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SOUTHERN NEWS

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Michael Phelps: ‘I didn’t want to be alive’

By Victoria Bresnahan
News Editor

The most decorated Olympian of all-time once considered committing suicide.

In 2014, after 28-time medalist Michael Phelps was charged for a second time with driving under the influence, he said he “didn’t want to see the next morning.”

He spent the next three to five days locked in his room not wanting to be alive or talk to anyone. He said he did not eat or drink but remained in bed and cried.

“I’ve been able to do everything that I’ve wanted to do in my professional career so far and it hasn’t been easy,” he said, the 21st annual Mary and Louis Fusco Distinguished Lecture Series, “and I’ve had some things that have made it even more challenging—to the point where I didn’t want to be alive for a few days.”

Now a retired professional swimmer, Phelps advocates for mental health awareness.

“He has become the vocal and influential ambassador for mental health awareness,” said President Joe Bertolino, during the event’s introduction.

While training, Phelps said he would experience depression, anxiety and suicidal thoughts. The most daunting moment of his depression occurred when he locked himself in his room and did not want to be alive after receiving his second driving under the



PHOTOS | AUGUST PELLICCIO

The 28-time Olympic medalist Michael Phelps opened up about the depression he experienced while competing as a professional swimmer.

Olympian Michael Phelps discussed mental health awareness at Fusco lecture

influence charge.

At the lecture, which was moderated by former ESPN reporter Kate Fagan, Phelps, who began swimming at age 7, said he never had the opportunity to reflect on his life while competing. He said his lifestyle was always “go, go, go.”

“I didn’t really have the time or energy to dwell on things from the past,” said Phelps.

By the 2012 London

Olympics, Phelps said his mental health began to spiral. This, he said, was his worst Olympic experience. “[I was] praying the week of Olympics would end and I could move on.”

Being engaged with more things that needed his attention was one of the factors that saved his life, he said. After an honest and open interview with Sports Illustrated in 2014, he began to speak publicly about his depression.



Michael Phelps (left) sits with former ESPN reporter Kate Fagan during the lecture.

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Panel of experts spoke on student mental health

Student Mental Health: Crucial Conversations discussed mental health issues students face and how to alleviate them

By Haljit Basuljevic
Reporter

A televised forum entitled Student Mental Health: Crucial

Conversations in the Lyman Center, featuring a panel of five experts, gave extensive knowledge about the nature of mental health awareness.

In front of a largely-filled auditorium, local sports anchor and President of Finz Creative Programming Noah Finz moderated the discussion



PHOTO | WILL ALIOU

Moderator of the Crucial Conversations lecture Noah Finz speaking with fellow panelist and Director of the Yale Center for Emotional Intelligence Marc Brackett.

and asked a series of question based on each expert’s accompanying knowledge.

Many of the issues that impacted mental health amongst students pertained to culture.

Marc Brackett, director of the Yale Center for Emotional Intelligence, said social media leaves young adults—particularly women—in a state of distress due to negative social comparison, fear of missing out and social aggression.

“Young ladies are at [a] significantly [higher] risk for things like suicide or things like self-injury,” said Brackett, “while there is no conclusive evidence, it’s correlational, there is a very strong argument to suggest that social media has a detrimental impact.”

Kate Fagan, a former ESPN reporter and, said she agreed that between the pressure of performance and expectation, student athletes are dealing with these same mental health problems.

She said, from the

outside, they could be seen as living a desirable lifestyle.

The discrepancy between how it seems and how it actually is, however, can lead students to question whether they loved their sport in the first place, she said.

“If you look at the data, with suicide being the second leading cause of death for 10 to 24-year-olds, that says something,” said Miriam E. Delphin-Rittmon, commissioner of State of Connecticut Department of Mental Health and Addiction Services. “That’s something that requires we pay attention and think creatively about.”

The experts explored other facets that tie to these conditions, such as overbearing parents, socio-economic status and the rampant individualism that culture prides itself on.

Delphin-Rittmon said increasing awareness and access to services is needed. Director of Counseling Services Nick Pinkerton said Cognitive Behavioral Therapy can be

See Conversation Page 2

Tuition increase approved

A 5% increase for state universities voted on

By Tamonda Griffiths
News Writer

During a Finance and Infrastructure Committee meeting, Connecticut State Colleges and Universities system’s Board of Regents for Higher Education approved a tuition increase of about 5% to the four state universities for the fiscal year 2020.

“That does all sound like a lot,” said Student Government Association President Alexis Zhitomi, during an SGA meeting the week after spring break, “and it is because every dollar counts to our students, but it is, unfortunately, the reality we are looking at right now.”

According to the meeting’s agenda, for Southern undergraduate commuters tuition and fees would increase by 4.5% and 3.8% for residential students.

See Budget Page 3

Alternative ideas sought for spring concert

By Victoria Bresnahan
News Editor

There is a large chance that the annual spring concert will not occur this year due to an inability to find cost-effective and exciting musical talent.

“We have made a couple of offers to artists and been denied due to various reasons,” said Associate Director of the Office of Student Involvement Eric LaCharity.

Money, travel, time and the negative reputation of an artist are some of the factors prohibiting the university’s commitment to a musician.

LaCharity said, at the weekly Student Government Association meeting, this year has

been a balance between financing the concert and finding someone who represents the values of the university.

The concert is paid for through student fees. The Office of Student Involvement is permitted to use \$40,000 of that money to cover the costs of the concert.

Last month, SGA allocated an additional \$15,000 in the hopes of finding the appropriate musician. This allocation will most likely not be used for an event other than a concert, LaCharity said.

If there is no musical artist selected, this will be one of the first times, according to LaCharity, a spring concert has not been held.

The office is currently

exploring different ideas for the week of the concert if an artist is not found by this week.

If an artist has not been found and since the concert is set to be a month away, he said, they have begun working toward planning a different event.

LaCharity said the event would be like a “Student Appreciation Day multiplied by five.”

A carnival-like festival with food trucks and local artists are ideas being considered.

Representative-at-Large Trimaie Brown, said as a suggestion, artists from a few decades ago should be considered, as well, since they would sing recognizable songs.

A concert for next year will still be considered.



PHOTO | AUGUST PELLICCIO

Associate Director of the Office of the Student Involment Eric LaCharity at the weekly SGA meeting updating the group on the spring concert’s musical talent.

Conversation

Continued from Page 1

He said with critical thinking being the central core of the therapy, CBT can also be used throughout a person’s daily life as a source of empathy and challenging their own thoughts.

Near the end of the filming, members of the audience in the Lyman Center asked questions of the panelists. They ranged from finding resources on campus to the impending fear of a planetary disaster.

Shyra Fisher, freshman and biochemistry major, as well as one of the members of the audience who asked a question, said the

discussion made her feel enlightened.

“It made me smile,” said Fisher.

University of Hartford Director of Counseling Services Jeff Burda agreed with the panel that there is a challenge of being ostracized when one is known to have mental health problems.

“There can be a sense of ‘pull yourself up by the bootstraps,’ ‘go it alone.’ ‘I’m fine and that can be reflected in social media.’ ‘I don’t need anyone.’ Until you do need someone,” said Burda. “So, sometimes I think it takes young people to wait ‘til the crisis point to reach out for help.”



PHOTO | WILL ALIOU

Some of the panelists of Crucial Conversations.

SGA works toward LEP changes

By Victoria Bresnahan
News Editor

A letter is being drafted on behalf of Student Government Association President Alexis Zhitomi to state the group’s position on the Liberal Education Policy’s foreign language requirement.

For several years, SGA has been working toward revising the foreign language requirement and certain barriers a distinct major may face.

Zhitomi said, at last week’s meeting, however, the group’s focus will now shift primarily to the foreign language requirement.

“We are taking it obviously one step at a time, and we found it best that we move forward with the world language requirement because we kind of know where we want to be at,” she said.

Currently, students must complete a 200 level of a world language—which could take three semesters—or pass the STAMP exam, which measures language



PHOTO | AUGUST PELLICCIO

Vice President of the Board of Academic Experience Brooke Mercaldi discussing the group’s plans.

proficiency. An online placement test must be taken by students who have completed two or more years in high school, unless they are proficient, according to the university’s website.

Their goal for the revision for the requirements, which will be addressed to faculty,

staff and administration through this letter, will be to make the foreign language requirement similar to other CSCU system institutions, Zhitomi said.

The foreign language requirement of the sister schools is set at completing three years of a language in high school with a “C”

letter grade or better, or two semesters of a language in college.

“It reduces the requirement in our university but also allows students that have been taking a language in high school- I know some even start in elementary school [at the] earliest,” she said. “It allows them to kind of come into Southern without having to take that requirement at all because they have done it already in years before.”

Vice President of the Board of Academic Experience Brooke Mercaldi said the group is currently planning next steps in SGA’s efforts to encourage the university to change the requirements.

Currently, the board is looking to “make the conversation more public,” Mercaldi said. No plan has been established yet.

In addition, the BOAE is working on a survey to send out to recent alumni to garner their opinion on the foreign language requirement.

Mercaldi said the survey will be sent out this week.

Phelps

Continued from Page 1

It felt like a weight had been lifted from him, he said.

“Being able to understand that it is okay to not be okay,” he said, “and

putting so much pressure on myself. Just kind of enjoying the ride, the experience.”

Bertolino said, during the event’s introduction, student mental health is a challenging issue facing higher education.

“With Southern’s proud commitment to access social justice and

empowering lives through higher education,” he said, “we recognize the need to prioritize mental health.”

Before he became the most decorated Olympian of all-time, he said he remembers being afraid to put his face under the water as a child.

By age 11, Phelps had a 4-year plan on how he would place on the U.S. Olympic team for the 2000 summer games in Sydney, Australia.

“I wanted to break a world record,” he said. “I wanted to be a professional athlete. I wanted to be a gold medalist.”

After placing in fifth place at the games, Phelps said he was back in the pool the next day to train for the next Olympics.

At the time, he remembers looking at his coach’s practice sheet and seeing the world record time for the 200-meter backstroke in the top corner. He broke the record six months later.

“I wanted more [after that],” he said.

Pressure for Phelps is “whatever you put on yourself.” While competing, he said he put more pressure on himself than any media outlet or person could to get the most out of himself as possible.



Michael Phelps sits on stage at the Lyman Center during the Fusco lecture.

“I wanted to see what my limit was,” he said.

His motivation to be the best swimmer rested in his times, he said.

From a young age, his coach Bob Bowman, taught him to “[dream] as big as you possibly can.”

“I knew that if I was able to hit those certain times,”

Phelps said, “then no one else would be able to get those times.”

Phelps said it is “awesome” to be the best at something. Looking back, he said he will not have a ‘what-if’ moment about his swimming career.

“For me, being to go through my career, you

know, from the very beginning til the end in 2016 with all the ups and downs that I had I would never change a single thing.”

See Page 12 for more photos of Phelps and the Fusco lecture.



PHOTOS | AUGUST PELLICCIO

Former ESPN reporter and best-selling author Kate Fagan moderated the Fusco lecture.

Reimbursement program helps student parents

**By Jessica Guerrucci
Reporter**

To help lessen the burden of being a student parent, the university now offers those who are eligible the opportunity to be partially reimbursed for their child care expenses while they are in school.

The Child Care Partial Reimbursement Program is overseen by Rosalyn Amenta, the director of special projects and a women's studies professor.

She said entering the program requires filling out an application and for students to fulfill certain criteria.

If they do, they are given a check to use however they see fit.

"It's for children of... full time students on financial aid who need help paying their way through university through giving them a modest reimbursement for child care expenses given to them...at the end of the semester," said Amenta.

She said understands that being a parent is a demanding job. She said she hopes this program helps ease their worries

about child care and allows them to pay more attention to their studies and work toward getting their degree.

Having been involved with child care for students on campus for a few decades, she said she has been committed to seeing how she can find a way to even the playing field for student parents.

"Parenthood is something that is so precious and so demanding, so overwhelming and so rewarding in many ways, and to try to be the best parent you can be while trying to be the best student you can be, can be a challenge," said Amenta.

Michele Vancour, a public health professor, said the Office of Student Life has done a good job creating new flyers for the program and putting them around campus to spread awareness about the program.

"I'm about to launch a child care study with students," said Vancour. "We're going to do a survey in the next couple weeks and that will ask students if they are aware that there is this program, so it will give us an understanding

of how many student parents do know that we have been offering this now for several years."

Depending on the number of people that sign up for the program, Vancour said parents can be reimbursed up to \$500 a semester, but she is hoping more can be done.

"I'm hoping in the near future we can find resources to increase that amount, and we're also doing a lot of other things to try to bring more child care to and near campus to support students," said Vancour.

Yi-Chun Tricia Lin, director of the Women's Studies Program, said she wishes there was on campus child care services, but she still thinks the partial reimbursement is a great thing to have.

"I dream of that one day we have an on campus daycare, so the community members don't actually have to take their kids outside somewhere before coming to work, that means students, that means staff, that means faculty," said Lin.

Lin said she thinks a lot about how school work



PHOTO | JESSICA GUERRUCCI

Director of Women's Studies Program Yi-Chun Tricia Lin in the program's office.

is compromised because of demands of everyday life, making it especially difficult for parents, but she said that is not always the case.

"When they're parents it's really very hard, but I would also say something

that I have seen some of the parents, as parent students, perform really to the fullest of their ability because they feel they want to set themselves an example, as a model for the kids," said Lin.

Amenta said the deadline

to apply for the program is currently set for April 12, and that more information about the program can be found on the Dean of Student Affairs' website as well. It includes additional resources for students parents.

Budget

Continued from Page 1

Along with the tuition increase, Zhitomi said there will be a 2.5% increase in housing expenses and an approximate 4% increase in meal plans.

Also, according to assistant dean of students & director of student conduct Christopher Piscitelli, who was at the SGA meeting, it is a state law that 15% of the revenue collected from tuition has to be set aside for financial aid.

Last week, associate professor and assistant chair of the Social Work Department Stephen Tomczak, as well as other professors, and some students attended an assembly in Hartford to discuss the recent tuition increase.

"We had several wonderful student speakers," said Tomczak, "who testified to how the escalating cost of tuition is really sort of pricing them out of a, of a college education."

The state's continual decline in its investment in higher education, Tomczak said is "short-sighted," and will not only negatively affect current and future students, but the entire state of Connecticut.

According to Tomczak, 90% of Connecticut State University alumni continue to live in Connecticut and contribute to the state's economy.

"I'm an example of this," said Tomczak. "I'm a graduate of Southern."

When he was attending the university, Tomczak said he was paying \$500 per semester in tuition. Students today, he said pay "10 times the amount."

"Inflation doesn't

account for the vast majority of [the increase in tuition]," said Tomczak. "What accounts for the vast majority of it is the decline in state appropriation."

Executive Vice President for Finance and Administration Mark Rozewski said the university is currently working on modeling the university's budget for the fiscal year 2020.

"The current year looks fine," said Rozewski. "What we're worried about is next year."

According to a March 13 Finance & Infrastructure committee agenda packet, Governor, Ned Lamont's proposed a \$145.2 million budget for the CSUs in the fiscal year 2020. In fiscal year 2019

However, Rozewski said that the "recommendation" is not the end result.

The Governor, he said, makes his proposal sometime in February,

then the legislature recommends another number, and then they, "duke it out," and vote on an exact number in May.

"We don't know for sure," said Rozewski, "because it's not over until it's over."

Rozewski said he is currently using the Governor's recommendation and the approved tuition increase to start his model of the budget. The tuition increase, he said, "probably won't change."

"There's a theoretical possibility that it could change if catastrophe strikes," said Rozewski. "For instance, the legislature recommends less than Governor's [proposed] budget."

In that case, Rozewski said that does not mean tuition would further increase, however, it certainly raises the possibility.



PHOTO | TAMONDA GRIFFITHS

Executive Vice President for Finance and Administration Mark Rozewski.

Students treated for smoke inhalation after early morning fire

**By Victoria Bresnahan
News Editor
and Hunter Lyle
Sports Editor**

Due to a fire that occurred in a West Campus Residence Complex suite last week, three students

were treated at the scene for smoke inhalation early in the morning, last week.

University Police and New Haven Fire Department responded to the fire alarm at 2 a.m. and found the sprinkler system had already extinguished the flames by the time of

their arrival, according to a campus safety update email. The fire allegedly started in the second-floor suite due to a discarded cigarette.

"The suite and several neighboring suites sustained smoke and water damage," according to the

email statement. "Students from those suites are being temporarily housed in a neighboring residence hall."

Students were allowed back into the building around 5 a.m.

Luke Beesley, a senior and resident of the suite adjacent to the room in which the fire occurred, said he was still awake when the alarm went off.

"I didn't know where it was coming from. I got up to check where it was coming from, and then the main fire alarm went off," said Beesley. "So I got dressed, went out, and I just saw the smoke right when I walked out of my room, then I went outside."

Beesley said their room sustained water damage from the suite's sprinkler system. He is currently living in Neff Hall so his suite can be cleaned.

"At this point, they're supposed to clean it this week and we should be able to get back in hopefully a couple [of] days," Beesley said.



PHOTOS | HUNTER LYLE

Fire trucks respond to a fire alarm at West Campus Residence Complex that caused some damage.



Water damage on the first floor below the room where the fire occurred.

Textbooks: a dying necessity of college life

By J’Mari Hughes
Reporter

Every year, weeks before the semester begins, we recieve an email that informs us that we find a list of the textbooks we need for the semester. Every year I ignore that email until I go to class and discover whether the books are necessary or nor. As freshman, I would get the books immediately because I assumed I would need them. As the semesters went on, I realized that sometimes the books professors assign were not needed. Now, it is not until the semester begins and the professor assigns work directly from the book that I choose to buy it.

In 2019, there is so much information available on the internet. With access to online resources, I think it is surprising so many professors choose books

instead. Using the internet is faster, cheaper, and easier to use.

A class I took in my sophomore year required three textbooks, none of which I bought. They were overpriced and had less than a hundred pages each, so they were not at all worth their price. Because they were so expensive and that class was an Liberal Education Program requirement having nothing to do with my major, I knew once the ten weeks were up that I would never touch those books again. I made it through three sections of that class and got my homework and tests done without the “required” material, which further proved my theory that we do not always need textbooks.

I once had a class where, out of the blue, my professor assigned reading from the textbook

that apparently no one knew about because my classmates responded with comments such as, “We have a textbook in this class?” and, “I never even bought that.” It is interesting to me that professors assign textbooks and only tell students to use them two or three times the entire semester. It is even more interesting that professors assign textbooks and do not require students to do anything but read from them. No quizzes, no review, no note-taking: just reading. In that case, I would think hardly anyone is going to read it.

I think it is silly for a professor to tell students they need a book they will barely even use. I also think it is unnecessary, as I have made it through several semesters without some material. Also, that is not just me; in a class I had in the past, I did not

have the assigned material and neither did other students. My professor had extra books on hand and would stand up to ask, “Who needs a book?” and then distribute them to those without books. If my professor ran out, he would tell those without books to look on with a neighbor. Situations like that, I believe, bring students into the mindset that if they do not purchase a book, they will still be granted whatever information is in it, and therefore demonstrates the idea that these books are not a necessity.

Regardless of whether students will use the book frequently, telling students to buy them, as expensive as books are, and then hardly using them, is a waste of money. I think professors should either not assign them at all or assign them and use them on a regular basis.

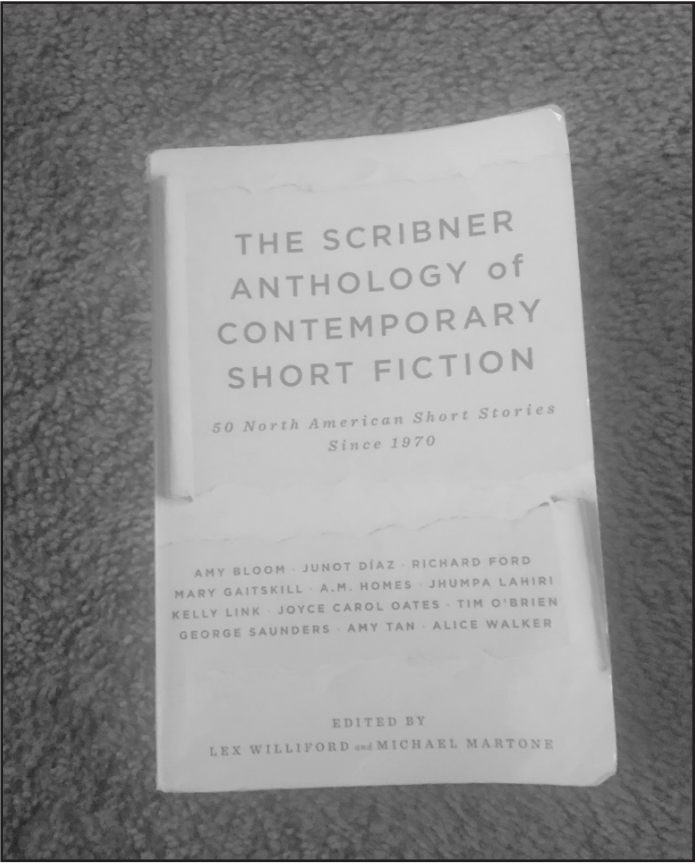


PHOTO BY | J’MARI HUGHES

Required text for Introduction to Fiction Writing course.

Trump signs seemingly empty freedom of speech executive order

By Jacob Waring
Opinions & Features Editor

President Trump signed an executive order on March 21 with the intention of protecting the freedom of speech on college campuses. This sounds fantastic, as most would agree that they want their speech protected. It does not matter where you land on the political spectrum, because we all have the right to speak about our opinions and views. According to a poll conducted by McLaughlin & Associates for the William F. Buckley Jr. Program at Yale University, 73%—that is, three in four voters—are in favor of the executive order.

There is one caveat on my end I find the executive order is hollower than the empty husk of a cicada. No new protections for campus speech were created. The executive order restates the universities and other colleges obligations to follow current federal law, policies and regulations. There is the foreboding

threat of losing federal research funding, but it seems like higher education institutions must simply reaffirm they are committed to the current laws in place.

I feel like this is an attempt by Trump to appeal to his base with an executive order that is about nothing. That the order is an useless order masquerading as accomplishing something.

I am not dismissing the issue at hand. I do believe that colleges should be respectful of views from both sides of the political spectrum. Traditionally, universities and colleges tend to lean more towards liberal viewpoints and that makes those with conservative views feel unheard. I believe campuses across this country can do a better job at making conservative students feel more included on their campus.

According to the National Center for Education Statistics there are over 4,583 colleges and universities in the United States. From the studies I have read, contrary to

what those behind the order may believe, freedom of speech does not arise as an issue that requires the intervention of the President of the United States of America.

According to the Foundation for Individual Rights in Education, between the years of 2011 and 2016 there have been between 20 to 42 cases of problematic political speech per year. The Niskanen Center, a nonpartisan think tank, found that between the years of 2015 to 2017 that there have been 45 cases where a faculty member was fired, resigned, or demoted due to political speech. 13 of those cases was concerned a conservative faculty member.

So, it is problematic, but does not rise to the level of a crisis requiring an executive order. A handful of instances spread across over 4,583 colleges and universities does not seem like an epidemic of neutered free speech. I feel that the media, including news media, has overblown this issue into something



ILLUSTRATION BY | JACOB WARING

A political cartoon of President Trump signing one of his many executive orders. that it is not.

Within the order, the Department of Energy, the Environmental Protection Agency, the National Institutes of Health, and the National Science Foundation are in the position to identify which universities and colleges that do or do not follow all the rules in place for free speech on campuses. However, there is nothing yet in place beyond who decides who is complying.

What happens if an institution is found to not be in complacence to the rules? Do they automatically lose funding? Do they get warnings? Who oversees the process to assure it is non-partisan in nature? There are so many unanswered questions. It makes me feel uneasy that perhaps there is no captain steering this ship, or that it will be steered onward towards an iceberg. Wherein this executive

order will make the issue worse rather than better. This executive order comes off as a political stunt at the expense of everyone involved: those who passionately care about this issue, the institutions who have no basis as to how this order will be handled, and the agencies who will potentially waste their resources trying to answer the before mentioned questions raised by the order.

SOUTHERN NEWS

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A review on Marvin Gaye’s new album

Looking back: Spring of 1999



Cop injured by former student

A former student was arrested for injuring a police officer when he dragged her from his vehicle. The former student was visiting his advisor to discuss readmission to Southern. Police noticed something under the former student’s jacket when he was leaving the office and the advisor notified police that her purse was missing. A Southern cop obtained permission to search the former student’s car, but he drove away when she opened the door. The cop was dragged on her knees and suffered injuries to her knees and elbows. New Haven police eventually arrested the former student and found three of the advisor’s credit cards.

February

- Theater student Joseph Tantalò became the first Southern student to win the Irene Ryan Scholarship, which recognizes student performers at different regional levels.

March

- Gymnast Kelly Wildowsky set a school record against Rhode Island College in the all-around competition with a score of 38.15.
- Players from the National Football League visited Southern as part of the Walter Camp Football Foundation. Players included running backs Ricky Williams and Tony Dorsett.
- Four students and one non-student were involved in a fight and were taken to Yale-New Haven Hospital to receive medical treatment. The four students, the one non-student were arrested. A resident advisor was also fired as a result of the fight.

April

- Southern was unable to negotiate a contract with rapper Busta Rhymes for Spring Fest, and instead hired local bands to play.
- A transformer on Crescent Street caught on fire, causing United Illuminating to shut off the power at Southern. While power was out, two fire alarms were pulled in Wilkinson Hall and one was pulled in Hickerson Hall.
- Baseball coach Joe Bandiera won his 400th career game after Southern swept a doubleheader against Binghamton University.
- Wendy Wasserstein, winner of the 1989 Pulitzer Prize for her play “The Heidi Chronicles,” spoke at Southern.
- Connecticut state universities modeled their new sexual harassment policies after one developed by staff and faculty at Southern.

Compiled from the Southern News archives by Michael Riccio, Managing Editor

Pulitzer prize journalist discusses student debt



PHOTO BY | JESSICA GUERRUCCI

James Steele discussed the issue of student debt.

By Jessica Guerrucci
Reporter

Whether it is destroying the American dream or putting student’s futures on hold, it is something that many college students are familiar with: student debt.

Two-time Pulitzer prize winning journalist James Steele, discussed the issue of student debt and income inequality. Steele said debt goes against the American dream because rising tuition is making college increasingly difficult to

afford, therefore putting equal opportunity for some just out of reach, and for others out the window.

“It’s a terribly complicated problem, and it’s an awfully serious problem, and we need to talk about it, we need to wrestle with ideas,” said Steele “There’s probably no one simple way to solve this.”

Steele said states used to fund 60-70% of higher education costs, but while the number varies between states, the percentage has dropped significantly, and because of that

tuition has gone up.

Lewis Deluca, of the financial literacy coordinator at Southern, said he questions where the state’s money is going if it is not being put towards education.

“I wish the state gave us more money. They haven’t, so basically the university responds, and the system responds by balancing the budget,” he said. “If it’s not coming from the state, it’s coming from the students. Is it right? Is it fair? Nope.”

While Deluca said why they are not very popular right now, he said he thinks income share agreements would be a good solution.

“Instead of you taking on the excess debt or your parents taking on excess debt, the income share agreement- the way I understand it- is: I take my limit and then there’s an investor that invests in me or you as a student, and then when we graduate, depending on our job and salary, we pay a percentage of our income,” said Deluca.

Stephen Monroe Tomczak, associate professor of social policy and community organization, and president of the American Association of University Professors at SCSU that co-sponsored the event along with the journalism department and the SCSU

chapter of SPJ, said he feels strongly about this issue because he watched as tuition increase over the years.

“I’ve seen it personally, the cost of tuition go up and up and up when I was student here at Southern we paid 500 dollars a semester, my students pay 10 times that amount, and that’s unjust, and it doesn’t have to be,” said Tomczak.

Another issue is the level of awareness about loans. Steele said college is a wonderful time for students, both socially and intellectually. So they are not thinking about student loans and debt until they graduate.

“Students do need to know more about and see what those consequences are, and even if they don’t change their way of life, at least they know what they’re facing,” said Steele.

While educating students on their debt is important, Steele said it does not make the debt go away, and, with the issue of this student debt becoming much bigger, Tomczak said he is committed doing something about the problem.

“The resources are there, and we should be investing these resources in the younger generation, not forcing them into a life time of debt,” said Tomczak. “It’s just wrong.”

Seminar focuses on climate change impact on marine life

By Izzy Manzo
Copy Editor

Climate change is impacting the development of sea creatures according to a presentation by Dianna Padilla of Stony Brook University on March 27.

Padilla, a professor in the department of ecology and evolution, presented her research in a seminar hosted by the Werth Center for Coastal and Marine Studies. Her research ongoing laboratory research, titled “Population differences in resilience to climate change: responses of blue mussels to climate change,” discussed how global warming impacts the development of mollusks.

Padilla said that since the Industrial Revolution, the pH level of the ocean has changed by .1 units. While it may not sound like a lot, she said, when applied to a bigger scale, it shows how much of a change is happening.

“That’s about a 30% increase in the acidity of the ocean,” Padilla said.

That the increase is due to the fact that the ocean absorbs about one third of carbon dioxide being released into the atmosphere Padilla said.

“All the organisms that are living out there, they have never experienced the chemistry of what we’re expecting to happen to the oceans,” Padilla said.

“We’re gonna see, along our shorelines, increased acidity for over a century.”

Padilla said that when too much carbon dioxide is in water, it changes carbonate chemistry. Calcium carbonate specifically is the main component of shells of marine organisms such as oysters and mussels.

Padilla said that blue mussels were chosen for her research because of multiple factors.

“They’ve been the focus of genetic and physiological studies

for a century,” she said. “They are basically the model physiology species students learn about in lots and lots of classes.”

Padilla said their study has currently spanned two generations and mussels gathered from four different areas in the Long Island Sound—Milford, Groton, Stony Brook, and Orient Point. They each were exposed to three different water treatments to track how well they performed.

Padilla said, that concerning shell thickness, which is impacted by calcium depositories, they expected to see weaker shells and faster growth in mussels with a higher level of ocean acidification.

However, her research showed that growth correlated with species rather than pH levels.

“There was significant differences in population,” she said. “No significant differences in shells between pH 8.0 and pH

7.6.”

Nicole Gigas, a Junior, a geography major said that she had attended a previous seminar about sea urchins and was surprised to find some similarities.

“This one was interesting because it was so different, it was a different species,” she said. “It was a different organism, but they were coming to the same conclusion about climate change and what is climate change gonna do to the species.”

Biology professor and co-director of the Werth Center Dr. Sean Grace hopes that students who attended the seminar realize that ocean acidification is a real concern that needs to be addressed.

“[It’s] affecting many marine organisms, specifically marine invertebrates that help set up the foundation of many communities that we see along the coast,” he said.

Alexion and BioPath opens door to opportunities in the medical field

By Jessica Guerrucci
Reporter

New research and possible career paths for students are being introduced through the Alexion and BioPath seminar series, which is an opportunity to connect students with scientists from local companies.

Girish Nallur, CEO of Vistara Bioscience, was the featured speaker for March, who gave a presentation regarding proteomics, or the study of proteins, and how they are organized into functional networks.

Candy Hwang, a chemistry professor who coordinated the event, said they’ve had five speakers from different companies so far at events where students got to learn about different topics mostly pertaining to biology and chemistry.

“Students, any student really, has the opportunity to see what it’s like to work there, what they do, what the jobs are like, and we sponsor a lunch so students can meet with the speaker and talk to them about what their experience has been like,” said

Hwang.

Hwang said the goal is for some of these companies to take students as interns, or that through meeting these speakers an internship opportunity may present itself. She said the goal is to make students into competitive applicants when they are applying for jobs.

In Nallur’s presentation, “Common Design Principles and Universality of Complex Systems – Proteins, the Internet, Computer Systems or Society,” students heard about the research he is doing at his company and their approach.

When starting a business, Nallur said people need to be able to show that they have something new, different, and valuable, or something that can become valuable when it is developed further.

“It’s a passion. There are people who never want to do that in their lives, and then there are others like me who can’t go to bed at night, thinking

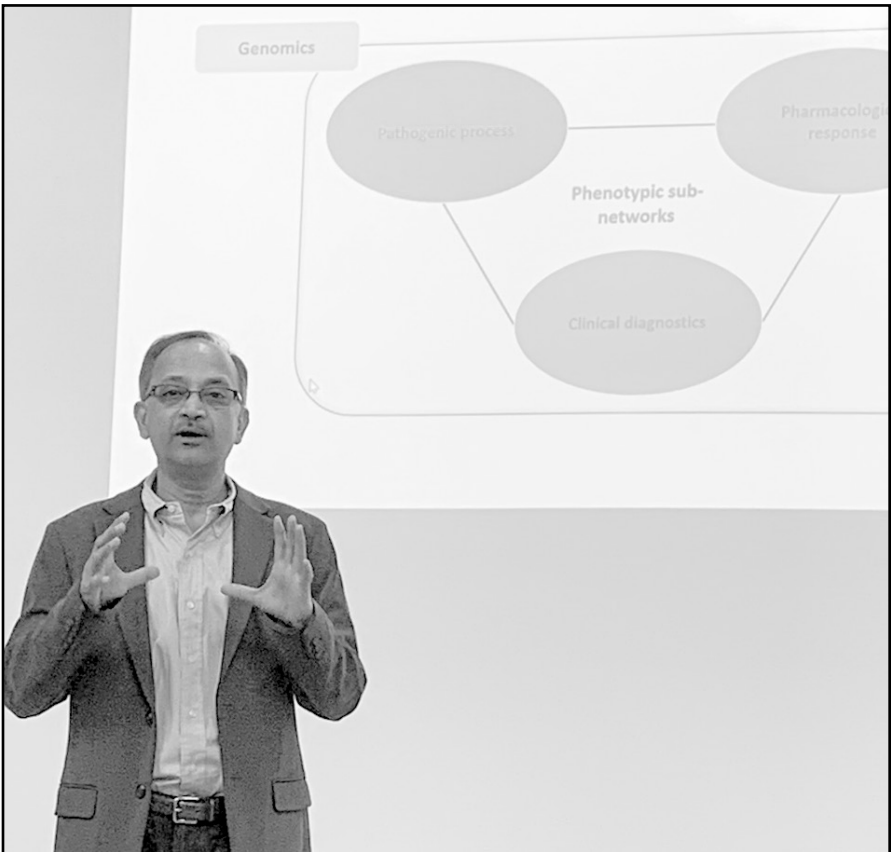


PHOTO BY | JESSICA GUERRUCCI

Girish Nallur, CEO of Vistara Bioscience speaking about proteomics.

“I need to make that thing happen,” said Nallur.

See BioPath Page 6

Counseling Services hosts Holistic Mental Health



Miranda Fabre, hosting a “do it yourself’ mirrors table for the SAGE Center.

PHOTO BY | IZZY MANZO



Lizzie Crineo, doing a coloring activity.

PHOTO BY | IZZY MANZO



Graduate Intern, Mary Xatse, making a “do it yourself’ sleep mask.

PHOTO BY | IZZY MANZO

By Haljit Basuljevic
Reporter

As a part of spreading awareness, Southern’s Counseling Services and a slew of other departments hosted the Holistic Mental Health Fair in Engleman Hall last week.

“We always want ways to reach out to students, and knowing that Michael Phelps is going to come, we wanted to have a series of things leading to it knowing that mental health was going to be highlighted,” said Mary Xatse, a Programming and Outreach graduate intern here at Southern.

She said that following the film screening, she

wanted students to integrate themselves within the campus community and understand the various resources that supported mental health. All the tables that each club accompanied filled the interior of the large room in B121, and each had their own distinct approach to dealing with mental health.

One of the tables was hosted by Registered Dietician Courtney Huggins. Her table had small bowls of chocolate covered almonds, walnuts and raisins, amongst other small foods. A stack of small plastic bags were also provided for guests and a spoon to scoop the food with. Who said that

healthier foods, like veggies and fruits, can contribute to a higher sense of energy and well-being. She said that for some people, the go for outlet to a stressful day may be a surplus of sugar fill dishes of cake and the like. This, she said, can lead to a life-risking world of adverse effects.

She said that although one should stay away from unhealthy foods for optimal physical and mental health, forcing oneself to do so can also have a detrimental effect.

“You don’t have to beat yourself up,” said Huggins, who added that having portion-sized meals for everything makes up for the irresistible urge craving

that comes from trying to entirely avoid, for example, sweets. Moderation is key.

The connection between physical and mental health also took another route through the ‘sexpert’ table. Family Nurse Practitioner Christa Mann said that most schools may not have sex education classes and the knowledge gap can lead them to misassumptions.

“[A mental health problem] doesn’t discriminate. It affects everyone in different ways whether it affects them personally or they know someone who has it,” said Xatse when asked about the issues surrounding mental health. “There are just so many things here

for students, and I think a lot of them may have heard it before, but never had an interaction where they can ask just questions. This is a time and space where they can do it.”

Joey Irizarry, an SCSU Fitness Center worker pursuing his master’s degree in athletic administration, stated that there are classes that students can sign up for if they want a start in exercising or even yoga, which can be soothing and reduces even anxiety.

“Students usually get stressed out cause of too much work. Exercise is one of the biggest benefits we have here,” said Irizarry. “It takes your mind off the

next couple hours of school. It takes your mind off the homework you have to do.”

With a public forum, Xatse sees the fair as conducive for students to not only learn about mental health, but for those who have those issues to not feel lost or afraid of asking questions. She said she wishes for Southern’s efforts to help eliminate the stigma and misconceptions that sufferers usually have.

“[Anyone] can ask for help...whether it’s going to counseling or joining a club. I think there is a rise in awareness, and there’s also a rise of people saying, ‘We need to do more,’” said Xatse.

Jordan Peele’s ‘Us’ thrills and chills

By Essence Boyd
Copy editor

If you have yet to see Jordan Peele’s *Us*, head to the closest theater and go find yourself. The nightmare reveals just how sinister the monster in the mirror can be. When the Wilson’s family returns to their vacation home in the beautiful beach town of Santa Cruz, Calif. after years of absence, they learn just that.

The film begins in 1986, the year of Hands Across America –a fund raising event that intended to create a tethered human chain from coast to coast– and Michael Jackson’s *Thriller*. Young Adelaide (Madison Curry) is shown at the Santa Cruz pier with her estranged parents when she wanders off to the dreaded house of mirrors. As mentioned in the opening credits, there are miles of abandoned tunnels and passageways underground which have no known reason. Once in the life changing house, Adelaide finds out just what the purpose of the tunnels are when she encounters her doppelgänger for the first time.

After making contact, the audience is made to believe Adelaide returns to her parents, who believe being lost has traumatized her as she refuses to speak. However, you learn later in the movie that they couldn’t be any more wrong. The movie then fast forwards to the present day and shows even though she has left the beach, Adelaide has yet to escape her haunting past.

Like in “*Get Out*”, Peele uses multiple forms of foreshadowing to inform viewers of the dangers that are yet to come. From abnormally large shadows to daunting background music, Peele plants subtle clues along the way to keep viewers on the edge of their seats.

Now a mother, Adelaide (Lupita Nyong’o), her husband Gabriel (Winston Duke), their phone zombie of a daughter Zora (Shahadi Wright Joseph) and magician wannabe son Jason (Evan Alex) return to Santa Cruz in hopes of enjoying a normal family vacation. However, a day at the beach confirms Adelaide’s worst nightmare: what she has been running from all these years is finally beginning

to catch up to her. After continuous coincidences, the Wilsons are forced to confront what Adelaide has been avoiding when the family’s doppelgängers appear in their driveway with murderous intentions. Once the bad dad jokes run out and Zora looks up from her phone, the untethering finally begins.

The doubles or Tethered, force their way into the Wilsons’ home and reveal who they are – a government experiment left to rot underground– “Americans” and what they want, is everything. This scene has to be the most disturbing of them all; the two worlds finally collide and you’re left looking into the same deranged hall of mirrors Adelaide found herself in 32 years ago.

A black film would be nothing without numerous biblical references and Peele does not hold back with his countless references to Jeremiah 11:11, which reads, “Behold, I will bring evil upon them, which they shall not be able to escape; and though they shall cry unto me, I will not hearken unto them.” The number can be spotted on signs, clocks, and even the final getaway

vehicle.

The most memorable and remarkable roles played in the film are by doppelgänger son Pluto (Evan Alex) and once lost but now found doppelgänger Red (Lupita Nyong’o). After seeing this movie, you will not be able to get Red’s suffocating voice or Pluto’s dog-like abilities out of your mind. Throughout the remainder of the movie the Wilsons battle to kill the mass of silent doppelgängers and remain the superior family leads to them encountering multiple hiccups along the way.

Peele uses his comedic history to creatively tether the DNA of pop and American culture into the film without being cliché. Despite being the same theme for his prior film “*Get Out*”, Peele denies any correlation to racism in “*Us*”. Even though Peele depicts the Wilsons as an educated and well-off black family, they still do not measure up to their wealthy white counterparts, the Tylers. What the Wilsons lack in money they make up in resilience, as they stop at nothing to remain above ground.

BioPath

Continued from Page 5

Todd Ryder, a chemistry professor who does research in organic and medicinal chemistry, said he thought Nallur’s presentation was amazing. Ryder said the approach they take is more complicated but gives a more accurate picture of how things work.

“The way a drug works is that a molecule interacts with a target, and historically we have just considered these targets in isolation,” said Ryder. “Clearly, that’s not the right way to think about it because these protein targets interact with part of pathways that involve other targets, so the approach that this company is taking is to look at this as whole, as a

network.”

Mikayla Mclau, a chemistry major, said she wants to continue doing drug discovery in the future and that the information from Nallur’s presentation opens a door as to what kind of targets to look at when assigning a drug.

“You know a lot about drugs and drug targets, but it was interesting to see a network of proteins because that isn’t taught as much,” said Mclau.

Melissa Palma, who is also a chemistry major and hopes to be a doctor, said the presentation allowed her to look at things from a different perspective.

“In drug discovery we talked more about small molecules, and this was seeing the network,” said Palma. “So, it’s interesting how you take a step back and look at the science and then apply something in a different way to try to get the same results.”

Correction

In the March 27 edition on page 6, Jamie Kelley’s name was misspelled.

Get Involved

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All full-time students with
at least a 2.0 GPA are
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Applications are due

April 5th, 2019

to Jeff Mock

mockj1@southernct.edu

Contact the above-listed organizations for more info.

NOTEorious offers opportunity to sing with peers

By J'Mari Hughes
Reporter

NOTEorious is an a capella singing group that was formed in fall 2016. According to the club's OwlConnect page, they are a group of students who are passionate about music and performing as well as devoted to hard work, but love to laugh through every rehearsal and value their bond as an ensemble.

"It's laid back and casual, but at the same time serious, and we're just having fun experimenting with different genres of music," said senior and social work major Benjamin Yambao. "It's all about grooving together."

Yambao said he has been a part of the club since spring of 2018. He said he used to sing musical theater in high and school and had friends that were apart of NOTEorious. He wanted to join a club that was student driven, rather than ran by professors or those outside of Southern.

"It challenges me as a musician, it challenges me in terms of collaborating with other people," said Yambao. "The reason I love

this club is all the people involved and all the work we have accomplished so far together. NOTEorious is a relatively new club so we're still trying to establish ourselves and being apart of the process of establishing our brand is really exciting to be apart of."

Freshman and psychology major Megan Latte said she joined after having participated in choir and an all-girl a capella group in high school. She said she was excited to join a unisex singing group, and that after her second time auditioning, she was inducted into the group.

"I really love making music and I think everyone here is really passionate about it," she said. "In high school choir, people would just take it because it was a requirement whereas here everyone's enjoying it and that makes it a lot more fun."

Unlike Latte, Karina Peña said she did not get to join a music club in high school. Being a singing-lover and commuter, she said joining NOTEorious was an easy way to make friends. She called her club members

amazing, saying they show so much support even on days where she may not be able to attend meetings.

NOTEorious rehearses Tuesdays and Thursdays from 8 p.m. to 9:30 p.m. Peña said practices typically begin with warmups followed by going over a song or parts of one.

"Sometimes we go into what we call 'sectionals' where we group off based on voice types," she said. "I'm an alto so I'd go with the other altos and learn all our parts and then when everyone has finished learning that section, we'll come together and practice it together."

Cameron Rho, a junior and computer science major, said he joined because he loves to sing and that he discovered the club through OwlConnect.

"It's a great opportunity to sing with a group of other like-minded individuals and I haven't regretted it for a moment since," he said.

Rho and junior music major, Patricia Castle, are both also part of Southern's choir. Rho said in NOTEorious they are more likely to sing pop

songs or whatever genre they desire, while choir is more formal. In addition to the difference of not using instruments, the a capella club has a smaller number of participants than the choir.

"We're a relatively new group, this is only our third year," Castle said. "It's kinda like a new upcoming thing rather than something that's already got a big name. We're making our names for us."

Rho, who said he has been singing since he was a child, said he has a strong belief that everyone can sing if they practice and give themselves a chance, and that if they do, they may see how much the love to sing.

Castle said she joined because, when she transferred to Southern, she wanted to find an activity that had to do with music, specifically, singing. She said she loves to perform with her friends and participate in the club's activities like karaoke night.

"The smaller group means it's more intimate," Rho said. "My favorite part is the thinking and the fact that we sound amazing when we all sing together."



NOTEorious club members gathering in Earl Hall.

PHOTO | J'MARI HUGHES

New Haven Symphony Orchestra to host concert in Lyman

By J'Mari Hughes
Reporter

The New Haven Symphony Orchestra will be hosting a concert entitled "To Thee We Sing" in the Lyman auditorium on Thursday, April 4. The event, which begins at 7:30 p.m., marks the 80th anniversary of Marian Anderson's performance at the Lincoln Memorial and as sophomore Jessica Maier said, will celebrate the perseverance of the human spirit and ability of music to speak to power.

Before the main event, an Honors 300: Introduction to Service-Learning class will host a pre-concert event with a variety of clubs on campus to talk to members about their clubs and civil rights at 5:30 p.m.

"We want this pre-event to be a place for students on campus to see how impactful the topic of this concert is," said Maier, a special education and elementary education double major, said. "This event will cross boundaries in our community and universities and allow for students to come together to celebrate Black History and civil rights."

Rossella Graniero, a sophomore and exercise science major, said Southern organizations involved in social justice, such as PRISM, Black

Student Union, and History Club will be attending. She said they plan to endorse the concert and gain awareness of the cause from via any students who may pass by.

"We're trying to promote their concert and trying to get as much awareness and attendance that we can throughout the New Haven community," Graniero said. "We created this event in order to gain more support for the New Haven Symphony and also gain more attendance because they want to attract a different population to orchestral music."

In addition to orchestral music, she said there will be speakers, stories, and a hip-hop aspect. She said students should come because it is a different kind of event that has a good message on social justice.

"Our school is very liberal, so I think that speaks well for the university," she said.

Lupita Barajas, a sophomore, English major, said she wants students to attend because she thinks it will be educational, and that students should come with an open mindset towards orchestral music.

"It is stereotyped as something that's boring, but it's gonna be something different," she said.

"They're gonna incorporate so many different elements to it so

it's not something that's typical orchestral music, it's gonna be much more than that."

Pizza Heaven and Insomnia Cookies, two businesses in New Haven, will be donating free food for the event, which Barajas said will hopefully attract students.

Maier said students should attend the pre-event as well as the concert because they both celebrate an important event in American history, strive to bring together the community, and unite a wide variety of groups at Southern.

"Students who have never been to an orchestral concert would be choosing an amazing place to start," she said. "Not only does the concert feature beautiful orchestral music, but there will be speakers and artwork that will make for an impactful night for anyone who attends."

Students who attend the pre-concert will receive refreshments and a \$5 voucher from the orchestra.

"Thank you to all who attend and support this amazing concert," Maier said. "We believe it has the opportunity to spark an interest in orchestral music for the students on campus and for students to experience an amazing night that celebrates a great moment in history."

Pre-Concert Event!

FREE food and discounted tickets!!!
Participation of local student organizations with focus on Social Justice
To Thee We Sing Concert presented by New Haven Symphony Orchestra

Thursday, April 4, 2019
Pre-Concert Event 5:30
Concert begins at 7:30

Southern Connecticut's Lyman Center





Concert tickets \$5 with attendance to pre-concert event

PHOTO COURTESY | ALLY MORIN-VIAL

Advertisement of the pre-concert event.

See review on Marvin Gaye's album on: TheSouthernNews.org

VPAS brings forward dialogue about romanticized stalking

By Essence Boyd
Copy Editor

Stranger Things. Pretty in Pink. The Notebook. What do all these classics have in common? They all portray stalking as a harmless and intense expression of love. According to Violence Prevention Victim Advocacy and Support, it is anything but.

On March 27, VPAS hosted a screening of “Stalking in Love,” which was followed by a round table discussion. Students were given the opportunity to ask any questions or concerns they had regarding the topic.

According to the SCSU student handbook, stalking is defined as repeatedly contacting

another person when the contacting person knows or should know that the contact is unwanted by the other person.

Sexual Assault and Violence Prevention Specialist Melissa Kissi lead the discussion with hopes of making students more confident in identifying signs of stalking.

“We hope that students walk away with an ability to recognize signs of stalking and to be able to identify it in movies or TV shows and other pop culture. Aside from identifying, also learning how to speak up against it, as well as the resources available to them,” said Kissi.

In attendance was sophomore physiology major and stalking

survivor Julian Serrano, who said being aware of what stalking looks like is the first step to changing the way it is portrayed today.

“Stalking is used as a weapon,” he said. “When you use stalking to figure out what the admirer likes, use it against them to make them like you in a manipulative way, or even to ask them out for commitment and force it upon them,” said Serrano.

In the entertainment industry, stalking is portrayed as a lot of things it is not. “Stalking in Love” opened the discussion at the event for the double standards in people’s beliefs about stalking.

“When it does come to women, stalking is portrayed as the women

is crazy or she needs help. But when it comes to men, it is look at as, “Oh he’s so sweet, he’s just being romantic,” and that it’s okay,” said freshman and VPAS member Taipha Antoine.

The media has contributed to desensitizing the public to stalking, but has it also changed the way people envision relationships.

“People miss the point sometimes, when it comes to media, of what is really important in terms of stalking behaviors and romantic relationships and what is the real problem versus reality” said senior and film, television, and video production major Damaris Garcia.

“Watching romanticized media

depictions of stalking leads women and men to more likely believe stalking myths, like the person is just playing hard to get. This shows that media is powerful and depicting stalking behaviors as normal or romantic can be dangerous,” said Kissi.

According to Antoine, the rapid progression of technology makes it easier for people to carry on with stalker-like behavior.

“The type of stalking that people think nowadays is taking pictures of people and videos of them without their consent or following them without letting them know you’re there and popping up wherever they go,” said Antoine.

“But it is also liking all

of someone’s pictures on social media or being one of the first people to constantly view someone’s stories.”

Among other services, VPAS also provides support and counseling services to those who may have been affected by stalking.

“It is important for students to know that stalking is not okay,” said Kissi. “Feeling afraid or uncomfortable because someone keeps contacting when that contact is not wanted should not be happening, and that they are not alone and VPAS is here to help, and that you can make a difference by speaking out against toxic representations of relationships that normalize stalking behaviors.”



Students sitting in a classroom in Engleman Hall watching the film “Stalking in Love” last Wednesday.

PHOTO | ESSENCE BOYD

Sold out Segura show in Lyman attracts diverse audience

By Hunter O. Lyle
Sports Editor
and Max Vadakin
Contributor

For the third time at the John Lyman Center, comedian Tom Segura captivated the audience, leaving them hysterically laughing throughout the entire show.

For his “Take It Down Tour,” during which Segura also performed in San Francisco, California, Houston, Texas, and Washington D.C., the comedian’s team contacted the Lyman Center to see about the possibility of booking a show.

“It’s interesting, [Segura] reached out to us and offered us the spot,” said Lawrence Tomascak, director of the Lyman Center. “We had him twice, this is the third time he’s been here. We had him when he was really just starting out, when he was earlier in his career in terms of notoriety. The second time he was here a lot more people knew

who he was and now, a lot of people know who he is now.”

Segura first performed at Lyman in November 2015, and then again in April 2017 for his “No Teeth, No Entry” tour, in which the theatre of 1,500 seats was nearly sold out.

This time around, the Lyman Center was completely sold out, and Segura’s growing popularity warranted a second show.

“We went on sale in October and it was pretty much sold out before Christmas,” said Tomascak. “And then, [Segura’s team] was like, ‘You gotta add another show, you gotta add another show, you’re crazy if you don’t add another show.’ So, we added another show and it’s pretty much sold out.”

After the show was opened by J. Elvis Weinstein, who wrote for the show “Freaks and Geeks” and “Mystery Science Theatre 3000,” Segura took the stage, and from that moment, he had

the crowd. As he walked out, the audience became ecstatic, with cheers, chants, and a large portion giving a standing ovation.

Allison Vanderlyn, a freshman early childhood education major, bought the tickets as a Christmas present for her boyfriend, who is a huge fan of Segura.

“I think it was really good,” said Vanderlyn. “He had a lot of original jokes that I’ve never really heard before from anyone.”

Vanderlyn, who had never seen a live comedy show before, said based off this performance, she would definitely see another comedian at Lyman.

Throughout the hour and a half show, Segura talked about topics such as family, Louisiana, poverty in America, society, and Louisiana some more.

Besides the students on campus, people from all over Connecticut and throughout the tri-state area came to see the show, like Josh Johannesen who drove over an hour and a

half to see Segura.

“Well I’ve seen Tom Segura, I’ve definitely seen all his Netflix specials, I listen to his podcast sometimes, he’s just like a super funny guy, and I wanted to have that actual experience of seeing him in person,” said Johannesen. “It was great. It was way better than seeing any special.”

Johannesen also said that seeing Segura perform for a sold out show enhanced the experience.

“It was definitely better than if it was a not-so-packed house, just because there are some people that just have contagious laughter and that definitely helps,” said Johannesen. “You feed off the crowd, and also the comedian feeds off the crowd.”

By the end of the show, audience members had tears rolling down their faces, hunched over from the pain of laughter. The standing ovation from the crowd seemed to show that Segura is always welcomed at Southern.

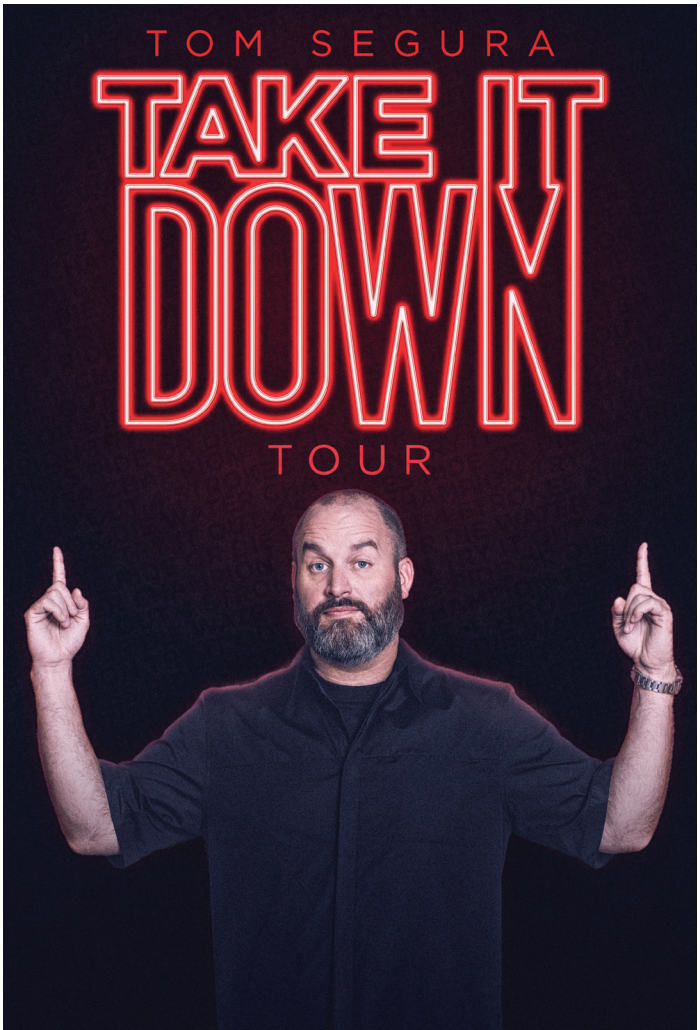


PHOTO COURTESY | LAWRENCE TOMASCAK

Advertisement for the Tom Segura event.

Lacrosse falls in triple overtime

Loss against Franklin Pierce leaves Owls struggling in mid-season slump



PHOTO | AUGUST PELLICCIO

Defender Brianna Grande, a redshirt junior, carries the ball up the field against Franklin Pierce.

By Matt Gad
Sports Writer

Freshman Karlie Rowe and senior co-captain Samantha Cozzolino showcased a dazzling offensive display Saturday as they combined for 13 of the Owls' 16 goals in a back-and-forth triple-overtime loss to Franklin Pierce.

"[Karlie] stepped up big today," Cozzolino said. "It was just a good day. She got the shots on net and they went in -- she's been doing great as a freshman."

Rowe scored seven times, twice in the first half and five times in the second, to pick up a freshman scoring record. More than that, Rowe's seven goals were also the most a single player on

the team has scored since Cozzolino accomplished the feat over Southern New Hampshire last April.

The last time the Owls went to sudden-death overtime they won, 13-12, at Saint Michael's, keying the team's second win of the season, both coming on the road after they defeated Post the game prior for Kevin Siedlecki's first ever win as a collegiate head coach.

"We know Sam's a leader - our game plan in overtime against Saint Michael's was [to] win the draw control and get it to our senior captain so she can win the game," Siedlecki said. "In this one, [Franklin Pierce] knew we would do that. Karlie got a few looks that weren't great ...but make no mistake, I'm extremely proud of this



PHOTO | AUGUST PELLICCIO

Midfielder Kelly Jagodzinski, a freshman, cradles the ball during a home game on Saturday.

group. We were down 10-6 at halftime and we clawed back."

Rowe jumpstarted the Owls out of the break, off an unassisted goal, just like she closed out half number

one. It was back-and-forth late but the team scored three unanswered late in the second half to trail by just one at 15-14.

See Softball Page 10



PHOTO | WWW.SOUTHERNCTOWLS.COM

Alexandra Lesperance, a junior, competes in the floor exercises earlier this year.

Gymnasts prepare for national meet

After strong season preformance, team gears up to claim championship banner

By Matt Gad
Sports Writer

It has been a very strong season for the Owls so far with a number of solid performances, including from freshman Hannah Stahlbrodt, who came away with ECAC Gymnast of the Year - the first Owl to win that award since 2007.

At the ECAC Championships, which took place on March 23 at Bridgeport University, the Owls placed third, bowing to Bridgeport and West Chester, head coach Jerry Nelson took home Coach of the Year, assistant Linda Mullin took home Assistant of the Year and sophomore Jordan Peloquin came away with a win on the beam.

"I was really excited to meet or exceed the beam record so when I hit it I got so excited," Peloquin said. "It's great to come into a team and have such a good family environment."

Peloquin, Tiffany Elliot, Stahlbrodt, Keylea Brothers, Jackie Kutcher, Noely Macias, Morgan

Gatewood and Keara Loughlin will also compete in USA Gymnastics Nationals, which starts March 12 and will be hosted by Bridgeport.

"My mindset [going into nationals] is that it's just muscle memory. I'm just going to go in, do what I know how to do and whatever happens, happens," Peloquin said.

The participants will compete on the 12th and the event finals will take place on the last day of the meet, March 14, with a team banquet and some other festivities and events mixed into the national championship weekend.

Nelson said that awards and attention the team has gotten recently prove how good the team has performed throughout the year.

"For me to win, but more importantly for Linda to win [assistant] Coach of the Year, just says that the others recognize that we had a good overall season, and for Hannah, too; a great, great accolade," Nelson said.

See Gymnastics Page 11

Owls split doubleheader at home against Saint Rose

Team wins first but fails to claim second game against the College of Saint Rose



PHOTO | WILL ALIOU

Pitcher Tommy Hughes, a freshman, pitches during a home game against the College of Saint Rose.

By Sam Tapper
Contributor

After a day filled with dominant pitching and strong offense, the baseball team split a doubleheader at home against the College of Saint Rose Golden Knights.

In game one, the Owls were led by their starting pitcher, freshman Brandon White. White set the tone for his team, as he pitched five full innings, surrendering just one run while striking out four batters. White gave up four hits and walked three batters.

"I felt good, everything was working, wasn't my best but I had to grind through it," said White, who improved to 2-0 on the season. "Fastball, slider mostly was alright, could've had better command, but I got through it."

White's dominant outing on the mound was what his team needed, as their offense quickly got going behind him. Senior left fielder Nick Lamberti put the Owls on the board in the bottom of the first inning with an RBI double. Two batters later, junior

catcher Mike DeMartino recorded an RBI single up the middle, and was followed by another RBI single by senior center fielder Mac Finnegan, giving the Owls a 3-0 lead in the first.

The Owls weren't done there, as DeMartino came up clutch again with a double down the right field line in the bottom of the fifth, scoring both Lamberti and junior infielder Connor Redahan. DeMartino finished game one 2-4, with three RBIs and a run scored. Overall, he finished 3-8, with a team-high of five RBIs in both games combined.

"I felt pretty comfortable at the plate," said DeMartino. "I wish I got the job done a couple more times, but you know, felt pretty decent today."

The bullpen took over for the Owls in the sixth inning; first, sophomore Brandon Rentas came on the mound, who gave up one run off three hits in one and two-thirds innings. Next came freshman Tommy Hughes, for one and one-third innings.

See Baseball Page 11

Ballpark should be renamed Bandiera



By Matt Gad
Sports Writer

Both Jess Dow Field and Moore Field House are named after Southern athletics icons, as well as the short road by the field house and Wintergreen named after Abie Grossfeld, a legendary former Southern Men’s Gymnastics coach. Then there’s Pelz Field, where the softball team plays, and Pelz Gym, the iconic building that used to be an athletic hub but is now famous mostly for the rise of the women’s volleyball program and gymnastics practice..

But what about The Ballpark at Southern? It does not have a nice name or someone’s namesake behind it. It is just named for exactly what it is – The Ballpark.

If you look into the history of Owls Baseball, you will quickly find the name Joe Bandiera, who won the most games in an Owl uniform as the team’s head coach. In his 26 years at Southern, he had 16 winning seasons, won the 1998 ECAC Baseball Tournament and had a 2001 team that won 38 games, which gave him NE10 Coach of the Year – and if I may, I think he did not need all 38 to lock up the accolade.

He should be in the Hall of Fame – and yes, he is there, officially as an 2008 inductee. However, what I am saying is that the decision is simple – rename The Ballpark at Southern as Joe Bandiera Field. You should not have a facility that is just named for what it is. Is the pool named The Natatorium at Southern? No. Do we play basketball at The Owls Basketball Center? Same answer.

I honestly do not know if there was a push for this in the past. Maybe Bandiera is too modest to suggest or claim such a title, but there are a lot of places named in honor of someone. I guess the logical response here is that they do not want to name it after someone who has not passed on – I totally get that.

But in terms of history, he deserves his namesake on the field. If that will not happen, maybe name the future press box after him.

I just think it makes sense to rename The Ballpark something that makes more sense – honor a prominent Southern athlete of the past.

If not Bandiera, maybe there’s someone else in the team’s history that is worthy? I would say the same for softball, but Pelz seems pretty synonymous with campus history at this point that there is no point in messing with that.

DeRosa leading freshman charge

By Matt Gad
Sports Writer

This year’s softball squad has seen an offensive jolt from its incoming freshman class, including from infielder Liz De Rosa.

She said her relationship with her fellow freshmen teammates has really been important.

“We have a bond coming in and working together, and the upperclassmen have been really supportive,” she said. “They’ve been helping us whenever we need help, and everyone’s just one big family.”

De Rosa, who comes out of Hudson, N.H and is pursuing a degree in exercise science, has been batting .313 with seven runs, 21 hits and ten RBI in 67 plate appearances.

“Coming in as a freshman some people don’t always

start so I wanted to work as hard as I possibly could to earn a spot,” DeRosa said. “Throughout the fall I took reps and when the spring came I had a starting spot which made me want to work harder to keep it, especially when I started to play better.”

Junior infielder Sara Buscetto, who has been on the team for all three of her years at Southern, said she is able to give the freshmen some insight on what to expect with the ins and outs of college softball.

“I do know how the games go but, for the most part, the [freshmen] have made it so easy to lead them because they’ve done such a good job,” she said. “They’ve come in, played their roles the right way and they’ve gotten the job done for us.”

Coach Jill Rispoli said De Rosa is a “free swinger” who

wants to hit the ball hard and be a great teammate.

“Across the board, our freshmen have been wonderful offensively and defensively and they’re full of energy and passion for the sport,” Rispoli said. “But you don’t get that without great leadership from people like Sara Buscetto and Maddie Freshler, our two captains.”

In addition to DeRosa, fellow freshman infielder Jacqueline Dumont is another name that has made significant strides early on in her Owls career by hitting .314 with eleven runs and 22 hits.

“You can see the light at the end of the tunnel, and these next four years with that group is going to be fantastic,” Rispoli said. “We’ve been fortunate these last few years to bring in some wonderful kids.”

Four of the team’s five freshmen have starting spots, on rotation, but she said they all bring different things to the table.

“Liz balances out between third base and designated hitter, but a lot of our freshmen are getting a lot of playing time, which is great for the future,” Rispoli said. “It may not be resulting in as many wins as we want now, but we know they’ll have a lot more experience and be much more comfortable later on.”

Despite the team only reaching four wins at this point, they have been competitive in a number of the games they have played so far, including some one-run losses, such as a 6-5 defeat to New Haven March 26 and a 5-4 loss to American International College last Sunday.

“The wins and tight

games are a big confidence booster and even when we don’t win we’re still hitting the ball hard and making great plays,” Buscetto said. “We’re not gonna win every game but [close games] boost the confidence of the team and it pushes us to come back the next game to work just as hard.”

Going forward, DeRosa said she is focused on doing what is needed of her to act in the best interest of the team.

“If there’s a runner on third or a runner on second my goal is to score that runner,” she said. “Obviously, my goal is to have a higher batting average, but if my goal is to score the runner at third then I’ll purposely place the ball where it’s needed to score. Everything will just come naturally if I play like I know how to play.”



PHOTO | WWW.SOUTHERNCTOWLS.COM

Infielder Liz DeRosa, a freshman, is greeted by her teammates after scoring a run against LIU Post.



PHOTO | WWW.SOUTHERNCTOWLS.COM

Infielder Liz DeRosa, a freshman, at bat during a home game on March 19 against LIU Post.

Lacrosse

Continued from Page 9

After Franklin Pierce’s Caroline Lounsbury scored with 4:51 left, Cozzolino answered again with back-to-back goals to force overtime before Savannah Ernst gave the Falcons a 17-16 win in the triple overtime.

“It’s intense but it’s also really fun. The program Kevin has made is where we’re playing for our teammates and we love and are there for each other,” she said. “We played a really competitive game that we’re not really that upset about.”

Franklin Pierce is now 6-3 overall and 2-5 in the NE10, while the Owls are 2-9 and 1-6 in conference play.

“We played more than a full game with a team that’s right in the middle of the NE10,” Siedlecki said. “The win didn’t go our way but we’re playing overtime games with mid-tier NE10

teams and we came back and showed heart and that’s what I’m looking for.”

While he did set a five-win goal for the team this year, a goal he said they may still be able to get, he is now just looking for positives.

“You can’t win every game; we just brought two of three games into overtime and won one and didn’t win the other and that’s okay,” Siedlecki said. “Karlle is so, so talented and she’s just a freshman. We knew she had that kind of performance in her and she just needs to continue to develop the consistency to take over for Sam [next year.]”

Going forward, the team has six games remaining -- they played Adelphi yesterday, and on Saturday they head to Waltham, Mass. to face Bentley, then next week they go down to Le Moyne before coming back home to end the season with Southern New Hampshire, Assumption and Stonehill.

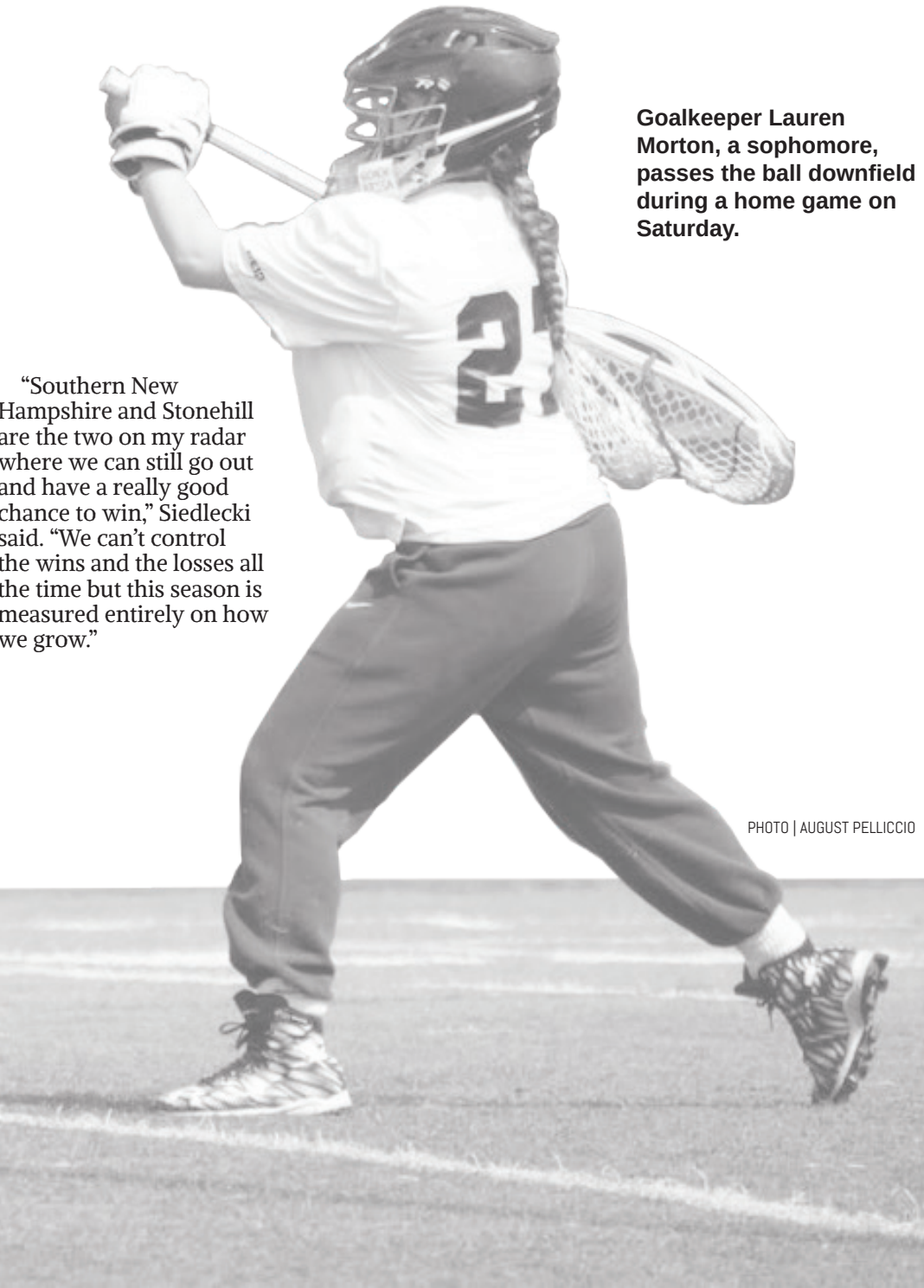


PHOTO | AUGUST PELLICCIO

Goalkeeper Lauren Morton, a sophomore, passes the ball downfield during a home game on Saturday.

Students watch March Madness but do not fill out brackets

By Sam Tapper
Contributor

For many basketball fans across the country, March only means one thing. No, not the start of spring. Not National Pi Day either, or St. Patrick's Day. March is about the "madness" of the NCAA Tournament.

The 2019 NCAA men's college basketball season has been one for the books, and Duke's Zion Williamson, the number one freshman recruit in the country coming in and who is often compared to the great LeBron James, may be the biggest reason this year's tournament brings so much excitement.

With the tournament comes the famed challenge

of making a bracket. Millions across the country participate in the yearly challenge to predict the tournament outcome, with their picks to win or lose each game being anything from in-depth analysis to a coin-flip. Regardless of the method taken, it's an exciting, enjoyable experience for all who participate.

"The thrill of it is just amazing," said sophomore Andrew Keeton. "It's like a holiday for a whole month."

Keeton's approach this year is atypical to some, but a regular occurrence for other college basketball fanatics. He did not fill out one singular bracket, but instead multiple: he made

ten, to be exact.

"I wanted a perfect bracket," he said, despite the odds of that being one in 9.2 quintillion. "I had different winners, but I had a whole lot of Duke, because they have Zion."

The odds of someone creating a perfect bracket are so unlikely, that business magnate billionaire and CEO of Berkshire Hathaway Warren Buffet promised to pay a million dollars a year for life to any employee who created an unblemished bracket. The closest bracket this year was busted at game number 50, which was the longest streak of correct game in NCAA history.

This week, a survey was

conducted on campus to see who made brackets and who did not. Of the 22 students surveyed, only 27 percent decided to fill out brackets this year, many of whom picked the same national champion.

"I have Duke winning it all," said Mike Neville, a sophomore. "I think Zion is an unstoppable force and I think he's going to bring Duke a championship."

Even those who don't seem to pay much attention to basketball at the collegiate level, and those who did not participate in the tournament challenge this year, still seemed to favor the Blue Devils.

"I might have to go with Duke, just because it's Duke," said sophomore, Danny Borkowski. When asked why the choice of Duke for the tournament win, he simply responded, "Zion."

Picking Duke to win their sixth NCAA championship banner is a safe bet for participants most years, but this year especially, due to Williamson's presence on the team.

Zion Williamson stands 6-feet, 7-inches tall and weighs 285 pounds with a 45-inch vertical, a body type previously unheard of.

Duke not only features Williamson, - the likely number one pick in the upcoming NBA draft - but also the number two and three recruits in the nation prospective NBA lottery picks: RJ Barrett and Cam Reddish, both forwards.

Aside from most students selecting the nationally ranked No. 1 Blue Devils as their champion, other students made different picks.

"My team is still in, I got Virginia winning," said junior Brandon Romano. "They have been fighting hard for a couple of years now, they have a good team, a lot of veterans on the team, so I believe they got it."

Not everyone seems to enjoy this year's tournament, and contrary to most people's high praise of Duke Basketball, others say the star-studded team has ruined it for them.

"I decided not to do it because I feel like this year it's mostly focused around Zion Williamson," said senior Spencer Arnel. "Everyone's hyped about him, the next LeBron and all this stuff, and that cancels the fun out of it, not knowing who the players are and seeing all these random teams and all the upsets. I feel like we all know that Zion's going to win it, so I didn't feel like there was a point."

Nobody knows what the rest of the tournament has in store, or who will come out on top in the weeks to come. One thing, however, is for sure - if Duke wins, then many Southern students will be taking home some money.

Duke did not win however, losing a closely fought game by one point to the No. 2 ranked Michigan State Trojans on Sunday.

McLeod featured in DII All-Star Game



By Hunter O. Lyle
Sports Editor

Last Friday, the NCAA Division II men's basketball All Star game took place at the Ford Center in Evansville, Indiana. This game featured the top 20 seniors across the country who showed phenomenal prowess and athletic ability all season long. This game also featured one of Southern's very own Owls: senior guard Isaiah McLeod.

McLeod undoubtedly deserved the honor of playing in this coveted game, in front of a national audience.

During this last season, he averaged 20.6 points, 5.8 rebounds, and one steal a game, not to mention he was in the top tier of the NE10 in scoring, 32nd nationally, and his 3-point percentage was 19th nationally.

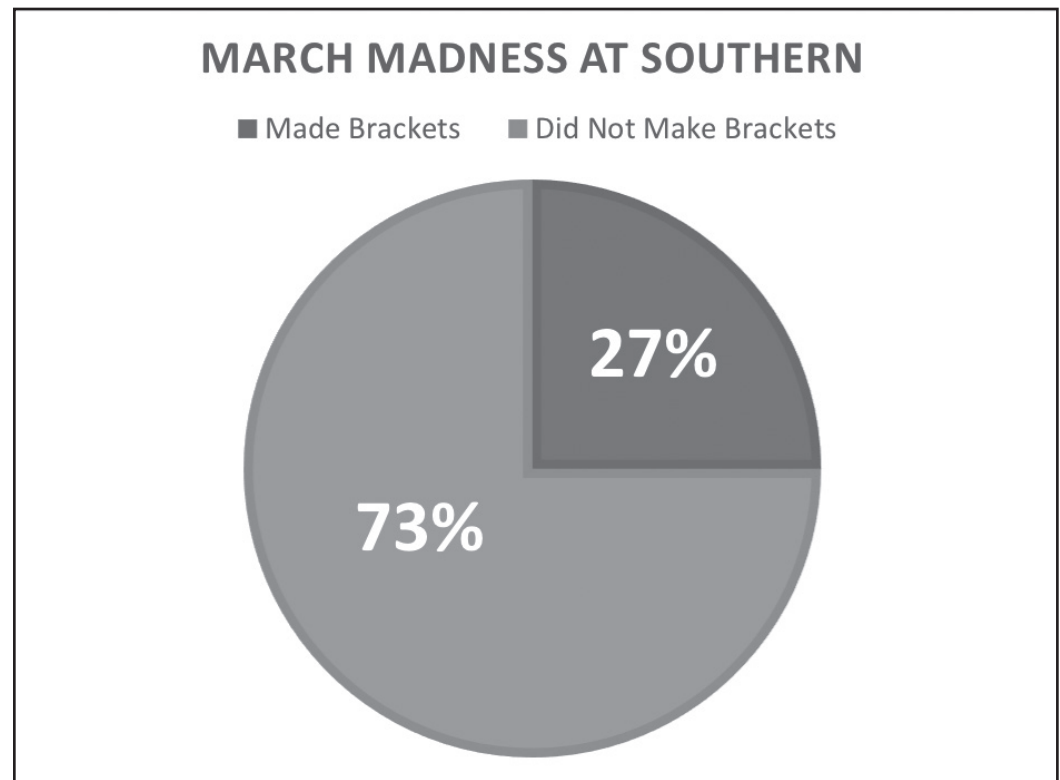
Over the course of his four seasons, McLeod claimed two All-NE10 selections, and was a two-time All-ECAC honoree. He also scored over 1,175 points throughout his career, landing him in school history as a top ten spot in All-Time scoring.

Throughout the season, McLeod was a team leader. As captain, he brought energy and life, as well as competitive drive, to the team night in and out. Through that, he lead the team to the longest playoff berth in recent years.

McLeod said, at first, playing with athletes he used to face over his four years at Southern was odd, but was able to see past that and enjoy the day.

"I mean, it was a little weird at first, you know, because I only know them from playing basketball, so you have that mentality that you always want to beat them and that. So, going in there it was a little weird, like I'm always competing against you, now I'm playing with you," said McLeod. "But everybody was cool, everybody was friendly and happy to be there, so it was easy."

While he only managed to score eight points during the All-Star game, he said it was very special to even be on the court alongside the best talent in the division. "It's an honor to be selected for that. I mean, to be recognized as being one of the best 20 seniors in the country for the Division II level, that means a lot," said McLeod. "It just shows that all the hard work I put in, the countless hours in the gym are being recognized by somebody else from where I've never even heard of. It's honestly a blessing."



INFOGRAPHIC | HUNTER O. LYLE



PHOTO | WWW.SOUTHERNCTOWLS.COM

Isabella Antonangeli, a junior, competes at a meet at Springfield earlier this season.



PHOTO | WILL ALIOU

Baseball team comes together after winning the first matchup of a doubleheader against the College of Saint Joseph.

Gymnastics

Continued from Page 9

On vault, Stahlbrodt was ranked fifth overall, while Kutcher, Girolamo and Brothers led on the bars and Peloquin was finished in sixth on the floor exercise.

Additionally, Girolamo posted one of the top overall scores for the meet.

"I just know that even though we had a couple of bad events, we were able to get a decent score and we all supported each other no matter what happened," Girolamo said.

The Owls posted a mark of 190.900, while Bridgeport was in front at 195.150 and West Chester finished at 193.200.

Nelson said the ECAC meet showed what areas need be improved upon.

"We had a really good season going in and we had some really good performances at ECACs, but we fell short as a team," Nelson said. "We didn't hit as many routines as we would've liked, but some of the girls performed very well."

He said Bridgeport and

West Chester have both had scores ahead of the Owls all season long and also have had better meets than Southern did.

Southern's Gymnastics Team won meets this season at home over Brockport and Rhode Island College and at Springfield over Springfield College and Ithaca College.

The team also had a number of strong finishes in meets over three or four teams, but they fell to Bridgeport at home on March 16 to end the regular season, scoring 192.200 points and trailing the Purple Knights, who won with a mark of 194.425.

"Eight is a good, healthy number [for the national meet] and all eight going have a chance of proving themselves and doing really well," Nelson said. "They belong there and just need to do what they've been doing all year and hit their routines."

He said the hope is that the individuals perform to the best of their ability, but if they can also do well in the finals they can make an All American team, and that it should also be a goal of theirs to try to achieve that accolade.

Baseball

Continued from Page 9

Finally, senior Quantique White came in the ninth to close and picked up his third save of the season after retiring the Golden Knights in order. Head Coach Tim Shea earned high praise for the effort shown by his pitching staff.

"Brandon White competed," said Shea. "Rentas came in and competed, Tommy Hughes did a good job, and then [White] was lights out closing it out."

The effort in game one was a good one, as the

Owls won 6-4, picking up their first home win of the season. However, game two did not go as planned.

The Golden Knights took advantage of some early miscues by the Owls, as a walk and two errors allowed Saint Rose to get on the board in the top of the first at 1-0. In the top of the second, the Knights jumped all over Owls starter, senior Ronnie Rossomando, as he gave up four runs, digging the Owls a 5-0 hole early.

Rossomando settled down, as he then threw four straight shut-out innings, but his offense never got going when he needed them to.

DeMartino, who played

first base in game two, cut the deficit to three on a two RBI triple in the third, and an RBI single by Redahan cut the lead to two, but the Owls couldn't break through any further against Saint Rose's starter, Greg Musk, who pitched six solid innings.

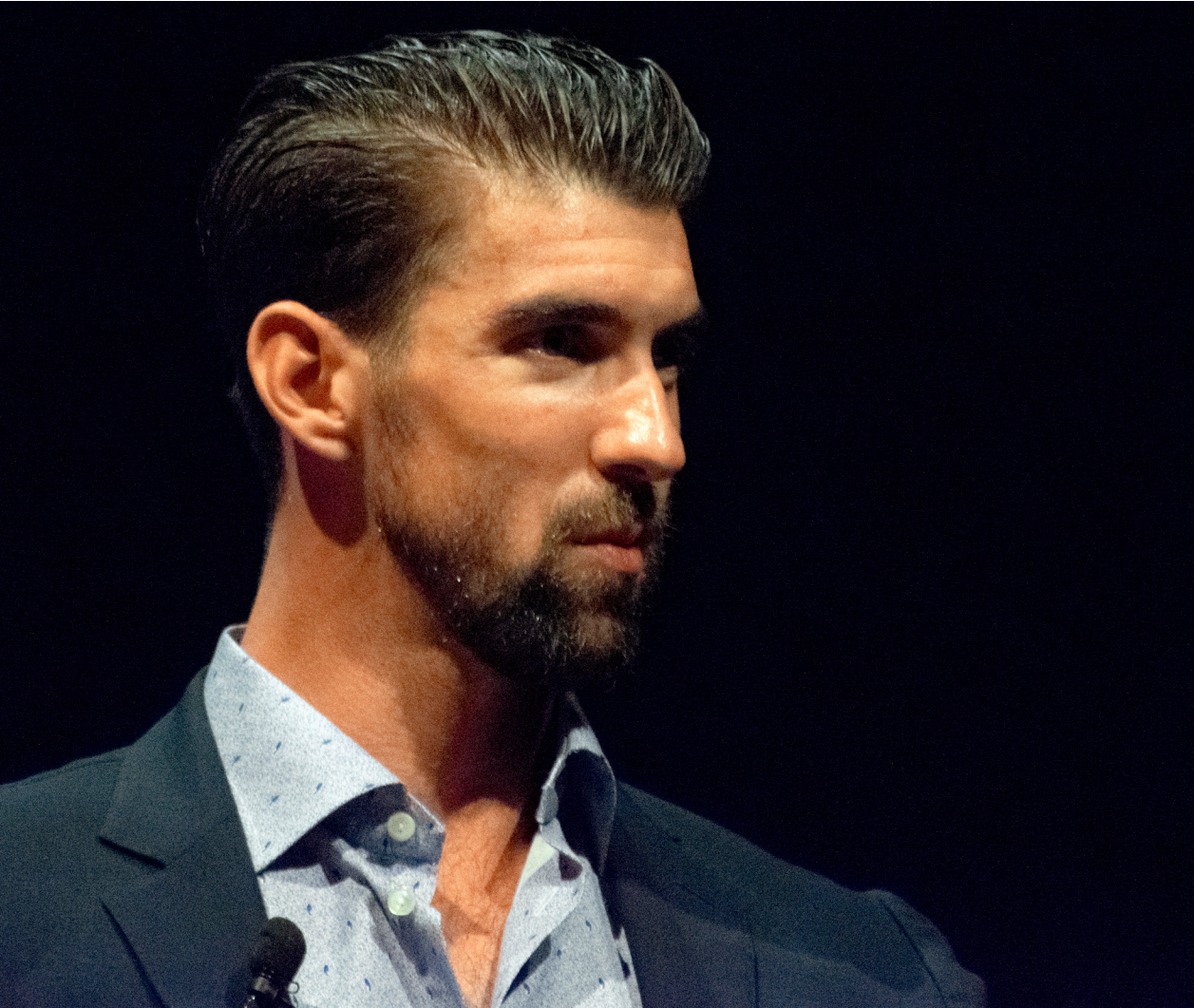
The Owls left ten runners on base in game two alone and lost the second game 7-3.

"I told these guys in the huddle we've got to get the job done, somebody's got to come up with a swing," said Coach Shea. "It's not good enough to split, you know, we've got to come out here and we've got to take two games, so it was a little bit disappointing."

Michael Phelps opens up about depression



PHOTOS | AUGUST PELLICCIO
Michael Phelps having a conversation moderated by Kate Fagan, former ESPN reporter, about his struggle with mental health during his career as an Olympic swimmer.



Phelps speaking about a period in 2014 when severe depression caused him to be suicidal.



President Joe Bertolino gifting Phelps Southern-branded apparel.



Phelps walking away from a group of local news reporters, after a pre-planned press conference was cancelled by his press team.



Fagan asking Phelps to recall the experience of training during his Olympic career from 2000-2016.



Fagan reacting to Phelps' stories about his young son, Boomer.