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Professor's project has a large impact



PHOTO | PALMER PIANA

Journalism Professor Frank Harris' N-Word Project teaches individuals the history and impact of a word that carries meaning beyond the surface.

By Alex Palmieri

Social Justice Week provided an opportunity for students to address topics of diversity and social justice in the Southern community. There were plenty of events on campus throughout the week that were held in honor of social justice.

The N-Word Project, presented by Professor Frank Harris, was one of the events

that Social Justice Week provided. Dorian Lord, Equal Employment Opportunity specialist, said the showing of the film was very insightful. Lord said he enjoyed the film because of the presentation of the history of the n-word.

"It was nice to see people's willingness to learn and reflect on this subject," said Lord. "It's not a taboo anymore; people want to improve society."

Lord said this screening

was important to him because this is a word he thinks should never be used. He said it was a good film overall to depict the n-word.

"By using it [the n-word] with endearment," said Lord, "it undermines the malicious with the radical perspective."

Alicia Nunez, director of Equal Employment Opportunity, said she was happy to see a whole bunch of excerpts in the film. She said this showed

the true context of the n-word and people of all ages need to see and know the history behind it.

"It was shocking," said Nunez, "in 1800, it was okay to say that [the n-word]. I'm a visual person; those pictures really spoke volumes to me."

Nunez said she does not approve of the word in any context. She said it is not allowed in her house, and she does not like when people say

SEE SOCIAL JUSTICE PAGE 2

The effect of Trump's win on marginalized groups

By Alex Palmieri

The Southern community is aware that students have experienced inappropriate comments in a variety of ways due to the past election, Tracy Tyree said.

"Students are feeling uncomfortable because they supported Trump, or they believe in other things that Trump believes in," said Tyree, vice president of Student Affairs. "And students who are exceptionally disappointed with the outcome of the election and have had comments made to them."

This past election left people being marginalized due to the outcome, which left a lot of people shocked, and others being degraded because turnout of the election.

Although Tyree has not seen marginalization, she said she has heard reports about offensive comments being made towards people due to their sexual orientation, their gender identity and or their race and identity.

"I'm aware of an incident that happened," said Tyree, "in the Residence Halls; one was outside in the quad. So they're in different locations. I've heard some concerns in the classroom. So they're happening in a variety of settings."

Because of the marginalization, there are events called "Election: Let's Talk About It" throughout the campus. Tyree said they are intended to be small group conversations in places students would perceive to be a safe or comfortable place.

"They're being held in the multicultural center," said Tyree. "I believe there are one or two in the Residence Halls; there is one in the student center. They're all open to any students."

Tyree said these talks are meant to be open and civil discourses, and are not meant to be just one-sided. She said it is to talk about the outcome

SEE MARGINALIZED PAGE 2

University Dialouge discusses strong points

The dialogues President Joe

By Alex Pamieri

Bertolino hosts are meant for people on campus to bring issues to the forefront to talk to the president and get his opinion about certain situations, Robert Sheeley said.

"It's always interesting to see what is going on throughout campus," said Sheeley, associate vice president for capital budgeting and facilities. "This is a forum of which it can take place."

The dialogue lasted for a little over an hour. President Bertolino had the chance to discuss main topics that are happening throughout campus, and address it to the faculty of the Southern community. Sheeley said he went to both dialogues the president held and it is good for the university.

"Anytime you open up a dialogue it's always good," said Sheeley.

Bertolino said the Social Justice Week that Southern held was positive. With over 100 events on campus about the issue, Bertolino said it was a good stand by the Southern

community to advance the meaning of social justice.

"It is my hope that this active involvement," said Bertolino, "will foster ongoing conversations about critical issues of social justice, that this will be the beginning of a continued conversation, and that we will learn and grow from observing each other's viewpoints, backgrounds and experiences."

Another issue President Bertolino highlighted in his dialogue was the issue of Southern being one of the greenest colleges in the nation, by the Princeton Review. He said they recognized Southern's active commitment to sustainability of all its forms.

Next fall, Bertolino said Southern will pilot with Housatonic Community College. He said this can produce an excellent source for enrollment. Essentially, Bertolino said Southern would work with Housatonic as an academic pathway for students.

"These students will have the opportunity to be a part of two communities simultaneously, easily making the transition," said Bertolino. "This program can really be a win-win for both

institutions."

The graduate prioritization program is another topic Bertolino talked about during his dialogue. This program was started about two years ago, and is now on the move again. Bertolino said SCSU has formatted a working group constructed by graduate dean, Christine Broadbridge and graduate studies coordinator, Lee DeLisle.

"[They] have assembled a working group," said Bertolino, "with primary membership from the graduate council executive committee that will talk to the dean about steps that have already been taken and then recommend future planning efforts."

Obiageli Okwuka, a professor in the public health department, said the dialogue was very encouraging. She added that the university needs the partnership with the President to make the university progress. She added without the partnership, there is no school.

"It is very transparent," said Okwuka. "I think it is going to move our university forward."

President Bertolino essentially discussed important issues

as they pertain to Southern, and

"I like to remind you that,"

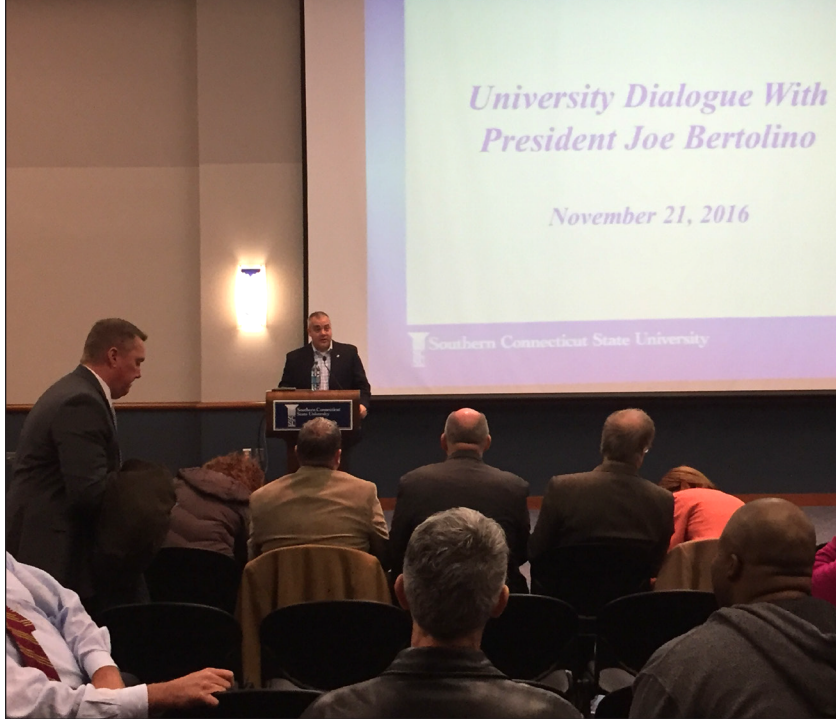


PHOTO | ALEX PALMIERI

Social justice and being a green school are among topics discussed by President Bertolino.

took questions toward the end of his dialogue. This is always important for the President of a university to do, since it makes all faculty and staff feel welcomed.

said Bertolino, "I've been very encouraged by the energy, and the creativity and the commitment and talking about a lot of the key priorities moving forward."



PHOTO | PALMER PIANA

Mice were spotted at Dunkin Donuts, ASC director Brad Crerar said they have been an issue for years.

Mice found at ASC Dunkin

By Jeniece Roman

The rumors are true; mice have been confirmed in the student center Dunkin Donuts, according to Brad Crerar, director of the Michael J. Adanti Student Center.

“There’s been mice,” said Crerar. “Students saw there were two mice actually in Dunkin.”

Crerar said the Dunkin Donuts in the student center was closed the day after the mice sighting and an exterminator was called to set traps for the mice and Facilities Operations filled up any hole where mice might enter.

Crerar said the exterminator caught the mice and he has not seen any since.

“When I talked to the facilities guys, that came over and helped with the blocking of the holes, [they said] it’s not just limited to the student center,” said Crerar. “It has been around campus.”

Crerar said mice have been an issue, this time of year, for the past 10 years, but this year he has seen an unusually high amount, as the student center is not the only building on campus with mice.

Justice Britt, a sophomore sociology major, said she and a friend saw a rodent in Connecticut Hall and she has decided not to eat there until the issue is resolved.

“My friend and I were at Conn and I was waiting by the stir-fry and I turned my head and saw a rat run by the cereal bowls,” said Britt. “When we tried to tell one of the workers, and she seemed unbothered that there was a rat in the dining hall. When we told her to tell the manager she acted like she didn’t want to.”

Crerar said he cannot confirm whether Connecticut Hall has mice, but at the student center, mice are a part of the regular maintenance of the building each year, though students have not reported seeing them in the past.

“Every year, this time of year,” said Crerar, “As the weather starts to drop outside, we always have to be conscious of the mice coming in. That’s been happening for the 10 years we’ve been here.”

According to the Global Food Safety Resource website, one way to prevent mice infestation is to make the facility is sufficiently sealed.

Crerar said because it is cold and the mice want to go somewhere warm, there is always a problem with mice, but this year there are significantly more.

“Part of the problem is we leave the loading dock doors open at times. So we

corrected that problem,” said Crerar.

The State of Connecticut Department of Public Health conducted a health inspection report of the food service at the student center; it received a rating of 84, which is considered passing.

Becky Kuzmich, a junior communications major, said the quality of food, availability, long lines, poor quality of service from the food service workers – all are issues students deal with.

“The goal is to make Chartwells more aware that student are upset about food service,” said Kuzmich. “We hope that they will take the right steps and make changes and food service better.”

The Student Government Association created the #SCSUChartwellsProbs hashtag, according to Kuzmich an SGA member, an open forum was held for students to voice their concerns regarding food service. Kuzmich said 70 to 80 people attended and the biggest complaints were the lines at Dunkin Donuts, the quality of food at Connecticut Hall, and the helpfulness of the workers.

“Students were just kind of fed up with how things were going,” said Kuzmich. “So [student government] created the hashtag in order to bring attention to the issues surrounding food service on campus.”

The university is currently working with Chartwells on plans to move the counters to the seating area and adding three registers to accommodate the large amount of daily customers Dunkin Donuts receives, according to Crerar.

“Dunkin Donuts is a mess right now,” said Crerar. “A mess in the sense that it was designed to handle about 600 people a day. We’re doing about 1,300 people a day.”

Crerar said Southern tries to stay out of the contract negotiations between Chartwells and the Local 217 union, but on occasion the quality of service that some employees provide is reflective of their frustration.

“I know many of the employees and many of them are very, very, very good,” said Crerar. “There are a few that may get annoyed and not work up the part and not work up their capability.”

According to Crerar, the food service workers have known about the possible layoffs in contract negotiations for about two and a half years.

“The students don’t want to get involved,” said Crerar. “The students need to do their work. The students want to get up to Dunkin Donuts, get their cup of coffee and breakfast and get out of there.”

Safety pin project: pass or fail?

By Ali Sorbara

In the wake of the 2016 presidential election results, Americans are donning safety pins.

The pins are being worn as a symbol of solidarity. They are supposed to mean the person wearing the pin is standing with people who feel endangered after the presidential results because of their race, sexual orientation or religious views.

Anyone wearing a pin is supposed to be a safe space, and someone who was a victim of sexism, racism, homophobia, etc. can go to that person for help if they are attacked or feel threatened.

“If something happens and I am attacked because of who I am, I’m going to call the police,” said Zachary Straw, a psychology major, “or if I feel like I need to talk to someone I’m going to go talk to a therapist or a friend.”

At Davis Square in Boston activists passed out safety pins with cards attached that read: “NO ROOM FOR HATE. By wearing this pin I commit that if I see something, I will say something and stand against hate.”

The gesture is being met with backlash because of its response to the election. The pin is being promoted by Vox.com as an anti-Trump symbol and not actually helpful to any minorities. The Washington Post has called the symbol “an emblem of white guilt.”

“I am not just going to start talking to a random person on the street just because they’re wearing a safety pin. It’s a good idea but I don’t think it is effective in stopping homophobia, racism, or sexism,” said Straw.

After Donald Trump won the presidential election, according to the Washington Post there was a spike in hate crimes. Videos surfaced of middle school students in Michigan chanting, “Build a Wall” during a lunch period.

Southern’s campus is not exempt from similar acts. In October of 2015 seven swastikas were drawn on a stall door in the Women’s bathroom in Engleman hall.

The idea of using the safety pin as a symbol of unity was adapted from Europeans response to the Brexit decision. When citizens voted for Britain to

leave the European Union there was a 57 percent increase in xenophobia crime reports according to the Guardian.

The trend began with a woman on social media who wanted to come up with a way for Europeans to show they were still united. The safety pin became the symbol and was worn to show that they were standing in solidarity with immigrants.

Post election Americans are now wearing them to show unity with not just immigrants, but all minorities and anyone targeted by hate crimes.

“Why would it change anything?” said Andrew Genova, a marketing and event management major. “The people wearing them are just white people afraid of backlash from minorities because they elected Trump.”

Human performance major Kiah Strickland said that she is worried for the safety of herself and other minorities after Trump being elected president.

“Having Donald Trump as the next president, it might make things harder for me being a woman and a woman of color,” said Strickland, “but I don’t think wearing a pin is going to change that.”

Strickland said hate crimes are going to happen and just because someone is wearing a safety pin on their shirt, she does not feel protection from them. Straw and Strickland both said wearing of a safety pin does not make them feel any safer, or more protected from hate crimes.

“I don’t know who’s wearing it for the right reasons, there may be some people who really are activists, or there’s people just wearing it to be a part of a community,” said Genova.

According to the NYPD hate crimes in New York City spiked in 2016 by 30 percent. A majority of the crimes reported were anti-Muslim, or anti-LGBTQ. There have been 328 reported hate crimes through Nov. 13. In 2015 in the same time period there had only been 250 reports.

“Hate crimes are always going to happen, and that’s sad,” said Straw. “Trump being president is just fueling the fire. People think now it’s like they can’t get in trouble because Trump is in power. If I put a pin on my shirt is that really going to stop anyone?”



PHOTO COURTESY | VALENTINE SVENSSON

A safety pin worn on a shirt is used to signify that wearers are “allies.”

Social justice

CONTINUED FROM PAGE 1

it. “It cannot, will not, shall not be said,” said Nunez.

“The N-Word Project” screening provided an opportunity for students to ask questions after the movie was aired. The crowd was not huge, but it was diverse. This film was the perfect showing for Social Justice Week so everybody understood the significance of the word, the context of it and the literal meaning of the word as well.

Frank Harris, a journalism professor at SCSU, said the idea to do the project struck him because of the Race and the News class that he teaches. Harris had his class look up racial words in the newspapers and the students came back with the n-word.

“That got me thinking about the many words that Americans or Black-African descent have been known by in this country,” said Harris. “So I looked at all the words and one I decided to focus on was the n-word.”

Harris said this was something he

wanted to explore to find out people’s different experiences. The word being used with “kill” and “death” was one of the things Harris found online that was the most disturbing to him.

“As you saw in the film,” said Harris, “it was often seen in a violent kind of way.

Irma Reyes, Equal Employment Opportunity specialist, was invited by the Connecticut Affirmative Action Professionals to view the “N-word Project.” Reyes said she is very involved in Civil Rights.

“That’s what I do for a living,” said Reyes. “I’m an equal opportunity specialist with the office of diversity and equity.”

Reyes said she knew very young to never use the n-word for any matter. Though she said she did not learn anything new after viewing the film, she said it was very insightful.

“We need to be culturally sensitive,” said Reyes. “My experience may be different than yours. For me, that word is very deep. People will be offended and may not understand that what is okay for you, may not be okay for the next person.”

Marginalized

CONTINUED FROM PAGE 1

the election. There will though be facilitators that will be in each of the rooms, making sure there are respectful places for all of the community that would like to join and talk.

“They all are just conversations,” said Tyree. “They are just facilitated conversations. A group of students, faculty or staff, would come and talk together about what they’re feeling, what they’re experiencing.”

Maddie Vinsel, a freshman English major, said she has seen people being marginalized first hand. Vinsel said because of who certain people voted for, others will treat them differently.

“I think people just need to grow up,” said Vinsel.

Vinsel said the “Election: Let’s Talk About It,” is a great move by the university so people can stop screaming at each other and actually vent out their feelings towards one another. She said it will educate people on their political views.

Laura Lopez, a freshman communication disorders major, said all the people treating others as insignificant is very disrespectful because all beliefs should be

respected.

“I have really close friends that are Trump supporters,” said Lopez. “And they’re really supportive of my views. I don’t think it’s cool how people just bash other people just because a candidate is not what they wanted.”

Lopez said she has seen marginalization first hand. On election night, when Trump was winning, Lopez said she heard people just scream out “F- Trump” and not even care about others feelings.

“I didn’t want to get involved because it’s a sensitive subject,” said Lopez.

Tyree said during the talks for the students to vent everything out, she expects different thoughts and opinions. But it is all for a good cause in attempt to stop the marginalizing at the university.

“I think it is different being on a college campus,” said Tyree. “You set expectations about how you treat each other. We set expectations when the President talks about dignity, respect, stability and compassion. We do want to be a campus community that is welcoming, inviting and inclusive.”

Preparing for the final days of the semester

How students prepare for finals week, and cope with the stress that comes along with it.

By Mary Rudzis

With finals week approaching, students like Elizabeth Aguilar are starting to prepare themselves for the end of the semester.

“This semester was new in every kind of aspect,” said Aguilar, a freshman pre-nursing major. “I’m a resident so having to adapt to residence life was a transition. Having to keep up with classes was different as well. I feel like I was floating around the first month, then I finally adapted.”

To prepare for finals, Aguilar said she is planning on “isolating” herself and placing herself “in the library for the rest of the two weeks.”

When talking about how the semester went for her and what she can work on for the future, Aguilar said she plans to improve her time management skills.

“I think I’ll be better off with it,” said Aguilar. “I’m learning to distinguish my free time from my learning time. Sometimes I use my free time too much to the point that it interferes with my learning time, like studying.”

Aguilar has also spoken with her peer mentor to help her throughout the semester.

“It was a very new experience,” said Aguilar. “I’m happy it’s coming to an end. I want it to be over with and get my A’s already and have it be done.”

Katie Noske, a junior psychology major, said the end of this semester is particularly stressful for her because it means



PHOTO | PALMER PIANA

Students prepare for finals and the end of the semester by reflecting on what they can improve on and what they need to accomplish.

her junior year is halfway done. However, she went onto say she also is “looking forward to being one step closer to finishing my

undergraduate.”

Southern has posted the Fall 2016 final exam schedule grid on their website. Finals week is from

Dec. 12, through Dec. 16.

Hazhia Sorosindi, a sophomore exercise science major, said she is looking forward to the

semester ending, especially after changing her major.

“Personally it wasn’t the best semester because I am taking science courses and I realized science is not for me, so it’s been tough,” said Sorosindi. “But that’s why I changed my major– I was a chemistry major. I realized that with chemistry you have to take a lot of bio classes and I hate biology so I didn’t enjoy this semester as much as I enjoyed my first two semesters.”

Because she struggled with science classes, Sorosindi is anxious about finals week.

“I’m especially nervous for my zoology and organic chemistry final,” she said.

Determined to get good grades, she said she has a plan in place.

“What I do is I make sure I know when my finals are and what time and I put it in my calendar,” said Sorosindi. “I make a three-week reminder so that I can start studying and I put in certain times in my calendar where it will remind me to study over the three weeks.”

Southern has an academic success center as well as academic advisement for students, in addition to the office of study skills enrichment.

Also, the Buley Library will be open from 8 a.m. to 11 p.m. during finals week, but will close at 4:30 p.m. on December 16. There are quiet rooms in the library for study groups to meet, as well as areas that are silent.

Treatment of mental illness varies amongst countries

By Lynandro Simmons

As globalization continues to become more common across the world barriers are simultaneously being torn down between people, said Dr. Jason Platt.

“This calls for us to re-examine how we think about things,” said Platt, a therapist who works internationally.

Cultural differences between people have led to different perspectives and viewpoints on how to apply treatment to patients, he said.

However, as globalization continues to break down barriers there are a lot of different lenses to view this through. It is important that America and other countries are equally benefiting each other, he said.

“We’re not receiving as many healing practices as we export and this matters,” said Platt.

Due to uneven exchange America can often lose its context and when working with patients, context matters, he said.

“If we’re going to be working with immigrant families or people not like us we need to understand their context,” said Platt.

Dr. Tracey Laszloffy, a

therapist with over 17 years of experience, said sometimes the United States may not view these shortcomings as being due to its nationality.

“Sometimes asking people to view nationality as a construct is similar to asking white people to think of race,” said Laszloffy.

As a well-trained therapist in many fields – family, couple, and individual therapy – Laszloffy said it’s important to understand these blind spots.

She also said understanding other cultures’ views of treatments was important. While America typically looked at suffering as coming from within, she said, other cultures looked at external factors. One culture Laszloffy used as an example was the indigenous community.

“Some believe that people are not depressed, but a spirit of sadness has entered them,” she said.

When this would happen, said Laszloffy, instead of medicating a patient the indigenous tribe would dance for them.

Through doing this they would exorcise the spirit. Compared to the United States’ belief of medicating a problem

away, some cultures choose to believe in more spiritual methods, said Laszloffy.

When a therapist comes to understand their own shortcomings, they can better understand how to understand their clients.

“We’re our greatest asset and our greatest liability,” said Laszloffy.

Anybody working in the clinical field can be subject to being influenced by their biases. What occurs with a client is almost always influenced by who the practitioner is, she said. In this case America has its own cultural issues on how to treat patients that needs to be overcome.

“Trends in Drug Use,” a study published by the Journal of the American Medical Association, said 59 percent of adults in America reported using prescription drugs in 2011–12.

This was an increase from 51 percent in 1999–2000. This also showed a growing trend to lean more heavily on prescribed medicine.

Platt said understanding the cultural implications behind techniques is important.

“Almost every technique or practice has an influence from a

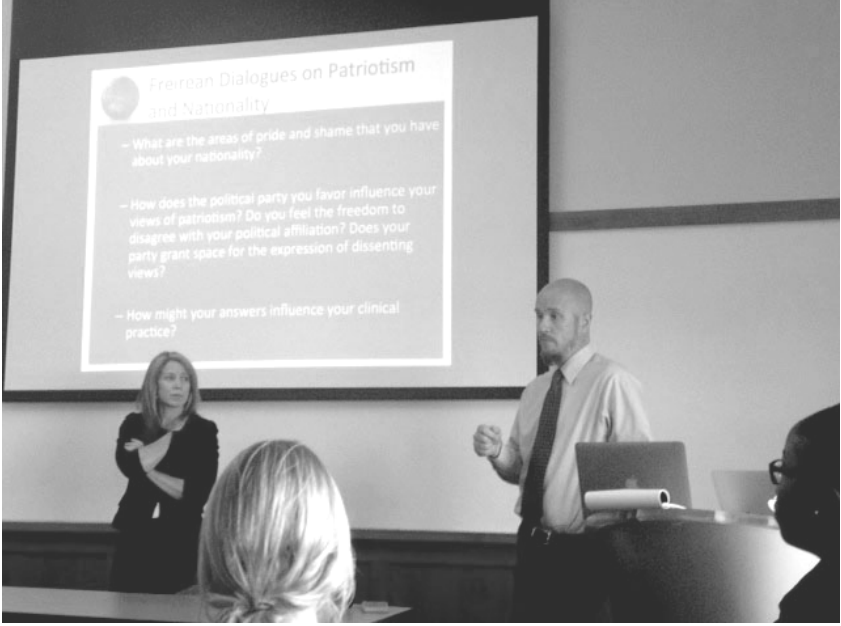


PHOTO | LYNANDRO SIMMONS

Dr. Tracey Laszloffy said it is important to try and understand “blind spots” which according to her, Americans can have.

nation,” said Platt.

Due to the variety of techniques and cultural significances behind them, Platt said every therapist should be aware of their own cultural biases. By working hard to understand their own biases, people can then work past or around them.

As the process of globalization continues a world view in this field is more important than ever,

said Platt. Every client will not be used to the American way of treatment nor should they have to be. Instead a more diverse coalition of therapists needs to be available for this new global market.

“We need more international faculty,” said Platt. “This brings more insight and will create new opportunities for everyone.”



PHOTO | LYNANDRO SIMMONS



PHOTO | LYNANDRO SIMMONS

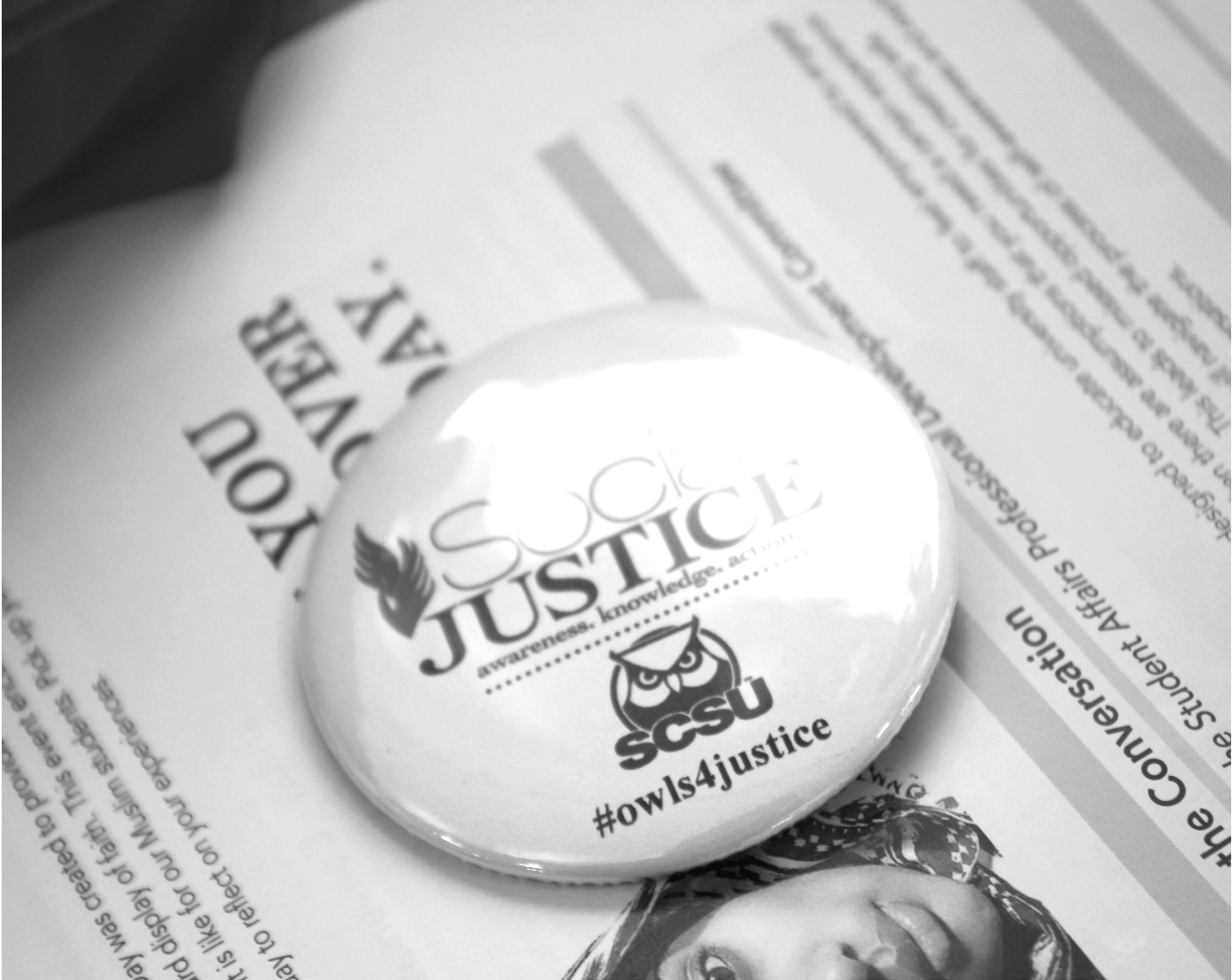


PHOTO | PALMER PIANA

Social justice on college campuses

Tracy Tyree, the vice preident of student affairs, said Southern’s role is to prepare students for life after college and that includes encouraging them to engage in their communities.

By Melissa Nunez

When students enter their college years they become synonymous with many things: scholars, critical thinkers and the future. Tacked with these roles, these scholars, these critical thinkers begin to fight for just that, their future. And, throughout generations, many college students have gained notoriety for revolts and campaigns to better their tomorrow.

Protests, such as ones held in 1960 at Atlanta University, where Martin Luther King Jr., civil rights leaders and students staged marches and sit-ins to end segregation.

Protests like Emma Sulkowicz’s in 2013 against Columbia University’s disregard to a rape she reported in 2013 as a sophomore. In response, Sulkowicz carried her mattress everywhere, including to her graduation.

But for many the question still remains, how

critical are social justice movements on university campuses?

Before Southern students rushed home to their families and loved ones to give thanks and devour some well-deserved turkey on their Thanksgiving holiday, many may have taken part in the university’s Social Justice Week.

According to Tracy Tyree, the vice president of student affairs and one of Southern’s Social Justice Week’s organizers, the program has run annually over the past three years and featured events designed by students and faculty.

Tyree said while ideally every student would participate, the program’s attendance has become more significant with each passing year. She said the events vary in theme, from environmental and sustainability discussions to panels discussing race and religion.

“When I think about the

mission in terms of being a regional public university, we serve a community and that is really important,” said Tyree. “Something like [over 90 percent] of our students come from Connecticut. So this idea that students are coming from our communities, they are in large majority going to go back into our communities and as this regional public institution and serving this part of the state of Connecticut, I think that we have an obligation to prepare our students to go out and make a difference in their community when they graduate.”

Like Tyree, I cannot help but share the same sentiment, as higher educational institutions, universities have been charged with preparing their students with the knowledge and the tools to build better futures and to leave the world a little better than they have found it.

Tyree described

students learning through their actions on campus and applying it to their lives.

As such, universities need to encourage students when they use their voices and elevate them, because these are the adults on the precipice of the rest of their lives. Many of them work, maintain homes, jobs, families and these worlds help them perceive their environments as something that may or may not be working for them. And if that is the case, if they are expected to participate in building a better tomorrow, with the backing of their university, the university that saw their potential upon accepting them, they should have faith in these young adults and their voices.

So do I believe social justice has an important role on universities? I believe it has and always will.

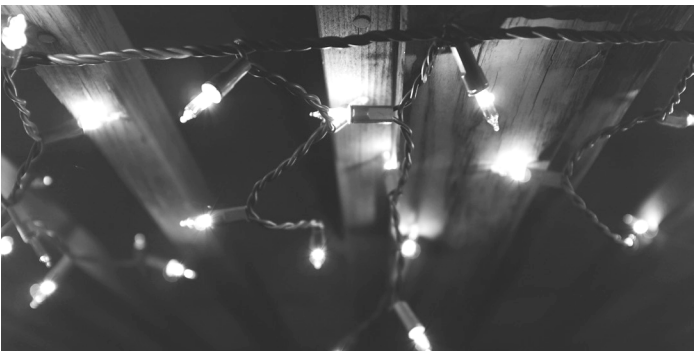


PHOTO COURTESY | BASHEER TOME

The holidays can get you down

By Jeniece Roman

For some, “happy holidays” is a term devoid of meaning, and, instead, a customary greeting similar to when someone asks how a person is, but is not actually interested in knowing about their well-being.

Though many people look forward to the time between Thanksgiving and New Year’s, others dread the events and all the attachments that come with it. For some, the holiday experience is far from the picturesque vision portrayed in countless commercials and films.

According to a study conducted by Greenberg Quinlan Rosner Research, people in the United States feel their stress increases during the holidays and takes on a different character than at other times of the year. The study also found that 62 percent said money was a leading stressor and many worry if they can afford the holidays.

Other than money, some other stressors that might contribute to holiday stress can be time, family or expectations of what the holidays are going to be. While many can argue about both the negatives and benefits of celebrating the holidays, at the moment it is important to know how to survive them if you have had a difficult time with them in the past.

Remember for the most part holidays are commercialized events and cultural traditions, with the exception of a few religious holidays. Most traditions like eating turkey on a specific day or exchanging gifts that have been sitting under a shrub for a month are all optional. The added stress of engaging in these seemingly “societally mandatory” activities and events can be alleviated when one remembers that they are an adult and can do whatever they want and not what “society” or Macy’s tells them to do.

When it comes to money and spending for gifts, make a budget of what you are willing to spend. Remember it is not how much you spend on a gift, but how much thought you have put into it. This time next year, they probably will not remember what you got them anyway. Honestly, they should be grateful they are getting anything at all.

Another legitimate worry is holiday dinners and cooking, especially on Thanksgiving. Often times, there is an added pressure on the person cooking to get the approval of each family member when it comes to the cooking. It is important to remember to try your best, everyone makes mistakes and they all have to eat it anyway.

While a family gathering is not the first choice activity for many, one can note the issues that arise and find positive solutions to address them. When family members ask questions you would rather not have discussed, find a way to change the topic of the conversation by asking the other person a question as well or complementing them.

Though you can not control everything your family says or does, there are ways to prevent the expression of certain members’ political views that alarmingly contrast yours. Ask for there to be a ban of political discussions, for what material gift can surpass the gift of peace of mind.

What is that you say grandpa, you knitted me a sweater? No thanks, all I want is for everyone to please stop talking about Trump. Please.

SOUTHERN NEWS

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We are the student newspaper of Southern Connecticut State University, and we welcome the writing of all Southern students and faculty.

To submit a piece, email it to scsu.southern.news@gmail.com, or stop by the Southern News office on the second floor of the Student Center, room 225. Electronic submissions are preferred.

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.

In the defense of millennials

By Vivian Englund

Lazy, narcissistic, hypersensitive, selfie stick-using slugs is the roll of terms coined by those who demonize the millennial. In a recent slew of articles on the offense of my generation, I think it is only fair to shed some truth of the matter.

For a generation with far less job security and astronomically higher percentages of student-loan debt-- I think it is fair to blame some of the disenchantment and lack of job loyalty on those rights alone.

Right, I get it, baby boomers and Gen Xers, you were probably able to pay for your college tuition at UConn with a summer job alone, right?

Millennials are subject to economy that is still trying to pick up the pieces from the 2007 recession. All on top of the most student debt loan this country has ever seen at more than \$1.2 trillion according to Inc.'s website.

The New York Post published an editorial by a 26-year-old Johnny Oleksinski who said he is ashamed of his generation. His main reason is because, "Imagine being forever lumped into a smug pack of narcissists who don't just ignore the past, but openly abhor anyone and everything that came before them."

The apologist seems to have no concrete evidence for this. If anything, I do not think it is even possible for millennials to ignore the past when our elders are pushing our noses in it. We are still trying to figure out how to get a job that pertains to our degrees that, you know, makes enough money to pay the bills.

I am not entirely sure how millennials open to job opportunities is necessarily a bad thing. If we are going to make up a large portion of the workforce in coming years, why is it such a bad thing if we take opportunities for advancement?

Because of the roof of student loan debt millen-

nials face, it is stunting future plans. Inc. said, "75 percent of Millennials report that student-loan debt has affected their decision to buy a house, and 43 percent say it's caused them to put off starting a family."

Another aspect that seems to be mocked frequently by other generations is the impact of debt on mental health. Now it is common for any person with debt to experience episodes of depression or anxiety, however Inc. reported that for every 10 percent of debt increased in millennials, their level of depression increases 14 percent.

Let's talk about the job market for a second-- millions of bachelor's, master's and doctoral graduates every spring mean more people in the work force.

Pew Research Center found that millennials now make up more of the workforce than Gen Xers. By 2020, it is projected that 46 percent of people in the workforce will be millennials.



PHOTO COURTESY | AXELLE B

Another mention Oleksinski gives in his piece is millennials partial to Senator Bernie Sanders. He implies that Sanders supporters were idealistic and entitled. I would like to mention that perhaps the reason this generation clung to this candidate is because of the priorities Sanders had. What other candi-

date this past election season was successful [from the start] with speaking to a generation that was so disenchanted with politics in general? What other candidate was willing to make changes that would alleviate future student loan debt and making recreational marijuana legal?

The issues that Bernie

Sanders spoke about directly, and successfully targeted the largest generation in America at the moment. It is not about these "entitled brats" being politically unaware or unintelligent. I am not sure why this is an arguing point in targeting millennials when, really, it was all just politics with Sanders.

Be weary of fake news on social media

By Jeniece Roman

The idea of "fake news" as a threat to our society has been as rampant as the fear of Ebola or the Zika virus. These fake stories are often found on Facebook, bias and sometimes completely false; they have also been said to influence people's views on politics and current events.

While "fake news" is a term that likes to be thrown around and used interchangeably with words like swayed, bias and "native advertising," the actual definition is not as black and white as some would have you believe.

Hundreds of articles have been published and dozens of news segments on television and online that describe how fictitious stories are distributed through various social media platforms to sway users to believe in either extreme left or extreme right propaganda, depending on who you ask.

It is definitely an attractive story: Beware the dangers of fake news! And while there is definitely data to back up any viewpoint one might have on the topic, the coverage of the fake news is also something to examine.

According to a 2016 survey conducted by the Pew Research Center, 44 percent of U.S. adults get their news from Facebook. Of the 4,654 people surveyed, 64 percent get news just one social media website and 26 percent get news on two.

The question on the minds of many is not whether there is fake news, that has been proven, but rather if websites like Facebook, Twitter and



PHOTO COURTESY | DIMITRIS KALOGEROPOYLOS

Google should do anything about it.

Currently, Google is working on ways to prevent fake news by banning ad service on websites that post fake news. This decision came after criticism because the search algorithm placed a fake news story at number two in the most searched stories.

While Google's attempt to do its part to regulate the perpetuation of false information, managing and deciding what is fake news raises the ques-

tions of censorship and the control that such powerful company like Google has.

However, Facebook's CEO Mark Zuckerberg has said on multiple occasions that he does not want the now publically traded company to censor speech or content on the website, much to the disapproval of several of his colleagues. Zuckerberg initially stated in a Facebook post that most of what is seen on Facebook is genuine but later stated, in a post on Nov. 18, that the company will work to on detecting these posts.

"The problems here are complex, both technically and philosophically. We believe in giving people a voice, which means erring on the side of letting people share what they want whenever possible," said Zuckerberg.

To ask a multifaceted, highly active company to do something that can be done on one's own is opportunistic at best and lazy at worst. Do not give this umbrella term of "the media" as the culprits pull the wool over your eyes.

Researchers at Stanford University conducted a study that found most middle school children could not distinguish a real news story from a "sponsored content" article or "native ad."

Well, guess what? If you are reading, this chances are you are not in middle school. Most of the time, these articles can be detected, as it is usually the ones that say sponsored content.

Even if there is a situation you can not tell, double check for yourself. Whether it is a Facebook post by politically far right uncle or a left wing news article; do the research.

Rocking the vote and respecting the choice

By Natalie Barletta

On Wednesday, Nov. 9, my Twitter and Facebook newsfeed only had one consistent topic--the election.

It is no secret half of the country is unhappy with the results of the election. In the immediate days that followed, there were protests, rallies, and a petition to have state representatives vote for Clinton instead of Trump when the Electoral College met to vote on Dec. 19. In addition to that, the hashtag #NotMyPresident was also trending during the election week to further express unhappiness towards the president elect, Donald Trump.

Before I continue, let me say that I am a liberal, and a Hillary Clinton supporter. With that being said, I am unhappy with the way the country is reacting towards the results.

A few weeks before the election, I was bombarded with social media posts encouraging citizens to vote, from friends to celebrities that I follow. These same people said that it was important to vote, no matter who you stood for.

With that being said, I feel like we have become hypocrites. How could we tell people to vote, only to tear

them down when we disagree with who they choose to vote for? That does not make any sense to me.

I am for the First Amendment. I support the protests and rallies, as long as they are peaceful, because protestors are using their rights as Americans. The same goes with the hashtag, and the several social media posts that I have seen in the wake of the election.

I also support the people who voted for Trump and for the independent voters, because despite whether or not I agree with them, they are using their right to vote.

We live in a democracy, a melting pot of people that have different points of view. I believe in living in this democracy with the rights that come with the First Amendment, not only should we be able to express those points of view, but respect and listen to those who have a point of view that is different than our own.

This idea may be an example of an utopian society, something that may never be obtained. It is safe to say that we do not live in a perfect world, and there is a lot of problems that exist in it. However, by blaming someone else or yelling at them for those problems is not going to get the job done. It is not going to change

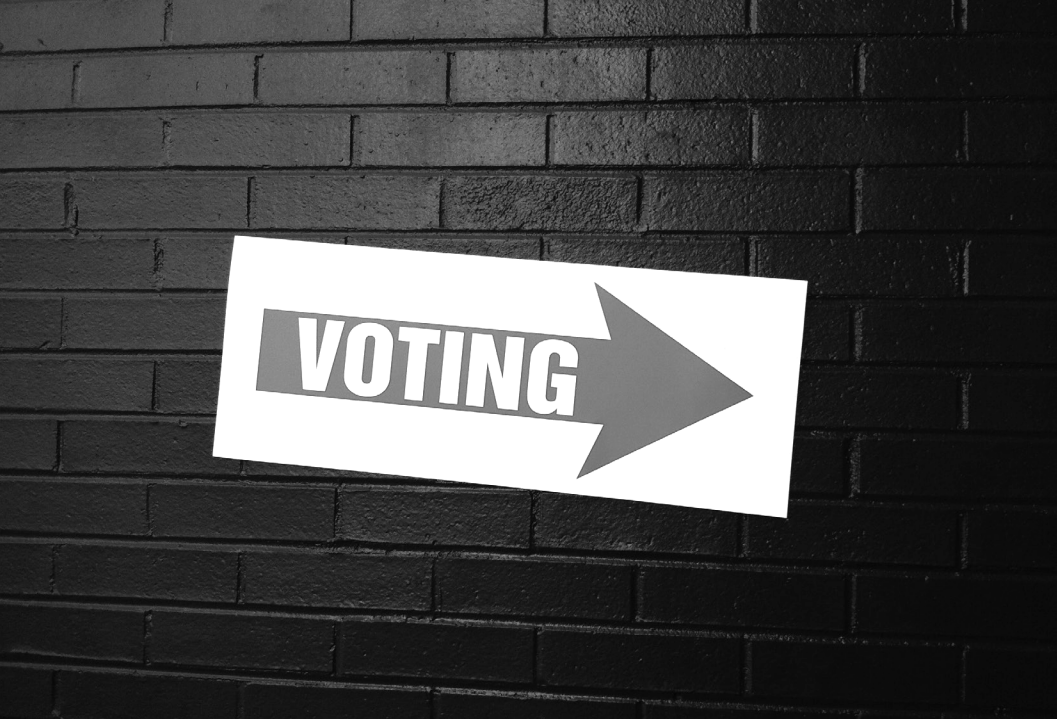


PHOTO COURTESY | JUSTGRIMES

things. It is only going to get worst.

I am not asking protesters to put down their signs and stop marching. I am asking you to listen. I am asking you to counter all of the hate in this world, whether it may be from a single person or a group of people, and replace it with love and under-

standing. The Beatles said it best: "All you need is love, love is all you need."

The song, which is over 50 years old, still is applicable to the mentality in modern society, because love is truly all we need to make things better.

Review: A Tribe Called Quest releases a new political album

By Adrianna Rochester

One of the most timeless groups has returned to rap for one final musical offering. A Tribe Called Quest’s comeback came at the perfect time. The group released “We Got It From Here... Thank You 4 Your Service,” a political and emotional album the day after the elections. Right from the start it is clear that the messages are political. “The Space Program,” which serves as the first song on the album, takes Afrofuturism to another level by imagining a scenario in which the rich abandon the decaying Earth to live in extraterrestrial realms, while the underprivileged are left to rot on a dying planet. Jarobi raps about the “mass un-blackening.” He raps, “[They’d] rather see we in three-by-three structures with many bars.” There are many narratives to Tribe’s album; each song trans-

mitting a different message that can be broken down into a single description. Whether it’s gentrification (“We the People”), the modern state of hip-hop (“Dis Generation”), self-medicating (“Melatonin”), military-industrial complex (“The Killing Season”), or the debate on the pros and cons of self-confidence (“Ego”), the topics discussed in the album are issues that mattered just as much ten years ago as they do now. The most important element was Tribe’s—now comprised of producer and rapper Kamaal “Q-Tip” Fareed, DJ Ali Shaheed Muhammad and rapper Jarobi White—inclusion of late group member Phife Dawg, who passed away prior to the album’s completions. Though Phife recorded several key versus for the project’s effort, the group’s loss can be felt in their dark, yet relaxed album. Contributions were also made by rappers such as Busta Rhymes, Talib Kweli and Consequence who helped

fill the hole Phife’s death left and to serve as a final sendoff for Tribe. This 16 track musical collection illuminated Phife’s voice and Tribe maintained elements of a Bohemian, jazz, and funk chords that is concrete to their sound, while also combining elements of modern sounds that abandons the 90s musical format. The overall sound of the album is the key element. Hip-hop’s foundation has changed over the years. The sound, style, identity and purpose of hip-hop has transformed since the Tribe’s last album in 1998. However, it does not sound like the Tribe is trying to conform to the current rap styles, but instead they mix the old with the new showing a different flavor of music that leaves fans wishing it was not their last. The entire album can be isolated into two parts, instrumentals and lyrics. Layers upon layers of musical instruments and head-rocking beats amplifies each record prior to the hearing the actual words. In doing

so, the instrumentals are powerful enough to stand on its own without the help of lyrics to move the songs along. Lyrically, Tribe did not disappoint. Lyrics such as the ones in “We the People,” relay the translation of the phrase “Make America Great Again,” many non-whites have heard in the past year. The hook of the song sings, “All you black folks, you must go/ All you Mexicans, you must go/ And all you poor folks, you must go/Muslims and gays, boy we hate your ways.” The release of “We Got It From Here” speaks to listeners who were waiting to hear music that is powerful and conveys anger in both the current political situation and the ongoing social justice issues. A Tribe Called Quest used their platform to do what hip-hop is supposed to do, which is to be the voice for the people.

Review: ‘Grey’s Anatomy’ explores characters in depth

By Sherly Montes

Season 13 of “Grey’s Anatomy” aired on Sept. 22, and has since run nine of the 24 episodes that are listed. To start off, the season picks up immediately where season 12 left off back in May of this year. Season 12 ended with a cliffhanger, where Dr. Alex Karev, played by Justin Chambers, assaulted Dr. Andrew DeLuca, played by Giacomo Gianniotti, after Karev walked in on DeLuca who was assisting the intoxicated Dr. Jo Wilson, who is Karev’s girlfriend, played by Camilla Luddington, get undressed and into bed. Karev misunderstood what he saw and assumed that DeLuca was taking advantage of Wilson. He then violently proceeded to beat up DeLuca, breaking his nose and causing major damage to his face, leaving blood everywhere. Wilson screamed and continuously asked Karev to stop, but he did not. Season 13 starts off with the episode titled “Undo” and picks up with DeLuca being rushed into Grey Sloan Memorial Hospital, with Karev on the scene and in the ambulance

with him. All the doctors at hospital who are co-workers of DeLuca, Karev and Wilson, all assume that DeLuca must have been robbed or beat up by a stranger and no one suspects it was Karev. As they begin to treat DeLuca and ask him questions, Karev begins to show nerves when the police arrive to try and figure out what happened. The only one to pick up on Karev’s odd behavior is Dr. Meredith Grey, played by Ellen Pompeo. Finally when Karev tells her what happened, Grey is left with the decision of keeping this a secret and protecting his career or turning in her dear friend. By the end of the first episode, Karev decides it is not fair to leave this burden on Grey and decides to turn himself into the police in the main lobby, leaving all the interns, residents and the chief-of-surgery to put the pieces together and watch him be escorted out to the police car. As a pediatric surgeon who has now been charged with felony assault in the second degree, Karev is demoted to working in the free clinic and is no longer allowed to practice surgery for the duration of his court trial and while the chief-of-

surgery, Dr. Miranda Bailey, played by Chandra Wilson, decides what to make of what has happened and how it will affect Karev’s career. As the season progresses, mostly all of the episodes work around the court trial and how it is affecting everyone who works in the hospital, both on an emotional and personal level as well as on a professional level now that they are down one doctor who happens to be one of their best and one of their most trusted. Now that the trial is in full-swing, Karev, DeLuca and Wilson do not speak to each other unless they have to when they are working at the hospital and they do not typically mention the trial to each other, as they are all going to be called up to the stand at some point to talk about what happened on that night. This season has progressed slowly, but that is nothing new. As fans of the show know, most seasons of “Grey’s Anatomy” are focused around one central story or event, with several smaller storylines in play for other interns, residents, and patients. Most of the episodes have done a good job of building the suspense of what is to come by revealing more character secrets and going in-depth

to really peel back their layers and show the audience things they might not know. The most recent episode revealed that Karev is considering taking a plea bargain in which he is found guilty of the assault, will serve two years of jail time, and his doctor’s license will be taken away. He decided to take the plea only after it was revealed by Wilson that if she is called to the stand, she will have to reveal that she is assuming a made up identity, and that she is on the run from her husband who used to beat her. She tells Karev that if that happens, she will have to leave Grey Sloan Memorial Hospital and disappear in order to protect herself. The episode ends with Karev, who is sitting in the district attorney’s office ready to take the plea, listening to a voicemail from Grey who asks him not to take the deal and that he can get through this trial, even if it looks like luck might not be his side. “Grey’s” is currently on its midseason hiatus with the last episode having aired on Nov. 17, and the is scheduled to premiere the second half of season 13 on Jan. 19, 2017.

Review: New movie ‘Arrival’ contains a thoughtful storyline



Actress, Amy Adams at San Diego’s Comic Con in 2015.

By Vivian England

If you are looking for a sci-fi movie that is more than just jump-scares and CGI, you are in for a real treat with “Arrival.” The movie is so much more than pretty images and aliens, it holds more truth about language and human relationships than any class you will ever take. The premise for the film starts as twelve alien ships, or UFOs land in various regions of the world. (Which brought up my first question, is there any significance in these regions?) Nobody can quite understand what brings these hovering capsules to Earth. Chaos ensues around the world, which motivates the US government to enlist the help of linguist, Dr. Louise Banks, played by Amy Adams. Quantum physicist, Ian Donnelly, played by Jeremy Renner, is also enlisted and they both arrive at the scene of the UFO in the midwest US. With a small team, the two enter the floating pod in order to try and figure out what the potential aliens want from visiting Earth. The initial wow-factor was the film’s visuals. In a time where it feels like almost every movie ever is loaded with CGI, it was refreshing to at least feel like it was not the case for “Arrival.” Yes, the massive pill-like UFOs were CGI among other details, however the art was so well crafted that the ships looked believable—not corny like many other films.

I left the movie with two thoughts mainly, the first being how well thought out and smart the film was and that the timing of this release could not have been better. Language plays an important role in “Arrival.” As you could imagine, decoding an alien language is probably pretty complicated. But the movie does not stand on that alone--the language barrier paints a bigger picture for communication and coexisting with others. This makes the “resolution” to the pods a little more complex than the rest of the world thought. The only thing I felt could have been done better was the ending. Do not get me wrong it did not fall flat. I will say that for a slow-burner the ending felt like it was pressed out pretty quickly. I will say this, if you are looking for an alien invasion movie where it is all chase and lots of alien guts, this one is not for you. “Arrival” is for anyone who loves a good story and is willing to string together the deeper meaning behind the floating pods and their message.



A visual board made for Social Justice Week that encourages everyone to be themselves and to be kind.

PHOTO | PALMER PIANA

The Social Justice Talent Show encourages critical thinking

By Adrianna Rochester

With so many social justice issues such as domestic violence, sexual assault, police brutality and more impacting people around the world, others have been finding ways to spread a message of unity and respect for human life to people within their communities.

Southern dedicated an entire week engaging in a campus wide conversation regarding social justice issues. A conversation that took place through a series of campus events, designed to spread awareness, share knowledge and inspire action in others.

Events were held throughout the week of Nov. 14– 20, 2016. One such event was the “Social Justice Talent Show”, sponsored by the Multicultural Center.

Dian Brown-Albert, coordinator of the Multicultural Center, said students were able to share their passion on the various issues while incorporating it with their talents.

The ultimate goal, she said was to “make others critically think about the social issues” many individuals face.

The talent show consisted of two sections, Brown-Albert said, the first half of the show was dedicated to sharing knowledge. Students were

able to share information on topics such as, gender identity, race, disabilities and more.

The second half, she said, was the entertainment portion of the show. A total of 20 acts performed; each student showcasing a wide range of talent, Brown-Albert said.

“Organizations such as OLAS, the West Indian Social Club, and Step Up—Southern’s step team—were a few of the acts that performed,” Brown-Albert said.

Myles Page, emcee for the talent show said, besides having a great turn out, both the acts and the crowd interacted extremely well with one another.

Paige said, “There was a piece that talked about the struggles bilingual students face when trying to learn English as a second language in school.”

There was also performances by an acrobat, singers, drummers, and spoken word, he said.

“One of my favorite acts,” said Paige, “was the piece done by Step Up on police brutality.” For him it is one of the most relevant and most important issues in the U.S today.

He said the step team incorporated spoken word in their step routine, along with a memorable chant, “We want Justice, You Know!”

He said students left telling him the talent show

was the best event so far this semester.

Brown-Albert described the event to be a “night of power,” because even though issues such as these are sensitive to speak on the underlining the message of respect, equality, and acceptance of everyone regardless of their differences was spread throughout the ballroom of the Adanti Student Center.

“The audience was really engaged,” she said. “People even sat on the floor even though there were chairs, that’s how connected they were.”

“I was really proud to be an owl that night.” Brown-Albert said.

University Choir’s fall concert sings of hope, peace and love



The University Choir performing at the fall concert in Engleman Hall.

PHOTO | ADRIANNA ROCHESTER

By Adrianna Rochester

The University Choir showcased why they have been labeled a “group of mixed voices,” during their recent fall choir concert. A mixture of Southern’s community, outside guests and family flooded Englemen Hall as they all filed into room C112 to wait for the concert to begin.

The program for the evening promoted a three-part concert, each with songs tailored to a specific topic. For example, the first portion of the concert was focused around songs about hope titled United in Hope, the second portion was about children titled Peace for the Children, and the third was about love, titled Let There be Love.

Prior to the start of the concert, Jeanette Compton was greeted by her daughter, Sarah Compton—choir member—to give her mother her belongings before she took the stage. The

two embraced each other as Compton wished her daughter good luck before she walked off with the look of pre-performance jitters on her face.

“She’s been singing since she was about 10 or 12, but I never get used to seeing her perform,” Compton said. “I’m always excited to see her sing.”

Compton said her daughter came to Southern to obtain her master’s degree and joined the choir while she was a graduate student. However, since graduating she remained with the University Choir as a soprano singer and was even able to travel with the choir to Greece.

The choir’s entrance quickly caught the audience’s attention as they shuffled in quietly, wearing all black, and took their positions. The audience too quickly followed and Compton smiled proudly as she watched her daughter take her place with the entire choir.

A small men’s ensemble began the concert with a 17 century English folk song, called “Scarborough Fair.” Immediately the

audience could hear the mixing of voice as the men sang.

This mixing of voices only continued as the men rejoined the choir to perform “Across the Bridge of Hope,” by Jan Sandstrom.

“Scatter the seed of peace over our land, so we can travel hand in hand,” the choir sang with control as the choir’s members crescendo and decrescendo their voices during the performance.

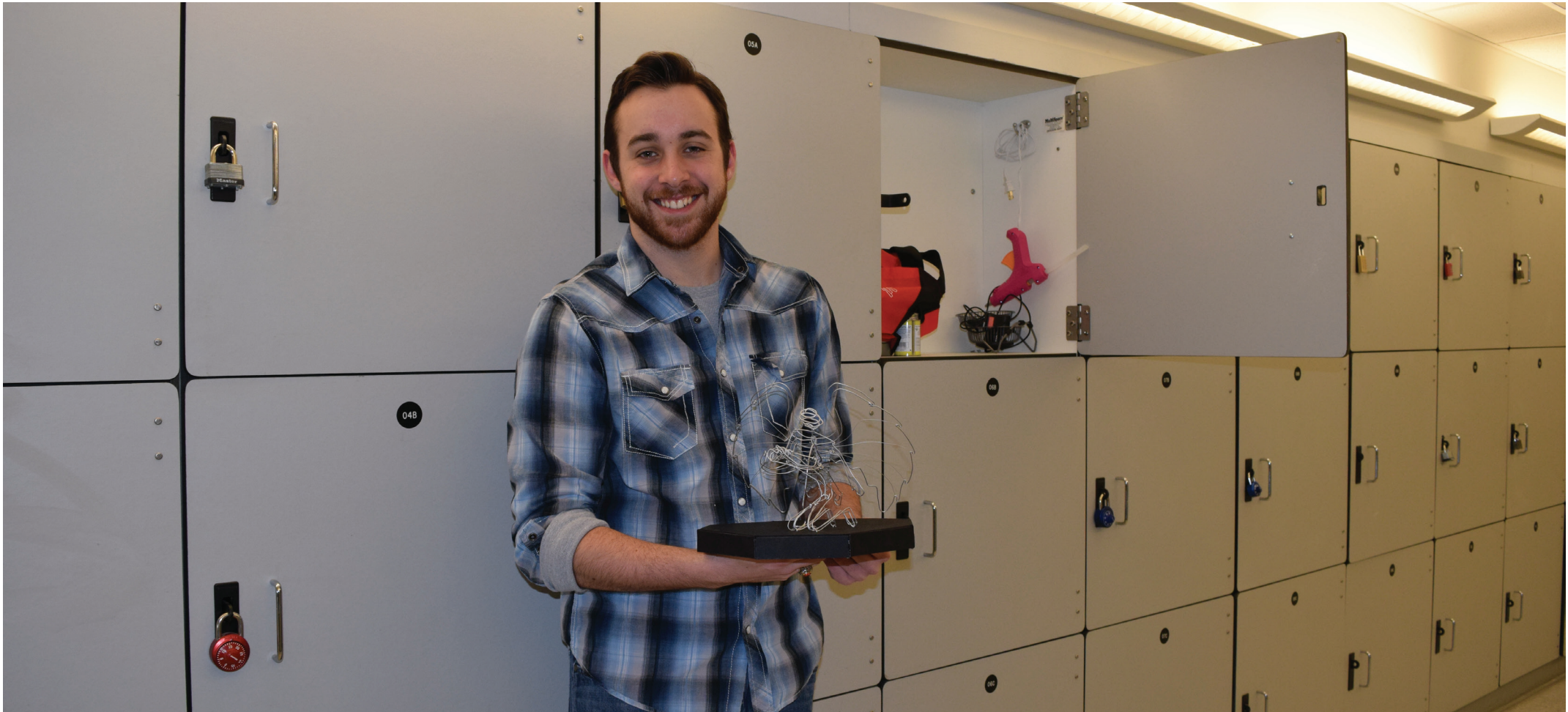
Throughout the concert there were various moments where a different section—the altos or sopranos—either took the lead or harmonized together. Regardless of the musicality, Hamden residents Shelby and Carl Luis said they appreciate the work the choir is doing and enjoyed the performance they put together.

“You could hear and feel the words they were singing,” she said. “They did an amazing job.”



The University Choir performing at the fall concert in Engleman Hall.

PHOTO | ADRIANNA ROCHESTER



Greg Martin, a junior chemistry major, stands in the hallway of Earl in front of his locker while holding his wire art.

PHOTO | SHERLY MONTES

Junior talks about balancing both his passion and his major

By Jessica Roginski

Artist Greg Martin, a junior chemistry major, sometimes finds it difficult to balance time between his passion for art and his time consuming major. Some of his chemistry classes come with three hour lab periods, and with his art classes come long hours of work in the studio. The solution to his dilemma is managing his time wisely.

“Good time management: getting your work done as soon as possible and just understanding how long it takes certain things to do,” said Martin.

With his most recent wire piece, he said he knew it would take him a long time to accomplish his final product. He worked on the sculpture for about 20 hours, working the wires into shapes exactly how he wanted them to look. He said that he envisioned what his sculpture would look like in his head as soon as the teacher assigned the project.

“I’m not a super religious person, but for some reason this thing popped into my head because it’s something different. It’s outside of my comfort zone,” said Martin. “I’ve never designed with wire before so I liked the challenge.”

The sculpture consists of thick, medium and light wire molded into two figures. One kneels with his head in his hands and bent

over in despair. The other figure is an angel above him, gently resting a hand on his shoulder. While the man is stationed firmly to the base, the angel flies off the base and soars over the person.

“What I’m trying to communicate with this specific piece is to let your mind go free,” said Martin. “Don’t be confined to a certain area.”

Martin likes to take a more independent approach with his art. He said the professors he has taken at Southern give him just the right amount of guidance, without taking away originality.

“[Professors] will help you along the way, so if they see something distinctly wrong, in either the way you’re trying to construct something or the way you’re trying to draw something, they will call you out on it,” said Martin. “But when it comes to you doing what you want to do, they won’t control you. The most they’ll do is strongly advise.”

When professors assign Martin a project and he needs to start seeking ideas, he finds comfort in the environment around him. Martin enjoys listening to the sounds, whether it be birds chirping or cars zooming past, because they provide a soothing presence for him to think in.

“I get a lot of inspiration from emptying my mind,” said Martin. “There are so many times where I’m on campus and either I’m stressed about something or I just want to

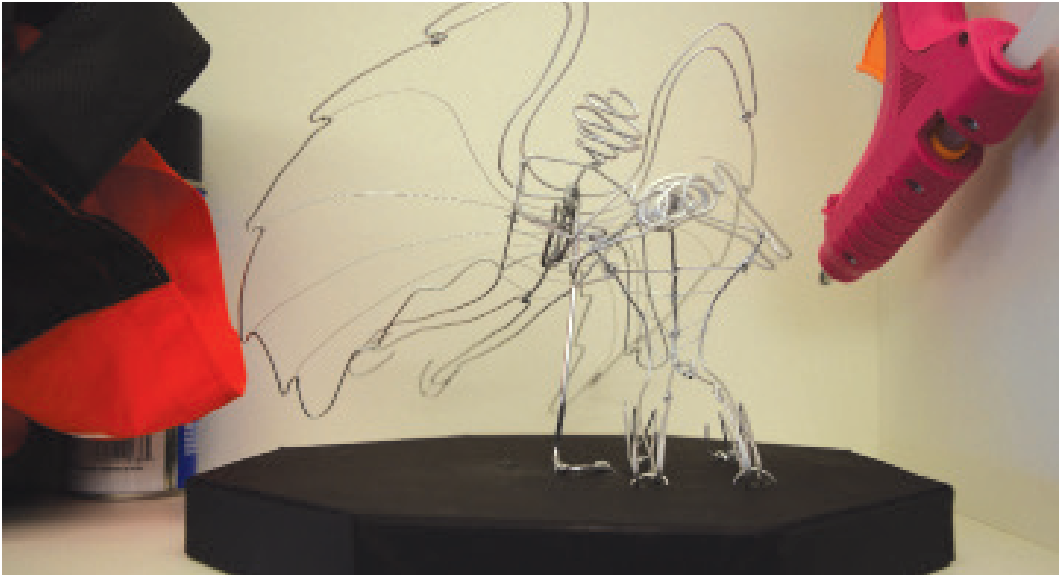


PHOTO | SHERLY MONTES

Wire art piece created by Greg Martin.

relax, so I take a walk on campus. That’s honestly where all the ideas flow.”

Martin has worked on his art from a very young age, starting from doodles on walls working his way to attending art school for a few years. One aspect of his life that has not changed is the importance of art in his life; It takes a valuable role in expressing himself. He is constantly developing with his projects and always questions himself if he can go further.

“I love showing the world how the gears turn in my head. I love showing people look, this is how I think of things. It also has to do with ability; I love to show what I can achieve, what I can do. Also, [art] is a nice change of pace when you work with beakers nine out of ten times,” said Martin. “It’s a greater way to relax yourself and to show the world, hey, I love to do this and I’d love to know what you think of it.”

Student art of the week: Emily Burke



“This is inspired from, like, the gears in an alarm clock. People say it’s inspired from Harry Potter.”



PHOTO | SHERLY MONTES

Emily Burke, a junior communications major with a media studies minor.

Student art of the week is an arts and entertainment project from the Southern News. If you are interested in submitting work in any artistic format please contact editor Sherly Montes through scsu.southern.news@gmail.com



PHOTO | TYLER KORPONAI

Michael Mallory dropped 30 points against American International College last Tuesday night to become SCSU's all-time scorer. He scored another 30 points on Sunday against Nova Southeastern to bring his career total to 1,968 points.

The GOAT

Michael Mallory broke the Owls' all-time scoring record surpassing Rich Radicioni to become the No. 1 scorer for Southern basketball, 1,968 points and counting

By Edgar Ayala

With five minutes left in regulation and five points away from breaking the program's all-time scoring record, Michael Mallory was in no rush to cement his name in Southern Connecticut basketball history.

"I got fouled on an and-1 three that I hit ... I broke the record on a free throw."

— Michael Mallory, senior guard

"I was four points away [from tying the record]"

and I got fouled on an and-1 three that I hit," said Mallory. "I broke the record on a free throw." After making the and-1 three-pointer, he walks to the line where he looks left and right as opposing coaches shout "box out." The referee then bounces the ball to Mallory, as the official takes seven steps back to get a better view for the free throw attempt. Mallory grasps the ball and looks down at the court – bouncing the ball three times before looking back up. He looks at the basket, waits three seconds and releases – swoosh. And just like that the No. 3 player on the court tied the No. 1 scorer in program history on a four-point

play. "It feels like a lot of hard work, and a lot of trust from a lot of people that put in me – paid off," Mallory said. "I didn't even know I broke the record. I'm just really happy and really blessed." He surpassed Rich Radicioni record set in 1990 (1,936 career points) on a pair of free throws a minute after the four-point play. He broke the record on the first free throw attempt he shot. And after he converted the second free throw, he completed his 30-point performance against AIC. Bringing Mallory's total to 1,938 career points for the Owls in the 92-87 win over AIC. With the record-setting

game last Tuesday night, head coach Scott Burrell noted that Mallory was the best scorer he has ever coached. "In 11 years [of coaching] he's up there," said Burrell, the former Quinnipiac coach. "He can score in so many ways. He's so athletic, he can shoot deep, he can handle it and get by people." Not only that, but Burrell said Mallory has to be in discussion with the best player this program has ever had. Southern graduates such as Tylon Smith, Greg Langston and the ex-record holder Radicioni, all make strong cases for the best player in Southern basketball history. "In the recent history

SEE MALLORY PAGE 11

The NE-10 Conference added five Owls to thier all-star selections



PHOTO | SOUTHERNCTOWLS.COM

Karoline Peterson was named on the All-Rookie Team and First-Team All-Conference.

By Michael Apotria

Following the 2016 season where Southern's women's soccer team finished with a winning record (9-7-3), five of their players were Northeast-10 All-Conference selections. Women's soccer assistant coach, Katie DiDio, said this should not come as a surprise. "This group of girls may be one of the most talented group of girls that played here at Southern," said DiDio. "They definitely deserve it." Among the five players selected by the NE-10 Conference were seniors Kieran DeBiase (First-Team All-Conference), Caroline Staudle (Second-Team All-Conference), Christine Allard (Third-Team All-Conference), and Gabrielle Arruda (Third-Team All-Conference). The freshman defender from Denmark, Karoline Petersen, was named to the All-Rookie Team and the First-Team All-Conference. Peterson played a key role for the Owls as she appeared in all of the Owls' 19 games – scoring a goal and assisting two. Seniors Staudle and DeBiase were previously selected to all-conference teams, but DeBiase said since making the Third-Team All-Conference her sophomore year, she set a personal goal to make the first-team before departing the Owls.

SEE WOMENS SOCCER PAGE 10



PHOTO | SOUTHERNCTOWLS.COM

Graduate, Dieter Gutbrod (#291), will serve as one of the tri-captains for the 2016-17 season, Yakabu Ibrahim and Luke Velez are the other two.

By Phil Zoppi

Southern's men's track and field team has a new group of leaders heading into the start of the indoor season. One of the greatest athletes to ever come through the ranks of Southern's track and field program graduated last year — Michael Lee. Lee holds the long and triple jump record in program history. Head coach John Wallin believes Lee will be missed greatly this season and moving forward. "He's still here and hangs around, but as an athlete you can't replace his presence," Wallin said. "He was

a beast — just a straight up beast." One of the players who will try to replace Lee from last year is junior captain Yakabu Ibrahim. Wallin also named Dieter Gutbrod and Luke Velez captains. **"I want to win an individual national title ... break some school records ... win a conference."** — Yakabu Ibrahim, senior captain

As a sophomore, Ibrahim was an All-American in the 60 hurdles but this season he has his sights set on a bigger goal. "I want to win an individual national title," said Ibrahim. "I want to break some school records along the way, win a conference with my team, and go to world championships later on in the season." Even though Ibrahim has set high standards for himself and the team, he also understands, like Wallin, that seniors such as Lee and Tresley Dupont will be hard to replace from last season. "Losing Mike and Tresley was huge for our team," said Ibrahim. "They were both

SEE MENS TRACK PAGE 11

Knicks need to make Porzingis the face

By Edgar Ayala

Carmelo Anthony needs to be traded this season if the New York Knicks want some type of shot at the playoffs this year – and beyond.

The team needs to run their offense through Kristaps Porzingis in order for the team to be successful come the postseason. The Knicks have made the playoffs three times in the last 12 years.

That needs to change.

Anthony is too much of a one-on-one player. He does to many iso-ball opportunities,

which hurt the Knicks in moving the ball. I cannot blame him though, Anthony has been “the guy” on every team he has been on.

He was the guy at Syracuse, the guy at Denver and now the Knicks. He was always a one-on-one guy, always looking to take the last shot. Never looking to pass the ball, even if one of his teammates has a better look at taking a shot.

There is nothing wrong with that, but it’s not going to work if the Knicks want to turn their franchise around. Anthony playing iso-ball is not getting the Knicks nowhere. The

unicorn from Latvia is.

An electromagnetic wave is developing at Madison Square Garden and its being caused by a 7-foot-3 big man with an incredibly unique skill set. Kristaps Porzingis.

The Knicks are slowly but surely evolving into Porzingis’ team. There is a new king in New York, and Carmelo needs to move over.

Porzingis is a mismatch with every player in the league. He can face up and beat any big off the dribble. A big that can stretch the floor and shoot the three. Can play defense and patrol the paint.

Porzingis, 21, is averaging 20.9 points, 7.3 rebounds and 1.3 blocks on 49 percent shooting from the field. And even more impressive is that he is shooting 40 percent from three as a 7-foot-3 big man. That is scary.

He is just a special talent. The Knicks need to make Porzingis the face of the franchise. The sooner they do that, they better the Knicks will be.

Lets face it, Carmelo is not going to get any younger or better. They need to trade him while he is still worth some-thing. Make Porzingis the man.



Wattely and Nixon will lead women’s track’s new campaign



PHOTO | SOUTHERNCTOWLS.COM

Georgette Nixon (left) finished last seasn being an All-American in the 4x400 relay. The team’s first meet will be the Elm City Challenge on Dec. 2.



PHOTO | SOUTHERNCTOWLS.COM

Senior Shatajah Wattely was an All-American last year with the Owls, will serve as team captain.

By Phil Zoppi

Captains Shatajah Wattely and Georgette Nixon of the women’s track and field team are expecting a big year from not only themselves, but from the entire team.

Wattely was an All-American in the 4x100 and 4x400 relay in her junior season. Now as a senior captain, Wattely is seeing a lot of potential in what the team could accomplish in her final season at Southern.

“I am expecting for everyone to work hard and give their all in workouts and at track meets,” said Wattely. “We have a pretty young team and we all have what it takes to win championship titles. Staying focused and

getting after every meet is what it is going to take.”

Wattely is right, the team is relatively young. The roster holds 19 freshmen that both Wattely and Nixon are expected to lead.

“I’m a captain again, so my leadership position is focused on being the best role model for my teammates and making sure I encourage and remind them what their potential is on this team,” said Wattely.

Nixon was also an All-American in the 4x400 relay last year. Even though Nixon is coming to the end of her Southern career, she has set goals for the team instead of setting individual goals for herself.

“My goals are to always work hard every single day, and

to inspire the people that are coming up after me,” said Nixon.

The freshmen and under-classmen are in pretty good hands with Wattely and Nixon leading the way. Being a captain of any team means you should be trying to help others on the team to get better at whatever sport you’re participating in.

Helping your teammates in other areas out of athletics is something that can make a captain even better for the team. And Nixon is trying to implement that this year, before the season gets underway.

“Every single day we’re trying to motivate them and show them what to do,” said Nixon. “We’re reminding them about lifestyle habits like eating right and getting enough sleep. We want

to make sure that it’s a positive environment and mindset every single day to work hard and give it your all.”

Nixon is hoping that the hard work the team is putting in now pays off when they head to the Northeast-10 Championships and New England Championships.

Last season Southern finished as the runner up in the NE-10 Championships, and sixth in the New England Championships.

Last year’s roster is quite different from this year’s, so the same success is not guaranteed. The Owls have a bigger team this year and Nixon believes it is only going to help them in meets, and possibly make them a better team from last season.

“We have a big group of

girls now so we have way more numbers to help score at meets,” said Nixon. “We have a bigger family so everyone has people to go to and we can all come together for the common goal, which is to dominate.”

Both Nixon and Wattely have expressed interest in continuing their careers in track and field in some capacity after graduating. Both are not sure exactly what that will entail, but know they do not want to give up track and field come graduation.

The women’s track and field team will open up their season with their Elm City Challenge meet on Dec. 2.

This years conference and New England Championships will be held at Roxbury, Mass.

Women’s soccer

CONTINUED FROM PAGE 9

“My sophomore year I was really surprised to get anything at all,” said DeBiase. “After seeing I made it, I set myself the goal of getting selected to either the first or second-team before I graduated.”

Coach DiDio said coaching this group of upperclassmen has been extra special for her.

“I’ve been coaching for the same amount of time these seniors have been playing at Southern – four years,” said DiDio. “It’s special seeing them get better each year and transform from kids to adults. During our time together they taught me, just as much as I taught them.”

Additionally, DiDio said there was one player in particular that exceeded her expectations, and showed an exponential amount of growth during her time at Southern.

“There is a stereotype that players plateau during their junior year,” said DiDio. “Caroline [Staudle] proved that wrong, and got better each and every year.”

DiDio also noted that the underclassman where just as fortunate as she was, to learn from this class of seniors. Specifically with Allard, who demonstrated leadership throughout her collegiate career.

“She was a captain her junior year,” said DiDio. “She’s the type of player who is irreplaceable and made everyone around her a better overall player.”

Luckily, not all of the all-conference selections players will be graduating.

“Arruda still has another season of eligibility because she transferred.” Said DiDio. “We also have Karoline Petersen for hopefully another three years as well.”

Petersen was born in Denmark, and said she never heard of the accolades upon coming to play for Southern in America. She had to ask her coaches what these accolades meant.

“Honestly, I didn’t know what they were,” said Petersen. “Once my coaches told me what I accomplished



PHOTO | SOUTHERNCTOWLS.COM

Senior Kieran DeBiase was selected to the NE-10 First-Team All-Conference for the first time at Southern. She scored two goals and registered three assists playing in all 19 games.

told me what I accomplished – it made me happy.”

Additionally, Petersen said she began the season not knowing what to expect in her first year playing soccer in the states.

“I didn’t want to set the bar too high for myself,” said Petersen. “I just wanted to do my best, and see

where that could take me.”

DiDio said that there are certain qualities that all five players possess that make them successful on and off the field.

“One of our main goals entering this season, as a team, was to focus on values,” DiDio said. “They all have incredible work ethic, and

give 100 percent of their effort regardless of what they were are asked to do. This group of girls is remarkable.”

The Owls finished the 2016 season with a conference winning record of 8-4-2 (.643), in addition to finishing No. 3 in the NE-10 Conference.

This is not Tony Romo’s final chapter

By Phil Zoppi

Tony Romo held a press conference that made it sound like his career as a Cowboy is finished, but the final chapter has not been written just yet. Romo acknowledged that Dak Prescott has earned the right to quarterback the Cowboys, and accepted the fact that he will serve as the backup quarterback. I have been a believer that when Romo is healthy he should start. But what Prescott is doing is hard to argue with. It cannot

end like this for Romo though, can it? Back in 2006 Romo gave Cowboy fans hope and rejuvenated a franchise that was in desperate need of it. The term “Romo-mentum” was coined, and the city of Dallas ran with it as the undrafted kid from Eastern Illinois led the team to the playoffs in his rookie season. As time went on, Romo was heavily criticized by the media and fans for not delivering when it mattered most. People like to point to the fact that Romo only has two career playoff wins and that he can

never get it done on the big stage. That is not the point, though. Romo gave this franchise and city life when it was in one of its darkest periods. Once Troy Aikman retired, the Cowboys could not find a quarterback for over 10 years. Romo was a gift that should be appreciated by all who have ever rooted for the star. Sports have a way of writing better scripts than even Hollywood movies sometimes. I am still under the belief that the Cowboys are going to need Romo this season in a key spot. I refuse to believe that Romo

is going to end his career as a Cowboy due to injury. The guy deserves better than that. Romo has fought through a punctured lung, cracked ribs, and broken backs to try and deliver a championship to a town that is so desperate for it. Tony Romo even said it himself — quarterbacks are judged on winning championships. Wouldn’t that be one hell of a story if Romo comes back and gives this city what he set out to do in 2006? That will be Hollywood stuff.



Men’s track

CONTINUED FROM PAGE 9

conference, New England champs, and All-Americans for the team. They’re big shoes to fill. With our new group of athletes they now have something to chase.” That new group of athletes features 20 freshmen this year. The roster has turned over quite a bit from a season ago. Wallin is expecting contributions from his freshman class, but understands that it might take a while for them to adjust to the college game. “We have a really good group of freshmen with varying degrees of abilities,” said Wallin. “With the younger guys they probably need a couple of years to develop. All freshman, regardless of ability level, struggle the first three months of their college athletic career. It’s so different and so much more intense.” Someone who might be helping those freshmen adjust to the game

is Dupont. Dupont graduated last season, but is now serving as an assistant coach for the team. The knowledge that Dupont could pass onto the team could really help them, as he was extremely successful during his time as a player. Dupont was an All-American in the weight and hammer throw last season. Wallin was happy to bring Dupont back to the team in a coaching role. “Tresley is helping us with the throws and he’s doing a fantastic job,” said Wallin. “He has a great attitude, he’s a good competitor, a real smart guy, and a hard worker.” The indoor season is scheduled to get under way on Dec. 2 for Southern. In that meet, the Owls will participate in the Elm City Challenge where they placed first last year. However, Wallin still believes that his team will have more success in



PHOTO | SOUTHERNCTOWLS.COM

The team will compete in their first meet on Dec. 2 in New Haven’s Elm City Challenge.

the second half of the season when they reach the outdoor season. “Outdoor,” said Wallin, referring to when his team will perform better, “we’re more diverse, and the indoor schedule is a very compact

schedule, so we cover a lot more events outdoor. Indoors are too condensed.” After their season opener on Dec. 2, the team will stay in the New Haven area for their James Barber Wilton Alumni meet on Dec. 4.

Additionally, Ibrahim will have his chance at an individual national title this year in Birmingham, Ala. —where the NCAA Division II Championships will be held.

Mallory

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PHOTO | SOUTHERNCTOWLS.COM

Michael Mallory (#3) in an exhibition game against UConn on Nov. 5.

he’s the best player,” Burrell said. “He might be the best player in New England in a long time. To do what he’s doing for four years its really impressive no matter what level you’re at.” Mallory has a slightly different view on where he stands in Southern’s ranks. He sees himself on Southern’s “Mount Rushmore” of basketball – a top four player. “I think if we win [the conference title] this year, then hopefully there is no question that I’ll be on the Mount Rushmore,” Mallory said. Apart from Mallory’s scoring ability, Austin Carter said Mallory’s defensive skills go unnoticed. Carter mentioned that the two are in competition with one another to outperform the other on defense. “To be able to see him do it on both sides of the court is crazy,” said the senior, Carter. “Its easy to stop players, but its not easy to score and stop players at the same time. He does both.” Carter added that as long as he maintains his scoring ability, and improves other aspects of his game, Mallory has a chance to play professionally. “It’s been what he’s been talking about since I met him,” said Carter on Mallory’s aspirations to play in the NBA. “He’s been working his but off to get the recognition he can get.” And he’s certainly getting recognition, as the United States Basketball Writers of America named Mallory the National Player of the Week on Nov. 25. The next goal for Mallory is to reach the 2,000-point milestone. On Sunday he dropped his second consecutive 30-point game, this time against Nova Southeastern University. He has now tallied up 1,968 career points for Southern. He is the No. 1 scorer in Division II with 173 points through six games (28.8 ppg). Mallory’s next chance to extend his scoring record will be Nov. 30 when the Owls take on the University of New Haven. No player in program history has managed to accomplish the 2,000-point feat – Mallory looks to be the first.

An international athletes’ decision to choose Southern Connecticut



PHOTO | PALMER PIANA

International student-athlete, Christian Samaniego (#10), choose to come to the Owls from Quebec, Canada.

By Michael Apotria

For an international student-athlete, the decision to move away from their home to a new country can be a difficult one. However, while it was challenging, senior men’s soccer player Christian Samaniego said it was one of the best decisions he has ever made. “The transition was definitely a memorable one,” said Samaniego. “It was hard at first adapting to the new lifestyle and people, but now I have another family and another place to call home.” Samaniego transferred to SCSU from Quebec, Canada three years ago. He said it was a transition that required more than just a passport. “There were a few things I needed before transferring,” Samaniego said. “I needed a specific GPA, high enough SAT scores and to be proficient at speaking English in order to transfer to SCSU.” Samaniego added that while Southern has a great campus and the academics he was looking for in a school, the main reason he transferred to a university hundreds of miles away from home – to play soccer. “Getting a scholarship for soccer was something I’ve always wanted to do,” said Samaniego. “Soccer has always been my main priority.” And the decision to come to the six-time national champions was an offer Samaniego did not refuse. Additionally, the Owls’ women’s soccer midfielder, Victoria Conde, said soccer played a heavy influence in selecting a school, but would not have selected SCSU if the university did not have her program and major. “Of course I wanted to play soccer in college,” said the senior, Conde, “but soccer was only half of it. I don’t think I would have chose Southern if they did not have a human performance major.” Conde, a transfer student from Madrid, Spain, said not only is the language and people different, there is also

vast difference between the way soccer is played in the two countries. “Here it is a lot more physical than in Spain,” said Conde. “In Spain I’d say players rely on their technique and passing to make plays, while in America players seem to use their athleticism and strength.” Conde added that it is not just the way soccer is played in the states that is different, but the support for the sport was a big change as well. “In America, athletes have a lot of support from the students and university,” said Conde. “In Spain you play for a separate club that is not associated with your college.” While evaluating a school and program can be a difficult task for the international athlete, head coach of the women’s soccer team, Adam Cohen, said it is just as challenging for a coach to evaluate a foreign player. “Assessing an international player is not easy,” said Cohen. “It’s a challenge getting to know them. You don’t really get a chance to have that face-to-face contact because of the distance.” Additionally, Cohen said the changes an international athlete faces become effortless, and Southern helps make the transition easier for the students-athletes. “It can be different for all players. I’d say it takes up to a year for them to get acclimated to all of the changes,” said Cohen. “Southern is able to provide recourses and a support system that helps with things such as language, culture and day-to-day living.” Cohen also noted that the international athletes at Southern get a variety of experiences from nearby cultures and cities. “It’s a very unique location for international students,” said Cohen. “Being at SCSU allows them to visit major cities like Boston or New York City, or they can simply enjoy the diverse culture of our school’s city – New Haven.”

SCSU women's basketball vs. Adelphi photos



PHOTO | PALMER PIANA

Freshman Imani Wheeler (#1) dribbling the ball against Adelphi on Nov. 16. She had seven points, three assists and three rebounds in 25 minutes of action.



PHOTO | PALMER PIANA

Junior Chandler Williams and senior Taylor McLaughlin playing defense to stop the Adelphi player from scoring.



PHOTO | PALMER PIANA

Southern's bench looks on, as the team falls to Adelphi 66-50 two weeks ago inside Moore Field House. The Owls are 2-4 on the season.



PHOTO | PALMER PIANA

Taylor McLaughlin sets up for a free throw attempt. She leads the Owls in points (19.3), rebounds (10.7), blocks (1.0), and steals (1.5) through six games.

Northeast-10 Standings

MEN'S BASKETBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NORTHEAST DIVISION						
SO. NEW HAMPSHIRE	2	2-0	1.000	4	4-0	1.000
MERRIMACK	2	2-0	1.000	6	5-1	0.833
BENTLEY	3	2-1	0.667	6	4-2	0.667
ASSUMPTION	3	2-1	0.667	5	2-3	0.400
STONEHILL	3	1-2	0.333	6	3-3	0.500
FRANKLIN PIERCE	3	1-2	0.333	6	2-4	0.333
SAINT ANSELM	3	1-2	0.333	3	1-2	0.333
SAINT MICHAEL'S	3	0-3	0.000	5	0-5	0.000
SOUTHWEST DIVISION						
SAINT ROSE	3	3-0	1.000	8	8-0	1.000
SO. CONNECTICUT	2	2-0	1.000	6	4-2	0.667
ADELPHI	3	2-1	0.667	6	5-1	0.833
LE MOYNE	2	1-1	0.500	6	4-2	0.667
NEW HAVEN	3	1-2	0.333	6	3-3	0.500
PACE	2	0-2	0.000	6	3-3	0.500
AMERICAN INT'L	3	0-3	0.000	7	2-5	0.286

WOMEN'S BASKETBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NORTHEAST DIVISION						
BENTLEY	3	3-0	1.000	7	5-2	0.714
SAINT MICHAEL'S	3	3-0	1.000	5	3-2	0.600
STONEHILL	3	2-1	0.667	6	3-3	0.500
SO. NEW HAMPSHIRE	2	1-1	0.500	6	3-3	0.500
MERRIMACK	2	1-1	0.500	6	2-4	0.333
SAINT ANSELM	3	1-2	0.333	5	3-2	0.600
ASSUMPTION	3	0-3	0.000	5	2-3	0.400
FRANKLIN PIERCE	3	0-3	0.000	6	2-4	0.333
SOUTHWEST DIVISION						
LE MOYNE	2	2-0	1.000	6	5-1	0.833
ADELPHI	3	3-0	1.000	6	4-2	0.667
AMERICAN INT'L	3	2-1	0.667	6	3-3	0.500
SAINT ROSE	3	1-2	0.333	5	2-3	0.400
NEW HAVEN	3	1-2	0.333	5	1-4	0.200
PACE	2	0-2	0.000	6	4-2	0.667
SO. CONNECTICUT	2	0-2	0.000	6	2-4	0.333

Humans of SCSU: Anastasia Esposito

By Melissa Nunez

As president of the Future Business Leaders of America in her high school, Anastasia Esposito, a sophomore business major, said she always knew she wanted to go into the business world.

Esposito said after graduation, as she applied to local colleges, she had the University of Connecticut in her sights, but upon receiving her acceptance she was dismayed to learn that it was to a different branch then she had hoped for. She said that even though it was not her first choice, she ended up coming to Southern.

Esposito said she made a connection with Deborah Fairchild, the assistant director of the Disability Resource Center and when there was a job opening at the center, she was the first to know and started as a student worker at the DRC the second week of her freshman year.

Esposito added she has learned a great deal about disabilities from her work in the DRC and has gained more of an understanding for the perseverant students who excel with them.

“I really love it. I love the interaction between myself and the students. I have another job, I work in retail too,” said Esposito, “and it’s totally different because in retail you say hi and bye to these people but in the DRC you make connections: you take the tests with them, you build relationships with

these students and for somebody who didn’t really understand what a disability was and how they are completely just like us in every single way, it is really just eye opening that these students are not only achieving, but achieving with so many more difficulties that are put upon them and they don’t let anything stop them.”

Esposito said she has worked at the DRC for over a year and her roles include manning the front desk and the phones, assisting professors, students, and their families, proctoring tests, being trained as a scribe and more. She said while her work at the DRC may not seem business related, in many ways she believes it is helping her prepare for the business world.

“Eventually I do want to get my MBA and eventually I will end up working in an office,” said Esposito. “I really like getting used to everything that has to do with an office: between the filing, the computer, just having relationships with people in an office on a business level. Although my perspective on the DRC is very student based, there are still a lot confidentiality papers we work with, a lot of doctors we speak to, and a lot of parents we speak to, so there is a large professional level as well.”

Esposito said it was unexpected how much of an impact her work with the DRC has made on the rest of her college experience and she cannot imagine her remaining years at Southern without the connections she has built and continues to build there.

“I think it has given me a lot more drive than I thought I had in me,” said Esposito, “and I think it has really put a huge perspective, in almost like a lifestyle change on my college experience because I have a different outlook on human beings and it makes me want to strive for better.”



PHOTO | MELISSA NUNEZ

Making the goal and the grade

By Matt Gad

After the final whistle, the expectations are hardly over for a student-athlete. Maintaining grades and other activities is vital for their ultimate success, as the classroom is just as important as being on the field or the court.

“It is imperative for me to manage my time in order to be successful,” Maria Weselyj, a junior exercise science major on the women’s basketball team, said. “The way I manage my time is to get my assignments and projects done earlier, especially when I know we are traveling to a game.”

A study by Joy L. Gaston-Gayles, from the Journal of College Student Development, pointed out that the academic performance of college athletes as being “a topic of interest the last few decades.” Her study indicated a declining rate of college athletes graduating with four-year degrees, albeit those scenarios are synonymous with Division I athletics.

Southern has just one active member in the National Football League, Jerome Cunningham, 25, who is currently with the Tennessee Titans. Formerly with the Jets and Giants, Cunningham was an undrafted free agent in 2013.

“I take my athletics and academics very seriously. As a student-athlete, everyone’s prerogative should be to work hard and be serious,” said Bailey McGinnis, a senior

psychology major from the field hockey team.

After three seasons, McGinnis’ approach is really proactive.

“I have been doing the same thing since freshman year. We had to go to study hall so the routine was classes, practice and then study hall. After my first year, I just kept up with that routine. Having a set schedule was essential to me,” McGinnis said.

John Wallin, who coaches cross country and track and field, said it takes a minute to adjust to college life. His athletes, sophomores, juniors and seniors, all do a pretty good job managing their time.

Wallin said student athletes have a strict schedule they need to adhere to every day with morning classes and afternoon practices.

“For freshman, it is a hard transition. It is tough for them to grasp it at first but I think they do a good job and they learn pretty quick,” Wallin said.

“Coaches maintain open communication when it comes to their studies and they are flexible in understanding one’s class schedule,” Weselyj said.

“We have an excellent academic center where most freshmen and transfer student-athletes go to complete their studying hours, but anyone is well to use it. I still use it because it offers tutoring services and a quiet place to study,” she said.

Southern’s Academic Success Center is

located on the third floor of Buley Library and is open Monday through Thursday from 8 a.m. through 8 p.m. and Friday from 8 a.m. through 4:30 p.m. Tutoring services are also offered in the Farnham Programming Space Sunday afternoons from 5 p.m. through 9 p.m, according to the Academic Success Center’s webpage on the Southern website.

“We really recommend the space to everyone and we appreciate the ones who want to come in and utilize it,” Crystal Cyr, the associate director of the success center, said. “This year, we eliminated the process of people pre registering for appointments so it is now much easier to just come in and be assisted right away.”

Wallin said students who typically do not get such great grades ultimately face the repercussions of being kicked off the team and possibly the university altogether.

“But for the most part, we try to monitor athletes through the study table (study hall) system to periodically see how they are doing,” he said. “We get two reports on each individual each semester, which tells us how many classes they have missed, if they are tardy to class a lot and stuff like that. It is pretty useful information to have.”

He also noted parents are not aware of what is going on in college and coaches are the ones who act like “a parent away from home.”

He went onto say they (the coaches) are “really the only ones who monitor the

athletes on a regular basis” to make sure that they keep maturing and progressing.

According to the Journal of College Student Development, a 1988 study “found that athletes who aspired to play at the professional level also had a high desire to earn a college degree.”

In the past, Southern has had other members of the NFL, including Joe Andruzzi, a three time Super Bowl champion, in 2002, 2004 and 2005, with the New England Patriots, Jacques Cesaire, who played nine seasons with the San Diego Chargers and Ike Igbinosun, who had a career with Pittsburgh, Jacksonville, Buffalo and Dallas, according to Southern’s athletic website.

After working hard at practice and in the classroom, student athletes feel very accomplished.

“A lot of us go to the library together after practice and do homework,” McGinnis said. “Especially during finals week, we all pretty much live at the library because we do not have practice so everyone is just so focused on their academic performances.”

Weselyj brings an interesting dynamic to the table: she prepares all her meals on Sundays so she is prepared for the week with her hectic class and team schedule.

“I want to have all the snacks and food that I need to save time,” she said. “I also believe my teammates do a great job of managing their time. You are a student first and an athlete second.”

High stressed holidays and substance abuse

By Kaitlyn Regan

The holidays are usually a happy time, but because of grief and other issues sometimes people struggle more with substance abuse, said Sarah Keiser, Coordinator of Alcohol and Other Drug Services.

“It’s a tough time of year for younger people who have lost family members to addiction and the holidays I think are always a reminder of that, the loss of family and friends,” said Keiser. “And often times students themselves are struggling with their substance use.”

According to The Surgeon General’s Report on Alcohol, Drugs, and Health, in 2015 around 20.8 million people in the United States met the criteria for a substance use disorder and only 2.2 million people received treatment.

Keiser said after Thanksgiving break is a high time of stress for students because they are close to finals.

“Often times, students come back and they just kind of jump right into finals. I think that’s usually when stress levels increase,” said Keiser. “Often times students, like many people, cope through more of the use of alcohol and marijuana.”

Another stressor for students, Keiser said, is when addiction is in their families.

“We certainly have a larger percentage of students I think every day that come to college that have been impacted by addiction personally in their family,” she said. “So maybe a parent who is an alcoholic or recovering from a drug addiction or have had a significant other or a friend.”

Last spring, Keiser started a support group for students who have been impacted by addiction in their families.



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One of the things she works with students on, is helping to identify different ways to manage stressors, Keiser said.

“So that drinking and marijuana use doesn’t have to be the only way they cope,” said Keiser. “There are other ways they can find to manage stress and incorporate those into their lives on a daily basis, whether it’s exercising or time management.”

The BASICS program is a brief intervention program aimed to help students reflect on their use of marijuana and alcohol and how it connects to stressors in their lives. Keiser said it helps students find ways to change their use to reduce negative consequences.

Keiser said a lot of times students are looking for other ways to manage their stressors and that helps decrease

their use.

“I notice that a lot when I met with freshman, just the transition to obviously college, and sometimes not feeling academically prepared for their classes,” Keiser said, “and just feeling overwhelmed by the coursework and studying and then adding in all the other pressures of being a college student.”

Deputy Chief Philip Pessina said during this time of year people should be mindful of those who are less fortunate and do not have good, solid family relations or friends.

“There are individuals out there unfortunately that really don’t have a close family knit support system,” Pessina said. “In my humble opinion, something like that would lend itself to an individual who may turn unfortunately to drugs or stimulants to try and compensate.”

Over his 40 years in law enforcement, Pessina said, after the holidays is a time when suicides occur, whether intended or unintended by people self-medicating themselves.

Donna Leedham, assistant to Lynn Madden, CEO of the APT foundation, said therapy groups are run about relapse prevention during the holidays. The APT Foundation is a substance use disorder treatment center in New Haven.

Keiser said there has been an AA meeting on campus for the last two years. It is on Wednesdays from 9 to 10 p.m. in Engleman Hall A109 and anyone is welcome to attend. There are a lot of other 12-step programs in the community, she said.

“That to me is such an important piece,” Keiser said. “To have students not only know what’s on campus in terms of where they can come to get support, but also what is in our community.”



Original sign used for segregation dated Aug. 1, 1929, displayed in the “Images of America” exhibit.



Part of the “Images of America” exhibit displaying a KKK outfit, along with other artifacts from the time period.

By Palmer Piana



Artifacts displaying quality difference between white and colored water fountians from Montgomery, Ala.

The SCSU Multicultural Center and The Committee on Justice for the Descendants of Africans in the America's Then and Now displayed a showcase, which highlighted the struggles of African Americans spanning from slavery in the 1800s all the way through the Civil Rights movement in the 1960s. They are calling the exhibit “Images of America”.

The artifacts on display are on loan from the private collection of Jeffret Fletcher.

According to the exhibit, it is “Designed to teach tolerance, diversity, and unity.” Also displayed is the quote “The key to the future is the past.”

There are a wide variety of items including a full size Klan uniform, variety of signs used for purposes of segregation, racially driven advertisements, as well as a basket for people to input their own thoughts.

The collection is open to viewing for free Monday to Friday 9 a.m. to 4 p.m. until Dec. 16 in the Lyman Center



An array of household products, which use racially derogatory images and slogans.



Sign asking for people to share their thoughts by writing them down and putting them in a basket.