

THE RECORDER

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News Engagement Day: “To Abandon Facts is to Abandon Freedom”



Photo Credit Elijah Hernandez, The Recorder; Dan Haar, Elizabeth Hamilton, William S. Fisher Jr, and Kate Farrish

By **Elijah Hernandez**
Co-Editor-In-Chief

Under the current administration, millions nationwide have been under immense scrutiny for certain verbiage and words utilized during everyday life.

In the “Unleash the Watchdog: Defending the Freedom

of Speech and Free Press” panel hosted by the Journalism Department at Central Connecticut State University on Oct. 7, panelists discuss the current climate of the media landscape.

The moderator Kate Farrish,

a journalism professor at University of Connecticut, a Freedom of Information Commissioner and president of the Connecticut Foundation for Open Government (CFOG) set the scene for the tribulations journalists are currently going through.

“Since Jan. 20, 2025, the Trump administration has deployed executive orders, regulatory threats, and legal intimidation to silence dissent and punish critiques,” she said. “His orders have expanded the definition of domestic

terrorism to cover some views that have long been protected as free speech. Reporters have been harassed, detained and even deported for covering protests in America.”

Journalists are not the only

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Blue Devils Edge Sacred Heart 42-35 in Overtime Classic

The autumn sun beat down relentlessly on Arute Field, Saturday afternoon, the unseasonable warmth created a sweltering atmosphere that seemed to match the intensity building between Central and Sacred Heart.

As temperatures climbed and tensions rose, the Blue Devils found themselves in the kind of pressure-packed battle they desperately needed to win, and when overtime arrived with the score knotted at 35, quarterback Brady Olson delivered

the knockout punch that had eluded CCSU all season long.

Olson threw a 25-yard touchdown pass to Elijah Howard on the first play of overtime, and the Blue Devils’ defense sealed a thrilling 42-35 victory by stopping Sacred Heart on fourth-and-goal from the two-yard line, giving CCSU a critical momentum-building win heading into Northeast Conference play.

By **Kyle Zarnoch**
Staff Writer

“We needed this,” head coach Adam Lechtenberg said. “Every week is hard, like there’s no easy games in college football, and we needed to find a way to win a close game. And we were able to do that.”

The victory was particularly sweet for the Blue Devils (2-3), who had dropped their previous two games by one score and entered Saturday’s

contest desperate to reverse their fortunes before NEC play begins Oct. 11.

What made the triumph even more impressive was the adversity CCSU overcame, playing without numerous players due to injury.

“We had 15 or 20 guys out for the game or during the game,” Lechtenberg said. “I mean, one of our guys playing D-line at the end of the game

was playing O-line this week in practice. So we were just thin. We kept fighting, we kept finding a way, and I’m really, really proud of the effort.”

Olson authored a career day, completing 28 of 40 passes for 323 yards and four touchdowns while adding 58 yards and another score on the ground. The senior signal-caller showed his experience throughout the game, especially considering the makeshift offensive line protecting him featured three freshmen, a

See *Overtime* on Page 7

About

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News Editor

Elijah Hernandez

Sports Editor

Marcus Saunders

Social Media Editor

Jameson Lynch

Copy Editor

Nathalia Blair

Photo Copy Editor

Ian Yale

Staff Writers

Nicolina Coronis
Kyle Zarnoch
Lorenzo Gagliotta

Contributors

Co-Editors-in-Chief

Elijah Hernandez
&
Marcus Saunders

Meetings

Thursdays at 3:00 p.m.
Recorder Room
Student Center

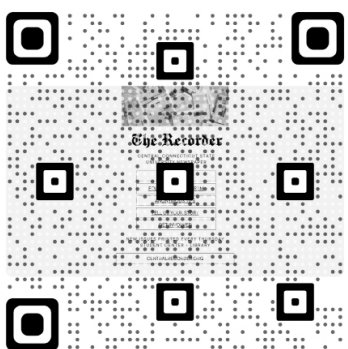
THE RECORDER OFFICE

Student Center
1615 Stanley Street
New Britain, CT 06050

860-832-3744
editor@centralrecorder.org
CentralRecorder.org

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SCAN FOR OUR LINKS



Government Shutdown-101

By **Elijah Hernandez**
Co-Editor-In-Chief

The federal government has been shut down for nine days. Nine days of quarreling, nine days of thousands of federal employees not receiving compensation for their work, nine days of bottomless uncertainty.

Sept. 30, 2025, marked the end of the fiscal year for the government, and with its conclusion, Congress gathered to pass a series of bills that deal with funding numerous key government operations and services.

According to a report from the Congressional Budget Office prior to the shutdown, up to 750,000 jobs could be lost per day, with their total compensation lost reaching roughly \$400 million daily while the nation stays shut down.

The fallout doesn't stop there.

Non-active-duty military personnel are not deemed essential workers, so they will lose out on benefits until the Senate reaches a consensus. Reductions in consumer spending are evident because of the principles of supply and demand. As well as national parks and monuments continuing to be accessible to the public, with no employees receiving pay for the work they are doing.

In 2019, the shutdown amounted to an estimated loss of \$3 billion in five weeks that had no way of being recovered. It is projected that the United States may surpass that number within the first week of the shutdown.

The shutdown stems from a

funding dispute, with neither Democrats nor Republicans willing to compromise on their budget priorities. The bills require 60 votes to pass, but the most recent Senate vote failed at 51-47, according to the Senate's official website.

With requests for back pay being rejected by President Trump, the National Guard being deployed to Washington, D.C.; Chicago, Ill; and Memphis, Tenn, as members of Congress continue to get a paycheck, many questions are being raised by citizens about the legitimacy of what's taking place.

President Trump previously expressed a willingness to negotiate with Democrats but later stated he would not engage in talks until they vote to end the shutdown.

The Democrats are lobbying for health insurance tax credits, while Republicans are looking to prevent that from happening and are actively trying to resolve the shutdown so they can delay further negotiations until Nov. 21.

A pivotal moment to look for in these negotiations is which side is willing to relinquish their portion of control, but essentially power over the other party as well. With the outcome shaping the nation's future, it is crucial that citizens stay informed and aware of the situation.

As Americans grow increasingly weary, many hope for a swift resolution.



Photo Credit Hawaii.gov; the United States Capitol Building

Have a story that needs to be told?
Tips or ledes that should be investigated?
Email us at editor@centralrecorder.org
or fill out the contact form on our website
centralrecorder.org

1ST AMENDMENT

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

Photo Credit Leslie Haines, Free Speech Center; a graphic of the First Amendment

Engagement Continued

aspect of journalism that is under the administration's scrutiny. Corporations such as the Public Broadcasting Service (PBS) lost all its funding, and additional cuts to public media, adding up to well over seven figures, are progressively accumulating under the Trump administration, trying to exert control over the media, determining who can or cannot disseminate information to the public.

Elizabeth Hamilton, an Executive Editor at the Connecticut Mirror, said in the current political climate, it has escalated

to the point of posing real dangers for journalists.

"Something that has been worrying me ever since the 2016 election is the destabilization of truth and fact. That troubled me greatly," she said. "As a newsroom leader who's working with journalists every day, it's deeply unsettling for us as journalists to then have a significant part of the population view that work through the lens of just complete dismissal or refusal to accept fact."

"As the editor of the organization, I never thought when

I went into this profession, I would go to bed at night worrying about the safety of reporters," she said.

While the public's transitioning sentiment may mirror those of the current administration, the courts still work, and reaching a solution through the judicial system is uncorrupted by any one individual.

Tenured First Amendment lawyer and member of CFOG, William S. Fish Jr., provided his legal insights to emphasizing the importance of knowing one's rights and understanding the limits of free speech.

"The First Amendment is designed to allow different viewpoints to be heard," he said. "It's not something that people

are generally aware of, but the First Amendment doesn't protect you; free speech only goes so far. I remain optimistic that the First Amendment is going to remain unscathed."

Fish makes it clear that events can be circumstantial, legal protections are in place to prevent government overreach.

"You can't, as a government, take regulatory action to try and coerce somebody based on what they're saying or what they're not saying ... the Supreme Court has said that unanimously."

The connection between the topics covered, at their core, is the journalists themselves.

Dan Haar, a columnist for Hearst Media Connecticut,

said that how journalists present themselves through their work can be a reflection of who they are as a person. Not a machine pushing out propaganda.

"We're in a very difficult situation because we should be setting aside the fake patina of non-biased and stopping the mobilization of an increasingly authoritarian regime," he said. "This idea that mainstream media institutionally has some corporate or political agenda is nuts, it's crazy. I've been a columnist for 32 years, and no one has ever said to me you can't say this. We're here to write the news, there isn't something my company is preventing me from saying."

This Weeks Campus Events

Voter Registration Drive, Oct. 09, 3 p.m.

Student Center, Lobby Tabela

Banned Books Mocktail Party, Oct. 09, 5 p.m.

English Department

Flavors & Sounds of Brasil, Oct. 14, Noon

Student Center Circle

Hispanic Heritage Month Culture Night, Oct. 14, 7:30 p.m.



Photo Credit REUTERS/Molly Riley; College students have been fighting for First Amendment Rights for decades

Entertainment Column



Bad Bunny Brings Boricua Pride to SuperBowl LX

By Lorenzo Gagliotta
Staff Writer

The NFL has announced that global music icon Bad Bunny will headline the Apple Music Super Bowl Halftime Show for Super Bowl LX, set to take place Sunday, Feb. 8, 2026, at Levi's Stadium in Santa Clara, California.

Bad Bunny, born Benito Antonio Martínez Ocasio, just finished his two-month residency concert series in Puerto Rico No Me Quiero Ir Aquí (I Don't Want to Leave Here), as an homage to his culture and heritage.

Ocasio made the difficult decision against including the United States in his tour dates, due to fears of Immigration and Customs Enforcement, or ICE, activity at the venues.

The Grammy Award-winning Puerto Rican artist is set to start his DeBÍ TiRAR Más FOToS ("I Should Have Taken More Photos") world tour in November 2025.

After the announcement was made about the Super Bowl, some Central Connecticut State University students are looking forward to what's to come in February.

Enzo Corvino, a Central student said even though Bad Bunny's music is in a different language, he transcends such barriers.

"I love Bad Bunny's music, I'm excited," he said. "I think people that don't listen to his music might be confused, but I love listening to it, I don't mind it."

Another CCSU student, Kenneth Aviles, said that even during tumultuous times, the nation can embrace our differences.

"We are a country of diverse people; we have different music around the country," he said. "We've had in the past Super Bowl halftime performers who've said some political things, but most people are there for the music, to have some fun."

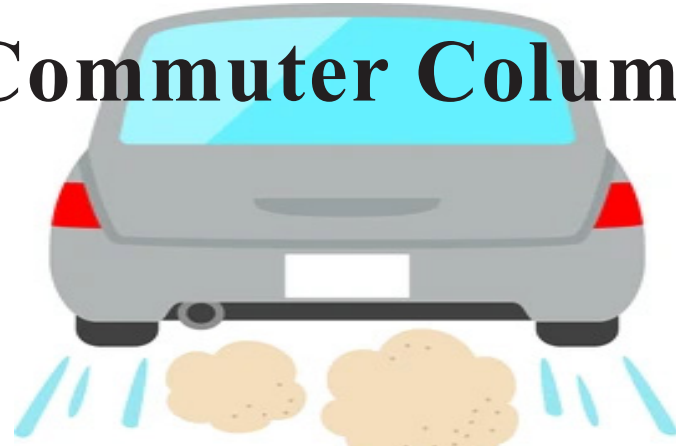
The impact of the performance in California will reach across the country to Connecticut. Melody Lozano, coordinator of the Latin American, Latino and Caribbean Center at CCSU said there's a big Puerto Rican community going to Central and the state in general.

Last spring, the center hosted a historian who worked on Bad Bunny's latest album, 'DeBÍ TiRAR Más FOToS'.

While many fans are celebrating the decision, some national political figures are less enthusiastic. Both President Donald Trump and House Speaker Mike Johnson have publicly criticized the NFL's choice, raising the potential for controversy during the performance.

Still, fans remain hopeful the show will emphasize music over politics.

Commuter Column



Killing Time the Central Way: How Commuters Can Make the Most of Their Long Breaks

By Nicolina Coronis
Staff Writer

Many students finish their first class of the day and have a three-hour break until their next one. This is a common experience for commuters at Central Connecticut State University. Each commuter has their own journey to find their perfect study spot.

CCSU commuter Sidra Bedir knows this feeling well, with two three-hour gaps between some of her classes. Bedir often finds herself surrounded by students in similar positions.

"I see a lot of commuters at the Dunkin' ... I see a lot of people hang out there or sometimes Halal Buns," said Bedir. "I go to the student center, I know that commuters go there or the Devil's Den."

Using time to catch up on homework and interact with classmates on campus is a common pastime for CCSU commuters. When it comes to productivity in between classes, Bedir explains it is all about balance.

"I try to find a good spot in the library to work, and I also hang out with friends," said Bedir.

Commuters at CCSU have different methods of finding their perfect spot on campus to chat with peers, do homework, or just hang out at the campus Starbucks.

Ava Lewellyn shared her thoughts on the most popular go-to spots for commuters.

"I just started going to the Student Center ... I know a

lot of people go to their cars, though," said Lewellyn.

The Student Center has become a favorite for many commuters. It offers cozy seating areas, outlets for charging laptops, and easy access to food options. But not every space is perfect for every student.

"The library is usually very packed," Lewellyn noted.

The Elihu Burritt Library, while convenient and equipped with computers and a Starbucks, can get crowded during peak hours.

A possible commuter solution for a seemingly packed library is to make your way through the crowd of coffee-sipping study sessions and check out the second floor of Elihu Burritt Library. The second floor often has plenty of space to avoid the chaos and get an uninterrupted study session.

Lewellyn's advice? The extra wait time is the perfect opportunity to complete homework and beat procrastination.

"I just do homework all the time, doing your homework is the best thing you can do," said Lewellyn.

In the colder months, when the outdoor spaces of CCSU are too frigid to take advantage of, some commuters will have to embark again on their journey to find their spot on campus. Lewellyn predicts the route commuters may take.

"I think everyone's just going back to being in their cars ... they have the heat," said Lewellyn.

Troy Kaiser tends to avoid common commuter areas but instead prefers following his own routine.

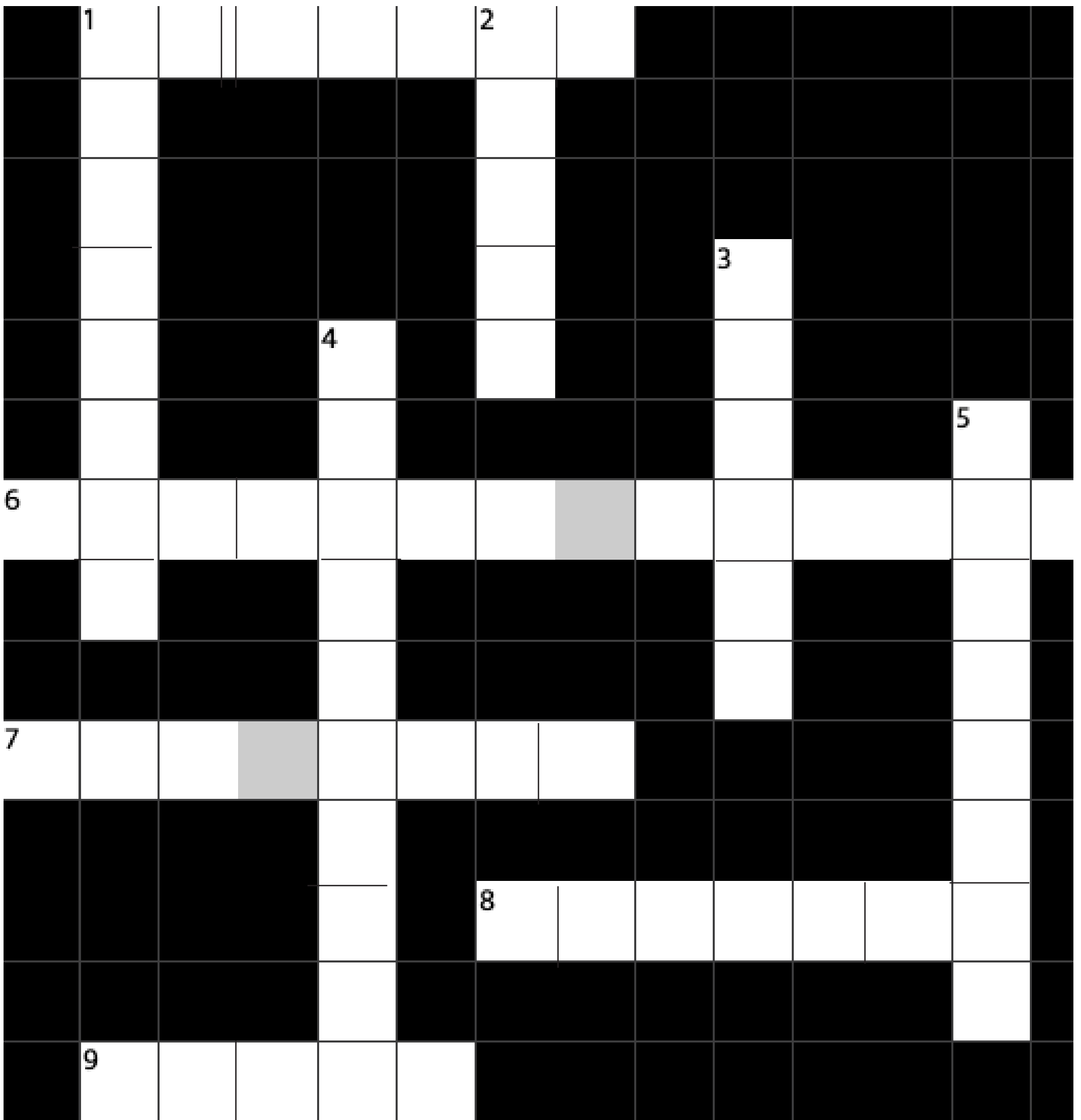
"I spend most of my time at Willard, because that's where my car is parked and I don't really see much need to stray from it. The couches with footrests are good for work, but sitting in a transitional space like the lounges in the hallway is not very relaxing," said Kaiser.

Kaiser marches to the beat of his own drum and admits he has not explored much of campus and prefers to use the long breaks to go off campus. However, the opening of the Central Market has made Willard-DiLoreto Hall more enjoyable.

"I've been enjoying the new market in Willard for occasionally buying a drink," said Kaiser.

Kaiser agrees that long days of commuting are best spent getting work done.

"In my mind, I'm responsible for getting as much done as I can during my breaks, because that frees up my time off campus. I start my break by eating lunch and then doing one assignment at a time with only short breaks in between completing them. Only if I have no work to do am I looking for something recreational," said Kaiser.



Across

- 1. A visual roadmap for a balanced meal.
- 6. The new edition to DiLoreto.
- 7. Columnist at Hearst Media Connecticut.
- 8. This quarterback led his team to seven consecutive AFC Championship Game appearances.
- 9. Amount of votes needed in Senate.

Down

- 1. Benito Antonio _____ Ocasio.
- 2. Power gets differed to the states or to the people based on this Amendment.
- 3. This running back shares a first name with one of the Co-Editors-In-Chief.
- 4. October 9th vs _____
- 5. LeBron recently had an announcement with this company.

Nutrition Struggle Among College Athletes

By Deanna Prescott
Staff Writer

NCAA athletes know how to train hard and compete harder — but ask them what their next meal is, and most of them might hesitate.

Collegiate athletes push their bodies to the limit while also juggling their classes, social life and other responsibilities. More importantly, they neglect their nutritional needs while playing the balancing game.

Former Division III NCAA swimmer Amy Mamica said she hit a physical low point more than once during her collegiate career because she didn't prioritize her nutritional needs.

She practiced five to six times per week while majoring in biology at the University of Saint Joseph in West Hartford.

"It's a full-time job and super challenging to balance the workload that we get, especially being a STEM major," Mamica said. "Sometimes I wouldn't eat the healthiest meals with enough calories or nutrition. I would just snack all day, then feel super weak at practice to the point where I couldn't make the times that I

needed to make in meets."

Registered dietitian Cassandra Forsythe said if student-athletes don't fuel properly, they're putting themselves at risk of developing numerous long-term health problems, such as decreased bone mineral density and, for female athletes, the loss of a regular menstrual cycle.

"They're not going to be the best athlete they want to be if they're not fueling properly," Forsythe said. "Their bodies are machines, and you want to put the right fuel in them."

NCAA swimmers often train twice a day, with sessions lasting anywhere between one and a half to three hours, including both swimming and dryland training. In Mamica's case, female swimmers burn between 2,800 to more than 4,000 calories per day between intense training.

"Remembering to fuel right wasn't always my main priority," Mamica said. "It was mostly getting my schoolwork done or making sure I could make it to practice."

A study published by the National Library of Medicine involving 331 NCAA Division III athletes revealed a mean nutrition knowledge score of only 36.9%. Athletes who had completed a college-level nutrition course scored higher than those who had not. Despite this, most athletes rated registered dietitians as "extremely knowledgeable," yet relied more on sources like social media, coaches and athletic trainers for nutrition information.

NCAA guidelines strongly encourage the inclusion of sports nutrition professionals within athletic programs, but there is no legal requirement for schools to employ a sports nutritionist.

Mamica and her teammates had support from the USJ athletic department staff, coaches and the sports nutritionist, Kaneen Gomez-Hixson.

"It's required for all athletes to attend a presentation with the sports nutritionist to teach us

how to fuel before, during and post practice," Mamica said.

They also receive pamphlets with infographics, meal ideas and additional information after the presentation.

Mamica's typical in-season day of eating consisted of more calories than she was ever used to consuming.

Juggling multiple science courses as a biology major demands brain power.

"I had to feed not only my body, but my brain too," Mamica said. "You have to listen to what your body needs and eat meals with all the macros."

She said that being an NCAA athlete made food way more important to her and relied heavily on eggs and bagels in the mornings, snacks with sugar before practice, and meats, carbs and veggies in evenings after practices.

"After practice, I'm so hungry. Anything I can find, I'm going to eat," Mamica said.

Forsythe emphasized the importance of nutrition resources

for athletes and that bringing in professionals to speak about proper fueling habits one-on-one with the athletes is extremely helpful.

"I think MyPlate is the best and most comprehensive," Forsythe said. "Swimmers need a lot of food, but their choices aren't always the greatest."

MyPlate is more of a visual roadmap to guide athletes to a more balanced meal. It's balanced with half fruits and vegetables for vitamins and recovery, a quarter lean protein for muscle repair and a quarter of whole grains for energy.

The chaos of balancing athletic demands with classes feels a little more manageable when their bodies are fueled properly. And it's not about perfection, but more so giving the body what it needs to perform, recover, and stay strong, one plate at a time.

Strength begins with what's on the plate — not what's in the weight room.



Photo Credit NEC Official Website; The Swimming and Diving Team at CCSU after winning the NEC Championship for the 24-25 season

Overtime Continued

sophomore, and a player who hadn't seen game action in a year.

"He's been playing better and better. He's been running the ball more. He's making plays," Lechtenberg said. "We had three freshman offensive linemen start today, a sophomore and a guy that hadn't played in a year, and he didn't blink an eye. He kept making throws."

Olson credited his offensive line for the career-best performance. "It's all thanks to the guys up front, without them, I mean I'm nothing back there," Olson said. "They've had great protection. Great job picking it up from the running backs, and great job [to] the guys outside making plays."

Howard again proved to be Olson's most reliable weapon, rushing 18 times for 102 yards while also leading the team in receiving with five catches for 69 yards and the game-winning touchdown. The overtime score came on a play the Blue Devils had hit earlier in the game, with Howard making a crucial adjustment when the Sacred Heart linebacker overplayed his assignment.

"We kind of hit it. We scored on it early in the game, and Coach thought it was a good play call," Howard said. "Actually, the linebacker overplayed it, and I'm supposed to stay outside, [but I] slipped inside and got him... and Brady kept with the play and trusted me and got it to me."

The game started sluggishly for both offenses, with defenses dominating early. CCSU's defensive line, led by Gavin Taylor and Wayne Coleman, consistently pressured Sacred Heart quarterback Jack Snyder, forcing multiple three-and-outs in the first quarter.

The Blue Devils broke through late in the opening frame when Howard juked



Photo Credit Dan Heary/New Britain Herald; CCSU quarterback Brady Olson (12) hands the ball off to running back Donny Marcus (20) during Saturday's overtime win against Sacred Heart.

a defender and raced for 48 yards, setting up a seven-yard touchdown pass from Olson to David Pardo.

Central built a 13-0 lead on two Jack Hennessey field goals before Sacred Heart (4-1) responded.

The Pioneers cut the deficit to 13-7 on a one-yard touchdown run by backup quarterback John Michalski. It was set up by a 51-yard pass from Snyder to Kevin McGuire.

The Blue Devils answered with a methodical 90-yard drive capped by Olson's 29-yard touchdown strike to Michael Trovarelli, extending the lead to 20-7.

But Sacred Heart wasn't finished.

The Pioneers drove 75 yards in just 1:06, with Snyder hitting Payton Rhoades for a 22-yard touchdown with 10 seconds left in the half, cutting CCSU's advantage to 20-14 at halftime.

The second half became a heavyweight fight, with neither team willing to back

down. Sacred Heart took a 21-20 lead when Trey Eberhart III capped a 60-yard drive with a nine-yard touchdown run early in the third quarter.

CCSU answered with a 72-yard march highlighted by Howard's power running. Olson found running back Donny Marcus wide open on the left sideline for a 32-yard touchdown, and Pardo caught the two-point conversion to make it 28-21.

The game turned into a track meet in the fourth quarter. Sacred Heart tied it at 28 on a 15-yard Snyder touchdown run with 6:04 remaining.

CCSU then regained the lead 78 seconds later when Olson scrambled to his right and dove into the right pylon from nine yards out, making it 35-28.

With 1:55 remaining, Sacred Heart drove 76 yards in seven plays. Snyder evaded pressure and found Jason Palmieri wide open, with no one within five yards, in the right corner of the end zone for a 37-yard touchdown, tying the game at 35 with 59 seconds left.

"We didn't quit," Howard said of the team's resilience. "We might have bent, but we ain't folded at all. So, you know, I'm proud of the guys, and we can go celebrate this one for sure."

In overtime, CCSU got the ball first and needed just one play.

Olson called Howard's number, and his guy delivered.

"Safety blanket, that's all I gotta say," Olson said about Howard. "He makes plays like he shouldn't have slipped inside, but he did. He had to make a play. I put it on him. I trusted him, and he made a great play on that one."

Sacred Heart, starting at its 25-yard line, drove to Central's two-yard line in five plays, but on fourth down, Snyder's pass to the right corner of the end zone fell incomplete, setting off a celebration on the CCSU sideline.

"Man, it's a great win, just for our morals of the team," Howard said. "You know, we know we got a great team, and

just about the fourth quarter finish, and today, the guys finished... offense, defense made a goal line stop, you know, it's beautiful."

The victory provides significant momentum as the Blue Devils prepare for conference play through the end of the season.

Howard, the NEC's leading scorer, credited his offensive line for his success. "Man, that's to my O-line. Man, without them, nothing is gonna happen," he said.

For Olson, the win validated the team's belief in itself. "I mean, it's a must win. This is a must win," he said. "So to pull it out in the close game, something we haven't [done] in a while. So I'm really proud of us for doing that."

Olson and Hennessey were recognized by the NEC as the Offensive Player of the Week and Special Teams Player of the Week, respectively, on Oct. 6.

It was Olson's first career weekly honor and Hennessey's second this season, the first coming Sept. 1. Central Connecticut will look to carry this momentum into next Saturday's NEC opener against Robert Morris, while the Pioneers will play the Howard Bisons at Greene Stadium in Washington, D.C.



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WEEK 6 NFL PICKS

Philadelphia Eagles (4-1) @ New York Giants (1-4) Thursday at 8:15 PM. Winner: Eagles

The defending champs will look to get back on track against their NFC East rival after the Denver Broncos handed them their first loss since Dec. 22, 2024. This will be rookie Jaxson Dart's third career start after taking over for Russell Wilson in Week 3 against the Los Angeles Chargers. Dart is 1-1 in his first two career starts. He is going to need help on defense, and it starts with the three stars on the Giants' defensive line: Dexter Lawrence, Brian Burns and Abdul Carter. They need to put pressure on Jalen Hurts. Even though the Eagles' offensive stats don't look pretty (31st in passing yards and 25th in rushing yards), I believe they will be able to go into MetLife and win a tough division game with their championship pedigree. If there is any game for them to get A.J. Brown and DeVonta Smith going, it's this one, with

the Giants' defense ranking in the bottom 10 in passing yards allowed per game at 237.2.

New England Patriots (3-2) @ New Orleans Saints (1-4) Sunday at 1 PM. Winner: Patriots

The Patriots enter this game coming off a win over the Buffalo Bills, who at the time were the league's last undefeated team at 4-0. As Stefon Diggs continues to work his way back from the season-ending ACL injury he suffered in October 2024, he's starting to look like the true No. 1 receiver Drake Maye has needed, topping 100 yards in each of his last two games. This will be a tough test for the Saints, who rank 27th in points per game at 18.4, while the Patriots average 25. For New Orleans to have a chance, Spencer Rattler will need a big performance through the air. The Patriots have struggled against the pass, ranking 26th in opponent passing yards per game (242.2). Maye and

Recorder's Picks

By Marcus Saunders
Co-Editor-In-Chief

company should be too much for the Saints, as New England looks to make it three straight wins after starting the season 1-2.

Detroit Lions (4-1) @ Kansas City Chiefs (2-3) Sunday at 8:20. Winner: Chiefs

Every stat says that the Lions should win this game. They're on a four-game winning streak, lead the league in points per game (34.8) and rank top 10 in both offensive yards and defensive yards allowed per game. That said, I still have Patrick Mahomes and the Chiefs taking this one at Arrowhead Stadium. Mahomes is at his best when he's doubted, and this is just another chance for him to show why he's the best quarterback in the league and why you wouldn't take anyone over him in the clutch.

Buffalo Bills (4-1) @ Atlanta Falcons (2-2) Monday at 7:15. Winner: Bills

This will be a great test to determine whether the Falcons' pass defense is legit. In their four games this season, opposing quarterbacks are averaging only 135 passing yards a game which ranks first in the league. Their defense also ranks No. 1 in total yards, giving up just 244 per game. As much as the Falcons have shown out, Josh Allen is a different beast, he can hurt defenses with both his arm and his legs, and he'll easily be the best quarterback Atlanta has faced so far. On the other hand, the Falcons are averaging just 19 points per game and need to get their former top-10 picks, Drake London and Kyle Pitts more involved. Buffalo's offense will likely be too much for Atlanta to handle. The Bills enter this game averaging 30.6 points per game, good enough for third in the league.

Chicago Bears (2-2) @ Washington Commanders (3-2) at 8:15 PM. Winner: Commanders

A rematch of last year's game that ended in a Hail Mary from Jayden Daniels to Noah Brown. Daniels returned from injury last week against the Los Angeles Chargers and led Washington to a win after missing the previous two games. The Bears are on a two-game win streak and just came off their bye week, so they should be well rested. The Bears' offense has clicked in their two wins, but they played two poor defenses, so it's hard to tell how good they really are. In the three games Daniels has played this season, the Commanders are 2-1, though that record has come against weak competition. The difference could be the Bears' defensive struggles. They're allowing 29.3 points per game, which ranks near the bottom of the league. Daniels should be able to do his thing, especially if Washington's top receiver, Terry McLaurin, is cleared to play.

URSDAY, OCTOBER 9TH		MONDAY, OCTOBER 13TH	
1:15 PM EDT Time Video	(4-1) Eagles @ (1-4) Giants	1:00 PM EDT CBS	(3-2) Chargers @ (1-4) Dolphins
	How to Watch Ticket	1:00 PM EDT CBS	(1-4) Browns @ (3-1) Steelers
		1:00 PM EDT CBS	(3-2) Patriots @ (1-4) Saints
NDAY, OCTOBER 12TH		4:05 PM EDT FOX	(1-4) Titans @ (1-4) Raiders
3:30 AM EDT NFL NETWORK	(3-2) Broncos vs (0-5) Jets	4:25 PM EDT CBS	(4-1) 49ers @ (4-1) Buccaneers
	How to Watch	4:25 PM EDT CBS	(2-3) Bengals @ (2-1-1) Packers
1:00 PM EDT OX	(3-2) Rams @ (1-4) Ravens	8:20 PM EDT NBC, UNIVERSO	(4-1) Lions @ (2-2) Chiefs
	How to Watch Ticket		
1:00 PM EDT OX	(2-2-1) Cowboys @ (2-3) Panthers	MONDAY, OCTOBER 13TH	
	How to Watch Ticket	7:15 PM EDT ESPN, ESPN DEPORTES	(4-1) Bills @ (2-2) Falcons
1:00 PM EDT OX	(2-3) Cardinals @ (4-1) Colts	8:15 PM EDT ABC	(2-2) Bears @ (3-2) Commanders
	How to Watch Ticket		How to Watch Ticketmaster Hotels
1:00 PM EDT OX	(3-2) Seahawks @ (3-1) Jaguars		
	How to Watch Ticket		

Photo Credit NFL.com; Marcus Saunders & Elijah Hernandez's NFL picks for this week

CCSU SCHEDULE

Women's Soccer

October 9 – vs. Mercyhurst at 6 PM

Men's/Women's Cross Country

October 10 – NEICAAA Championships

Football

October 11 – @ Robert Morris at 2 PM

Men's Soccer

October 12 – vs. Howard at 2 PM

October 15 – @ Rhode Island at 7 PM

