Students rep their flags with CSA

By Lexi White
Features Editor

As the semester progresses, the stress students face with their studies becomes more prominent. To escape from their academic worries, students spent their night filled with dancing, good vibes and Caribbean culture.

The Caribbean Student Association, CSA, held their annual Rep Your Flag event on Thursday, Oct. 3 in the Adanti Student Center to celebrate Caribbean heritage.

CSA President and psychology major Trician Johnson, a junior, said that their motto is: divided by water, united by culture.

Johnson said she wanted to bring students together by making this year's celebration their best one yet.

Johnson said, "We have our dance team performing their first dance of the semester, and they've worked so hard to make sure they put on a great performance."

Johnson has been involved in CSA since she was a freshman and said that being a part of the organization has helped her become who she is today.

"I've come out of my shell a lot since being involved in this," Johnson said. "I used to be very introverted, but now I am extroverted, and I got way better at public speaking."

By expressing her true self, Johnson said that she found the people who truly support her and that will always have her back.

"Our group and this event bring so many people together, regardless of if they are from the Caribbean," Johnson said.

Psychology major Brunel Luxama, a sophomore, was another member of CSA who helped put this party together. Luxama said that as the CSA secretary, he feels responsible for bringing more people to the event because he wants to showcase what the organization has to offer.

"We all share the same kind of background and morals, so I am really happy to call this my home away from home," Johnson said. "I want to show the people who are here that aren't a part of CSA that we know how to have a good time, but also that we can help educate you on your background."

Art and design major Kayla Desmond, a junior, was one of the students who attended the celebration.

Desmond transferred to the university at the start of the semester and wanted to come to the event to meet new people and broaden her horizons.

"I've never been to an event on campus like this before, but I'm hoping I can see some new faces and become friends with people other than my roommates," Desmond said.

While Desmond did not know what to expect, she knew that CSA's commemoration was a great way for her to get to know the community.

Desmond said, "It's good to know that there are people that look like you and have the same experiences as you in the same place."

Psychology major Leticia Asante, a sophomore, was another student who enjoyed the event. She said that her favorite part of the event was seeing the dance team perform.

"They were amazingly talented. I have never seen dance like that before," Asante said. "I love how they expressed and represented their culture."



PHOTO | LILY RAND

Psychology major Jenna Rodriguez and nursing majors Arielle Vance and Dayanara Evans, freshmen, honoring their heritage at the Rep Your Flag event.

Owls Decide: Which Hogwarts house would you live in?

By Lexi White
Features Editor



PHOTO |CARLY RUSSELL

"I would probably be in Hufflepuff because they are all cool, and I would want to be one of them."
- Interdisciplinary studies major John Stannard, a sophomore



"I'd want to live in Hufflepuff because they have a cool common area, and they are very close to the kitchen, which is great because I'm a late night snacker."
- English major Emily Weiner, a senior



"I would definitely live in Hufflepuff because I feel like they are just the sweetest house, and I also love the color yellow."
- Special education major Taylor Wasilewski, a senior



"Slytherin because they live under the castle where you can see the water, and it tends to be very quiet down there."
- Journalism major Arcadia So, a sophomore



"I want to live in Gryffindor because it is obviously the best one."
- Public health major Kelvin Essilfie, a senior



"I would be in Gryffindor because I am brave, have a lot of loyalty and it's the best one."
- Public health major Hailey Figueroa, a junior

Wilkinson Hall RAs help residents' mental health

By Lexi White
Features Editor

Navigating the first semester in a new environment with new classmates and all new stressors can be a challenge for some first-year students.

To try and help those who have been having a difficult time, the resident advisers, RAs, of Wilkinson Hall organized an event to help their residents learn about stress and mental health.

Communication disorders major Jailene Brito, a sophomore, and Spanish major John Romano, a senior, were the two RAs who put together this educational event.

Their main goal was for students to be able to gain new strategies to cope with the stress they face each day.

"Learning about how to manage stress is so important because it helps your mental health and your physical health," Brito said.

Brito said that her freshman year of college was overwhelming. She said that she did not know who to talk to or how to cope with what she was feeling.

"I wanted to do some research, so I put together a presentation about what stress is, how it can impact the body and how to overcome it," Brito said. "I wanted to make sure that everyone has a clear idea of what stress is and give them the resources to get through their rough patches."

Romano said that he wanted to give his residents the opportunity to talk about what has been stressing them out. He said that might not have grown up getting the help they needed and might have wanted to talk about what they are going through.

"We wanted students to know that they are not alone in what they are feeling," Romano said. "By teaching them how to manage all the stress they may face, hopefully now they feel more relieved."

Romano said that he wanted to let students vent while throwing in a slimy twist. He said that by giving them something to fidget with, they can talk about their troubles in a relaxed manner.

"Slime is like a staple from our generation's childhood and brings up nice memories, and we wanted to give them that space to feel comfortable," Romano said.

One student who wanted to get in on the slime action was sociology major Charlie Nelson, a freshman. She said that she came to the event to make slime and to learn skills for managing stress.

Nelson said. "A lot of people have mental health issues, and they don't know about the resources here, but this event showed us that there is a lot of help available."



PHOTO | LEXI WHITE

Spanish major John Romano, a senior, making slime with his residents in Wilkinson Hall.



Sociology major Charlie Nelson, a freshman, showing off the slime she made at the event.