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SOUTHERN NEWS

WWW.THESOUTHERNNEWS.ORG

APRIL 12, 2017

VOL. 54— ISSUE 23

Tobacco Free Campus, an ongoing initiative



PHOTO | PALMER PIANA

The students smoking next to Engalman Hall asked not to be named.

By Alex Palmieri and Palmer Piana

Southern Connecticut State University is now a year and a half into being a tobacco free campus.

A violation of the policy is a violation of the student code of conduct. Emily Rosenthal, coordinator of the Wellness Center, said the vast majority of students, faculty and staff are abiding by the tobacco free rules of the school. But she said there still continues to be a few students that continue to smoke.

"Students are frustrated," said Rosenthal. "I hear from non-smoking students that students are smoking on campus. It's only a few people who continue to violate the policy."

A couple weeks ago, Rosenthal said there was a "Tobacco Exchange event" that was hosted by the Wellness Center. Students who want to quit smoking, vaping or any type of smoking could have attended the event. Essentially, they would hand in their smoke products and in exchange they would receive a gift card.

"We had like 55 people come by," said Rosenthal. "A couple students even said 'this is me quitting' as they handed in their smoking devices."

Rosenthal said she likes these events so students can attempt to quit smoking. As hard as she said it is for people, she said the events are to help all that want to quit.

"If they want to hand in their tobacco products and go to health services," said Rosenthal, "we will help them. Health services is also giving out gift cards."

Though it has been a year and a half since Southern has been named a tobacco free campus, there are still students who smoke on campus.

Alexa Anderson, a freshman recreation and leisure major,

said though the policy has kicked in, she still sees students who smoke on campus. She was not at Southern the time it first became a tobacco free school. But she said for the students who do smoke, they should try their best to follow the rules of the university.

"You can go offcampus and smoke," said Anderson. "I just don't know what the big deal is."

Anderson said Southern giving students a warning for smoking on campus is a start. Then she said a ticket should be the second offense to a student who continues to do so. Anderson added it is their lives and they are entitled to do what they want.

"I'm not affected by it," said Anderson.

Some students however are not as convinced that the school has made this policy purely as a means to help the students. Elise Ryan, a sophomore English major cited the \$235,496 grant Southern received for implementing this policy at the beginning of the fall semester 2015.

Ryan said all schools get

funding based on what they are willing to subject their students to.

"They have some people come by and takedown names once and awhile but nothing ever happens from it. They are doing what they have to do to protect their grant money," she said, who thought that these acts by the university were for show.

Ryan was also upset by the environment it created on campus towards smokers.

"Some people are really nasty about it, they walk up to us and tell us what we are doing is gross and we need to stop. They feel like that are white knighting," said Ryan.

Ryan asked why they can not simply have a designated isolated location for them to smoke away from others.

"We try to be as mindful as possible, we are not in your face," said Ryan.

Nova Cotton, sophomore social work major, said she feels the same way.

"It creates a negative stigma," said Cotton.

She questioned the motives

of the administration and cited that some dorms allow drinking. "It is clearly not about being healthy," said Cotton.

Poyanharaj-Sai, a sophomore undecided major, said he is a smoker. He occasionally smokes on campus and said for Southern to have been tobacco free for a year and a half is good. He said it is good for the university, but there will still be people who smoke when they want. There is no preventing them from doing what they want at times.

"It seems nice and everything," he said. "But there is a good majority of students who want to smoke here."

Rosenthal said people smoke because they have anxiety or they may be stressed. She said there are other alternatives students can look into.

"We're really proud of the policy," said Rosenthal. "It's working, it takes time but we just want people to know that there are resources here. We want to help people not use tobacco products and save some money."



PHOTO | DYLAN HAVILAND

Cigarette butts lie on the ground next to a Tobacco Free Campus sign.

Muslim Students Association seeks a larger meditation room due to growth

By Alex Palmieri

Haroon Chaudhry, president of the Muslim Student Association, said the new meditation room at Southern was something that took a long time to collaborate.

"I am the president of the club," said Chaudhry. "Since last semester, we have seen the Muslim population increasing over time."

The meditation room that the Muslim Students Association used to have could only fit two to three people. Now with the new room, Chaudhry said it can fit around 20 people. Chaudhry said the bigger space is what was needed.

"The prior room that was given," said Chaudhry, "could not fit that many people. So a lot of people had to wait outside for prayer and some people had to pray while others waited."

Chaudhry said it was a long process to get a bigger room. Both he and the ex vice president of the Muslim Students Association had to speak with Tracy Tyree and President Bertolino to start the process. Though it was a lengthy process, Chaudhry said he is happy that there is now a bigger room.

"We actually got a bigger meditation room for an entire semester," said Chaudhry.

He is very happy with the accomplishment put together in order to get the room. Though it was a long process, he is happy with the way everything turned out.

Zain Seyal, former vice president of the Muslim Students Association, said it was a long process that occurred to get a bigger room for meditation. He spoke to Tyree for the past six months and there were lots of emails that were going back and forth.

Since Seyal said the Muslim population is growing, the old meditation room was too small. He said Muslims are supposed to pray five times a day and the old room was not big enough to work for everyone.

"They gave us a new room along with the smaller room until the end of the academic year," said Seyal. "They are going to let us use both of the spaces."

There are more people that are going to pray in the new meditation room now. Seyal said there are people that he has never seen before going to pray. He said he was happy to see these actions taking place.

"It was great to see that we have an influence on other people," said Seyal. "Seeing them pray is a really good feeling."

Though Seyal said the efforts with the new meditation room is for Muslims, everyone is welcome to pray. All religions are welcome throughout any time of the day. He said he tries to make it as inclusive as possible and he wants to make that clear to everyone. Seyal added that he is very happy to see how everything is turning out to be.

"I think it is going to be wonderful," said Seyal. "People will be here trying to make the most out of it. I think it is going to work out very well. It will be great."

Student Government approves new Peace club

By Lynandro Simmons

Student Government approved the start of the new Peace Club organization.

"The purpose of Peace is to bring more awareness to sexual misconduct on campus," said Jessica Holman.

Holman, a student worker and representative for the organization, said Peace would also show students how they can actively be involved in preventing sexual violence on campus. Peace currently has 15 pure educators in their ranks, she said. The group will allow and is pushing for students to become more actively involved in what they do.

"In order to include everyone we're proposing volunteer membership," she said.

Holman said Peace wants to make sure students are getting accurate information about campus resources and sexual violence in general. Students will be able to undergo training to become pure educators as well. Holman said they did understand if students could not be as active due to time constraints.

"That's why we have an option to just be a member," she said. "So you can still be allowed to assist pure educators."

Kristina Filomena, another representative from Peace, said another part of the volunteer membership is 18 hours of training to become an official pure educator and not just a member.

"The pure-eds will be the people voting, but we take everyone's opinions into consideration," said Filomena.

Peace wants regular members and is open to students who are interested even though they may not have the time to be heavily involved.

In addition, to this student government announced new changes for food on campus.

Stefany Mitchell, co-chair of the food service advisory committee, said there is a chance that smoothies may be coming to Conn Hall.

"You'll have the option of also buying protein downstairs," said Mitchell.

In addition to the new choices, breakfast is now extended until 11:30 a.m. in Conn Hall due to some students being concerned that breakfast ended too early. There is also plans to add a charcoal grill in the student center soon.

Student Government also addressed the recent



PHOTO | LYNANDRO SIMMONS

Members of the Student Government Association at Conn Hall discuss the start of a new campus organization.

proposed tuition increase by Patrick Dilger.

Kalie Menders, president of the student government, said the president does not believe things can just continue to go on how they currently are.

"He said we can't just keep cutting away hoping to meet the budget deficit," she said.

Due to the issue of the budget deficit, two recommendations have been sent to the Board of Regents for better strategies, said Menders.

"What was suggested was a consolidation across all CSU institutions for non-student facing areas," she said.

Throughout CSU community colleges things that were not necessarily student directed would be consolidated, said Menders. Things like IT, community resources and others were examples that were given.

"Ideally this won't have as big an impact on students,"

she said.

There have also been talks of operational consolidations for the 12 community colleges. There has been worries about the overwhelming number of community colleges in such a small space. The consolidation would place all of the colleges under one main system and have the remaining 11 become branches, she said.

"So there would be one president for 12 colleges instead of 12 presidents for 12 colleges," said Menders.

Though there are great changes to come for colleges in the state of Connecticut, Menders said it was good that there was a president that cared about the students.

"We have a president who is cognizant," she said. "He is putting the students first."

Giving Day event will give back to the University

By Alex Palmieri

Jessica Scibek, assistant director for Giving Day is an online fundraiser that Southern is hosting on April 18. Donors may make a donation to any fund of the foundation in support the university.

Cierra Green, student development officer of annual giving, said she asks people to donate to the school. She said tuition that students pay does not cover the majority of expenses to make the campus function well. One of the expenses Green mentioned was Southern's electricity bill.

"Our job is to pretty much get more donations towards programs and towards student scholarships. That's what we are mainly trying to do, just to better our program," said Green.

There are Phil-a-cup events that happen all year round on the university. Essentially, this is where students may give a \$5 donation and receive a reusable "Phil-a-cup" insulated mug. If a senior wishes to make a \$20.17 donation, they receive a reusable Phil-cup insulated mug and a philanthropy cord to wear across the stage at commencement, the student's name in the commencement program and May Alumni magazine as a student donor.

"You get to choose where your donation goes," said Green. "This is to give people the feeling of what it is to give back to our school."

Green said students can get involved with Giving Day in front of the Buley Library with all of the athletic teams, because they have been working with the Annual Giving team to make the event happen.

Kaitlin Ingerick, assistant director of annual giving, said Giving Day is an event at Southern to give back to the university. She said she is promoting the event to the entire Southern community. From alumni, parents and students, Ingerick said everyone is welcome to donate.

"Each team who has a Phila-a-cup event will be bringing in funds for their programs. So if you donate to the soccer table, that money is going directly to the soccer program. The whole point is to generate funds for different programs."



PHOTO | DYLAN HAVILAND

Giving Day, which supports donations to foundations on campus, holds events in front of Buley Library.

Ingerick said the good thing about the event is that it is very general. She said the goal she hopes to have is about 200 donors. Ingerick said she is encouraging everyone to come together for 24 hours to make a huge impact on the university.

"We think that small gifts can push us in the right direction and have a huge impact," said Ingerick.

Jacquelyn Temelsiz, a senior psychology major, said that Giving Day is a good event to have for the university. She talked about how students giving back to the university is something that can be good for the campus. She said the funds that get collected should go toward scholarships.

"I would donate," said Temelsiz.

Ingerick said she wants as many people to come as possible. Giving Day is something she said can benefit everyone.

"I just really encourage students to come out to Buley April 18," said Ingerick. "It can be a dollar donation, it doesn't matter. But we just want you to show your support to the campus."

Southern participates in the National Walk Day

By Alex Palmieri

Jessica Scibek, assistant director in the Fitness Center, said National Walk Day is good to get people outside and get their healthy hearts moving.

"It's spring," said Scibek. "This is to just remind everyone how good it can feel to go for a brisk walk."

The American Heart Association has a new motto: "Healthy For Good." Scibek said it is not just one walk for fundraising, but this is made so people can take care of themselves. She said National Walking Day was a good opportunity for everyone to attempt to exercise in the nice weather.

"Walking is something that is free and pretty easy," said Scibek. "We wanted to show people today how walkable the Southern community can be and get everybody together for a social time that is also really good for your heart."

The walkers met outside of Conn Hall around 12:30 p.m. on April 5 to go on a mile and a half walk around the campus. The American Heart Association's National Walk Day walk took a little over 30 minutes. Scibek said she hoped students gained enjoyment out of the walk when all was said and done.

"You usually feel really good after it," said Scibek. "We all say we don't have time. I think people would be surprised how quickly a mile and a half passes."

After the walk was over, Scibek said people went back to their everyday lives. She said this is a good start for exercising because walking is what people do nearly everyday.

"We are just hoping people can see



Jessica Scibek, (left), with Otus the owl and members of the Southern community.

PHOTO | ALEX PALMIERI

how enjoyable it can be to go for a nice leisurely walk," said Scibek.

Bianca Flowers, graduate intern in the Wellness Center, said that National Walk Day can make everyone's heart healthier. She said taking a break to walk is a healthy choice that people can make.

"Taking a break from sitting in a classroom and taking a walk now, especially because the weather is getting

warmer, makes a difference," said Flowers. "Even if you don't have time to go to the gym, you can still take a walk and do something that is beneficial for you."

Though it might not seem like much, Flowers said walking is very good for the heart. This was Flowers' first time being a part of the walk, but she said Scibek usually has roughly 60 or so

students who participate in the walks.

Also outside of Conn Hall were little paper hearts, where students could write down a pledge to better their health. There were many things that National Walk Day offered. Flowers said this was a great opportunity for everyone to get their heart pumping and get exercise for everyone who participated.

Southern seeks to be a university for social justice

By Quinn O'Neill

Social justice is prevalent on campuses across America, and SCSU is going to become the biggest supporter in Connecticut, said Southern President Joe Bertolino.

"The concept of social justice is the belief that we're going to give you what you need to be successful," said Bertolino, "depending on where you are in your station of life."

Bertolino, who is an advocate for social fairness, believes that with welcoming and acceptance, SCSU can become one of the top advocates for this social justice.

Bertolino said: "We want to provide everyone with opportunity but understand that different people are coming from different places and have different life experiences and we need to be cognizant of that and we need to respect that."

Bertolino then simplified the idea of social justice, using a "shoe for each person" analogy.

"Everybody needs a pair of shoes, so [for instance] I'm gonna give everyone [a different pair of shoes]," said Bertolino. "Everyone's got a pair of shoes, we celebrate

diversity, everyone's equal now. The shoe that you wear, we would provide you. That's social justice."

A study by YWCA found that in 2010, 15 percent of Hispanic people aged 16 to 24 were not enrolled in a school, and 8 percent of African-Americans faced the same problem. The study also found 9.4 percent of African-Americans have been threatened or hurt by a weapon on school property, and 9.1 percent of Hispanic persons revealed the same.

Michael Riccio, sophomore journalism major, said social justice is important, and there is really no excuse for it to not be on campus.

"It's only right to have people know that they matter here [at Southern]," said Riccio. "Why not just help others feel like someone is there for them, regardless of their situation?"

Riccio said it is not much of a surprise Southern was planning to become the top social justice school, and it is going to be big for the university.

"Imagine how many people will flock to Southern when we advertise ourselves like [the top social justice school in the state]," said Riccio. "The programs and groups that will come out of this could be great for

Southern."

After hearing some statistics, Riccio added some input on the problem with society and how minorities are treated in America.

"There needs to be more awareness for this kind of stuff," said Riccio. "When people are being mistreated and threatened, something has to be done, regardless of race or background."

Riccio said it is clear what should be done at Southern to ensure the safety and security of all members of the community, while reassuring them someone is on their side.

"[President Bertolino] is great for the campus and the people here," Riccio said. "He's like a man of the people, and is always around to show that he's there for all of us on campus."

With the problems continuing to surface for certain groups in America, President Bertolino added a final thought on social justice and what it truly means.

"Social justice is about equity," he said, "it's about level playing fields."

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Ask Adelle: Overcoming the finals frenzy

The Wellness Center graduate intern Adelle Zocher outlined tips and campus resources to help students succeed during the end of the semester scramble.

By Adelle Zocher



PHOTO | MELISSA NUNEZ

Adelle Zocher, graduate intern at the Wellness Center.

Alright readers, it is crunch time! Just about a month of classes left and most of us are both excited and stressed out—take a deep breath and relax. Read on to find out how wellness, counseling and other campus resources can help you de-stress and finish your semester successfully.

Counseling Services is located in Engleman Hall room B219, with a satellite office shared with the Wellness Center, which makes Schwartz 100 the place to be if you are feeling stressed, overwhelmed or in need of advice. As finals approach, it is easy to find ourselves falling into patterns of behavior that are less than ideal—late nights, not so healthy nibbling or drinking too much coffee. We all cope with our stress differently and we want to provide you with some strategies and resources to healthily manage your stress as your semester comes to a close.

One of the best ways to avoid stress is to

get enough sleep. I know, easier said than done when you are pulling all-nighters to study for exams. The best remedy for this is to avoid procrastination, something that I am certainly guilty of myself. Keeping organized and ahead of your studying and assignments takes away much of the stress of finals. While it may not be possible to get your ideal eight hours, being proactive and prepared will ease your mind and leave you with more time to rest and recharge your body.

No one wants to hear it, but depending on coffee is a no-go if you want to avoid stress. Caffeine increases your heart rate and causes the body to produce adrenaline, the same chemical it releases when you are in danger. To counteract the effects of adrenaline, your body produces epinephrine and cortisol, hormones that you naturally produce when you are under stress, mimicking how you might feel when in danger or in a high stress situation.

Although it may help wake you up or give you a boost when studying late, overuse of caffeine can cause headaches, anxiety, diarrhea and nausea, sleeplessness and potentially long term consequences such as stomach ulcers. You should not consume over 200 milligrams of coffee in a day—one eight ounce cup of coffee, the equivalent of a small at Dunkin Donuts, can have between 80 to 150 milligrams of caffeine. This means that a large iced coffee might pack well over the recommended 200 milligrams.

Be aware that energy drinks may contain much higher levels of caffeine as well. Energy drinks are best to be avoided, as they have many chemicals and added ingredients that can have negative effects on your body. You might be surprised to find that getting enough rest and drinking plenty of water

will leave you more energized and focused than a cup of coffee. There is no shame in enjoying your caffeinated beverages, just be aware of your intake and take particular care to remain hydrated—caffeine is actually more effective if you drink water along with it. Use with care and caution.

We all know that we need to eat a healthy diet, but this can feel impossible during the finals frenzy. Some people eat for comfort and others find that they are too stressed to eat at all. Remembering to properly nourish yourself is a recipe for success. If you are too busy for three square meals, try munching on five to six healthy snacks throughout the day: a low-fat yogurt, fruits and veggies, baked snacks and granola bars are all great options for keeping your energy up. Also avoid eating late at night, that 1 a.m. delivery pizza might seem like a fine idea, but in the morning you will feel sluggish and sleepy.

It is totally normal to feel stress and anxiety around this time. If you find that you are unable to cope with the pressures of finals or are dealing with any mental health issues, counseling is right here for you. Here are some of the many resources you can utilize to keep you less stressed and on the path to success:

The Zen Den Meditation Room, open Monday from 2 p.m. to 4 p.m., Tuesday 1:30 p.m. to 4:30 p.m., Wednesday 10 a.m. to 12:30 p.m., Thursday 2 p.m. to 4 p.m., Friday 10 a.m. to 2 p.m. The Zen Den has become an extension of Denise's Mindful Series so that students have a space for quiet reflection and meditation and is located in Schwartz 100

The Meditation Club, which meets Monday from 1 p.m. to 1:50 p.m. in ASC room 303.

Pet Therapy Dogs, on Thursdays from

3 p.m. to 4:30 p.m. in Schwartz 100. Every semester during the week before finals we expand this event, where 10 to 15 therapy dogs visit students in the Farnham Programming Space. This semester it will be held on Monday, May 1 from 5 p.m. to 7 p.m.

Free Yoga with Denise Zack on Tuesday and Friday from 12:30 p.m. to 1:30 p.m. in the ASC Fitness Center.

You can also sign up for an 8 week mindful life coaching series with Zack each spring and fall. She incorporates a number of different meditation practices to help students learn how to take charge of their stress.

To contact Counseling Services, they are located in Engleman Hall, Room B219, can be reached at (203) 392-5475. Their on call hours are Monday through Friday 1 p.m. to 3 p.m. with regular hours from Monday through Friday 8:30 a.m. to 4:30 p.m.

SCSU wants you to maximize your potential, with our homepage stating "student success at Southern goes beyond the classroom." This includes six dimensions of wellbeing which work together to keep you as healthy, productive and successful as you can be—academics, community, cultural, financial, health and social.

Remember, true wellness is a result of the synergistic relationship between these dimensions. Each aspect of your life will be richer if you nurture the others—it is difficult to be successful academically if you are physically or mentally unhealthy. It is difficult to feel at home on a college campus if you do not feel a sense of community and security. Remember Southern is here because of us—the students. When we succeed, the university succeeds. As always, stay safe, stay healthy and be well!

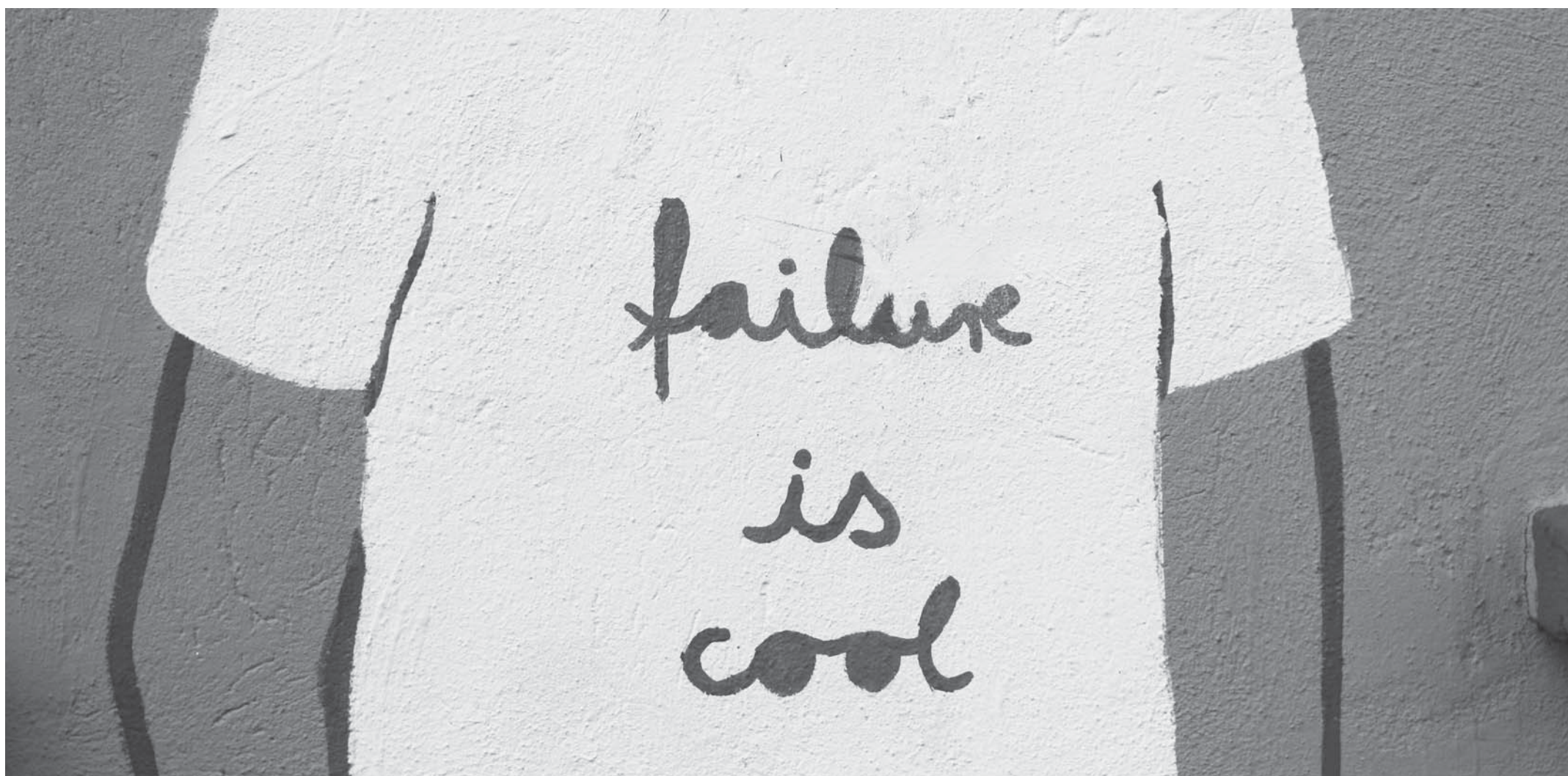


PHOTO COURTESY | NICOLAS NOVA

The fear of failure can hold students back

By Melissa Nunez

As a freshman, I sat in my tier one American history class overwhelmed with the fast paced, increased workload that came with higher education. Overwhelmed, not because I was allowing my work to fall by the wayside, but doubtful at my own ability to fulfill these new demands. It was there when the professor gave me some reassuring advice that I would actively use in the coming years, "everything gets done," meaning, as students, we always manage to find a way to complete our work despite other demands and social obligations.

I thought it was a statement that rang true in my own life until someone posed a simple question that spoke to the contrary; "but what if it does not?" A simple question, but a wrench in the cog nonetheless because it is true, people fail. We fail each

other and we fail ourselves, but failure is a part of life and the college experience. Why are we so afraid to fail when without it there would be nothing to overcome and learn from? To know nothing but success would be a life without tribulations and lessons.

According to a 2014 poll conducted by Roger Jones of the Harvard Business Review, out of 116 CEOs surveyed, the biggest fear among them was the "imposter syndrome" or the fear of looking inept to others. Others included under performing, appearing too fragile, being "politically attacked by colleagues," and looking foolish. Out of those surveyed, 60 percent of the CEOs admitted these fears drive their demeanor around their executive teams.

These fears also lead to "dysfunctional" workplace conduct, such as avoiding sincere, open communication, excessive "political game playing," failure to share information amongst each other, as well

as failure to claim ownership, to follow through and to tolerate poor behavior, according to the Harvard Business Review.

In concealing our worst fears, we encase ourselves from each other and from honest life experience that can ultimately favorably shape us.

In a statement to the Graduate School of Stanford Business magazine Jerker Denrell, an associate professor of organizational behavior, said it seems obvious, to study the achievements of successful people in order to rationalize their effective performance. But with overwhelming studies looking at success, a major part of the cycle becomes unobserved, failure.

According to Denrell, when companies, like people, focus on their successes rather than take risks, they often find themselves at a disadvantage. Companies like Kodak and Xerox, who focused on their most successful brands and inevitably performed poorly overtime.

Denrell went on to say if a risky idea is mediocre, then it will fail and may fail big, but those who take the risk and find themselves succeeding reap larger rewards.

In higher education, students are preparing to enter into a competitive and evolving workforce, trying to make their mark where they can. If they are going into this world resourceful and venturesome, they must do so without fear of failure.

In a simple sense, everything may not get done, which is not to say that you should not try. Failure and the acceptance of it is not the worst thing a student can experience. When students are afraid to fail they miss honest and open dialogues with their professors or peers, being accountable with themselves as well as becoming truly self aware.

So in the famous words of poet Samuel Beckett, "Try again. Fail again. Fail better." Success is not won overnight and students should not just expect it.



PHOTO COURTESY | U.S. DEPARTMENT OF DEFENSE CURRENT PHOTOS

A U.S. Navy F-18E Super Hornet formation flying over northern Iraq after receiving fuel after conducting air strikes in Syria Sept. 23, 2014.

Confusion over recent U.S. involvement in Syria

By Melissa Nunez

After a lethal chemical attack with a deadly nerve agent leaving countless Syrian children and families dead or critically wounded, President Donald Trump ordered an airstrike to the AL Shayrat Airfield in direct response to the Syrian president, Bashar al-Assad's decision to murder so many innocent people.

According to Politifact, Trump's desire for direct military action in Syria comes as a shift, from him gravely warning former president Barack Obama of the implications military actions could impose on the U.S. back in 2013.

"Again, to our very foolish leader, do not attack Syria," Trump tweeted, "if you do many very bad things will happen and from that fight the U.S. gets nothing!"

Trump said with Assad's use of banned chemical weapons and previous attempts

to change his leadership failing, this was a call for more direct military action.

"Tonight, I ordered a targeted military strike on the airfield in Syria from where the chemical attack was launched," said Trump to reporters. "It is in this vital national security of the United States to prevent and deter the spread and use of deadly chemical weapons."

Trump also recognized his shift in ideology and attributed it to the tragic deaths of so many.

"Using a deadly nerve agent, Assad choked out the life of innocent men, women and children. It was a slow and brutal death for so many. Even beautiful babies were cruelly murdered in this very barbaric attack. No child of God should ever suffer such horror."

While the suffering in Syria is heart wrenching, many are concerned about further military action, how recent developments will impact the country

and its relationship to others. Also, with the president showing such a stark shift from the campaign trail and his previous statements, many are questioning how this reflects Trump's future attitudes in future military ventures overall.

Also, what do a majority of Americans think about continued direct involvement in Syria? According to a September 2013 NBC and Wall Street Journal survey administered while Obama was considering an airstrike after a previous devastating chemical attack, a mere 24 percent thought direct military action served in America's best interest, while nearly 60 percent wanted congress to vote against it.

Both Syria and Russia are among those who denounced the airstrike, with Russian president Vladimir Putin, calling it an act of "aggression against a sovereign state in violation of the norms of international law," according to CNN, causing murmurs

of whether this could lead to future conflict with them as well.

While others like Canada and Britain defended the strike, with the Theresa May government saying the U.S. has the U.K.'s support.

"The U.K. government fully supports the U.S. action," said a Downing Street Spokesperson, "which we believe was an appropriate response to the barbaric chemical weapons attack launched by the Syrian regime, and is intended to deter further attacks."

So, will continued military action in Syria aid in the removal of Assad and halt chemical attacks? Or will it cause the U.S. more harm than it does good? Senators, representatives and pundits, both Republican and Democrat have their heads swirling around the questions and the supposed answers. But one thing is absolutely clear: the country is embarking in some muddy waters.

Experience trumps academics

By Lynandro Simmons

Sitting in a classroom can be educational, but nothing beats real life experience. Book smarts versus experience is an age-old argument. Though reading is important to learn new things, trial and error and learning from mistakes can prove to be more impactful in obtaining knowledge.

Reading a book can definitely be useful in providing guidelines for people, but the experience a person gains is what leads to the real difference. People who follow by the books are often stereotyped as those who are not willing to break guidelines to make new strides. If everyone stuck to what they learned in books then innovation would be halted. Whether a book is read or not people tend to become better at things due to two factors - experience and time. More than any book, a bad experience can be a great teaching factor for someone.

But to say books do not work would also be untrue. Books are important building blocks to learning and, as stated before, provides important guidelines. Books set strong foundations for which experience can build upon. Reading also allows for a great opportunity that practical experience does not: learning from the mistakes of others. Book learning can be helpful when it comes to exams, improving what knowledge someone else has, and adding new facts on subjects that are constantly changing.

Experience can be more helpful when it comes to understanding a theory or concept. Reading a concept in a book is little help when it is not applied in real life. Some would say it is better to make an attempt at something in order to learn. By trying, people will inadvertently make mistakes, which will provide learning experience. Learning from these mistakes will then lead to people ensuring these mistakes are not repeated. This also holds true when somebody is trying to remember what they read. Constant repetition can lead to an experience being embedded in memory.

The tough part in today's world is that many higher paying jobs require their employees to have both book knowledge and experience. College degrees are essential to landing high paying jobs. A person may work all their life, but some of the highest paying jobs go to those with the best education. However, a degree alone often will not secure a high paying job. This is where internships come into play. Internships show employers that not only does the potential employee have book knowledge, but they also have invaluable real-life experience.

There are many different types of learners so of course there is not just one set path to how someone should learn. However, many would argue some of the most important learning a person will have in their lifetime occurs outside of college or a school setting. Books may be right, but experience will always be living proof. Practice makes perfect, not reading.



PHOTO COURTESY | BRITTANY STEVENS

All beers are created equal

By Josh Falcone

Be it a nice lager on a hot summer day or a dark porter on a frigid winter night, beer can be a delicious treat. Nowadays not all beers are looked upon equally. Some people only drink craft beers, and look down upon those peasants that drink Bud, Miller, or PBR. Others only drink these American institutions and nothing else. I am of the belief that all beers are to be given their fair shake, so I will always be down to drink a beer you serve me. A beer snob I am not.

I have my own personal favorites. I am a Miller Lite guy, great taste, less filling. I also am a big fan of Boddingtons Pub Ale, Lagunitas, Lakefront Brewery, Great Divide Brewing and a true fan of supporting my local brewers as well. The State of Connecticut is full of amazing breweries and I have found a favorite brew at each one I have visited. The Cream Ale from Duvig Brewing Co. was hands down one of the best beers I had ever tried, then I tried the Oatmeal Stout and I nearly blew my top, it is phenomenal. Two Roads Brewing in Stratford produces two of my favorite seasonal beers, Ok2berfest



PHOTO | JOSH FALCONE

Marzen and Holiday Ale Biere de Garde.

Now that does not mean that I love every beer. While I have enjoyed many IPA beers, I for the most part do not care for them. Many times when I have just sipped an IPA I am flashed back to the time I was 6 years old and I jumped into a freshly raked leaf pile. As I excitedly jumped into the pile I did so while letting out a mighty yell, unfortunately for me, as I hit the leaf pile with my mouth wide open, I inhaled and swallowed

a leaf, and it left a weird taste in mouth, one of dirt and shame. That is what IPAs taste like to me. They taste like dirt. Now maybe you think I am insane, with my IPA take, but look at it this way, more IPAs for you.

As I stated earlier, every beer drinker has their own personal preferences and I guess my point is, no matter what beer you choose to drink responsibly, let us beer drinkers unite in our shared love of barley and hops.

'Mass Effect: Andromeda' plagued by glitches and more bugs



PHOTO COURTESY | WIKIMEDIA

Photo of the logo for the newly released "Mass Effect: Andromeda" video games.

By Josh Falcone

On March 21, Mass Effect: Andromeda, the latest game in the AAA series was released. Unfortunately the game was plagued by numerous issues and glitches, including odd animations, a sorry amount of male/male romance options and even more bugs.

Before the game was fully released, those that purchased a special edition of the game were allowed a 10-hour trial of the single player story as well as the opportunity to play the multiplayer. The individuals that began the story soon described how awkward many of the dialogues between the player's character, Ryder, and NPC in the game were, due to choppy, strange facial animations.

When the game was released to the masses, everyone got to witness just how horrendous the NPC's faces looked when in interactions.

Another issue that many, including this fan of the series, had was with the lackluster char-

acter creator. Perhaps when the Mass Effect trilogy of games came out on the previous generation of systems, the character creator might have been sufficient, but on the current generation the creation process is more than lacking. One of the areas where this is quite prevalent is with the hairstyle options, the hair choices look bad, like, really bad.

One of the hallmarks of the Mass Effect series has been the relationships that players can build with their teammates, including in the romance department.

In Andromeda, this showcases another issue the game released with. If a Scott Ryder player wishes to romance a male teammate, and that teammate reciprocates the feelings, the player is left with a quick fade to black when the interaction concludes whereas all the other romantic pairings offer a more drawn out cut scene.

Issues that I had occur during my play through were a lack of banter between characters when exploring the various areas within

the game and strange movement animations happening at random times.

The good news is that Bioware, the developer of Mass Effect: Andromeda has listened to what issues players have been faced with and have responded.

Last week they released a patch for the game. The patch addresses the weird facial animations that afflicted the game upon release as well as improving the eyes of characters. It also fixed a glitch that caused issues when Ryder moved in a zigzag pattern.

According to a statement by Bioware, the game will receive additional fixes in upcoming updates; this includes improving the male romance options for Scott Ryder, and fixes to address stability and overall performance to the game.

It is nice to see that Bioware is attempting to fix the issues included in the game and I am excited to continue the journey through the Andromeda galaxy.

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Editorial: 'The Walking Dead' finales continue to be flat

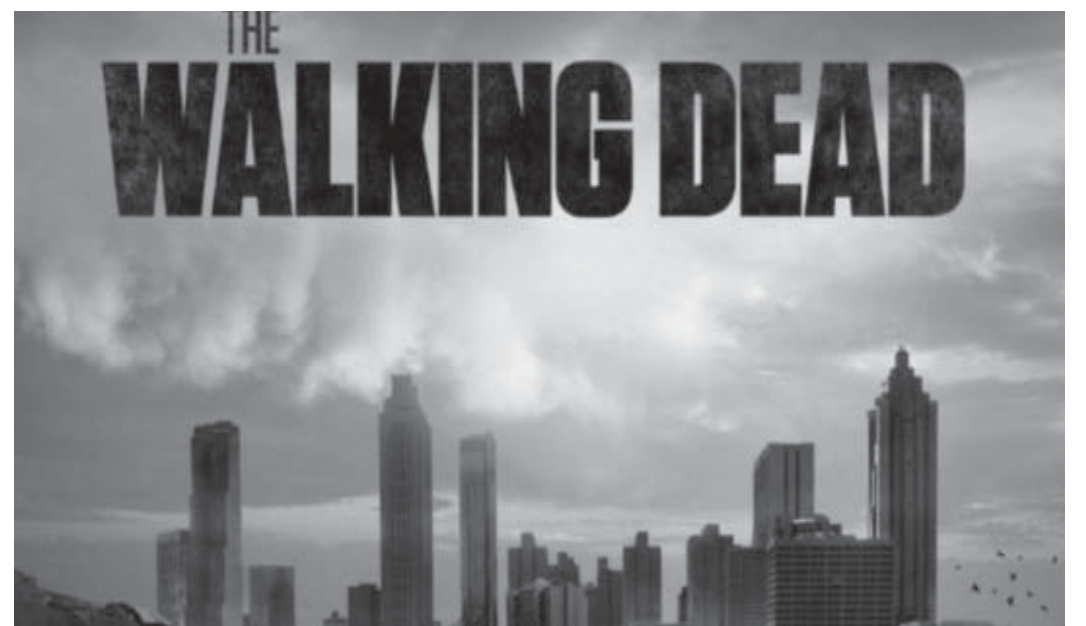


PHOTO COURTESY | MEZCLACONFUSA

By Dylan Haviland

As season 7 of "The Walking Dead" came to a close, I was left with that same bland feeling I have become all too familiar with the zombie hit, sitting there thinking, "Man, there was 150 ways this could have been improved."

After several season finales I would often find myself walking into the office to meet the same disgruntled opinion of my editor-in-chief over how the survivors conducted themselves with the zombie horde, only made worse by a bad cup of coffee.

But where did this show go wrong with its delivery of season (and mid-season) finales? Past final episodes had something that drove me as a viewer; they were grim, dark and violent, a true zombie tribute.

For example, when the prison fell in the midseason finale of season 3, that was a fitting closer. It concluded a grisling chapter in Rick Grimes survival in a new world, killed off characters and opened the door to new plotlines.

What we have now is a series of cliffhangers that cheaply cut the viewers off "wanting" to get more of the zombie experience.

This reached its zenith during the season 6 finale, when the arch-villain of the series, Negan, brought down the bat on a main character of the show. But here is the catch, after a long wait for the viewers to see who will be killed off, and as Negan is about to kill the person, it switches to first-person of the "mystery" victim thus cutting off who is going to be off the show—successfully destroying a moment where I was on the edge of my seat for and leaving me not wanting more, but feeling cheated off a season finale that could have been controversial and shocking.

Coupling this with the filler episodes and slow build up that has become more of a trend in the series, "The Walking Dead" to me is stumbling towards an odd rhythm.

Yet in the end there is hope for series. While the season 7 finale was sluggish, it did have a more action orientated ending that almost redeemed it- if not muddled by the fillers mentioned above.

So let us hope for the best. I know the show has the potential to be great and there are rewarding plotlines to be opened by the writers but for me they need to take a more straightforward path that delivers with intense action.

'Samurai Jack' returns in the form of a 10 episode season

By Lynandro Simmons



PHOTO COURTESY | KEVIN CHIN

Drawing of Cartoon Network's, "Samurai Jack" drawn by Kevin Chin.

After more than a decade the classic Cartoon Network series "Samurai Jack" has returned. When the series - created by Genndy Tartakovsky - ended its run in 2004, fans were left with an incomplete story that many thought would never be completed. The protagonist, Jack, was last seen stuck in the future trapped by his nemesis, Aku, who had taken over the world. The quest for the hero to return home remained unfulfilled.

However, more than a decade later Jack's tale is receiving the proper conclusion in the form of a 10-episode final season. Jack's return to the TV screen finds the samurai lost in his path to return to the past. Not only has he lost his sacred sword, but the time spent in the future has started to cause psychological effects.

In the first episode of the premiere fans immediately are taken down a much darker path. The tone in series has become more serious as Jack deals with a variety of real-life issues, like post traumatic stress disorder. In the new series Jack is constantly arguing back and forth with his own conscious as he questions whether he has failed his people and his mission.

The series not only deals with mental trauma it also shows Jack killing his first human being - a female assassin. In just the first two episodes it is clear that series creator, Tartakovsky, plans on fleshing out Jack by providing real-life obstacles - both internally and externally - in Jack's quest to return home.

Despite a more serious subject matter in the new season the Emmy Award winning show does keep some of its humor.

In the first episode Aku, the evil ruler of the world, is comically shown attending therapy due to the fact he cannot get rid of Jack. The villain is so disturbed by this that during his session he avoids using Jack's name entirely to avoid stress.

The series' superb artwork also continues to stand strong. With a mix of anime, futuristic cyber-punk, and mythical creatures; Tartakovsky creates a uniquely styled series that fluidly moves between somberness, humor and action. The art style and subject matter in the series allows "Samurai Jack" to speak to both adults and kids alike. A tale about a lost man fighting evil and trying to find his way back home translates across all age groups when executed well.

Tartakovsky's unique way of telling a story is on full display as well. Helped by the advances in animation over a decade each scene in "Samurai Jack" is jam packed with carefully crafted scenes that show the viewer instead of simply telling.

One of the few critiques of "Samurai Jack" in the past was its lack of a true episodic nature. Instead the series relied on an overarching story while each episode told another story within it. However, fans will be pleased to know that the final season is not only providing a conclusion to the series but each episode will lead directly into the next.

With new challenges and warriors to face, fans will be able to see just how far Tartakovsky will take "Samurai Jack" to reach its long overdue conclusion.

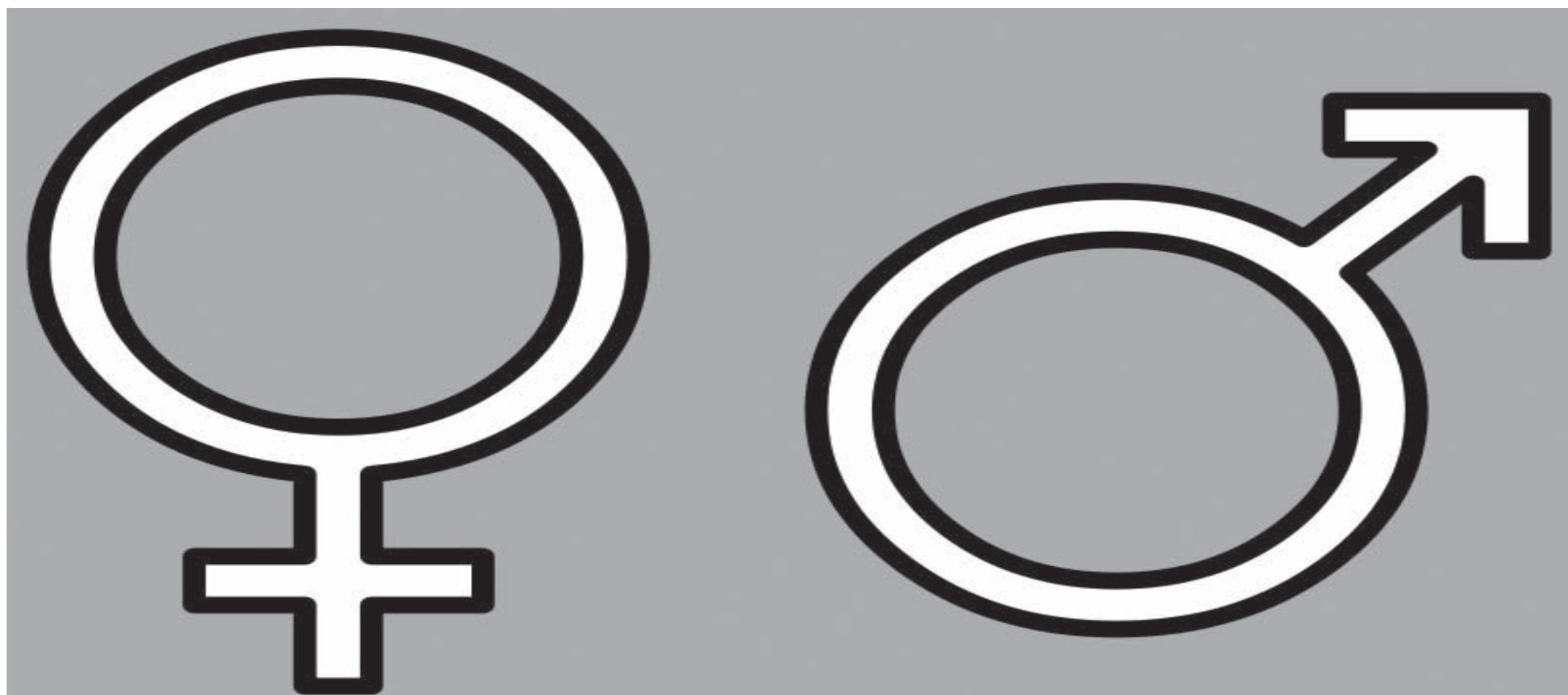


PHOTO COURTESY | CREATIVE COMMONS

Misogynistic messages in hip-hop evoke student reactions

By Sidney Jones

The portrayal of black women in hip-hop has changed over time said sophomore and mental health major, Dominique Aiwinilom.

"Honestly it depends on the time period," said Aiwinilom, "Like in 2000, late 90s, hip-hop was women wanting to be rappers like Foxy Brown, Lil' Kim, Eve, etc. Now it's like black women you mainly see them wanting to become video vixens."

Hip-hop has always been an essential part of the black culture. It has always been a way to get an opinion out: Whether the opinion is good, bad, or controversial, people still gave it a listen. Black women have been a part of hip-hop throughout time. With female rappers of the past like Queen Latifah, MC Lyte, Lil' Kim and more, women have been able to stand up with their bars and rhymes on the microphone. Although there are those that can hold their own on the mic, black women are still disrespected by male rappers in songs. Whether or not they are called nasty, ugly or even sluts, there is still a large amount of misogyny in lyrics about black women.

Dr. Julian Madison, an African-American history professor at Southern, said he does not like the misogyny of black women in hip-hop.

"I certainly have issues with the way hip-hop portrays women as objects," said Madison. "I remember watching Chris Rock address this issue. He was talking about graphic sexual acts against women and noted that some women made the comment, 'He's not talking about me.' The fact that it involved all women was lost on them."

Recently, rapper Kendrick Lamar released a song called "HUMBLE", in which his lyrics caused controversy over the treatment of black women. In the song, Lamar wanted natural girls and "somethin' natural like afro on Richard Pryor," and also butts that have stretchmarks. People believe that he was showing love to only natural women and depreciating and being misogynistic to those who have surgery on their body.

Sophomore social work major, Brittaney Nwagboli said that Lamar's words should be ignored.

"It shouldn't really be up to him to say what women should and should not do," Nwagboli said. "At the end of the day, they're only doing that to enhance their beauty and to feel more confident."

Aiwinilom said that she agrees with the lyrics that were said.

"I understand what he was saying," Aiwinilom said. "I really feel like women took it the wrong way and society took it the wrong way because he was right. Like nowadays everybody that got worked on were once glorified

but the people who were natural would be looked down on."

Madison said that misogyny goes beyond the music. "Remember that the current office-holder followed a President who had class, treated his wife the way all women and men should be treated," said Madison. "And we still had to deal with congressmen, judges and others who criticize women and defend their assailants. So it is not just a hip-hop problem."

Madison also said that for the misogyny of black women to stop, males need to help and put their foot down.

"If hip-hop has to stop misogyny, there has to be a huge male backlash against degrading lyrics," Madison said. "Do not buy their records. Protest. Let it be known they will not stand for this."

Men should not look like heroes, but as protectors from the assault towards black women, according to Madison, "I do not want this to come across as men being the all powerful defender of frail womanhood," said Madison. "This is about men stopping other men from encouraging behavior that is distasteful."

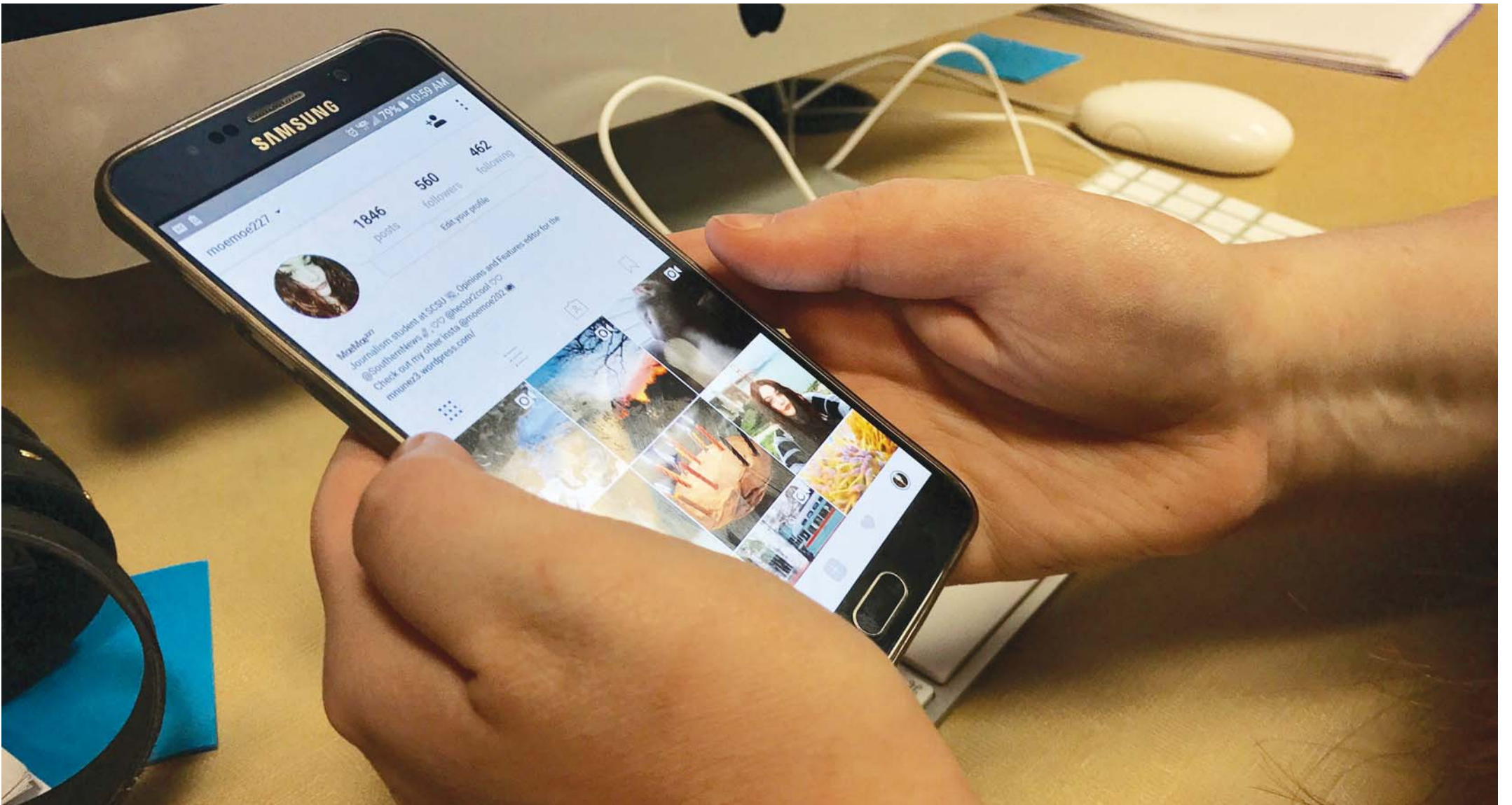


PHOTO | SHERLY MONTES

Students said they are concerned with strangers being able to look at their social media accounts, even if privacy settings are changed.

Students find it difficult to maintain privacy on social media

By Sherly Montes

Being on social media these days is a risk in itself and maintaining privacy on one social media platform—let alone various social media platforms—is not an easy task, said Helen Homa, a senior recreational therapy major.

“Just with all the advancements of technology,” said Homa, “it’s scary in a sense, that everyone, no matter who you are or what job you have, can know so much about a person without actually knowing them at all.”

Kaylee Fuentes, freshman geography major, said she is only on two social media platforms, Facebook and Snapchat.

“Privacy is important because I don’t want people to look at my pictures and information,” said Fuentes. “I’m just concerned with strangers looking at my stuff and possibly even future employers.”

According to a Pew Research study conducted in 2016, called “The state of

privacy in post-Snowden America,” 86 percent of Americans have taken steps to remove or mask their digital footprints such as clearing cookies, encrypting emails and avoiding using their names.

Fuentes said she does not think privacy on the internet actually exists, but that it is best to try and keep yourself as private as possible.

Homa shared the same thoughts and said, “I feel like there are lot of loopholes—like, I could have my profile blocked from this one person, but if this one person knows my friend then my friend could let them see it or they could find some other way around it.”

The same Pew Research study also found that 61 percent of Americans said they feel they “would like to do more,” to protect themselves online, while 37 percent said they “already do enough.”

Facebook is the only social media platform that Homa said she is on and that she uses it only to stay in touch with family



PHOTO | SHERLY MONTES

Students said that although privacy does not really exist, they do their best to maintain some privacy among multiple social media platforms.

and a few friends from high school.

“I got rid of my Instagram account because I found a website that showed my Instagram profile and it showed my photos

by time and date—even though it was supposedly on private,” said Homa. “The privacy settings didn’t even matter.”

Student art of the week: Benjamin Ayala



“What draws me to photography is just the fact that you can capture memories.”



PHOTO | DYLAN HAVILAND

Original photography by Benjamin Ayala, which is featured in the Earl Hall Art Crawl exhibit.

Photo of Benjamin Ayala, a senior interdisciplinary studies major.



Freshman Sara Buscetto rounds third during Southern's doubleheader against Adelphi University.

PHOTO | PALMER PIANA

Men's track opens outdoor season with high hopes



PHOTO | SOUTHERNCTOWLS.COM

Sophomore Ruvens Exantus was All-Region last year in the 110 hurdles.

By Matt Gad

As men's track and field shifts to spring, coach John Wallin hopes outdoor will be just as successful, if not more so, than the indoor year. With a few extra athletes in tow for outdoor competition, the Owls are hopeful that they will be competing deep into the season.

"In the first meet of the season the weather was pretty bad so we didn't compete very many of our kids," Wallin said, referring to the Mark Young Invitational from April 1.

He said he had some athletes travel down to the Hurricane Alumni Invitational in Miami, Fla. April 7, while some others competed in the Sam Howell Invitational in Princeton, N.J. Both meets extended throughout that weekend, and April 8 was also the Yellow Jacket Invitational in Springfield, Mass.

"I'm looking forward to seeing what some of my teammates can do this season. Not only do we have a strong freshman class but a lot of our athletes have greatly improved and I'm sure that we will do well," Cole Chapman, a sophomore from Post Mills, Vt. said.

Chapman competed at Thetford Academy in high school and excelled in track and field, holding records in 110 high hurdles, the long jump, the 300 meter dash, and the 4x200 and 4x400 relay races.

He said he hopes he can stay healthy this season after dealing with injuries last year and in this past indoor campaign. Upcoming, Chapman and the team have the

Softball team sputtering

The softball team has fallen to last in the Southwest division of the Northeast-10 Conference

By Matt Gad

For Southern softball head coach Jill Rispoli, this season is one that she just wants to be turned around. Now sitting at 5-18, and a mere 2-9 in the NE10, she said the process of adjustment is still one in continuation.

"The wheels just came off the wagon," she said April 6, reflecting on the team's doubleheader the previous afternoon to the Adelphi Panthers.

The Owls let a six-run lead wash away late, giving Adelphi a 6-4 come-from-behind win in Game 1 of the aforementioned doubleheader. Game 2 was less of a show - Southern

lost 3-1 as Adelphi was able to complete their sweep and continue their 2017 dominance.

Senior Giuliana D'Arcangelo said that everyone just needs to "come together," adding that her team has hit "a bit of a rough patch." However, she remains confident as

"The wheels just came off the wagon."

— Jill Rispoli, head coach

ever, proclaiming that her team can and will "turn it around."

Adelphi is nationally ranked in NCAA Division

II softball and currently holds a 22-11-1 record. For five win Southern to stay competitive for part of the afternoon, they were able to do right by their head coach.

"We had a great pitching performance in both games. It got a little shaky at the end (of Game 1), but we felt like we played two solid games," Rispoli said.

"There is still a lot of season left and I feel confident that our girls will adjust," said Rispoli. "It all comes down to a bit more defensive execution, and a lot more on the offensive side."

The Owls were originally supposed to host a doubleheader with Post

University tomorrow but it was postponed. They will return to action April 19 with two games against archrival UNH beginning at 3 and 5:30 p.m., respectively. The Owls will also welcome Le Moyne College April 22, with doubleheader action beginning at 12 p.m.

D'Arcangelo, who plays the infield and has racked up numerous accolades over her four year playing career, knows there is still hope for the current campaign. As Brookfield, Conn. native, she came out of high school with the experience of being involved with an SWC Championship, from 2011, and a second place finish in 2012.

SEE SOFTBALL PAGE 11

SEE TRACK AND FIELD PAGE 10



Raymond Catapano will enter 2017 as the unquestioned starting quarterback for Southern.

PHOTO | SOUTHERNCTOWLS.COM

Football gets in gear for 2017 season

By Michael Apotria

It is just beginning to warm up and it feels like football season just ended, but the Owls are gearing up to play a spring game on the April 21 and head coach Tom Godek said that the team plans on using every snap to evaluate players and team needs.

"We've always made into a sort of showcase to see the competition level between positional guys or situational plays such as short yardage, goal line and two-minute drills," said Godek. "It's a glorified practice-15. We really take it to get players into the

flow with officials, the clock running or address things that may need to get tuned up from the beginning till the end of spring."

At the end of every collegiate season, teams lose players due to graduation, transfer or other circumstances. Godek said he has concerns over the recent changes on the offensive side of the ball.

"We lost a good chunk of our offensive line and a couple of experienced receivers," said Godek. "I'm concerned in emphasizing how far we can go based on the growth and maturity of our offensive line."

The young offensive line

will be tasked with protecting the quarterback Raymond Catapano long enough to put the ball in the hands of the Owl's playmakers, players that Godek said are going to be more heavily relied upon.

"Some receivers are going to be called upon more consistently," said Godek. "If it comes down to it, they might find themselves playing close to or the whole game."

Catapano said he is looking forward to the opportunity to get out on the field and fine tune parts of his game in a real game environment for the first time in weeks.

"There is always room for improvement in my book,"

SEE FOOTBALL PAGE 11

Southern baseball impressing

By Matt Gad

Tim Shea has brought them back. Throughout my conversations and interviews with head baseball coach Tim Shea, one thing is clear: the man has a great plan. After a down season last year, he and his staff made sure the culture would not suffer. Southern baseball used strong incoming talent, pre-existing leadership, health and a much more disciplined work ethic to get back on track in 2017. #GetUpTheHill. The team adopted that motto, or hashtag,

if you will, this year. I have no idea how it got started, and if coach told me then my sincere apologies, but it sure seems like it has been working. You can count the team's losses on one hand, and it needs to stay that way.

If the Owls want to get into the World Series tournament they can not let up. The regular-season is already halfway over. Home games with top NE-10 schools, including the University of New Haven, remain. The chance to be great continues everyday. If this team can push through these next few

weeks they will get to do-or-die baseball.

Game 7 every day? Well, that should get the blood pumping. If the Owls want to truly be special, they have to push the medal even harder. I know I am not more than just a die-hard Mets fan, a campus sportswriter, a supportive member of the student body, but I figured my advice is best as any.

Time will tell what the 2017 baseball squad's destiny will be. Unfortunately, if they go far the Southern News will be on seasonal hiatus. I will definitely stay interested though - no

doubt about that. And maybe I will always be lucky enough to be writing for a different local outlet. And if the Owls want some more inspiration, they can draw from Amity, a powerhouse in Class LL, winners of four straight state titles - FOUR STRAIGHT!



Freshman Carney proving his worth

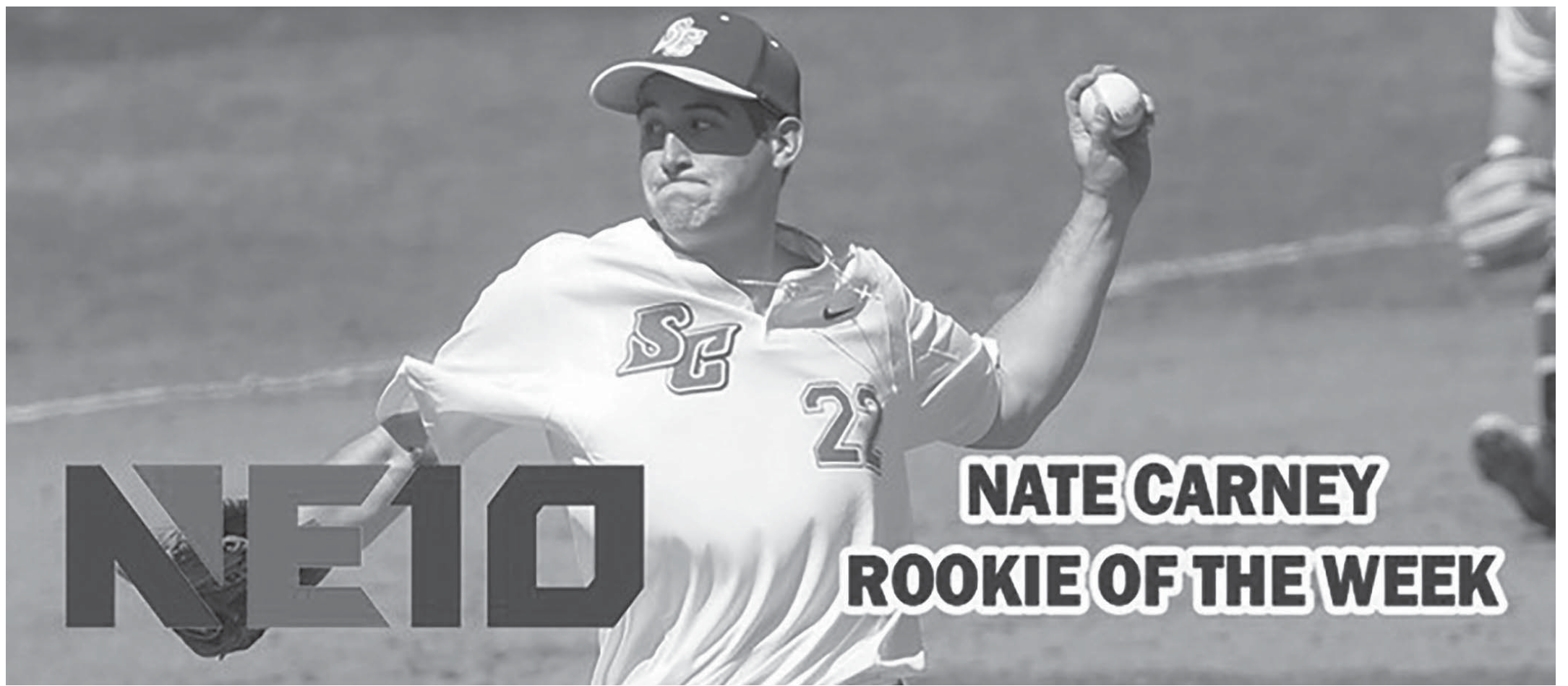


PHOTO | SOUTHERNCTOWLS.COM

Nate Carney had his best performance of the season against Saint Rose last week.

By Phil Zoppi

The Southern baseball pitching staff has been masterful this season and freshman Nate Carney has played a big role.

The six-foot left-hander has been stellar in his first season with the Owls as he holds a 2.36 ERA in 34 innings pitched. Carney is also 2-2 on the season and that is what he cares about more than any other statistic, helping the team win.

"I haven't really looked into the numbers," said Carney. "I just worry about putting my team in a good situation to win the baseball game."

The entire staff has been

putting the team in a good position to win as the Owls now boast a 16-7-1 record. The unquestioned leader of the staff, Cole Bryant, has taken Carney under his wing. Bryant has pitched beautifully this year and leads the Owls in almost every statistical pitching category there is.

Bryant has been impressed with Carney's ability to adjust to college pitching at such a fast rate.

"Nate came in at the beginning of this semester and was able to click with our team the minute he got here," said Bryant. "I've tried to answer any questions he's had to help his transition to Southern. He has a very high baseball IQ."

Bryant has been with the Southern baseball program for

six years now. The pitching staff is fairly young so Bryant is looked at to lead the staff, which he has done a great job of in 2017. Carney has said that Bryant is one of the teammates that he goes to the most for advice and guidance.

"Cole is someone I gravitated towards early when I first came here just because he gave off the presence of a coach to us younger pitchers and I try to stay near him so that way I know I'm doing the right thing," said Carney.

Carney actually has just two fewer strikeouts than Bryant with five less innings pitched. Seven of those strikeouts came last week against Saint Rose in a complete game shutout where Carney was absolutely dominant. Carney only

allowed seven total base runners in Southern's 10-0 win.

"I just tried to establish my fastball early and attack hitters inside early," said Carney when referring to the Saint Rose game.

The fastball is what Carney has been relying on for most of his success this season. When asked what pitch had been working for him best this season Carney pointed to his fastball.

"I think my fastball is my best pitch," said Carney, "I try to attack and throw strikes early, that way I can set up any other pitch I want for the at bat."

Carney is one of five pitchers on the pitching staff that have an ERA under 3.00 with at least 19.2 innings pitched. This team

can pitch with anyone in the Northeast-10 as they rank sixth in ERA in the Northeast-10 out of 15 teams. Carney thinks that the team can make a run late in the season.

"I believe that this team can go as far as we want to," said Carney. "We have a close group of kids and we're having fun winning baseball games."

Men's track and field

CONTINUED FROM PAGE 9

SCSU Decathlon April 13 and 14 and will head to UConn for the Northeast Challenge April 15 in Storrs, Connecticut.

"We are looking to have another strong season," Wallin said. "We are looking to win the conference championship and have a run at New England's, which I think we could win, as well."

Wallin said that the major goal is for the team to stay healthy and wishful that springtime weather will not seek to create harm to the outdoor schedule. The team is set to compete through NE10s May 5 and 6, and then with New England's the 12th and 13th, and NCAA Nationals down in Florida from May 25-May 27.

Wallin noted that while the conference meet just has Division II schools, New England's is a combination of all three NCAA divisions. The men's indoor track and field team won the NE-10 title a short while ago, and most of those athletes are part of the expanded outdoor team.

"Another championship would mean a lot to our team," Chapman said. "We lost out on that last spring so we deserve to be back on top."

The team is comprised of a small senior class this year. Next year the team will turnover a lot of athletes to gradua-



PHOTO | SOUTHERNCTOWLS.COM

Southern placed first at the Yellow Jacket Invitational by scoring 145 points as a team.

tion, but Wallin also noted that the team's freshmen and sophomore classes are big, as well.

"We are looking to be more powerful outdoors than we were indoors. There are a bunch of more events - the

hammer, the javelin, a couple more distance events, a couple more sprinting events - it helps us because we have a lot of kids who do a lot of different events," Wallin said.

This team has nine seniors on it and is comprised mainly

of freshmen and sophomores. Although the seniors on the team provide a lot of experience and talent the men's track and field team should steadily improve as the underclassmen mature. The team has a total of 20

freshmen. Wallin knows that the amount of numbers he has on his team will greatly help in the outdoor season.

Romo era over

By Phil Zoppi

Tony Romo decided to hang up the cleats last week and with that he will go down as one of the most underappreciated quarterbacks of NFL history.

Playing for a franchise that has had Troy Aikman and Roger Staubach at quarterback, Romo ranks first in both passing yards and touchdowns for the Dallas Cowboys. Oh, and Romo has more fourth quarter comebacks than both Aikman and Staubach, yet he is not given the same praise that those two quarterbacks get on

a regular basis.

It is not just Cowboys history where Romo impresses. Romo has a legitimate argument as one of the best quarterbacks to ever play the game from a statistical standpoint. Romo is fourth all time in NFL history in career passer rating only behind Aaron Rodgers, Russell Wilson and Tom Brady. For all of those fans who say Romo could never come up big in the clutch, he ranks 15th all time in NFL history in fourth quarter comebacks with 25 in his career.

The knock on Romo will

always be that he never got it done in the postseason but it was far from his fault. Romo appeared in six playoff games where he went 2-4 and threw for eight touchdowns and just two interceptions in them with a 61 percent completion percentage. Everyone likes to blame those losses on Romo but in reality those Cowboys teams do not sniff the playoffs without him.

If fans still want to doubt Romo for his lack of success in the playoffs that is fine but no one can ever doubt his toughness. Romo played with broken ribs, a punctured lung, broken

bones in his back and came back from multiple surgeries that included broken collarbones and fractured clavicles. The dude left it all out on the line for his team and that is something every fan should be able to respect.

No, Romo is not the best quarterback of all time or even of his era. But Romo was a damn good quarterback that should be remembered for his greatness a long time.



Softball

CONTINUED FROM PAGE 9

"[I'm] looking forward to winning to make the NE-10 Tournament," she said. "We need to start winning consecutive games (just to qualify)."

In total, D'Arcangelo has appeared in 21 games for the Owls, scoring seven runs off 22 hits and eight RBIs. She is batting .349 and has only struck out four times.

April 25 Southern will face off against the University of New Haven in West Haven, Connecticut Those games will be played as a 3 and 5:30 p.m. doubleheader. In Albany, New York April 28, the Owls will conclude their season with one of two back-to-back doubleheaders. The first day's games will be played at 4 and 6:30 p.m., while games on April 29 are tentatively set for 12 and 2:30 p.m.

If Southern wants to continue their season beyond that, they are going to need to come together, according to D'Arcangelo.



Senior Zoe Fanolis crosses home plate during Southern's doubleheader against Adelphi University.

PHOTO | PALMER PIANA

Football

CONTINUED FROM PAGE 9



PHOTO | SOUTHERNCTOWLS.COM

Southern will look to fill the void that leading receiver Devante Jenkins has left.

said Catapano.

"We're looking forward to the going live contact. It's going to be high energy and we're looking to compete and get ready for the season."

While Godek expressed his concerns with the offense, he has absolute confidence on the new and returning players on the defensive side.

"We have a very experienced defense returning," said Godek. "We're definitely going to be looking to win a few games with our defense."

Last season the Owls finished with a positive record of six wins and five losses. While it was the first promising season for the Owls in recent years, Godek said he is determined to maintain the same hunger and attitude that helped the Owls climb from the bottom of the ranks in the first place.

"Last year was the first year we had a winning season in quite a few years and it was only one game over .500, so it's not like we won a championship or anything like that," said Godek. "We can't get to complacent. It takes a lot of hard work to continue to win."

Catapano said he is holding himself and the team to extraordinary expectations to open the 2017 season and that anything less than a banner in the field house is a disappointment.

"We have extremely high expectations for ourselves," said Catapano. "It's either the NE-10 championship game or a complete failure for us."

Rugby secures spot to compete for national championship in Colorado



PHOTO | DORTHY SEATON

Southern's John Mizzone breaking away from U-Mass Lowell defenders.

By Matt Gad

Southern's men's rugby club team, which trains and competes in Rugby Northeast during the fall and spring seasons, qualified for May's Rugby Sevens National Championship.

"The spring season has been interesting so far. Our Sevens team has just clinched a spot to go to compete for a national championship at the beautiful Infinity Park in Glendale, Colorado," Dylan Carroll said.

In the fall, Southern's Black Attack compete with 15 men on the field at once per side, but in the spring they run with seven each. Last fall, the men reached the national semifinals, but were stopped short of winning it all.

"It's a different style of play," John Mizzone said, on the different ways rugby is organized. "Personally, I enjoy it more because it allows one to exploit the surplus of space on the field rather than 15's."

Sevens is also a shorter game, playing 14 minutes of total time. It is the form of rugby that is adopted for the Olympics and that does so well in terms of popularity in the United States. That energy, and the smaller squads, make the on-field relationships between teammates that much more important.

"Team chemistry is the most important thing in rugby," Carroll said. "You will notice that the best teams are also the best of friends. [Rugby] is a game of trust - trust in yourself, and in the man next to you."

Carroll said the team has excelled in that aspect since he joined Southern rugby in the fall of 2014, his first semester on campus. Rugby 15s runs close to the Division II affiliated sports that happen at school at the start of the school year, and this current season is in line with ultimate frisbee, another non-NCAA club on campus, and baseball, softball, women's lacrosse and men's and

women's outdoor track and field.

"The feeling is definitely different going into nationals this season because, for one, the tournament is much further away. The game style is different and, quite frankly, one I think [Southern] dominates more," Mizzone said. "It's our second time going to nationals, therefore we are a little calmer and will have more exposure going into [the competition]."

He said the team is like "a brotherhood who trust each other to the fullest," and that it has felt like that right from the start of his rugby playing career.

For this spring, Rugby Northeast adopted new rules related to timing, scoring, lineouts, scrums and free kicks, to name a few. A full list of changes is available on rugbynorth-east.org, and is aimed at making the game similar to what it is like outside of Southern. All these changes just reflect Rugby Sevens, in conjunction with World Rugby Global Law.

SCSU Softball vs. Adelphi University



PHOTO | PALMER PIANA

A ball falls in between two Adelphi fielders.



PHOTO | PALMER PIANA

A Southern player gets in her stance to push off of first base.



PHOTO | PALMER PIANA

Southern's first baseman catches the ball to record an out.



PHOTO | PALMER PIANA

Sara Buscetto runs down the third base line towards home.

Northeast-10 Standings

WOMEN'S LACROSSE STANDINGS

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
ADELPHI	7	7-0	1.000	10	10-0	1.000
LE MOYNE	7	7-0	1.000	10	10-0	1.000
NEW HAVEN	7	6-1	0.857	9	8-1	0.889
PACE	7	6-1	0.857	10	8-2	0.800
STONEHILL	8	5-3	0.625	11	6-5	0.545
ASSUMPTION	7	4-3	0.571	9	5-4	0.556
FRANKLIN PIERCE	7	3-4	0.429	9	5-4	0.556
SO. NEW HAMPSHIRE	7	3-4	0.429	11	6-5	0.545
BENTLEY	7	3-4	0.429	10	4-6	0.400
SAINT ANSELM	8	3-5	0.375	12	5-7	0.417
SO. CONNECTICUT	6	1-5	0.167	10	3-7	0.300
MERRIMACK	7	1-6	0.143	11	3-8	0.273
SAINT MICHAEL'S	7	1-6	0.143	8	2-6	0.250
AMERICAN INT'L	8	0-8	0.000	10	1-9	0.100

BASEBALL STANDINGS

	DIVISION			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
MERRIMACK	5	4-0-1	0.900	25	12-12-1	0.500
SO. NEW HAMPSHIRE	5	4-1-0	0.800	27	21-6-0	0.778
FRANKLIN PIERCE	5	4-1-0	0.800	25	16-9-1	0.640
BENTLEY	5	3-1-1	0.700	24	5-18-1	0.229
STONEHILL	6	2-4-0	0.333	25	7-18-0	0.280
SAINT ANSLEM	4	1-3-0	0.250	24	8-16-0	0.333
ASSUMPTION	4	0-4-0	0.000	25	9-16-0	0.360
SAINT MICHAEL'S	4	0-4-0	0.000	10	0-10-0	0.000
LE MOYNE	5	5-0-0	1.000	28	20-8-0	0.714
SO. CONNECTICUT	4	4-0-0	1.000	24	16-7-1	0.688
NEW HAVEN	5	3-2-0	0.600	19	12-7-0	0.632
PACE	2	1-1-0	0.500	27	18-9-0	0.667
ADELPHI	5	1-4-0	0.200	28	16-12-0	0.571
AMERICAN INT'L	3	0-3-0	0.000	25	8-17-0	0.320
SAINT ROSE	4	0-4-0	0.000	21	3-18-0	0.143

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PHOTO COURTESY | PAT LOIKA

Is diversity to blame for Marvel's dwindling sales

By **Lynandro Simmons**

Marvel Vice President David Gabriel was under fire recently for inadvertently suggesting Marvel's poor 2016 comic sales were due to their emphasis on diversity.

Corey Evans, a political science major, said that Marvel is indeed trying to go through a radical change, which does come with its own challenges.

"You may alienate some fans who were there originally and liked the original storylines," said Evans.

Fans who have already built connections with established origin stories and characters might not like the change and the change may be due to Marvel's attempt to capture a younger more diverse audience, Evans said.

"For a long time comics were mostly male," said Evans. "Even the characters

considered strong females were designed to appeal to men as well."

However, the larger issue to Evans was not diversity, instead he said it was something even more serious, a lack of talent. Marvel has been attempting to redo many of their old storylines, but the remakes have not lived up to their predecessors.

"If you're going to redo a storyline, you have to redo it well," said Evans.

If Marvel completely rebrands itself it should be known that there will be people who are totally opposed to it, but if Marvel can bring in a newer audience then they can make up for this loss and be more sustainable, Evans said.

Marvel's slump in sales last year began in October. According to Comicchron, an online database for comic book sales, the company's average market share from October through February was 37 percent, 4.8 percent drop when compared

with October 2015 through February 2016.

Sam Garcia, a sophomore exercise science major, said the issue may be that some fans get used to the original content.

"Being a fan for so long, people build relationships with characters," said Garcia.

An example Garcia used was the new Iron Heart character. Iron Heart is a young African-American female that is currently under the tutelage of Iron Man.

"A lot of Iron Man fans see this and may wonder why their character is disappearing," said Garcia.

Characters like Wolverine, who has his daughter replacing him in the spotlight, falling from the mainstream and center stage in their respective stories could also leave day-one fans angry, Garcia said.

"I think diversity is great, especially in the world today, but I can see why fans may get upset," said Garcia.

Being a fan for so long, people may feel one with that character, Garcia said. Spiderman was one of the Marvel superheroes that he said was his favorite since he was young. This connection has led him to look up to the hero as a role model and for this reason, Garcia said he could understand some fans being angry.

It is a new generation, but Marvel should not just abandon their old generation. If it was not for the characters, Marvel would not be where they are now, he said. What could solve this problem is creating a healthy balance between the old and new.

"I like what they're doing with the new characters," said Garcia. "I would just say don't push all the old characters to the back."

When caffeine consumption becomes a conundrum

By **Jonathan Gonzalez**

Cocaine or caffeine, what is the difference when the consumption of both causes addictive behavior? People who rely on a heavy amounts of caffeine can experience withdrawal symptoms when the substance is not adequately consumed, in a manner similar to nicotine addiction or other stimulants, according to an article by the Journal of Caffeine Research.

Amanda Preble, a senior English major, said she would not be able to properly function without her daily coffee.

"I have at least 13 or 14 cups a week, two a day depending on the day," she said.

The Harvard School of Public Health reports that 54 percent of Americans over the age of 18 consumes coffee daily. On average Americans drink three nine ounce cups a day. At an average cost of \$2.45 a cup, this adds up to around \$51.45 a week and \$2,675.40 a year.

The National Health Institute reported that the global profit for caffeine beverages and energy drinks such as Red Bull, Monster and Kickstarter has reached over \$5.7 billion.

Dave Uhl, a senior physics major, said he only drinks caffeine about once a week and if he does it is usually a Monster because of the campus' availability.

"It'll wake me up but it won't help me focus," said Uhl.

Caffeine consumption has been reported to increase alertness and the ability to focus, according to the

National Health Institute. It was also reported that 51 percent of participants consume energy drinks as an alternative for a lack of sleep. But it was concluded overconsumption of caffeine in the average person can lead to increased blood pressure, insulin insensitivity and an increase in daily headaches, particularly in women.

However, there are benefits to caffeine consumption, according to the associate director of Health Services for the Wellness Program, Brigitte Stiles, saying that caffeine is beneficial to your daily life.

"It boosts memory and concentration," said Stiles.

According to a study by the Harvard Medical School, people who consumed caffeine did better on tests and had better overall brain performance than those who did not. It was reported that because caffeine is a brain stimulant, it boosts the mental receptors allowing them to flow more freely. When this happens mental performance is enhanced, energy is increased and mental decline slows down.

"You don't want to take in more than 300 milligrams of caffeine a day because then you're going to get into the negatives of caffeine," said Stiles.

The Mayo Clinic reports the symptoms of too much caffeine consumption include migraine headache, insomnia, nervousness, irritability, restlessness, frequent urination, stomach upset, a fast heart rate and muscle tremors.

"It would disturb your sleep patterns," said Stiles,



PHOTO | DYLAN HAVILAND

"therefore you get into this vicious cycle if you drink too much caffeine, you can't sleep, so then you're tired during the day, so your drinking more coffee."

While it was reported that people who consume caffeine saw an enhanced performance, according to Harvard Medical School, it was concluded that there is no guarantee that consuming caffeine will help you focus or benefit your health.

So as Stiles says, like most things, consume caffeine in moderation.

SOUTHERN NEWS

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Issues printed by: Valley Publishing, Derby, CT
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Opinion Columns are 500 to 800 words and Letters to the Editor are a maximum of 400 words. They must include the writer's name and phone number for verification. We reserve the right to edit for grammar, spelling, content and length.

PHOTO

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F.A.C.E Fashion Show 2017



Group of volunteers who got on stage to try their model walking while the performers changed outfits.

By Palmer Piana

The 13th annual F.A.C.E models fashion show was held in the Lyman Center Saturday, April 7.

Members of the F.A.C.E models club performed a variety of sets where they modelled different outfits both solo and in groups.

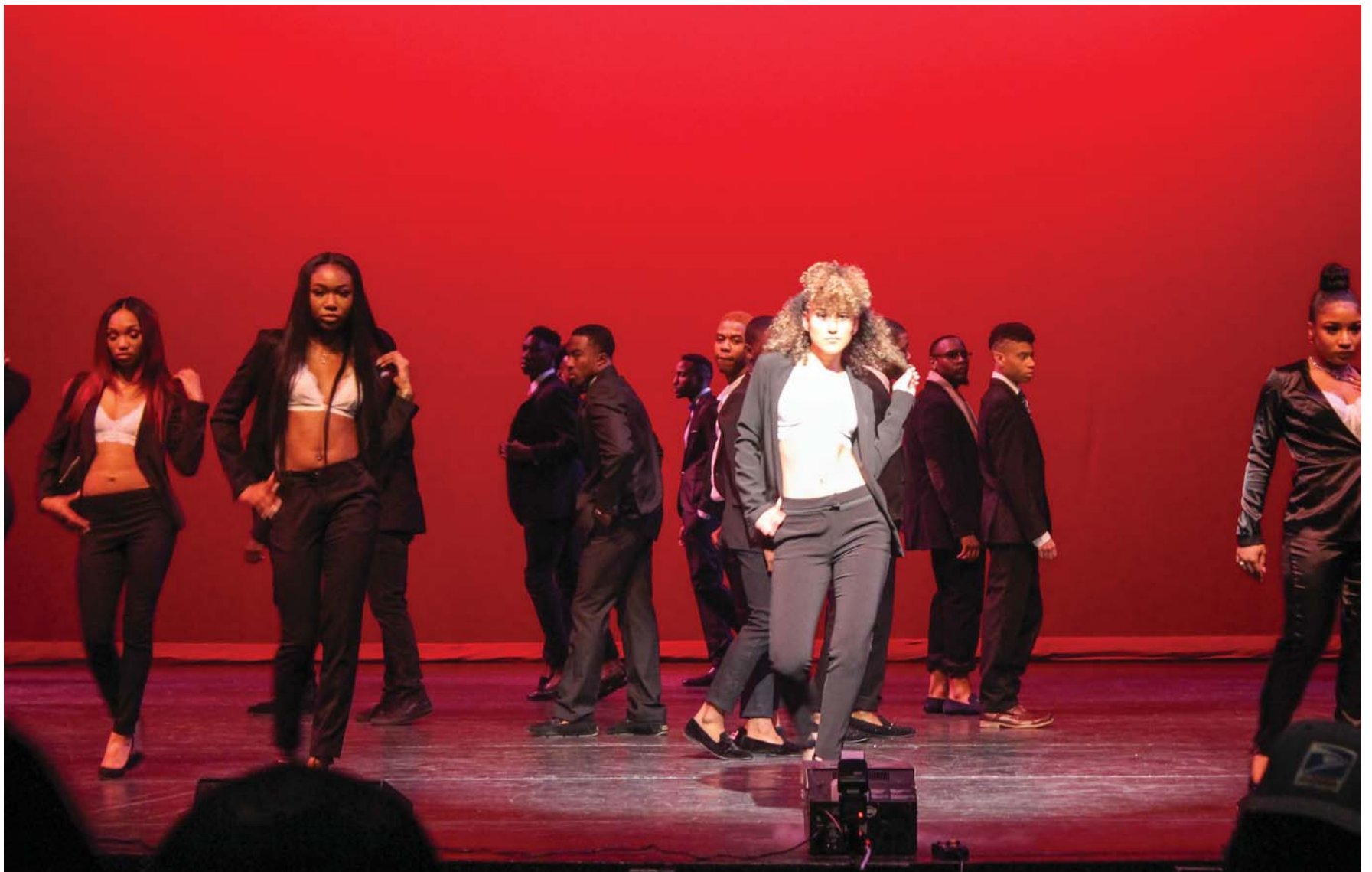
Audience members were also given the opportunity to come on stage, show off their outfits and practice their model walks.

The sets were accompanied with music and lights which matched the aesthetics of the outfits.

The event was free for students and \$10 for the general public.

The crowd was filled with family, friends and fashion enthusiasts alike.

Based on the crowds reaction the event was well received.



F.A.C.E models performing their opening set.



Brittany Nwagboli on stage modelling her outfit in the set titled "concrete."



Volunteer striking a pose on stage.



F.A.C.E members posing in their duo outfits.