyone safe.

Editor’s Column: Banning Vapes Will Not Help Smokers



BY DANIEL FAPPIANO
EDITOR-IN-CHIEF

I have been smoking cigarettes for the past four to five years. It is not something I’m proud of, but something I live with on a daily basis.

I understand the dangers of cigarettes and know that my addiction isn’t healthy. That being said, I smoke because they help me relax and concentrate.

Throughout the country, the problems of vapes - specifically Juuls - have hit the main stream. There has been a wide spread movement to effectively ban vaping in an effort to keep the population safe.

To an extent, that makes sense. Everyone knows that smoking is bad, taking the apparatus used to smoke off the market could in turn eliminate smoking. However, in an attempt to ban Juuls, lawmakers are not thinking about the larger demographic, but rather young kids who don’t understand the dangers.

Juuling has been popular among high schoolers and younger since their invention in 2017. According to the Washington Post, 37% of 12th graders admitted to regularly smoking in 2018. Maybe some of those smokers are using it for its intended use, however, I’d argue most high schoolers aren’t using the Juul to quit their smoking addiction.

The ban would be extremely beneficial to those people. Younger kids who use the Juul just to say they smoke. Yet, for adults who could use the Juul for more than just recreational purposes, the ban would only lead to higher cigarette usage.

Throughout my years smoking cigarettes, I have attempted to quit. Admittedly, all of those attempts were unsuccessful. However, in attempting the Juul, it has been the first non-

tobacco based product that has almost tempted me to quit my habit.

It is unlike any other product I have ever used. It is the only vape that has almost simulated the act of smoking a cigarette. Now again, it has not helped me quit. I am still smoking cigarettes daily, however, with extended usage there is a chance it would help me quit.

For people like me, banning vapes would only lead to the continuation of our bad habit. If Juuls were eliminated from the shelves, then I would argue that cigarette sales would only go up.

No smoking is good smoking, I wish I never picked up the habit and I warn my friends of the dangers. However, as it’s something I live with every day I do my best to limit it; mostly to no avail.

Vapes could help long-time smokers quit their tobacco habit. While yes banning them would likely eliminate younger smokers, it could also harm the adult population.

At 23-years old, I would like to make the decision on what to put into my body, no matter of health risk. While I wish I never came to that decision, it is still my decision.

@DFAPPIANO14

Colleges Should Dump Traditional Grading

BY ISABELLA CHAN
NEWS EDITOR

There is no feeling quite like seeing a letter grade on an assignment. When it’s an A+, there’s pride and confidence because it feels well-deserved. But then there’s the stomach churning, sinking feeling of D-, or lower if you were ever in my shoes.

It’s the feeling of failure, as though whatever I just did was not enough despite my efforts, when in actuality, the letter grade was misdiagnosed to begin with.

The traditional letter grading system deserves an F for it’s own failures and damage it has done to students across the world. The mental stress endured while trying to reach for a prestigious A+ is detrimental to the mind - not only is it almost always unattainable but also unrealistic.

Every educator has their own form of standards and expectations in every assignment given, therefore each grade is somehow already skewed from the start. While in high school, I quickly learned that it wasn’t about how I could execute this project to the best of my ability but rather how will this be most suitable for the person grading it. And I, myself, am not the only student who takes this into consideration when they do their homework.

Due to its rigid, inconsistency in evaluations, the traditional letter grading system is fundamentally broken and fails to truly help students prosper. Rather than focus on trying to produce strong work they can stand behind, students work to check off a mark in a rubric.

Studies have shown that when students are faced with graded tasks they become less inclined to take on the challenge due to the level of stress and feelings of low self-esteem that typically follows afterwards.

According Hae Yeon Lee, the lead author of the study, when students were given the opportunity to perform without formal grades, they were more “resilient” in response and thrived in their experience. He argues that with a



Traditional grading is more harmful than helpful for students.

DEMME LEARNING

“growth-oriented belief” then students’ abilities will strengthen.

With critiques, one is given the opportunity to gain a better understanding of their mishaps while also seeing their area of successes.

Although it is still uncommon and atypical in several levels of education, there are American universities and colleges that have veered away from traditional letter grading. In lieu of marking students with Bs and Cs, professors will produce narrative evaluations to work and assignments being reviewed.

Since 1969, Ivy League Brown University has allowed students to opt out of participating in what is seen as “conventional grading.” Students have the choice to receive written evaluations on assignments, along with labelling the grade as satisfactory/no credit. These written evaluations are meant for students to reflect on their work and make improvements.

Brown’s Center for Career and Life states “Brown students are encouraged to gather materials in their online portfolios that provide more nuanced measures of their knowledge and skills.”

With said materials, such as course performance reports, letters of recommendations and capstone projects, students are expected to present their abilities with “qualitative evidence”

to future employers, thus presenting their “analytical ability, independence, creativity, communication and leadership skills.”

Through a narrative transcript, students will have a personalized manuscript of their work that better showcases their strengths and weaknesses. This is likely to be highly more appealing to employers because it will ideally describe how well a candidate will perform compared to making an unknown assumption from a letter grade.

Albeit Cs get degrees, the assessment of one’s work is what secures the job position.

This process may be easier said than done - given Brown University is a private learning institution therefore receives better forms of funding - but it could be possible starting with departments. Eliminating letter grades within the English department or marketing program might encourage students to produce work geared towards their ambitions vs. attempting to satisfying a grade.

If universities are really looking to do what is best for their students then they should work on reforming their grading system, from one of judgment on failures to one of promoting ideas.

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Gender-neutral Dolls Are The Future For An Accepting Society



"Creatable World" has adapted to a new style of gender-neutral doll.

MATTEL

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

When I was around four years old, my mum knitted a blue and yellow dress for me. The day she told me to put it on I threw a temper tantrum and hid behind a mirror refusing to wear it out. I also remember my parents "leaving without" me, as a mind game for me to give up. I did eventually, but definitely not with a smile on.

I guess I could say that I have been defying gender roles since a very young age. I hated dresses, skirts and jeans. I used to wear sporty clothes three times the size

needed and carried a basketball with me at all times.

Maybe that is why I never bothered paying the Barbie doll someone gave me any mind.

Barbies. One of the most and iconic, well-known and profitable dolls' ever made. Everybody has a clear picture of what the classic Mattel toy look likes: beautiful, Caucasian, thin well-dressed dolls with long blonde hair.

The "stereotype" of a Barbie has changed over time, adding new skin tones, haircuts, clothes options and roles, such as a registered nurse in 1961, a game developer in 2016, or one with a wheelchair in 2019. However, these dolls have been the subject of multiple controversies because of the bad impacts they can have on body image

and diversity.

With "more than 100 dolls sold every minute [and] a total of 58 million sold annually," as the official Barbie site states, they are for sure a big influence to kids around the world.

Children, especially girls, look up to these renowned dolls and compare themselves to them. The thoughts of 'why isn't my hair blonde and straight?' or 'why isn't my waist smaller?' Even 'why isn't my skin color like hers?'

If young females are constantly bombarded with the same body types, faces and roles, they might end up thinking that this is the way they should look like and become.

My younger self-portrait was never a style for Barbie dolls. Did that mean I wasn't acting appropriately as a girl? Wrong!

Finally, 60 years after the first Barbie doll was created, Mattel has brought to life the world's first gender-neutral doll kit called "Creatable World."

These dolls have a gender-neutral appearance. That is each one comes with two different wigs (long or short hair), as well as pants, skirts or both. They are available in different skin tones and hair lengths, reflecting and exemplifying the actual diverse world we live in.

Society is evolving. Nowadays, there is more than "females" and "males" in the world. In today's culture, females are not the only ones wearing skirts and males are not the only ones wearing short hair; young girls play with cars and young boys play with dolls.

Companies need to keep up with society's changes and reflect these in their products. No one should be excluded, and this is a message that should be very important to share at a young age.

Gender-neutral dolls are a big step towards accepting people no matter what they look like, helping society evolve from traditional stereotypes and put aside judgement and discrimination.

I hated dresses, dolls and makeup, but that did not make me less of a woman. It made me real.

@BRUNAVILA

Columbus Day Is Not A Holiday

BY ISABELLA CHAN
NEWS EDITOR

As a child, I often looked forward to any day it meant for a random day off of school or class activities involving coloring pages, this would almost always occur during the holidays. Often times I did not understand what I was celebrating; whether it was Labor Day or Arbor Day I was grateful to have little to no work to do.

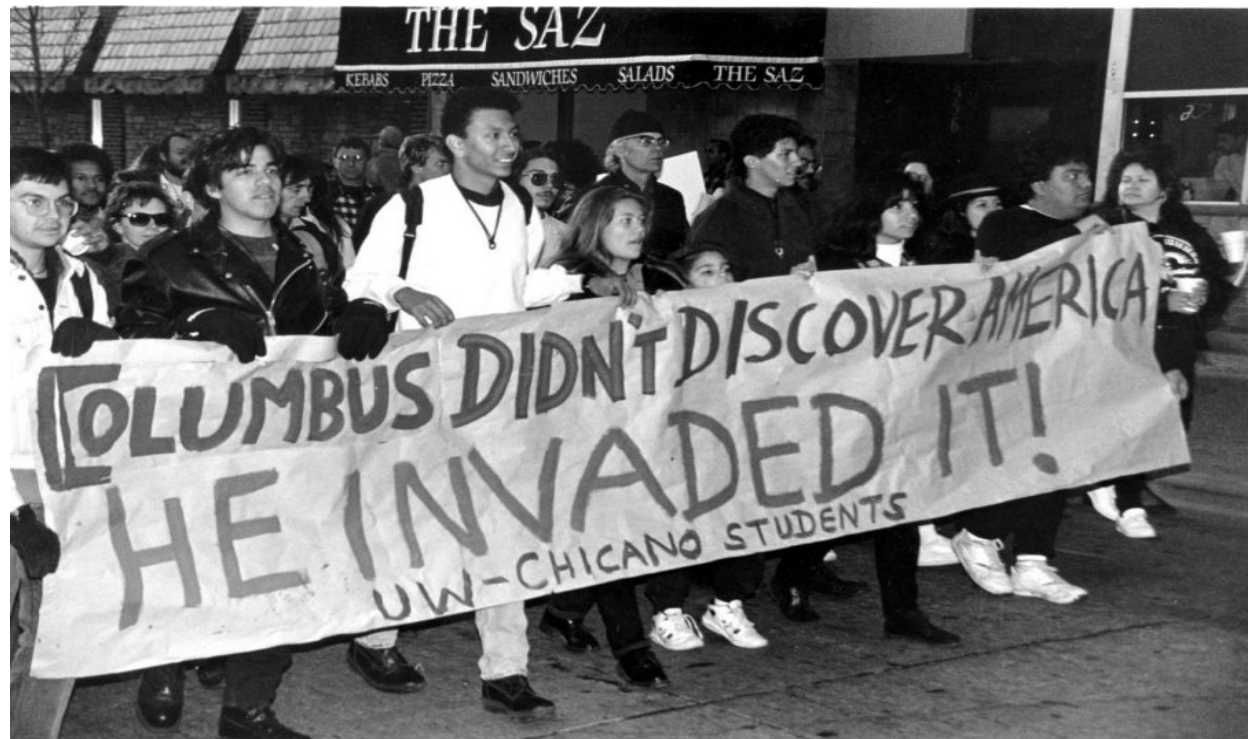
On Christopher Columbus Day, my class and I would draw the Niña, Pinta and Santa María boats. I would enjoy celebrating the man who sailed the ocean blue in 1492 to "discover" America. It wasn't until I was eight-years old and I watched a documentary about his venture did I realize the truth: Columbus was a massacist who discovered nothing.

Every year, the United States honors a man who took advantage of the Taino population and conducted brutal acts of violence, in which he mutilated, enslaved and killed the native people. In his diary, Columbus described the Tainos as "very well built, with very handsome bodies and very good faces," thus making them "good servants."

This is a not a man who should be honored in American culture; as a country with it's own long, ugly history of slavery and large population of immigrants, we should avoid placing those that have conducted such acts on a pedestal.

Admittedly, the United States has begun to acknowledge celebrating Columbus Day is inappropriate and has moved away from it being a mandatory holiday for nationwide. Although it continues to be viewed as a public holiday accepted by the federal government, it varies by state if it recognized as one.

As of this year, 24 states continue to celebrate Columbus Day while 23 states do not recognize the holiday, which falls on the 2nd Monday of Oct.. In place of that day, New Mexico and Maine honor the lives of those lost from



Some states have opted out of celebrating Columbus Day.

STUDYBREAKS

Columbus's behavior and celebrate Indigenous Peoples' Day instead. Along with that, South Dakota celebrates Native American's Day on said date.

Standing behind New Mexico, Maine and South Dakota's choice to change the meaning of the holiday is what I would argue is the right one. Rather than praise a man who committed mass genocide or overlook the history taken place, it is respectful to honor those who suffered and teach further generations of the truth behind the history.

Even on an international level, America's Christopher

Columbus Day is viewed differently; in Argentina it is known as Day of Respect of Cultural Diversity and Venezuela calls it Indigenous Resistance Day. Theses alternative titles redirect the focus to those that really mattered.

It would be a lie to say that nothing came from his journey-without Columbus, there would be no Old World to New World connection-but his few acts of kindness do not over shine the mass brutality he spread throughout the Americas. Celebrating Columbus Day will only give attention to an individual who is corrupted and foul.

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Dr. Schwartz Leads The Blue Devils Marching Band For Another Successful Season

STORY BY NATALIE DEST
MANAGING EDITOR

For Central Connecticut professor and conductor Dr. Robert Schwartz, the best part about leading the Blue Devils Marching Band is “watching the students respond to the music, enjoying their passions and becoming a family.”

Obtaining his doctoral musical arts degree for conducting at the University of Colorado, Schwartz is just beginning his second year of conducting the Marching Band here at CCSU.

Consisting of about 40 music majors and minors, the Blue Devils Marching Band is back for another season of dedication to long rehearsals. Working towards football half time shows and exhibitions, Schwartz is hoping to see nothing but improvements for his second season.

“It’s just about anticipating problems that we already know,” Schwartz said. “We are problem solving from last year and figuring out what works, and if it didn’t work, what we can do to make it better.”

With previous rehearsals only once a school week, the band has increased their practices to 6:15-7:30 p.m. on Mondays and Wednesdays with the intention to have more time to improve.

“We were limited when we only rehearsed one day a week, but now that we’re doing it twice a week it’s allowing us to have a little bit more opportunities to be able to do stuff and only get better,” Schwartz continued.

However, it’s the intense week of “band camp” during the month of August that helps prepare and kickstart a season of marching for the Blue Devils.

“We put everything into our half-time shows thanks to our vigorous week of band camp,” Music Education major May Booth said. “We meet all day for an entire week to prepare a new and exciting show each year. Even after learning the show, we work very hard during rehearsals to build on it, add more visuals, and make



Before their exhibition, the Blue Devils Marching Band warms up in a practice room before their performance.

SAVANNAH MOORE | CONTRIBUTOR

the music sound even better. Our show improves each football game and throughout the entire season.”

Every home game for the Central football team, the Blue Devils Marching Band is there with instruments in hand and uniforms ready. These halftime shows are where the band showcases their months of preparation and to represent for the CCSU community.

“The marching band works as hard as any other athletic team. We are at CCSU to not only support athletics but also to represent the Department of Music. Our high standard of playing should not go unnoticed,” Booth continued.

In addition to performing at Central athletic games, the marching band is also participating in exhibitions beyond CCSU’s campus where their talents are being further presented.

“We are performing for events that high school bands are playing at so that we can go out and show this is what we’re doing at CCSU. This is the marching band...It’s

just to give an idea of what we’re doing here and to show our hard work,” Schwartz said.

Not only are these students working hard inside the classroom, but many are working on their own time to help improve the ensemble as a whole. Students Savannah Moore, Eric Stefano and Joe Pagliaruli led the idea of new designs for the band’s uniforms.

“Our uniforms this year are brand new, thanks to President Toro. A lot went into designing them since we had to start from scratch,” Moore said. “Dr. Schwartz chose to work with Stanbury Uniforms and a representative came to meet with us. During that meeting we determined the color, the shape, and the design. Later we were sent a prototype drawing, then a prototype uniform to wear. After trying on the uniform we noticed things we wanted to change...Later we were sent a revised draft and we all fell in love with the look of it.”

With new uniforms, additional rehearsals and a new attitude, students of the Blue Devils Marching Band are anticipating a successful season. However, this would not be possible without Schwartz and his commitment to the band.

“Dr. Schwartz works tirelessly to not only grow our marching band but also to make it the best it can be,” Booth continued. “Our numbers have nearly doubled since last year and our show is the most difficult one in years. We can credit this all to Dr. Schwartz, as we can tell he is passionate about keeping a high standard and making sure the marching band is noticed and respected.”

For Schwartz, it’s about watching the constant growth of the ensemble from the beginning of the season to the end.

“Just watching the growth within the students and all their improvements that they’ve made from the beginning of band camp up till now is rewarding to see,” Schwartz said. “Watching them perform as a family is always the best part.”

@NAT_DEST



CCSU’s Blue Devils Marching Band posed for a photo at their latest exhibition this past Saturday.

SAVANNAH MOORE | CONTRIBUTOR

C.A.N. And S.G.A. Host Homecoming Week

STORY BY JULIA CONANT
ARTS & ENTERTAINMENT EDITOR

In the week leading up to the homecoming football game, C.A.N. and S.G.A. have partnered together and planned a week of fun events to get students excited with school spirit. Monday through Saturday next week, expect to be preoccupied with these fall, sports and homecoming themed events.

Monday, Oct. 14: “C.A.N. You Wing It?”

Homecoming weeks starts with “C.A.N. You Wing It?” since eating wings is a football tradition. Both sweet and spicy wings will be available, as well as tailgating activities such as cornhole and food competitions. “Pre-game music” will be played and students will be able to play Madden NFL 20.

The event takes place in Semesters in the Student Center, and will be held at two different times on Monday. Once from 12 to 2 p.m., and again from 6 to 8 p.m.

Tuesday, Oct. 15: “C.A.N. Touchdown Bingo”

Big prizes will be given away to winners of “C.A.N. Touchdown Bingo,” with the grand prize being a pair of Patriots tickets. However, you don’t need to win bingo to feel like a winner. There will also be free food and giveaways for students who show up and participate. Bingo will be sports themed, but even students who don’t have an extensive football background can attend and have fun.

“C.A.N. Touchdown Bingo” will be held in Semesters from 8:30 to 10:30 p.m.

Wednesday, Oct. 16: “Paint Night: Homecoming Edition”

Students can paint and take home a creation of their own at “Paint Night: Homecoming Edition.” The point of this event is to show off your creativity with other students. This is a perfect opportunity to get into the fall spirit, since the event is fall inspired. Corq says that there are a limited amount of spots available, so RSVP while you still can.

“Paint Night: Homecoming Edition” takes place in Semesters from 7:30 to 9:30 p.m.

Friday, Oct. 18: “Pep Rally”

Get excited for the football game at Friday’s “Pep Rally.” Students can earn their horns by grabbing a free pair of blue devil horns. There will be free t-shirts, as per usual. Food trucks, performances, and activities will be taking place, so it’s an event you don’t want to miss.

The “Pep Rally” will take place from 4 to 6 p.m. in the Quad between Sam May, Gallaudet, Vance and Sheridan residence halls.

Saturday, Oct. 19: “Family Day”

To close out the week, “Family Day” will feature several clubs and organizations before the football game. C.A.N. will hand out free t-shirts, as well as host a Stuff-A-Bear event where students can stuff their own teddy bear.

“Family Day” takes place from 10 a.m. to 3 p.m. in the Quad.

“Homecoming Week” is sure to get you into the correct school spirit mood to cheer on Central at the football game.

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REVIEW

Tyler, The Creator Sells Out MSG



Tyler, The Creator's (right) lone guest of the night was NYC rapper A\$AP Rocky (left).

RYAN JONES | STAFF

STORY BY RYAN JONES
SPORTS EDITOR

Tyler, The Creator ditched his usual green cap for a Beatle-esque platinum wig during his "IGOR" tour. Aside from his dancing, Tyler went to work selling out crowds and bringing the sounds of his 2019 album to the stage.

In "IGOR," Tyler's sixth full-length album, he details the classic tale of love lost while still showing signs of his energetic self. While Tyler opens up to his fans in this new album, he made himself a bit of a character for the album's tour.

Tyler made a stop at Madison Square Garden in September, selling out the historic New York venue for the first time in his career. Goldlink and Jaden Smith opened for the Odd Future star, the latter proclaiming Tyler his boyfriend as he introduced him to the crowd.

The self-proclaimed "Igor" had a bit of a cold open to the show, standing dead-still before the crowd in a bright pink and red suit with no shirt under his blazer. His white Doc Marten's illuminated the stage as the bright lights bounced off of them. The album's opener, an instrumental synth driven track, blared through the speakers at MSG.

Behind his black diva shades, the singer held a deadpan stare towards the audience, but as soon as the opening song's beat dropped, the show really got under way. Lights flashed as Tyler spastically leaped from one side of the stage to the other, having just as much fun (and sweating just as much) as a fan in the moshpit that

night.

He continued the show with new renditions of his songs from "Igor," including a stripped down version of "EARQUAKE," the album's hit single. Tyler sat behind a white grand piano, quietly laying down the chords he wrote as the audience quickly joined in to cover the vocals, an impromptu anthem of the night from the crowd.

Tyler mixed in a rendition of "911/Mr. Lonely" in

between "IGOR" songs, teasing a possible appearance from Frank Ocean as he replayed his segment of the song twice. Ocean was in attendance for the show, spotted amongst the fans in MSG's pit.

After some more performances from his new album, Tyler treated his fans with a deep dive into the classics of his catalogue.

The New York crowd exploded as the hypnotic "Yonkers" beat echoed through the arena. He followed it up with "She," another song off his second album "Goblin." Though years separated the release of "Goblin" and "IGOR," the lyrics to both album's songs alike could be heard as the crowd joined in to sing along.

After teasing an appearance from Ocean, the halfway mark of the show saw with it Tyler bringing out his first, and only, guest of the night.

"Who Dat Boy" started out the same as the other songs, Tyler spitting his verse as the crowd eagerly rapped it back to him. Then, the pyrotechnics came. The song's beat looped for a minute, then shots of fire lit up the side of the stage as A\$AP Rocky came out to the most deafening applause of the night. This was Rocky's first New York appearance after his stint in Swedish prison. The two embraced in a brotherly hug as the song ended, the only music playing behind them being the applause of the fans.

Tyler closed out the night with "IGOR's" closer "ARE WE STILL FRIENDS?" He thanked the sold-out audience gathered to see him, humbly admitting "I didn't think I would sell out Madison Square Garden this soon, all by being myself."

@RYANJONES385



Tyler, The Creator toured the country following his sixth studio album 'Igor.'

RYAN JONES | STAFF

How To Practice Kindness

STORY BY SHWAR ZAIDI
STAFF WRITER

We all need kindness in our life. We need those people who brighten us up or make us feel better about ourselves. It isn't hard to give a second of your time to someone in need because that second could change someone else's life without you even realizing it. It is important to spread kindness to everyone because everybody needs it. Here is how you can make this campus or even your life a better place:

Try to make someone's else day

When you receive a compliment, it makes you feel better about yourself. Sometimes we all get so absorbed in what we are doing that we forget who we are. Compliment someone, whether it's about a body trait, their outfit or their personality. If someone is having a horrible day, sometimes just giving them positivity or good advice could be enough for them to keep going. If you notice someone's good quality, do not be afraid to tell them. It could make someone's day to know they are noticed in a positive way.

Make a friend

We all need friends. We are social human beings, but

sometimes it's hard for certain people to make friends more than others. Be bold and make the first move, like starting a conversation with a stranger and getting to know them. Friendships blossom with communication. For those people who find it difficult to approach others or make conversation, making a new friend can make them feel a lot better about themselves. It can be lonely, especially on campus, so helping someone out and being there for them can be the kindest thing you can ever do. And who knows? Maybe they will be your best friend or a bridesmaid at your wedding. It all starts with someone making the first move.

Be a good listener

Sometimes people need to talk about how they feel. It isn't easy finding someone who can be there and listen to them. By listening to how they feel when people vent, it can lift the metaphorical weights off their shoulders. So ask someone how they are and listen. Maybe that's what someone needs right now; a friend who will be there for them and give good advice.

Do random act of kindness

The best kindness is a random act of kindness where you do something without any intentions of getting something

back. People need this type of service once and a while. Open a door for someone, give someone a considerable tip where you eat or at the bar, walk someone down the street or help someone carry their bags. Anything you do can make someone feel better about themselves and can make their life easier.

Tell your loved ones how grateful you are

We take a lot of things for granted, and usually, we keep doing so until they are no longer there for us anymore. Text your mother and tell her how much you love her. Thank your dad for being there for you and having a roof on your head or food on the table. Or tell your best friend how grateful you are for always being there for you through your ups and downs. Tell your teacher that you thank them for helping you out with an assignment. And most importantly, be kind to yourself. We forget to love ourselves sometimes, but we must let ourselves know that we are doing great and celebrate who we are.

Kindness doesn't need a price tag. If you have good intentions, you can make people feel happier. You are doing this world a favor. We have so many stressful events going on in our lives and someone cheering us on, even if it's just for a day, can make a difference. Your kindness can save a life.

They're Mandala, They Make Music



The Band from Connecticut, Mandala.

@MANDALACT | INSTAGRAM

BY CAROLYN MARTIN
ASSISTANT ARTS & ENTERTAINMENT EDITOR

In late August while most Central Connecticut students were preparing for a new semester, Abe Azab was gearing up for his debut EP with his band Mandala.

Mandala was formed while the members were in high school, and they have kept at it since. As for how they chose the name “Mandala,” it has a charming story attached to it.

“There was a dentistry office and the name of the office was ‘Mandava,’ but it sounded like ‘Mandala’ so I was like ‘what do you guys think about the name ‘Mandala?’” Azab said.

While things are going well for the band now, things have not always been easy for Azab. Azab was homeless during the beginning of the band. It was then he lived with Morgan Fasanelli (vocals) and they were able to hone in on their sound.

There’s an unmatched resilience in this band, and it comes up in Azab’s daily life. Being in a band is a lot of work, but being a college student at the same time is difficult.

“It’s tough because I also work. You can imagine my week is consisting of class, work, remembering to make food, things like that and then all weekend is

playing shows and touring,” Azab said. “We just went to Massachusetts this weekend. The weekend before that we were in Vermont. The weekend before that we were in New York. Sometimes we hit multiple places during one weekend span, we’re almost like a weekend warrior band right now.”

But all the hours spent on this band are worth it. “It’s tough, but it’s rewarding because we love to do it,” Azab said.

Mandala was also lucky enough to get to track some vocals at Sliver Bullet Studios with producer Chris Teti near the end of last year.

“It was really cool working with Chris because it was the first time that we’ve been in a real studio setting,” Azab said. “He really helped us to make the record very tight, very clean. He coached us to get through those rough spots that you get in the studio. Overall some of the best recordings we’ve had.”

Their newest release “Damsel in Defense,” the six track EP has already proved to do well in its early stages.

“We landed on a Spotify playlist right off the bat that had like 30,000 followers,” Azab said. “‘Bowery and Bleaker’ [the opening track] in a month’s time now, should be around 8,000 [listens]. I think overall we hit 10,000 [listens] the first three weeks on Spotify alone.”

As for the rest of this year, Mandala is going full

speed ahead.

“There will definitely be a music video coming out for one of the songs off of our EP. There definitely will be a longer tour if not a national tour coming, which will be a first for us. New merchandise of course. Possibly a brand new single that will be coming out through a distribution service that will be specified later. And also there may or may not be an album coming out. I can’t totally disclose that yet, but there’s definitely a lot of new music that’s been written,” Azab said.

If you haven’t started listening to Mandala yet, now is the time to. But at the end of the day, they aren’t flashy rockstars, and if a reader should take anything away from this it’s this simple phrase.

“We’re Mandala. A band from Connecticut. We make music,” Azab said.

You can find all of Mandala’s music on all streaming services and at www.mandalact.com

@CAROLYNMARTIN



The members of Mandala posed with sunflowers

@MANDALACT | INSTAGRAM

Quietest Study Spots On Campus

BY JULIA CONANT
ASSISTANT ARTS & ENTERTAINMENT EDITOR

With midterms approaching fast, you may need to brush up on everything you have learned so far this semester. But have you ever tried to study in a loud place like Devils Den or your residence hall’s lounge? When there’s commotion and movement all around you, it can become quite difficult to focus on your studies. Fear not, while Central provides many areas for students to be social, they also offer a few quiet places for when students need to keep their focus in tact. Here are some of the quietest places to study on campus.

Fourth floor of the library

The fourth floor of the Elihu Burrill library is also known as the “silent floor.” It contains a quiet study room where students can work with zero interruptions. In this room, talking or any noise of any kind is highly frowned upon. Therefore, if you’re studying with a buddy, this would not be the spot for you two. This is a great place to go when you have a huge assignment coming up or if you

know you typically get easily distracted while working on assignments.

Tranquility Room

The Tranquility room is located on the first floor of Memorial Hall. It was implemented to give students and staff a place to silently pray, meditate, or read. While it was not built with the intention of being a study room, there’s no reason why you couldn’t study there. Unlike the fourth floor of the library, the appeal of the Tranquility Room is its aesthetic. It includes a water feature and comfortable furniture. This is the perfect study spot for people who appreciate aesthetic decor, and thrive in beautiful locations.

Any empty classroom

You may have seen a few empty classrooms while walking through the academic buildings. This is because not every classroom at Central is in use at all times. If it seems as though a certain classroom will be empty

for a while, you can simply park yourself at one of the desks and start studying. As long as no one else comes in, you’ll have a perfect space to focus on your work in peace. Of course you’ll have to leave if a class comes in, but that just means you need to relocate to another empty classroom.

The fourth floor of Willard-Diloreto Hall

The first three floors of Willard-Diloreto contain many classrooms, meaning you’ll usually find students chatting before class in the seating areas. However, while the fourth floor of Willard-Diloreto has a few classrooms, it mostly houses offices such as the Departments of English and Journalism. This means you typically won’t find as many students sitting in the chairs just outside the English department, making it the perfect quiet place to study. Also, since it is the fourth floor you have a beautiful overlook of the university. This makes the fourth floor of Willard-Diloreto not only a quiet place to study, but also a beautiful place.

Good luck with your studies and midterms.

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@centralrecorder on Instagram



In The Life Of Nella Vita

BY CAROLYN MARTIN
ASSISTANT ARTS & ENTERTAINMENT EDITOR

Since the release of their most recent album “Nella Vita” Philadelphia natives Grayscale have embarked on their first U.S. headlining tour.

The band came to the Webster Underground in Hartford last Friday night.

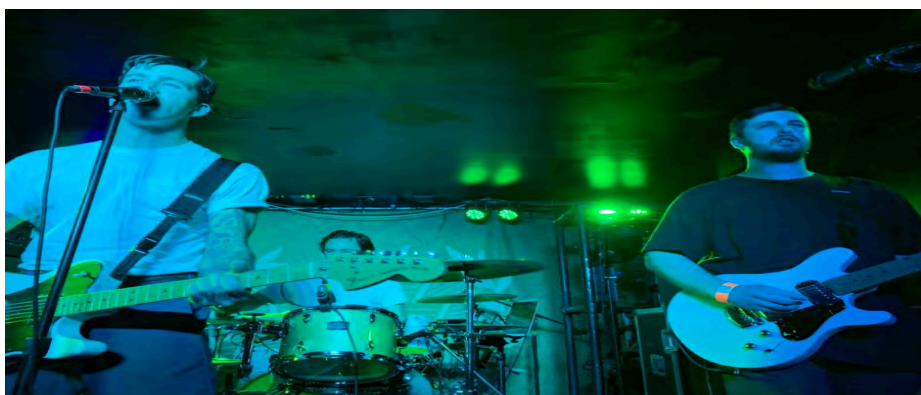
VIP consisted of the concertgoers participating in a Q&A and playing games like corn-hole with the band members.

The opening bands Rich People, Bearings and Belmont got the crowd excited.

Then Grayscale came on. They opened their set with the song “In Violet.” This song got everyone amped up and we kept that energy going the whole time. Collin Walsh (vocals) knew that the audience would have high energy.

Let’s all be friends let’s all be safe,” he told the crowd.

The crowd really jumped around to “Just Right” and “Twilight (My Heaven).” There was a huge level of community in that crowd. It was seen most during the song “Forever Yours.” It is an acoustic track and the crowd sang every word. Everyone was singing and screaming the lyrics, dancing and picking each other up if they fell. They are a band you need to see live. Their latest album “Nella Vita” is out now. rolling down their cheeks. Bringing people together is a heartwarming thing to feel, experience and



Rich People opened up the show.

CAROLYN MARTIN | STAFF



Grayscale performed to a full house.

CAROLYN MARTIN | STAFF

watch.

As I watched the show I realized I had been overly stressed my whole week, digging into every little thing I had been doing wrong and not giving myself credit for the small accomplishments I had made.

Over the years Disney has taught me it’s okay to want to be little again, or at least want to act young for awhile. And I don’t mean whine to your parents when the line has reached a great length, when you’re hungry or when your feet hurt and you need to be carried. I mean to be a child and enjoy the little things.

The beauty of the place itself and the time with your family all should be appreciated.

Disney has taught me that although some of the rides may never change, life does. My mother loved to bring me to Disney and she passed away when I was young. Now going back every year, I try and take in everything and leave my stress behind. Enjoy what you have in front of you and embrace your inner child.

As I stepped back onto the airplane ready to depart back to Florida, I realized the 5-year-old girl dressed up in a Snow White costume with short curly black hair still lives inside of me. As cliché as it sounds, Disney really makes me take a step back and appreciate what life has given me.

As they say, it’s the happiest place on earth.

@CAROLYNMARTIN



Dougie Cousins (left) and Ryan Culligan (right) of Bearings.

CAROLYN MARTIN | STAFF



Taz Johnson of Belmont.

CAROLYN MARTIN | STAFF

Disney Is Truly The Happiest Place On Earth

BY KELLY LANGEVIN
COPY EDITOR

Page by page I turned my textbook, reading homework and slowly drifting away into an uncontrollable stressed human. Shrinking into a lesser version of myself.

The homework, the exams and the self-doubt of starting a new job and feeling lost and confused filled me with anxiety some days. Those days soon rolled into a week.

As a person who puts on a brave face for the public and deals with emotions in private, the world can get the best of me. The world can get the best of all of us.

The only thing keeping me going was the thought of stepping off a plane and into the place of laughter and utter happiness. I mean, it is the happiest place on earth they say.

Disney World has taught me it is okay to act like a kid sometimes, or at least feel like one.

Stepping into Disney’s Magic Kingdom, for those who haven’t been is a place of excitement, thrills and joy. Pumpkins and fall wreaths lined the lamp posts, music filled the air.

Disney characters greeted people, shaking hands and giving hugs. Little girls dressed up in their favorite Disney Princess costumes, a sea of mermaid tails and red wigs danced, holding their mother’s hands. The boys wielding swords and trying to fight their fathers in the Pirates of Caribbean outfits filled the ride lines.

I have been to Disney about 15 times, and with my parents now being Florida residents they never fail to remind me about how awesome their season passes are. I am lucky to be able to experience something like this.

Splashes of waves fly up in the air, crashing down on innocent Splash Mountain victims now leaving them

soaked for their departure.

Horns toot as the roller coaster of the wilderness flies by making sharp turns, leaving some little kids not ready for Thunder Mountain and adults laughing hysterically at their children with wide eyes.

The Disney rides are a time of their own. Magic Kingdom is known to have smaller rides for the little ones but I will never get tired of them. Disney has no limitations on age. It is okay to enjoy yourself and let go.

At night when the rides have come to a halt, the castle and firework show begins. Scenes of movies play, shooting up the castle in a mesmerizing fashion while the fireworks follow along, a true sight of wonder and beauty.

As I stood there, I noticed a family of three women resting their heads on each other’s shoulders with tears rolling down their cheeks. Bringing people together is a heartwarming thing to feel, experience and watch.

As I watched the show I realized I had been overly stressed my whole week, digging into every little thing I had been doing wrong and not giving myself credit for the small accomplishments I had made.

Over the years Disney has taught me it’s okay to want to be little again, or at least want to act young for awhile. And I don’t mean whine to your parents when the line has reached a great length, when you’re hungry or when your feet hurt and you need to be carried. I mean to be a child and enjoy the little things.

The beauty of the place itself and the time with your family all should be appreciated.

Disney has taught me that although some of the rides may never change, life does. My mother loved to bring me to Disney and she passed away when I was young. Now going back every year, I try and take in everything and leave my stress behind. Enjoy what you have in front of you and embrace your inner child.



Disney’s Cinderella Castle at Magic Kingdom Shines with happiness and beauty.

KELLY LANGEVIN
| STAFF

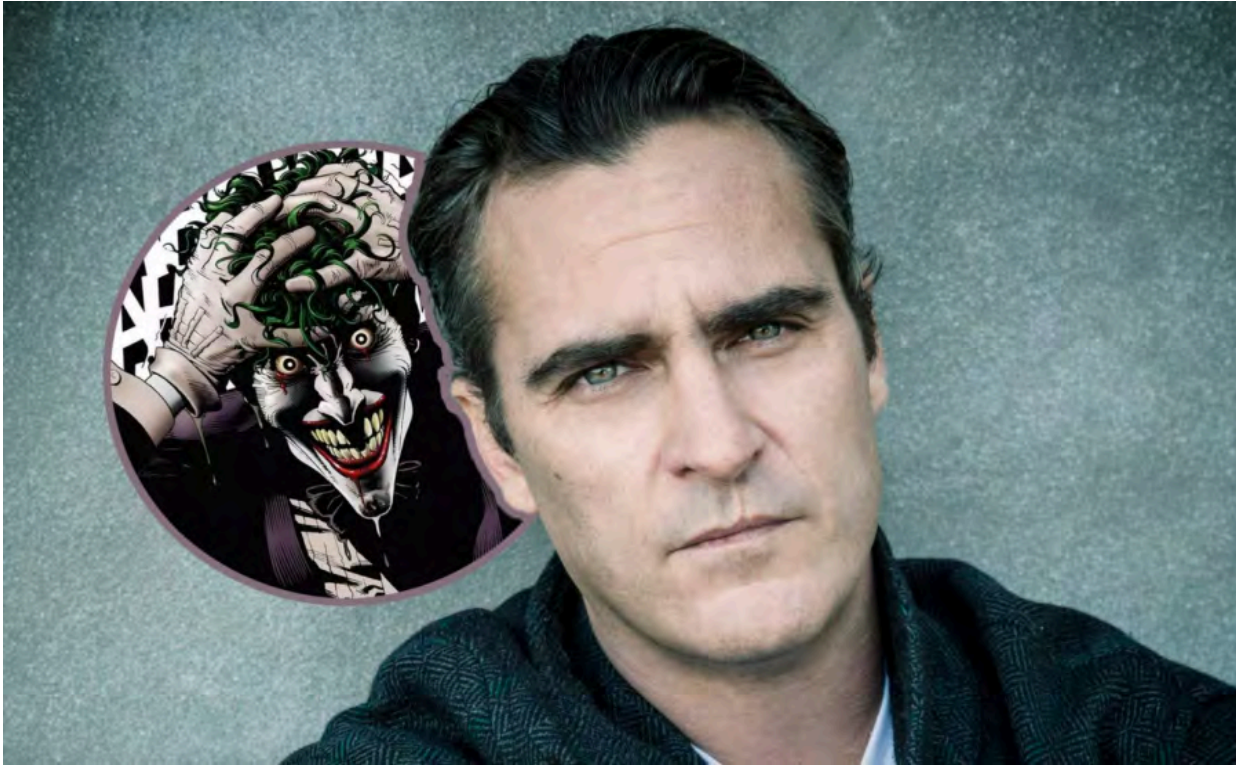
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As they say, it’s the happiest place on earth.

@KELLYLANGEVIN2

REVIEW

Movie Review: Joker



Joaquin Phoenix plays *The Joker* on the 2019 movie adaptation.

CONSEQUENCE OF SOUND

STORY BY GABRIEL ANTON
STAFF WRITER

The film, “Joker” serves as an origin story for the character, starting with the man behind the makeup, Arthur Fleck, going through his lonely and depressed life of a sign-twirling clown with a pathological laughing disorder who is consistently helpless from the unruly 1980’s society around him.

The Joker debuted on a television screen in the role of a vivacious and twisted crime prince played by Cesar Romero in the 1960s Batman television series, configuring the elements for the live action clown paradigm that would continue to define the character for decades.

After Heath Ledger won a posthumous Academy Award for his thrilling portrayal of Joker, the potential for this character went to a new echelon. This was the first time a comic-book based character had been behind

an Oscar winning portrayal, and film pundits began to look on comic-book related characters through a less superficial perspective.

When Jared Leto took on the role fresh of his own Oscar, it was much more reduced than previous versions. About a year later in 2017, Warner Brothers studios revealed that “Hangover” director Todd Phillips was helming a contemporary version with Academy Award winning actor Joaquin Phoenix who portrayed on a very different Joker than we’ve seen before.

After watching the 2019 film, there is nothing to question about the parallels it draws with today’s divided social and political atmosphere. At its core, it is a fundamental story about man vs. society reflected in the lives of those who terrorize in similar ways in our modern American society. This is the reason why “Joker” might be one of, if not the, year’s most reflective and controversial film.

The film portrays its protagonist as a person you are

supposed to be rooting against, someone who is portrayed very organically by Phoenix. He is a broken man falling into the depths of Joker’s signature chaotic madness without excluding any of the character’s inherent good or bad qualities, elevating the film’s urgency and clarity on its message. The film takes the audience on a journey of someone turning evil. It’s structured and portrayed in a way to make the audience see the causes and effects of something like this to happen. In this way, this film is also one of the most important films of the year.

The thing that makes “Joker” controversial to most is ironically what elevates the film’s impunity. The very stark realization of this character is essentially the story of a comic-book character whose personality traits clearly echo those of modern terrorists. This results from the increased emphasis on unraveling the Joker character in film. With Phoenix, the character has endured levels of exploration like never before. And this time, it tells the story of someone that has a great probability of becoming in today’s society.

When it comes to the actual execution of the film, the cinematography is very rich and accommodating to the time period it is in, complementing well the lively, colorful palate of the Joker’s makeup. The performance is definitely Oscar-worthy and serves for some very iconic cinematic moments.

The score was very appropriate, haunting the film’s most chilling and shockingly brutal moments.

The directing is very straightforward, as it centers mainly on the film’s eponymous main character. There are also many sequences in the film that draw homage from earlier films that follow this type of character, most prominently legendary director Martin Scorsese’s “King of Comedy” and “Taxi Driver,” in a sense, celebrating the existence of films like this.

The film debuted with \$93,500,000 last weekend, the fourth all time opening weekend for a rated R film. It also exists outside the current DC cinematic universe, proving that elements from major cinematic universes like Marvel or Star Wars can be made in ways that are important to real-time life problems.

This film excels in quality and social quandary while also portraying a comic-book character and story with great respect and accuracy. The film is in theaters now, just on the cusp of awards season.

Word Search: October 9

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

Word List

1. HOMECOMING
2. JOKER
3. DISNEY
4. MANDALA
5. SHWARTZ
6. COMMUNITY
7. MENTAL
8. ISLAMOPHOBIA
9. INCLUSION
10. DEGREE
11. HOGAN
12. HENDERSON
13. LAWSON
14. YEPES
15. BERRY

Dexter Lawson: ‘It’s Me, I’m The Best’



Lawson has been key in the team's 4-1 start.

JULIA JADE MORAN | STAFF

STORY BY TREVI ALICKOLLI
ASSISTANT SPORTS EDITOR

Confidence is a key attribute that everyone needs to succeed, but it's especially important for an outside cornerback who is considered undersized by football standards and is matched up one-on-one on a weekly basis.

"I would say that we're the best secondary in the conference, we're having a pretty dominant season," sophomore starting cornerback Dexter Lawson Jr. said.

Taking it a step further, the 5-foot-10-inch, 180 lbs Lawson knows who the best individual corner on the best secondary in the conference is.

"It's me, it's me, I'm the better corner," Lawson said comparing himself to fellow starting corner Tajik Bagley, clearly not lacking confidence.

"We're both great in our own individual ways, he's more aggressive and he wants his presence to be felt by the receiver and I play craftier, which allows me to bait the quarterback."

Lawson is starting as a true sophomore in a Central Connecticut defense allowing only 315.2 yards per game and 22 points per game. The Blue Devils are also keeping opponents under 100 yards per game on the ground (95

YPG).

As a freshman, Lawson played in 10 games but only saw limited action, breaking up four passes and secured 17 tackles.

"We saw it from his freshman year, he just had two older kids starting over him, but we knew he was going to be good," cornerbacks coach Jesse Goldberger said.

"He's really talented, but he brings it every single day, [this year] he's better technically and stronger from the weight room, he's made himself."

In his first year starting, Lawson is obviously having a career year. Through five games, he's recorded 16 tackles, one sack, three tackles for loss, one forced fumble and two interceptions.

"That's just me learning the playbook, learning the defense and working on my technique to be in a position to be great," Lawson said.

Despite the success this season, Lawson has gone through his fair share of adversity.

Coming out of high school, only the Blue Devils offered him a scholarship. He declined and decided to go to St. Thomas More School for a fifth, post-grad year. Following his fifth year, Central remained the only school to offer Lawson a scholarship.

"During the recruiting process, it was tough because

I felt like I was making plays but no one felt it was good enough," Lawson said. "Central still stood by me and ended up being my only offer still so that loyalty was important. If they stuck by me, allowed me to say no to them once and still have an offer on the table, that says a lot about what they thought about me."

Admittedly, Lawson said this has put a chip on his shoulder.

"I'll keep that chip on my shoulder to this day, no matter how good a game I have, no matter how good of a week I have, because I know that someone, somewhere is out there working harder than me," Lawson said.

What makes Lawson such a standout player is not only his play on defense but his contributions on special teams.

He is the leading punt and kick returner for the Blue Devils. Averaging 18 yards per kickoff return and 12.8 yards per punt return.

"It's fun back there," Lawson said. "As a returner, I have great field vision, I know where people are going to be before they get there and I know how to set up my blocks."

Lawson can line up at receiver too if his number was called.

"I used to play receiver, I'm just waiting for my moment for [head] coach [Ryan McCarthy] Mac to put the package in," Lawson said smiling. "Once he does that, you're really going to see some plays and this season is going to be exciting for me."

Jokes aside, Lawson knows his focus is on defense and this is only the beginning. He has to continue to build on the numbers he already has this season to reach his ultimate goals.

"My main focus this year is to get as many turnovers and get the ball to the offense as much as possible while getting the defense off the field as quick as possible," Lawson said.

"My goal is to always be at the top. I want to win the [Northeast] conference, I want to be All-Conference, I want to be an All-American. That's the statement I want to make to the entire nation."

Beyond his goals this season for the team and himself, Lawson has his sights on something bigger.

"Even though that may be years down the line, I'm working to get to the next level," Lawson said confidently.

He is working through combine drills, improving his technique and his strength during the offseason and the sophomore cornerback is looking to make noise in the future.

@ATREVI013

Men's Soccer Drops Two NEC Matches

BY GEORGE ATTWOOD
STAFF WRITER

Central Connecticut men's soccer came into this week with Bryant University and Robert Morris University on the slate. The Blue Devils lost 4-0 and 3-1 respectively.

In the game against Bryant, sophomore goalkeeper Jason Dubrovich had a career-high 12 saves, but was not enough for the Blue Devils to stop them from losing their second away game of the season.

To commemorate the program's 50th season of varsity competition, alumni were recognized at halftime during the game against Robert Morris, including the first men's soccer head coach John Webster.

"It was a great turnout from our alumni," head coach Shaun Green said. "They give us great support and it really emphasizes the strong tradition of this program over the past."

The Blue Devils started the game with a 4-4-2 formation, this being different from the 4-5-1 they have been playing in games previously.

However, the change of formation didn't work for Central as they conceded a goal just 2 minutes and 47 seconds into

the game. This continued a trend for the Blue Devils as they conceded the first goal for the sixth straight game. Consistently falling behind first doesn't do Central any favors, as it always leaves them needing to play from behind to get back into the game.

"The bottom line is we made defensive errors and we're gonna get punished for it," Green said. "It's something we've got to work on if we want to turn our season around. It's something we're gonna address in training."

After falling behind, Central started to get back into the game, the change in their formation and personnel allowed for junior midfielder Eddie Yepes to push further forward which meant he had a positive impact in the game for the Blue Devils.

On 78 minutes, freshman forward Jamie Simpson slipped the ball into Yepes, who beat his man and shot the ball across the goal into the bottom corner.

Yepes had four total shots during the match and three on goal. The goal was the first of his career.

The goal lifted Central and gave them hope that despite the time running out they could get something out of this game. They effortlessly shifted the ball

from defense to attack, which shows the capability and promise the team has.

Despite all the pressure Central put in offensively, they could not take advantage of their chances and always looked fragile when Robert Morris would hit them on the counter-attack. Both teams attacking chances made for an exciting first half that saw a total of 12 shots but only one goal.

Central Connecticut's good play often led to corners but in a game that Central had eight, they were unable to trouble the Robert Morris goalkeeper from them.

Players like Simpson, continually got the ball at their feet and ran at the Robert Morris defenders which would often result in a free kick for Central. They looked to get their quick players in behind the Robert Morris backline, but they never were able to find the clinical pass.

In the first half, Central had three free kicks in promising positions but were unable to cross in the perfect ball that could create a clear goal-scoring opportunity. Their best chance of the first half did come from a free kick: the ball crossed into the box that was met with a good header, but the ball went behind for a goal kick.

If it wasn't for the heroics of freshman

defender Liam O'Brien, the second half of the game would have started the same for the Blue Devils as the first half did. After a shot from the Colonials, the ball hit off the crossbar and looked certain to be scored from the rebound but O'Brien stopped the scoring opportunity, keeping the score at 1-0.

This seemed to wake Central up as they started to play much better, showing glimpses of better things to come for the side. From a corner, the ball fell to Francesco Ambrosino but his snapshot went miles over the bar.

Central continued to create chances but was unable to score and make use of the offensive pressure. Despite all this time in possession, Central always looked susceptible to the counter-attack.

Robert Morris was able to snatch the ball from Central and broke free from the defense with great numbers. The initial shot was saved well by Dubrovich but the rebound was finished well into the bottom corner.

The Blue Devils did not get their first win of the season this week but will look to get in the winning column when they travel away to play Mount St. Marys October 11th and then Fairleigh Dickinson on October 13th.

Volleyball Wins In Third Straight Sweep

STORY BY RYAN JONES
SPORTS EDITOR

The streak of sweeps extended to three Saturday, as Central Connecticut volleyball collected their third win in only nine sets.

The Blue Devils' first match of the weekend came against the Merrimack Warriors; this was the first time the teams have played each other, as this is Merrimack's first year of contention in the Northeast Conference.

Merrimack played some of its' sharpest volleyball in the first, but seven errors from the Warriors helped the Blue Devils secure a 25-19 set victory to open the match.

The Blue Devils' defense again shined in the second. CCSU forced a negative attack percentage (-.033) from the Warriors while handily taking the set 25-13.

Junior Emma Henderson led the way in the third for CCSU. She piled on four of the Blue Devils' 13 kills and also snuck two service aces past the Warriors. CCSU went on to take the set, sweeping Merrimack in three sets.

The Blue Devils traveled back home to take on St. Francis Brooklyn. In their last time out, the Terriers forced 4-1 Bryant to five sets, something that did not go unnoticed by head coach Linda Sagnelli.

"When we heard that Bryant went five with St. Francis, we knew we had to prepare very well to play against this team," Sagnelli said.

The defense was the focal point for CCSU against the Terriers. After allowing the SFBK offense to flow a bit in the first, freshman serving specialist Molly Pincince served on four consecutive CCSU scores before Gala Galabova sealed the set victory with a kill. The Blue



caption

CCSU ATHLETICS

Devils went on to force back-to-back negative hitting percentages in the second and third.

Junior Eline van Heijninjen went down in the second set with an ankle injury and had to be helped off of the court. She would not return to the game. "We think it's just a roll," Sagnelli said. "[Eline] is a very diligent worker. She'll be in that training room working and getting, better, I have no doubt."

Luckily for CCSU, their depth at Heijninjen's middle position is their strongest on the team, and one Sagnelli believes will step up in the junior's absence.

"Hopefully we get her back soon, but we are deep in that middle position," Sagnelli said. "They're like family, those four middles. They can come off, go on and our play stays the same. I'm proud of this middle group and I'm proud of this team."

Heijninjen is currently second in the NEC in blocks with 10. "I'm not that worried about her rehab and think shell get right on it," Sagnelli said. "Tomorrow, as a

matter of fact, she'll be in the training room."

Henderson again led the way Saturday for CCSU. The outside hitter tallied 11 kills and 14 digs on the day.

The Terriers finished the day with an abysmal .051 hitting percentage. CCSU has forced an average percentage of .128 on NEC opponents, which ranks first in the conference.

"I think they've taken a couple of steps forward with the new coaching staff and the system they're trying to run," Sagnelli said on the Terriers. "It didn't work for them today. They weren't clicking and we were handling everything that they were showing us. I felt that both of our setters really did a great job getting the balls to our pins."

The Blue Devils will continue conference play this week in an away showdown between in-state rival Sacred Heart. CCSU split their two games last year with the Pioneers.

@RYANJONES385

Senior Spotlight: Emily Hogan

BY RYAN JONES
SPORTS EDITOR

Seven seniors make up Central Connecticut's women soccer team. Since the rookies joined the team in 2016, the Blue Devils have won 39 games, taken home a Northeast Conference Championship and held opponents scoreless in 32 games.

Senior Emily Hogan has played an integral role over this four-year sample size, helping the Blue Devils to some of the most impressive performances in program history, including an impressive match in the NCAA Tournament last year.

Hogan played in all 21 of her rookie season games, but was already feeling welcome at Central thanks to the strong camaraderie on the team.

"Even during the recruiting process," Hogan said the team agrees that they all

"wanted to go to a team where we're gonna be best friends, both on and off the field."

Now in her fourth year at CCSU, Hogan does "basically everything" with her teammates, something she believes helps the team on the field as well.

Hogan excelled for the Blue Devils as she progressed, and was a huge part of last year's defense that shutdown teams in 11 games. For her contributions, she was named First Team All-Conference. Hogan's great play in her junior season helped win the program its' ninth NEC Championship in 2018, something Hogan is adamant on doing again in her final campaign.

"For senior year, we're obviously trying to finish out on a high note," Hogan said. "We haven't started exactly how we want it to go, but we're hoping for the best trying to get another ring."

The Blue Devils may not be finding the same success as last year's team, but the recipe to follow is a near impossible one as CCSU only lost one game until the postseason and finished the season on a double-digit win streak.

Still, a long road stint in CCSU's season left them with a 4-4-4 record as they start their home stretch.

A home field advantage has been obvious for the Blue Devils this year, who have a 3-0-1 record on their home turf. While the Blue Devils come out just as strong on the road, even Hogan admits it's nice to have fans rooting for you instead of against you.

"[Playing at home] helps so much," Hogan said, detailing the "sense of comfort and an extra boost of confidence" the team gets "knowing that everyone in the stands is typically on your side."

As for the away crowds?

Hogan laughed and said "in the past, some of the teams we've played had some fans that didn't love us, so it's nice to be home again."

The senior got a season high in goals for her career at CCSU all in one game. When the Blue Devils shutout St. Francis Brooklyn on Sunday, Hogan scored two of Central Connecticut's four goals.

The career game came as no surprise for head coach Mick D'Arcy, who had nothing but praise for the senior "jack knife" of CCSU soccer.

"Emily is an incredibly diverse player," D'Arcy said. "She's played a couple of years for us as a midfielder then as defender, so we knew that she was capable of doing what we saw today, but it's great to see. She deserves it for everything she's given us."

@RYANJONES385

Week Six Fantasy Football Picks

BY THE RECORDER SPORTS STAFF

Every week brings a new series of dynamite stars, disappointing games and surprise fantasy studs. Week Six will be no different and The Recorder sports staff is here to tell you who you should be starting or sitting in Fantasy Football.

Dan Fappiano, Editor-in-Chief

Sure Thing: Derrick Henry RB, TEN @ DEN

Henry has been a beast to start the year with 100 yards or a touchdown in every game. Facing a Denver defense along 126 yards per game on the ground and coming off a tough loss to the Bills, Henry is in line for a major opportunity.

Sleeper: Kenyan Drake RB, MIA vs. WSH

Someone has to win this game, right? In a battle

of arguably the two worst teams in the league, Drake is likely the best offensive skill position player on the field. If the Dolphins try to win this game, which isn't a guarantee, Drake should be featured heavily.

Bust: Le'Veon Bell RB, NYJ vs. DAL

The New York Jets have been a mess this season. With Sam Darnold going down with mono and Luke Falk at the helm, their offense has been one of the worst in the league. Even if Darnold returns, negative game script should affect Bell who is facing a Cowboys team allowing just 83 yards on the ground per game.

George Attwood, Foreign Correspondent

Sure Thing: George Kittle, San Francisco 49ers
Heading into the year, Kittle was one of the top three tight ends across the league. He comes into week six following a good performance against the Browns, scoring his first touchdown. Kittle should keep it going

against a Rams defense that gave up 12+ points a week ago to Will Dissly.

Sleeper: Tyler Lockett, Seattle Seahawks

With Russell Wilson playing at an MVP level and Lockett being his go-to guy, there is every chance that he has a breakout game against a Cleveland secondary which is potentially without its starting corner backs, Greedy Williams and Denzel Ward.

Bust: JuJu Smith-Schuster, Pittsburgh Steelers

Despite a strong showing against Baltimore with 18.5 points, Smith-Schuster will be potentially playing with a rookie QB in Devlin Hodges. When Hodges came into the game, Pittsburgh ran a lot of wildcard formations so it's likely that Smith-Schuster won't be targeted as much.

JETS

Jamie Simpson Bringing Newfound Energy To Blue Devils



Jamie Simpson scored his first goal of his collegiate career against Quinnipiac.

CCSU ATHLETICS

BY GEORGE ATTWOOD
STAFF WRITER

If you were to watch a game of men's soccer at Central Connecticut State University, one player who always sticks out is charismatic freshmen forward Jamie Simpson.

He has a very noticeable appearance on the field with his hair pulled back with a white headband, bandages on his left arm and the Liverpool logo tattooed on his right forearm.

Simpson, a freshman out of Penncrest High School has previously played for

the US Soccer Development Program for Continental FC Delco. He was the top goal scorer for Continental Delco this past season with eight goals and six assists. In 2017 Jamie was recruited by the Philadelphia Union to travel Mexico to play in the BBVA Liga Bancomer tournament.

"Jamie is an outstanding striker who can score goals," head coach Shaun Green said to CCSU Athletics. "He has proven himself at the US Academy level and I am confident he will prove himself at the NCAA Division One level also. I

personally love his relentless attitude to win. I believe he is going to make an immediate impact on our team and in our conference this fall."

Despite being a freshman, he has featured in all eight games of the season so far and starting in six of them. When on the pitch, Simpson has made the most of his opportunity, constantly running and trying to create scoring chances for his team.

"I've always looked at it as you have to give everything no matter what because at least if you're not having a good game

you can at least work as hard as you can," Simpson said. "You've gotta work hard for everybody that's working for you."

"There are people out there looking up to me to see what I can do. There are some people that aren't in my position that would love to be in it so I do whatever I can whenever I step onto the field".

Every game he has played in, he's played against players who are a lot older than him with more experience and are often on scholarships.

"I'm very proud of him, he is eight weeks out of high school and it's a massive jump going from playing 18-year-olds to 22-year-olds," Green said. "He's getting experience playing Division I which is something very few freshmen get a enjoy."

Though his game impact often does not appear in the box score, he is currently tied for first in goals scored for the Blue Devils.

Although scoring is something he expects to do every time he plays, it is his high level of energy that he aspires to achieve every game, which makes him one of the more exciting players to watch for Central.

Simpson is already one of the Blue Devils better players as a freshman, which allows Central and coach Green to build around his talent and energy going forward. The stats will come as long as Simpson's energy is there every game.

Hockey Wins First Conference Game In Nail-Biter

BY RYAN JONES
SPORTS EDITOR

Sophomore winger Billy McKinley earned an early hat trick as Central Connecticut hockey won two of their three weekend games. The Blue Devils late comeback win over Montclair State University was their first divisional win of the season in as many games.

CCSU took part in the Lawrenceville Invitational Tournament Friday and Saturday, facing off against Rider and Seton Hall for its' final games before the start of conference play.

Penalties bit the Blue Devils in their match against Rider. CCSU was heavily penalized throughout the game, something the Broncs were quick to capitalize on. Three of Rider's four goals came on the power play, the last coming late in the second.

The defense snapped into things after the second period. They didn't allow another score from the Broncs. The Blue

Devils had scoring opportunities in the third, including a power play opportunity halfway through the third, but were unable to net anything on Rider, falling 4-0.

While the power play defense was highlighted in the loss, head coach Mitch Beck believes the defense has greatly improved as the season has progressed.

"We were struggling to find our place defensively, but it's starting to come along," Beck said. "It's still not exactly where I want it to be, or even where the players want it to be, but it's getting better with each passing game."

CCSU quickly bounced back for their final game in the tournament. McKinley started off the scoring in the first, with senior Luca Pipaola following shortly after to berate the Seton Hall defense with scores.

After the first period gave the Blue Devils a 3-0 advantage, McKinley put the game out of reach on his own in the second. Two goals came in from the

winger in less than two minutes, notching McKinley his first hat trick of the year. As a freshman, McKinley scored three goals against Siena and New Haven, and tallied an astounding four goals against Bryant.

The Blue Devils rolled on to a 9-1 victory over Seton Hall to close out the tournament.

The final win of the weekend did not come so easily for the Blue Devils in their first conference match.

Montclair struck first with another power play goal against CCSU, this one coming during a 4-on-4.

Neither team did much scoring after the opening goal. The Redhawks entered the final period with that same 1-0 lead, but the Blue Devils answered in the third.

Billy McKinley again ignited the offense, scoring the tying goal with 15 minutes left to play. Ryan Berry, who had a goal against the Broncs, scored the game winner for CCSU in the final eight minutes, which was all the Blue Devils

required to secure the gritty 2-1 win.

"To be successful in anything, specifically sports, you have to believe in yourself and have confidence," head coach Mitch Beck said. "We kept things close in the first two periods, but in between periods we talked about how we just have to keep doing what we're doing. Then to see that pay off matters and that's what you can build upon."

The Blue Devils will be going on one final road stand this weekend as they take on Siena and RPI. The away games start after CCSU takes on in-state opponent Connecticut College at home Friday.

"We've got a lot of confidence coming in and we're going to work hard in practice and try to continue to improve," Beck said. "You can't get stagnant, we can't be contempt with where we are. We've got so much talent in terms of personalities, it's such a good tight group, that the only place we can go is up."

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CCSU Weekly Sports Schedule

Football

- Saturday, Oct. 12, 1 p.m. v.s. Columbia

Mary's

- Sunday, Oct. 13, 6 p.m. @ Fairleigh Dickinson

Volleyball

- Friday, Oct. 11, 4:30 p.m. @ Sacred Heart

Women & Men's Cross Country

- Saturday, Oct. 12, TBD @ New England Championship

Women's Soccer

- Friday, Oct. 11, 3:30 p.m. @ Wagner

Swimming & Diving

- Saturday, Oct. 12, 1 p.m. vs. Sacred Heart

Men's Soccer

- Friday, Oct. 11, 7 p.m. @ Mount Saint





Football now sits at 4-1 on the season.

TREVI ALICKOLLI | STAFF



D.J. Exilhomme (above) led the team in tackles against Sacred Heart.

TREVI ALICKOLLI | STAFF

Football Dominates Conference Opener On The Road

BY TREVI ALICKOLLI
ASSISTANT SPORTS EDITOR

In their first game after the heartbreaking loss against Football Bowl Subdivision opponent Eastern Michigan, Central Connecticut football dominated their conference opener in front of a record crowd at Sacred Heart University. Winning 28-3 behind a great performance from all phases, the Blue Devils are now 4-1 overall on the season.

A school-record 5,402 fans were in attendance at Campus Field Saturday afternoon and every Pioneer fan must have been shocked at the outcome of the game.

"It makes a big statement," junior wide receiver Tyshaun James said. "It's not easy to win a conference game, especially against an in-state rival."

"I'd say they're our rival," head coach Ryan McCarthy said. "I thought our kids played extremely well. It's always good to get a conference win."

Sacred Heart was projected to finish second in the Northeast Conference this season behind Duquesne University and the Blue Devils were projected to finish third.

Despite beating the projected number two team in the conference, McCarthy is not getting ahead of himself.

"They're one of the better teams in the conference," McCarthy said. "It's still a young season, NEC is a league of a lot of parity and we'll see how the whole thing

plays out. We have a lot of respect for them, a lot of respect for their staff. It's never been easy, they beat us last year and the two years before that, [those games] were dog fights."

Central was led on offense by receivers Tyshaun James and Danley Exilhomme, who each scored twice.

The defense held a Pioneer offense, which averaged 33.5 points per game heading into the matchup, to just three points on the day.

"Defensively, I thought we were outstanding," McCarthy said. "Great scheme put together by our defensive staff. I thought our guys up front did a great job being physical and stopping the run."

The gameplan against the high-powered Pioneer offense was to disrupt quarterback Logan Marchi and make him as uneasy as they possibly could, according to McCarthy.

"They have some new guys, some really young kids up front so we felt we can control level one and we did."

Central's defense finished the game with five quarterback hits, one sack, two tackles for loss one forced fumble, two interceptions and four pass breakups while holding Sacred Heart to just 238 total yards.

D.J. Exilhomme was the leading tackler for the Blue Devils but the defensive MVP was perhaps sophomore linebacker Aiden Rosa.

Rosa finished the game with five tackles, one sack, one tackle for loss and one interception.

Kendall Coles also secured an

interception, bringing his season total to three.

The Blue Devil defense has 11 interceptions as a whole through five games.

On the opposing side of the ball, the Blue Devils were able to dominate in part due to James and Exilhomme, but also in part due to quarterback Aaron Winchester getting more comfortable as the season has gone on.

"I think Aaron has had two weeks in a row where he is a lot more comfortable throwing the football," McCarthy said. "He knows where to go with the football and the ball is coming out of his hands with a lot more velocity. That starts with knowing where to go with the football and trusting the guys."

A guy Winchester and McCarthy have trusted all season is the junior receiver, James.

"He is our bell cow in terms of playmakers," McCarthy said. "Tyshaun is a guy where we are going to hand it to him, we're going to throw it to him, flip it to him, whatever way we can we're going to get the ball in his hands."

"The whole operation is that we got good guys outside of me, we got good backs, we got a good o-line, a good quarterback," James said. "When you have talented players all around, that's hard to stop."

He finished the game with five catches for 74 yards and a touchdown. He also rushed the ball four times for 12 yards and a touchdown. James has nine total touchdowns

this season and leads the Blue Devils in all-purpose yards with 461 (92.2 YPG).

Winchester completed 76 percent of his passes (19/25) for 275 yards and a touchdown on his way to being named NEC Offensive Player of the Week.

Exilhomme ran the ball 15 times for 64 yards (4.3 avg) and two touchdowns.

To make this dominant victory more impressive, Central did not have three All-Conference players against the Pioneers.

According to McCarthy, seniors Tajik Begley, Cole Phelps and J'Von Brown are all dealing with injuries.

Bagley is dealing with a concussion but is expected to return next week against Columbia University.

"He was pretty close to playing this week but we didn't want to risk it," McCarthy said.

"Cole Phelps has an ankle, he could be back next week, could be back in a couple of weeks. We're still not sure."

Brown has a shoulder injury and tried to practice last week but he ultimately did not feel right, his timetable to return is unknown.

"It's a little more serious than we first thought," McCarthy said. "We're not going to rush him if he doesn't feel right."

Central has one more road game against Columbia University this Saturday, Oct. 12 before returning home to play four of their last six games at home to close out the season.

Kickoff against the Lions is scheduled for 1 p.m. as Central looks to improve to 5-1 against a 1-2 team in New York, New York.

@ATREVI013

Women's Soccer Remains Undefeated At Home



Women's soccer is now 3-0-1 at home.

CCSU ATHLETICS

BY RYAN JONES
SPORTS EDITOR

It was almost a month to the day since Central Connecticut women's soccer played on their home turf. Their last time home, they defeated Iona with ease, handily winning 4-0.

Sunday marked the Blue Devils first game back home. The match against St. Francis Brooklyn proved a near perfect repeat of their last time out, ending in another 4-0 victory for CCSU.

The Blue Devils played to their home

field advantage early in Sunday's match. It only took six minutes for CCSU to get on the board against the Terriers; junior Erica Bardes sent a pass to Jenna Rae Covello in stride that Covello buried to open up scoring.

The score was Covello's second goal of the season, tying for third on the team.

The Blue Devils continued the strong showing after this, going on a run in the first where they scored three goals in 11 minutes.

Senior Emily Hogan landed two of the Blue Devils four goals on the day.

"The first half was very impressive," head coach Mick D'Arcy said. "We made a lot of chances in the second half too, we just weren't as clinical. You always want to score, but as a coach you're looking for your team to make chances and we did that today."

The high-scoring win was another strong performance from the Blue Devils at home. They have yet to be defeated on their home turf, boasting a 3-0-1 record so far this season.

"It's great to be back home, it was a long time we were on the road," D'Arcy said. "We finished off well with a four nil before we left, it's nice to come back with another one."

CCSU took on Fairleigh Dickinson before they could start their home stand. Heading into the game, the Blue Devils had not let up a loss during Northeast Conference play in more than two years. In last Thursday's match, CCSU battled to keep that streak alive.

Both teams tallied five shots a piece in the first, but the score sat tied at nil heading into halftime. The Blue Devil offense came to life in the second, bombarding the Knights' keeper with 12 shots. Still, neither team could put

anything into the score column, as the game progressed into overtime.

The Blue Devils were unable to get a shot off over the ensuing two overtime periods, while a header in the 105th minute gave the Knights the win.

The Blue Devils will play at home for two games over the next two weeks, hosting Wagner this week and LIU in the following week.

"We learned a lot when we were on the road a lot of changes since we last played here," D'Arcy said.

D'Arcy highlighted some of the adversities CCSU has had to battle this year, but is certain the team's on the right track as they head deeper into NEC play.

"We've had our fair share of injuries and it's been very destructive," D'Arcy said. "The team we put out in our first game against Rutgers, we haven't been able to put out again. Now we're slowly getting players back, and it helps. The more players you have, the more flexibility you have and how you play. Right now we're as healthy as we have been and we certainly hope to keep our players that way, because we certainly have a better chance when they're healthy."

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