



THE RECORDER

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CCSU Food Pantry Works Against Growing Campus Hunger



Maria's Place, CCSU's community food pantry, reopening last semester helps combat growing on-campus hunger. **KRISTINA VAKHMAN | STAFF**

BY KRISTINA VAKHMAN
NEWS EDITOR

A snippet of a ribbon and Maria's Place, Central Connecticut's community pantry, reopened at its new on-campus location last fall. Tucked away in the lower-level entrance of the Vance Academic Center, Maria A. Alvarez's face on the front window greets visitors, her smile radiant beside the pantry's signature sky blue logo.

The pantry's move and expansion came

just in time; with food insecurity on college campuses rising nationwide, it is more important than ever for CCSU to be ready to lend a hand to those who need it, according to Coordinator Freddy Rios.

"The numbers have grown significantly each semester," Rios said. He has data to back that up – since Rios started as the coordinator in 2017, the pantry has seen an increasing number of first-time visitors every semester, with six in Spring 2017 and

60 in Fall 2018.

The rise in need CCSU has seen falls in line with a United States Government Accountability Office report from January that found student hunger to be a pervasive problem, though the exact scale is unknown. Moreover, the report read that "of the 3.3 million students who were potentially eligible in 2016 [for the Supplemental Nutrition Assistance Program], less than half said they participated."

And options for hungry students are limited. To qualify for food stamps, the U.S. Department of Agriculture requires a student to work at least 20 hours a week if they don't have a child. It is not easier for those with children, as the federal government requires them to work 20 to 30 hours a week to get cash assistance.

"That's just another reason for the importance of Maria's Place existing on campus," Rios said. "You're gonna see soon a lot of food pantries that are going to be established. We actually just had a person from Southern Connecticut contact us because they're in the process of creating a food pantry like ours."

Maria's Place provides a vital service to CCSU students, faculty and staff who are in need of food assistance. Rios and 12 other volunteers always keep busy stocking shelves, collecting donations and making an effort to raise awareness of the pantry's accessibility.

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Senior Class Trip Back On

BY KRISTINA VAKHMAN
NEWS EDITOR

After months of uncertainty about whether the senior class trip will have anyone to spearhead it, let alone make it come to fruition, a Senior Class Committee has been officially formed to finally address its planning and organization.

"There is a Senior Class Committee that will be pursuing the programming of at least one or two major events/trips for seniors!" an email sent to students last Wednesday from Central Connecticut's Student Government Association read.

The problems with previous senior class trips' developments were a lack of oversight and guidance, as well as monetary mishandling and poor promotion. Trips from past years had "not [been] executed in a way a lot of people on the Senate would hope," according to SGA President Cassandra Fruin, and had cost the SGA an estimated \$20,000 that they did not gain back.

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Recreational Marijuana Bills Hit The Legislature Floor

BY MARIA BASILEO
STAFF WRITER

The Connecticut State Legislature proposed two new recreational marijuana bills during the new session which commenced on Jan. 9.

One of the bills, titled "An Act Authorizing And Regulating The Retail Sale Of Marijuana," or HB5595, was introduced by 40 representatives from districts around the state, including State Representative Peter Tercyak from District 26 in New Britain.

Representative Tercyak said in a newsletter from 2017 that one of the items on his agenda was "legalizing the use of recreational marijuana and taxing its sale and distribution to raise much-needed revenue."

The new bill would make the consumption of recreational marijuana legal for persons over 21 years old, as well as allocate a percentage



Two marijuana bills are on the Connecticut legislature's floor.

GETTY

of revenue from taxation to providing drug awareness education and substance abuse treatment for opiates and other drugs; studying the impact of marijuana legalization; funding drug-prevention officers in schools; creating a campaign to prevent distracted driving/under the influence of marijuana; and testing for illicit substances and potency in the marijuana sold.

"I think that's a great

idea to legalize recreational use of marijuana," Central Connecticut pre-nursing freshman Madison Notaro said. "Not only for the purpose of smoking to have fun, but many young people benefit through its healing properties to treat anxiety, depression, eating disorders and insomnia."

Another stipulation of the bill would expunge all marijuana possession convictions, which

would add Connecticut to a list states like California and Washington who have enacted conviction forgiveness after recreational legalization.

"I think it depends on if they actually purchased the marijuana themselves, or stole it from the source. Convictions should be erased if they simply possessed it by purchase or selling it," CCSU biology freshman Sarah Scott stated.

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"BOXES OF ART" BRIGHTEN CITY



The New Britain Commission on the Arts is now accepting submissions for artists interested in turning traffic light control boxes into works of art.

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BASEBALL SEASON PREVIEW



Head coach Charlie Hickey discusses his team's quest to return to the NEC tournament after failing to qualify last season.

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Students Disappointed With Cancellation, Delay Procedures

BY ISABELLA CHAN
ASSISTANT NEWS EDITOR

As another snowfall passes, Central Connecticut faculty, staff and students are left reeling – sometimes literally – across campus. The aftermath of the snow has left many unsatisfied with the university's choices for cancellations and delays.

With the majority of Central's students living off-campus and commuting, some believe the university is expected to take extra precautions and consider their commuters' safety.

After an icy snowstorm in late January that was not met with a delay, freshman Mary Firestone was disappointed to see the abundance of snow still on the sidewalks around campus.

"There is a lot of slush and it's icy so walking isn't safe," Firestone said. "I know there are a lot of commuters here so just looking at the sidewalks, I can tell the roads aren't safe. They should have taken that into consideration this morning."

The Central cancellation and delay procedure states that any announcements related to class cancellations, delayed openings and university closings must be made in a timely manner.

The cancellation and delay system sends notifications by 6 a.m. for morning classes, 10 a.m. for early afternoon classes and 2:30 for late afternoon and evening classes in order to ensure safety.

This semester, the university has closed once, delayed its opening three times and closed early once. Of these announcements, only one was not made in a timely manner, according to an email sent out to students and faculty by Director of Public Relations Janice Palmer.

Despite their timeliness, some



Consistent snowstorms have created frustration amongst students. ISABELLA CHAN | STAFF

students are not satisfied with the decisions and lack of immediacy with the messages.

"I personally don't get it. If you know we're expected to get three to five inches of snow, then why not cancel in advance rather than make me stay up all night expecting an email?" sophomore Joel Ennin said. "The least they can do is prepare better."

Daren Sam, a sophomore, also does not believe the university prepares for the wintery weather in the best possible way and often abuses their notification system at times.

"Walking out to my car this morning, there was so much [stuff] on it. With all that slush, it is like an ice rink out there," Sam said.

"The campus doesn't really communicate well with their students. When they had a delay last week I did not get any notifications about it, yet they always have time to tell me about textbooks and coffee from Starbucks," he

continued.

Some faculty and staff who teach early morning classes are also struggling to deal with frequent delays.

Due to the lack of early morning classes, some professors have pushed the dates of their exams further back and have had to adjust their syllabi based on the number of class dates left available, according to sophomore Fernando Galdamez.

"Every week, there's another snow storm, which means my classes are getting canceled again. Most of my teachers aren't happy about it either because now they have to change what they were planning on teaching," Galdamez said.

Although the future of what is to come is unpredictable, students are still hopeful of how the weather may change.

"With global warming and everything lately, this weather has been crazy. But you never know things might change. The groundhog did say spring is going to come early," Galdamez said.

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Students Reflect On Parkland One Year Later

BY KELLY LANGEVIN
COPY EDITOR

Valentine's Day marked a year since 17 lives were claimed by a gunman at Marjory Stoneman Douglas High School in Parkland, Florida. Today, Central students still remember the mass shooting and its impacts.

"It scares me because these types of tragedies have become a part of our society," junior Tori Wallington said. "It's scary to think that I could go to school one day and not make it out, or my friends or family could walk into a building that is supposed to be protected, a place where they feel safe, and not make it home."

Parkland's massacre had 17 victims who went to school that day not knowing that they would not make it home. Their ages ranged from 14 to 49.

Parkland had a familiar ring in one's ears. It remained with Central students, its anniversary reminding junior Juliana Rosario of other

shootings.

"Every time I see shootings in the news, it makes me feel very overwhelmed about my safety," Rosario said.

“

"It scares me because these types of tragedies have become a part of our society."

Tori Wallington | Junior

"Sometimes when I'm walking around campus, I think, 'What would happen if something like that happened here at Central?'"

CCSU Psychology Professor Carolyn Fallahi stated that seeing "vivid programming" of mass shootings on television can have negative outcomes like acute stress disorder, a precursor to PTSD.

"This is referred to in the literature as vicarious exposure because you are not experiencing the trauma directly, but viewing it," Fallahi said, adding symptoms include headaches and difficulty

sleeping

Although Connecticut does not have its own law about guns on campuses, Central itself does, forbidding all guns from its grounds. CCSU is also home to the Ana Grace Project, founded in 2013 in memory of Ana Grace Márquez-Greene, who lost her life in the Sandy Hook Elementary School shooting in 2012.

The gunman killed 26 people, including 20 first-graders in less than 11 minutes, before taking his own life. The ages of the victims ranged from 6 to 56.

"I think it's sad that kids get killed when they are just trying to get their basic education," sophomore Chris Ghallagher said.

Central faculty member and Ana Grace's mother Nelba Márquez-Greene, along with father Jimmy Greene and brother Isiah are the family of 6-year-old Anna Grace whose "life on earth was ended at Sandy Hook on December 14, 2012, - a day forever etched

in our collective conscious," the Ana Grace Project website reads.

"Love Wins" is the slogan adopted by her family immediately after the tragedy. It has been a rallying cry. The Ana Grace Project is dedicated to promoting love, community and connection for every child and family through three lead initiatives, partner schools, professional development, and music and arts, according to the Ana Grace Project website.

The Ana Grace mission is to offer "community, families and individuals hope for healing."

Over 1,200 kids have been killed since the Parkland shooting last year, according to The New York Times.

Although these numbers are large, Fallahi noted that students can become desensitized due to repeated exposure to violence in the media. However, if someone is struggling, it is good to see a therapist and talk about these issues.

@KELLYLANGEVIN2

CCSU Food Pantry Works Against Growing Campus Hunger

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The pantry provides vital services for CCSU community members who are food insecure. **KRISTINA VAKHMAN | STAFF**



Maria A. Alvarez's daughter Melina Lopez, right, and CCSU President Dr. Zulma Toro, left, at the pantry's reopening last semester. **KRISTINA VAKHMAN | STAFF**

Rios has also worked to upgrade the pantry, whether that be by tracking how many CCSU community members make use of it or by implementing a new digital sign-in procedure that takes note of the date, time, number of items taken and any items low-on-stock during a visit. Additionally, he's extended the pantry's hours to accommodate those who require its services in the evening.

"I realized I could actually make an impact on campus," Rios said. It's his last semester as the coordinator, as he's wrapping up his Master's program, but the work for him and the pantry's volunteers carries on.

For volunteer Alexis Armstrong, that includes interacting and connecting with visitors. The sophomore social work major is following in her mother's, who works with food insecurity in the social

work profession, footsteps.

"She's worked with lower-income families since I was born and she is a resource for them to get food stamps and access to food pantries," Armstrong said. "Food is a necessity to survive and the fact that it's scarce is terrifying to know."

Armstrong sees Maria's Place as especially important for those students with "families and children," as the pantry "being able to provide a resource for [them] is life-changing for them." And "all kinds of people" come to Maria's Place, Rios said – it is almost impossible to tell who is food insecure just by looking at a person.

"I've never judged anyone who came into the pantry. They look like one of us. They're just a regular student. That's why the pantry is so important. It breaks down that stereotype," he stated, furthering that because visits are anonymous, those in need do

not have to feel ashamed for any reason.

Maria's Place has come a long way. The snip of a blue ribbon opened the doors to an essential on-campus service that simultaneously honors Alvarez and her 32-year-long legacy of helping CCSU students, as well as her commitment to her parish's food pantry and making sure that anyone who didn't have food on the table went home with enough to set up for dinner.

"I just hope that more pantries open up," Rios said. "It's very important that every university, even community colleges, have a food pantry."

Maria's Place is open Mondays and Thursdays from 10 a.m. to 5 p.m., Tuesdays and Wednesdays from 10 a.m. to 8 p.m. and Fridays from 10 a.m. to 6 p.m. For more information and to see a list of donatable items, visit compassion.ccsu.edu/foodpantry/.

@KRISDVP

SGA Special Election Winners Sworn In

BY KRISTINA VAKHMAN
NEWS EDITOR

Political Science, 110 votes

Central Connecticut's Student Government Association swore in some fresh faces last Wednesday, filling the organization's available spots for first-year, at-large, commuter and resident senators.

As always, The Recorder asked the SGA's newest members what their goals are as elected representatives of the student body.

First-Year Senators

"My only goals are to be a great asset to the team, use my passion for people to better this campus and be here for you in any way possible!" - *Jacqueline Marks, Freshman, Political Science, 38 votes*

At-Large Senators

"My first goal is to make a change on campus safety and culture. There is a lack of interest and care of keeping this campus safe and having simple things like blue lights around campus fixed. I would like more students to be able to get the help and resources they need. One service that needs to be fixed is the counseling center on campus that lacks the necessary quantity of counselors for our school's population. I believe that Central should be focused on keeping their students supported at all levels. Additionally, I would like to [help the] SGA's External Affairs Committee [with] their agenda of college affordability. I believe if our government is making decisions about our future and education, we should have a say in it." - *Paige Sorenson, Junior,*

"My goals are to try and create a new pronoun policy for the school and residence halls. I also want to work with trying to review the gender-inclusive housing options on campus and work to make resources like this more accessible to the students." - *Armando Osario, Sophomore, Social Work, 110 votes*

"I intend to assist the student body as effectively as possible by being a listening ear to whatever issues they are experiencing on campus and to work towards assisting them in making it feel like a home away from home. I would also like to work on more diversity initiatives on campus to encourage more togetherness amongst the student body." - *Rena Lewis, Senior, Political Science, 104 votes*

"I hope to learn about the processes we have here at CCSU, [like those] involved with getting degrees. Many students come in hoping to graduate in four years, but most need to spend an extra semester in order to finish all the credits and classes required. I would hope to look into why it is taking students longer to finish degrees than they initially plan. I [also] hope to improve student's experiences here, both through academics and through activities on campus." - *Shannon Williams, Sophomore, Secondary Education for English, 83 votes*

Commuter Senators

"My goals are to make CCSU feel like more of a home for commuters. I want them to feel like they don't just go to

class and go back home every day. I really want to advertise events on campus better and make them at more available times for commuters so they have that sense of community." - *Erin Malanga, Junior, Exercise Science, 40 votes*

"My main goal is to advocate for all students to ensure that everyone feels like a part of our campus and the decision-making process. As a fellow commuter, I can understand not feeling as involved or included in student affairs as others. I want you all to know that [the] SGA is super accessible and committed to hearing what you have to say and uniting our amazing campus!" - *Christian Reyes, Senior, Political Science, 35 votes*

Resident Senators

"My goals for being on [the] SGA are really to help form more of a connection between athletics and the SGA. I'm on the women's soccer team and from what

I've experienced, there's not enough interaction between [the] SGA and the athletics program. I'm hoping I can be an advocate for both groups so that we can grow as a community here at CCSU." - *Emily Hogan, Junior, Political Science, 71 votes*

"My goal with having this position is to have residents feel safe while on campus – that students know proper actions to take if you are a witness to unusual behaviors. But [my goal is] also to have fun and experience everything you can while being at CCSU while having us all come together, to get involved and perhaps make lifelong friends with our neighboring fellow residents. [I want to also] include more diversity and to understand who we all are as individuals. This is our second home and everyone deserves to be happy, and I want to help us get there. Go Blue Devils!" - *Ivie Enagbare, Junior, Human Resources Management, 58 votes*

@KRISDVP



The SGA recently swore in its newly-elected senators last Wednesday.

SGA ON FACEBOOK

Smithsonian Director Spotlights Black History, Culture At CCSU Talk



Professor Stephen Balkaran, right, invited Beverly Morgan-Welch, left, as a guest speaker in Civil Rights Lecture Series.

ISABELLA CHAN | STAFF



Over a hundred people packed Torp Theater to listen to Smithsonian Director Beverly Morgan-Welch.

ISABELLA CHAN | STAFF

BY ISABELLA CHAN
ASSISTANT NEWS EDITOR

Highlighting the impact of African-American history and culture on American society was the theme at last week's annual Central Connecticut Civil Rights Lecture Series, where over a hundred people packed Torp Theater to listen to guest Beverly Morgan-Welch.

"I was amazed by CCSU's commitment to preserve and expand the Civil Rights Lecture Series into an academic curriculum where students can have a firsthand knowledge of the movement in the 1960's," Morgan-Welch said.

Morgan-Welch is the associate director of external affairs for the National Museum of African-American History and Culture at the Smithsonian Institution. Her lecture was part of a project created by CCSU Professor Stephen Balkaran. Since 2010, Balkaran has invited civil rights

scholars to CCSU to speak on the civil rights history in the U.S.

"The purpose of this project is to present an education tool for students, educators or any other members of Connecticut public to view, study and do scholarly research on the civil rights experiences that shaped our history," Balkaran stated.

For the Spring 2019 semester, Balkaran invited Morgan-Welch to share the influence of the "African-American experience, which is often lost and negated in American history."

Throughout her lecture, Morgan-Welch spoke on the construction of the museum, the galleries and artifacts on display and her own personal experiences.

Some of the museum's biggest displays look at important aspects of African-American history. This includes one of the Tuskegee Airmen planes, which showcases military advancements made by black people, and remnants of slave

ships and freedmen's bureau records, demonstrating the movement of slavery and freedom.

The museum collection holds almost 40,000 objects, including belongings of Harriet Tubman, Chuck Berry's car and an original copy of the novel "Twelve Years a Slave."

CCSU Professor Leah Glaser had visited the museum once before and enjoyed the experience, calling it "a blockbuster museum."

"You don't just have to have a personal connection to enjoy it," Glaser explained. "My half-Jewish children will have that experience for the rest of their lives and it will stay with them forever."

Morgan-Welch also discussed her own personal experiences of being African-American and how important learning her community's history was to her.

Having grown up in Colchester, there was not much around but the

town itself held a lot of history.

"When you look into your history, as I did, you find out that some people in your town used to be enslaved to people whose families you know and names still exist," Morgan-Welch said. "That's a difficult pill to swallow."

Morgan-Welch emphasized the importance of learning the history of one's own community and building upon that history positively.

"If you don't see a Native American, an Asian-American, an African-American or a woman in the history, then you want to ask, 'Who did the work, who else is missing from this picture?' because that's not the whole story," Morgan-Welch said.

"You need to know where you're from, you need to know the culture of your community and understand its history so you can lift it up and see how you fit into that story, wherever you are from," Morgan-Welch continued.

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Recreational Marijuana Bills Hit The Legislature Floor

CONTINUES FROM PAGE 1

Medical marijuana became legal in 2012. Connecticut has since allowed the opening of 18 dispensaries. Already-established medical marijuana dispensaries will have initial access to recreational licensing if HB5595 is passed.

On Jan. 18, the bill was referred to the Joint Committee on Finance, Revenue and Bonding. But it is not the only marijuana bill to come onto the legislature's floor.

"An Act Establishing A Cannabis Equity Policy," or SB690, was introduced by Senator Gary Winfield of District 10 in New Haven. It aims to give tax incentives to marijuana-related companies who grant employment opportunities to ex-offenders, as well as has the goal of diversifying the licensing

process.

"I think anyone should be able to work at a dispensary," CCSU freshman nursing major Hailey Gauthier said. "If they got in trouble in the past for something [like marijuana] that's doing only good things for people now, there's no reason to why they shouldn't be allowed."

Winfield's equality bill resembles one adopted in California last September, which was the first of its kind – California's Cannabis Equity Act intends to reverse the impacts of past prohibitory marijuana laws.

On Jan. 28, SB690 was referred to the Joint Committee on Judiciary.

Some Connecticut lawmakers are attempting to jump on the bandwagon following other east coast states who have legalized

recreational use. Recently, a billboard was positioned on I-91 North reading "Weed is legal in 60 miles" in reference to the distance to Massachusetts and legal recreational sales.

"Massachusetts is expecting to reap more than \$30 million from Connecticut residents in the first year they begin the sale of recreational marijuana," Tercyak said in the same 2017 newsletter.

Tercyak has been a representative in District 26 since 2002 and previously worked as a nursing supervisor for the State of Connecticut Department of Mental Health and Addiction Services, while Winfield has been a representative District 10 since 2014 and previously worked as a representative for District 94.

Neither Tercyak nor Winfield could be reached for comment.

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News In Brief

BY SARAH WILLSON
EDITOR-IN-CHIEF

Proposed CT Tolls Could Impact All Vehicles:

Connecticut Governor Ned Lamont could be rolling back on a campaign promise just over a month after being inaugurated.

Months before officially being voted into office, Lamont proposed bringing back tolls, but only for interstate trucks. Now, he's proposed the option to toll all cars and trucks on Connecticut's roadways, according to the Connecticut Post.

The announcement came in an op-ed in five Hearst Connecticut Media newspapers after Lamont's Chief of Staff Ryan Drajewicz said Lamont's possible change of heart came after seeing the amount of money tolls could bring in.

The Connecticut Post reported that the toll option could bring in \$800 million per year. Tolling trucks only could bring in less than half of that.

Drajewicz said this conversation surrounding tolling all vehicles is just the "start of the discussion."

Declared State Of Emergency Declared Could End Up In Court:

After signing a bill that prevented the government from shutting down for the second time this year, President Donald Trump declared a "State of Emergency" to receive funding for his southern border wall.

Trump himself said during the announcement that he expects his decision to end up in the Supreme Court.

According to NBC News, the legal fight stems back to the question of if Trump can defy Congress by declaring a national emergency to receive money for the border wall and whether or not that money can be allocated from congressionally approved military construction projects to build the wall.

NBC also reported that both Republican and Democratic lawmakers are concerned about Trump's announcement.

Despite the state of emergency, the bill Trump signed last week includes more than \$1.3 billion for 55 new miles of border fencing as well as money for other border security measures, NBC said.

Questions Surround ISIS Battle Despite Expected Victory:

The battle with ISIS is officially coming to an end, dangling the question as to what will happen with the over 800 Islamic State fighters that were captured during battle in Syria.

More than 41,000 foreigners from 80 different countries joined ISIS, with most coming from France, Germany and the United Kingdom.

Trump called on European countries to "take back" the fighters and put them on trial. If this doesn't happen, Trump said, fighters will be forced to be released.

CARE Scholars Cares For Foster Students



CCSU University Assistant Chris Marinelli speaks on behalf of CARE Scholars. **CHRIS MARINELLI**

BY SAM SHEPARD
STAFF WRITER

Central Connecticut hosts a diverse student population from all walks of life. While navigating the university system can be difficult for any student, it is even more so challenging for those coming from the Department of Children and Families system.

But at Central, there is a program that is there to help these students: Central's Academic Readiness and Engagement Scholarship Program (CARE).

Created by Assistant Director of Admissions Carlos Soler and built along with CCSU graduate and University Assistant Christopher

Marinelli, CARE Scholars is a program designed to help students coming from foster and adoption backgrounds to enter CCSU and support them up through graduation.

Led by Marinelli, CARE is staffed almost entirely by students that come from foster families or from adopted families. This structure distinguishes them as the only such program in the nation. And in a society where those in the foster and adoption system are often stigmatized by those outside it, Marinelli said that is important.

"Sometimes foster youth and adopted youth are stigmatized. But understanding that these students have had a really resilient life, [understanding] that there

are many aspects to identity [is necessary]," Marinelli stated.

"For example, I'm Chris, I'm a teacher, I'm a musician and I'm also adopted and went through foster care," he went on; Marinelli himself is a product of the system. "So kind of understanding where the adjective falls is important, really. It's part of identity, but it's not the only part of identity."

CARE Scholars offer many resources for foster and adopted students. To reduce student homelessness, CARE joined with CCSU's Residence Life to provide full-year housing to students in the CARE program. Hosting workshops is also frequent.

"We do a workshop every month for our students relevant to different topics that are involving things such as financial aid [and] advising. We've done movie days," Marinelli explained. "We'll bring in experts if I don't have the answer and making sure that our students are navigating Central as well as keeping in mind some of the other variables that might be in place. For example, how financial aid works if you also have scholarships through DCF"

Additionally, CARE offers employment to students in the

program and provides mentoring. Upperclassmen from foster and adoption backgrounds teach and tutor lower classmen who are also from a foster or adoption background.

CARE has been growing each semester. In just two years, the program has gone from 50 students to 90 students. Marinelli said that growth means getting more resources to ensure that every single student in the program is fairly cared for.

"We're definitely going to grow significantly," he said. "We need to expand our resources so we can give the same equitable approach we give our current students to next semester when we grow [and] make sure each student gets an equitable approach to college."

Every student has their own circumstances and story to be told. No one would know that story unless they wished to tell it. To Marinelli, the students in CARE's program are not defined by their backgrounds and are sure to excel.

"I believe that my students are capable of not just excelling but becoming game changers in this world because they have a perspective that is really unique to society," he said.

Senior Class Trip Back On

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To address these concerns, Fruin submitted suggested guidelines outlining responsibilities, reasons for removal from office and other stipulations to Student Activities/Leadership Development Director Scott Hazan last semester after she and SGA Vice President Dante Solano discovered the Senior Class Committee existed on TheLink. They asked for the guidelines to be adopted by the committee, but were met with a waiting game.

However, now that the Senior Class Committee has been formally announced, Fruin said that the SGA is ready to work with its members to make sure the senior class trip runs smoothly.

"[The] SGA will fund the trips as long as the group works with [SGA Treasurer] Kristina DeVivo and Scott Hazan on a responsible request," Fruin said. "Not sure what the trips are looking like yet especially since there hasn't been a meeting yet – once the groups meet, we will have a better understanding on what will happen."

According to the Senior Class Committee's Interim Chair Bitu Patel, the committee will "decide on the date of the trip(s), the planning of

the itinerary and everything else that comes with programming the event." The committee will first need to vote on a president, treasurer and budget once it decides on an event, he added.

"Currently, we have compiled a list of events that the seniors would like to see. We will vote on which ones the seniors would enjoy, and what will be the most cost-effective. These ideas range from brewery nights, bar crawls [and] casino trips, all the way to a dinner cruise on the Connecticut River," Patel stated, stressing that "none of these ideas have been voted on or approved yet."

Patel said that the committee currently has "38 dedicated seniors." Every person "has the responsibility and ability to vote on senior trips and events with no personal bias," he continued, "to ensure that the entire senior class benefits from these trips and events, not a singular person or group of people." Both he and Fruin are trying to get more seniors to participate.

In regards to SGA grievances on cost and poor advertisement, Patel said that the committee would make sure to be "cost-effective and cost-efficient with these events" and would "gauge senior interest when coming up with

attendance projections to the best of our ability," as well as would "address any concerns [the SGA] might have had in the past and do our best to improve the programming process."

“

"We will vote on which ones the seniors would enjoy, and what will be the most cost-effective."

Bitu Patel | Senior

"When it comes to guidelines, we are abiding by what has been given to us. This is to make sure all decisions made are done in a fair way," Patel said. "Our relation to SGA is that we are operating under their guidelines given to us and they will be funding the trips according to our proposed budget. Our relation to SA/LD is that we are provided a program and activities advisor to help us through the process."

"This committee is a positive sign for the senior class trips," he went on. "We are here, as seniors, to plan events for seniors."

@KRISDVP

What's New, CCSU? SGA Briefs

BY SARAH WILLSON
EDITOR-IN-CHIEF

- The Willard-DiLoreto ribbon cutting will take place outside the building on Wednesday, Feb. 20 from 10:30 a.m. to 12 p.m.
- Student Wellness services will host "Healing Heart Fair" on Thursday, Feb. 21 starting at 11 a.m. in Alumni Hall.
- This week's "Devils Den @ 10 p.m." will feature the "PRIDE Drag Ball" from 9 p.m. to 12 a.m. in Semesters on Feb. 21.
- "Elect Her," which is a national program to "encourage and train college women to run for student government and political office," will take place on Friday, Feb. 22 in the Constitution Room of Memorial Hall from 9 a.m. to 3 p.m.
- E-Sports at Central will host an "Indie LAN Party" on Friday, Feb. 22 and Saturday, Feb. 23 from 4:30 to 9 p.m. in Vance Academic Center room 105. Video games, free food and prizes will all be available.
- "Paint Night Social" will take place in Semesters on Feb. 22 from 6 to 8:30 p.m.
- The "Fix Flux" Art Gallery Exhibition in the Chen Art Gallery will continue to be open to the public until Feb. 28.

BY KRISTINA VAKHMAN
NEWS EDITOR

The Student Government Association meets every Wednesday at 3:05 p.m. in Bellin A and B of the Student Center. These briefs are from the SGA's meeting on Feb. 13.

- Newly-elected SGA senators were sworn in by Vice President of Student Affairs Dr. Michael Jasek.
- A motion to allocate \$4,500.00 to Center Stage for the production of their musical in a co-sponsorship with the SGA passed.
- A motion to allocate \$406.46 from to the Korean Club for their new base budget request passed.

EDITORIAL

Public Records Belong To The Public, Not The Government

Public servants of the United States' government often seem to forget or sometimes disobey the American right regarding public records – that U.S. citizens have the right to obtain any public record anywhere they want, anytime they want.

Concerned citizens and journalists who wish to gather information on court cases are often left facing a barrier: the Public Access to Court Electronic Records system, more commonly referred to as "PACER."

PACER is a 30-year-old scheme that continues to exist, acting as a collection of online portals run by the administrative arm of the federal court system, according to The New York Times.

The system was designed to provide online access to more than one billion court documents that exist in federal courts spanning across the country.

However, the public can only gain access to these public documents online by paying significant fees. PACER charges 10 cents per page to view electronic court documents or up to \$3 for documents exceeding 30 pages, which is common. These prices can add up to rather large costs, especially for news outlets.

These fees are disobeying the basic right for public information, giving the federal government a profit on a law that is based on the Freedom of Information Act.

In addition to pricing these pages, a new study by The Associated Press has claimed that the federal government has censored or withheld information more often last year than it has in the past decade.

Of the 823,222 requests for public information from the federal government, 78 percent of the records were censored or withheld.

But the government's business is the people's business and it should not be redacted or layered with fees.

With these restrictions, American citizens are being denied their right to obtain government files fairly and can become inconvenienced in their education and their professions.

Across the country, higher-education institutions use government documents and public records in their lessons. If students are forced to pay for additional charges for these assignments, then it becomes another expense to an already costly experience.

Even with classes at Central Connecticut, there are often times where those majoring in criminology, journalism and others are asked to use court documents as part of an assignment. Some professions require the use of these files as well.

In many cases, journalists have used government documents to expose crimes and stories for the public. Stories such as the Watergate scandal and the Boston Globe's investigation on sexual abuse of minors by the Catholic Church have been uncovered because of FOIA.

In The New York Times, they say that "news is what someone doesn't want you to know — the rest is advertising."

These findings contain important information that is normally found within government documents. The truth should not come with a price tag; it is free for all to know.

Lawyers and other employees of the criminal justice system also rely on court documents to help in processing and future cases. This information tends to be critical and can sway the outcome of a case. To force people in these fields to pay for vital government information is unjust and illegal.

Public records are meant for the people. FOIA was created to expand upon the opportunities for people to expand their knowledge on their communities and nations, not to limit it by adding charges to view government workings.

President Trump Got A Physical, I Don't Care



The media should focus on more important issues than President Donald Trump's physical exam.

GETTY

BY DANIELLE BIELE
COPY EDITOR

In recent and unimportant news, President Donald Trump had a physical medical exam and, spoiler alert, he passed.

Now, why is this news? Why do the American people need to know that our president went to the doctor this week? Is there really nothing else left news-wise to be covered? Because I can name you about a dozen more important events that happened this week that have drastically affected our country other than the man in the White Houses' doctor's appointment.

Children are still being separated from their families, gun violence is still a major issue, an unnecessary amount of money is being thrown into that godforsaken wall and extreme

measures have been put in place toward the transgender community serving in our military. And yet, major news platforms think that a doctor's visit is the news we Americans signed up for.

But it is not news. We all know what goes down when you see your doctor for a check-up. They tell you to say "aah," they ask you to cover one eye and read off some super tiny letters on a board a mile away, followed by some unsolicited advice about how to lead a healthier life. Then they give you a sticker and a pretzel rod and send you on your way home. It is everyday life, not news.

The dictionary defines news as "a report of a recent event; previously unknown information; something having a specified influence or effect."

Now, let's break that down. If you

want to call Trump going to the doctor an event, then be my guest. Yes, it is technically unknown information, but would your life be any different having not known that? Lastly, and most importantly, this entire situation had no influence on me, it did not make me want to go and schedule my next physical and I can guarantee no one's life was changed for better or worse hearing that he went to the doctor. So, that doesn't sound like news to me.

News to me is hearing about the pollution in our oceans and reading up on the wonderful humans who are taking a stand to stop contributing to the waste and finding out how I can help. News to me is being kept up-to-date with how Puerto Rico is still recovering from Hurricane Maria over a year later and how they still need our help. News to me is not that Trump went to the doctor just like he has done every year before since the day he was born. The coverage of this seems more like a tabloid report of, "Celebrities, They're Just Like Us."

Maybe I would care about Trump's doctor's visit when he was just the guy mumbling "you're fired" at washed-up celebrities. But sadly now, America is in his hands.

So, no Fox News, no CNN: I do not care that Trump is "just like us." The fact that he got a physical is not important. Now please, can we get back to the major issues affecting our country?

Connecticut's Eviction Rates Are Out Of Control

BY TOM HOPKINS
STAFF WRITER

Eviction rates in Connecticut are some of the highest in the country.

According to The Eviction Lab at Princeton University, Connecticut has four cities in the top 70 of top evicting large cities in America: Waterbury (22), Hartford (29), Bridgeport (39) and New Haven (69). Each city has an eviction rate well above the national average.

In addition to being one of the most expensive states to live in, Connecticut simply lacks affordable housing options for lower-income people, which is the main cause of the eviction crisis. According to David Fink, formerly of the Connecticut Partnership for Strong Communities, in over two-thirds of the towns in the state, more than 70 percent of the housing are single family.

"A low-income person in New Britain can't move to Avon or Farmington and buy a single-family home," Fink said. "We have plenty of that – what we don't have plenty of is multi-family housing, so the little that we have, there's huge competition for it. More demand drives up the price."

According to Fink, Connecticut's cities and towns need to invest in higher density housing developments, but factors such as stereotypes about the people that might inhabit low-income housing, communities wanting to keep a certain aesthetic to their towns and towns just not having the general knowledge to do it properly keep them shying away.



Connecticut's ridiculously high eviction rates force residents like Kimberly Luke out of their homes.

TOM HOPKINS | STAFF

Demographic changes have also increased the need for more affordable housing.

Young people coming out of college no longer want what the previous generation wanted. Research shows that this generation is getting married five years later than previous generations, according to The New York Times. What's more, Pew Research found that this generation is also going to have fewer children than the previous generations. Gone are the days of twenty-something-year-olds graduating college, buying a house with a white picket fence, getting married and having kids. Young people these days do not want to take on the debt of buying a house; they are already saddled with tens of thousands of dollars in student loans.

The eviction and housing crises go hand-in-hand. The state investing in affordable housing may be a solution to both of those issues. People who don't have to spend 30 to 50 percent of their income on housing will have more money to spend on things besides life's necessities, which would help the local economy and would help the job market, and so on.

It's true that Connecticut has had a hard time getting residents to stay in the state. According to a study done by United Van Lines, at 57 percent, Connecticut has the fourth highest percentage of outbound moves in the country. Building affordable housing may be a way to remedy the housing and eviction crises, and as a bonus, a way to get residents to stay.

Editors Column: The Recorder Will Not Censor The Truth



BY SARAH WILLSON
EDITOR-IN-CHIEF

The last thing I ever want to do as editor is offend someone. Whether it be with language, pictures or video, I will always strive to be as sensitive as I can to those who read our weekly content.

Like most people, I understand that the childhood chant “sticks and stones may break my bones but words will never hurt me” is not necessarily always true. However, censorship, especially when it

comes to the news, can be dangerous.

My first week as editor, I already found myself trying to make the decision of whether or not to include the graphic and cringe-worthy content that involved Theater Professor Joshua Perlstein, who is now in the process of being “dismissed” by the university. The dozens of pages of the spine-chilling interactions he had with former students were enough to make anyone feel sick. Ultimately, I decided to run a majority of the content uncensored. Though not an easy decision, the allegations that spanned over a decade, nine-month-long investigation and the countless number of survivors that came forward warranted the stone cold truth.

It is not fair to anyone, especially those intentionally picking up a newspaper with the intention of obtaining unbiased information, to have a skewed view of the truth. People have a right to know no matter how ugly or uncomfortable something may be. This is especially true when it comes to quotes.

I am still angered by the fact that the 2016 Access Hollywood video featuring Donald Trump and his “grab ‘em by the pussy” remarks were censored by so many media outlets. Though vulgar and cruel, it was a statement made by someone who would eventually go on to become the president of the United States. His comments were outrageous, but that’s half the reason I believe they shouldn’t have ever been bleeped out in the first place. Had his words been censored by everyone, it may have never gotten the shock-worthy reaction it was intended to.

The same goes for the recent Facebook comment made by former mayor and president of the New Britain Chamber of Commerce Tim Stewart. The sexist and uncalled for comment referred to the Democratic Congresswomen wearing white during the State of the Union in commemoration of the Women’s Suffrage Movement as “Bitches in heat.” Most media outlets resorted to covering up Stewart’s comment. Like The Recorder,

the New Britain Herald did not. For that, I commend them. After all, the public has a right to know how he truly feels about Democratic women.

Despite the majority of times where censorship is okay, there are times where the covering up of a word or image is necessary. For example, even in a direct quote, I would never dream of printing the “n-word” or any other derogatory slur. Though I will never be able to fully grasp the pain behind that word and so many others, I understand that some things are just too horrific or triggering to print. Again, the goal of an editor is never to offend or hurt someone, but rather to speak the truth.

But above all, I believe that, more often times than not, censorship is dangerous. If something is censored, chances are it’s giving the reader or viewer a rose-colored perspective of something that was never intended to be pretty in the first place. It’s not okay for someone else to decide what is okay and what isn’t okay for someone to see.

@SARAHWILLSON

A Case For Printing Graphic Imagery

BY KRISTINA VAKHMAN
NEWS EDITOR

There has long been a debate in journalism about how far is too far when seeking and reporting the truth. Whether or not news organizations should be publishing and broadcasting violent imagery has always been at the center of this debate.

But there should be no debate about graphic photos. They matter. They have a major impact. They deserve to be seen by readers.

In 2015, dead toddler Alan Kurdi washed ashore on a Turkish beach. His family, Syrian refugees, had attempted to flee their war-torn home by crossing the Aegean Sea to Greece when the boat capsized five minutes into the journey. Kurdi and his brother were two of 12 to drown and the photographer who snapped Kurdi’s lifelessness told CNN that she did so because “this is the only way I can express the scream of his silent body.”

Whether or not to publish a drowned toddler became a fierce topic of argument in newsrooms. Major outlets like the Washington Post, The New York Times, Time Magazine, CNN and Fox News moved forward with showcasing some form of Kurdi’s dead body. These publications inevitably received backlash, with the Post’s Beirut Bureau Chief Liz Sly saying in an interview with Nieman Reports that she was “surprised by criticisms that she was violating Kurdi’s dignity” after tweeting photos of the deceased toddler.

To Sly, not giving Kurdi news coverage, including his body, would have been a disservice to him and to the other Syrian children killed in the country’s war. In her view, “perhaps we’re violating [other Syrian children’s] dignity by not publicizing them and having them die in silence in the dark.”



Alan Kurdi drew worldwide attention in 2015.

That is the essence of why graphic images deserve to be published. Kurdi put a face to Syria’s humanitarian crisis. His tiny body lying face down beside the massive sea was a wake-up call that readers had not ever received before. Though it is uncomfortable and distressing to see a toddler’s dead body, people need to see it, and we as reporters have no right to prevent readers from seeing it.

Moreover, in the age of the wild terrain, we know as social media that graphic imagery will spring up anyway. The Parkland shooting is emblematic of that; videos from within classrooms where students lied bloodied on the floor or prayed to live in the corner as the SWAT team burst in surfaced and went viral.

As a student, this inside-look was disconcerting even for me; for someone who works in news and is mostly numb to violent imagery, even if I felt nauseous.

But that’s the point. The videos were supposed to make me sick. They were supposed to make me think if I and my classmates could be next. You cannot compare print headlines and sugar-coated broadcast packages of another school shooting to actually bearing witness to the carnage.

Of course, that is not to say that news organizations should not give readers a choice. Disclaimers and trigger warnings should be necessary, and if the imagery is borderline Rated R, it should be uncensored by the reader themselves if they decide to reveal it with a click of their mouse.

Nonetheless, regardless of a reader’s decision, accessibility to violent imagery is imperative. They showcase the truth, no matter how unsettling it may be. They make you sympathize. They make you want to take action. They make you not look away – they force you to look reality

in the face and to finally not ignore what your news anchor has been talking about for hours.

The 1972 photo of a then nine-year-old Phan Thi Kim Phuc running naked and screaming in agony from being scorched by napalm brought a new level of attention to the Vietnam War. The 2001 photo of a nameless man falling headfirst from the attacked Twin Towers left the nation shaken. The 1993 photo of a Sudanese child starving as a vulture waited in the background raised awareness for relief efforts and its photographer killed himself for taking it.

And little Alan Kurdi made even those living thousands of miles from Syria realize the level of devastation the country’s people have to endure.

Violent images hurt. They’re frightening. But they’re so incredibly important. Don’t look away.

@KRISDVP

Central Recorder on Facebook

New Britain Gets Brighter With ‘Boxes Of Art’

PHOTOS AND STORY BY SARAH WILLSON
EDITOR-IN-CHIEF



This New Britain honeycomb-themed traffic box is located across from Central Park near City Hall.



This traffic box, one of many throughout the city, is located on the corner of Little Poland.

New Britain may be getting a bit brighter after the city announced it is now accepting design proposals from artists interested in turning traffic light control boxes into works of art.

Orchestrated by Mayor Erin Stewart and the New Britain Commission on the Arts as part of a “High Voltage Art Project,” eager artists can submit their design proposals for the third year in a row, according to the city’s website.

“With the arrival of the ‘Bees Across New Britain’ project and more painted traffic control boxes, it is going to be a colorful and vibrant spring here in our city,” Stewart said in a press release.

The “Art Boxes” originally appeared at the Little Poland Festival in the spring of 2016. Nine other boxes in the downtown area have been turned into art as well with designs ranging from Polish folk art to original drawings.

Funded entirely through contributions from the city and donors including the Polonia Business Association, Stanley Black & Decker, Jasko Development, the Downtown District and more, according to the city.

Potential artists, who must be state residents, will receive a \$300 stipend from funds that are raised through donations from business and community organizations, according to the press release. A “special consideration” will be given to New Britain artists who are not residents of Connecticut.

Artists seeking to participate may submit up to three design proposals and are encouraged to submit work that draws “inspiration from New Britain’s rich history.”

Submissions will be accepted on a rolling basis with a selection being made by the New Britain Art Commission and Stewart’s office. The deadline to apply is Monday, April 8.

Anyone interested in filling out an application can go to www.newbritainct.gov.

@SARAHRWILLSON



This traffic box is located on the corner of Franklin and Pearl Street.



This traffic box represents Stanley Tools in the “Hardware City.”

C.A.N. Hosts ‘Dinner And A Show With Dan Henig’

BY SHWAR ZAIDI
STAFF WRITER

Traveling across the country from sunny California to snow-banked Central Connecticut on Feb. 13, Dan Henig ignited laughter rather than loneliness before the daunting Valentine’s Day last Thursday for couples and singles alike. The Los Angeles songwriter adds his own flavor on popular songs with his covers.

Central Activities Network honored campus with a Henig-hosted dinner and show featuring his eclectic remixes in the Connecticut Room.

Starting at 6 p.m. students were welcomed to the mini concert with a pasta and salad bar.

Dan Henig began singing different covers and some of his favorite songs, engaging the audience asking different people what songs they wanted to hear. Talking to the onlookers made the students a part of the show, joking about songs he did not know how to play.

Many people states that

they had a great time attending his lyrically and comedic performance.

Vice President of programming Nadia Santone said: “Dan is hilarious and a great performer, so I think it went well. I hope everybody who went to the event enjoyed it and laughed a little before Valentine’s Day.”

“What I liked the most was how entertaining Dan Henig is through music,” Cassandra Fruin, Student Government Association President continued. “I discovered him when he first originally put covers on YouTube and was excited to see him in person. Huge shout out to C.A.N. for bringing him on campus.”

According to Santone, the organization saw Henig performing a showcase at the conference that they go to every fall the National Association for Campus Activities.

“At NACA, we got to see and experience a lot of vendors and performers,” Santone stated. “We decide who we think CCSU would want to



Alexis Reid, left, and Tatiana Lizama-Cooper, right, listened as Dan Henig sang parody’s of popular hit songs.

ALEXIS REID | C.A.N

see on campus and that’s how we book a lot of the Spring Semester.”

The event seemed to be a success according to the audience and the C.A.N. team was happy about the outcome.

“Dan’s voice was amazing, and the song choices were hilarious being played acoustically. Another fun C.A.N. event and I couldn’t

be prouder of our team for putting it on,” Taia Lionetti, the President of C.A.N., said.

His sense of humor had the whole crowd laughing on the cold Wednesday evening. Program Director Samantha Duncan was pleased with the outcome of the entire event.

“It was nice seeing people enjoying each other’s company, a nice meal and of course the

entertainment,” Duncan said.

C.A.N. is a great place to start learning leadership skills, a great way to get to know new people and help make this campus a fun place for students. The organization meets every Wednesdays at 7:30 p.m. in Student Center Room 203 or follow @can_ccsu on social media for more information.

@centralrecorder on Instagram



REVIEW

'The World Is A Beautiful Place' And You Should Give Them A Listen



The World Is A Beautiful Place performs to a full house. CAROLYN MARTIN | STAFF

BY CAROLYN MARTIN
STAFF WRITER

Most people in New England stay home in the winter months, but I am not most people. On Saturday, Feb. 9, I had the pleasure of seeing The World Is A Beautiful Place And I Am No Longer Afraid To Die (often shortened to TWIABP). They are a band from Willimantic, Connecticut, and more specifically a band I have wanted to see live since 2016 when I first heard about them.

Yet, TWIABP has been around since 2010, but has had drastic lineup changes throughout the last nine years.

TWIABP did not come on their own, they brought some of their friends along. Those friends would be No Stranger from Pennsylvania, CT natives Ryan Patrick White and another band Tier, who were celebrating the release of their record "Ego Death."

First up was No Stranger. The only shame in their performance was that they were so early, that many people had not made it to the venue. But that also made it better. It really was an intimate show.

I looked these guys up on iTunes back when the show was announced in January. I liked what I heard and did not think much of it again. But let me tell you, they truly blew me away. They had such high energy and were just so happy on stage; smiles never left their faces as they were on stage, and those smiles were passed on to the crowd.

It brought me such joy to watch them and be in that moment. If I had to categorize them, I would say they sound like The Wonder Years vocals over Knuckle Puck's copacetic-style guitars.

Next up was Ryan Patrick White. I also looked a little into him before I went to the show, liking what I heard. Now the downfall was putting Ryan Patrick White after No Stranger. White's performance was him sitting down with an acoustic guitar. As a result, he had very little movement in his set, where his only interaction to the crowd was talking to and with them.

After White, came Tier. This would be their record release show for their new album. They were the only band on the lineup I had not heard before, so I was excited to hear them and ready to support a local band in their endeavors. However, that hope was quickly squashed, because, if I am being honest, Tier was my least favorite band on the lineup.

I really liked one of the songs they played and moved my head to the beat, but I did not get the feeling of joy I got by watching other bands like No Stranger on stage. They did, however, have some movement to their performance and I think I might have enjoyed them more if I had known the lyrics to a song or two. I could not clearly understand what they were singing through the speakers.

Finally, it was time for TWIABP to take the stage. While the crowd was kind to the opening bands and even sang along with them, TWIABP was the band everyone was waiting for.

And they delivered.

Even though there were nine people on stage, no one overshadowed the other; they all needed to be there to make the performance come to life. They played their hits like "Getting Sodas," "January 10th, 2014" and "Marine Tigers" as well as older songs. If you are going to look these guys up, check out "January 10th, 2014." If you do not like their style of music, you may be intrigued by the story of Diana the Hunter, which is what the song is based on.

They also took a moment to dedicate some songs to Tom Diaz. Diaz was the founder of the band and did vocals, guitar and keyboards from 2009 to 2012.

However, on Nov. 1, 2018, Diaz passed away unexpectedly at 32-years-old. His memory was kept alive that night and as long as TWIABP keep playing, it always will be.

The only downside to this performance was that there was no definite end. No "here's our last song, thank you for coming out," no "thanks for stopping by, good night." The reason everyone knew the show was over, was that the lights were turned back on.

With all that said, I am so happy I went to this show and got to experience all of these bands live and you best believe that I will be watching them the next time I get the chance to.



TWIABP are Connecticut natives, a band formed from Willimantic, CT. CAROLYN MARTIN | STAFF

10 Reasons Why Reading From A Book Every Day Will Benefit You

BY NATALIE DEST

ARTS & ENTERTAINMENT EDITOR

When it comes to our brain, there is no better superfood than reading a book.

As humans, our brains constantly crave stimulation. Due to the increase in technology, many of our reading habits are centered around tweets, Facebook posts and Instagram feeds. Fewer individuals are taking time out of their day to sit down, open up a novel and indulge in a few chapters.

According to the Pew Research Center, more than 26 percent of American adults have not read even part of a book within the past year. Those who are reading fiction, nonfiction or poetry for as little as 30 minutes a day over several years, are living an average of two years longer than those who read nothing at all.

Although we are taught as children to read to increase our intelligence, researchers are arguing that reading may be just as important in adulthood. What most adults are unaware of, are the numerous benefits that reading a book can give us.

Setting aside just 15 minutes a day can provide you with the following benefits:

1. Increased vocabulary

The more you read, the more words you gain exposure to, inevitably making

their way into your everyday vocabulary. A University of London longitudinal study tested vocal skills of the same individuals at ages 16 to 42, discovering that those who are adults scored a higher percentage. 63 percent of adults proved that humans continue to learn language skills even as adults with the help of daily reading.

2. Reduced stress

No matter the amount of stress caused by your work, personal relationships or any other daily issue, losing yourself in a great story is a way to alleviate your worries. A study conducted at the University of Sussex found that only six minutes of reading was enough to distract and reduce participant's stress levels by 68 percent.

3. Expanded knowledge

One of the biggest takeaways of reading books is the opportunity to gain knowledge. Books are a rich source in information, varying from subject-to-subject while increasing our depth on certain topics.

4. Improved writing skills

This goes hand-in-hand with expanding your vocabulary. Being exposed to published, well-written work will affect your individual work for the better.

5. Improved memory

When reading a book, you are required to remember an abundance of things: characters, backgrounds, history, ambitions and plots. That is a lot to unpack, but our brains are actually meant to store these particular bits of information. Every new memory you create makes new brain pathways and strengthens existing ones; Reading a book will do just this.

6. Improved focus and concentration

Many of our day-to-day lives involve our attention being drawn in many different directions. We tend to find ourselves multi-tasking most of the day, dividing our time between many different things. However, when reading a book, all your attention is focused on the pages directly in front of you. With your eyes and thoughts immersed on one particular task, this will help improve your concentration in the long run.

7. Increased empathy

According to Readers Digest, reading books, especially fiction, has been proven to increase one's empathy. One 2013 study found that participants who read just the first part or chapter of a book showed noticeable increases in empathy just one week later, while news readers showed a significant decrease.

8. Better sleep

It is no secret that a lack of sleep leads to low productivity. Creating a regular de-stressing routine before you sleep can help calm your mind and increase your hours of sleep. Reading a book is one of the best walks to calm your nerves and brain before going to bed.

9. Portable and cheap entertainment

Compared to many other forms of entertainment, books are quite inexpensive. Saving that \$10 for your movie ticket could be put towards a novel of your choice, one where you get to read every day.

10. Better health

There are thousands of great self-help books waiting to be purchased. Many of the books can help towards the improvement of your mental and physical health. According to UCSB Geography, the brain stimulation caused by reading can slow the progress (or possibly prevent) Alzheimer's and Dementia, since it helps keep your brain active and engaged.

We are individually responsible for keeping our bodies and minds healthy. Although many may not see it as such, reading a book each day can affect our life span, all the while keeping us entertained.

Even setting aside 10 minutes a day can go a long way. Why not put your phone down, pick a novel of your interest and start your first chapter.

Grammys 2019: A Controversial Night For The Academy



Best New Artist winner Dua Lipa accepts award, while calling out Academy president Neil Portnow on his sexist comment regarding female representation.

BILLBOARD

BY NATALIE DEST

ARTS & ENTERTAINMENT EDITOR

The Grammy Awards are the music industry's most popular night, but they can be the most awkward as well. While there was a handful of exciting performances and unforgettable big wins two Sundays ago, it is the awkward and controversial moments from the 2019 Grammys that continue to live on in our minds — and the internet.

The Academy has routinely been criticized for its lack of honoring female artists, which made the discussion yet again during this year's awards.

Neil Portnow, President and CEO of The Recording Academy, commented last year on the matter stating "I think [change] has to begin with women who have the creativity in their hearts and souls, who want to be musicians, who want to be engineers, who want to be producers, who want to be part of the industry on the executive level to step up."

It was 2019 winner for Best New Artist Dua Lipa's dig at Portnow during her acceptance speech that led to an uncomfortable pause in the audience, igniting the trending topic

through social media.

"It is an honor to be nominated alongside so many incredible female artists this year. I guess this year we really stepped up," Lipa said. The "New Rules" singer's remark took aim at Portnow's sexist thinking, and she was not going to step off the stage without saying so, even if her speech was cut off early.

"Being in the New Artist category and having so many female artists nominated is a big change. It's a change we hope to see for many years to come," Lipa told reporters in the press room after the show. "It's a big difference from previous years. I feel so grateful to have been a part of the nominations when they came out and to see so many women honored."

Lipa's 'step up' comment made one of the top trending topics of Grammy night on Twitter. Portnow replied to the criticism of the lack of female representation by discussing and celebrating the "talent and importance of female voices of our time."

Lipa was not the only one to stand up to The Academy on live television; viewers also watched Grammy 2019 winner and rapper Drake speak out as well.

Also, getting cut off early, while accepting

his award for the hit single "God's Plan," the 32-year-old used his speech to denounce the importance of the Grammy's.

"We play in an opinion-based sport, not a factual-based sport. It is not the NBA... This is a business where sometimes it is up to a bunch of people that might not understand what a mixed-race kid from Canada has to say," Drake said. "You've already won if you have people who are singing your songs word for word. If there are people who have regular jobs who are coming out in the rain, in the snow, spending their hard-earned money to buy tickets to come to your shows, you don't need this right here. I promise you, you've already won."

Before he could continue, the show cut to commercial, leaving viewers at home confused when the rapper's mouth was moving yet no sound was being heard. Speculation on social media went viral rather quickly, criticizing the Grammy's for cutting a speech that was likely dissing its own show.

Drake ended up calling the speech "too raw for t.v." later in an Instagram post.

Further into the night, the Recording Academy claimed the move to cut Drake's speech short was not intentional due to its context. A spokesperson for the Academy explained after the show that the ending of the speech "was the result of a misunderstanding on the part of the producers, who offered Drake a chance to reappear on stage after the commercial," according to Variety.

Many viewers went to Twitter to share their thoughts on the experience.

"Grammys had to cut Drake off after he started exposing the award shows," @kingtisemedia said.

"You really gonna cut Drake off when he had the best speech of the night. #GRAMMYS" @MelisaGenesis said.

"Thank you, Drake, for questioning what is an artist's true worth and the meaning of true success. It's a shame we couldn't hear more," @JenRavens09 said.

Controversy seemed to land its way on Jennifer Lopez as well, questioning why the Grammy's picked JLo to represent Black music history with a performance. Many audience goers were questioning why this superstar was honored to give a performance dedicated to representing Black talent considering she is a White-Latina performer.

"No offense, #JLO is dope, but I could think of at least 50 Black artists that could've been chose to do a #MOTOWN tribute sitting in the audience," one Twitter account said during her Motown tribute.

The performer spoke out despite her criticism to defend her performance. "The thing about music is that it inspires all," Lopez said. "Any type of music can inspire any type of artist. You can't tell people what to love. You can't tell people what they can and can't do, what they should sing or not sing. You gotta do what's in your heart."

Smokey Robinson also came to Lopez's defense stating: "Motown was music for everybody. Everybody." Also suggesting that growing up in a Hispanic neighborhood [the Bronx] gives her Black credit. "Who's stupid enough to protest Jennifer Lopez doing something for Motown?"

As the awards dwindled down to a leftover buzz on the internet, it is safe to say that the 2019 Grammys had its fair share of controversial, awkward pause moments scattered throughout the night.

Here is to next year, hoping that the 2020 awards are a night filled with successful winners and honoring music; what the Grammy's should be about.

@NAT_DEST

REVIEW

'thank u, next' Has Massive Highs, Even Lower Lows

BY DANIEL FAPPIANO
LAYOUT EDITOR

Perhaps no pop artist currently in the mainstream is as well-known as Ariana Grande. With her recent engagement and then separation from actor Pete Davidson still fresh in listener's minds, the mega-star saw fit to drop her fifth studio album, "thank u, next." While Grande manages to produce some of her best work to date, she also manages to hit some confusing and tasteless lows.

The album starts off with the song "imagine," in which Grande describes a world where she and her lover are together. As an opener, the song comes off as bland. There is nothing that makes it stand out from any other song on this album or as pop in general. It is hard to imagine, pun intended, that this song will be a memorable one in Grande's discography.

Unfortunately for Grande, the same level of blandness occurs on the second track, "needy." Unlike "imagine," this track is one of the shortest on the album and gets right to the point. The singer remarks about how she is damaged and not a perfect woman, but is trying to change. It is not necessarily a bad song, but again is bland and somewhat melts in with many other tracks on the album.

On her third track, "NASA," Grande puts together a fun banger that really packs a punch. The chorus is one of the best on the album as she sings about how she needs space to move on. Her N-A-S-A refrain is thoughtful and makes the song worthwhile. While other tracks are more somber in nature, "NASA" brings some much-needed energy, despite the subject matter.

However, while "NASA" is one of the best on the album, the following track "bloodline" falls into the same problem of forgettable pop music. The horns throughout the song are interesting, but Grande's performance comes off like any other song she has made. The subject matter, or just wanting a good time and not a husband is interesting, but overall, "bloodline" falls into the same category as "imagine" and "needy."

Grande's next track "fake smile" is one of the most interesting on the album. While the verses sound a dime a dozen, the chorus is arguably one of the best on the entire project. The singer croons about how she just wants to be



'thank u, next' is Ariana Grande's fifth studio album. UPROXX

normal and does not want to fake a smile. The chorus is one of the more beautiful moments on the album, despite the lackluster performance throughout each verse.

While "fake smile" may be a high point on the album, the following two tracks, "bad idea" and "make up" prove how inconsistent Grande is throughout.

In "bad idea," Grande sings about how she or another woman should forget about their ex-lover or problems and "run away." The track is the second longest on the entire album, but brings nothing new to the table. It sounds like any other pop song you would hear on the radio and does not stand out in the context of the album. The final minute of the song sees Grande's chorus slowed down with added reverb, however, it adds nothing and does not bring any other idea forward.

In "make up," Grande sings about how she wants an ex-lover back but perhaps not for the best reasons. While it is not as throw-away as "bad idea," it is another bland moment on the album. It does not really add or take anything away and sounds more like filler than anything else.

Despite Grande's inconsistencies, the next track "ghostin'" is not just the best of the album, but a significant moment in both culture and pop music. Grande sings about the loss of former boyfriend Mac Miller, who died last year due to a drug overdose. Throughout the song, she openly blames herself for his death and asks why he had to leave. It is by far the most

emotional track on the whole album. Grande's willingness to talk about such a serious topic, in such an eloquent manner is what will make "thank u, next" a memorable album.

She follows up her most beautiful song with another run of the mill track with "in my head." The song has a nice beat, but again somewhat melts into almost every other song that was on the album. While it is hard to follow up a song as powerful as "ghostin'," "in my head" misses the mark.

The next two tracks are the promotional songs for the album: "7 rings" and "thank, u next."

While "thank u, next" is fun and arguably one of the better songs on the album, "7 ring" is one of Grande's lows. As she tries to go hip hop, she sounds like Taylor Swift on her latest album "Reputation." The track does not mesh well with the others and sticks out like a sore thumb on the track list.

Grande ends the album with, "break up with your girlfriend, i'm bored." Not only is the song boring in nature, but the context is incredibly petty and contradictory.

Throughout the album, Grande has beautiful moments discussing how she is not a perfect woman or lover but is trying to become a better person. Songs like "needy," "fake smile" and even "thank u, next" show how Grande is trying to improve. However, on songs like "break up with your girlfriend, i'm bored," "make up" and "bloodline" she sings about how she needs a man to be happy. How Ariana Grande handles her breakups and future relationships is entirely her decision and not up to public debate. However, after listening to this album, it is very unclear on if she wants to be with a man or is comfortable progressing on her own.

Musically, Grande shines on "ghostin'," "NASA" and "fake smile." Her successes show just why she is so powerful in the pop industry. Despite her power, she shows she is not perfect as low lights such as "bad idea" and many tracks melting into each other cloud the album.

With so-so musical performances and a confusing personal angle, "thank u, next" shows off Grande's abilities to make catchy, yet sometimes forgettable pop music.

Overall: 5/10

@DFAPPIANO14

Central Authors: Tom Hazuka



Tom Hazuka posed with latest book “Flash Nonfiction Funny.”

TYRA MCCLUNG | STAFF

BY TYRA MCCLUNG
ASSISTANT ARTS & ENTERTAINMENT EDITOR

“Central Authors” featured English Professor Tom Hazuka who read stories ranging from professional anecdotes to semi-violent open letters to future ex-boyfriends and tales of our tail-wagging K-9 companions. One particular account details demolition of an unsuspecting squirrel.

Hazuka read excerpts from his latest book, “Flash Nonfiction Funny,” a collection of 71 short stories on Feb. 13. The collection was assembled and edited by both he and Dinty W. Moore, editor of Gravity Magazine.

“Central Authors,” hosted by the Central Connecticut bookstore, is a reoccurring opportunity for faculty and staff to showcase and sell their published works to the student body.

During the question and answer portion of the event, Hazuka admitted that he had trouble deciphering fact from fiction when it came to the more “cheeky” submissions such as “Intro to Creative Writing,” and he relied heavily on his co-editor Moore.

“He is Mr. Nonfiction and I’m far from Mr. Nonfiction so he was the arbiter,” Hazuka said. “A number of times [I asked] ‘Can this be called nonfiction?’ If he said it was okay then I went with it.”

The small audience sat engaged

during the 30-minute reading lightly chuckling here and there, while other times erupting with laughter. The guests were provided a sectioned off area, as well as complimentary popcorn curiosity of the bookstore.

The nonfiction piece of work included submissions from students, faculty and online submitters. One contributor of the flash stories, Kathryn Fitzpatrick, attended the reading and to her surprise had her “Angry Letter to Starbucks” read aloud.

“I wasn’t expecting it I thought it was kind of like a dumb story,” Fitzpatrick said as she laughed. “I’ve published before, but this is my first book publication. It’s cool, as a student it doesn’t really happen.”

Hazuka on the other hand has published other works including two flash fiction novels, two other collections of short stories, a novel entitled, “Last Chance for First” and several other works.

The reason Hazuka chose to do a nonfiction flash series was to appeal to the idea that nonfiction sells better. For example, Hazuka posited that movies based on true events sell better than those

that are not, or at least that is marketed to the public with that belief.

“It’s always in general, sold better than fiction. If I knew the answer I’d be writing the ones that sold well,” Hazuka said jokingly answering a question from the audience.

Another audience member asked: “When did short stories become too long?” He wanted to know why Hazuka sought out flash stories and if he should be to blame for the contribution of decline in longer form reading.

“I would never suggest that people read only flash fiction or micro-fiction, or anything like that. Keep those novels coming, read them read the long short stories read all kinds of different stuff,” Hazuka said.

All of Hazuka’s books mentioned in this article can be purchased on Amazon. The next Central Authors event will be held on Feb. 27, and will feature alumni author Melvin Douglas.

According to the CCSU website, the “Central Author’s” events serve as a televised series for Connecticut’s cable television stations.



CCSU

OPINION

OPINION

Courtney Cox And The Hollywood Pressure To Get Lip Fillers

BY KELLY LANGEVIN
COPY EDITOR

Close to everyone knows Courtney Cox as “Monica” from the hit television, series “Friends.” As a huge fan of the show, I adored her character and her astonishing natural beauty. Fame, however, turned the once young Monica into a woman trying to find herself.

Cox has recently opened up about her use of lip fillers, which she stopped using them two years ago as she dealt with aging and self-acceptance.

Cox told People that she started using lip fillers because she was not happy with the way she looked.

“I would say it’s a common thing you go through as you age, especially in Hollywood,” Cox said. “You have to accept getting older, and that’s something that I had a hard time doing.” But using fillers did not work out as well as she had hoped. “I didn’t realize it until one day I kind of stepped back and went, ‘Oh s—. I don’t look like myself,’” she continued.

Hollywood is a tough business. It comes with the

chance to show the world what you always dreamed of doing: acting, singing, dancing or whatever talent.

However, it comes with standards that you have to look a certain way, act a certain way and maintain an image that society wants.

Courtney Cox, as a loved character, fell into the trap of wanting to stay young for the sake of Hollywood.

“What would end up happening is that you go to a doctor who would say, ‘You look great, but what would help is a little injection here or filler there,’” she said.

“So you walk out and you don’t look so bad and you think, no one noticed—it’s good. Then somebody tells you about another doctor: ‘This person’s amazing. They do this person who looks so natural.’ You meet them and they say, ‘You should just do this.’ The next thing you know, you’re layered and layered and layered,” Cox told New Beauty.

A friend of Cox’s eventually told her the lip fillers were getting out of hand.

Now, Cox says she is as natural as she can be.

Other celebrities such as Jamie Lee Curtiss, Kelly Ripa, Khloe Kardashian and Cher have admitted to

getting work done on themselves. And the list can go on.

Kelly Clarkson, unlike the others and has had no work done, has felt the pain that Hollywood can bring.

“When I was really skinny, I wanted to kill myself,” she told Attitude magazine. “I was miserable, like, inside and out, for four years of my life. But, no one cared, because aesthetically you make sense,” according to Independent. Ie.

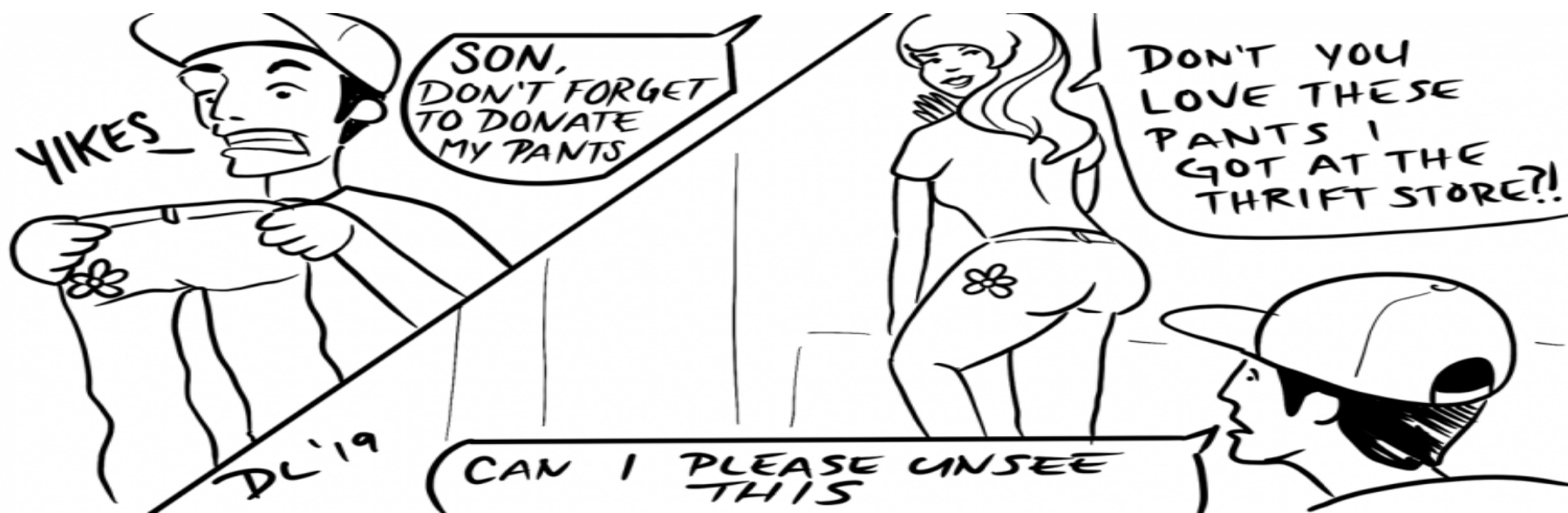
Clarkson also opened up about feeling the best when she is “fat,” because she spent so long being someone she is not.

Whether or not lip fillers are being used, plastic surgery or having had no work done, being in Hollywood must be draining having to live up to expectations of being perfect. Finding yourself in a business of looks and standards is what matters most. No celebrity should get surgery to impress the public and lose touch with themselves.

“Now I just embrace who I am and getting older with what God gave me, not what I was trying to change,” Cox said.

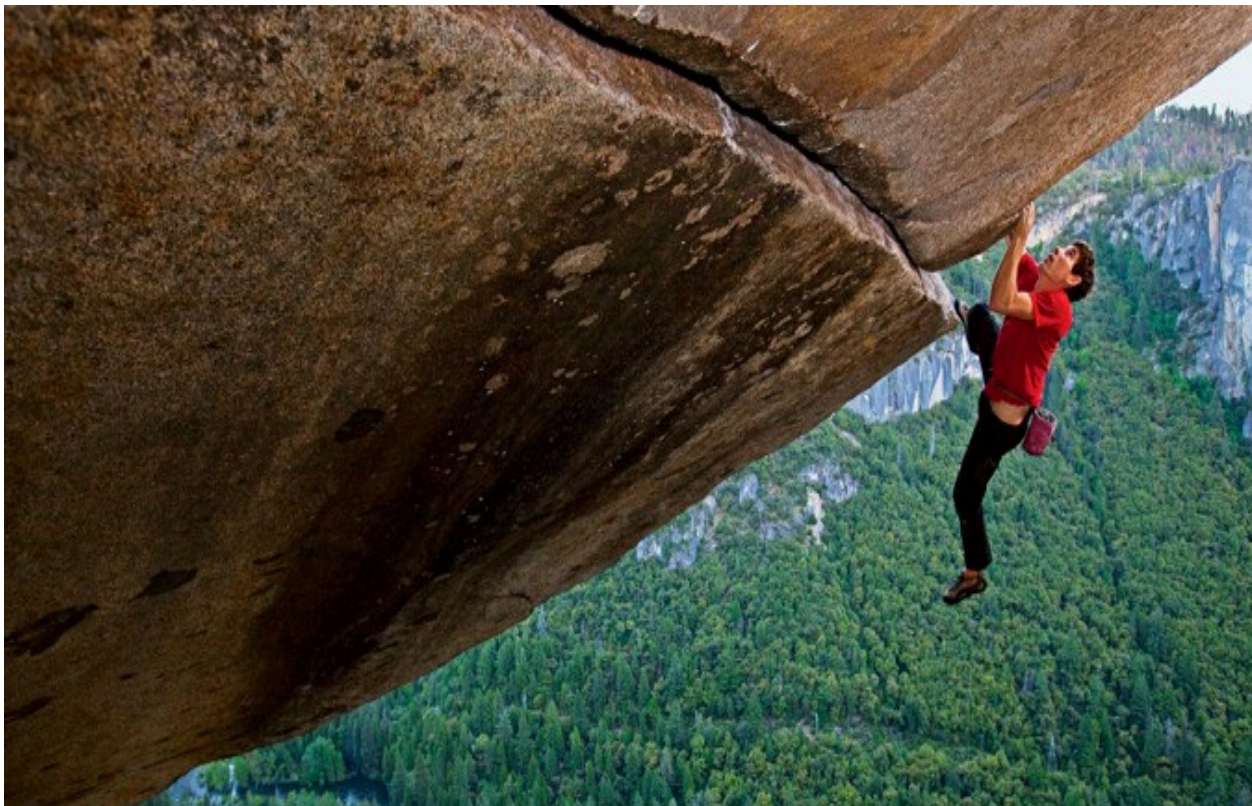
That is a valuable lesson.

@KELLYLANGEVIN2



DARYL LAPUEBLA | CONTRIBUTOR

'Free Solo' Is A Real Hair-Riser For Its Audience



National Geographic documentary "Free Solo" is available to rent for streaming on Amazon.com

JIMMY CHIN

BY GABRIEL ANTON
STAFF WRITER

Throughout history, the world has witnessed many incredible feats in the realms of rock climbing amongst the fearless climbers setting the standard for those who venture after.

There are many near impossible climbs spread out all across the world, most famously found in places like Yosemite National Park, California, the Karakoram Mountains in Pakistan, the region of Patagonia spanning from Argentina to Chile or even tall buildings like the Burj Khalifa or Trump Tower.

Rock climbers test themselves with these dangerous climbs, scaling mountains by hanging on to centimeter-wide protrusions on the massive, flat terrains. They take hours at a time, sometimes they even sleep suspended from the edge.

One of the most difficult rock formations to climb comes from Yosemite National Park in the form of El Capitan, a granite monolith spanning about 3,000 from base to summit. One particular daredevil climber Alex Honnold managed to not only scale it but also do so

free solo. The 32-year-old climber goes alone, without any ropes, safety harnesses or any other protective equipment; one small mistake away from falling to his death.

The critically acclaimed and phenomenally executed 2018 documentary "Free Solo" follows Honnold's journey to this climb, which is regarded as one of the hardest and most impressive climbs in history. The spectacle was filmed and produced by National Geographic and serves as a thrilling alternative to the usual action-packed and special effects filled blockbusters that dominate the theaters for a good portion of the year. This film was a very risky endeavor, as Honnold's family, his girlfriend and his fellow rock climbing friends, all helped him prepare for a climb that could have very well not made it in the final product.

The cinematography of this documentary is breathtaking and adrenaline pumping, allowing the audience to be completely immersed the experience that Honnold and his crew went through. The camera follows as Honnold holds himself still on an almost completely vertical ascent by just his thumbs, index fingers and toe-

tips. The thrill comes from the fact that everything caught on camera was not subject to any safety precautions. Honnold was literally on his own during the production, and in the film, it is obvious that the camera crew are just as on edge about it as the audience.

The beautiful landscape of the mountainous Yosemite National Park provides the documentary with a very cinematic and tellurian feel. It provides a release of tension for the audience whenever the camera pans around the intricate rock patterns, allowing them to take their minds off what is actually happening in the film.

Honnold truly solidifies himself as a pioneer in rock climbing with this documentary. His past life and psyche are placed in the forefront of this film, allowing the audience to feel the stakes and live in the incredible moments from the perspective of a professional rock climber; the right perspective.

He leads a generally simple life, and during filming had been living in his van for a decade, always following the good weather conditions. He has been climbing his entire life and currently holds the fastest ascent of the Yosemite triple crown with his 18 hour and 50-minute journey over three other incredibly difficult climbs in Mount Watkins, The Nose and the Half Dome. His free solo ascent of the El Capitan was never tried before the making of this documentary.

His story is very inspiring when you think about, what he and what his close ones are going through in this film make it intriguing. His spirit is unbreakable, and it shows through the support and reactions of his girlfriend, Sanni McCandless, and his close friends and film crew, who could barely look at the camera when they were filming his crazy climbing stunts.

He describes his mentality as a free-soloist as "pretty close to warrior culture, where you give something 100 percent focus because your life depends on it." He was not just a thrill-seeker but showed that this climb was a test of the human spirit allowing him to be as close to perfect as possible, as the sport of rock climbing really entails.

Overall, the documentary will leave you white-knuckled, sweaty, yet extremely satisfied and inspired. The story is one of a kind, and the fact that the film was successfully made is a feat in itself. It is quite a revolutionary documentary that deserves to be seen by everyone. It was also nominated for best documentary feature at the 91st Academy Awards, where it stands to win big.

Word Search: February 20

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

Word List

1. HICKEY
2. GLEASON
3. KOHL
4. WARD
5. HUBBELL
6. GOMEZ
7. MURRAY
8. SNOW
9. SENIOR
10. PANTRY
11. ELECTION
12. SMITHSONIAN
13. MARIJUANA
14. PARKLAND
15. HAUZKA
16. READING
17. GRANDE
18. GRAMMYS
19. SOLO
20. HOLLYWOOD
21. BOXES

SPORTS BEGINS ON BACK PAGE

Baseball Looks To Bounce Back After Disappointing Season

BY PATRICK GUSTAVSON
SPORTS EDITOR

On the heels of winning the Northeast Conference Championship, the Central Connecticut baseball team entered the 2018 season with high hopes. But things did not go as planned as the Blue Devils finished 12-16 in the conference and failed to reach the NEC tournament altogether.

While manager Charlie Hickey did not want to make excuses, he said it was the worst injury situation his team had endured in his 20-plus years of baseball.

“Coming off a championship season that in itself we had injuries to the pitching staff, last year it occurred up and down the lineup. When you lose those sorts of pieces, it’s hard to build,” Hickey said.

But the injury bug has already bitten the team in the offseason.

First baseman TT Bowns missed all but five games of last season after suffering a knee injury against Furman. Hickey said Bowns was “98 percent” in his recovery in the fall when he tore his ACL in his other knee. This will leave the Blue Devils without one of their best hitters until, optimistically, mid-April, per Hickey.

The Blue Devils struggled to replace Bowns last season, deploying seven different alternatives. As for this year, “option A” is sophomore Jay Devito, who acted solely as a middle infielder last season. Hickey said he understands the challenges of the position change and said Devito needs to hit at a more consistent level.

Hickey also listed freshmen Tim Buchek and Jack Nolan as possible contributors at the position.

In addition, the Blue Devils will need to fill the void left by multiple key position players that graduated. Perhaps none were more important than second baseman Dean Lockery, who started every game in his four years with the team and was drafted by the Pittsburgh Pirates in the 32nd round of the MLB Draft.

The team will turn to junior Chandler Debrosse. Formerly a utility man, Debrosse will settle into second, but it’s his offense that Hickey says will be key.

“Offensively, he can be a very viable factor because of his ability to do a lot of different things: take pitches, hit the other way, move runners. When you have guys like that, they tend to be contagious,” Hickey said.

The other player who will be thrust into a starting role is sophomore catcher Sam Loda, who will replace four-year starter Nick Garland. Loda only saw 23 total contests with only four behind the dish. Despite this, Hickey believes Loda is “going to be a special player for us.”

But one spot the Blue Devils carry a lot of experience is in the outfield. With sophomore Christian Layne in left, Chris Kanios in center, Peyton Stephens in right and Jake Siracusa acting as a designated hitter and fourth outfielder. Hickey believes the team has an athletic and strong defensive outfield, particularly with the large dimensions of CCSU Baseball Field.

Also returning is redshirt freshman Jeremy Sagun, who appeared at 35 games at shortstop. However, Matt Bertochi, who Hickey called the most improved player this offseason, has earned the first shot at the position.

“Hopefully, between the two of them,



The Blue Devils will look to return to the NEC Tournament after missing it last season.

JULIA JADE MORAN | STAFF

there will be competition and raise the level of consistency we hope to have. As they get older, they will decide who plays,” Hickey said of the two sophomores.

As for the pitching staff, the Blue Devils return most major contributors from last season, most notably senior hurler Mike Appel.

Though Appel sported the worst earned run average of his career last season, his strikeouts per nine innings skyrocketed and his home runs yielded plummeted. Despite some success, Appel struggled with control at times, walking four or more batters in five starts.

“You look at his walks and hits per inning and you scratch your head. ‘How can you be successful with that many base runners?’” Hickey said of Appel. “But there are moments he throws pitches no one is going to hit and has pitched in some big spots for us. But he needs to be more

consistent where don’t have to sit on the edge of our seat every half inning he goes out there.”

Appel and junior Brandon Fox will return to the top of the rotation. Hickey said they will likely be joined by senior Patrick Mitchell and junior Andrew Braun. Braun sported a shiny 2.84 ERA in 2018.

In addition, Hickey said the team will need better performances from Mike Delese and Tom Curtin, who faced their fair share of struggles last season.

The Blue Devils were picked to finish sixth in the NEC in the preseason coaches’ poll, meaning they would miss the postseason once again. Though Hickey said the team “can’t be bothered” by the poll, he called it a “fair assessment” of his team.

The team will kick off their season with a three-game series against Massachusetts starting on Friday, Feb. 22.

@PJGUSTAVSON

Women’s Basketball Struggling Once Again



Central is tied for eighth in the Northeast Conference standings.

CCSU ATHLETICS

BY TREAVI ALICKOLLI
SOCIAL MEDIA EDITOR

Flashback to Feb. 2, Central Connecticut women’s basketball defeated conference rival Bryant on a last-second three-pointer by Bruna Vila Artigas. That was the last victory for the team, as they have since lost their last three games.

The Blue Devils had two games scheduled for this past week, both away from Detrick Gymnasium.

The number one ranked and only undefeated team in the Northeast Conference Robert Morris hosted Central on Monday and the NEC powerhouse did not disappoint.

The Colonials raced away with this one, 60-40, as Central was held to single-digit total scoring in three of the four quarters of play.

The Blue Devils scored just six points in the second quarter and nine in the third and fourth.

In a mostly forgettable game, sophomore center Ashley Berube secured a double-double with 10 points and 11 rebounds. This was her fifth double-double performance of the season.

The Colonials dominated on the defensive end, but that comes as no surprise, as they are ranked the number one defensive team in the conference. That is how they win games. If Central had any hopes of winning this one, they would have had to overcome

a great defensive team in Robert Morris and they simply were not able to do that.

CCSU shot 26.9 percent from the field and teams cannot defeat the number one team in the conference shooting at that mark.

After a bit of a break, the Blue Devils faced Wagner on Saturday and despite putting together a better overall performance, they fell to the Seahawks for their third straight loss, 70-62.

In a game that featured 10 lead changes, the Blue Devils were hanging around for most of this game.

In fact, Central outplayed Wagner in some key areas, shooting a better field goal percentage, getting more points off of turnovers and more points in the paint.

These factors usually mean a Central victory, but that has not been the case lately.

Andi Lydon and Kiana Patterson led the way on Saturday for the Blue Devils. Lydon scored 19 points in a very efficient manner, shooting 8-13 (62 percent) from the field and 3-4 from downtown (75 percent). In addition, she added six rebounds, two assists, two steals, and a block.

Patterson added 16 points, two rebounds, and an assist.

The Blue Devils are just barely hanging around the last spot for the playoffs as they are currently tied with Fairleigh Dickinson for the eighth seed.

If they want to guarantee their participation in this year’s tournament, they will have to start playing better basketball as a team.

There are six games remaining in the regular season and they are all conference opponents.

All but two, Fairleigh Dickinson and LIU Brooklyn, are higher seeds than Central as of Saturday’s games.

Though the team is currently struggling, they control their own destiny going forward. Their next opportunities to do so will come against Saint Francis (BKN) and Sacred Heart.

@ATREVI013

Possible Landing Spots For Kyle Murray

BY GRIFFIN GARCIA
STAFF WRITER

Kyle Murray, Heisman Trophy-winning quarterback at Oklahoma and the first-round pick in the MLB draft to the Oakland Athletics, has made his decision to focus on being a quarterback in the National Football League as the NFL Draft Combine approaches.

In what seems like a weak quarterback class, Murray immediately appears in many scouts' first-round mock drafts. Here is a list of teams that could look to select Murray in the upcoming NFL Draft.

New York Giants

After a disappointing season which ended in another top-10 pick, the Giants are in a position to fill their biggest position of need, quarterback. Eli Manning has regressed the last few years and bringing in a younger, more explosive athlete in Murray to pair with Odell Beckham Jr. and reigning Offensive Rookie of the Year Saquon Barkley would benefit a Giants team that ranked 16th in the NFL in scoring.

Jacksonville Jaguars

The Jaguars' defense would benefit as much as their offense by drafting Murray at pick seven if he is still available. The Jaguars ranked 31st in the NFL in scoring and have made it public that they will look to move on from former top-three pick Blake Bortles. A year ago, Jacksonville was in the AFC Championship Game and have now fallen into the top-10 of the first round. Murray would provide an offensive spark that Bortles was never able to and would help return the Jags to relevancy.

Miami Dolphins

The Dolphins appear to be stuck in a state of mediocrity after posting a 7-9 record and could potentially begin looking to move on from Ryan Tannehill. The Dolphins pick now sits at 13 and they would likely have to trade up to acquire Murray, which would depend on how much they believe in him. An offense that includes Kenyan Drake, Kenny Stills and potentially DeVante Parker would seem to be much more formidable with Murray at quarterback than Tannehill.

Washington Redskins

After losing Alex Smith for the entirety of the 2019-2020 season, the Redskins could look to add Murray as their quarterback of the future instead of waiting for Smith to return. Should Murray be available at pick-15, he would fit well with 2018 second-round pick Derrius Guice, who missed his rookie season to a torn ACL and add explosiveness to the 29th ranked offense in the NFL.

Dark Horse:

Los Angeles Chargers

Phillip Rivers has had a very decorated career as a member of the Chargers' organization but has never been able to win in the big game. But Murray has question marks, such as his size and his late commitment to the NFL, which could cause teams to look at other quarterbacks. If Murray is available to be the heir to Rivers after one last year in a Chargers jersey, the front office should take him. An offensive unit of Murray, Melvin Gordon and Keenan Allen paired with the strong defense could finally bring them deep into the playoffs.

Lacrosse Unable To Generate Offense In Season Opener

BY RYAN JONES
ASSISTANT SPORTS EDITOR

It is a long season. One game early on rarely tells the story of the whole season. Central Connecticut, however, would probably like a second shot at their season opener after falling to Holy Cross in a 20-3 blowout.

The story of the game could be told in the shots. Over the two periods of play, the Crusaders took 47 shots against CCSU's defense. The Blue Devils comparatively took 10. While there were 36 shots on goal for Holy Cross but only six for CCSU. Tight defense, missed opportunities or even just an off day; whatever the reason, this type of disparity on the offensive side of the ball does not lead to winning games and the Blue Devils will likely have to scheme better in their upcoming matches.

Of the three goals scored by Central Connecticut on the day, the second was one a little more special than the other two. Jessica Denike, a freshman midfielder from Putnam Valley, NY, scored her first goal as a Blue Devil on a free position

attempt with nine minutes left in the first half.

Head coach Betsy Vendel said before the season that the large group of freshmen would be getting some serious playing time and such was certainly the case against Holy Cross.

Molly Coogan scored first for CCSU off an assist from Morgan Sinton. Last year, Sinton led the Blue Devils with 13 assists.

The last goal of the game for the Blue Devils came from Carissa Brown, scoring on another free position attempt. The Blue Devils converted on two of their three free position attempts but did not get nearly as many opportunities as they gave away.

The Crusaders were given nearly five times as many free position attempts (14), but luckily for the Blue Devils, were only able to convert five of them, thanks to some impressive saves from senior Jackie Branthover.

An interesting note to take away from the blowout comes from the goalie box. With three goalies on the roster for the

Blue Devils, Branthover was in the net for CCSU for the entirety of the 60 minute game over freshman Emily Erne and sophomore Cooper Cowdin.

Vendel has faith in all three of goalies on the roster, so it will be interesting to see if the younger candidates get meaningful minutes over the course of the season. Branthover started in 11 of Central's games last season, but was beaten out by then-freshman Meagan Allard for a starting role in the final five games of the season (Allard is no longer on the team).

If there is a game the Blue Devils could turn things around in, there is not much of a better stage than their next opponents, the Hartford Hawks.

The only out of conference win last season for Central Connecticut came in a 19-4 fashion against the Hawks, who finished last season 1-12. Things are looking more of the same for Hartford this season, losing against Army in their first game of the year 22-4. The Blue Devils will look to capitalize on that opportunity Wednesday in Hartford.

@RYANJONES385

New-Look Softball Team Brings Youth, High Hopes

BY DANIEL FAPPIANO
LAYOUT EDITOR

With six starters from the 2018 roster graduating, Central Connecticut's softball team underwent somewhat of a youth movement heading into the 2019 season. However, for head coach Breanne Gleason, she sees Central's youth as a benefit rather than a detriment.

"When people see us play, I want them to see our winning mindset, I want them to see the confidence we have," Gleason said. "Yes, we may be young, but we aren't going to play like it." The Blue Devils will head into the season with just one senior on the roster in second baseman Kaitlin Patterson.

After hitting .288 with 24 runs batted in during the 2018 season, Gleason says she expects a big season out of the upperclassman. "Leadership-wise and play-wise Patterson is definitely someone we are going to look to," Gleason said. "She has a ton of experience, she's started pretty much every game since she has been here." Of the remaining upperclassmen, outfielders Emily Cronin and Guiliana Hathaway should both play big roles.

Cronin hit .270 with six RBI and nine stolen bases over 47 games. Hathaway hit .238 with a home run and six RBI over 27 games. Both should see starting roles in 2019.

Amongst the team's youth, Gleason sees many different underclassmen making a difference during the 2019 season. The head coach says freshman catcher Rian Eigenmann should make a big impact in her first year with the program.

“

"When people see us play, I want them to see our winning mindset, I want them to see the confidence we have."

Breanne Gleason | Head Coach

"Eigenmann's a good hitter, she's fast, she's a total player," Gleason said. "We're going to look for her to do some things, I think a lot of people will get to see how good she really is."

Outside of Eigenmann, the Blue Devils should be led on offense by sophomore infielder Sydney Bolan. Bolan hit .293 with eight home runs and 23 RBI over 49 games as a freshman. Bolan's eight home runs tied for sixth place in the



Kaitlin Patterson (above) is the only returning senior on this year's team.

JULIA JADE MORAN | STAFF

Northeast Conference. With players such as Brittany Camara and Alexis Debrosse leaving the program, Bolan's bat should be key.

With senior stalwart Emily Sargent graduating, the Blue Devils' pitching staff will not have an ace to start the season. Gleason says she expects to start the year with a committee on the mound.

"Right now, I think we have three girls that can win, I think if we can keep them at that level it'll be good for us," Gleason said. "Young pitching staffs might stress people out, but I look at it as nobody really knows what we can throw at them. All three are very different, which makes things hard to prepare for."

According to Gleason,

freshmen Carly Stoker, Kari Marks and sophomore Ashley Antonazzo should all have an opportunity to shine on the mound. With Antonazzo being the only returning Blue Devil pitcher, there is a chance she gets the first shot at replacing Sargent.

Central's 2018 season ended with a sweep in the NEC Tournament. Gleason is hoping her youth movement can help get the Blue Devils back into the postseason.

"We're just looking to repeat on last year's successes," Gleason said. "Every time the season starts our goal is just to make the NEC Tournament and then go from there. Once we do that we can focus on some bigger goals."

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CCSU Weekly Sports Schedule

Men's Basketball

- Thursday, Feb. 21, 7 p.m. vs Mount St. Mary's
- Saturday, Feb. 23, 1 p.m. vs Sacred Heart

Women's Basketball

- Saturday, Feb. 21, 1 p.m. @ Wagner
- Monday, Feb. 25, 7 p.m. vs Mount St. Mary's

Lacrosse

- Wednesday, Feb. 20, 3 p.m. @ Hartford
- Saturday, Feb. 23, 1 p.m. @ Niagara

Men's and Women's Track and Field

- Saturday, Feb. 23 - Sunday, Feb. 24 @ BU Last Chance

Baseball

- Friday, Feb. 22, 3 p.m. vs UMass

- Saturday, Feb. 23, 12 p.m. vs UMass
- Sunday, Feb. 24, 12 p.m. vs UMass

Softball

- Friday, Feb. 22, 10 a.m. @ St. Bonaventure
- Friday, Feb. 22, 3:30 p.m. @ Norfolk State
- Saturday, Feb. 23, 10 a.m. @ Morehead State
- Saturday, Feb. 23, 12:15 p.m. @ Norfolk State
- Sunday, Feb. 24, 11 a.m. @ Hampton



Men's Basketball Drops Two; Kohl Reaches 1,000 Points

BY PATRICK GUSTAVSON
SPORTS EDITOR

Following their impressive win against then-first place Robert Morris, Central Connecticut's men's basketball team was unable to continue their winning ways, falling on the road to Wagner and Saint Francis (BKN).

The story against Wagner on Thursday for the Blue Devils was a lack of offense, shooting just 30.2 percent from the floor and a measly 19 percent from three. Despite this, the Blue Devils hung around all game, falling by a score of 63-57.

Though connecting on just four shots, senior Tyler Kohl scored 18 points to go with five rebounds. Junior Jamir Coleman had 17 points and seven boards of his own.

Heading into the game, head coach Donyell Marshall stressed the importance of defending the three, as the Seahawks shot nearly 43 percent from beyond the arc in the first meeting.

Though they improved on the mark, Wagner still connected on over 38 percent of their attempted threes.

The Blue Devils got off to a slow start against St. Francis (BKN), missing their first six attempts from the field before getting on the board. Despite this, they were able to come back and even take the lead in the closing minutes of the first half. But a late Terrier three had Central down five at the break.

The Terriers could not miss coming out of the half, hitting their first seven shots from the floor. All in all, they shot a whopping 64.3 percent in the second half. Though the Blue Devils shot at a solid 46.9 percent from the half themselves, they were unable to get the necessary stops to get back in the game, leading to the 90-79 defeat.



Five Blue Devils scored at least nine points against Saint Francis (BKN).

JULIA JADE MORAN | STAFF

In particular, the Blue Devils struggled to contain guard Glenn Sanabria, who had 25 points to go with three made triples. Rosel Hurley also eclipsed 20 points for the Terriers.

The Blue Devils once again struggled to defend the three as the Terriers connected on 45 percent of their attempts.

On the offensive side, it was once again Kohl that led the way for the Blue Devils, scoring 26 points to go with 10 rebounds and three assists. A three-pointer midway through the second half marked 1,000 career points for Kohl at CCSU, a feat reached in just his second season with the Blue Devils.

Coleman also again showed well in the box score

with 17 points, mostly thanks to making all nine of his free-throw attempts later in the second half.

The Blue Devils had five players with at least nine points, but they were the only five to score at all.

Entering the weekend, Central was in a three-way tie for seventh in the NEC standings along with LIU Brooklyn and Bryant. Thankfully for the Blue Devils, both teams lost on Thursday. But on Saturday, LIU handled Sacred Heart at home, giving them sole possession of the seventh spot.

Bryant was unable to take down Fairleigh Dickinson, leaving them tied with the Blue Devils with just four games remaining before the conference tournament.

@PJGUSTAVSON

NEC Men's Update: Saint Francis (PA) Stands Alone

BY PATRICK GUSTAVSON
SPORTS EDITOR

The stage was set for a showdown between in-state rivals as Robert Morris and Saint Francis (PA) would clash for the outright lead in the Northeast Conference standings.

But the game lost a bit of its luster before the two teams faced off when Robert Morris was dominated by last-place Mount Saint Mary's in a 14-point stunner. Saint Francis (PA) beat down Fairleigh Dickinson by 25, meaning if the Colonials were to win, the two teams would be tied for top position in the standings.

The Red Flash won their seventh game in a row when they took down the Colonials in a 72-69 nail biter. SFU now sits at 10-4 in the conference with a two-game lead on second place.

As for Robert Morris, they now sit at 8-6 and part of a five-way logjam for second place. The teams involved are vying for three spots for a postseason home game.

It was a strong week for Saint Francis (BKN) who defeated LIU Brooklyn and Central Connecticut, two teams chasing them in the standings. Had they dropped one or both of those games, they would not be competing for a home game and they could have found themselves towards the bottom of the playoff teams.

But the Terriers shot lights out in both games, averaging nearly 50 percent shooting from the floor in the two games. They will have a chance to continue their climb through the standings as they face the dreaded Pennsylvania road trip when they will take on Robert Morris and Saint Francis (PA).

Also taking care of business in both games was Wagner, even though they did not eclipse 63 points in either contest. The Seahawks let CCSU stay in the game despite their poor shooting performance

then nearly lost to the Mount. They needed a Romone Saunders layup at the buzzer to avoid the upset. But wins are wins and the Seahawks are in the thick of things for a home game.

It was a crazy week for Sacred Heart. Faced with a five-point deficit with under a minute to go against Bryant, the Pioneers stormed back, capped off by a Sean Hoehn three-point play to go ahead. They were then handled by LIU Brooklyn on the road, splitting the weekend.

There was a three-way tie for seventh place entering the week between LIU, CCSU and Bryant. The big winner of this bunch was LIU.

After falling to SFBK, the Blackbirds handled a strong Sacred Heart team, giving them a 6-8 record, distancing themselves from CCSU and Bryant by one game for the six seed.

Bryant was unable to bounce back after the devastating loss to Sacred Heart and was handed a double-digit loss by Fairleigh Dickinson. As for CCSU, they were unable to muster up enough offense to take down Wagner before falling to SFBK.

As of right now, Bryant holds the tie-breaker thanks to a win against Saint Francis (PA). But should Robert Morris claw their way back to the top of the standings, it would greatly benefit the Blue Devils who topped the Colonials last week.

After their shocking win against Robert Morris, the Mount sit just one game out of a tie for a postseason spot. The Mountaineers had won two in a row but were unable to take down Wagner.

There are intense battles throughout the standings and just four games remain for those scores to be settled.

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NEC Women's Update: Undefeated Robert Morris Stunned

BY RYAN JONES

ASSISTANT SPORTS EDITOR

Standings and stats are reflective of Saturday, Feb. 16.

With only three weeks remaining in regular season play, the standings in the Northeast Conference are finally starting to fall into place. Most games went as expected on the week, all except a modern day David versus Goliath match in Maryland.

The Goliath of the NEC was Robert Morris, who was formally undefeated in conference play, had beaten other NEC opponents by an average of 18 points heading into this past week. But Mount Saint Mary's was primed to play spoiler Saturday, defeating the Colonials 61-55.

Despite only averaging 8.8 points a game, Jatarrikah Settle was the hero for the Mount in the upset, scoring a team-high 21 to go along with six assists and a pair of steals. The Colonials put Settle to the line 10 times, where she saw eight of her points. Robert Morris was able to secure a victory earlier in the week, however, defeating Central Connecticut by 20. The Colonials still hold a comfortable two-game lead over the two teams tied for second in the standings.

Both of the teams tied for second continued their neck and neck race, with both Saint Francis (PA) and Sacred Heart winning both of their games.

The Red Flash pushed their winning streak to six games with Jess Kovatch leading them to 12-point victories over both Bryant and Fairleigh Dickinson. Kovatch led SFU in scoring in both games, dropping 28 and 19, respectively. The Red Flash will be facing the top-seeded Colonials on Monday.

The Pioneers narrowly won in both of their matchups this week, beating

Fairleigh Dickinson by six on the back of Candice Leatherwood's 19 points before taking down Bryant in a 10-point win.

Still in the hunt for home-court advantage in the tournament, Wagner and Saint Francis (BKN) met up this week in a match that proved to be the closest game of the week. Trailing by 15 late in the third quarter of play, Wagner put together an offensive clinic in the fourth and final quarter, outscoring Saint Francis (BKN) 27-16.

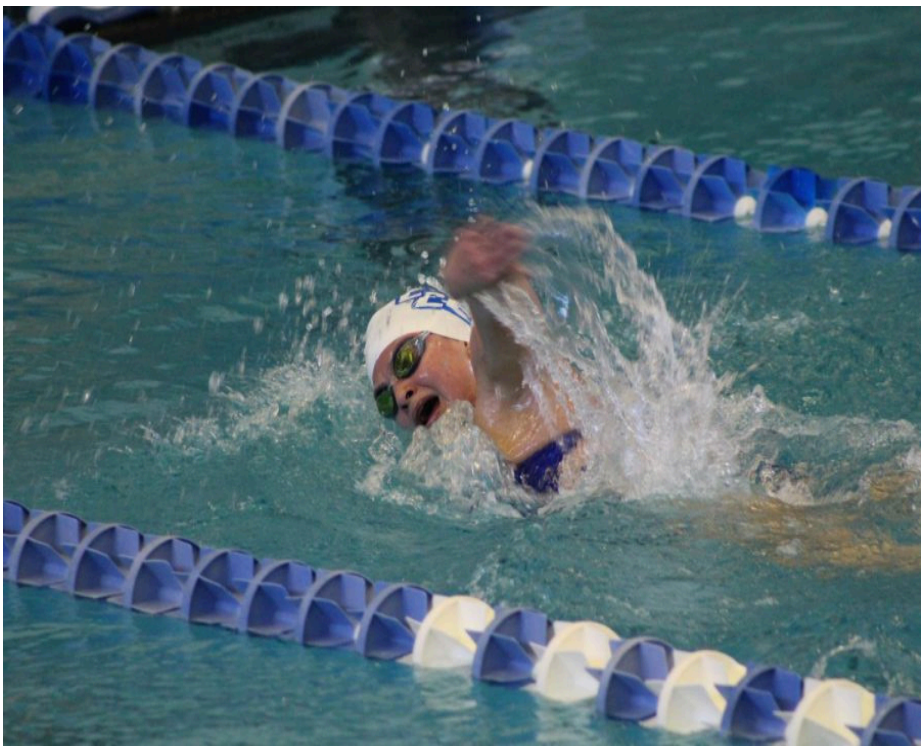
Redshirt sophomore Taylah Simmons hit the game-winning jumper that sealed the 87-85 victory for Wagner, keeping them in the hunt. Wagner won handily in their other matchup this week over CCSU, while SFBK was able to defeat the last place LIU Brooklyn team.

Despite their upset win over Robert Morris, Mount St. Mary's still seems all but mathematically eliminated from a chance at taking home court. While able to snap the Colonials winning streak, the Mount also ended another streak in the NEC, losing to LIU Brooklyn and securing the Blackbirds' first win of the season.

The dust has still yet to settle for the last two seeds, with seventh-seeded Bryant only separated by one game from CCSU and Fairleigh Dickinson. All three teams lost their games this week, keeping things set for the time being position-wise.

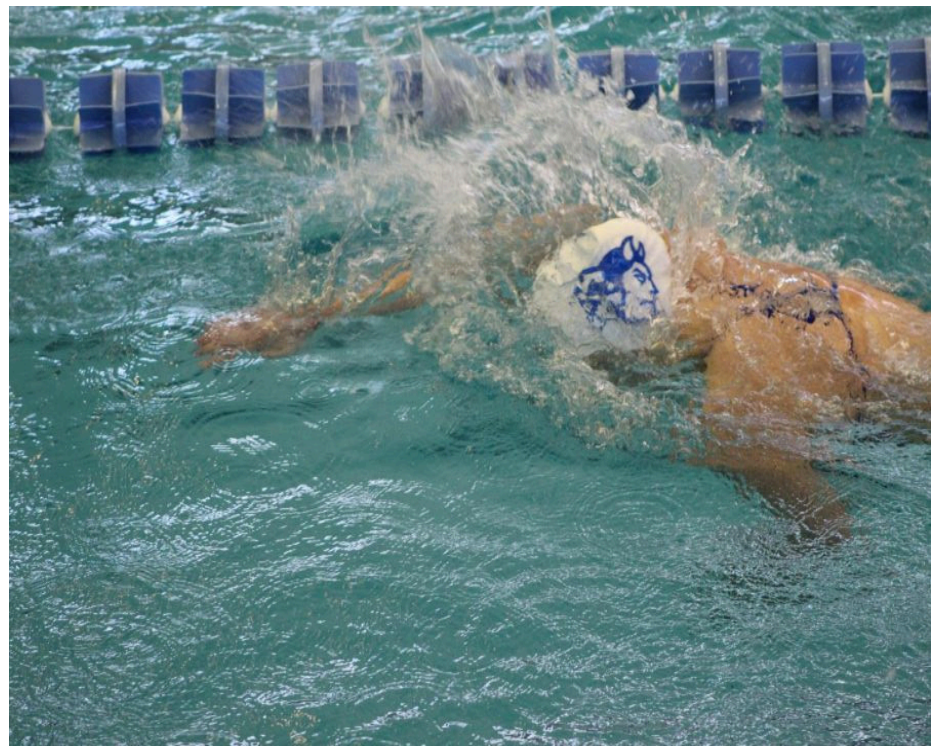
There are six games left on the table. There is not much room for movement in the standings, but teams will be looking to get into a rhythm for the tournament, making the remaining games worthwhile amongst the conference competition.

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Bryant was named NEC Champions.

JULIE JADE MORAN | STAFF



Central won three events on the meet.

JULIA JADE MORAN | STAFF

Swimming And Diving Finishes Second In NEC

BY GABRIEL ANTON
STAFF WRITER

The time of the year has come for Central Connecticut's swimming and diving team to put their months of competition to the test when they took on the Northeast Conference Championships this past week.

But Central was unable to top the Bryant Bulldogs, who claimed the NEC Championship for the second straight season. The Blue Devils were, however, able to top the other seven schools in the conference.

Central won three events and placed in the top five in 15 events out of the 20. This garnered them 600 points, placing them just behind Bryant's 863.5 points.

Per usual, the backstroke events fared well with Central as senior Kaitlyn Troy and junior Alexis Fredericks placed first and fourth in the 100-yard variation,

respectively, while junior Grace Fredericks and senior Aidan Devers claimed the third and fourth spots in the 200-yard. Devers and Alexis Fredericks each competed in the taxing individual medley with Devers placing second in the 400-yard while Fredericks placed seventh in the 200-yard.

The Blue Devils performed well in the relay events, continuing the prior success against LIU Brooklyn and Rhode Island, where they consistently placed in the top two spots. Devers continued her efforts as she helped her relay team of freshman Katie Czulewicz, junior Erika Maercklein and freshman Simona Visinski place third in the 800-yard freestyle relay, the longest relay in the four-day championship.

Troy was an asset to the other four winning relay teams as her, freshman Mariana Espino, sophomore Katelyn Mann and freshman Jeannette King claimed the second place spot in the 200-yard medley relay. And Troy, with King,

Visinski and freshman Destiny Johnson placed second in the 200-yard freestyle relay.

Visinski and Troy, along with King, and Czulewicz also placed second in the 400-yard freestyle relay and were joined by Espino and junior Valentina Gomez to win the 400-yard medley relay, an event which Central has consistently won in their past two meets.

Devers, Gomez and Maercklein took up the fifth through seventh spots in the 500-yard freestyle event. The freestyle races were abundant and tightly knit during this year's meet, but Central managed to crack top five in all of them. Visinski and Czulewicz placed fourth and sixth in the 200-yard freestyle event, respectively, while Visinski and King placed fourth and second in the 100-yard event.

King tied Bryant with a time of 50.86 seconds in the event but managed to end

Central's long absence from the 50-yard freestyle leaderboard by placing third.

Junior Keelin Kendall was faced with the monumental task of competing in the very long 1650-yard freestyle, in which she placed ninth out of 20 competitors.

Gomez claimed third in the 100-yard butterfly and won the 200-yard butterfly, following her strengths and garnering much needed points for the Blue Devils. Espino tied for fifth with Wagner in the 100-yard breaststroke event with a time of 1:04:40. Freshman Alex Lindgren placed sixth in the 200-yard breaststroke, followed by Mann in eighth, securing places in the A-final.

After this season, the Blue Devils will say goodbye to Troy, Devers and Gomez, who each have added a lot to the team's success in the past four years, now including another strong finish at the NECs.

Track And Field Fails To Win NEC

BY PATRICK GUSTAVSON
SPORTS EDITOR



Dawn Hubbell, above, won the 5,000-meter run.

CCSU ATHLETICS

The Central Connecticut men's track and field team were unable to repeat as Northeast Conference Champions this past weekend, finishing fourth. The women's team was also unable to reach the feat, finishing fifth. Despite this, the two teams combined for 15 medals for the meet.

Despite not taking home the crown, head coach Eric Blake was "pleased" with his teams' efforts.

"As always, the team does a good job of getting up for the meet," Blake said. "The team score was not where we wanted it to be. We want to win these meets, not get fourth or fifth."

As for what his team could have done better, Blake said the men simply "left some points out there." As for the women, he said it was an issue of depth and even took the blame.

"We need more depth and that's on me. We went in with no room for error and that is a lot to ask for from the team," Blake said.

The star of the day for the defending champion men's team was junior Marquis Ward, who was named NEC Champion for the high jump with a distance of 2.01 meters. He also finished third in both the long jump and triple jump. For his efforts, Ward was named Most Outstanding Player for jumps.

Besting Ward in the long jump was teammate and classmate Kevorni Welsh, who won the event. In addition, Welsh finished second to Ward in the high jump, setting a personal best distance in the process.

Ward and Welsh received strong praise from Blake for their performances.

"Our jumpers don't have it easy because we don't have an indoor practice facility for the horizontal jumps. For them

to do as well as they did shows a lot," Blake said.

The other Blue Devil on the men's side to win an event was junior standout Roberto Piotto, who took home the crown in the 5,000-meter run. He also finished third in the 3,000-meter dash.

Junior Richard Grudzwick continued his strong season by finishing third in the 800-meter dash.

Rounding out the medal winners on the men's side was Senior Akiel Smith, who ran the 200-meter dash in just under 22 seconds.

Though they did not medal, Blake pointed out the performances of rookies Andrew Findley and Jason Walton.

The women's team earned six medals from three different athletes on the way to their fifth-place finish.

The star for the Lady Blue Devils was senior runner Dawn Hubbell, who slewed the competition in the 5,000-meter run. Her time of 17:40.47 clocked in 10 seconds faster than the second-place finisher. Hubbell also finished second in the 3,000-meter run. Blake commended Hubbell for the hard work she has put in during her five-year tenure at the school.

Junior Megan Brawner won two medals of her own, finishing second in the one-mile run as well as a third-place finish in the 800-meter run.

On the jumping side of the meet, junior Hailey Rospieski finished second in both the 60-meter hurdles (setting a personal best time in the process) and the high jump.

Though they failed to win the NEC crown, the Blue Devils' seasons will carry on as they will both take on BU Last Chance Meet at Boston University on Saturday and Sunday.

Blake said the meet will be used to keep his team sharp for the IC4A/ECAC Championships the following weekend.

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