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State budget cuts could impact university



The exterior of the Academic Science and Laboratory building

PHOTO | DYLAN HAVILAND

Costel Calin, political science professor said he is concerned about how the proposed budget cuts will impact science labs.

By Alex Palmieri

Connecticut has proposed a budget cut that will be affecting the state tremendously, said Jonathan Wharton.

“This is an issue I’ve been stressing and suggesting that is of major importance,” said Wharton, political science professor. “It was well known over the past five years, minimum, that our debt was significant here in Connecticut.”

Wharton said he expected this to happen because of the financial hole Connecticut has been faced with for the last years. He said he is concerned about the state and its schools and universities. There are 17 colleges in Connecticut, each may be affected by this budget cut.

“There is a portion of cuts that are going to take place when it comes to municipal aid,” said Wharton. “This is unfortunate because a lot of municipal aid goes towards public schools.”

The budget, Wharton said, will be around a \$30 million shortfall, which will translate to roughly four percent less than the budget.

There will be a hiring freeze once again in Connecticut. Wharton said there will be rare exceptions for the administrations and the Board of Regents to approve.

“Am I surprised at this? No,” said Wharton. “If anything, I’m surprised it’s only four percent. The thought was it was going to be closer to nine or ten percent. Not four.”

Though four percent less than the budget may sound bad, Wharton said it could be worse. At the same time, these are just the budget numbers for

now.

The budget, Wharton said, was just suggested by the governor’s office and has to go through the general assembly. They have authority to change it around.

“The governor,” said Wharton, “can suggest any numbers that he wants. At the end of the day it’s the legislature that will pass the actual budget. So we don’t know what the final outcome will be.”

Costel Calin, assistant professor in the political science department, said his main concern about the budget cuts is how it will affect schools and universities.

“I have some question marks,” said Calin, “Of how much this budget cut is going to affect our ability to keep up with our colleagues from different universities.”

Calin said he is also concerned about how it will impact students. When it

comes to labs or students not being able to get the financial support they need, Calin said this can be a problem that not only Southern, but every Connecticut university may face.

“We have students that are coming from less fortunate families,” said Calin. “We offer them some support for textbooks. But I’m afraid that will be impacted.”

The economy in Connecticut, Calin said, is not performing up to par. This is one of the major reasons for the budget cut. He said he hopes it will not affect schools too much.

“I believe education is not a luxury item,” said Calin. “Education is a right that people have and with this budget cut, I’m not sure how that right is going to be affected.”

Chartwells speaks with students about food service

By Alex Palmieri

Chartwells wanted student input on how the food service at Southern can be improved and what actions can possibly be taken.

Juan Dominguez, resident district manager of Chartwells Residential Dining, said he tries to react as quickly and efficiently as he can after he hears what students have to say. He said the main reason for the meeting is to get feedback from students so they can make the necessary changes to increase students satisfaction.

“I would say that many changes that we make,” said Dominguez, “they come from this meeting, they come from the students.”

One of the biggest issues that Dominguez spoke about was Dunkin Donuts. He said they need to try to find ways to decrease the time that students spend in line. This was one of the things Dominguez said he will make a top priority.

“Time is an issue for anybody that has the activities that college students have,” said Dominguez.

Another thing Dominguez said the meeting helps to balance the concerns they hear from the students. He gave scenarios saying students may say there may be too much fried food, but others may say there is not enough. He added there is a big population of students interested to get what they want.

“Different people have different tastes, different preferences,” said Dominguez. “So we need to balance these opinions and figure out to meet halfway.”

Alexandra Morgan Macaуда, new marketing manager for Chartwells, said she likes the student ideas and input. She said with the students giving feedback, it helps Chartwells generate new ideas.

“We’re at the dining halls and facilities every single day,” said Macaуда. “So, we don’t see the issues that other students might be seeing. It’s like a new set of fresh eyes of what’s going wrong and what’s not working.”

SEE CHARTWELLS PAGE 2

Career Center holds state-wide virtual career fair

By Josh LaBella

Southern Connecticut State University is one of many colleges around the state that took part in a virtual career fair.

Aimee Piccin, associate director of academic and career Advising, said the event took place from Feb. 13 to Feb. 17. She said the event was being hosted by CT Exchange and Spothook, which is a recruitment platform used by companies in Connecticut.

“We were notified about this by Spothook and CT Exchange,” said Piccin. “Based on all the companies that were represented we thought it was a good opportunity for our students to get internships or full time experience.”

On their website, CT Exchange said it is a cloud-based recruiting platform connecting students interested in intern-

ship and job opportunities with hundreds of companies in Connecticut.

Piccin said Quinnipiac, Yale, Wesleyan, and Central Connecticut State University were just a few of the other schools participating in the online career fair. She said when she heard about the event she knew she wanted Southern to be a part of it.

Piccin said she sees many businesses heading in the virtual direction anyway. She said students should utilize the career fair to make contacts with future employers and to work on their networking skills.

“You have Skype interviews and online meetings,” said Piccin, “it is a whole different ball game.”

Piccin said students have the ability to sign on and make a profile. From there, she said, you go through different job postings and have the opportunity to sign up for online interview time slots.

According to Piccin, there are many

different businesses and organizations involved the fair. She said the Peace Corps, New York Life, MW Financial, and Hampford Research were just some of the many groups signed on to interview and recruit students from around the state.

Piccin said Career Services have hosted online career fairs before and she thinks it will become more common as time goes on. She said that she does believe face-to-face interviews are still an important part of networking.

“I do think there is a lot to be said for face-to-face in-person interaction that you get when you go to a career fair,” said Piccin, “I don’t think it is a replacement for career fairs that we have on campus, it’s more of an addition.”

Piccin said because not all major have mandated internships, she believes it is important to give students opportunities to make contacts in business.

Piccin said Career Services will be notified in a couple of weeks with

information about how many Southern Students signed up for the virtual career fair. She said she was not sure how many students had been signing up for interviews but that the time slots seemed to be going fast when she checked the website.

“I really won’t have any idea of how many of Southern’s Students signed up for the event until I am notified by Spothook,” said Piccin. “That could take a couple of weeks.”

Piccin said they had been sending out emails notifying students about the opportunity for a couple of weeks. She said they offered to set up mock interviews with any student who feels they need practice.

“I really hope as many students as possible take advantage of this virtual career fair,” said Piccin. “It is a really great way for them to get their foot in the door and work towards getting a career when they graduate.”

Students wear red to raise awarness of heart disease

By Alex Palmieri

Wear Red Day is to raise awareness for heart disease, Jess Scibek said.

“It’s more prevalent even in women,” said Scibek, assistant director in the Fitness Center. “So a lot of it is go red for women or it’s the red dress campaign from the American Heart Association.”

Scibek said she wants to raise awareness for how many people have heart disease and heart complications such as heart attacks and strokes.

All of the money that the American Heart Association raises will go towards efforts for preventing heart disease and developing new treatments, also things such as getting people to exercise.

“There are also events such as the New Haven Heart Walk where they raise even more money,” said Scibek.

Southern is a sponsor of the New Haven Heart Walk and Scibek said they have been for the past three years. In a few months, Scibek said they are going to try to get heart walk teams together along with student groups to join the Fitness Center team and raise money for life saving work to prevent and treat heart disease. She said the fitness center is only one part of the equation. There have been heart walk teams from academic departments, other university departments and the Exercise Science Club.

“Those student groups have already created their heart walk team,” said Scibek. “Any of the money we raise by selling bracelets for \$1 are going to go their heart walk team fundraising totals.”

There are several events that were held as a part of Wear Red Day. One was a partner yoga class on Valentine’s Day. Scibek said this can bring a strong social connection and it is a good way to take care of the heart.

“We also have a Zumba class, so anybody that wears red from SCSU can get into the class for free,” said Scibek.

Megan Viento, student marketing manager, said Red Day’s main purpose is to fundraise for the American Heart Association. She said they teamed up with the public health society with donations.

“Most of our donations were going to benefit the Exercise Science and the Physiology Club’s heart walk



PHOTO | ALEX PALMIERI

Participants in Go Red Day: Nick Yousefzadeh, Jessica Scibek, Lushka Vazquez, Ana Maria Santos, Matt Maisto.

team in May I believe,” said Viento.

Viento said she hopes the Southern community can gain awareness of heart health and how important being active and fit can benefit everyone.

“On our cardio machines,” said Viento, “we have now added a bunch of heart healthy facts. There’s a bunch of different facts; there are like 25 of them. All of them relate to fitness and how it benefits your health.”

Keion Harris, a sophomore psychology major, said Wear Red Day is good for the Southern community. He said it is very important to raise any kind of awareness to faculty and staff.

“I think anything like that is helpful to the community around here,” said Harris.

Harris said he has donated blood regularly for the past couple years. He said he is trying to give back to people.

“I donated blood in the ASC Ballroom,” said Harris. “For me, if something good happens to me, I feel good. But at the same time if something good happens to someone else, they’ll feel good. So why not just spread that same feeling?”

Making the transition from school to career

By Quinn O’Neill

Life after college is not as scary as it is made out to be, said sophomore education major Meghan Esposito.

“I have confidence that with the temp job I have now, I can use references and find a job that fits me,” she said.

Esposito said though she transferred schools, it will not affect her goals after graduation. She said she wants a job teaching somewhere outside of the city, and will not let anything stand in her way, including her student debt.

Esposito said, “I transferred schools because it’s thousands of dollars cheaper to commute to Southern. Anyway I think [my debt] will only give me more motivation to get any jobs that come my way.”

A study by the National Center for Education Statistics in 2015 says that 76 percent of students with any college degree were employed. The number increased when students received bachelor’s, earned Master’s, obtained Doctoral degrees during their time at college.

Sophomore engineering major at UCONN Stamford, Peyton King said he has big plans for his post-college life. He said he is not worried in the slightest about what his future holds.

“I’m not really worried. I’ve never been the kind of person to give up on finding or doing something that I really want,” said King.

“If it came down to it,” he said, “I would probably end up starting my own company.”

King said he is thankful for staying close to home and saving money, and he is not stressed about student debt whatsoever.

“[I’m going] to a branch of UCONN so I’m saving a ton of money compared to paying out of state for a different state school,” King said.

Students generally are not worried about life after graduation, according to polls taken by MagnifyMoney.com. Nearly 64 percent of graduates polled say they will be better off than their parents in the future. In addition, 60 percent of those polled say they will be able to pay off college debt in 10 years or less.

A study by the National Association of Colleges and Employers lists the top majors looking for jobs. Business

major employers have a hiring rate of 69.4 percent. The lowest of the surveyed bunch was communications, with a hiring rate of 22.2 percent.

Nick Japs, SCSU student worker, said life after college varies from person to person.

“It really depends on major and career choice. Certain careers have easier routes and easier ways to find jobs,” said Japs.

According to Japs, college loans are an issue for many students post-college, but should not let them get in the way of what they worked so hard for.

“Student debt is a huge issue, but some people are more well off than others,” said Japs. “It might limit someone from getting a degree after undergrad, but you should never throw away what you learned in order to pay off debt.”

Japs had some words of encouragement, and to not forget about what was learned in college while job searching.

Japs said, “People get comfortable doing what is good in that moment, “But it’s important to remind yourself of what you love and what you learned.”

Chartwells

CONTINUED FROM PAGE 1

Chartwells produced “text to solve” which is what students text if they need something. Macauda said the names are anonymous. If a student needs anything from gluten-free wraps to other things, they can use the “text to solve” to get what they need.

“I get the messages sent to my phone,” said Macauda. “But again they’re anonymous.”

The meetings, Macauda said, allow her to talk face-to-face with the students without any limitations that social media or texting may provide with number of characters. She said these meetings are important to improve Chartwells in any aspect they need to be improved on.

She added the only way for students to add more input is if it gets marketed better so there is more aware-ness about these meetings.

“We’re hosting focus groups next week,” said Macauda. “They’re called “on-sight insights” but we only have five students signed up right now. We need 100 students; it’s catered with free food. It’s money and effort on our part but it’s something we see of value.”

Stefany Mitchell, junior interdisciplinary studies major, is the co-chair of Food Service Advisory Committee. She said a lot of changes students would like to see are in Conn Hall. She said the options and variety of food has always had its issues.

Though this is the case, she said the meeting was successful overall and she is excited to see what changes will be made in the near future.

“I definitely think Conn Hall has improved since I’ve been here,” said Mitchell. “They’ve been doing great things.”



PHOTO | ALEX PALMIERI

Juan Dominguez, resident district manager of Chartwells Residential Dining

Chilean feminist Pia Barros visits Southern

The Women’s Studies program sponsored the event titled, Basta! Presentation Against Gender Violence by Chilean Feminist Pia Barros on Thursday Feb. 16 as part of the 64 days of Nonviolence Program.



Southern students that attended the event to listen to Pia Barros.



Director of the Women Studies Department Tricia Lin sits next to guest speaker Pia Barros.



Refreshments and pastires were served at the event.



A professor introduced and later translated for Pia Barros.

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PHOTO | TOSHIYUKI IMAI

Embracing diversity in music

By Lynandro Simmons

Today it is more likely than ever that people have a diverse range of tastes. With the internet – more specifically social media – breaking down barriers people now have access to a variety of art forms. You are more than likely to see a diverse range of music on any average person’s phone. However, there are some people who do not believe in this type of diversity of music – music snobs.

A music snob is usually a person who assumes that their tastes and music opinions are all that truly matter. Every song and genre is unacceptable unless the snob happens to like it, then it is coincidentally perfect. These are also the people who may be found sneering at how the music art form is evolving. In every genre of music – from R&B to rock music – there are people like this.

When it comes to music – and any artform for that matter – people often confuse their subjective opinions with objective facts. One person may like one song, another person may absolutely hate it and they can both be right. There is no right or wrong reason when it comes to opinions about music. There is a person out there who thinks the rap artist Future and the rap group the Migos are great, who also loves to listen classical music.

Music snobs come in many different forms. There are those that are stuck to the golden age of their favorite music genre. There are music snobs that want completely separate and distinct music genres. Then are the music snobs who only listen to underground bands and artists to attempt a protest of sorts against anything mainstream. All of them are distinct in their own way, but all of these music snobs can come across as overbearing. In many cases these groups of people surround themselves with like-minded people and create their own annoying subculture

Jokes aside, music snobs have the right to believe whatever they want to about their own tastes. Whether they think their taste in music is superior or everything that is out is inferior is not usually the problem. Instead the problem lies in the preachy attitude some music snobs have. Going out of their way to tell people what is wrong with the music they enjoy and what is better for them can be very annoying. Sometimes it is almost ironic in the fact that they never criticize what they love with harsh standards.

Music snobs are good people, they just believe they are misunderstood and try too hard to prove it. Despite this everybody should open their ears to things outside of what they usually listen to. With the Internet practically making the world flat people can hear and like whatever they want. Narrowing down what a group of people like or listen to now is probably impossible. Nowadays nobody likes just one genre of music.

Music snobs around the world have to loosen up and step out of their comfort zone. People often surprise themselves with the different types of music they discover once they do.



PHOTO | CHARLOTTE COOPER

Living with everyday sexism

According to a Pew Research Center study, 63 percent of women surveyed said obstacles based on gender cause troubles in their day to day lives.

By Mary Rudzis

Sexism happens globally, every day, in ways big and small. Between microaggressions and blatant prejudice, society is divided into a wrongfully binary system of gender norms and expectations. While it is no longer the 1950s, where women were expected to be housewives and take care of the family while men went off to work and war, the residual effect of that era still plays out now. It is also important to note that sexism experienced in America is vastly different than that of other countries.

Women who marry men are expected to take on their husband’s last name, have children and carry out their biological imperative to be mothers. Women are catcalled, on the street and in other public settings, and are expected to not say anything back and are often too afraid to do so anyway. Women are told “act like a lady” and “you throw/run like a girl” is an insult. Young women are gifted pepper spray and other defense weapons when they move out of the house and go to university. These cultural norms perpetuate the idea that the world is not a friendly or safe place for women, and that it is the woman’s job to protect herself.

Unfortunately, because these behaviors are so deeply embedded into the framework of our society, women and girls see it as a part of everyday life and therefore normalize it. In some settings, it is even taboo to refer to oneself as a feminist, which in turn causes women to internalize misogynistic beliefs. As a result, women can lash out at one another and create a hostile environment when there should be a sense of community for all women to be able to fight back against sexism.

In a study done by Pew Research Center, 63 percent of women surveyed said that obstacles continue to make life more difficult for women than men today, while 56 percent of men said that those obstacles were largely gone. This is part of the reason why everyday sexism exists. If men are blind to the fact that women still struggle for equality in today’s society, then they are furthering the divide.

On the flipside, sexism affects men but in ways that are less noticeable and less frequent. Men and boys are told to “act like a man” or “man up” when showing emotion. By telling boys and men to “man up” it is then implying that it is wrong to be or act like a woman, thus demonizing the opposite sex.

There are many other examples of casual, everyday sexism. Calling men and boys “girls” as an insult is harmful, in the same way that a strong and authoritative woman is called “bossy” whereas a man displaying the same behavior would be considered powerful and in control. However, few women feel comfortable enough to stand up to be authoritative in many settings because from a young age girls are taught to be submissive. As a result, many women form a habit that manifests itself through constant apologizing. Women say “sorry” for speaking, being too loud or too quiet, for doing something too much or too little, even sometimes just for existing in a certain space.

While things are slowly progressing, it is more important now than ever to stand up against sexism. As a cis white woman, life is easier for me than women of color and queer individuals. However, considering the current political climate, it is crucial for all of the oppressed to stand together and not lose sight of the fact that things can get better. It just takes effort.

Looking back on Twitter’s impact

By Lynandro Simmons

Twitter is the greatest social experiment ever conducted. Just about 11 year ago – on March 21, 2006 – Jack Dorsey set-up and sent out the very first tweet. Though Twitter was not the first social media site – Myspace, Facebook and others were popular before it – the site has managed to be the social media site with the greatest impact yet. Politics, sports, culture and more are not only covered on the site, but have also been changed by its influence.

Despite its ability to deliver something new, Twitter at its core is still a social media site, and that is where its strength lies. People from all over the world are able to communicate quickly and tune into events together. In fact, award shows have changed dramatically since Twitter was created. The site has provided a more interactive way to watch a show right from your smartphone.

Twitter has also given a voice to those that have felt voiceless.

Before Twitter certain topics or events that did not get coverage – whether it was due to locality or subject matter – now these topics and events have an audience.

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SOUTHERN NEWS

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Opinion Columns are 500 to 800 words and Letters to the Editor are a maximum of 400 words. They must include the writer’s name and phone number for verification. We reserve the right to edit for grammar, spelling, content and length.

Ask Adelle: An update on the Wellness Center

By Adelle Zocher

Happy belated Valentine’s, readers! I hope every-one’s day was filled with love and lots of treats! To everyone, single or taken, I hope you took the chance to celebrate self-love. Loving and nurturing yourself is just as important as sharing and receiving love from another. Treat yourself well and you will flourish, self-love lends itself to loving others! In the Wellness Center we are celebrating sex-positivity and safe practices all month long— making getting frisky less risky!

A very big thank you for the reader who asked for some information and education on healthily approaching BDSM, Bondage and Discipline/ Dominance, Sadism and Masochism. As the newest installment in the “Fifty Shades of Grey” saga comes out on Valentine’s Day, some may find their interests piqued by the often-taboo topic that gets a lot of media attention in the wake of the films. The stigma around BDSM portrays it as abusive or perverted, but you might be surprised to learn that those who are involved in these practices describe it to be built on a bond of deep trust and clear intimate communica-tion. Trust and open communication are crucial to a healthy sexual relationship, whatever you may be into!

For our first week of Frisky February, Wellness Wednesday in Adanti Center focused on how to talk to your partner about getting tested for STDs. We had over 25 students stop by for educational materials and to share how they would express their desire for their partner to be tested. A huge thank you to the participants! Some of the awesome responses included: “Let’s get tested together!,” “I get tested every six months, will you get tested with me this month?,” “It’s nothing against you, I just want to be

safe!” “I don’t want to assume anything, but to be as safe as possible we should both get tested,” “I don’t want to go alone, come with me.” A complete list of your fellow Owls’ responses can be found on our facebook page. Knowing the facts about STDs and a matter-of-fact approach to testing WILL improve your relationship, and your health. Our Get Yourself tested on Valentine’s Day saw around 20 students for free, confidential testing-- thank you for those who participated, cheers to you for being proactive about your health! The next GYT event is Wednesday, March 22 in Granoff Hall.

Here in the Wellness Center, our programs are focused on 5 Ss’: Sex, Stress, Sleep, Substances and Smoking. In regards to the latter, it is safe to say everyone knows tobacco is no good—it is written all over the packaging, you can not deny the facts! Cancer is the biggest concern when it comes to tobacco use, but it can have some serious effects on your appearance and sexual health state as well. Smoking yellows teeth and causes skin to look sallow and wrinkle prematurely. It may stain fingers yellow, and the scent clings to your skin, clothing and hair—it may not be noticeable to you, but the smell of smoke really lingers—butt breath is never sexy! Proper circulation is necessary for sexual arousal, and tobacco constricts blood vessels which restricts blood flow. Long-term smoking is linked to erectile dysfunction and prob-lems with lubrication. Smoking can also decrease fertility in both men and women- yikes!

The good news is here at SCSU, a tobacco and vape free camp we offer programs to help you quit and stay tobacco free! Dr. Diane Morgenthaler, director of Health Services runs a FREE, confidential, eight-week smoking cessation program. Do you know someone who smokes? You can refer your friend to help him/ her kick the habit by emailing the Tobacco Program

Coordinator, Victoria Adams, at adamsv2@south-ernct.edu. Also, every Tuesday from 12-2 p.m. in the Engleman Rotunda or the Adanti Center you can stop by our Tobacco Free Tuesday events to learn more about tobacco and score some free goodies. If you are looking for more information, please feel free to stop by the Wellness Center too! As always, thank you for reading and please let us know how we can help you to have a happy, healthy, frisky February and beyond!



Adelle Zocher, an undergraduate intern for the Well-ness Center.

Guns on college campuses will have a negative impact

By Lynandro Simmons

Allowing students or teachers to carry guns on campus would lead to a less safe environment. The popular opinion is that by having guns on campus it can be used as a deterrent to school shootings. However, this common argument is based on the idea of looking at a worst-case scenario. Instead people should

view their argument based on issues caused adding guns into the average school day.

It is counterintuitive to think that adding more guns to a situation creates a safer environment. Where there are more guns around, there is more risk – it is that simple. Instead of deterring a shooting at the school, adding guns could stifle classroom debates – an important part of educa-tion. Debates within classroom are important to push and develop each student’s ideas and beliefs. Inviting guns into a college atmosphere could be explosive. In fact, college campuses have gradually become safer than they previously were.

According to the National Center for Educational Statistics, reports on crimes have decreased in recent years. Looking at on-campus crimes over a ten-year period, the overall number of crimes reported between 2001 and 2012 decreased by 29 percent.

While overall crime has decreased, shootings on the other

hand have increased on campuses in recent years. A study conducted by the Citizens Crime Commission of New York City said there were a total of 40 recorded shootings on campuses from the year 2001-2006. These numbers increased from the year 2006-2010 reaching 49 recorded shooting incidents on college campuses.

However, this unfortunate trend of college campus shootings across America can lead to fear-mongering. With the Internet and 24-hour news coverage it can appear that there really are constant shootings happening at colleges. Despite this increase in gun violence a large amount of students will most likely never have to deal with this issue. By adding guns to the equation you could be increasing the risk for a school shooting.

Increasing guns on campus could also lead to more common acts of aggression, recklessness and self-harm. This all creates a more dangerous environment for not

only students, but the faculty and staff as well. It is also important to note that the higher likelihood for college students to engage in reckless behavior – binge drinking, drug use, and fighting – heightens the danger.

As it stands now eight states – Colorado, Idaho, Kansas, Missis-sippi, Oregon, Texas, Wisconsin and Utah – allow the carrying of concealed weapons on college campuses. Another two – Arkansas and Tennessee – allow certain faculty members to carry guns but not students or the general public. Due to these state legislations and court rulings being recent changes there has not yet been a correlation – whether positive or negative – of guns on campus and gun violence.

Regardless of how one feels about the right to own guns, a college campus is not the environment for them. Students should be allowed to come to school not wondering who is or is not carrying a gun. When you fight fire with fire, everybody ends up burned.

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Twitter

SEE PAGE 4

Before Twitter certain topics or events that did not get coverage – whether it was due to locality or subject matter – now these topics and events have an audience. Many social movements today have started right on the site.

Movements such as Black Lives Matter can be traced to the effective use of hashtags on Twitter. Hashtags have also been used for major days in America like gay marriage becoming legal – leading to the hashtag #LoveWins. The hashtag ended up spreading beyond Twitter.

Twitter is also unique in that it is often at the center of conversations that revolve around culture. Artists, tele-vision series and films in recent years can track some of their success back to this social media site. Shows such as “Scandal,” “Insecure” and more have been able to garner massive success in part to Twitter users viewing the show as a group.

Twitter has even changed the media itself. Nowadays it would be hard to find any media organization that does not have a presence on Twitter. Journalists take to Twitter to not only share their work, but to discover breaking news themselves. Twitter has become the premier site for breaking news, ranging from celebrity deaths to politics. Some people have even took to Twitter to replace what would be their daily morning newspaper reads, opting to scroll their timelines for events they hsve missed.

Not only has Twitter provided many of its users with exciting news

coverage it has also provided them with something even more important – jobs. Due to the constant networking and sharing that is encouraged by Twitter people are constantly being provided with job opportunities. Along with the everyday job that Twitter provides connections to, the site has even helped with job creation. Now in the business world there are people who specialize in social media marketing, and being able to use their following to sell products.

From breaking down barriers to fighting to break down social norms, Twitter and its users have greatly changed the world. One could only imagine what site will replace Twitter next, but one thing is for certain – this social media app will be a tough act to follow.



PHOTO | ROMMY ORDÓÑEZ SANCLEMENTE

Slacktivism has merit

By Lynandro simmons

With the rise of social media a new type of activism has risen with it. Now when there are issues occurring people are more likely to take to the internet to voice their opinions. Using the internet to spark social movements is a relatively new concept with the advancement of technology. However, is this approach for the best?

Activists and advocacy groups are constantly attempting to get attention and have begun using social media to build support for their causes. These forms of advocacy, which rely on the reach of social media, are referred to as “slacktivism.” These activities often pose a minimal cost to the participants – a simple retweet on Twitter is free – and a person can feel they have helped without even leaving the comforts of their home.

However, although social media has helped with causes it often takes more than tweeting or posting on a social media to create change. The first step now may be to start a movement on Twitter, but the next step is to act. Sometimes the issue with this type of activism comes in the fact that people become lazy after the first step. Raising awareness on social media is fine, but actively fighting for a cause in real life is very important. After all, people who tweeted all of their ideas and political stances before elections and then did not vote do not appear committed to their beliefs.

Usually campaigns that are based around “slacktivism” follow the idea that raising awareness alone is a worthy reason to

participate. This also follows in line with the idea that the more attention a problem receives, the more likely that public officials will notice it, and thus the more likely tangible results will occur. Often campaigns based around attention alone also believe that more attention will increase more participation, which can lead to forms of financial support.

To say this form of activism does not have any benefits would be untrue. However, to say that it is the sole cause for every social change would be wrong too. Instead there is usually a balance of both real life activism along with those that just rely on tweeting. It was the combination of real-life protest as well as hashtag activism that sparked the Black Lives Matter movement. Both aspects were needed for this movement to become a national phenome last year.

It is also unfair to assume that just because one person only tweets that they care more or less than the next. What is most important is that those who do only tweet do not become the only voice of a movement. It is equally important that people do not become complacent in this form of protest and become lazy in their approach. Using slacktivism is most helpful because it can raise awareness and through social media it can attract people across the country to very specific causes.

At best slacktivism should be viewed as laying the simple groundwork in today’s time. With the demonstrated impact of social media it makes sense to use it in activism. However, tweeting from the comforts of your home is the first step. In order to invoke change, what is most important is what follows.

Students have mixed views about the Oscar Award nominees



PHOTO COURTESY | PRAYITNO

By **Lynandro Simmons**

People are very excited for the Oscars this year, said Andrea Resnisky.

“Since movie theatres are increasing their level of seating, more people are excited to view films,” said Resnisky, a senior recreational therapy major.

With the renovation of theatres and more people viewing films there are more people that are in tune with what is being nominated, she said. Films are also trying to make entertainment come back to life and are displaying a diverse range of stories, she added.

“A lot of films are integrating different backgrounds and are trying to have a focus on different cultures so more people go to watch movies more,” said Resnisky.

Films shown on Netflix, which are included in the Oscars, are also important. Many of the documentaries that are shown on Netflix are ones that people may not necessarily want to watch in a theater, said Resnisky. However, a lot of Netflix’s documentaries are informative and are not made for the typical theater audience.

This year Ava Duvernay’s documentary “13th” is nominated for best documentary at the Oscars. This also marks the fourth consecutive year that Netflix landed a nomination in the documentary category.

Resnisky said that Oscars having performers in the show have helped to attract more viewers through the years. However, this year she would not be shocked if more people make political statements.

“Recent awards show encouraged some entertainers to be more political,” said Resnisky.

It is the Oscars so any political stance will be tasteful. Nobody should be going on a rampage about politics. However, with or without political statements, Resnisky said she will watch the Oscars this year.

“I plan on watching the Oscars,” she said. “I think ‘La La Land’ will win a lot of awards this year.”

Ty Seymour, a junior political science and history major, said he has not really noticed that much excitement for the Oscars. However, this could be due to the political climate taking a lot of the shine away from the Oscars.

Seymour said that he has not had a chance to watch a lot of the movies nominated due to some being limited

release.

“If they were on Netflix I would’ve watched them all,” said Seymour.

The Oscars not having a large amount of excitement is not necessarily bad, he said. The Oscars are about award artistic excellence so it does not need to be about necessarily the most popular movies. However, using social media more could help bring more excitement for the awards show.

Seymour said the most exciting part of the Oscars to him was seeing the people who work behind the scenes – producers, directors and other people who bring a film together. Most of these people who put the work in are never seen outside of the actors, he said.

Seymour said he expected to see political statements in the Oscars this year.

“It can be a good platform to get a message across,” said Seymour. “If you win an Oscar you have a tremendous platform with millions watching.”

Our favorite foods: from chicken to pizza to wings and more

By **Josh LaBella**

Few things in life bring up such vibrant memories and emotions as people’s favorite foods.

“Whenever we’d have a snow day,” said Britany Czajkowski, a junior recreational therapy major, “my mom would make a big pot of sauce and we would make pizza and pasta for the next few days. It is a great thing to share with people.”

Czajkowski said when it comes to food, nothing is better than Italian food. She said her mom’s side of the family is from Italy and eating that type of food reminds her of home. She said food is not just about getting nutrients, it is about people.

“I treat eating food as a social activity; you have to do it with friends,” said Czajkowski.

Sophia Khan, a sophomore community recreation and development major, said her dad is from Pakistan so she grew up eating Indian food. She said people usually pick their favorite food based on what they eat when they are growing up.

“I have always loved good Indian food,” said Khan, “like palak, samosa and aloo gobi.”

Khan said what she loves about food is how it brings people together.

“I feel that food unites us,” said Khan. “Everyone will gather if there is food around.”

Some students said they like to keep it simple. One such student is Jacob Stewart, a senior political science major. He said when he brings food to a party he likes to make sure everyone enjoys it.

“Chicken tenders,” said Stewart, “they are pretty simple. It is very hard to mess them up.”

Tom Dalia, a senior biology major, said that chicken wings are the best food to share with friends, but that it really depends on where he gets them.

“My friends and I go to Buffalo Wild Wings every Thursday,” said Dalia. “Lately they have had really sucky wings, but usually it’s the best food to get.”

Dalia said the best part about getting wings is that there is almost always enough left to bring home.

“I essentially eat wings every Friday too because I always have leftovers,” said Dalia.

Connor Terry, a junior exercise science major, said that grilled chicken is the way to go. He said as a physical trainer, grilled chicken gives him the protein he needs to keep working.

“Grilled chicken is my favorite,” said Terry. “It makes my job easier, as lean meat, I don’t gain any weight and I look the part.”

In the competition for favorite food, Gabriel Martinez, a freshman undecided major, said there really is not any contest. Martinez said when you eat, you can never go wrong with pizza.

“My favorite food is pizza,” said Martinez. “It is great. How could you not like it? It’s a staple of college life.”

Brian Althen, a junior economics major, also said that pizza is his favorite food. Althen said it was the best food because no matter where you are, you can get it. He said when he lived in New York City he learned that pizza is like another form of currency.

“Pizza has just as much value in a social setting as money,” said Althen. “Truthfully if it were up to me, we would all just use pizza instead of cash. That would be a good world to live in.”

Column: keep up with makeup trends through social media

By **Sherly Montes**

It used to be that learning new make up tricks would take hours and hours of practice in front of the mirror. They still can, but thanks to the internet, the latest tricks are accessible from the click of an app.

The internet and other platforms such as YouTube and Facebook have been popular when it comes to the newest trends in make up and fashion. However, in a turn of events, smaller, quicker videos are seen as being even better. Snippets of videos get to the point quicker.

Today, the options of learning how to create a smokey eye or winged eyeliner could come down to a detailed 10 minute video on YouTube where the subject talks on and on, or you could easily go to Instagram and watch a 20 second video on how to do the same thing without sitting there for an extended period of time.

Both options have their uses, benefits, and shortcomings, but it rests in the hands of the the makeup junkie.

I, myself, am not a complete make up junkie. I love make up and I have a small collection, but I definitely went through a

phase in high school where I was obsessed with it. I wanted to buy every make up product I saw and I wanted to learn how to create all the crazy, bright and bold make up looks on my eyes and on my face.

At the time, I would sit through eight and 12 minute videos on how to create the perfect winged eyeliner—which I still cannot seem to master today. But looking at it now, with apps like Instagram and Snapchat, everything is right there and watchable in less than 60 seconds, if that is what you need.

If I really want an in depth tutorial on how to do a specific day or night look, sometimes I will opt to watch the longer video because I want to know which products were used and how the person applied the products. Other times, I am in a rush and I want to complete a look before leaving my house at 6 a.m.

It really just comes down to preference and quality. The quality of some lengthier videos might not be good and the shorter video might be better or vice versa. Either way, both are useable and now way more options for how you want to view things are available.

Learning how to do make up for yourself or for others has never been easier.



PHOTO | SHERLY MONTES

Staged photo of make up surrounding an iPad which is open to the Instagram app.

Review: CBS’s ‘Hunted’ is an exciting game of cat and mouse

By Jeniece Roman

Imagine being a fugitive, running from a team of highly skilled and experienced investigators to avoid capture for 28 days.

In the CBS television reality show, “Hunted”, nine teams of two will try to do exactly that, for a grand prize of \$250,000. The teams consist of everyday Americans testing to see if they can evade a team of intelligence and operations specialist such as former FBI, Navy Seals, MI5, Department of Homeland Security and cyber and behavioral analysts.

“Hunted,” adapted from another show in the United Kingdom, is somewhat of a mix between “The Amazing Race” and a “Jason Bourne” film. The show switches back and forth between the perspective of the fugitives and the hunters, giving the audience a breakdown of what is going on, yet still leaves them suspense of what will happen next.

This exciting cat and mouse game is played within a 100,000-square mile hunt zone. The teams are given ATM bank cards that can only take out \$100 at a time and if

used, will alert the hunters of the team’s location. Pinned locations, CCTV, license plate readers, social media behavior analytics and even dating apps are all methods that the hunters use to find the whereabouts of their target.

The show is not only a nail-biting, fast-paced thriller, but it also gives the audience a glance into the terrifying reality of what information is accessible in this digital age and the profound depth of how much, and how well, Big Brother is watching. From acquiring store receipts and tracking phone records, to using behavior analyst to predict their next move, some teams are no match for the hunters while others elude and even taunt the hunters.

As exciting as the premise of the show is there are some drawbacks and plot holes in the narrative of the show. First, the cameraman assigned to each team come with a whole slew of questions. Where do they stay when the fugitives are on the run? Why do few civilians question the presence of a cameraman? If this was a real hunt, why do the investigators not look for the location of the cameraman? It is understood that the crew of the show is meant to be third party observers in the situation, but is that reality? It brings up the credibility of the realness in

the show.

This is especially so when it is revealed that the investigators have no legal authority or jurisdiction and much of the information about the fugitives are provided by the teams to the producers prior to the start of the show. The acquiring of the information is simulated and when the investigators “find” something it is not filmed in real time. In theory, because it is known that these investigators have the skills to obtain it, the information is relayed back to them as it would be in reality, like a computerized chess game. Still when are reality shows ever real?

Despite its shortcomings, “Hunted” is still an exciting show. Though the editing is not exact, it is done to add dramatic effect and make viewers believe the hunters are hot on the trail or that fugitives are moments from being captured. The editing and pacing of the show is what transforms the show from a 48-hour mystery type documentary to an edge of your seat action series. Each episode drawing closer to the final days, each episode leaving the audience wanting more; “Hunted” is a must watch.



PHOTO COURTESY | GERWIN STURM

Promo photo from the independent video game “Firewatch” which came out last February of last year.

Column: Indie video games, the underdogs that become gold

By Dylan Haviland

Every year the gaming industry’s behemoths dominate the screen of gamers, whether it is the futuristic and vibrant “Overwatch” or the rustic and grim “Battlefield 1,” these best sellers cast a large shadow. But behind these beast of games lie the hidden gems of the gaming world, independant companies and developers that have crafted rich experiences that can often be overlooked.

Here we look at some of the independant games that prove the idea that a developer can provide something meaningful and rewarding without a larger company.

“Hyper Light Drifter”

“Hyper Light Drifter,” developed by Heart Machine, is from the start a sensory masterpiece to behold. Crafted in a retro 16-bit animation style, the story starts with out with the nameless protagonist drifting through random scenes of death, destruction and creation as cities collapse and giants appear.

One of the fantastic qualities of this overwhelming opening scene, with blaring music and flashes of the color is the intentional mystery it gives the player. “Hyper Light Drifter” has no dialogue or traditional introduction for its story. As the player journeys through a ruined and colorful world it is up to their interpretation as to what exactly is going on.

Playing out like an NES “Zelda” game the player’s protagonist will wield a sword and gun as he scales mountains, travels to ancient but high tech dungeons and builds up his skills. For “Hyper Light Drifter”, it’s not so much as beating the game but enjoying the craft and lore behind an independent game.

“Stardew Valley”

The premise of “Stardew Valley” is simple, the player creates a character who escapes the captivity of modern-corporate life to inherit his or her grandfather’s farm.

This independent game developed by Eric Barone represents some of the best qualities a game can have: its relaxing but engaging, simply animated but detailed and slow paced but heart warming. These wonderful attributes come together to create one of the most intimate games of 2016.

Copying the spirit of “Hyper Light Drifter,” “Stardew Valley” showcases a richly colorful 16-bit interface depicting the player’s farm and the surrounding town. As

you manage your crops, tend to your animals and gather resources through cutting down trees and mining you accumulate wealth to expand your home and buy furniture– much like “Animal Crossing.”

But managing a farm is just one half of the game, right next to your farm is a vibrant community of residents each different from the next. As you communicate with them, give gifts and get to know them better you can build different kinds of relationships.

Although I am only in my second in-game month of “Stardew Valley,” the hours put in have already produced an experience that establishes Barone’s project as an unique story.

By Josh Falcone

I have two independent games that I highly recommend that everyone play are “Inside” and “Firewatch.” These two games present, albeit in differing ways, the player with strong plots, something that can push a game from an okay experience to a tour de force in my book.

“Inside”

First off is “Inside” which was not only one of the best indie games of last year but one that top many publications best of the year lists. Playdead who developed the equally amazing and spiritual predecessor to this masterpiece, “Limbo”, are behind the game.

“Inside” 2D puzzle platformer that builds on what Playdead created in “Limbo” and presents the player with both a true piece of art visually along with gameplay that is both inviting and challenging. From start to finish I could not wait to see just what would be presented to me in the next area of the game.

“Inside” throws the player, both figuratively and literally, into the role of a red-shirted boy who is constantly attempting to avoid capture from unknown antagonists as well as dangerous objects in the environment as the player moves from various settings, including a dark forest, a farm and a cityscape.

Without any dialogue and with minimal music other than the occasional audio cue, “Inside” presents an amazing story that kept me enthralled throughout.

“Firewatch”

The second independent video game that I recommend to everyone who listens is the Camp Santo developed, “Firewatch”

“Firewatch” is a first-person adventure game that

presents the player with an immersive mystery set in the wilderness of Wyoming.

The game takes place in 1989 in the aftermath of the 1988 Yellowstone wildfires. The player is Henry, a Shoshone National Forest fire lookout who is presented with strange occurrences shortly after taking the position. The player as Henry interacts with his supervisor Delilah via a walkie-talkie, by choosing from a dialogue tree, the dialogue choices the player makes creates the distinct relationship between the two characters.

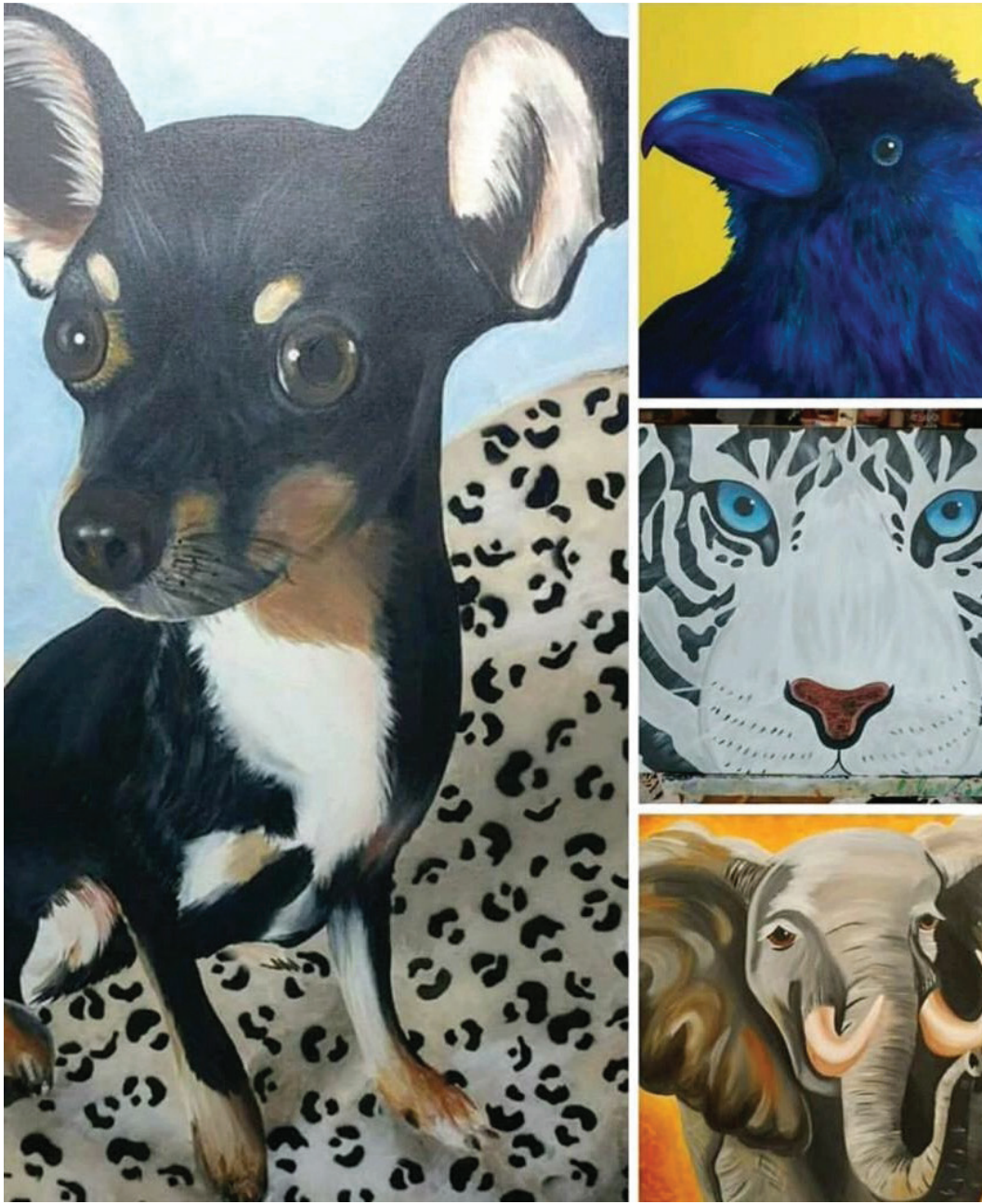
Similarly to “Inside,” this game’s art direction is a sight to see. “Firewatch” includes a day/night cycle and overall bold colors throughout. Along with the amazing art direction, “Firewatch” is a vast game with various realistic terrains that lend a sense of just how harrowing it would be to be a newly hired fire lookout faced with constant issue after issue.

Another aspect that puts this game above is the characters. Henry and Delilah are flawed and react realistically to what is presented to them throughout the game. The voice actors chosen to bring Henry, Delilah, and others to life in “Firewatch” push the believability of the characters and their actions to great heights.



PHOTO COURTESY | BAGO GAMES

Photo from the Hyper Light Drifter video game in 2013.



Original painting created by Savannah Hastey, senior art education major, for her self-made commission business.



Original recreation painting created by Savannah Hastey, senior art education major.

Art education major runs a self-made commission business

By Jessica Roginski

After a week full of classes, two jobs, and an hour and a half long commute, Savannah Hastey, a senior art education major, can often be found late at night sprawled out on her bed placing brightly colored strokes on a canvas to make commissioned artworks.

“Right now I just do pet portraits,” said Hastey. “I’ve just been advertising my stuff on Facebook and people started asking me to paint their pets so I just went with it.”

Hastey is someone who constantly immerses herself her field of interest whenever she is given the opportunity. In addition to her self-made commission business, she serves as the art editor for Folio, Southern’s art and literary magazine, and utilizes her abilities to provide art

classes at a nursing home.

“My mom is the recreational and therapy director at Pope John Paul in Danbury and she’s having me come in every other week or once a month, and I’m doing painting classes with her dementia unit,” said Hastey.

She said that though she enjoys leading those classes, she did not always want to focus on the educational aspect. Hastey originally started out as a studio art major after coming out of high school, but then made the switch as a more definitive way of becoming an educator. She now pursues art education in the hopes of becoming a college professor.

“I knew more about art than I knew about teaching,” said Hastey. “So now I know more about lesson plans and how to communicate with people and what is required of me as a student.”

Even though she did not start working on her art until late in her high school career, she said she has seen a quick progression in her skills with every piece that she creates. She said that the most important part of improving is to insistently practice on new and old techniques.

“When I first started doing portraits I was really nervous that I would screw things up. But the more I work with it, the more confident I am and the more I learn new techniques on how to improve. I see what works and what doesn’t,” said Hastey. “It’s about constantly pushing yourself to try new things and work harder at it.”

Hastey, who only started painting about a year and a half ago, said she began her artistic journey by making ceramics in high school.

“I had quit sports once my parents got divorced so I had to find a new outlet, so I

started doing art and really got into it,” said Hastey.

Now, Hastey mostly focuses her time on painting and drawing because of the commissions she produces and the courses she attends on campus.

After transferring from Hartwick College, Hastey noted that there was not as big of an art community here at Southern. Nonetheless, she claims that she receives a lot of support from the art department faculty, including her professors, Cort Sierpinski, ceramics, and Mia Brownell, painting.

“[Brownell] has taught me so much about painting. She’s really pushed me to be as good as I can and to really think more outside the box. All of [the professors] have been equally amazing in pushing me to expand my horizons and pique my creativity,” said Hastey.



Original painting created by Savannah Hastey, senior art education major.



Original ceramics pieces created by Savannah Hastey, senior art education major.



The Southern Rugby team huddles up before a match in New Haven.

PHOTO | OLIVIA MECCA

Rugby has historic year

The Southern rugby team won the Northeast Conference in 2016.

By Matt Gad

Southern’s men’s rugby team had a strong fall season this time around, capped off by the opportunity to compete for a national championship, in North Carolina.

“We had a historic season (this past fall),” co-captain Noah Fleischer-Cerino said. “We won the Rugby Northeast Conference, made it to the Sweet 16 and were ranked nationally for the first time since I’ve been at Southern.”

The Black Attack, as they are known because rugby is not an official NCAA Division II sport at Southern, received votes to

be ranked 17th this year in a national poll, according to Fleischer-Cerino.

“You could see from the beginning of the season that we were serious about winning our league. Everyone was at practice and lifting on their own time. We’d even get together and just play

“We had a historic season.”

— Noah Fleischer, co-captain

touch rugby whenever we had the chance,” co-captain Mike Sullivan said.

Men’s rugby is a club sport at Southern,

competing in both the fall and spring semesters, but Southern is part of Rugby Northeast, as stated above. The Black Attack are in the conference with Bentley University, Bryant, Franklin Pierce, Holy Cross, Merrimack, Providence College, Roger Williams, Saint Anselm, Saint Michael’s, Stonehill and the University of Massachusetts-Lowell.

Rugby Northeast was formed in February 2011 as part of the USA Rugby umbrella. Again, the team is a club sport here at Southern, but according to rugbynortheast.org, it is recognized by the NCAA.

“The atmosphere is very welcoming,” Zack Hoynoski, who is playing

on the team for his first year, said. “With 15 starting positions in the fall, depth is very important so we always encourage anyone interested to join our team.”

Spring practice starts Feb. 28 and “everyone is welcome to come out and give it a shot,” Sullivan said.

The team is coached by John Marullo, with Andrew Marullo as an assistant coach. Additional to the roles Sullivan and Fleischer-Cerino play as captains, Eric Kemmling serves as president and Beckett McEwen as match secretary.

“We had a few new guys join the team this year that really helped cement our

McLeod has transformed his game in sophomore year



PHOTO | JOHM STEADY

Isaiah McLeod is averaging 11.9 points per game and 4.9 rebounds per game.

By Phil Zoppi

Sophomore Isaiah McLeod has made a change from his freshman year that is allowing him to excel in his second year with the Owls.

“Everyday throughout the offseason I spent focusing on getting stronger so I could be able to play longer minutes throughout the game and to last longer throughout the season,” said McLeod. “My strength has really improved since my first year and I’m going to continue to improve on it.”

It is not just McLeod that has noticed his strength has improved. Assistant men’s basketball coach Michael Papale has also seen a change in the way McLeod plays.

“I think Isaiah’s biggest improvement was his strength,” said Papale. “Like most high school seniors he hadn’t done a ton of lifting during his high school career. The grind of a college season is so much more than that of a high school season. He showed some spurts last year of how good he was going to be.”

Those spurts that McLeod was showing in his freshman year are starting to become more of a regular occurrence. The 6-foot-1 guard is third on the team in scoring with 11.9 points per game behind Michael Mallory and Jerry Luckett Jr. McLeod may be behind Mallory and Luckett Jr. in scoring but he is ahead of both of them in three point shooting percentage.

Shooting it from beyond the arc is

SEE RUGBY PAGE 11

SEE MCLEOD PAGE 10



PHOTO | SOUTHERNCTOWLS.COM

Adriana Carrasco helped record a NCAA provisional qualifying time in the distance medley relay.

Valentine’s Invitational recap

By Matt Gad

Two weeks ago, Southern’s women’s indoor track and field team saw a great performance on the feet of their 4x400 meter relay team at the Valentine’s Invitational.

“We had good chemistry for a seamless relay,” Georgette Nixon said. “The high energy that we make sure to have really helps us perform at our best. We qualified for Nationals and now we want to solidify a spot in going.”

The 4x400 meter relay team is comprised of four senior student-athletes: Nixon, Christine Volz, Adriana

Carasco and Shatajah Wattely, all of whom will also move on to the outdoor season very soon.

“This team has been growing together all season and our performance at the Valentine’s Meet helped us prepare for the conference championships,” Volz said. “Our team’s performance was full of PRs (personal records) and we pulled together and worked really hard last weekend for our runner-up finish at NE-10s.”

The indoor team recently competed in the Northeast-10 conference championship meet, where the women finished as runner-ups and

the men walked away with the trophy.

“This was just a glimpse of how we can pull individual talents together and become an awesome team. I can’t wait to see what the outdoor season has in store for us,” Volz said.

“These past two performances have been great,” Adriana Carrasco said. “Everyone’s mindset is definitely in a better place to wrap up the indoor season. We’re all hungry and ready to get after it.”

The Valentine’s meet took place at Boston University and the NE-10 championships were in Roxbury, Massa-

SEE TRACK PAGE 11

NBA all star festivities

By Matt Gad

NBA All-Star Weekend. There is the skills competition, the three-point shootout, the dunk contest and, yes, the greatest pickup game of all time: the actual All-Star GAME. This year the league descended upon New Orleans for the festivities, and, well, things definitely got interesting.

Friday night was the, oh wait, I forgot. Friday night was the celebrity game. I honestly did not really pay much attention.

First of all, the coaches for the two teams were none other than Michael Smith and Jemele

Hill, the two people ESPN has been annoyingly throwing in our faces over the last month.

Second of all, well, there really isn't a "second of all." More important things went down this weekend, so I am going to press on.

In what the NBA refers to as "All-Star Saturday Night," the Latvian superstar Kristaps Porzingis won the Taco Bell Skills Challenge (got to get that sponsorship in - I think we get a free taco out of it), beating out the young and fearless Gordon Hayward (actually they are both 'young and fearless,' but I needed some way to introduce one of the Jazz's brightest stars.)

And after Porzingis' signature victory, it was time for the three-point shootout, which would be followed up by the high-flying, crowd-waving, heck-of-a-show NBA dunk contest. But here is the thing: the show part, yeah, it was not really on display.

In short, Aaron Gordon tried to use a drone to launch an elusive dunk, failing miserably, Derrick Jones Jr. showed he is not just a pretty face and Glenn Robinson III proved if you have three names you're clearly the favorite, as he went on to claim the Slam Dunk Trophy (wait, who else has three names, you say? Well, we are just gonna move

on.)

And then came the finishing touch, the cherry on top to a rather "interesting" weekend, the All-Star Game. By now you already know the final score and that Anthony Davis scored a whopping 52 points (!!!), but did you know that DeMarcus "Boogie" Cousins was traded from Sacramento to the New Orleans Pelicans? Yeah, yeah you probably did. But did you know there is a Bleacher Report video where it looks like he is being told mid-interview about the news? Maybe, but then again, maybe not.



Southern lacrosse is more experienced in 2017



PHOTO | SOUTHERNCTOWLS.COM

By Michael Apotria

SCSU's women's lacrosse head coach Maureen Spellman said that she her fourth year as a head coach for the SCSU women's lacrosse, but over those years she has yet to coach a team as determined and ready as this years.

"I think this will be our best season since I have been coaching at Southern," said Spellman. "Honestly, probably the best one in the history of the program."

Last season the Owls proved to have one of the most competitive teams in the programs history. The team finished with a losing record of 4-13, but Spellman said the team played very competi-

tively and has since gained the one trait the team seemed to be missing last season, experience.

"Last season was defiantly disappointing for us," said Spellman. "The positive side is that we gave a lot of top teams a run for their money. We played them hard and tight and hopefully gave them something to remember us by. These girls now have another year under their belt and that makes all of the difference."

Spellman said that the 2016 roster had a total of nine freshmen on the team. While the team is still fairly young, Spellman said that they are not playing that way, and it may catch a few teams and coaches in the conference by surprise.

"I think these girls are playing with a lot more confidence," said Spellman. "I believe our play this season will really shock a lot of people."

Junior midfielder Nicole Healey said that it is a combination of confidence and determination that is fueling this team to make a run at playoffs.

"We have got better each and every year I've been playing," said Healey. "I just want our team to play the best it has ever had and show the other teams in the NE-10 that we are a force to be reckoned with."

Last season Heely led the Owl's in goals (45), points (56) and draw controls (64). Despite leading the team in most statistical categories, Healey said she

is still very critical of herself and knows there is plenty of room for improvement.

"I've been mostly working on making my shots and shot selection more diverse," said Healey. "I am just trying to continue working hard and step up as one of the offensive leaders for this team."

The Owl's are entering the season ranked 13th in the NE-10 coaches preseason poll. Spellman said that she isn't bothered by the ranking and hopes to prove to that along the season to the rest of the division that the Owl's are ready to compete and win.

"We're at the bottom of the polls, but that's fine by me. I think it's a good spot to start," said Spellman. "We don't have the

respect we deserve yet, so we're going to have to fight for it."

Spellman said the team plans on earning the respect from the conference by doing one thing, accomplishing the team's set and most important goal.

"Our number one goal is making the postseason," said Spellman. "I truly believe this is our year to do that."

McLeod

CONTINUED FROM PAGE 9

another part of McLeod's game that has improved dramatically in his sophomore season. McLeod is shooting it at 37 percent from three and has already made 14 more threes in his sophomore season than he did in his freshmen year. McLeod attributes his success from three to the work he has been putting in after practice with a teammate.

"Every day after practice me and Bernard Brantley take a bunch of shots from the mid range and three point line so we can work on our muscle memory while shooting and that has a lot to do with confidence," said McLeod. "I have a lot of confidence when shooting the basketball and that helps me make shots."

As good as McLeod has been on the court it is what he is doing off the court that could pay dividends moving forward. With seniors Austin Carter and Mallory set to graduate after this season there is going to be a big void of leadership left on the team. McLeod has recognized this and is trying his best to assert himself as a leader of the basketball team heading into his junior season.

"After the season last year I had a talk with the coaches and they wanted me to focus more on being more vocal," said McLeod. "So coming into my sophomore



PHOTO | JOHN STEADY

McLeod is shooting 83 percent from the foul line this year, which leads the team.

I made sure I was more vocal so that I could do whatever it takes to help the team win. We are having two great leaders leave us next year so somebody has to step up and take their spots."

Losing Carter and Mallory

will be a big blow to the Owls but McLeod and fellow sophomore Joey Wallace are both showing solid leadership qualities according to Papale.

"Joey and Isaiah definitely are growing into more of a leadership role," said Papale.

"Being a leader is something we talk about with our guys on a daily basis. Joey and Isaiah have both grown as leaders in the last year and we are excited to see how much they will continue to grow throughout their careers."

Romo finds new home in AFC

By Phil Zoppi

Sorry Jets fans, Tony Romo will not be playing in the Big Apple next year. Instead, Romo will find a new home in Houston, Texas.

It all makes sense. Romo will not have to leave the state of Texas, where his kids have been growing up all of their lives, and still gets the chance to play for a championship contender in the Houston Texans.

ESPN reporter Ed Werder

reported last week that Romo is expecting an outright release from the Cowboys so that he will have the option of going where he wants. Werder also reported that Romo believes he has two to three years left as a starting quarterback in the NFL.

The demand for Romo will be high and where he eventually ends up will without a doubt be the biggest offseason story in the NFL. Quite a few fan bases are clamoring for Romo's services but I think most of those hopeful fan bases

do not have much of a shot at all to attain Romo.

The Texans have an established top five defense in the NFL to go along with playmakers on the offensive side in DeAndre Hopkins and Lamar Miller. On top of that the Texans were already a playoff team with the likes of Brock Osweiler and Tom Savage at quarterback. Teams like the Jets, Chicago Bears and Cleveland Browns just do not have the same type of assets that Romo will be looking for.

Romo may believe that he has two or three years left in the NFL but the reality is his back could go out at any time. The last two times Romo was on an NFL field as a starter he did not finish the game due to injury. Does anyone really think Romo wants to go to a rebuilding process and waste his last year or two? I do not.

Expect Romo to end up with the Texans and if he does, expect the Texans to be a legit contender in the AFC.



Rugby

CONTINUED FROM PAGE 9

lineup and give us some depth,” Fleischer-Cerino said. “But we’re always looking for more people to come out and give rugby a try.”

Team chemistry is a stronghold among the rugby team, as Sullivan referred to them as being “a family, not a team.”

Said Sullivan: “We all look out for each other and push each other to do better on and off the field. In general we’d walk through Hell’s Gates for one another.”

“We play a lot of situational rugby,” Hoynoski said. “Off the field, our captains organize and encourage players to participate in bonding events.”

Southern will be returning everyone from the fall session this spring, seeking to make another national championship run, Hoynoski said. “We are hoping to repeat history.”



PHOTO | OLIVIA MECCA

Sophomore Beckett Mcewen surveys the playing field during a match.

Track

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PHOTO | SOUTHERNCTOWLS.COM

Georgette Nixon ran a leg in the 4x400 relay.

New England Conference Championship will also take place in Roxbury Feb. 24 and 25 and the NCAA Division II Indoor Championships will occur in Birmingham, Alabama. March 10.

“The Valentine’s Meet was great for everyone,” Shatajah Wattely said. “A lot of my teammates and I PR’d in our events. It’s always expected (of you) to run fast and drop in time every meet.”

Wattely also said that the 4x400 performance at the Valentine’s Meet helped show where the team stood for the season. She said it allowed them to run a fast time and prepare for the conference and New England meets.

“The chemistry on the team is definitely vibrant, to say the least, Carrasco said. “We’re all high energy and hyped to run faster, jump higher and throw harder this indoor season.”

She said that at this past weekend’s NE-10 Championships the team “gave it their all.” Carrasco said they are a young team with a lot of work that needs to be done but that this past week “swung momentum” and was “an eye-opener.”

The common goal among the team is to put themselves in the position to win championships. Overall, the entire relay team described chemistry as being strong both within the confines of their team of four and with the entire women’s track and field squad as a whole.

“We are heading into the peak period where we are expected to run fast and jump high and far,” Nixon said.

Basketball

Mallory and McLaughlin named to Northeast-10 honor roll



PHOTO | SOUTHERNCTOWLS.COM

Michael Mallory and Taylor McLaughlin lead both of their teams in scoring.

By Matt Gad

Michael Mallory and Taylor McLaughlin were both recently named to the Northeast-10 Commissioner’s Honor Roll. Similar to Southern’s Players of the Week, this weighs the conference’s best and brightest, in accordance with on-field performance and academic prosperity.

“I don’t discriminate. I’m extremely happy getting honored either way,” senior men’s basketball captain Michael Mallory said, on if it feels different depending on who is honoring his achievements.

He said he can not recall how many times he has been honored as a student-athlete, but is very thankful every time that it does happen.

A great variety of Southern students were honored with recent honor roll status from a variety of sports. To be considered, you must maintain a 3.0 minimum grade point average.

“I’m more worried with the team’s outcome,” McLaughlin, a junior on the women’s basketball team, said, “as most people would probably agree, but it’s still nice to get recognition.”

So far this season, McLaughlin has

played in 26 games, averaging 18.7 points, nine rebounds and an assist per game. She has shot a .405 field goal percentage in 34.7 minutes, on average.

“It’s just kind of cool to be able to balance basketball, outside stuff and schoolwork altogether,” she said. “After basketball you have to get a job so it’s really important to get recognized academically.”

The Northeast-10 says their most recent honor roll release includes “more than 60 percent of their conference’s student-athletes,” according to their official website. Per a press release, 3,661 NE-10 student-athletes were named to the Commissioner’s Honor Roll, 241 of them with a perfect 4.0 GPA.

The release also stated that 61 percent of student athletes being named to this honor roll is a new NE-10 record. Commissioner Julie Ruppert told the conference’s public relations department that she “couldn’t be more proud” of the accomplishments being made by student-athletes in the classroom.

But as McLaughlin said, the most important thing is still focusing on the respective season at hand. Mallory said he is focused on leading

his team back on track prior to their conference tournament.

“If we can catch a rhythm heading into tournament time it only helps us,” he said. On the conference tournament being at home, he said, “It does help because this is where you feel most comfortable and know all your fans would come to support you.”

The men start the single elimination NE-10 playoffs Friday, with the second round set for Feb. 26. The semifinals will be held March 2 and the finals March 5. At the time of this publication, Southern’s opponent has not been named. Moore Field House will be hosting the entire tournament, regardless of how the Owls fare.

Meanwhile, women’s basketball will head to their conference tournament, hosted by the highest seed in their division, Feb. 24 as well. Much like the men, their conference tournament schedule remains the same, if they qualify.

Currently, the men are 16-11 and the women are 11-15. Last season, Coach Burrell’s Owls fell to Southern New Hampshire in the conference quarterfinals, 107-104, and to Saint Thomas Aquinas in the Division II NCAA Tournament, 92-90.

SCSU Rugby throughout the year



PHOTO | OLIVIA MECCA

First year player Zack Hoynoski takes the ball up the field.



PHOTO | OLIVIA MECCA

Seimou Smith tries to jump over a defender in a match at home.



PHOTO | OLIVIA MECCA

Seimou Smith (#13) observes the playing field.



PHOTO | OLIVIA MECCA

The rugby team celebrates after winning a match in the state tournament.

Northeast-10 Standings

MEN’S BASKETBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NORTHEAST DIVISION						
SO. NEW HAMPSHIRE	20	15-5	0.750	25	19-6	0.760
SAINT ANSELM	20	12-8	0.600	24	16-8	0.667
MERRIMACK	20	12-8	0.600	27	18-9	0.667
FRANKLIN PIERCE	20	11-9	0.550	26	14-12	0.538
BENTLEY	20	10-10	0.500	25	13-12	0.520
STONEHILL	20	9-11	0.450	26	14-12	0.538
ASSUMPTION	20	5-15	0.250	27	7-20	0.259
SAINT MICHAEL’S	20	4-16	0.200	25	5-20	0.200
SOUTHWEST DIVISION						
LE MOYNE	19	15-4	0.789	25	20-5	0.800
SAINT ROSE	20	15-5	0.750	29	23-6	0.793
SO. CONNECTICUT	19	12-7	0.632	27	16-11	0.593
ADELPHI	19	10-9	0.526	27	17-10	0.630
NEW HAVEN	19	9-10	0.474	26	14-12	0.538
AMERICAN INT’L	19	4-15	0.211	27	10-17	0.370
PACE	19	4-15	0.211	27	7-20	0.259

WOMEN’S BASKETBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NORTHEAST DIVISION						
BENTLEY	20	19-1	0.950	27	23-4	0.852
ASSUMPTION	20	13-7	0.650	25	18-7	0.720
SAINT ANSELM	20	12-8	0.600	26	17-9	0.654
SAINT MICHAEL’S	20	10-10	0.500	25	12-13	0.480
MERRIMACK	20	10-10	0.500	25	12-13	0.480
STONEHILL	20	10-10	0.500	24	11-13	0.458
SO. NEW HAMPSHIRE	20	6-14	0.300	27	11-16	0.407
FRANKLIN PIERCE	20	1-19	0.050	25	3-22	0.120
SOUTHWEST DIVISION						
ADELPHI	19	18-1	0.947	26	23-3	0.885
AMERICAN INT’L	19	13-6	0.684	27	18-9	0.667
LE MOYNE	19	9-10	0.474	25	13-12	0.520
PACE	19	7-12	0.368	27	13-14	0.481
SO. CONNECTICUT	19	7-12	0.368	26	11-15	0.423
SAINT ROSE	20	7-13	0.350	26	12-14	0.462
NEW HAVEN	19	5-14	0.263	25	7-18	0.280

Humans of SCSU: Urfa Kadeer

By Josh LaBella

Urfa Kadeer knew she wanted to be a writer before she graduated high school. Kadeer, a junior English major, with a concentration in creative writing, said it was something she enjoyed doing enough that she was sure she would not get tired of it. "I knew I could survive four years of it," said Kadeer. An avid reader since she was young, Kadeer said her passion for writing grew out of her love of reading. She said that she likes writing stories but poetry is her favorite form of writing. "It's more fulfilling to write a poem rather than a short story," said Kadeer. Spoken word, she said, is her favorite type of poetry. She said she originally got her interest in poetry by watching spoken word poets online. "I watch a lot of Sarah Kay poetry," said Kadeer. "I actually got to meet her over the weekend for a trip that I went on for Folio. That was really great." Folio is Southern Connecticut State University's art and literary publication, of which Kadeer is the editor. She said she is in charge of constructing the publication and said a lot of what she does is outreach. She said she enjoys telling people how good their work is and asking them to submit it. "Folio is a celebration of students and what they do," said Kadeer. "We print one every spring semester." As the editor of Folio, Kadeer got to go to Washington D.C. to attend the Association of Writers Programming conference. She said they had panels of writers and students that talked about what they do,

their organizations, and different methods of writing. "It was really great," said Kadeer. "I learned a lot." She is also the president of Bookmarks, Southern's English club. She said Bookmarks is much more a social group. Students gather for their weekly meeting and talk about the different authors and works they appreciate. "The club is a bunch of people that love to read and write," said Kadeer. "We come together and share what we like." She said that being in charge of both clubs was a challenge at first. She started last semester and said she was adjusting to it. Kadeer said people have called her writing style "simple but complicated". "I do think I have a style that I am kind of proud about," said Kadeer. A Hamden High School graduate, she said her family is one of the main influences on her writing and that she is very close with her siblings and her mother. "I write a lot about sisters, or a mother and her daughter," said Kadeer. "I would say I get a lot from my family." When she graduates, Kadeer said she either wants to get an MFA, or a masters in social work. She said during her trip for Folio she found a job that was like a blend of those two fields. "It is a non-profit organization that goes to communities in need and teaches writing workshops," said Kadeer. "I was like, 'Oh my god, it's my dream job! Can I have a job?'" Kadeer said a good writer is aware of themselves. She said if they are not aware of where they stand as a person it gets hard to delve into characters and make them stand out.



PHOTO | JOSH LABELLA

"If you have a good character you will have a good story," said Kadeer, "because they'll react in an interesting way in every situation."

Southern's emergency alert system

By Josh LaBella

Last Thursday morning some students were woken up by a high pitched wail blaring throughout campus. "When I woke up I had no idea what was going on at first," said sophomore physics major Bobby Ewing. "Then I looked at my email and realized it was the police testing the emergency notifications systems on campus." Police Chief Joseph Dooley said they were testing the siren public address system, Southern Alert notification system and the department's radios. "We wanted to test the different ways we communicate," said Dooley. Dooley said the test was conducted at 9 a.m. and the siren part of the test lasts around five minutes. He said the other parts of the test takes place in the police communications room where they send out a "SouthernAlert." "The siren has a very distinct tone," said Dooley. "We always say to people, 'it's gonna sound like the martians have landed.' If you have registered for the alert system you are going to get a call, a text or an email." Dooley said attached to the mass email is a link that leads to the campus police webpage. He said on that page you can find a brief explanation of what to do in almost any given emergency situation. He said he has seen other college's emergency plans and that some of them are too long-winded. "I find that less is more," said Dooley. "When an emergency is actually happening, nobody is going to have the time to read through a long book telling them what to do." Dooley said the test is coordinated with Hamden and New Haven police so citizens in the surrounding area are not confused about what is going on. "The area around our campus," said Dooley, "where people will be able to hear the siren, get a call from New Haven police notifying them of the test. The call emergency centers for the New Haven and Hamden also get notified so that if anyone calls them wondering what is happening, they can be properly informed." Dooley said they run this test at least once a semester but usually twice. He said the last time that the alert system was used for a serious matter was when a hurricane passed through campus a couple of years ago. "It is designed for emergencies and fortunately we don't have any emergencies," said Dooley. "It is best to be prepared." According to Dooley, there are five sirens around campus that go off during the alarm. He said the message will pass through each siren and then once it completes the chain it will repeat again. "There is one on top of Chase, one on Brownell, one on Englemen, one on Pelz Gym and one pole-mounted one at the stadium," said Dooley. "We can either use a digital pre recorded message, like the one we use during tests, or we have a microphone we could use to directly address the campus."

Deputy Chief Phil Pessina said the test ran just as planned. He said that they are part of the "holistic approach" that the department has taken when addressing security and safety on campus. "The testing of our university's Emergency Communications systems, siren public address and SouthernAlert, were all activated this morning and worked very well," said Pessina. "These systems are an integral part of the safety and security of our students, faculty, staff and visitors on campus."

Learning more about drunkorexia

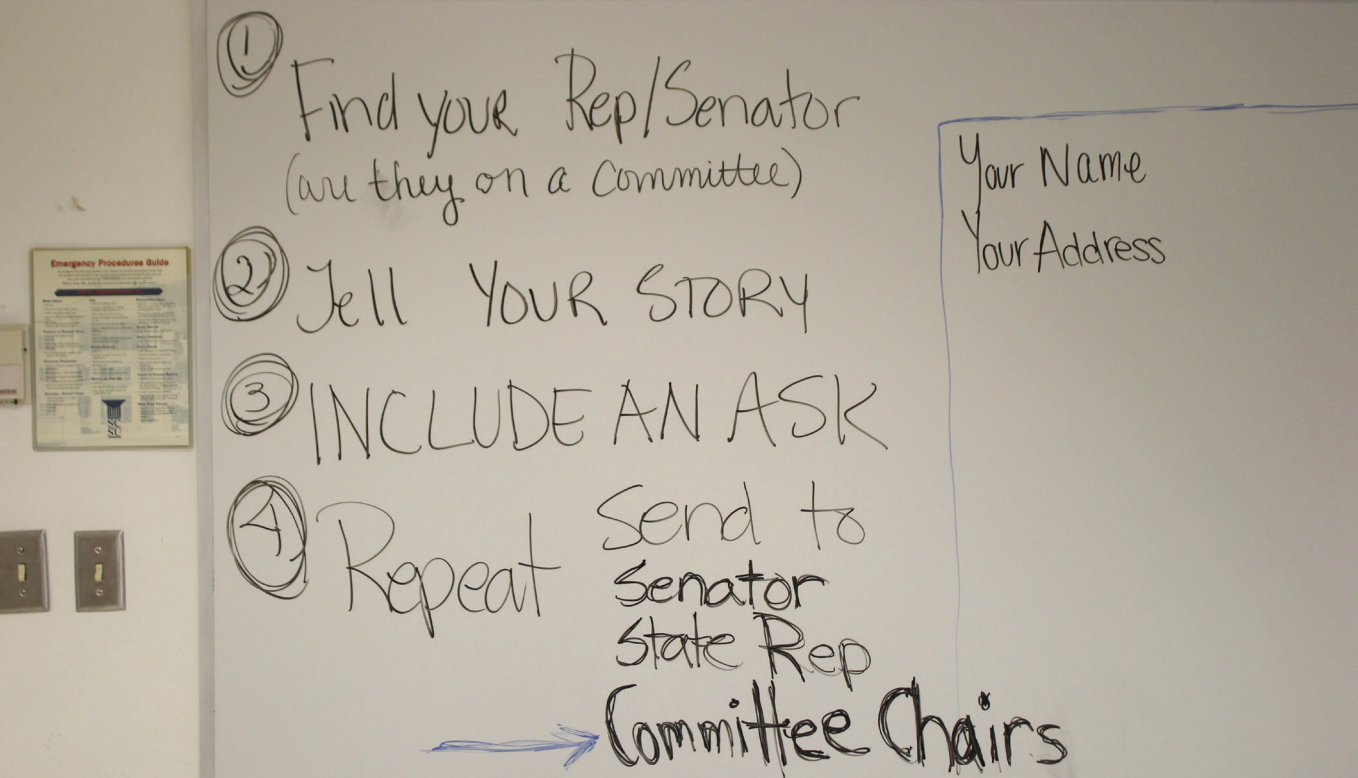
By Chloe Gorman

According to Emily Rosenthal, drunkorexia is just another one of the many unhealthy drinking habits that college students practice. "When we talk to students," said Rosenthal, coordinator of the Wellness Center, "in classrooms about alcohol use and sort of if people choose to use alcohol and they are over 21, ways that you can do so safely, like ways that you can reduce harm associated with alcohol use." University Health Services at the University of Texas at Austin defines drunkorexia as "a slang, non-medical term," which "refers to someone who restricts food calories to make room for alcohol drink calories." This results in the person getting drunk faster. Rosenthal says there are many risks that come with this sort of habit, as with any habit that involves getting too drunk. "The more alcohol you drink, the drunker you are going to be," said Rosenthal. "This means you are more likely to hurt yourself, get sick, blackout, you will be at risk for physical and sexual assault and drunk driving." A study by the University of Houston reported eight of ten college students, mostly men recently engaged in behaviors associated with drunkorexia. The study also showed those in a fraternity or sorority were more likely to engage in negative behaviors around alcohol use. Rosenthal stresses the importance of healthy drinking habits when visiting classrooms around campus to ensure students understand the risk of drinking too much. "Things like eating before having alcohol," she said. "Having some food in your stomach, things like eating while you are drinking, as well as alternating alcoholic drinks with nonalcoholic drinks." Rosenthal also says drunkorexia shows that people are just drinking to get drunk, which is not a healthy relationship to have with alcohol. While some see it as a way to get drunk quicker, others see not eating a lot before as a chance to spend less money on alcohol. Noel Rieth, a junior communications major, and Jolee Parolise, a junior education major, agree that people possibly eat less or not at all before drinking because the less alcohol they consume, the less money they have to spend on more. "Finances are a big thing," said Rosenthal. "But, again, it is putting yourself at risk. And choosing to spend your money on alcohol but not food and knowing what the outcomes are, I think the bigger thing is reexamining what someone's relationship is like with alcohol and why they are drinking alcohol." Rosenthal encourages students to seek out help if they need it. Whether it be counseling for alcohol use, or any other advisement that comes with making healthy drinking and spending choices.

Although binge drinking is a problem on college campuses, says Rosenthal, Southern's population of students does not drink regularly. According to the 2016 SCSU Custom Survey, only 16 percent of Southern drink ten or more days during a month. "Drinking can be a part of the college experience, but does it need to be?" said Rosenthal. "And drinking to the point of being drunk, certainly doesn't need to be."



PHOTO | LEEROY



White board describing the process of writing each letter.



Room full of students and faculty writing letters to their state congress.

AAUP Organizes Student Activism



Dr. Kathleen Skozen, an anthropology professor, encouraging students to come write letters and eat pizza.

By Palmer Piana

Students gathered Thursday afternoon in Engleman to eat pizza in return for writing letters to their state representatives and senators regarding the upcoming proposed budget cuts to the CSU system.

This event was hosted by the American Association of University Professors (AAUP) and saw many students coming to partake in the event.

The AAUP streamlined the process by providing students with templates of how to write their letters along with suggestions on what to include. They also helped students locate who and where to send their letters to.

The professors encouraged students to write multiple letters to each of their representatives and committee chairs for maximum impact.

This event is one in a pattern of events which the AAUP is attempting to get students involved in the fight against state budget cuts.

The most notable example being The Day of Action for Public Higher Education event on Jan. 26 where the AAUP bussed students from campus to Hartford to participate in a rally opposing budget cuts.

Many students have seemed supportive of these outreaches and are more than willing to offer their support.



Alex Eager, a junior history major, writing his letter to his representative.



Students grouping up to write their letters.