

THE RECORDER

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FOIA Release Unveils Two Communication Professors Caught In Sexual Misconduct Allegations



Teitler (left) and Mendez-Mendez (right) were some of many professors whose sexual misconduct cases were unveiled in a FOIA request. FACEBOOK

BY ISABELLA CHAN
NEWS EDITOR

Sexual misconduct investigations against two communication department professors are among those contained in a number of cases Central Connecticut President Dr. Zulma R. Toro released last Friday as a result of a Freedom of Information Act request.

The reports, dating as far back as 2010, reveal various professors conducted inappropriate behavior in different departments, including

the investigations publicized by The Recorder about Theatre Professors Joshua Perlstein and Thomas Delventhal, along with Assistant Mathematical Sciences Professor Mihai Bailesteanu.

Two investigative cases were specifically separated from the series; one involving Professor Jeffrey Teitler and the other on Professor Serafín Méndez-Méndez. These occurred previously this year.

Both men were accused of violating CCSU's Nondiscrimination in Education and Employment and BOR/CCSU Sexual Misconduct

policies, specifically for harassment on the basis of sex.

An anonymous male student said Méndez-Méndez allegedly engaged in discriminatory and sexual harassment toward him during class. The student claimed Méndez-Méndez would give him unwanted attention and repeatedly comment on the student's hair. This would occur in and outside of the classroom on various communication platforms, including personal emails, Facebook and Grindr.

During an advisory meeting, the student said Méndez-Méndez would often share his

coming out story and "always assumed my sexuality, even when I never confirmed or talked about it with him. This would happen whenever I'd meet with him," according to his testimony in the report.

Méndez-Méndez's response to the claim was that he did not recall discussing his story with the student, but does note he often shares it with classes to discuss stigmas and stereotypes related to the course.

The report also stated Méndez-Méndez would often

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Nelba Marquez-Greene Changes The World As 'Gutsy Woman'

BY DANIEL FAPPIANO
EDITOR-IN-CHIEF

Nelba Marquez-Greene sits in her Davidson Hall office, the walls covered purple with the Puerto Rican flag hanging prominently. Central Connecticut's leader of The Ana Grace Project is a woman, a Latina and a fighter who has taken a tragedy and turned it into a success.

Marquez-Greene's daughter Ana Grace was one of 20 children killed in the Sandy Hook shooting. While her daughter lives on through the project, Marquez-Greene continues to believe that love conquers all.

"My faith is what gets me up in the morning, but it is an internal belief that love does win, as long as we get up everyday and do it," Marquez-Greene said. "It doesn't just happen, it's not coming from Washington, it's not coming because someone else is going to do it, it only

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CHROMACHORD HOPES FOR A SEMESTER OF PERFORMANCES



Central's only co-ed a capella group, "Chromachord," is looking towards finding bigger showcases.

SEE PAGE 8

FOOTBALL RANKED FOR FIRST TIME SINCE 2006



Central football's win over Columbia valued them into the STATS FCS Top 25 rankings for the first time since 2006.

SEE PAGE 16

THE RECORDER ARCHIVED

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Rainbow Breakfast Shines Light On CCSU LGBTQ Achievements

BY ISABELLA CHAN & JULIA CONANT
EDITORS

Ten years after the making of Central Connecticut's LGBT Center, community members gathered for the third annual Rainbow Breakfast social, which was held on National Coming Out Day. The event honored faculty and students within the LGBTQ community at CCSU who have been known to make strong efforts on and off-campus.

Those awarded included Psychology Science Chair Carolyn R. Fallahi, senior psychology major Pat Bingham and junior pre-social work major Amara Osorio. Along with them, keynote speaker Carolyn Gabel-Brett was honored the Community Award and Director of the LGBT Center William J. Mann was given a recognition award. Students Elizabeth Mendes and Bingham were awarded the Richard S. Spada & Robert D.



Pat Bingham, (left), Rainbow Award recipient, and Elizabeth Mendes (right), were both awarded scholarships during the ceremony.

ISABELLA CHAN | STAFF

Childers Scholarship.

President Dr. Zulma Toro opened the breakfast with strong hopes to make CCSU more inclusive and diverse for the future based on the plans she hopes to initiate.

"The challenges that we have faced on this campus over the last year remind us that we still have some work to do. But we are heading [towards a] very good direction based on the

response to those challenges and broad support for the changes we have already made and plan to implement in the future," Dr. Toro stated.

One of those changes being the new Interim Director of Equity and Inclusion, Dr. Nancy "Rusty" Barcelo.

Barcelo, who strongly identifies herself as a "Chicano lesbiana", shares Dr. Toro's high ambition for coming times for

the campus. Already, she feels as though she has found the campus to be "a safe place" for all, especially after attending the Rainbow Breakfast.

"This breakfast reminds me that from the very beginning our work has been self-reflective, self-interrogating at its very core. We have challenged not only traditional academic paradigms and

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Silent Witness Exhibit Raises Voices For Women

BY ISABELLA CHAN
NEWS EDITOR

Harriet Gray Hunter of Westport was an every-day woman, working in the office of her local synagogue when her life stopped. After filing a restraining order against her husband and working on filing for divorce, Hunter's spouse entered the school office of the synagogue and shot her twice in the head, killing her and himself promptly afterwards.

Her story, along with nine other women's were part of The Silent Witness Exhibit by Central Connecticut's Ruthe Boyea Women's Center. Their experiences were meant to create an "engaging display that will rally community support to grieve the losses of human life, create awareness and educational materials and programs," for victims of domestic violence.

Xandria Blair, senior biology major and event coordinator, found Hunter's story to be the most troubling of the ten lives on display; she admits it is an unfortunate trend amongst those facing domestic violence.

"You see the trend, it starts out verbally abusive and then a few things here or there. And then it accumulates, next thing you know you're injured," Blair stated. "I think it's important people know it's not their fault, it's important our peers do not recognize this behavior as sweet or clingy or overprotective-no! It's cliché and the opposite of cute."

The display showcased life-sized, red laminated silhouette's of women, men and children murdered by acts of domestic violence during a specific time period within Connecticut.

Those whose stories were on display included:

- Louisanna Nicholas, 54, Stamford
- Christine Reid, 29, Bridgeport
- Michelle Devine, 37, New Haven
- Jennifer Vidak, 28, Sherman
- Harriet Gray Hunter, 48, Westport
- Michelle Gargliardo, 25, New Fairfield
- Eileen Ware, 51, Enfield
- Theodora Panaroni, 44, New Haven



Each podium represents a person who lost their life to domestic violence.

KRISTINA VAKHMAN | STAFF

- Sandra Lind, 50, Madison
- Cornelia Achim, 47, Plymouth

This exhibit reoccurs every year at CCSU during the month October, also known as domestic violence awareness month. The Women's Center will also host two other events closely related to spreading awareness.

One of which being Take Back the Night, which though primarily focuses on sexual assault does correlate to domestic violence. Everyday, in the United States, more than three women are murdered by their husbands or boyfriends, based on reports from Center of Disease Control.

Blair emphasizes that is important to address the signs domestic violence and how to handle such situations because of its "prevalence" amongst young couples.

"I don't think that we target domestic violence towards our age group, you know like high schoolers going into a university. That's why I think it was very important we put this [display] on," Blair explained.

Blair recalled seeing her own peers face potentially aggressive situations in their relationships, noting a recent experience she witnessed.

"This past weekend I was on Instagram and this student was posting a bunch of videos for his girlfriend's birthday and I thought 'oh, this is really nice!'" Blair started. "In one of the videos she was sleeping while watching tv and he said 'Wake your ass up or I'll smack the f- out you. Why did you put this stupid eff on?'"

Describing the incident as "crazy," and "verbally abusive," Blair claimed that if the boyfriend found the social media post acceptable then that means he is too comfortable with actions. She highlights that it is important to help those in abusive relationships, whether they are physical, mental or verbal.

It is recommended that those in a domestic violence situation to seek help. Available resources on campus include CCSU Police Department, Office of Equity and Inclusion, Office of Student Conduct, the Ruthe Boyea Women's Center, LGBT Center and Student Wellness Services. Off-campus resources are YWCA Sexual Assault Crisis Services, English Hospital of Central Connecticut, Prudence Crandall Center for Domestic Violence 24 Hour Hotline.

In case of emergencies please call 911.

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

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. 9.

- Newly-elected SGA senators were sworn in.
- The first Good Neighbor Campaign is Nov. 2.
- A motion to allocate \$1,175.00 for a Hispanic Heritage Month event passed.
- A motion to allocate \$3,549.11 for the Homecoming food truck and \$43 for refreshments passed.

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Nelba Marquez-Greene Changes The World As 'Gutsy Woman'

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happens when we do it. Every step we take towards love winning is a step in the right direction."

Marquez-Greene's The Ana Grace Project looks to, "promote love, community and connection for every child and family." That message, as well as Marquez-Greene's determination, recently landed her on People's Magazine list of 'Women Changing the World in 2019.'

People Magazine wrote of Marquez-Greene, "she's a grieving mom, and she's working to support other families devastated by tragedy by helping to guide the public conversation on trauma and its aftermath."

"It was pretty shocking to be selected," Marquez-Greene said on her inclusion to People's list. "There are many people who get up everyday and do something significant and are special in their communities. I accepted mostly because of my two nieces and all the students here who would've been disappointed if they knew I had this opportunity and turned it down. I did it so other people wouldn't be afraid when they're recognized for their work as well."

Outside of her selection to People's list, Marquez-Greene was also featured in former presidential candidate Hillary Clinton's new book, "The Book of Gutsy Women: Favorite Stories of Courage and Resilience."

In the book Clinton shares an anecdote of when Marquez-Greene gave her the book she read to Ana Grace the night before she went to school for the last time. Marquez-Greene had asked Clinton to read the book "Junie B. Jones and the Mushy Gushy Valentine" to her granddaughter.

"It was an extraordinarily powerful gesture from someone with a gift for helping others to understand the depth of sadness she and too many other families had to endure," Clinton stated in her book.

For Marquez-Greene, being an empowering woman means staying true to who one is.

"It is about living your truth. I think it's about seeing your love, your compassion and your integrity as strengths and not as weaknesses," Marquez-Greene said. "Very often we tend to see that as a weakness. I have learned both through this experience and being featured in "Gutsy Women" that



Central Connecticut's Nelba Marquez-Greene was recently named to People's 'Women Changing the World in 2019' and was featured in Hillary Clinton's new book, "The Book of Gutsy Women: Favorite Stories of Courage and Resilience."

CONNECTICUT PUBLIC RADIO

it's actually those things, this compassion I have, this love I have, this belief that love wins actually makes me strong, not weak."

As for being called a "gutsy woman" Marquez-Greene says she isn't the only one at CCSU.

"First of all to be recognized by former Secretary Clinton, it was just amazing to get that call," Marquez-Greene gushed. "But again, if you look on this campus, on any day of the week, on any floor, you're going to find a gutsy woman. Not only do I feel incredibly proud to be selected, I am incredibly proud to work at an institution that everywhere I look it reflects back. It builds a community and it builds CCSU."

Before Marquez-Greene was being recognized by Clinton and People Magazine, she was brought to New Britain by her parents after leaving her home country Puerto Rico. She says she remembers the sacrifices her mother made to bring her to Connecticut and give her a better life ;that sacrifice is what drives her to help others and build towards the next generation.

Being not just a woman, but a Latina woman, has made Marquez-Greene the person she is today.

"It's about strength, it's about family, it's about love and it's about always remembering your roots no matter where you are," Marquez-Greene said about her Latina heritage.

Combined with her immersion in New Britain culture, Marquez-Greene is a former adjunct faculty member at Central. She felt that because of this, CCSU was the perfect place to open The Ana Grace Project. She says that Central is home.

"One of the most beautiful things you see on campus is the hard work," Marquez-Greene said. "Hard work of students, faculty, admins, everybody has a story. If you pay attention close enough you get to hear those stories. Students who are working one, two, three jobs, to come here, take classes and better themselves, they're first generation, they all have a compelling story. That's the spirit of CCSU. We work hard, we play hard and we do it with Blue Devil spirit."

Through The Ana Grace Project, Marquez-Greene has been able to help the New Britain community. Through two events, the Community Drive on Dec. 13 and Finish the Race in April. Both helps

to better help everyone both young and old better their lives.

"It's really beautiful to see our students volunteer in the community," Marquez-Greene said. Through community engagement, through Ana Grace Project and other opportunities on campus. It's not just about us going to the community, it's about the community coming here and I think that's love winning too."

As Marquez-Greene lives her life after tragedy, the term "Love Wins" has become her moniker.

"You can't always control the things that happen to you in life, but you can control how you respond," Marquez-Greene expressed. "I would hope that our programming on this campus is to teach our students, our staff and our community how to respond in a way love wins. The only difference between my story and anyone else story on this campus is that mine is public, my story happened to make the news. There are so many students on this campus that have a story. What we hope they learn while they're here, is to keep living with that 'Love Wins' spirit."

@DFAPPIANO14

Severe Increase In Drug Overdose Deaths Within The Last Two Decades

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

Each year, many lives are lost to drug overdose and substance use disorders, according to the Center for Disease Control stating that there were over 70,000 drug overdose deaths in 2017 in the United States.

To help remember the lives lost, Central Connecticut hosted the "Remembrance Quilt Square-Making Event" as a way to help people cope with the loss of their loved ones.

Dr. Reginald W. Holt, assistant professor and event organizer, cites that with the CDC's reports, about a 192 deaths a day occurred from drug overdose, a 317 percent increase from 1999.

The event was put together by various associations on campus in partnership with the Connecticut Clearinghouse and the Wheeler Center in recognition of the national substance abuse prevention month.

Holt, clinical coordinator for the Department of Counselor Education and Family Therapy, believes the remembrance quilt square-making would be a great event to bring to campus to recognize the epidemic and help reduce the stigma and shame associated with addiction.

"Addiction doesn't occur in isolation or a silo," Dr. Holt stated, "It really affects all the family, friends and the larger community."

"We just wanted to do something to highlight the problem and, at the same time, hopefully provide some comfort to those that have lost people to addiction," Holt continued.

The Department of Mental Health and Addiction Services (DEMAS) helps provide, coordinate and fund these types of events. Since the start of the remembrance quilt initiative in Connecticut, four quilts have been created and currently a fifth is in the process of being put together.

Many describe the opportunity as an emotional and personal experience. People can use paint, spray paint, fine needlework, iron-on transfers and hand-made appliques to make their 13- inch personal tribute however they choose.

Those working the event expressed that any remembrance goes a long way.

"It's a really meaningful experience," Abigail Wood, project coordinator and staff at the Connecticut Clearinghouse stated. "I like to bring this to anyone who wants to hear and learn about it, because sometimes it is

very easy to get caught up in the numbers of overdose and substance use disorders and this really brings it back to the actual people that we are losing," Wood said.

In fact, they are planning on doing different types of things to keep raising awareness and have available resources.

Gabriela Blerwirth, graduate intern student in the Wellness Center, talked about the application for an opioid grant to help spread consciousness, do trainings and hopefully get peer educators to inform and talk to students.

Blerwirth also mentioned the new open wellness area for students to "relieve the stress in their lives in a more positive way instead of turning to negative substances."

The idea of having therapy dogs on campus a lot more often and the Halloween health fair, which is focused on resiliency, were also discussed.

The Wellness Center wants to help build students up so that they can more positively react to the stresses of life and to really build up their strength in a positive way.

Students should be able to get "through Central without feeling like they have nowhere to turn and that the best option for them is to leave," Blerwirth said.

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comment on the student's hair, calling it "model-like" in front of others, the student claims, which would add unwanted attention to him from his peers.

"It became so noticeable people (multiple) would joke only I could get an A in the class. His attention was very noticeable and it made me question if I really earned the grades I got," the student stated in the report. "He abused his power and has made me feel very gross and afraid for my college career. I was afraid about what he would ask or say and how I would have to respond to him."

In response, Méndez-Méndez claimed he comments on all students' appearances making this case not abnormal.

Reports show in one email exchange that Méndez-Méndez wrote to the student, "I apologize if I pick on your sneakers too much. You are a great student; smart and respectful. I need a sidekick and you have become one. You are going to be really successful in life because of your ethics and smarts. It is a pleasure to have a student who most always gets As in my class."

Méndez-Méndez also made contact with the student outside of the classroom through a friend request on Facebook at 1 a.m. in Nov. 2018 and through a message on Grindr about his hair in April 2018, according to the reports.

Although he did admit to sending messages and saying "Hi," on social media, Méndez-Méndez argued that he often uses these platforms as a way to communicate with other students as well.

Méndez-Méndez stated in the report that sending a message on Grindr would be similar to saying "Hi," to students at a gay night event. He also argues his comments on posts were harmless—he viewed his actions as friendly and supportive.

The investigators closed the case with no findings against Méndez-Méndez, saying he didn't break any of the university's policies.

When asked to comment, Méndez-Méndez stated in an email to The Recorder he has "fully cooperated throughout this process, which in the end determined that the allegations were unfounded."

"I applaud the university for conducting a thorough investigation of the claims that were made by this

individual," Méndez-Méndez added.

"I am proud of my 29-years as a CCSU professor and have educated and mentored thousands of students over the years. My intentions were not as they were presented by this person and the university's findings confirmed that. If anything good has come from this, I have taken note of the fact that we live in an ultra-sensitive world today," Méndez-Méndez stated.

He also expresses grievances of violations in the Collective Bargaining Agreement, in which Attorney Leander A. Dolphin stated Méndez-Méndez's "conduct is the type that, if permitted to continue, could lead to discriminatory harassment on the basis of sex and a hostile educational environment."

Méndez-Méndez claimed that the inclusion of the phrase violated the contract and was subject to a grievance.

"There is a particular piece of documentation released, from the Vice-President of Personnel, that violates provisions of the Collective Bargaining Agreement," Méndez-Méndez explained. "I retain my rights to pursue a grievance under the provisions of the Collective Bargaining Agreement, or file action under Connecticut General Statutes and/or applicable due process rights under Federal laws."

In the Teitler case, reports indicated Teitler allegedly sexually harassed a female student and created a hostile work environment for students in the classroom.

According to the reports, an anonymous female student proposed a film project in which the subject is a young woman who is unsatisfied with her sexual experiences; Teitler approved the topic. As the project progressed, the student claims she made at least one suggestion for sexual actions for the character to perform, but stated Teitler suggested for the character to masturbate.

As the project continued, the student felt uncomfortable with the film subject and was struggling to find actors to perform; when she attempted to speak with Teitler on the status of the assignment, she felt pressure by him to continue.

In text message exchanges between the student and professor, it showed that Teitler addressed her uncertainty to complete the project.

"Your idea is extremely personal (and I'm not mandating "you"do it) or

even showing me what u do. But I do have issues with students giving up on their ideas merely because it is hard and uncomfortable. All of what we do is hard and uncomfortable," Teitler stated.

The report showed the student claimed she would often cry during Teitler's courses due to his aggressive critiques, describing the experience as him "berating" her. She adds that the professor behaved aggressively towards several students, specifically targeting males in the classroom.

"I can take negative criticism but as soon as you push boundaries, target them emotionally, he does it to all of his students, it's about playing some kind of mental game about what, to make them do," the student explained in the reports.

Teitler's response to the claim was that the student did often cry but it was because of her "inconsistent process" that he wished to improve. He describes himself as a "tough" and "meticulous" instructor.

Antonia García-Lozada, university ombudsman, shared that another faculty member expressed concern with Teitler's teaching methods in his witness statement. He cited an interaction in which a faculty member told him "he felt uncomfortable with Jeff [Teitler's] work with [some] students."

The faculty member mentioned a specific project involving a student with a condition that affected their physical growth rate. He recalled Professor Teitler "pushing" the student to do a video project related to their condition and the student felt "uncomfortable"

Based on the evidence collected, including text messages and a powerpoint slide from Teitler, the investigation found that though the student's project was related to sexual activities, Teitler treated and contributed to the assignment like he would to any other project. Reports stated Teitler "primarily focused on the technical aspects of her film process and pushes her to meet deadlines and complete projects."

Along with that, the investigation concluded Teitler treated both male and female students similarly, therefore it was determined he did not discriminate on the basis of gender.

"The complaint released was fully investigated and was closed without findings. That conclusion is supported by the facts and my teaching performance, which has been consistently evaluated

to meet and/or exceed all expectations," Teitler said in a statement.

Following the closure of the investigation, the anonymous student sent a letter to the Office of Diversity and Equity (now known as the Office of Equity and Inclusion), which had also been sent to The Recorder, in which she addressed feeling "no support to stop [Teitler's] behavior."

"Professor Teitler is insulting, condescending, harassing, a bully and uses his position to putter into students," she continued. "Don't let his moderate success with supposed film awards eclipse the fact that this professor is bad for Central. Giving him any more authority and power in any capacity should not be allowed."

Dr. Toro notes that there were 10 investigation cases in which there were findings; the only active professor employed at CCSU following these findings is Bailesteanu. He is currently still employed while the university's AAUP appeal to discipline and dismiss Bailesteanu remains in the arbitration process.

"When I arrived at CCSU two-and-a-half years ago, I declared zero tolerance for sexual misconduct and bullying and I have continued to take a strong stand in rectifying past errors—as evidenced by the faculty and staff I have terminated," Dr. Toro expressed in a public email.

"As infuriating as it is that bad behaviors and poor judgment of a few tarnish the University's reputation, we must remain vigilant in empowering the Central family to speak up and feel confident that we hear them and will aggressively pursue complaints of misconduct." Dr. Toro added in her message.

Toro claims that with the hiring of Rusty Barcelo, interim vice president for Equity and Inclusion, and Pamela Whitley, senior associate director for Equity and Inclusion, the OEI will grow immensely.

Along with Barcelo and Whitley, two investigator positions have also been filled to help "establish checks and balances and decrease individual bias or conflicts of interest."

"Working together, we are making changes and investments that will cultivate a healthy, safe, and inclusive campus environment. I look forward to your continued support of these efforts," Dr. Toro said in her closing statement.

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National Food Bank Week

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

National Food Bank Week is a time for people to go out and support the large population of people who are struggling with hunger and serves as a reminder that the issue of starvation is an ongoing problem.

According to the U.S. Department of Agriculture, "in the United States, food waste is estimated at between 30-40 percent of the food supply corresponded to approximately 133 billion pounds and \$161 billion worth of food in 2010."

The act of throwing away food contributing to the high statistics of starvation. Data shows that 37 million people in America -11 million being

children- struggle with hunger, as Feeding America states.

Food banks are important because they gather extra and leftover foods and deliver it to the ones in need.

"Food banks acquire donated food, much of which would otherwise be wasted donated food from farms, manufacturers, distributors, retail stores, consumers and other sources, making it available to those in need through an established network of community agencies," as the Global FoodBanking Network explains.

The first National Food Bank Week took place in 1987 from Nov. 8. to 14. Although it was a one-time proclamation, food banks across the country continued to celebrate it in years following.

With continuous growth, in 1992 a Californian food bank birthed the National Food Bank week as we currently know. It is now celebrated during the second week of October, because of the World Food Day on Oct 16.

National Food Bank Week is designed to remind people that everybody has the right to eat and have enough food to support a healthy lifestyle. Every year people come together to raise awareness of this ongoing issue and engage their peers, coworkers, neighbors and family to join the movement.

CCSU has the honor to house the food pantry Maria's Place in the lower level of Vance Academic to support students, faculty and staff throughout the academic year. Let's take advantage of it.

@BRUNAVILA

News In Brief

BY ISABELLA CHAN
NEWS EDITOR

Basketball Coach Jim Calhoun Responds To Sexual Discrimination Allegations:

Former UConn basketball coach Jim Calhoun issued a statement in which he acknowledges allegations of him discriminating on the basis of sex along with creating a hostile work environment. The current men's basketball coach for University of St. Joseph is facing a lawsuit by the university's former associate athletic director Jaclyn Piscitelli.

"As for the accusations that have been reported," the ESPY Award winner said in a public statement. "I will say only this: I'm not sure when asking a colleague if they would mind opening the door because my hands were full became discrimination or when self-deprecation for being an aging, clumsy husband became an insult."

Piscitelli filed the Title IX lawsuit after being fired in June from her position.

Two Dead And Several Injured After Hard Rock Hotel Collapsed:

Saturday morning, the Hard Rock Hotel in New Orleans partially collapsed, killing two construction workers, injuring several others and one missing person near the disaster site. The search and rescue mission following the fatal accident is continuing as officials say there are still potential victims trapped in rubble.

According to New Orleans Fire Chief Tim McConnell, a heavy crane collapsed through the construction building. The conditions of the danger zone remain risky, slowing the rescuing processing.

The identities of the deceased construction workers remain unknown, as well as the missing person.

Syrian Government Continues to Rapidly Deteriorate:

Following the Turkish attacks on the Syrian border last week, Syrian troops edge the border to battle their forces. This came after Syria crafted a deal with Kurdish forces, changing their stance as eight-year-war-enemies to allies.

Along with that, President Donald Trump says he will begin "the impositions of sanctions against current and former officials," of the Turkish government. He is looking to increase steel tariffs back up to 50 percent.

"Anyone who wants to assist Syria in protecting the Kurds is good with me, whether it is Russia, China or Napoleon Bonaparte. I hope they all do great, we are 7,000 miles away!" Trump tweeted.

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Rainbow Breakfast Shines Light On CCSU LGBTQ Achievements

CONTINUES FROM PAGE 1



Scott Hazen awarded Amara Osorio (left), a Rainbow Award.

ISABELLA CHAN | STAFF

institutional systems of racism, sexism and homophobia but also ourselves and our differences," Barcelo stated.

"All of this has served to strengthen our resolve to continue moving toward the center of the academy. I hope and I promise the Office of Equity and Inclusion will be a major part of helping to continue that path forward on behalf of this gathering, as well as others," Barcelo continued.

Several of those in attendance shared their personal experiences of coming-out and the difficulties faced due to the limited knowledge coupled with the lack of discussion on LGBTQ lifestyles. The speakers included, CCSU President Mark Ojakian, Director of Student Affairs Michael Jasek, Director of the LGBT Center William Mann, Professor Dusty Rader and history major Anastasia Marco.

Marco and Rader emphasized that transgender people are often hidden in many media platforms, thus making coming-out harder than needed.

"Language is cognition; if you don't have the words to think about something how can you actually think about it? If you don't know gay exists can you really know you're gay in the first place?" Marco, a polyamorous transgender lesbian, stated.

Marco said that being at Central has improved her life for the better, and turned her into a different person.

"Being at Central has been revolutionary for me," Marco said. "It's allowed me to be a stronger, better person and have a more fulfilling life."

"I'm here but there are so many other people behind me who didn't make it. What could we do at the university and as people in order to support people who really do need it?" she continued.

Rader also notes that his coming-out story as being one of the "lucky ones," and works actively as an educator helping

those struggling with their identity to feel accepted by being an example in the community.

"Every time I meet people and do an introduction I say 'I am transgender,'" Rader stated. "I don't want people to think that's something to be ashamed of or something that shouldn't be talked about. There's a respectful way of talking about it, the easiest way to talk about it is to be respectful. The identity itself is not something to be ashamed of."

As an educator, Rader is open about his identity with his students, helping those facing similar situations as he did to find safe spaces to rely on.

"When you meet someone who is not

like yourself, you start with respect, start with love and start by listening," Rader added.

Keynote speaker Gable-Brett has fought for LGBT and female rights for roughly 40 years. She has taken part in several social justice movements and projects, including co-founding the first feminist bookstore in Hartford in 1983, The Reader's Feast.

"We organized and included different strategies to win these important pieces of legislation with both inside and outside work," Gable-Brett said. "Some of us used direct action and twice interrupted a speech by the governor and threw banners from the balcony."

Gable-Brett was cut off after that statement by an unprompted round of applause from the audience, in which many showing that her acts of rebellion in the name of rights have not gone unappreciated.

Although the main purpose of the Rainbow Breakfast was to put focus on LGBT rights and struggles, Gable-Brett also brought attention to America's current political climate crisis.

"How could we slide back from progress that we thought we were making and creating into a place of impeachment and division in this country?" Gable-Brett questioned. "Our democracy and our constitution are under attack by greed and corruption. The economic gap is widening. Homophobia, sexism, racism and antisemitism are instruments of our administration."

However, she left listeners with a beacon of hope by stating, "It is only by working together that social change can really happen. Seeing you all here gives me hope."

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Carolyn Gabel-Brett (above), was the keynote speaker for the event.

ISABELLA CHAN | STAFF

What's New, CCSU?

BY DANIEL FAPPIANO
EDITOR-IN-CHIEF

- The Farmington Farm Truck will be at Central Connecticut on Oct. 16, from 10:00 a.m. to 1 p.m. in the Student Center Circle.
- Latina Talk with Nelba Marques-Greene, Oct. 16 3:00-4:30 p.m. in the Women's Center Lounge. The founder of the Ana Grace Project will discuss her life and what being a Latina woman means to her.
- Benjamin Shamback's, "Oil on Copper," art gallery will be in Maloney from Oct. 17 to Nov. 14. All pieces will feature oil paintings from Shamback on copper.
- "Women Who Count," Talk & Book Signing with authroe Shelly Jones, Oct. 17, 6:00 p.m. - 8:00 p.m. in Marcus White Hall. Jones will discuss her book and the topic involved.

EDITORIAL

Spain Lost Its Democracy, Dialogue, Politics And Common Sense

Just over two years ago, hell began for the Spanish autonomous community of Catalonia. Two years later, it has only gotten worse.

In 2017, the Parliament of Catalonia passed a law that approved a referendum of self-determination of Catalonia. However, the Constitutional Court of Spain declared it illegal and sent the police to stop it, prevent it and abolish it.

It was a sad day across Catalonia. Over 2 million people peacefully went out and voted Oct. 1st, having no idea of what the day had in store for them. Scenes of strong violence by the police were seen all over Catalonia, cops could be seen ripping apart ballot boxes and even abusing the elderly.

Politicians, leaders of the movement and popular figures were prosecuted and arrested, some even went into exile following the police's involvement.

From that day on, civil protests became an everyday thing for Catalan people.

Independent flags are seen all over the place, yellow bows hang on people's chests – commemorating the freedom political prisoners – and the phrase “the streets will always be ours” is the new motto.

On Feb. 12 2019, after roughly a year and a half of provisional prison, the trial started. A long and exhausting trial that Catalan people had no faith in.

“I consider that I am in a situation of helplessness, in the sense that I am accused because of my ideas and not because of my actions,” Oriol Junqueras, the former deputy leader of Catalonia, said during his trial.

And this is when the lines get blurred: are they really being legally prosecuted for their actions?

“The independence of Catalonia is not only legitimate, but where is it forbidden? It is not written anywhere, it is not a crime, nothing we have done is a crime,” Junqueras continued. “Voting is not a crime, holding a referendum is not a crime, working for independence with peaceful means is not a crime.”

Two years later, the prisoners were finally sentenced - unfairly at that.

The Catalonia Supreme Court condemned nine of the twelve leaders for sedition with Junqueras receiving the toughest sentencing of 13 years in prison; one year more than Raül Romeva, Jordi Turull and Dolors Bassa, all of them also condemned for embezzlement.

The twelve independent leaders add up to 99 years and 6 months of prison all together, how sad.

What truly is the worst part is peacefully protesting in Spain is considered worse than actual criminal actions. For example, someone can get from one to three years for sexual abuse, six to 12 years for rape and 10 to 15 years for murder.

Right after the sentence was announced, Catalan people did not hesitate on filling up the streets and shutting down traffic with protests again. In fact, thousands of people took over the airport resulting in over a hundred of flights cancelled.

They are not done, they are angry and they are ready to fight for injustice and unfairness. It is not all about independence anymore, it is about freedom, democracy and human rights.

Editor's Column: Central's FOIA Release Shows Procedural Change



BY DANIEL FAPPIANO
EDITOR-IN-CHIEF

Late last week Central Connecticut President Dr. Zulma R. Toro sent an email to all actively enrolled students, releasing FOIA requests made by a former employee of The Recorder.

The documents showed sexual assault allegations and findings made on multiple professors, most notably Serafin Mendez-Mendez and Jeffery Teitler of the communication department.

While the documents showed shocking accusations, moreso, it showed that Central Connecticut is actively trying to change how they handle sexual assault on campus.

“Working together, we are making changes and investments that will cultivate a healthy, safe and inclusive campus environment,” Dr. Toro stated in her public email. “I look forward

to your continued support of these efforts.”

When The Recorder revealed sexual assault allegations against former theatre professors Joshua Perlstein and Thomas Delventhal, one of the allegations made by the victims was that the university did not take quicker action on the complaints. The actual sexual assault allegations spanned over the course of 10 years.

Though this is just one situation, hopefully the last in a long line of sexual assault concerns at CCSU, it shows that Dr. Toro and the university is actively trying to make change in addressing sexual misconduct complaints. By releasing the documents to the entire school, every student is now aware of the allegations. They are aware of the facts.

“When I arrived at CCSU two-and-a-half years ago, I declared zero tolerance for sexual misconduct and bullying, and I have continued to take a strong stand in rectifying past errors - as evidenced by the faculty and staff I have terminated,” Dr. Toro added in her email.

Following this investigation, Perlstein was allowed to resign before his termination while Delventhal chose to appeal. Both remained on paid leave while the investigation pursued.

While the blame cannot be placed

squarely on Dr. Toro, the cases of both Perlstein and Delventhal were not as easy as it should have been.

Neither Mendez-Mendez nor Teitler were fired following their investigations had no findings. As of now, Mendez-Mendez is on leave until Dec. 1. During the release of the documents, Teitler was on out-of-state.

However, the facts of their cases have been made public knowledge and now everyone has the opportunity to learn of their allegations. It is not a secret or a struggle to obtain the information, such as the allegations towards Perlstein and Delventhal were.

While I remain proud that The Recorder was able to break such an important story, the safety of students were at risk. Without such great reporting from Ruth Bruno, that story might've never been told.

There's no word as to how this story will end, for now we only have the FOIA documents that were released, but at least CCSU is trying to change.

By making this information known to the public, the school is not cutting any corners when it comes to the truth.

Hopefully Central's culture of sexual assault will come to an end in the near future. For now, at least students can know their university is doing their best to change. [@DFAPPIANO14](#)

What Was Leonardo Da Vinci Doing At Your Age?

BY BRUNA VILA ARTIGUES
ASSISTANT NEWS EDITOR

The other day I came across this article called “What was Leonardo da Vinci doing at your age?” and I thought “No way, they are going to make me feel bad about myself, again?!”

Wherever I go and whatever I do, there is someone around my age thriving and flourishing, with a bright future ahead and a long-term plan and then, there is me.

Did one know that an eight-year-old drummer has been featured on multiple TV shows, magazine and print publications with monthly shows at venues? When I was eight I didn't even know I could have any talents and I still don't.

Did one know that a 14-year-old professional gaming athlete made around \$200,000 playing the video game Fortnite? When I was 14 years-old the only money I saw was the dollar my mother gave me to get candy at the store, which I had to give the change back.

I am not even going to talk about the Kardashians and Jenners, because that would be self-harming and depressing.

When Leonardo da Vinci was my age, 21, he “started working on his first solo painting, ‘Annunciation,’” stated CNN. Let me say, it is an amazingly detailed and gorgeous work of art. Is it even humanly possible to do that?

I have come to terms with myself that I do not know what I want to become or achieve in the future; I know that I am not the only one with this problem. In fact, the “other” people are the exception. However, it is very hard not to compare oneself and envy them, especially when society rushes them.



Leonardi Da Vinci might've started his first painting at age 21, but that doesn't mean you have to.

BIOGRAPHY

One is supposed to follow this structured world that us humans have created: go to school, get one's degree, maybe even a Master's degree, find a job (within their field of study, of course), move out of their parents' house, struggle to pay rent, get in a relationship and start a family. Don't you dare fall off track, or else society will judge you.

Kids keep being bombarded with the question: what does one want to be when they grow up?

The high expectation to answer with ease is ridiculous. We are instilling children from a young age to think and figure out their future when they cannot even spell their own name.

I am senior in college, which means

that I have less than a year to graduate and decide the rest of my life- it honestly sounds absolutely outrageous and stupid.

Well, I am saying no.

No to structures, systems, stereotypes and expectations; and yes to uncertainty and evolution. It is okay to be indecisive. It is okay to break the rules. It is okay to follow one's own path.

A couple of years ago, I told my 40-year-old cousin that I had no idea what I wanted to do with my life.

“It is okay,” he responded, “I still don't know what I want to do with mine.” And this is the mindset we should all have.

@BRUNAVILA

The Fall Of Matt Lauer



Former Today Show host Matt Lauer has lost all respect.

AXIOS

BY KELLY LANGEVIN
COPY EDITOR

As a big fan of the Today show, I was deeply saddened and disgusted to see rape allegations made against long-time host Matt Lauer because I have admired him and the show for years.

It is sometimes a difficult pill to swallow, hearing such troubling claims against someone watched for by millions almost every morning, however, no matter how much one looks up to someone, sexual assault and misconduct in the workplace is out there and should never be tolerated.

Former NBC News producer Brooke Nevils accused Lauer of raping her in a hotel room in Russia during the 2014 Sochi Olympics. In 2017 Nevils brought a formal complaint against Lauer to the NBC human resource's department, according to NBC news.

Lauer was fired from NBC News following the allegations.

Details about the allegations were slim until recently. Investigative journalist Ronan Farrow's book "Catch and Kill," discusses documents and reporting of well-known men accused of harassing women, including the claims made by Nevils.

Farrow's claims Nevils "unambiguously" described being raped without explicitly using that term, during a television interview.

"We are disgusted," Today show host Savannah Guthrie said last week next to corresponding host Hoda Kotb when addressing the new information on Lauer.

"This is shocking and appalling and I honestly don't even know what to say about it. I want to say I know it wasn't easy for Brooke [Nevils] to come forward then and it's not easy now, and we support her and any women who have come forward with claims," Guthrie said.

In Farrow's book, Nevils describes how the night transpired between her and Lauer. She recalls being invited up to his room after her and others shared drinks at a hotel

bar; she had no reason to suspect anything negative would occur due to their previous encounters, according to CNN.

However, Nevils told Farrow that once they were inside the room Lauer forced himself on top of her. He then began to initiate sexual acts despite claiming to be too intoxicated to give consent.

Lauer has a different relocation of the night.

Although Lauer admitted to having an extramarital affair with Nevils, he denies any rape allegations describing the night as consensual.

"There was absolutely nothing aggressive about that encounter," Lauer said in his letter issued by his lawyer. "Brooke did not do or say anything to object."

Lauer responded saying he ended the affair poorly and her allegations may be because of that.

The allegations against Lauer have me deeply disturbed. The claims are hard to read and terrible to take into mind that Lauer had been the face in the morning that so many people watched and adored, including myself.

I may never know the true full story of what happened, however sexual assault in the workplace is common and is out there.

Studies estimate that anywhere from a quarter to more than eight to ten women experience sexual harassment in the workplace, according to the Institute for Women's Policy Research.

Sexual harassment and assault in the workplace can also happen to men; 14 percent of men reported experiencing sexual harassment in the workplace, along with 27 percent of women, reporting this issue.

Allegations of such horrific and saddening details are tough to take in. It is devastating to see repeated allegations come out on the news of everyday people and influential members in the media committing these types of acts.

I have lost all respect for Lauer and stand with Nevils.

I applaud Savannah Guthrie and Hoda Kotb for taking the time to acknowledge Lauer's serious wrongdoings and remind everyone sexual assault in the workplace will never be tolerated.

@KELLYLANGEVIN2

Democrats, It's 'No More Mr. Nice Guy' Time

BY KRISTINA VAKHMAN
NEWS PHOTOGRAPHY EDITOR

The Democratic party likes to play it safe. If Democrats want to win the 2020 presidential election and boot Donald Trump from the White House, it's time for them to take risks.

The institutions that failed to keep Trump out of office are still in place, making it very likely that we will get four more years of his administration. The Electoral College that over-represented the minority vote can do it again. The mainstream news media has yet to find a way to reach Trump supporters with facts, meaning that his 87 percent approval rating with Republicans, according to Gallup, can go up with Fox News' fervent propaganda. Voter suppression is inevitable with incorrigible gerrymandering, syphoning more votes away from the Democratic party.

But perhaps what's most problematic is Trump's unrelenting appeal to his base. Establishment Republicans took a major risk by throwing their support behind him and giving him legitimacy in 2016.

Instead of recognizing Trump as a demagogue and casting him off the ballot, as they've done historically with candidates like anti-Semite Henry Ford and "Red Scare" driver Joseph McCarthy, republicans saw Trump's popularity and took advantage of it to win the election, even if the consequences were predictably catastrophic.

That's what Democrats need to do. Hillary Clinton was the party's safe choice in 2016: she was an establishment politician as the former secretary of state and had many years of experience. She ended up winning the popular vote, but not the votes that actually swung the election her way.

Former Vice President Joe Biden, if given the Democratic nomination, will be a Clinton repeat. He's a safe bet as the former vice president and as an expert at name-dropping President Barack Obama. However, he does not catalyze momentum in the same manner that candidates like Elizabeth Warren or Bernie Sanders can.

Sure, as a centrist white man, Biden could capture



A, "safe bet," won't win Democrats the 2020 election.

ELECTION CENTRAL

the votes that Clinton couldn't, specifically the less than 80,000 Midwestern votes that cost her Michigan, Pennsylvania and Wisconsin, giving Trump 46 electoral votes, according to The Washington Post.

But the fact that he is a centrist white man could also lead to boredom.

When getting everyone to the polls is imperative for Democrats to win, boredom is not an option; 4.4 million 2012 Obama voters stayed home in 2016, the Post reported, and look where that got the donkey party.

Female and minority candidates are risks. Clinton fell short because Trump eviscerated her and took the Electoral College. She also did not do enough to connect with voters, seeming out-of-touch. Even then, the idea of a female president rallied many behind her.

Trump is a walking spectacle. In the 2016 election, the media gave him \$2 billion worth of free air time because of the viewers and clicks he generated, The

New York Times found. Democrats need someone to compete with that – someone who is polarizing and inspiring enough to rekindle the enthusiasm voters felt when Obama campaigned.

It's time to throw caution to the wind. Going against the safety net worked during the 2018 midterm elections when the most-ever diverse group of new electees was sworn in and took control of the House of Representatives. The party didn't shy away from women, people of color and the progressive agenda, therefore reaching the underrepresented and bringing home a win.

If it comes down to Trump versus Biden, Biden is the way to go. Yet, this "choosing Biden because he's better than Trump" mentality is eerily similar to 2016. If Democrats want a sure win, they need a candidate who ignites even more passion in voters than Trump did with his supporters.

It's hard to tell at this point who that could be.

@KRISDVP

Central Art Gallery Exhibits 'Oil On Copper'

BY JULIA CONANT
ARTS & ENTERTAINMENT EDITOR

Central alumnus Benjamin Shamback graduated from the university in 1996 with a bachelor's degree in illustration. He returns this fall to exhibit his paintings; once a Blue Devil, always a Blue Devil.

Starting on Oct. 17, Central's Art Gallery will host a gallery of Shamback's paintings.

Since graduating from Central, Shamback has won many awards for his artwork. In 2003, he won the Faber Birren Color Award in 2003. In addition to that, he also won a Gold Medal of Honor for Oil Painting from the Allied Artists of America in 2004. His artwork has been featured in over 150 competitions throughout the United States, both national and regional. Shamback's art is also included in private collections throughout the United States & Canada.

The show in Central's Art Gallery will feature several of Shamback's pieces, which were all created with oil paint on a copper surface. Some of the pieces date back to when he graduated from Central.

"The work in the show is a summary of what I've been up to since 1996," Shamback said. "There are



Benjamin Shamback's painting entitled "Camelias By a Dry River Bed" done on copper with oil paint.

BENJAMIN SHAMBACK



Benjamin Shamback's painting entitled "Donuts on Blue" done on copper with oil paint.

BENJAMIN SHAMBACK

consistencies throughout the work that I hope unify it, and there is chronological and technical growth."

Since Shamback is a graduate of Central, he recounted how getting his bachelor's degree here helped him in his art career.

"The classes I took with Rachel Siporin, Mark Strathy and Dr. Elizabeth Langhorne exposed me to the materials, art and artists that helped me find a basis for understanding my own interests," Shamback said. "We don't get to choose the things that really engage us but we do have to make a conscious effort to pursue them."

Artists that Shamback admires include Fantin LaTour, Jean Simeon Chardin and Maxfield Parrish.

When it comes to his own paintings, Shamback enjoys doing paintings of paper the most.

"My favorite subject to paint is paper," Shamback said. "I don't paint it often because as a subject it is so difficult to integrate with other subjects in a unique way. The show has two examples of gratuitous inclusion of paper into contexts that really don't support it. They are my favorite paintings from the past few years and are probably the best examples in the show of the direction my work is headed."

Since oil is one of the only mediums for painting that interests him, Shamback mostly does oil paintings on copper.

"All the paintings I admire and want to emulate are oil paintings," Shamback said. "No other material in the

visual arts compares to its sheer beauty, potential or its absurd difficulty."

An interesting tidbit about Shamback's artwork is that he makes all of his frames himself out of wood. This not only cuts down costs on frames, but it helps him display his artwork in the way he wants.

"I float the paintings to show all of the surface and to highlight the fact that it's on copper," Shamback said.

When asked which piece in his upcoming showcase means the most to him, Shamback responded with a somewhat philosophical answer.

"There are two kinds of meaning in painting," Shamback said. "The first is the meaning communicated to the viewer, and the second is the meaning that helps the artist make the work. They are rarely the same thing. I'd have to say that the two paintings in the show featuring raw chicken wings are significant to me for reasons that the viewer need not know about, but I hope the enthusiasm and care put into their creation translate into visually and aesthetically rich paintings."

Once his exhibit is showcased, Shamback hopes that his paintings, "remind viewers that an honest aesthetic experience doesn't need to be explained."

An opening reception for Shamback's show will be held on the evening of Oct. 17, from 4 to 7 p.m. in the Art Gallery (on the second floor of Maloney Hall). Refreshments will be provided, and all Central students, faculty and guests are welcome to attend.

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Where Are We LANding?

BY GABRIEL ANTON
STAFF WRITER

Central is no stranger to the gaming community as a new Esports lounge was recently added in Memorial Hall. All in the while the Esports club has been promoting and hosting gaming events weekly.

On Oct. 11, the Esports club held the first of their two big Local Area Network (LAN) parties this semester. The event was open to anyone who likes to participate in online multiplayer games of various genres. With a large variety, including digital collectible card games, action real-time strategy and first-person shooters, there were plenty of different games that could be played at tournaments.

Although gaming has been a popular pastime in the U.S. since the 1980s, in recent years it has become not only a source of high-stakes competition but also a highly sought-after and highly-paid profession. The popularity of the Esports community has allowed for grand international tournaments like the recent "Fortnite" World Cup, with top prizes in the millions of dollars.

"Today we are running a few tournaments, a 'Hearthstone' tournament and a 'Magic' tournament," said Nicholas Pudlinski, the President of the Esports club. "These are however just the tournament games, and people are free to play whatever they want."

Special prizes and free food are usually offered at big Esports club events, and the LAN party was no exception. Additionally, participants and spectators have a chance to leave as winners.

"The prizes for the tournament are for the winner and runner up, but we also have prizes which [we] give out from a raffle," said Pudlinski. "In the past we've had things like headsets, mice, Gunnar glasses, Pop figures and other gaming accessories."

While professional online prize tournaments are a very reachable objective for Esports participants, the Esports club offers the prospect of playing with your friends in a local setting. Members of the club can freshen up their skills at other smaller events or enjoy the provision of the Esports lounge.

"We also have what we call weekend LANs, which

are a little smaller," stated Pudlinski. "We usually don't have prizes or food at those, but we pretty much do them every weekend. We use the same room, [Robert Vance Academic Center] 105, and we usually have a theme. For example, the next one's theme could be Minecraft, so we would set up and play on some Minecraft servers."

New members also might have a chance to learn about new games, new happenings in the gaming industry, and to meet a sizable amount of people with diverse gaming interests.

"We have about 300 members signed up for the club on [CCSU] The Link' and most of the people who showed up today are from the club," said Pudlinski. "I'd like to pump the numbers up a little bit, but for our first big LAN event, it is a pretty solid turnout." About 40 students attended the LAN party event.

The club holds informational meetings on Fridays at 3 p.m. in the new Esports lounge. There, new or present members can voice their requests on games or events that they'd like to see while staying up to date on gaming news and affairs.

@TheRecorder on Twitter

'A Night Of Nostalgia' With WFCS And Hillel

BY JULIA CONANT
ARTS & ENTERTAINMENT EDITOR

Grab your leg warmers, butterfly hair clips and low rise jeans because WFCS and Hillel are taking Central Connecticut back to the 80's, 90's and 00's

On Oct. 18, CCSU's homecoming dance will be held in Semesters in the Student Center. The theme is "A Night of Nostalgia," based the iconic decades; 1980's, 1990's and 2000's.

"As if having a homecoming dance wouldn't be the most fetch thing ever!" the Corq app description of the event reads. "Turn up and turn out for the biggest throwback event of the year."

The dance is co-hosted by WFCS and the Hillel Jewish Student Organization. The two clubs have teamed up to make students aware of Hillel.

"WFCS is trying to help a new club on campus gain some traction," Samantha Duncan, WFCS Radio Director of Development said. "Hillel is a club that is geared towards Jewish students and aims to celebrate the cultural side rather than the religious side. Last semester Hillel hosted a dance, Purim, and in the past WFCS used to host dances pretty frequently. If this event goes successfully it is the hope of both organizations that more are on the horizon."

Duncan explained the process of planning the dance and how they settled on an 80's, 90's and 00's theme. The throwback theme of the dance was partly inspired by the Netflix original series, "Stranger Things."

"When planning something like this a lot comes into play," Duncan said. "What will the music be, what will the decor be, will people dress up, how will we market this, what would people like, etc. One thing we were inspired by was the Snowball scene from 'Stranger Things.' We were inspired a lot by the 80's in general. Everyone planning really likes movies and music from the 80s and 90s plus when it comes to marketing and



Come to Friday's "A Night of Nostalgia" dance to relive the 80s, 90s and 00s.

WFCS AND HILLEL

music it was just a perfect storm."

Since the dance is centered around a throwback theme, it is encouraged that guests come dressed in clothes from the above mentioned decades, however, it's not required. In fact, the dress code for Homecoming is quite relaxed.

"You do not need fancy clothes or prom dresses," Duncan said. "You can literally come in a tee shirt and jeans. Or you can come in a dress. Or dressed as your favorite character from the 80s, 90s, 00s, etc. Casual and fun event!"

Having a date is not required either, however, students who shared their homecoming proposals on social media had a chance to win a Polaroid camera bundle. Students have until midnight tonight to submit their proposals. After that, followers of the @wfcsradio Instagram page will vote for their favorite. Whoever wins will be

awarded the Polaroid bundle.

There is also a door prize: brand new Apple AirPods. All that is needed to win the door prize is to show up. After that, one lucky winner will be randomly chosen.

The dance will take place from 9 p.m. until 1 a.m., and light refreshments will be served.

An important thing to note is that everyone attending must have a ticket, which can be picked up at the Information Desk in the Student Center. Students can get tickets for free with their blue-chip, while guest tickets are \$10. Each attending student is permitted to bring one guest.

Be sure to swing by Semesters on Friday night if you want to feel like you have time-traveled back a few decades.

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Professor York Shares Diet Tips



Professor York talks about her book the "No Bloat Diet."

CAROLYN MARTIN | STAFF

BY CAROLYN MARTIN
ASSISTANT ARTS & ENTERTAINMENT EDITOR

On Wednesday, Oct. 9, assistant professor of physical education and human performance Cassandra York stopped by Central Authors to share some of her tips for a healthy gut and promote her new book "The No Bloat Diet: 50 low FODMAP recipes to flatten your tummy, sooth your gut and to relieve IBS."

FODMAPs are carbs that do not digest easily, and sensitivity to them is common in people with IBS.

FODMAP is an acronym that stands for fermentable oligo-, di-, mono-saccharides and polyols. Fructose and lactose are common examples of FODMAPs.

"IBS stands for Irritable Bowel Syndrome," York said. "It's essentially what you're [diagnosed with] when you don't have Chrons, Colitis, Celiac disease etc. You have a functional gut that responds abnormally to food."

Professor York struggles with IBS herself, which is why she wanted to speak on the topic. She has dealt with the symptoms of her whole life and struggled to realize the connection between her IBS and food until she was

older.

This is York's fourth book, which she co-wrote with Lesley Rotchford. York worked with Rotchford on a previous book called "Take it Off, Keep It Off" which was published in 2006. Her newest book, however, is the one she is most proud of.

"I believe the message in it can help a lot of people," York said.

Despite the complications that come along with IBS, York does not let her condition get her down. She adds humor to the things most people shy away from talking about.

"I actually had a foot of my colon removed, not because I wanted to, but because some things were going on in there that weren't right," York said.

She continued on by talking about which foods might set off a person's gut and why they need to be aware of it if they want to avoid any issues.

Through this explanation, York highlighted the struggle people with IBS deal with every day. They should avoid certain fruits, vegetables and dairy altogether. While foods in those categories are normally good for the human body, they are detrimental for someone with IBS. The same goes for gluten.

"A lot of people are very excited about gluten-free options nowadays but not everyone is gluten sensitive," she said. "What we found actually, is the science has shown that it's not necessarily gluten intolerance that people are reacting to when they eat bread and flour products, but [rather, it's] the fact that we don't make bread and we don't make our flour products like we used to."

York helped all in attendance understand the importance of a healthy gut. You can find "The No Bloat Diet" at the CCSU Bookstore.

@CAROLYN_MARTINN

Chromachord Hopes For A Semester Of Performances

BY NATALIE DEST
MANAGING EDITOR

In a small society, Chromachord is one of four a cappella ensembles at Central Connecticut that is striving for the best sound.

Founded in the Fall of 2015, Chromachord is the only co-ed a cappella group on campus, created from the concept “equality for all.” Consisting of just 13 members, the group views their co-ed ensemble as an experience that other groups may not have.

“Being a part of a co-ed group, there’s just such bigger range of vocals you get to work with,” music education major and Chromachord member Lauren Santiago said. “Having a men’s section really brings out the richness of the music, then having the women’s section really compliments them. I think it fills out arrangements and songs a lot better.”

The ensemble rehearses their arrangements on Wednesdays from 7:30-10 p.m. and Sundays from 7-9:30 p.m. each week, practicing a repertoire of classic pop ranging from old to new.

“Our sound kind of goes retro,” music major and Chromachord member Nathan Chapeton said. “I only auditioned for Chromachord because their type of style is never the same stuff. It has different flavors, like 70s music, classy tunes, with also pop tunes that are relevant.”

With past performances such as their concert at Western Connecticut State University for an a cappella festival, Chromachord and the other groups in the society have a certain amount of performances required each semester.

“Technically, each group is required to have two on-campus and two off-campus performances, whether or not they actually happen is a different story,” Santiago continued. “At first, our group was trying to stay afloat because we were the youngest group and we were trying to make ourselves known. But now we have been doing more, like going to other colleges and performing with other a cappella groups.”

However, the group has recently found themselves struggling for performance opportunities at Central. Hoping for nothing but more concerts, Chromachord is working hard towards this goal to have a semester filled with showcases for the community.



Chromachord performing at last semesters benefit concert.

CHROMACHORD

“A big problem we ran into last semester is that us and the rest of the society aren’t getting the performance spaces for our concerts, it was like pulling teeth to try and get them,” Santiago said. “As for this semester, we only have two concert dates for the whole society, which isn’t enough. We’re trying to get more dates but it’s been really hard.”

Despite the struggle for finding time for bigger showcases, it’s the smaller performances that help Chromachord let their voice be heard, even though it may not be their ideal situation.

“Sometimes we do ‘aca-bombs,’ which is where we stand in the middle of the Student Center Circle and perform. I think it’s a fun and good way to get out there and let all the students know that we’re here and to come listen to us,” Santiago continued.

As for now, the group is reaching towards a semester of growth. Improving the ensemble as a whole in

terms of sound and establishment is the main focus for Chromachord.

“As always, just getting better again, especially our group because we’re the youngest group, I feel like sometimes we have little more to prove,” Santiago said. “Just getting better every semester and also venturing out of our comfort zones.”

For Chapeton, the group is still a worthwhile experience despite being considered a “professional group.” Members are still able to perform professionally while enjoying their time on stage.

“Some people have this misconception that professional groups are not fun because they’re super hard and super serious, but you can have a lot of fun doing pop tunes and still sound really good and high quality,” Chapeton said. “Chromachord aims to always strive for its best and still be a lot of fun for those who are a part of it. That is always our goal.”

@NAT_DEST

Letting Go Of Fear

BY SHWAR ZAIDI
STAFF WRITER

Fear is a natural emotion that everybody experiences. In some cases, fear is useful to help save ourselves from dangerous situations. But often, excessive fear can lead to anxiety and stress. This can cause you to miss out on what’s happening in the real world. We can never entirely get rid of fear, but we can choose to believe in ourselves and do what’s best for us despite what fear thinks we should do. Here are some things you can do to combat your fear.

Talk to yourself

We all have to deal with fear. Sometimes we need to be our own best friend, like how you would want your friend to reassure you that everything will be okay and that they are here for you. You need to do the same with yourself. Understand why you are scared and give yourself the push to get beyond your fears. You cannot succeed in life if you do not trust yourself.

Put yourself out there

Nobody wants to do anything alone, but sometimes you may find you’re at your best when you do something

on your own. If there is a dance class happening nearby and your friends can’t make it, don’t be afraid to put yourself out there and see what the event is like for yourself. There is never a loss in any experience, just a lesson or a blessing. It can be scary to do something out of your comfort zone, but you can find who you are when you take a leap of faith. Your doubts and anxiety might tell you that you can’t do anything, but keep in mind some things may be difficult, but never impossible. If you want to study abroad or become a rock star, you will have to put in the effort. And it can be daunting, but if you keep working hard and never give up, you will be precisely where you need to be.

Learn from your mistakes

Mistakes are the reason why we fear. We are scared that our errors will force us into a life where we are miserable, or where everything goes wrong. But mistakes are not as bad as they seem. Our mistakes are our first taste of the real world. Nobody is perfect, and we all have flaws that cause us to make mistakes in life. If you never make a mistake, then you haven’t lived life. There will be times when you feel as if you are doing everything wrong, or when you feel like you should give up. But don’t give in to your fear, just keep doing the best

you can. The more you expose yourself to the thing that scares you, the more you will realize that it wasn’t the event that was scary but the fear of failure.

Make every day count

When people tell you to live your life as if you will die tomorrow, they have a point. There are so many opportunities that can be missed in a blink of an eye, and we must take advantage of them. Don’t second-guess yourself. Do whatever you can to keep your life entertaining and full of experiences. If you have always wanted to do something, don’t think about doing it someday and strive to do it now.

Don’t overwhelm yourself

We are humans, not machines. We can’t do it all, and we often forget that. If you couldn’t do what you wanted or missed the deadline, don’t beat yourself up. If you feel as if you are doing too much, then step back and relax. Give yourself some time to think for yourself. Be proud of everything you have accomplished and root for you. Be your own cheerleader and the people who love you will believe in you too. It all starts with how we look at ourselves.

@centralrecorder on Instagram



Apple Harvest Brings Fair Season to a Close

STORY AND PHOTOS BY CAROLYN MARTIN
ASSISTANT ARTS & ENTERTAINMENT EDITOR

Connecticut's fair season has come to a close with the Southington Apple Harvest Festival.

The festival, which has been going on for the last two weeks wrapped up on Sunday Oct. 13.

Fairgoers could shop at the various booths both outside or inside the buildings, watch performers or wait in line for the coveted apple fritters. The booths featured

Connecticut vendors and many displayed jewelry, holiday decorations or baked goods.

The Southington Fire Department was also in attendance. They let young children see the inside of one of their firetrucks and gave out tips on fire prevention and safety.

The Southington Arts and Crafts Association invited festival goers to take a look inside their pottery studio located downstairs.

There were also many carnival rides like a carousel, a Ferris wheel and a small roller coaster. The kids, and those young at heart, enjoyed these rides.

So long Apple Harvest Festival, see you next Autumn.

@CAROLYNMARTIN



The 'Amazing Andy' treated kids to a magic show.



One of the carnival rides at the Apple Harvest Festival.



One of the vendor booths at the Southington Apple Harvest Festival.



Festival attendees wait for apple fritters.

REVIEW

'Batwoman' Arrives In The Arrowverse

BY TESSA STACK
STAFF WRITER

★ Spoiler Warning!*

With the CW show "Arrow" wrapping up, a new hero comes onto the scene and into the Arrowverse.

Ruby Rose is the perfect addition to the CW family as Batwoman. "Batwoman" premiered on the CW channel Sunday, Oct. 6 with the utmost anticipation.

Rose outperformed herself in representing the character Kate Kane, with her tattoos, bad-ass attitude, and demeanor. Rose becoming Batwoman is the best choice that could have been made. Being a proud member of the LGBTQ community, even proposing to her girlfriend, and fashion designer Phoebe Dahl, in 2015, Rose is also the first actress to portray a lesbian female superhero lead on television.

Kate Kane is the cousin of Bruce Wayne, our favorite masked vigilante Batman, the "Dark Knight."

Kane was first introduced as a part of the Arrowverse last December in a crossover event the CW calls "Elseworlds." The crossover features characters from "Arrow," "Supergirl" and "The Flash" while including other characters such as Lois Lane and Batwoman.

All the other shows in the Arrowverse stray a bit from the comic counterparts, and "Batwoman," at least from the pilot alone, seems to be no exception. But hopefully, the show will remain true to the "Batwoman" comics.

As the show begins, Kane is trying to find her purpose after being kicked out of the police academy for falling in love with another woman from her training. Her father decided to send her to the academy in the first place because he didn't want her to join the task force.

Once Kane comes back home, she realizes her past girlfriend was kidnapped by Alice, her long lost sister who was presumed to have died along with their mother



Batman's cousin Batwoman has her own show that premiered on the CW Oct. 6.

THE CW

when Batman tried to save all three of them from going off of a bridge. Kane's father is the leader of the new police task force that compensates for Batman's disappearance.

While working to solve the disappearance of her crush, Kane finds herself in the Batcave discovering that her cousin is Batman. She learns that he was working on a case involving their family before he disappeared.

As the story continues, hopefully, viewers will discover why Batman has disappeared and whether or not Kane's dad will accept her new mantle of Batwoman,

as he does in the comics.

The only notable eyesore was that Rose's version of Batwoman was not sporting her signature long, ruby red hair and that her starter outfit didn't have the red bat symbol upon her chest plate.

If you like the Arrowverse, DC superheroes or if you're a fan of comics in general, this show is definitely for you.

New episodes will be released every weekend on Sunday at 8 p.m.

REVIEW

'Vinland Saga:' A Top Notch Amazon Series



This drawing of Thorfinn looks really cool until you realize he holds his knife in a fanny pack.

CRUNCHYROLL

BY SAMUEL PAPPAS
STAFF WRITER

Amazon Prime's "Vinland Saga" really came in clutch this year. It has stellar animation and expressive character designs, as well as a dark subject matter that few anime have sought to cover, in conjunction with grim themes about the horrors of war and revenge that it tackles without feeling overly edgy or pretentious. Amazon Prime certainly has its share of top notch series under its belt.

"Vinland Saga" follows the story of Thorfinn, a six-year-old boy from Iceland, eager to grow up into a strong warrior like his father Thors. However, this is against Thors' wishes. He has fought countless battles in his life and desires peace for his son, dropping nuggets of wisdom that he hopes Thorfinn will understand.

Thors' life is cut short when he and Thorfinn are ambushed by a charismatic mercenary named Askeladd and his crew of Vikings. Thorfinn swears revenge on Askeladd, and the stage is set for a classic revenge story.

But "Vinland Saga" refuses to be so clear cut, hiding a few tricks up its sleeve to spice things up.

Thorfinn wants to protect his father's honor by killing Askeladd in a fair duel. Askeladd humors him, allowing Thorfinn to join his crew, agreeing to duel him after Thorfinn proves himself worthy in combat.

"Vinland Saga" easily has the most interesting character dynamics I've seen all year. Askeladd is stronger than Thorfinn, but as time passes, Thorfinn becomes one of the best men in his crew. Askeladd finds himself relying on Thorfinn more and more, knowing that one day his luck and skill will run out. It becomes a sort of twisted mentor-student relationship. Askeladd sends Thorfinn on suicide missions multiple times, but is always pleasantly surprised when he returns and asks for a duel.

"Vinland Saga" is an entirely fictional story, but it fits rather comfortably into real history. There is a scene where a giant warrior picks up an ax and throws it through five enemies while shouting the Viking equivalent of

"Yeet," but it never jumps head-first into fantasy.

Many of the characters are based on historical figures as well. Leif Erikson even shows up in the beginning as a comic relief character and unwitting narrator, tailing after Thorfinn once he goes missing.

The heart of "Vinland Saga" lies in the protagonist, Thorfinn. He sounds like a one-note edgy anti-hero, but since so much time was dedicated to fleshing out him and his father in the early episodes, trying to instill a sense of morality and idealism, it turns into a tragedy. Thorfinn throws away the life his father would have wanted in order to pursue his revenge. He realizes the pain he has to inflict on innocent people if he's going to reach his goal. He thinks about the mother and sister he has to leave behind to follow Askeladd. He knows his goal is a selfish one, but he can't stop because he's already given up everything.

The plot of "Vinland Saga" might be tragic and even nihilistic, but even the horrible murderer and manipulator that is Askeladd is pretty fun to watch.

Askeladd outwits and taunts his enemies and commands his Vikings with ease, but he's also very down to earth. He knows he will eventually pay for the crimes he's committed, and he's brutally honest with Thorfinn about the things that are important to him.

The characters, while surprisingly few for the giant world they occupy, each feel interesting and memorable. Askeladd's rowdy crew has banter with one another. Random bad guys will each have distinct faces and personalities and even nameless soldiers will have fun little quips or display enough self-preservation in the heat of battle to remind you that they are human.

The only issues are the background art and some of the animation. Don't get me wrong, the opening scene has this amazing tracking shot of a huge battle on the open sea, but the characters and especially the horses will sometimes switch from hand-drawn animation to CGI, and many of the backgrounds are dull and flatly lit. This likely won't be a problem for many people however.

"Vinland Saga" is a show that hits its mark. It isn't completed yet, and the episode release schedule has been a little strange, but of the 12 episodes available right now, (out of the final 24) I can easily recommend this to anyone with Amazon Prime. Make sure you watch all the duel scenes with Led Zeppelin playing in the background.

Word Search: October 16

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

Word List

1. QUILT
2. MISCONDUCT
3. FOIA
4. RAINBOW
5. SILENT
6. BATWOMAN
7. VIKING
8. APPLE
9. SHAMBACK
10. CHROMACORD
11. EXILHOMME
12. ROMA
13. ROBERTO
14. KAPRELYAN
15. CHINA

OPINION

*NBA, Stop Being Selective**With Social Justice*BY RYAN JONES
SPORTS EDITOR

The National Basketball Association and its' commissioner Adam Silver have long campaigned themselves as being the most socially aware professional sports league, and have lived up to that high billing. That is, until it hurts the league's pockets.

Last week, the NBA got into hot water after Houston Rockets' general manager Daryl Morey tweeted out a picture that stated, "Fight for freedom. Stand with Hong Kong," in response to Hong Kong's ongoing protests over China's proposed extradition bill.

China and the NBA's relationship stems back to the 1980's, but the league started actually sending teams to play preseason games in the country in 2004. The league is currently in a five-year contract with China worth \$1.5 billion, some "hush money" that has so far incentivized the league to keep their lips tightly sealed on matters regarding the country.

So far, some of the league's most vocal figures on political issues have done little more than tuck their tails between their legs when asked about the China situation by the media. Steve Kerr and Greg Popovich, who both have been quick to voice their opinion on Donald Trump, have resorted to pleading ignorance on the issue.

It would be one thing if Kerr or Popovich had come out and said that they were not allowed to comment on the matter, which is likely the case here. While it's great that these coaches have the platform they do, and have so many times in the past used it correctly, to not stand by Morey for advocating democracy and instead outcasting the Rockets' GM is not only a big step in the wrong direction for the NBA, but also a blatant misuse of their platform.

Players have no requirement to comment on this issue, and people asking them to simply don't understand the real problem here. Owners, GM's and Silver being complicit with China's terrible policies and actions show where their true intentions lie, and it's not with social justice, it's with making money.

In 2017, the NBA pulled the All-Star game from Charlotte, North Carolina after state lawmakers refused to repeal the state's transgender bathroom law. Silver's move was applauded by the media and many fans alike, and rightfully so. This was a great decision from the commissioner, and was another example of the NBA taking a stand on social issues while other sports, like the National Football League, continually make the wrong moves in matters like this.

While this was again a great decision by Silver, how can he rationalize this while continually ignoring some of the unspeakable acts happening in China? There are a reported one million muslims in China currently being held in "re-education camps," which is just a nice way of saying concentration camps. These people have been tortured, starved and some even allegedly murdered in these camps that aren't too far from some of China's arenas where the NBA plays. China for months has denied the existence of these camps, but now are finally admitting to them. The only catch, however, is that China is claiming that they are being used to combat terrorism, which of course could not be farther from the truth.

Beyond the run-of-the-mill torture used in these camps, China has been accused of sterilizing women in these concentration camps and forcing abortions, some of which extremely late into the pregnancy.

Issues like these reach far beyond the realm of sports. If the NBA truly wants to market itself as proponents of social justice, then they should start by taking a stand against China's inhumane treatment towards its' people, instead of cashing checks from them.

@RYANJONES385

Volleyball Drops Lone Weekend Match

Ashlyn Eisenga, (above), is fourth in the NEC with 4.00 blocks per game.

BY RYAN JONES
SPORTS EDITOR

Central Connecticut volleyball's winning streak came to an end on Friday, as the Blue Devils were handed a 3-1 defeat from Sacred Heart.

The two opening frames in CCSU's inter-state match up proved to be the most contentious.

The Blue Devils exchanged leads early and often with the Pioneers throughout the first set as the teams tied 11 times in the opening frame.

The first set was primed for CCSU to take, but costly errors down the stretch put a wrench in it. Senior Emma Henderson served an ace to put the Blue Devils a point away from taking the set. The Pioneers took a timeout following Henderson's serve and quickly turned things around. SHU stormed back coming out of the break, scoring four straight to take the first set 26-24. Two of the final four points from SHU came from Central Connecticut errors.

The Blue Devils had their best hitting percentage of the game in the first set (.220) but the costly errors proved to be the deciding factor.

"We had poor execution tonight," head coach Linda Sagnelli said. "We gave up too many points on unforced errors where Sacred Heart didn't have to do anything."

Sagnelli said the team "needs to address" the errors made and work on "playing hard every single point and take accountability for every single mistake. There were errors tonight that I've just never seen us make."

Both teams continued to battle for the lead in the second set. CCSU's biggest lead came late (21-17) but SHU again scored four straight to tie the game at 21. SHU regained the lead, but a kill from Morgan Woycik started off a 3-0 run that clinched the second set for the Blue Devils.

Sacred Heart ran away with the third set, scoring the first points and never looking back as they kept the lead the whole time. The Pioneers led by as much as 12 as they took the third 25-14. The Blue Devils had their worst hitting percentage of the night in the third, posting a .086.

"We were our own worst enemy tonight," Sagnelli said. "We would have a nice play, then go back to the service line and miss the serve. We would do something good, then

three bad things happen and all of the sudden we're down three."

SHU jumped out to 6-1 to open up the fourth frame, but the Blue Devils were not ready to give up the game yet. CCSU scored 10 straight to take a 16-11 lead. Three errors from the Blue Devils helped SHU regain the lead down the stretch, one they would not relinquish for the remainder of the set. The Pioneers finished the set with 25-20 victory, securing the match win.

The Blue Devils NEC record drops to 3-2 on the season following the loss. Coming into the game, CCSU had won three straight games, all of which coming from 3-0 sweeps.

Going forward through the season, Sagnelli believes that "it's about what happens on our side of the court, not our opponents side."

On the costly errors against SHU, Sagnelli is optimistic about the team's ability to perform. "We have to take care of the ball," Sagnelli said. "We didn't do that tonight, and we have the ability to do that."

The Blue Devils will host Robert Morris and Saint Francis University this weekend as they continue their NEC part of the schedule.

@RYANJONES385

Upperclassmen Lead The Way At New England ChampionshipsBY RYAN JONES
SPORTS EDITOR

After a strong showing in the Ted Owen Invitational, Central Connecticut Cross Country had another successful day at the New England Championships, with some familiar faces leading the way for the Blue Devils.

Senior Roberto Piotto finished in the front of the pack for CCSU, grabbing the bronze medal with a third place finish in the 8k with a time of 24:46.9. Piotto has been a key runner for the Blue Devils all season; the senior has finished first amongst his teammates in all three of CCSU's meets this season, including a first place finish at the Marist College Invitational.

"Roberto leads by

example in everything he does," head coach Eric Blake said. "I have told the incoming freshmen that if they want to be good, they should just follow Roberto."

It seems Elias Field followed Blake's advice in the 8k, as the freshman was the third Blue Devil to cross the finish line with a 25:54.0 time.

"Our freshmen men are racing well together," Blake said. "But we can tighten up that pack a bit. We also need to get Julio and Robbie in there."

Following behind Piotto was classmate Richard Grudzwick, who finished 17th with a personal best time of 25:23.7. The men's team finished the day with a seventh-place finish out of the field of 25.

The women's side

also churned out a strong performance in Boston, with the upper classmen similarly leading the way.

Junior Angie Rafter finished first for the Blue Devils in the 5K. Out of the field of 154, Rafter finished 20th with an 18:25.6. Seconds behind her was classmate Megan Brawner, who finished in 21st with an 18:30.0 time. This finish is not the first time the junior duo led the charge for CCSU. In Central Connecticut's Ted Owen Invitational, Rafter and Brawner were top finishers for the Blue Devils.

Blake had high praise for the juniors, calling them "great teammates" and explaining how the two "make each other better."

The Blue Devils' coach also noted freshman

Brooke Morabito's improvement through the season so far. She finished the 5K with a 20:11.0 time.

"Brooke is doing an excellent job," Blake said, adding that "she will only get faster this season."

Sophomore Ashley Dana finished shortly after the two juniors, clocking in with a 19:16.1 time.

The women's team finished the day with an 11th place finish out of the 22 schools at the Championship.

Central Connecticut will have a week off before hosting the CCSU Mini Meet at Stanley Quarter Park on Friday at 4 p.m.

On the upcoming meet, Blake said, "The Mini Meet is shorter than the normal races, so let's get out fast and get our legs turning over."

@RYANJONES385

DJ Exilhomme: Central's Most Physical Defender

BY GABRIEL ANTON
STAFF WRITER

The Central Connecticut football team is 5-1 through the first six weeks of the season behind a defense that is holding opponents to 20.7 points per game and opposing running backs under 90 yards per game.

In the middle of that defense and in the middle of nearly every play, spectators will most likely see the leading tackler for the Blue Devils, junior safety DJ Exilhomme.

"Whoever has the ball, you're going to see me there every time," Exilhomme said. "I just love playing football, so whenever I'm out there, I'm going to be where the football is."

He loves to hit, despite not having a typical strong safety "hitting" frame.

"I'm just a hitter, man. I love hitting people. When I'm on the field is really the only time I can do that, so I make sure I enforce my will," Exilhomme said.

"For a kid who's 185 lbs, he plays like he's 210 lbs," head coach Ryan McCarthy said. "He's as physical as any football player we have. He really plays bigger than what he really is."

"He's just a physical, physical player who plays the game with no fear," McCarthy said. "The most impressive thing to me is his physicality. He's not afraid to lower his head, stick his nose in there regardless of what size the ball carrier is."

Perhaps it's his former wrestling career that allowed Exilhomme to lead the Blue Devils in tackles last season as a sophomore and this year through six games.

"I did wrestling when I was in high school," Exilhomme said. "I was a state champ, so I think that has a lot to do with it. It definitely helped my tackling."

In 11 games as a sophomore, Exilhomme finished the season with 74 tackles, 2.5 tackles for loss, four forced fumbles and an interception.

Halfway through the season this year, Exilhomme once again leads the team



DJ Exilhomme, (above), is Central Connecticut's leading tackler.

JULIA JADE MORAN | STAFF

in tackles with 39, and he has already matched his tackles for loss from a year ago. His production in forced fumbles and interceptions has dipped (one FF, no interceptions), but there is plenty of time left this season for Exilhomme to make an impact in those categories.

"Well, I dropped two [interceptions] so far, but I promise you, there's going to be some coming up soon," Exilhomme said.

Despite no picks this season, Exilhomme has found other ways to get the ball. He has two fumble recoveries and one returned for a touchdown.

Exilhomme is projected to have a career year with 78 tackles, five TFL, two FF, and four FR.

This jump in production is something that has not surprised McCarthy.

"Athletic ability is number one but he's gotten so much better with his eye discipline," McCarthy said. "His coverage skills have improved and he

gets us lined up, he makes a lot of the calls back there. He's really improved the mental part of the game."

McCarthy has also taken notice of Exilhomme's improved leadership, saying he's a "quiet, lead by example guy," but also adding "he'll lead with his pads."

Personally, Exilhomme has used the way Centrals' season ended a year ago as a source of fuel for his career year.

At home against Duquesne University in the final game of the season, tied with under 30 seconds remaining in the fourth quarter, Central's defense let up a 56-yard touchdown that would end up being the game-winner. The touchdown costed the Blue Devils the game and the Northeast Conference Championship.

Exilhomme finished that game with a career-high 16 tackles and three forced fumbles but the loss is what stuck with him through his workouts.

"I used it during training when things

got hard," Exilhomme said. "I think [to myself], 'this is what I'm working for, this is why I need to get better,' and I'm making sure that doesn't happen again."

His hard work in training and focused mindset has shown on the field for Exilhomme and is evident to McCarthy.

"I can't think of one time this year where we got run by because our eyes are in the backfield or we're keying the wrong receiver," McCarthy said. "He's really done a nice job with that."

Exilhomme and the Blue Devils are still in the early stages of NEC play, they've only played one conference opponent to this point, but will soon be in the thick of things with six straight conference games.

If Exilhomme continues to bring his physical brand of football, lead by example and continue to make plays, he knows this team "can finish the season strong and go pretty deep into the playoffs."

@ATREVI013

Week Seven Fantasy Football Picks

BY THE RECORDER SPORTS STAFF

As more teams go through their bye weeks, Fantasy Football GMs need to be able to work the waiver wire to find potential difference makers. In Week Seven, The Recorder sports staff tells you who should be in for a big game or a big bust.

Trevi Alickolli, Assistant Sports Editor

SURE THING: Golden Tate (NYG vs. ARI)

Tate returned from a suspension two weeks ago and has established himself as Daniel Jones's top receiver with Sterling Shepard out with an injury. Tate scored over 20 fantasy points against a good Patriots defense and should keep his momentum going in an expected shootout against Arizona.

SLEEPER: Devin Singletary (BUF vs. MIA)

Singletary has been injured since Week Two but is expected to return this week and should get his fair share of touches against a poor Miami Dolphins' defense. Singletary scored double-digit points in the first two weeks of the season and should have another good game this week in his return.

BUST: Joe Mixon (CIN RB vs. JAX)

Mixon is coming off a disappointing performance

with just 10 rushing yards against the Baltimore Ravens and will face another tough defense in Jacksonville who held Alvin Kamara to only 31 rushing yards. A tough defense paired with a shaky offensive line, expect Mixon to continue to struggle.

George Attwood, Foreign Correspondent

SURE THING: Derrick Henry (RB TEN vs. LAC)

The Los Angeles Chargers did not play well against the Steelers and in particular, James Connor. In my opinion, Henry is a better running back than Connor and with the Chargers struggling to tackle opposing ball carriers, he has the chance to have a huge game as he is one of the hardest guys in the league to tackle.

SLEEPER: Julian Edelman (WR NE @ NYJ)

Edelman is only predicted to get 15 points by NFL.com, however, he is playing the New York Jets who have a defense with an inexperienced secondary, who against the Dallas Cowboys gave up a lot of penalties and yards. As Brady's go-to guy and the only receiver who is healthy for the Patriots, he has the chance to have a huge game.

BUST: Lamar Jackson (QB BAL @ SEA)

Jackson is playing against a Seattle Seahawks team that has a good run defense, this means that Jackson will have to try and beat the Seahawks with his arm. Jackson

is very much a dual-threat QB and I believe if you take away one part of his game, you have a better chance of beating the Ravens.

Andrew DeCapua, Staff Writer

SURE THING: Philip Lindsey (DEN RB vs. KC)

Lindsey is going up against the Kansas City Chiefs defense, who have allowed a 100-yard runner in four straight weeks. Lindsey is coming off a strong performance against the Titans and has four touchdowns over the last four games.

SLEEPER: Michael Gallup (DAL WR vs. PHI)

Gallup is going up against a Philadelphia Eagles secondary decimated by injury. The Eagles have the league's worst pass defense and with Amari Cooper's health up in the air, Gallup could be in for a big game as the number one receiver for the Cowboys.

BUST: Terry McLaurin (WSH WR vs. SF)

McLaurin is facing one of the better defenses in the league through six weeks in the San Francisco 49ers. Coming off a 100-yard receiving performance against the Miami Dolphins, who were missing their top corner, McLaurin will have a tougher matchup against the 49er's top tier pass defense which is allowing the fifth-fewest fantasy points to receivers.

PATS PULPIT

Swimming & Diving Tops Sacred Heart



Central Swimming & Diving swept Sacred Heart over 16 events.

CCSU ATHLETICS

BY GABRIEL ANTON
STAFF WRITER

After last week's gracious win over four other schools at the Fairfield Invite, Central Connecticut's Swimming and Diving team continued their success back home, when they hosted Sacred Heart in a sweeping win.

There were 16 events, including diving, hosted at the Jack Suydam Natatorium in Kaiser Hall, 10 of which were won by the Central Swimming team. Along with placing in the top three in every single event, the team won with a final score of 183.5, and 116.5.

The majority of the 16 events were freestyle events, which happen to be a classic Central Swimming strength. Last Saturday, the freestyle events continued in full measure to be a good source of wins.

Strong performances from senior Erika Maercklein solidified the team's success in the freestyle. She placed first in the 1000-yard freestyle event by a good 15 seconds faster than second place, which was occupied by

one of her teammates, senior Keelin Kendall. Maercklein won first place again in the 500-yard freestyle event, beating second place by 10 seconds. Classmate Grace Fredericks came in third in the same event.

Sophomores Katie Czulewicz and Jeannette King continued the Blue Devils' win streak by placing first and second respectively in a close 200-yard freestyle race. King won the 100-yard freestyle event while Czulewicz placed third. Czulewicz also placed second in the 50-yard freestyle, beating the third place by four-thousandths of a second.

Some events, like breaststroke, were swept by Central as they took home the top three prizes for both the 100 and 200-yard race. Sophomore Alex Lindgren won both of the breaststroke events for Central, followed closely each time by her fellow swimmers junior Katelyn Mann and senior Grace Regan.

Mann placed second in the 100-yard event under Lindgren and Regan placed third. Regan took the second place spot in the

200-yard breaststroke and freshman Abby Bacon took the third place spot.

Kaylin McMahon took over the backstroke events, securing the first place win in both the 100 and the 200-yard backstroke event. McMahon is continuing her backstroke success from the Fairfield invite, when she placed first in the 200-yard event.

Junior Erin Brown came in second and third in the 100 and 200-yard backstroke events, respectively, improving on her fourth place performance in the 200-yard event from the Fairfield invite.

When it came to the butterfly, Central still found success, but were faced with tough competition from Sacred Heart. Mann placed second in the 100-yard butterfly, with third place going to freshman Shannon Welcome. Welcome also took the second place spot in the 200-yard butterfly while McMahon took the fourth spot.

The team continued to show strong outings in the relay events. In past seasons, strong pairings of new and veteran talent

held in place a strong standard for the relay events. The Blue Devils have continued success, most prominently mirrored by their performance last Saturday.

A team comprised of King, Mann and sophomores Hallie Perrin and Simona Visinski, took first place in the 200-yard medley relay. Second place went to a team comprised of Welcome, Alex Lindgren, Erin Brown, and sophomore Destiny Johnson. Furthermore, in the 400-yard freestyle relay, a team comprised of Maercklein, Perrin, Czulewicz and King took first place while a team comprised of Fredericks, Regan, Welcome, and Visinski placed third in the same race.

The Blue Devils grabbed three spots in the 200-yard individual medley event. Mann placed second, followed by Lindgren in third and Bacon in fourth.

The diving team added more points by being on the board and taking third place in both events. Kirsten Bednarz took that third spot in both the 1-meter and the 3-meter diving events, amassing scores of 157.28 and 156.53 points respectively. Reagan Kenney came in fourth with a total of 127.05 points, and fifth with a total of 123.15 points in the events respectively.

With a majority of the events won, and McMahon, Maercklein, and Lindgren each taking two wins from the meet, Central has been competing at their best so far this semester. Winning efforts from McMahon and Lindgren in the breaststroke and backstroke events respectively were a backbone to Saturday's success, while strong teams won all the relays and only one freestyle event was not won.

Central Swimming & Diving will next be in competition on Oct. 26 against New Hampshire.

Yepes Shines As Men's Soccer Continues To Struggle

BY TREVI ALICKOLLI
ASSISTANT SPORTS EDITOR

In their 50th season of varsity competition, the Central Connecticut men's soccer team was on the road for two games against Mount St. Mary's and Fairleigh Dickinson this week.

The Blue Devils dropped both games, 3-2 and 5-1 respectively. Central now sits at 0-10-1 on the season.

Senior midfielder Eddie Yepes was a bright spot for CCSU, scoring all three of the team's goals during the two-game away stretch. He has scored in three straight games and is responsible for all

of Central's goals since Sept. 27.

Yepes has four goals on the season to go along with three assists. He leads the team in both categories.

Against Mount St. Mary's, the Blue Devils fell behind early in the first half after The Mount scored a pair of goals in a span of a minute. They scored another right before the end of the half, putting the deficit at 3-0 for the Blue Devils.

Forward Yann Kouemi scored a pair for MSM and fellow forward Marcos Lucero added the third.

In the second half, Central attempted a comeback behind Yepes, but was unsuccessful.

In the following Northeast

Conference game against Fairleigh Dickinson, Central started the game strong when Yepes scored to tie the game before the Knights scored four straight to pull away.

Daniel Lasarte, Ideal Shefqeti, Diego Arribas and Peter Kozlej all scored for the FDU against Central.

Yepes's goal, Central's only score of the match, was assisted by freshman midfielder Mitchell Lyons. Lyons earned his first career point with the assist and is one of four Blue Devils to have started every game this season.

Sophomore goalkeeper Jason Dubrovich saved seven of 12 shots on goal against the Knights in just over 67

minutes and sophomore Christopher Papas saved one in nearly 23 minutes of game time.

Dubrovich has 50 saves through 10 games played and has a .602 save percentage. Papas has five saves with a .357 save percentage.

Central returns home for three straight games against Saint Francis University, Long Island University and Merrimack University before playing their final game of the season on the road against Sacred Heart University.

The next home game against the Saint Francis Flash is scheduled for Oct. 18, at 3 p.m.

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CCSU Weekly Sports Schedule

Football

- Saturday, Oct. 19, 1 p.m. v.s. Bryant

Volleyball

- Friday, Oct. 18, 7 p.m. vs. Robert Morris
- Saturday, Oct. 19, 5 p.m. vs. Saint Francis University

Women's Soccer

- Friday, Oct. 18, 6 p.m. vs. LIU
- Sunday, Oct. 20, 12 p.m. @ Merrimack

Men's Soccer

- Friday, Oct. 18, 3 p.m. vs. Saint Francis University





Football is ranked 25 in the STATS Top 25 FCS rankings for the first time since 2006.

CCSU ATHLETICS



Danley Exilhomme, (above,) is tied for the team lead in rushing touchdowns with four.

CCSU ATHLETICS

Football Off To Best Start Since 2009-10

BY TREVI ALICKOLLI
ASSISTANT SPORTS EDITOR

Central Connecticut football was on the road for the fourth week in a row against Ivy League opponent the Columbia University and came away with a 24-14 victory. The Blue Devils are now 5-1 halfway through the season, the best start to a season for Central in a decade.

Central cracked the STATS Top 25 Football Championship Subdivision rankings, debuting at 25 this week for the first time since 2006.

The Blue Devils are tied for the most road victories in the FCS, with four of their five wins coming on the road.

Continued great defensive play and explosive offensive plays were key for Central against the Columbia Lions, as two of their three touchdowns came from 62 and 71 yards respectively.

Heading into the week, junior safety DJ Exilhomme said that the game plan against the Lions offense is to get them off the field on third downs and to limit their time of possession.

They executed that game plan on Saturday.

Columbia was 23% on converting third downs (3 of 13) and they only possessed

the ball for just over 21 minutes compared to Central, who controlled the ball for nearly 39 minutes.

This is the second straight week that the Blue Devils have controlled the ball for over 38 minutes.

"Both sides of the ball played very well, the offense in the first half and the defense all game long," head coach Ryan McCarthy said to CCSU Athletics.

"That's a top-10 [Columbia] defense in the country, physical, tough, we knew they were going to make adjustments but that was a good performance [by us]," McCarthy continued.

Junior linebacker Tre Jones, who was named an impact performer in the Northeast Conference for Week Six, led the defense statistically with six tackles and 2.5 tackles for loss.

The tackles for loss were crucial for Central, holding Columbia's running attack to 46 total yards. The Blue Devils average 86.8 rush yards per game, which ranks top 10 in the country at the FCS level.

They had nine total tackles for loss and six different players registering them.

Offensively, it was a career-high day all around for the Blue Devils, who posted over 500 yards of total offense.

Graduate transfer quarterback Aaron

Winchester threw for a career-high 299 yards and one touchdown while also rushing the ball 18 times for 94 yards and a score. It was his 62-yard long touchdown run late in the fourth quarter that gave CCSU a 10 point lead and helped secure the victory.

Winchester earned the Northeast Conference Offensive Player of the Week for the second straight week.

"I don't see anything that changes with him," McCarthy said to CCSU Athletics. "It seems like when the moment gets bigger, he rises to the occasion. He's a leader on the field and I don't think anything rattles that guy."

Junior receiver Tyshaun James set a career-high in receiving yards with 126 on four catches. However, James did not score a touchdown, breaking his streak of scoring in each of Central's first five games this season.

"Tyshaun's my guy, obviously," Winchester said to CCSU Athletics. "It's been proven the last six games and if you give [him] a chance, he'll make plays for you."

Sophomore running back Keonte Lucas was responsible for a total of 202 yards against the Lions. He caught four balls, including a 71-yard touchdown catch, for

a total of 114 yards. He also ran it 18 times for 88 yards.

Lucas's 71-yard catch and run was his third 70+ yard touchdown of the season and the longest passing play for the Blue Devils this year.

He leads the team in rushing with 406 rushing yards and is second for all-purpose yard with 539 behind James. He has filled the role of running back nicely after projected starter Aaron Dawson went down with a foot injury.

Winchester, James, Lucas and Jones were all named "Prime Performers" by the NEC this week.

Fellow running back junior Danley Exilhomme ran the ball 12 times for 33 yards and a touchdown against the Lions.

To keep the theme of career-high days and season bests going, senior kicker Francis Cole connected on a season-long 45-yard field goal in the second quarter that gave Central a 10-0 lead.

The Blue Devils come home for their Homecoming game this Saturday, Oct. 19, hosting conference opponent Bryant University. The Bulldogs are 2-5 overall with a 1-1 conference record.

Central will face conference opponents in all of their last six games, with four of them at home.

@ATREVI013

Women's Soccer Continues Strong Homestand



Women's soccer is now 4-0-1 at home.

BY GEORGE ATTWOOD
STAFF WRITER

The Blue Devils were able to overcome the elements on a cold and windy Friday afternoon, posting a 3-0 win against Wagner College. The team has now won two games in a row and their past three home matches.

The win over the Seahawks put Central Connecticut into the fourth seed in the Northeast Conference. If the season ended today, they would be in the NEC tournament for the conference championship.

Sophomore midfielder Roma McLaughlin scored twice and freshman Ashley Wright scored her first collegiate goal

JULIA JADE MORAN | STAFF

in the victory. McLaughlin leads the team with seven goals and is tied for the leading scorer in the NEC on the year.

Against Wagner College, Central started as strong as they did in previous games, scoring in the first 15 minutes of the match. They started playing a 4-3-3 formation with McLaughlin playing as a false-nine.

"It's something we have been working on," head coach Mick D'Arcy said. "She is incredibly mobile and we are trying to figure out where she can impact the game most."

McLaughlin would rather play as a center midfielder but is willing to play wherever the team needs her.

"The false-nine is working for us and I'm happy to play that role for the team if that's

what's needed," McLaughlin said. "I'll play wherever as long as I am on the pitch."

The new formation continued to work for the Blue Devils as they were able to break the deadlock just 12 minutes into the game. Junior midfielder/forward Jenna Rae Covello put the ball on a plate for McLaughlin who was able to score.

The roles reversed for the Blue Devils almost a minute after the McLaughlin score when she played in Covello for a potential goal but her shot was saved by the Seahawks goalkeeper.

Central continued to play well and was rewarded for their efforts with a penalty after Covello made a great run into the box. McLaughlin capitalized and sent the goalkeeper the wrong way for her second goal to double the Blue Devils lead.

"It's always pleasing to score, but at the start of the game, the most important thing is that we win," McLaughlin said. "To get on the score sheet and win is always pleasing for me."

Central didn't start the second half as strongly as they did the first. The Seahawks almost scored after Central couldn't clear their lines but the ball drifted past the post.

Despite the scoreline, D'Arcy didn't think the team played as well as they could.

"It's always great to get another shoutout at home and three goals, I'm impressed with

that," D'Arcy said. "Overall I don't think our performance was great today, getting the goals early helped to settle us down. We didn't possess the ball as well as we normally do but I think you can blame the conditions for that."

D'Arcy gave credit to the Seahawks but praised how well his defense played.

"I thought we let Wagner back into the game in the second half. They had a good 15-minute span but we didn't concede which was good."

Central did have chances in the second half from a variety of players including the left-back, junior Erica Bardes but her shot smacked off the crossbar.

The Blue Devils did add to their lead in the second half, with freshmen Giavanna Inzerillo putting in her roommate Wright who finished well into the bottom corner for her first goal as a Blue Devil.

The Central Connecticut women's soccer team is off for a week before hosting conference opponent Long Island University on Friday, Oct. 18, at 6 p.m.

Central will close out the season playing five NEC games and D'Arcy recognized the importance of each game as his team is trying to improve on their 3-1-1 conference record.

"Every game is must-win but that's conference play."