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SOUTHERN NEWS

WWW.THESOUTHERNNEWS.ORG

JANUARY 24, 2018

VOL. 55— ISSUE 14

Business students win competition third time



PHOTO | DAVID TYSON

Mike Sullivan, Paige Decker and Tyler Fedak (left to right) after their Dec. 11 VCIC triumph.

By August Pelliccio

The Venture Capital Investment Competition trophy rotates from winning team to new winning team each year; any team who wins three times gets to keep and display the trophy for life.

This is exactly the honor bestowed upon Paige Decker, Mike Sullivan, and Tyler Fedak after their Dec. 11 VCIC triumph. Associate professor of finance David Tyson explained the nature of the competition: students from various schools around the state submit business

proposals to be evaluated by student judges from other schools. Tyson and professor Han Yu both advise students who wish to participate in the competition.

Yu said the format of the competition could be directly compared with ABC's "Shark Tank." In Southern's case, students acted as the "sharks." "We gave some feedback, asked questions, and we picked the best presenter," said Yu.

Tyson said that before the competition, student judges were given some preliminary information about each business model in order to develop critical questions and analyze

the proposals.

At the presentation itself, however, Decker, Sullivan and Fedak were on their own.

"It's just the team members representing themselves," Yu said, "We basically serve as the audience."

Along with the student judges, Yu explained there were career venture capitalists that also judged business proposals. The way to win the competition as a team of student judges is to make choices most similar to the professionals.

Yu said unlike Shark Tank, which is optimized for television - dramatic, and

performance oriented - VCIC participants rigorously prepare for the event, and break down each proposal.

"Valuation methods for small businesses are a lot different than valuation methods for large companies," Decker said. "Therefore, we had to look into the assets versus the liabilities in order to value the companies and try to project what we thought future sales would be."

Decker said profit margin was one of the key statistics to consider in this valuation.

Critical considering like this meant these Southern students flourished in competition,

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Budget cuts will not directly impact students

By August Pelliccio

President Bertolino and Assistant Dean of Students Chris Piscitelli have persisted through last semester's budget cuts that service to students would not be "directly affected."

The plan as of the Fall 2017's semesters close was to absorb the \$4.1 million budget cut through a combination of staffing holds, and reserves.

Mark Rozewski, executive vice president for finance and administration, confirmed that no alternatives have been discussed yet, saying, "Little, if anything has changed since the fall."

The budget and planning committee retains awareness that additional cuts could be made, but specific decisions of how to cover those have not been discussed, according to Robert DeMezzo.

DeMezzo sits in on the committee as the director of residence life on campus. He said the committee is diverse, with representatives from student life and SGA, faculty and facilities, housing and more.

With this in mind, DeMezzo said, "It's a full community initiative."

This means voices are heard from each avenue that deals in service to students. DeMezzo said even though the committee has not decided to cut library hours or short change food service, the hiring freeze does make a difference.

"I'm not going to pretend that we haven't affected students," said DeMezzo.

There are repercussions that affect students indirectly, but DeMezzo said they are still important to consider.

"There are less people cleaning these buildings than there used to be," said DeMezzo. "Maintenance is getting deferred."

For example, DeMezzo said that there are not any full time custodians assigned to clean Connecticut Hall.

DeMezzo said, "We have to pull custodians from other buildings just to service that facility."

In addition to maintenance staff, DeMezzo said administration and the campus police department are also

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Students react to rescindence of net neutrality

August Pelliccio

Southern students who live and operate mostly on campus may be protected from the recent rollback of net neutrality rules; the service to students elsewhere may be compromised.

Southern chemistry major Douglas Ceci said he feels strongly about the recent change in national policy. He said net neutrality the way it existed before was put in place for a reason.

"I think some of it is really critical to a free society," said Ceci.

Freedom of information has become a particularly hot topic since the inception of the internet, and now that the profiteers can regulate the level of service more, Ceci said he feels untrusting.

"As somebody who spent a decent amount of time in Maryland dealing with Comcast," said Ceci, "I already have a particular dislike for most service

providers."

He continued to say the fact that internet speeds will easily be manipulated by any of the larger service providers is wrong.

Ceci commented when asked if he feared a decrease in reliability for Southern's internet network, "It's sort of an eventuality in a world where you can put a price on your availability of the internet."

The good news, according to Omar Abid, a member of Southern's computer science staff, is that the university's network access should not be affected by the change in net neutrality regulations.

Abid said, "I believe the university is a member of the Connecticut Education Network, which would unlikely throttle speeds for any reason."

His expert opinion is that CEN would not take advantage of its clientele the same way a commercial internet service provider like Comcast, Frontier, Cox or Verizon FIOS would.

Student Mohamed Khatib said his concern is how the change will affect commuter students who are in "the slow lane." He said it would affect ease of access and communication with other students.

"Everybody uses some sort of social media platform to connect with someone else," said Khatib.

This aspect of the issue is in fact the way that Abid said the recent change in net neutrality would affect students - off campus. Internet service providers can now, according to Abid, choose to throttle everyone's connection to select sources, but advertise and charge for the rate that the remainder flows at. He said this would allow those providers to keep making money without having to update their infrastructure as frequently.

Abid gave an example of how ISP's can manipulate their customers with this change: "If I am your service provider, I could basically force you to use my service like Xfinity Streammix by



PHOTO | AUGUST PELLICCIO

A group of computers in Buley.

making Netflix so slow that it's unusable."

One thing students might be relieved to hear - Abid said Connecticut has finally joined the multi-state plea to overturn the recent FCC rollback on net neutrality regulations. In other words, the state government is openly rejecting the federal decision to begin eliminating the protection offered by net

neutrality.

Between this new development, and the safety shield of the Connecticut Education Network, Abid said his overall opinion on the new repeal of net neutrality is as follows: "The rollback of the rules could affect students, but it will likely not affect the university."

Steppin' Up Team helps students plan for positivity



PHOTO | AUGUST PELLICCIO

A collection of student vision boards at the Steppin' Up event.

August Pelliccio

Karen Jean-Baptiste said 2017 was a rough year for a lot of students.

Jean-Baptiste, treasurer of Southern's Steppin' Up Drill Team, said she was offered by the Office of Student Life the opportunity to participate for the Week of Welcome. She had heard of vision board events, where students gather to create visual posters to represent their goals and visions, but she had never seen such an event at Southern.

The goal, Jean-Baptiste said, was to incorporate positivity in goal setting to ensure 2018 could be as good as possible for students.

Jean-Baptiste pitched the idea to Steppin' Up's president Ashley Jones, and with her approval, the event was planned for Jan. 18 in the Adanti Student Center. The conference room was nearly full of students eager to build vision boards; Jones said she was happy with the turnout.

Jean-Baptiste stocked the room with magazines to cut out from, Sharpie markers to draw with tape and glue to create collages.

"It's good to see it in front of you," Jones said, "to write out what you want to accomplish."

Creating vision boards is something Jones said she does herself, to stay in check with her goals.

Jones said the boards become a "reflection of yourself before you start the semester."

She said that her biggest personal goal to tackle this semester is to be more focused and more driven: something she said she already takes pride in, but can always improve. Next on Jones' list is to begin her own YouTube channel, and aim to gain subscribers.

"Everybody should have different sets of goals: short term goals, and long term goals," said Jean-Baptiste.

It is best, she said, to tackle the short term goals first, while slowly picking away at the long term ones. Working strategically like this, to achieve goals, Jean-Baptiste said, is a process.

Freshmen sports management major Kenny Baah is a non-member of Steppin' Up, but came Jan. 18 because the event was open to the student body. Baah said the nature of the event made sense, because it got students to think about their aspirations for the semester.

"I've known about vision boards for a while," Baah said, "I've just never done it."

Ultimately, Baah said he was happy he came, and he shared a couple of his goals for spring 2018.

"A bigger goal for me is to step out of my comfort zone more," Baah said, "and to try some new things."

Baah also said he hopes to make the men's soccer team this semester, some-



PHOTO | AUGUST PELLICCIO

A vision board from the Steppin' Up event on Jan. 18.

thing he visually represented with cutouts of athletes on his board.

Colorful posters came along as the evening continued, many featuring motivational phrases such as, "this is your year," and "you can be anyone."

Jones said her goal as president of Steppin' Up is to recruit more members, so the team stays full when seniors graduate

in May. She said tryouts are being held on Jan 23, in Pelz Gymnasium.

The event at large was a success, and Jones said it was "a great way to meet some new people, and hang out with my teammates."

Budget



PHOTO | AUGUST PELLICCIO

Brochure in Buley on student budgeting.

CONTINUED FROM PAGE 1

operating on a hiring freeze because of the cuts.

"For us who live on campus, this is basically our home," said Herrera.

DeMezzo said nothing that would affect the safety or health of the students would be considered to absorb the \$4.1 million cut.

DeMezzo said he would not personally vote for a decrease in hours for student resources, and that student government is even pushing to increase hours for the library.

Agreeing with their concern, DeMezzo said, "That library was built in a way that could sustain 24-hour coverage," but that it is not likely to happen.

There is also concern about the portion of the budget cut being offset by pulling from Southern's reserves.

"That's not sustainable," DeMezzo said, "you can't keep dipping into your savings account, because you'll run out of money."

The committee will have to come up with more clever ideas as time goes on if this new lower budget has any permanence, should they want to sustain president Joe's wish to leave student services "untouched."

As for now, DeMezzo and Rozewski said the general plan is to not increase tuition more than previously planned for; but as for future cuts, DeMezzo said: "We're all waiting. The president is extremely concerned, as well."

Competition

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flourished in competition, which according to Tyson, was not surprising considering the three have done well in his classes.

"We now have the opportunity to move on to the next round of the VCIC challenge in Boston where we will compete with other schools in the region," said Decker. "This is the more challenging competition and we are excited for this next opportunity to complete."

Their reward for Dec. 11 was the trophy which is now proudly displayed in the School of Business's dean's office, and a monetary prize to cover travel expenses for Boston, according to the VCIC website.

For the last three years Southern has taken the Connecticut trophy, but Decker said they have not yet placed in the national competition in Boston.

Yu and Tyson both explained that any students interested in participating are welcome for next year's competition. Yu said this opportunity is not even limited to students in the school of business. She said if an engineering, computer science or biology student, for example, had a proposal to contribute, they could.

Tyson said, "we keep encouraging people to do it, and it's a good way to apply what we learn in some of the classes."

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Multicultural Center welcomes back students with lunch

By Victoria Bresnahan

Alexia Reyes, a junior and early education major, said some people do not realize that the Multicultural Center is meant for everyone, not just one specific type of person.

"A lot of the same people are coming in here," said Reyes, who also works in the new MCC study lounge as a peer academic coach.

"We want to get more people involved and we are open to suggestions on how to, as well."

Joscelyn Fernandez, MCC graduate intern, said their Winter Welcome event is something the group hosts per semester.

"Students can come into the Multicultural Center," said Fernandez, "and learn about where the center is, what it is about, and what are some services and resources we provide."

Fernandez said the MCC would like to see the whole student population across Southern learn more about the MCC and programs offered. Beginning this semester, the MCC has also unveiled a new student study lounge, said Fernandez.

"We have computers, free printing, we have success coaches and tutoring," said Fernandez. "That is something we now offer too through the center [Academic Success Center]."

Robert Heron, a senior

marketing major and senior, said he was introduced to the MCC in his freshman year.

"One of my goals and expectations for the Multicultural Center is that a lot of organizations will funnel their members through here," said Heron. "As in, use their members to get active with the Multicultural Center more."

Heron said organizations do frequently collaborate with the MCC, but the student population could be more active.

"I believe just by stopping by it will eventually just go down that path," said Heron. "Slowly, but it is getting there."

Fernandez said she thinks MCC has a big following of students, but if their promotions are not put out on time numbers tend to be lower. Fernandez said the MCC tries their best to promote their programs to allow students to get involved.

"We work hard with getting our fliers in the residence halls and different departments," said Fernandez. "Letting departments know of programs we are doing and if it's possible their students might be interested in it or if they want to offer extra credit for it."

Alina Perez, junior and exercise science major, said she was introduced to MCC in her freshman year through the Organization of Latin American Students.

"To me, you kind of see people you relate to [in the MCC]," said Perez. "It is kind of a huge diverse



PHOTO | VICTORIA BRESNAHAN

Students take advantage of the Multicultural Center's event.

area that you feel comfortable. No matter who you are, you just come in here and it is a very welcoming environment."

Perez said she agreed with Heron's statement that more students could get involved

and more organizations should introduce students to the MCC. However, she said since her freshman year more students have attended events in the MCC.

"I feel like some people in a sense are scared to reach out

and do other things," said Perez. "Or [they] hesitate to go to other places or maybe [its] timing. But they have definitely done a lot more to help and I think it's going to down the right path."

Service Commission shares lunch and service opportunities

By Josh LaBella

The Service Commission held a lunch to share the opportunities they had for students to get involved with community service and leadership on and off campus.

Daphney Alston, assistant director of the Office of Student Involvement and Leadership Development, said the Service Commission was looking for students who want to be programmers - people who create programs around service. She told the attending students the details of the job over lunch catered by Panera Bread.

"Let's say you have a passion around health," said Alston. "Maybe you are the programmer who will do most of their events around health related things - like organizing a trip to a hospital or supporting Global Brigade with their medical program. Whatever you want to get involved with."

Alston said she and the Office of Student Involvement would help programmers create events, getting information around campus and build programs that match their theme. She said one of their bigger yearly programs that programmers would help execute Friends of Rudolph,

where young people come to campus from around New Haven and enjoy holiday activities and get a gift at the end.

"We also do the Day of Service and the Big Event," said Alston. "One happens in the fall and one happens in the spring, and (programmers) coordinate 300 to 600 students going out into the community and doing service on that day. It's a relatively new structure that we're trying to move forward with and it's a paid position."

Kathryn Ionta, a graduate intern in the Office of Student Involvement, said they were hoping they can facilitate connections between the service commission and other service based groups on campus.

"In the past, under the previous structure," said Ionta, "we've sort of been in this position where we've competed and we don't really want to do that we want to support them. So that is something we would hope the programmers have a hand in as well."

Dashka Boursiquot, a junior public health major, said she came to the event because she wanted to get involved on campus. She said it is her second semester on campus and she didn't get involved last semester so she was looking for something to do.

"Community service is important to me and this will be helpful in getting me involved," said Boursiquot. "You can do service in whatever area you want, which is cool."

Yushana Jones, a senior interdisciplinary studies major with concentrations in business administration and management, said her friend told her about the event and she has done community service before so she thought it would be interesting.

"It's important that we have groups like this on campus because they help the community," said Jones. "I might join, but it depends on the hours because I have to work as well."

Alex Burness, a senior philosophy and IDS major, said she was at the lunch because she wanted a place to sit down. When the Service Commission brought in food, she decided to stay for the meeting. She said she liked the new structure of the Service Commission.

"They want to make it a very small group with paid positions that can hold their own events," said Burness. "Their main objective is to support others and I think that's really great."

Students design flags representative of themselves

By Josh LaBella

Coral Jimenez said after having success last semester with the Share Your Culture Event, the Cultural Competence Club was excited to do it again.

"We just brought a bunch of materials," said Jimenez, a senior communications disorders major, "and told everyone to make their own flag. And if they didn't want to make their own flag we told them to just do something that represented them, their culture - just who they think that they are."

During the Jan. 17 event, students supplied with construction paper, colored pencils, crayons, scissors and glue students designed their own flags. Jimenez said the topics incorporated in their resulting work ranged from sexuality to music.

"[Last semester] we had a big piece of construction paper, as people were finishing, we took a picture of people with their flag, or the item that they created, and made a collage," said Jimenez, the president of the Cultural Competence Club. "At the following meeting we cut the pieces out and made a scrapbook of them."

According to Jimenez, the goal of the Cultural Competence Club is to spread the importance of cultural diversity and being culturally sensitive of others. She said it was not just based off heritage, but on other factors such as socio-economic status or sexuality. She said in the communication disorders major sensitivity is part of the curriculum but it isn't as prevalent in other departments.

"Through events like this we can share what we're learning in the classroom with other students that aren't in our department," said Jimenez. "We came up with this event because we thought it would be a fun way for people to get involved while also doing something related to what our club really is."

Adriana Schull, a freshman pre-nursing major, said she came to the event to meet people and get acclimated to campus. She said she had been going to different Week of Welcome events to test the waters and find out about



PHOTO | JOSH LABELLA

Students holding their flags they created.

different clubs. She said her flag was about self-love and her journey to Southern.

"I cut this out sort of like Connecticut so I'm going to put our Southern's location and my hometowns location," said Schull. "I'll write a couple things around it related to Southern as well."

Emily Earnshaw, a junior communications disorders major and treasurer of the club, said she thought it was cool seeing that everyone has something that's important to their identity.

"I think it [the event] just connects everyone," said Earnshaw. "It brings people together and you find out what you have in common with everybody else. We had so many people come to our meetings after we did it last

semester so we made friends and everything."

Gregory Byrd, a junior psychology major, said he made a flag that was abstract and meant a new beginning. He said a new beginning was important to him because he's made mistakes in the past but he's still standing. He said it is a new year and a new time and he thought, "why not?" He said events like that are important so students can remember where they came from.

"Maybe someone won't like their history or where they came from but sometimes it's good to look back," said Byrd. "It was very nice."

Humans of SCSU: Drew McWeeney

By Victoria Bresnahan

Drew Michael McWeeney, a senior double majoring in early childhood education and music composition and technology, said he is currently working on separate projects with a Grammy Award-winning composer, a member of Eric Clapton's band, and the director of bands at Drexel University.

"The top of the line people I have worked with have given me actual scenarios of what to expect in real life," said McWeeney. "There is just nothing else you can do that is better than that."

McWeeney said he began to compose music in his freshman year of college, but has been playing percussion and the piano for 16 years. He said he is a composer of wind ensembles, orchestras, jazz bands and creates electronic compositions using music platforms.

McWeeney said Southern Connecticut State University was the only college he applied to due to its strong education program and "booming" music program. In addition, McWeeney said none of Connecticut's state schools allowed him to pair early childhood education and music as majors.

"That is also why I chose Southern because they were able to make those two majors compatible," said McWeeney. "So not only will I get an early childhood certification, but I will also get music education



PHOTO | VICTORIA BRESNAHAN

Drew McWeeney, an early childhood education and music composition and technology double major, sitting at a piano.

certification. So, I am going for a whole handful of things."

Currently, McWeeney said he is working on a project with Nathan East—a member of Eric Clapton's band for over 30 years—whom he met during a soundcheck in the Lyman Center.

"I said to him, 'If I wrote you a very big solo piece for an upright bass and we confirmed an orchestra to play it would you do it?'" he said. "Absolutely," McWeeney said. "So, we have been in touch every week for about a year going through the music."

McWeeney said he would not be the richest person in the world for these projects, but he is grateful to receive more side work. He said the expected date this piece will be played is 2020. Additionally, he said he recently received a call from the director of bands at Drexel

University to commission and perform a wind ensemble piece he wrote. In September, McWeeney said he will be going to Drexel University to attend the rehearsals and prepare the piece to be played this coming December.

Lastly, McWeeney said he has been working with David Darling, a Grammy award winning musician, and has been arranging, orchestrating and transcribing his music. He said he will finish this project tentatively at the end of February and Darling will be distributing the music to be performed.

"There are talks of collaborations in the works, so that is a big project," said McWeeney. "I am fortunate enough to land that opportunity because he is a Grammy winning artist."

Upon graduation, McWeeney said he would like to teach preschool children and have a music career on the side. He said he has been interested in early childhood education since the second grade.

"I knew I wanted to be a preschool teacher because there are a lot of young boys that do not have father figures," said McWeeney, "and they need that role model."

McWeeney said music is also an important aspect for young children.

"Kids need movement," said McWeeney, "and there are certain aspects of schooling that you cannot teach, [but] you can teach through music."

The challenges of renting textbooks

By Victoria Bresnahan

Textbooks; they collect dust on our desks, roll around in the back of student's cars and rarely see the light of day. The Southern Connecticut State University bookstore offers students the option of renting or buying these books. Sometimes, a rental period ends with students purchasing it if damage is done.

Ashley Connolly, a freshman and elementary education major, said one of her SCSU rental textbooks had a little water on it and she had to buy it back at the end of the semester.

"It was not bad; it was probably 30 dollars," said Connolly. "It wasn't that bad of a water stain. I was like, 'If someone is going to complain about this, I would be surprised.' I was a little annoyed."

Adrianna Breda, a junior and an employee at the SCSU bookstore, said water damage and issues to the spine of the book are some reasons why the bookstore may not take back a rental.

"If the book is falling apart, or out of its spine, we can't take it back," said Breda. "It is company policy."

Breda said students should put their books somewhere safe, or leave it at home unless they know they need them.

Mac Linsley, SCSU Bookstore general merchandise manager, said the bookstore tries to not let damaged books appear back on the shelves for rental. Linsley said if a student is given a damaged book as a rental, they should bring it to the attention of the bookstore immediately.

"You can leave it [a rental textbook] on your desk, but do not put water there," Linsley said as a suggestion to students looking to avoid buying

back their rentals

According to a 2013 Cash4Books survey, out of the 532 students polled, 83.6 percent primarily buy their textbooks and 16.4 percent rent them. The survey stated Chegg and Amazon were the top websites students used to rent their textbooks. 94 percent of the students stated they choose to rent their books because it is cheaper

Allyn Petrillo, a freshman and elementary/special education major, said she was able to buy and rent almost all her textbooks from Southern Connecticut State University's bookstore.

"Everything was there more or less," said Petrillo. "There was one time I did not have my art history book, so I had to buy that."

Petrillo said the art history class she took had a large number of students enrolled in it. Connolly, who was also in the class, said due to the class's large enrollment number there were too many people who needed the book at once.

Additionally, Petrillo said she had to purchase back a rental book from the bookstore due to damage to it.

"One of the books I had I kind of messed up a little bit," said Petrillo. "I had to buy it because it wasn't usable anymore—my dog kind of got to it. It was right before I was going to bring it back, too. It was okay; it was only 30 dollars."

Petrillo said in the future she would buy her textbooks through whatever platform is cheapest.

"Sometimes it is just easier because they [the bookstore] are right there," said Petrillo. "Whereas [with] Amazon, you have to order ahead."



PHOTO | PALMER PIANA

Students' New Years resolutions

By Victoria Bresnahan

Wishes, hopes, goals and dreams are the nouns edited and re-integrated back into our lives each year. The fresh feeling at the beginning of the year prompts people to re-imagine who they would like to be. Some envision a slimmer self, or working a job that provides them with more satisfaction.

With another semester beginning for Southern students, some of them have created fresh academic and scholastic goals to achieve this spring.

Emily Plavcan, a senior journalism major, said her 2018 New Year's Eve resolution was not focused on doing more or less of something, but rather making this a "year for oneself."

"I do not want to say 'Oh I need to lose weight' or 'I am going to stop doing this,'" said Plavcan. "Just, if something makes me happy, do it."

Plavcan said, as a senior, she wants to have no regrets and take all the courses she would like to before she finishes her four years at Southern.

"I want to go to all the activities that I want to go to—I don't want miss out on anything," said Plavcan, "[to] kind of just live up my last semester."

Plavcan said those who procrastinate or do not complete their

resolutions can always start again.

"Just because you stop, or have a bad day, does not mean the next day you can't just start right back up again," said Plavcan.

According to 2017 Statistic Brain Research Institute data, the most popular resolution Americans chose was to lose weight or eat healthier. The data also stated 41 percent of Americans usually make a New Year's resolution, and of those who do, 44.8 percent of these goal-setters maintain their commitment to it past six months.

Kayla Ewing, a sophomore working on entering the social work program, said her resolution is to be healthier this year and get more sleep.

"For school, [I want to] stay on top of tasks," said Ewing. "Obviously you can't do everything all at once when you first receive it. My goal is to at least do something towards the assignment when it is assigned."

Ewing said she has a problem of forgetting her resolutions.

"When I do not feel very motivated, just reminding myself that as much as it sucks now, it's going to suck more doing it at 2 a.m.," said Ewing.

Lourdes Rivera, a sophomore art history major, said one of her resolutions is to try to stay on top of her school assignments.

"Essentially, it's just me trying to complete everything once I am



PHOTO | MARY RUOZIS

handed it," said Rivera, "because I have a thing for procrastination and it's pretty bad."

Additionally, Rivera said she would like to budget her expenses because she spends a lot of money.

"[I spend a lot on] things here, especially the bookstore, and food," said Rivera. "Trying to spend less on food is definitely one of them because that is like 50 percent of

what I used to spend on last time."

Rivera said goals are important for people to set because it helps aim them for something.

"If you are going aimlessly," said Rivera, "you can still get there; it's just not as easy."

New classes for the spring semester



PHOTO | PALMER PIANA

Students sitting in a classroom in Engleman.

By Jeff Lamson

This spring semester, Southern is offering some new courses to fill certain needs for students. There is a political science course about inequality, as well as a new education course to prepare future teachers for a new certification requirement and mindful leadership from the management & MIS department.

Jennifer Hopper of the political science department, now in her second year of teaching at Southern, is bringing PSC 398 Politics of Inequality to Southern for the first time after teaching it at Washington College, a private school in Maryland.

Of the course's past, Hopper says, "[It] worked fairly well. It deals with a lot of topics in American politics and a lot of different forms of inequality."

According to Hopper, students usually gravitate towards at least one aspect of the course because of the diversity of topics discussed.

On how students are eased into what can be a touchy subject, Hopper said, "I try to start with some topics that I think are less likely to be extremely contentious."

Hopper starts the class by addressing political inequality in the Constitution and structure of American government, noting the electoral system.

Hopper hopes to create a, "respectful, academic discussion," in this course while also teaching students, "to be critical, and to kind of really evaluate and analyze the things that they're presented with."

Adam Goldberg, a professor of math education in the elementary education department, has his own special topics course for student teaching to help with a new development in teacher certification.

Starting in fall 2018, to pass teacher certification one must now do an edTPA (Teacher Performance Assessment), which is a portfolio in which student teachers develop teaching units, teach and film it to be

evaluated.

Existing programs may have not been enough to prepare and students who would have this evaluation coming up, so this new Special Topics course was developed to make them comfortable enough to complete edTPA when the time comes.

The course is complete with a mock portfolio and, according to Goldberg, eventually elements of this course will be incorporated into others so that this one is phased out.

"I don't think other schools have it," Goldberg said, noting that Southern is ahead of the game in preparing future teachers for this assessment.

In the management & MIS department, Charlie Yang is teaching mindful leadership for the last time as a special topics course before it is eventually made a fully approved, regular course.

Yang aims to teach students to be more responsible leaders and managers by teaching them to prac-

tice more mindful behaviors.

"Stop. Pause," Yang says, "and observe your breath and pay attention to what is going on in the here and now."

Yang encourages learning through one's body and mind and to sometimes "just be."

Yang has students practice breathing exercises and evaluates their mindfulness by having them keep meditation journals, which he reads. He says that students continue their mindful behaviors because "they experience the benefit."

According to Yang, this approach to leadership is often ignored in management education but says, "this is a life skill," and that it has applications in any field of profession. It is starting to catch on in even professional sports coaching.

On teaching students to practice mindfulness, Yang said, "This kind of experiential learning is the building blocks for future, responsible managers."

Student explores passion for writing through young adult novel

Melanie Espinal

Writing a book may seem ambitious for some. Jolee Parolise, senior early childhood education major, wrote her first book her senior year of high school.

One of her dreams was to be an author, she said. She always liked to read and write, and felt she had a big imagination. In her senior year at Branford High School, she used a capstone requirement to do just that. She used the courses deadline to force herself to achieve her goal: writing a young adult novel.

Parolise said, "As soon as I pulled it out and said 'Oh, I wrote a book,' the two teachers in the class were like, 'What?'"

The book she wrote was called "We Are Young," inspired by the song by F.U.N., which was popular the year she wrote it. The cover of the book, which was bound at RJ Julia Booksellers in Madison, is a collage of youthful stock photos with teenagers laughing.

The book is a coming of age story about a group of high school seniors who are all friends, with different things going on in their lives. There is a part of the book that is set in the future.

"There is one character I'll definitely say I can probably relate to," she said. "I think most authors do that, they can't help but put

themselves in the story. So, I think I put her in there because it put in some of my thoughts about going off to school and stuff like that, and just growing up and getting older."

Parolise said she used her characters to revamp her reality, giving some characters traits she wish she possessed.

"I think in high school I didn't really put myself out there that much," she said. "So, I didn't have a lot of interesting things happening to me so that's why I would write stories."

These stories would feature characters with futures she would hope for, like outgoing people with successful college memories and bonds. Since then, she said she made a lot of friends at Southern and did a lot of things her high school self would not have thought she could.

"I've come a long way, now I have different experiences that I can write into stories so I definitely accomplished that goal," Parolise said.

Parolise made eight copies of the book and gave them to friends and family. She said she does not think her mom even got through it because she cried so much, being proud of her daughter. The copy she has on hand was the one she dedicated to her mother, with her high school signature in blue pen on the dedication page.

Although Parolise was very proud of herself for



PHOTO | MELANIE ESPINAL

Jolee Parolise, a senior early childhood education major, holding her book "We Are Young" in Engleman Hall.

finishing it, she said at times she gets embarrassed about the book and knows her work is not yet done. The book was never officially published and that is something she definitely wants to do in the future. Before that though, she said it needs a lot of edits.

"It's like double spaced, I wrote it on [Microsoft] Word," she said, laughing. "I was in high school and I didn't think to shorten it."

Reflecting on it now, she thinks a lot can be

done to improve it, like adding more research and making the chapters held in the future more realistic. Now that she is older, she said she thinks she might have better insight and answers to the questions her 17-year-old self asked through these characters.

After high school Parolise still dedicates her time to her craft, taking creative writing classes and publishing a piece at Southern's literary magazine, Folio. She said she hopes

to use Southern's creative writing professors as a resource, and speak with them about the publishing processes.

"It's kind of hard to be noticed and recognized as an author," Parolise said, "or make it to the best-sellers list."

Despite this, she remembers young adult novels that were not necessarily popular having the most impact on her life.

Growing up, Parolise hadn't really thought

about what she wanted to do in life, but knew she wanted to write. Although she has decided to be an early education teacher, she said she does not plan on abandoning writing. Instead, she has pondered the possibility of creating children's books, but admits that the young adult genre is her passion.

"My first love was writing," she said, "and that's definitely something I don't want to leave behind."

'The Shape of Water,' an amphibious love story



PHOTO COURTESY | GAGE SKIDMORE

Guillermo del Toro photographed at a San Diego Comic Con.

Mary Rudzis

Guillermo del Toro's latest film, "The Shape of Water," is an absolute masterpiece. Del Toro, who also created riveting movies such as "Pan's Labyrinth" and "Hellboy," has the ability to tell stories that are so unique and out of this world in a way that makes them feel close to home.

"The Shape of Water" is about a mute woman named Elisa who works in laboratory run by the American government in the early 1960s. Elisa is lonely, as she lives alone; her next door neighbor Giles is also somewhat of a recluse because he is often caught up in his work painting advertisements for companies like Jell-O.

Elisa and her coworker and friend Zelda discover that there is what appears

to be an anthropomorphic, amphibian-aquatic animal hybrid in the top-secret facility in which they are janitorial staff. Elisa develops a fascination with the creature, referred to as the Asset, and they communicate with one another through sign language, music and the eggs she brings the Asset to eat.

To the government, the Asset is just an animal in a cage to be poked, prodded and used for human benefit. However, because Elisa sees the Asset as more than that—as an equal, and as a being with personhood just like her—she knows that it has a soul and the right to live freely.

This film is a sort of twisted, science-fiction love story. The Asset is valuable to not only the U.S. government but foreign powers as well. Eventually, Elisa and her friends free the Asset from

the building, resulting in mass panic. This tension makes the film feel action-packed, seeing as janitorial staff were not even supposed to know about the Asset, let alone interact with it.

The cinematography, the soundtrack and the fantastic acting of Sally Hawkins, who plays Elisa, makes this period piece a swelling, forbidden romance, as well as a clever play on the classic trope of one person's struggle against their government or the powers that be. The storytelling hit every mark, making sure that no detail was overlooked and that the audience was captivated throughout the entirety of the two hour long adventure.

There is an ethereal, fairytale feel to "The Shape of Water;" not only considering the "Beauty and the Beast" undertones, but also the way that Elisa,

though she is silent, expresses her affection for the Asset. She eats her lunch with it and brings a portable turntable so that they can listen to music together. The scene is reminiscent of two lovers on a picnic date. The whimsy of this relationship feels innocent and mystical and later turns into a deep and meaningful bond, especially seeing how Elisa saves the Asset's life.

"The Shape of Water" is a celebration of love, self-discovery, acceptance and sticking it to the man. For del Toro fans, it is a definite must-see. It may be a bit of a strange

Theater students prepare for Kennedy Center Festival



PHOTO | MELANIE ESPINAL

Iannantuoni and Davenport running through their lines.

Melanie Espinal

When it comes to preparing for the 50th Kennedy Center American College Theatre Festival, junior theatre major Matt Iannantuoni said repetition is key.

“Repetition, repetition, repetition. Knowing I know it is important,” he said. “It’s a different type of nervousness, performing in front of professors than at the festival.”

Iannantuoni, along with several other students nominated by Southern’s theatre faculty, will compete in the annual festival on Jan. 30, which features student acts from colleges throughout New England.

Every year, theatre staff selects students based off of their craft and performances

to represent Southern’s theatre department in the festival which is in Western Connecticut State University, as well as having a chance to move further in April to the nationals held at the Kennedy Center in Washington D.C.

This is the first time Iannantuoni will be attending the festival. He stressed the importance of reading through lines, in preparation for the pre-festival rehearsal showcase in front of faculty.

Olivia Davenport, a sociology major and theatre minor, is also attending the festival for the first time.

Davenport said that there’s a lot more to the festival than student performances, like their panels, workshops and speakers for both students and faculty throughout the six-day long festival.

The workshops offered are listed on a tentative schedule on the Kennedy Center Region One website. Among them is a workshop titled *aspire Creating Your Own Destiny: the business of running a small theatre*, with speaker Paul Ricciardi, which teaches students steps to organizing a non-profit theatre company.

Davenport said the festival is one of the only opportunities for students to “have classes, go and learn at workshops and get feedback on things that we choose.”

She and her performance partner Steve Belli are performing “Almost, Maine” a play by John Ciarani of vignettes which feature different characters who are couples experiencing love and loss in small town in Maine, “almost” in Canada.

Belli said their characters are a new couple wrapped up in a miscommunication.

The two of them, along with Iannantuoni, ran through their lines in the communal area alongside the theatre department office.

Belli has been to the festival before. He said another great experience at the festival is being able to watch the performances of the other schools involved, and get a feel for the competition.

“I get to sit and listen to the other students who are in the same kind of boat I am,” Belli said.

Besides the ability to perform, watch performances and attend workshops and panels, the main attraction of the festival is the various awards and scholarships students can be nominated and

audition for. There are awards for scholarly articles, acting, musical theatre, directing, design, tech, directing, playwriting and even theatre journalism. Some, like the Irene Ryan Acting Scholarship, range from \$500 to \$5,000, according to the KCATF Region One website.

At the last festival, two Southern students received some of these awards. James McLaughlin received The Vectorworks Award for Design, a technology and management award, and Marcelle Morrissey received the directing award, David Wheeler Award for Excellence in Actor/Director Communication.

Belli said of the festival, “It’s like the college Tony Awards.”

French Club holds movie night with crepes and Disney

Jeff Lamson

On Saturday, Jan. 20, French Club hosted their first Week of Welcome event, a movie night in Adanti Student Center’s theater.

Though the venue may have been too large for the number of students attending, the French Club, led by Jessica Hartwell, club president and senior, made their best effort to have an accessible cultural event.

“Beauty and the Beast” was presented on the big screen in French with English subtitles as the club and attending students enjoyed Pizza Heaven’s party sized pizzas alongside crepes prepared by advisor, Dr. Luke Eilderts.

When asked about the choice of film, Hartwell noted that “Beauty and the Beast” takes place in France and that the title also allowed the club to have some fun naming the event Beauty and the Baguette. “Everybody loves Disney,” she stated.

The club was originally aiming for a Friday night event in one of the smaller meeting rooms upstairs but were moved to Saturday afternoon in the Student Center’s theater.

On having their first Week of Welcome event, Hartwell said that, “[It] is pretty exciting because we weren’t sure if we were gonna get approved or not.” As noted in a Southern News story in December 2017, the French Club is still small and has had issues with scheduling and events approval in the past.

This event, according to Hartwell, is another event to boost awareness of the French Club and share



PHOTO | JEFF LAMSON

Students watching Disney movie hosted by French Club

French culture.

In this effort to make Southern more aware of its presence, the French Club has begun making pens reading, “Le Cercle Français,” with the colors of the French flag.

After the Club Fair on Jan. 22, the French Club aims to have more movie nights in the future with more natively French films. According to Andrew Patenaude, club secretary and senior, he has a film in mind but is having technical difficulties in finding a way to present it with English subtitles.

The pizza, crepes and snacks were served before those attending

settled in and relaxed to watch the film. With less than ten people in attendance, it was a quiet affair. The film felt surprisingly natural in French, but some of the nuance was lost in the dubbing. Certain moments were less impactful, but overall “Beauty and the Beast” was what it always has been: a solid Disney movie.

The event allowed some time for socializing and eating as the film fell well short of the two-hour time slot that the French Club had been allowed. As for how the time would be managed, Hartwell said, “We’re just gonna wing it.”

Though the turnout was maybe not what the club was hoping and the event may have lacking some organization, the core members of the French Club came out with effort and enthusiasm despite their small size. While the future of the French Club seems unsure, Beauty and the Baguette may just be another step towards learning what will bring the club success.

Students try out new virtual reality gear



PHOTO | JEFF LAMSON

Students try on HTC Vive in front of student center ballroom.

By Jeff Lamson

Whales, zombies and dragons were spotted in Adanti Student Center as students and some brave faculty members experienced the virtual reality world brought to Southern by UNIVRSE. Running two HTC Vive Virtual Reality headsets, those in attendance were able to play game demos and VR experiences in front of the Ballroom in ASC last Thursday.

Daphney Alston, assistant director of clubs and organizations in the Office of Student Involvement, discovered UNIVRSE from their participation in a Network and Chill event that took place in Hartford in October 2017. According to Alston, she witnessed the young professionals from the area posting their VR experiences online and generally having a good time.

Alston then contacted Earl Stallings and made arrangements for the demo at Southern. On UNIVRSE's website they describe themselves as, "Connecticut and Massachusetts premier virtual reality destination." Through what they call a VRNITEOUT, they can provide between one and three Vive headsets to entertain parties and all sorts of social gatherings in groups more than 20 people.

UNIVRSE also provides a 50-inch TV so that those not wearing the headset can see what the player sees. This turns the VR

experience into a much more social affair. On Thursday, some students were seen encouraging and giving advice to those in the VR headsets.

Originally planned for Wednesday, fear of snow convinced Alston to reschedule to the same time as the Commuter Luncheon which she admitted might have increased turnout. "I think it was a happy coincidence," Alston said.

Some students came back to try more than one of the demos and others played the same one more than once. One of the latter is freshman English major, Sophia Oneto. Oneto says she was drawn to the Commuter Luncheon and VR Experience by a general interest in video games.

While Oneto says VR is an, "awesome concept," she also says that she is not yet sold on it, adding, "I feel like the technology still has a few bugs to work out."

Oneto said that some of the problems like not really being able to move but instead to stay stable or in the case of the bow and arrow game that she played, "teleport," to different locations by shooting highlighted areas with the arrows.

There were also some technical difficulties with too much sunlight getting into the sensors on the controllers; because of this, the curtains to the room had to be drawn closed.

Both Alston and Oneto said that after



PHOTO | JEFF LAMSON

UNIVRSE associate demonstrates HTC Vive.

what was their first experience with VR, they're open to trying out some more of what VR has to offer. According to Alston, UNIVRSE's VR Experience might return: "I think this would be a good thing to bring back to campus." Alston noted that the event was easy to organize logistically and that UNIVRSE offered a "great price."

Alston also says that the goal of having between 20 to 25 students attend the VR Experience was successful and that in the future more events that can be experienced by one person in 10 minutes or so might be paired with commuter events.

Student art of the week: Mary Koller

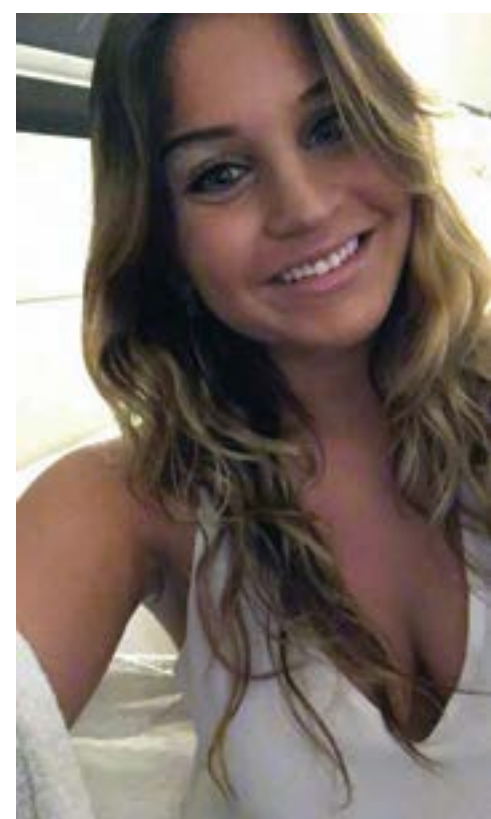


PHOTO COURTESY | MARY KOLLER

Mary Koller, graphic design major with a minor in marketing.

"A strong positive self image is the best possible." preparation for success."



PHOTO COURTESY | MARY KOLLER

Graphic Design project by Mary Koller

"I am very exact as an artist and I can express that through graphic design."



The basketball team holding hands for the national anthem prior to tip off this season.

PHOTO | SOUTHERNCTOWLS.COM

Lockett Jr. has career night despite loss



PHOTO | SOUTHERNCTOWLS.COM

Jerry Lockett Jr. during his 31-point scoring performance this season.

By Mike Riccio

Jerry Lockett Jr. scored a career high 31 points and grabbed a team high of nine rebounds against Stonehill on Saturday, but the Skyhawks defeated the Owls 96-80. The Owls (7-8, 4-6 in the NE10), have lost four of their last six games to fall below .500 for the first time since early December. The Skyhawks (9-7, 5-5) have won seven of their last nine games after starting the season 2-5.

For the Skyhawks, sophomores Brandon Twitty, 34 points, and Will Moreton, 22 points, both set career highs in points as well. Moreton also grabbed a game high 11 rebounds, recording his second double-double of the season. Lockett Jr. said he and the team want to improve off their performance in order to try to turn their season around.

"I'm just going to come out and try to be aggressive, like I did tonight, and try to correct those little mistakes that I had personally and help my teammates and try to lead my teammates so we can get these victories."

Lockett Jr. scored the first 12 Southern points of the game to give the Owls a 12-8 lead. The Skyhawks took a 35-33 lead with 5:15 to go in the first half, their first lead of the game, but the Owls responded with a 19-5 run to take a 52-40 lead into halftime. Lockett Jr. scored 21 of his 31 points in the first half, while Isaiah McLeod added eight points and a pair of three pointers for the Owls. The Owls shot 56.8 percent in the first half en route to their largest scoring half of the year.

Owls struggle in 2018

The women's basketball team has lost four of their last six games to start the new year.

By Matt Gad

Double-digit wins for women's basketball head coach Kate Lynch before the calendar struck Jan. 1, 2018 was impressive. But the team has to finish if they want to continue playing basketball in late February and March.

In one of the first home games for the 2018 part of the season, the Owls fell to Stonehill (15-2), by a final score of 63-52. That afternoon, senior Abby Hurlbert and sophomore Kiana Steinauer led the show with 16 and 13 points, respectively. Redshirt senior Murphy Murad, raised in Storrs, Conn. and a graduate of E.O. Smith High School,

struggled with 1-8 shooting and 0-4 from range.

"The refs are always a frustrating factor," Murad said, speaking to a lot of tight calls that were made as the game wound down in the fourth quarter, "but at the end of the day we have to focus on us. The second quarter really hurt us."

In that second, the Owls

"We had open shots; we need to knock them down."

— Kate Lynch, head coach

were outscored 21-13 to an opponent that was led by the hot hands of Samantha

Hyslip's 17 points and Kelly Martin's 13. Lynch's squad came out of the gate strong, taking a 17-9 lead after the first 10 minutes, but was outscored in every remaining quarter as the game went along.

Said Lynch after the defeat: "[Stonehill] beat us to every loose ball. We didn't box-out enough; we guarded their stuff pretty well, it was just that we made some defensive mistakes and a team like that is excellent, and they run the stuff really well so we have to guard it one-on-one; you can't make defensive mistakes."

Stonehill capitalized off 32 points in the paint and 14 off turnovers. They also had 12 from their bench

and held a 13-point lead in the final stretch of the game. The Owls' largest lead was a 10-point advantage in the second and they scored 18 in the paint and 19 off Stonehill turnovers.

As the 2017-18 season has progressed, both teams have found themselves in good spots in the NE-10. Southern has only managed to go a tick up in their home record at 4-3 but has won nine games on the road so far this year.

Lynch said she was able to tell the team that despite the loss, they had a stretch where they played some strong competition.

"We beat ourselves in some facets but we certainly didn't lose to a bad basketball team by any means.

SEE WOMEN'S BASKETBALL PAGE 11

SEE MEN'S BASKETBALL PAGE 10



SCSU cheerleaders at one of their performances.

PHOTO | PALMER PIANA

Cheerleading gets taste at nationals

By Matt Gad

Cheerleading recently appeared at the 2018 UCA and UDA College Cheerleading and Dance Team National Championships, held in Orlando, Florida, from Jan. 14 to 18.

"I think that this experience was much needed for both me and the team," junior Jessica Telesco said. "It opened our eyes to see what it is like to compete at the college level. As for representing Southern, it was a great opportunity. Some of these girls have been working three to four years, including myself, to get back on the nationals mat and to wear Southern across our

chest was amazing"

The championships featured schools from all three NCAA divisions. In Division II, where the Owls competed, the University of West Georgia took home first place, followed by the University of Puerto Rico - Bayamon, Pittsburg State, Northwest Missouri State and the University of Puerto Rico - Mayaguez.

Morehead State University won the women's Division I title and the University of West Virginia claimed the top victory in Division III. The championships also featured coed programs and an open slate for community colleges, where Shelton State, out of Tuscaloosa,

Ala, won. Senior Lauren Sheetz said she was just so excited to see Southern go to the nationals for the first time in her tenure and that she was fortunate to be "able to go and perform for my final time [on the nationals stage]."

Said Sheetz: "It was the first performance all season for a lot of the girls, and, for some, their first performance in years. We were proud of ourselves for making it to Florida and since the team is 99 percent undergrads we will be better prepared for nationals in the upcoming seasons." Like with the dance team, most of the cheerleading efforts are done to raise spirit during the

SEE CHEERLEADING PAGE 11

Men's basketball

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The Skyhawks answered by going on a 15-2 run to take a 55-54 lead. Three-pointers by McLeod and Ulyen Coleman helped the Owls build 60-56 lead, but turnovers on three straight possessions allowed the Skyhawks to retake the lead. Stonehill never trailed the rest of the game.

The Skyhawks outscored the Owls 56-28 in the second half by going 16-23 from the field and 7-12 from 3-point range. The Skyhawks also made 17 of their 21 free throw attempts in the second half, whereas in the first half they went just 2-3 from the line.

Luckett Jr. said coach Scott Burrell wanted the team "to come out and put our foot on them first" as they were coming out of halftime.

"We turned the ball over right away and they just started getting it going, they started hitting shots and we never got back in the game," Luckett Jr. said. "Our motive was to come in and try to keep our lead. We went away from being aggressive on offense and we just didn't stick with the game plan and it shows, and we let them get back in the game."



Junior guard Isaiah McLeod during a home game this season.

PHOTO | SOUTHERNCTOWLS.COM

The Owls return to action on Wednesday against Franklin Pierce (8-7, 3-7) in Ridge, New Hampshire. Luckett, Jr. said the offense

is not a concern or an issue for the team and it is not an issue for the Owls to focus on their defense. "We're going to have to

learn to guard the perimeter, that seems to be our weakness," Luckett Jr. said. "I think everybody just has to have pride when we're

guarding on defense and we just have to really, really have a defensive mindset."

Indoor track facing new challenges



The men's indoor track sprinters during the 55-yard dash this season.

PHOTO | SOUTHERNCTOWLS.COM

By Matt Gad

Breaking up a season with the holiday break is never ideal for any coach or any program, but indoor track and field, like men's and women's basketball and the swimming programs, takes a direct hit from the calendar.

"It's the worst thing in the world to have a break like that in-between [the season]. You go home and get comfortable, but then you need to come back and be grinding until the end of the season. It isn't good for any sport," Wallin said. This year, though, there is an added obstacle for the

Southern program, and many other Division I, II and III: the New England Championships, typically put after everyone's conference meets, has been moved in front. Wallin and senior sprinter Luke Velez know it is a new challenge that has to be faced.

"One of the big championship meets that we focus on is usually after the conference meet; the conference is usually the start to our championship season but this year it's different. The New England meet is going to be two weeks before our conference meet, so we really try peak for that meet," Velez said.

So far in the season, the

indoor team has competed at the Barber and Wright Alumni Meet, the Elm City Challenge, the Yale Season Opener and the Saint Thomas Aquinas Division II Challenge, which was held in Staten Island, N.Y. Jan. 12. Ahead the team will compete at the Dr. Sander Invitational Jan. 26 and then will have the Metropolitan Championships Feb. 1 and second in New York, N.Y. and the moved-up New England Championships, in Boston, Mass., Feb. 2 and 3.

The Northeast-10 Championships this year will be Feb. 17 and 18th in Northampton, Mass. and then there will be one more chance for student-athletes

to qualify for nationals at the Boston University Last Chance Meet Feb. 25.

"[The schedule] may change the tactics of how we run and where we run [late in the season]," Velez said. "I hope it wasn't a permanent change. For the younger athletes' sake I hope [changing the New England meet] wasn't a permanent change but I know for outdoors the schedule is going to stay the same."

Last year the Owls placed third at New England's when they were held Feb. 24 and 25 in Roxbury, Mass. A change in the scheduling, Wallin did not schedule the BU Last Chance

Meet in the 2016-17 campaign.

And on the indoor season as a whole, Wallin said the expectations are to perform well at New England, to win the conference meet and also to send more student-athletes to nationals than they did last season.

"We're frustrated with the change," Wallin said. "Some people really like it but its not good. But we're just trying to win the conference and send a bunch of kids to the national meet if we have three guys there and they each win we score 30 points and then it places us as a team. [With the meet switch] we advance based on performance."

Chris Palmer named UNH athletic director

By Matt Gad

Former Southern football player Chris Palmer, who holds two degrees and is a member of our athletic Hall of Fame, was recently named as the University of New Haven's Director of Athletics and Recreation.

A high school and college quarterback turned professional football coach, Palmer's career has been all over the map. He coached in the Canadian Football League, the National Football League, over the college football

landscape and in the short-lived United Football League, where he served as both head coach and general manager for the Hartford Colonials. His last stop in the NFL came with the Buffalo Bills in 2015 and 2016 as an offensive assistant.

But despite 25 years of experience in the country's top league and 15 years in NCAA programs, Palmer only has limited administrative experience, highlighted by his role with the Colonials. It is a whole new ballgame for him now over in West Haven, a rookie athletic

director similar to what Sacred Heart did a while ago when they named Bobby Valentine, someone who spent years as a manager in Major League Baseball, into their athletic executive office.

As an Owl, Palmer was the starting quarterback for three seasons and he graduated in 1972. And during his time as a coach on the Charger football sidelines he led them to back-to-back 8-2 seasons, an impressive feat.

During one of his first gigs as an offensive coordinator in

the brief United States Football League, the same league Trump tried to make great, Palmer's offense with the New Jersey Generals had the likes of quarterback Doug Flutie and running back Herschel Walker. And his first NFL experience came with the former Houston Oilers, and guess who was part of that staff: yet another former Southern Owl in Kevin Gilbride. The later was known for his seven years of service as an offensive coordinator with the New York Football Giants.



Matt Gad - Sports Writer

Women's basketball

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We need to have better shot selection and to capitalize on more of the other team's mistakes," Lynch said. "We had open shots; we need to knock them down."

Murad echoed a lot of the frustrations her head coach saw in the game, adding that Stonehill runs a very familiar offense for the Owls to go up against and that some of the fast-break scenarios put them in a bad spot.

In their next showing, though, in Ridge, N.H., the women pulled out a 55-54 victory over Franklin Pierce. They lost to Bentley, 64-48, last Sunday in Massachusetts but come back to Moore Field House for a stretch of games that includes Assumption, Saint Michael's and the University of New Haven on Jan. 31 at 5:30 p.m.



Africa Williams driving to the basket during one of Southern's games this year.

PHOTO | SOUTHERNCTOWLS.COM

Cheerleading

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PHOTO | PALMER PIANA

Cheerleaders during an earlier competition.

football and men's and women's basketball games. This year, though, with the Owls' volleyball team making it to their first ever Division II Women's Volleyball Championship, the cheerleading squad also made an appearance at the University of New Haven, the hosts of the East Region.

After the experience down in Orlando, the team really feels like it has been "put on the map" with all the other national programs. They have only used their underdog status to motivated themselves.

"Southern has been known nationally for so many years but unfortunately had gone down in the past," Sheetz said. "This was definitely a rebuilding year for our team and by being surrounded by other amazing teams with higher level skills it has inspired and motivated the girls to want to do better in the future and work for new skills."

The Owls won the 2009 national championship in Lake Buena Vista, Fla. They won the all-girls' lineup for Division II that season. The cheerleaders are currently back in action, performing throughout the men's and women's basketball home games inside Moore Field House.

"This program was once nationally ranked and with it falling off the past couple of years getting our name back out there showed that we can again compete with the best," Telesco said. "I think that seeing the other teams got the girls more motivated. [It was] encouraging us to work harder for the following years to come."

Swimming closing out season strong



PHOTO | SOUTHERNCTOWLS.COM

Swimmers diving into the water during a meet this season.

By Wensley Alcide

The men and women's team of SCSU swimming had a strong showing last Friday, defeating the College of Saint Rose by a point total of 279 to 142. Dominant from start to finish, SCSU looked poised as they aim to bring the state championships back to New Haven.

Lead by captains Tyler Castellone and Lucas Fanucci, the men were fired up and ready for the challenge. Standing out was the preparation of the team. They train hard and the results showed.

At the finish of the 1650-yard freestyle, Fanucci came in second place. He used one word to describe the race: "brutal". The 1650-yard race is a 66-lap race which Fanucci completed in 17 minutes and 50 seconds.

On the women's side, they were completely dominant, winning with a point differential of 90. Led by captains Katie Crotchet - winner of the 50-yard freestyle, and Sydney Fromkin. The women's team swam St. Rose out of the water. The reigning Women's North East swimming and diving champions took the first relay race of the meet and never looked back.

The 500-yard Medley relay, 1650-

yard freestyle, 200-yard freestyle, 50-yard freestyle, 200-yard IM and 1-meter diving, amongst others, are all competitions the women of SCSU took home.

Castellone, was as enthusiastic as he was optimistic about what lies ahead.

"We're twenty days out of our championship, so we're coming down to the nitty-gritty," said Castellone, discussing the team's focus. "We're focusing on technique; we're focusing on building up to this championship."

Castellone was pleased with the team's performance, but not satisfied.

"The women are defending their title and the men, we're fighting for that spot so these are big days for us," said Castellone.

In terms of the specificity of their training regimen, Castellone said: "We swim roughly seven miles per day."

Recently, the team swam 93,000 yards in eight days while in Fort Lauderdale. Junior Tyler Prescott, of the men's team, was the unsung hero of the night. Having twice won North East Conference Athlete of the week, Prescott was quite impressive. He dominated winning the 100-yard backstroke.

During the meet, head coach Tim

Quill and his assistants sung the praises of the team.

"We're back! We're back in the game!" said the former coach of the year.

Quill feels strongly about his team, and their showing on Friday showed good reasons why. He also had some strong and optimistic words about Prescott.

"I think he's going to eventually break the conference record by two seconds," said Quill.

The crowd favorite on Friday was sophomore Max Prado, who won the 100-yard butterfly by three tenths of a second. Prado had a very competitive approach.

"Let's go! Let's go!" screamed Prado, as he blasted music through his headphones while slapping his hands against the wall.

With only two remaining meets, the SCSU Owls have their eyes on the ultimate prize. The women will be defending their title, and the men are looking to avenge what they feel should be theirs: the championship.

Jags best season in 10 years

By Kevin Crompton

When the Jacksonville Jaguars beat the Buffalo Bills in the AFC wildcard game two weeks ago, it was their first playoff win in ten years. The last Jacksonville post-season victory came in 2008 from a David Garrard lead offense along with the two-headed monster of Maurice Jones-Drew and future hall of famer Fred Taylor in the backfield.

Just a year ago, Jacksonville ended their season with a 3-11 record. And although they're

not going to the big game for a shot at the Lombardi trophy, making it to the AFC championship in 2018 is a tremendous turnaround and something Jags fans should be inspired by after ten years of agony.

So now comes the question, who is responsible for the Jags recent success?

At the beginning of the 2017 year, Jacksonville hired the former New York Giants head coach and two-time super bowl champion, Tom Coughlin, as the team's executive vice president of football operations. Since Coughlin has been

in the front office, the Jaguars managed to sign defensive end Calais Campbell, cornerback A.J. Bouye, and former Dallas Cowboys star safety Barry Church. These brilliant offseason moves, paired with talent already on the Jacksonville roster such as guys like Telvin Smith, Myles Jack, Malik Jackson and Jalen Ramsey - just to name a few - enabled the "Jacksonville Jaguars" to be a top two defense all year.

In the 16-game regular season, the Jags allowed fewer points per game than the 2015 Broncos, recorded more sacks

than the 2002 Bucs, allowed fewer pass yards per game than the 2013 Seahawks, and scored more defensive touchdowns than the 1985 Bears.

Yes, there is never just one element that makes a football team successful; as the proper combination of many factors is essential for success, however Tom Coughlin's presence in the Jacksonville front office and the Jaguars best season in over a decade is no coincidence.



Kevin Crompton - Sports Editor

SCSU swimming vs. The College of St. Rose

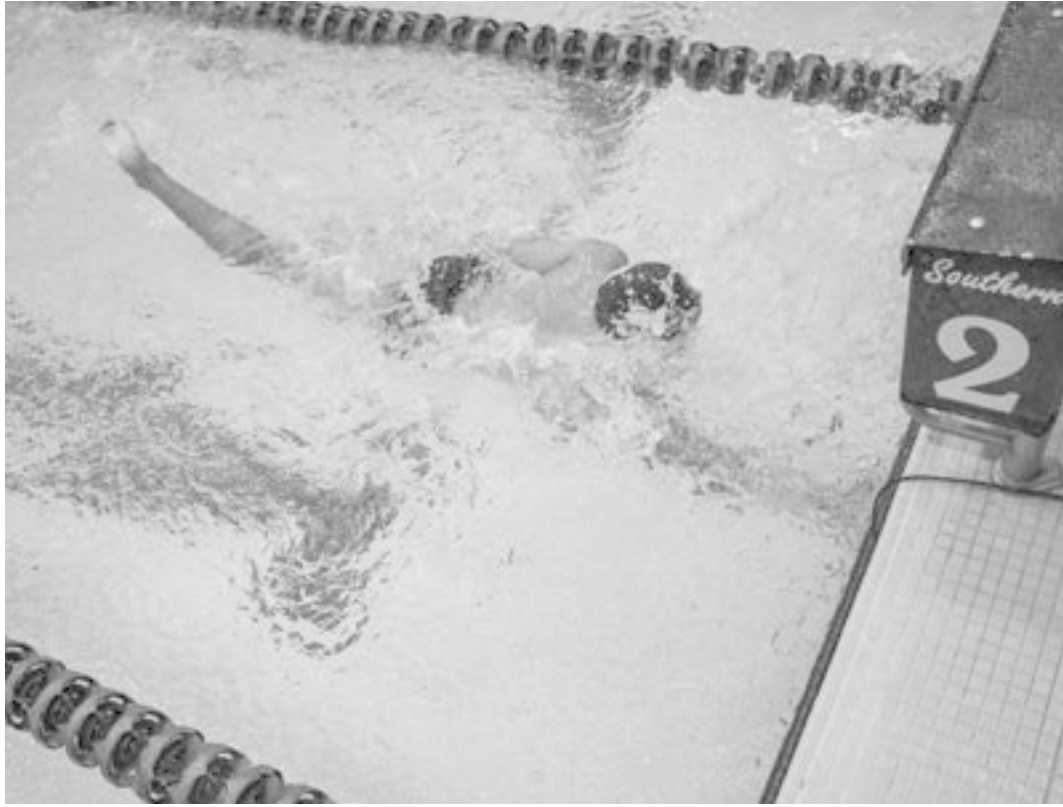


PHOTO | PALMER PIANA

An SCSU swimmer reaching the a wall to finish a race.



PHOTO | PALMER PIANA

SCSU swimmers checking scoreboard during meet on Friday.



PHOTO | PALMER PIANA

SCSU women's swim team diving into water at start of race.



PHOTO | PALMER PIANA

SCSU men's swim team preparing for relay.

Northeast-10 Standings

MEN'S BASKETBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NORTHEAST DIVISION						
SAINT ANSELM	13	10-3	0.769	18	14-4	0.778
MERRIMACK	12	9-3	0.750	18	12-6	0.667
SO. NEW HAMPSHIRE	12	7-5	0.583	17	11-6	0.647
BENTLEY	13	7-6	0.538	18	10-8	0.556
STONEHILL	12	6-6	0.500	18	10-8	0.556
FRANKLIN PIERCE	12	5-7	0.417	17	10-7	0.588
ASSUMPTION	12	2-10	0.167	18	6-12	0.333
SAINT MICHAEL'S	12	2-10	0.167	17	5-12	0.294
SOUTHWEST DIVISION						
LE MOYNE	12	11-1	0.917	19	14-5	0.737
SAINT ROSE	11	10-1	0.909	19	15-4	0.789
NEW HAVEN	12	7-5	0.583	17	10-7	0.588
AMERICAN INT'L	11	5-6	0.455	19	10-9	0.526
SO. CONNECTICUT	12	5-7	0.417	17	8-9	0.471
PACE	12	2-10	0.167	20	6-14	0.300
ADELPHI	12	2-10	0.167	20	6-14	0.300

WOMEN'S BASKETBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NORTHEAST DIVISION						
BENTLEY	13	12-1	0.923	19	18-1	0.947
STONEHILL	12	11-1	0.917	17	15-2	0.882
SO. NEW HAMPSHIRE	12	8-4	0.667	18	12-6	0.667
SAINT ANSELM	13	7-6	0.538	20	11-9	0.550
MERRIMACK	12	5-7	0.417	17	9-8	0.529
ASSUMPTION	12	4-8	0.333	17	7-10	0.412
SAINT MICHAEL'S	12	4-8	0.333	17	7-10	0.412
FRANKLIN PIERCE	12	1-11	0.083	17	4-13	0.235
SOUTHEAST DIVISION						
SO. CONNECTICUT	12	7-5	0.583	20	13-7	0.650
LE MOYNE	12	7-5	0.583	18	11-7	0.611
PACE	12	7-5	0.583	19	10-9	0.526
SAINT ROSE	12	7-5	0.583	18	9-9	0.500
ADELPHI	12	6-6	0.500	20	10-10	0.500
NEW HAVEN	12	3-9	0.250	17	7-10	0.412
AMERICAN INT'L	12	2-10	0.167	20	8-12	0.400

OPINIONS



FLICKR | JACEK BECELA

Xanax usage in college

By Mary Rudzis

College is when many young people are away from home for the first time and are exposed to the realities of living among their peers; it is no secret that this can and often will lead to partying.

Whether they are at house parties or even just drinking with a few friends in a dorm room or apartment, college students are drinking. The National Institute on Alcohol Abuse and Alcoholism reported that 60 percent of college students reported drinking alcohol on a nearly weekly basis.

On top of alcohol, students are also smoking marijuana, with one in every 17 college students partaking on a daily basis according to University of Michigan's Monitoring the Future study.

So, it is no secret that young people are using substances. However, another drug that has been gaining popularity recently among this age group is in the face of the media now more than ever: the prescription anxiety medication benzodiazepine known as Xanax.

This shift may have to do with modern music culture. On Nov. 15 of last year, musician Lil Peep died due to taking Xanax laced with the deadly drug Fentanyl. Another artist, Lil Xan, despite what his name suggests, quit using it and writes songs about how Xanax can ruin a user's life.

While other musicians such as Lil Pump and Smokepurpp have publicly stated that they will stop using Xanax, likely as a result of their fellow artist's tragic passing, college students across the country are continuing to abuse the drug.

From 1993 to 2005, student use of Xanax for recreation rose 450 percent, according to Addiction Center. On its own, the drug is not deadly; but when combined with alcohol, it becomes dangerous and causes those who mix the two to black out and lose control, with many users reporting that they cannot recall their actions from times in which they were "barred out."

Because Xanax is physically addictive, it leaves users needing to take it often and in consistently higher doses as they build up a tolerance. Addiction can lead to financial issues, health problems, strained relationships and a decline in academic performance.

It is scary to think of college students, and young people in general, abusing any substance. However, it is also troubling that many people consider prescription drugs to be safer than illicit drugs simply because they are legal and regulated. That is not the case, especially when taking what is a prescribed drug without a prescription and in higher amounts than would be recommended for a patient.

As more musicians who have an influence on young people speak on the dangers of Xanax use, especially as a reaction to a Lil Peep's death, it will create a culture shift that could curb the appeal of Xanax. Hopefully, as the negative effects of Xanax start to outweigh the seemingly positive effects to those who abuse the drug, there will be a decline in illegal use.

For those struggling with addiction, students are encouraged to reach out to the on campus counseling center, health services, or wellness services. The National Addiction Hotline is 1-888-352-6072.



PHOTO | GARY SCARAMELLA

The best veg-friendly options in New Haven

By Gary Scaramella

Maintaining a vegan or vegetarian diet as a college student is not always easy; limited on-campus dining options as well as tight schedules for both commuters and residents can make it difficult to follow a plant-based diet. Luckily, SCSU's location in New Haven provides students with a variety of close-by and affordable dining locations that offer a multitude of veg-friendly meals.

Edge of the Woods, located on Whalley Street in New Haven (about a five minute drive from SCSU's campus), is something of a plant-based promised land. This entirely vegetarian grocery store offers a multitude of affordable and healthy foods for residential students to bring back to their dorms. The location also offers both a hot bar and a sandwich bar where customers can order delectable sandwiches and smoothies. In addition, the store has a bakery which bakes both vegetarian and vegan breads, cakes, cookies and other treats.

Claire's Corner Copia, another New Haven vegetarian staple, located on

Chapel Street, has been dishing out animal-friendly dishes since 1975. MSNBC called the restaurant "one of the 10 best heart-healthy restaurants in America" and they were not lying. There is a reason Claire's Corner Copia has been around for so long; they offer kosher, organic, healthy and delicious plant-based dishes. One of my favorites is the vegan quesadilla with refried beans, guacamole and buffalo chik'n (a chicken substitute).

For those who have always wanted to try New Haven's famous pizza but either cannot or will not eat cheese, look no further than De Legna on State Street. This quaint little pizzeria does serve cheese pizzas, but they also offer a separate and entirely vegan menu. You do not have to settle for a plain pizza with vegan cheese either; De Legna will dress your wood-fired, brick oven pizza with vegan sausages, tofu and a whole garden's worth of vegetables.

Looking to get some drinks with friends as well as enjoy some delicious cruelty-free bar food? Swift Half, located on Washington Avenue in North Haven, has it all. You can enjoy a bevy of local craft beers

while chowing down on pickled fries, buffalo cauliflower bites, a jerk jackfruit wrap or a vegan po'boy. The bar, in addition to their extensive veg-friendly options, also serves non-vegetarian options in case you are looking for somewhere to go with a picky meat-eating friend. Do not worry about cross-contamination, however; Swift Half uses separate fryers for their plant-based dishes.

According to Baum + Whiteman, a New York-based restaurant consultancy group, plant-based diets are expected to be the hottest food trend of 2018. It is a trend that could not have happened sooner; plant-based diets are better for your health and have a significantly smaller impact on the environment and on climate change when compared to omnivorous diets, according to a study done by Oxford University. The brightest side of switching to a plant-based diet is that no animals have to suffer for it. So, try eating vegan at some of the area's best vegan-friendly restaurants this semester; your body, the planet and the animals will thank you for it.

The Women's March and performative activism

By Lynandro Simmons

For the second year, people gathered for the Women's March. The march coincided with the recent Times Up and #MeToo movements, which push for gender equality. Once again there was a huge turnout for the march, but with a full year since the last, some could argue much has not changed.

Protests in any form do not always spark immediate change. Often, fighting for equality is a long and steady process. Though remembered favorably even the Civil Rights movement had its ups and downs before reaching its end goals. However, the hurdle to overcome for protests today is grandstanding, or even worse: hashtag activism. With social media and the internet it

has become easier to show care for a political matter without real effort.

Both Aziz Ansari and James Franco appeared at the Golden Globes with Times Up pins to show solidarity with the movement. However, they were both called out for their actions toward women. At the Golden Globes, attendees wore black to show solidarity. This performative act is not enough. Many in the crowd were accused to have known about the allegations in Hollywood circles.

Marches are important, but without further action these matters are forgotten. The 24-hour outrage cycle appears to move simultaneously with news cycle, with news often coming and going. For movements like #MeToo, the constant allegations being revealed have put gas on the fire and kept this

issue on the mind of the public. As more women come forward about how they have been treated by men, the movement continues to grow stronger.

The good side of events like the Women's March is that they can be a useful display of numbers and catch the eye of the public. As more women continue to reveal their struggle it's important men do more than simply wearing a suit or pin to show solidarity.

Grandstanding and hashtag activism won't sustain a movement. Simply having discussions aren't going to put a dent in these problems either. For real change to be enacted people need to take action in real life. These movement shouldn't stop at simply marching, everyone should get up and be involved.

SOUTHERN NEWS

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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.

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Issues printed by: Valley Publishing, Derby, CT
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PHOTO



Students walking by to class at 9 a.m. on Jan 17th.

Slippery start to first day of semester

By Palmer Piana

Three to five inches of snow were forecasted to fall the day the spring semester was scheduled to begin.

As morning broke, school was not canceled or delayed but a thin white blanket of snow began to cover the sidewalks and streets.

Eventually the temperature began to rise and the snow turned to a mix.

By the time the afternoon arrived the snow had melted.

There were no classes affected by this quick winter flurry



A Maintenance worker plowing the sidewalk.



Footprints in the snow outside of the Adanti Student Center.



A mix of snow and rain coming down around 3 p.m. on Jan 17th.



Students walking in front of Buley Library at 9 a.m.