



**Snow storm makes students change spring break plans**

PAGE 8



**Owls run out of gas**

PAGE 9



**Students share their 'chill spots'**

PAGE 4

# SOUTHERN NEWS

WWW.THESOUTHERNNEWS.ORG

MARCH 22, 2017

VOL. 54— ISSUE 20

## SCSU recognizes International Women's Day



Leora Kahn was the keynote speaker at the International Women's Day event at Southern.

PHOTO | LYNANDRO SIMMONS

## Reflection Garden project gains momentum

By Alex Palmieri

The Reflection Garden is something Rosalyn Amenta has wanted to establish for the past few years. "This is a place for meditation," said Amenta, adjunct professor. "We can come together about the sanctity of all life."

A main reason for the Reflection Garden is to acknowledge the suffering of many people who endure social injustice and negative conceptions that spiral negative things across the nation. Amenta said the Sandy Hook incident is one among many tragic incidents that has contributed to the garden.

"At first," said Amenta, "this was supposed to be in memory of Sandy Hook. Now, it is part of a larger vision that will include Sandy Hook."

Amenta said this will be a park-like experience where a trail of people can encourage self reflection and oneness with humanity, a place where people can reawaken their relationship with the world.

Brandon Rua, a freshman communication major, said the Reflection Garden sounds like a great idea that is posed by the university. He said this is a chance for students to relieve stress that they might have in their lives.

"I like the idea of it," said Rua. "I feel like a lot of people are stressed out about certain things and I feel like through this they can relax and have space to be less stressed."

Rua said this is good for students to get level headed and not worry about things in their lives. He said there are tragedies that happen all over the world and the garden can help people relieve stress and think about certain situations.

"By doing this, people are going to have the chance to be less stressed," said Rua. "Stress is a big issue in our world and through this, I think people at Southern can be relaxed and enjoy a comfortable environment."

SEE REFLECTION PAGE 2

By Lynandro Simmons

Tuesday March 7, Southern hosted a speaking event about the challenges women face globally for International Women's Day.

Leora Kahn, the keynote speaker for the event, said despite the problems faced she believed the country was in the midst of a spring awakening or a renewed passion for activism involving women.

"Today we're are empowered like we never were before," said Kahn.

Technological advancement, more educational opportunities, and even social media have all helped women to further push for equality internationally, despite all the advances that have helped women today, she said.

"There's an old fashioned form of empowerment that women have had in their toolkit

for over 100 years and that's activism," said Kahn.

Women are playing a pivotal role in the United States right now, said Kahn. Women have not only been involved in peace, but conflict resolution globally. Now there are more opportunities than ever before for women to be involved in activism.

"It was the power of women that really started this activism," said Kahn. "I really believe that."

Rose Richi, a therapeutic foster care worker in New Haven, said the event was beautiful.

"I made my whole office come with me," said Richi. "It was necessary."

Richi said the event showed the activism women were involved in around the country and even on an international stage. The feeling of camaraderie throughout the event also made her proud, she said.

"It showed other women cared about other women," said Richi. "We're all in this together."

Combining art, music and storytelling was a nuanced

way to create a presentation, she said. In addition to keynote speaker Leora Kahn, the International Women's Day event also included performances by musician Lara Herscovitch and art by JaxAbstracts.

"It's a cooler way to do it," said Richi. "Rather than just a long lecture."

Though the event was excellent, Richi said that there is of course more work to be done. Attending these events can be helpful, but there needs to be more focus on what is done afterwards, she said. Showing up is only half the battle.

"It's showing up, it's being consistent, and it's embracing our differences," said Richi.

Justin Farmer, a junior biology major at Southern, said the event was well put together.

"I love photography," said Farmer. "The fact the speaker used still photography to capture what happens in areas around the world allows for greater conversations."

Farmer said that the photos of women who were victims captured real emotion and

ensured the stories of each woman would never go untold.

One of the things he said he learned from the event was Yale having a crisis museum that focused on the abuse of women.

"I didn't realize they had a research department that allowed people to view and find out about this information," said Farmer.

The hardest thing was acknowledging the problems both America and many third world countries shared, he said. This shows there is a conversations that needs to take place about the issues at home and internationally and how they cleave to each other, said Farmer.

It is also important more women are involved in international affairs. More women being involved allows for decisions to be more transparent and inclusive, he said.

"Democracy only works if everyone has a seat at the table," said Farmer. "We've seen women haven't had the opportunity to be at the table."

## University makes changes to LEP requirements

By Alex Palmieri

The university will offer waivers to some groups of transfer students, said Resha Cardone, associate professor and chair of the department of world languages and literatures.

"If transfer students come in with 60 or more credits," said Cardone, "they get a waiver for the multilingual communication requirement."

Cardone said if transfer students also come in with 30-59 credits, students can also receive a waiver if they had a level three language in high school, or a level two language in college. She added that she is not sure when this will come into effect.

"That's something the department does not have any control over," said Cardone. "It's now up to the university curriculum forum."

It is up to the UCF to see when this will come into effect. Though Cardone does not know when exactly it will come to affect to the university, she said she suspects it to begin in the fall semester of 2017.

Taylor Luzzi, a senior business management major, is a transfer student. She said she came from Eastern and this is good for incoming students that transferred. She said it can lessen the time needed to graduate. Though she is upset that the waiver was not available when she came to Southern, Luzzi said it is a good move by the university to start this waiver.

"I'm kind of mad because I had enough

credits," said Luzzi. "But is is good for the incoming transfer students."

Alyssa Santostefano, a junior psychology major, said taking a language is very helpful in the real world. She said she does not understand why some students can have their language waived even though they transferred. She said a language can help a student in a lot of situations and does not think the waiver should be applied.

"I can see why this waiver will apply," said Santostefano. "But at the same time I do think that language is important because it makes your more well-rounded."

Cardone said the university as a whole thinks language is important to cultural diversity. But she said the university attempted to give waivers for transfer students with a lot of credits.

"A number of entities have suggested for quite a long time that the language requirement is a deterrent for students," said Cardone. "Because we have an enrollment problem here at Southern, we also have a budget problem, we were willing to explore giving waivers to transfer students."

One of the reasons why Cardone said they would offer waivers to transfer students is because students who come into Southern with 60 or more credits are not getting the full benefit of a Southern education. She said they are coming in with a different general education program than the LEP that Southern has.

"Those students are coming for a major," said Cardone. "They are not coming in for a general education. That's precisely why we felt comfortable in allowing that with those students."



# Letters from Jerusalem: stories of a Portuguese immigrant

By Alex Palmieri

Professor Julia Lieberman spoke about the daily life of a 17th century Portuguese immigrant to Jerusalem, and also spoke about her own journey.

"It gives me great pleasure to introduce our guest speaker, Dr. Julia Lieberman," said Martin Laskin, part of the Judaic studies faculty.

Laskin said something that people should take pride in is that Lieberman is also a Southern alumna. She earned her bachelor's degree in sociology and her masters in bilingual Spanish education at Southern. Laskin added that Lieberman got her Ph.D in Spanish and Latin American literature at Yale University.

"Professor Lieberman has devoted much of her scholarships to the history and culture of Sephardic War, or what can be called Spanish and Portuguese Jews," said Laskin.

In her speech, Lieberman said she is a specialist on international merchants, the ones who settled in Western Europe. A merchant that Lieberman talked about was one from Portugal, probably a new Christian. At some point he goes back to the Judaism of his ancestors.

"The Portuguese Jews were global already in the 17 century," said Lieberman. "Some of the family was in Constantinople, Turkey, some in Venice Italy, some in the Netherlands."

Lieberman said this individual showed up in Jerusalem and wrote a letter to his relatives saying that is where he wanted die and be buried. Lieberman said there are three major sources on the daily life available: travel literature, which is written by Christian pilgrims and travelers who visited the city of Jerusalem.

"These travelers recorded the observations of places and people they encountered along the way," said Lieberman. "And they were influenced by their own religious expectations go through Holy Land."

Lieberman said historians also rely on transcriptions that are recorded and registered of all cases brought to court dealing with the daily life of of the inhabitants of the city, including the Christian and Jewish minorities.

The European that Lieberman mentioned made his way to Jerusalem. The travel literature provided the Christian perspective, but the document she had



PHOTO | ALEX PALMIERI

Julia Lieberman discussed Portuguese and Spanish immigrants of the 17th century.

provided the Jewish perspective.

"August 1, 1638, David Sr., a merchant of Portuguese origins living in Jerusalem, wrote a lengthy letter addressed to his brothers," said Lieberman. "In his letter, David Sr. identifies himself as a member of the Portuguese nation."

He and his wife fled to Jerusalem to spend their last days there and to be buried there. The letter does not include a lot of background on his life before arriving to Jerusalem, and never gave the name of his wife or his two brother-in-laws.

"In order to find details about his life," said Lieberman,

"I visited the safari community in Amsterdam where I was able to gather many useful details establishing familiar connections and a timeline for some important events."

In 1614, one of David sr. uncles passed away and left behind a large fortune and a will which described who would inherit the money. David Sr. was a merchant in Venice, Italy. In 1625, Lieberman said David Sr. arrived in Amsterdam.

"In his letter," said Lieberman, "he is described as a Western merchant. When he finally does arrive to Jerusalem, he was just as in shock as the Christian pilgrims."

# Transfer students go through extensive evaluation process

By Ren Costantini

Southern Connecticut State University has become a new home to a multitude of transfer students. The transfer student page of the Southern website reveals approximately 40 percent of the university's population are transfers.

It is no small task to process that population because each student must undergo a subjective evaluation. To ease this process, Southern has aimed to create avenues to assist new students.

"As a university, we are dedicated to making this transition a positive experience," said the Southern's website, "Understanding the policies regarding admission and the transferring of credits" is essential.

Theresa Bennett, Ph.D., professor of mathematics and Liberal Education Program Co-director, aids in the transfer process. Dr. Bennett oversees where credits can be applied to fulfill LEP requirements for students.

The initial transfer articulation is done through admissions, but transfers can access the LEP directory on the Southern website. "The proper first step probably should happen in advisement," Bennett said.

Upon acceptance to Southern, transfers can reference the LEP requirements online to see where their credits could be applied. This can prove to be a difficult process for students.

"Transfer is messy, for all students," said Bennett "the students also have to be proactive about it."

There is no limit to the amount of credits Southern can accept, but articulating where those credits can be applied, said Bennett, "is the messy piece of the process."

Southern accepts all credits from sister schools in Connecticut, including Central, Eastern and Western.

Robert Crowdis, a senior in computer science, transferred from Western Connecticut State University. "I have to say Southern's transfer process was fantastic," said Crowdis, "They explicitly state what classes transfer in."

Not all students share the same outlook though, Margarita Lilinet, a senior in business management, transferred to Southern as a Junior. "It was a bad transfer process," said Lilinet, "I met with an advisor and they signed me up for all the wrong classes."

Margarita transferred from Housatonic in 2015 after receiving her associate's degree. Prior to her admission to Southern, Margarita had allocated credits from the University of Bridgeport and Gateway.

"Southern accepted the credits, but did not apply them properly," Margarita said "So I had to repeat classes."

To see what credits are transferable, students can submit a transfer articulation requesting the database of colleges and universities. Not all out of state school

credits are included in Southern's database.

Discrepancies of the transfer process are due to the subjectivity of each transfer. There is no one size fits all solution. "Transfer students come in with a variety of different credits from different schools," said Bennett.

Transfers coming from out of state schools should ask the school they are transferring from for a course syllabus to expedite the SCSU processing.

"Some of it can be done by the university just by looking at descriptions, but other credits require materials such as syllabuses," said Bennett.

The transfer process requires a partnership between both the student and university in order for it to work effectively.

"I don't think it's all on transfer students but it's somewhat of a partnership. Often, we need more information than a course description to make the right decision," said Bennett.

While aspects of the transfer process at Southern are fallible the university is always seeking to improve performance to further accommodate students.

"Any process can run more efficiently," Bennett said, "Given the fact that it does take a lot of time, I think that we are getting better and there are conversations as to how to improve the liberal education requirements."

## Reflection

CONTINUED FROM PAGE 1

Hayden Bilda, a sophomore undecided major, said the reflection garden is a good idea. He said it can give students a place of comfort if they just want to take time to reflect on not only tragic events that have happened in the world, but even their own lives. He said it can allow students to be comfortable with everything around them.

"I think this can make students feel more personable," said Bilda. "Students can pray or do things like that."

Bilda said this is perfect for a student's mindset as well. He said people are going to be able to mellow out and reflect on their lives and the tragedies of what happened in the world.

"The school year itself can get hectic," said Bilda. "So it would be good take as many breaks, or breathe as much as you can."

Amenta said this world is one with horrendous events that occur. From the Sandy Hook tragedy to others, Amenta said the world can be a crazy place. Because of this, she said people need to be alienated from the natural world and try to reflect on themselves.

"This park stimulates interconnections and peace," said Amenta. "It will stimulate reflection on our life, and the sanctity of our life."



PHOTO | KAREN ROE

Students may visit the Reflection Garden website to suggest design elements.



# Students share advice for commuting to campus

By Jonathan Gonzales

Bethzua Garcia said she did not know how much of a challenge commuting to school would be. She said she wished she had known that before college began.

Garcia said it's a process getting to school from where she lives.

"I take the train and the shuttle from Bridgeport, I didn't think it would take that long," said Garcia.

Garcia said she was unaware of the time involved in travel distance.

According to the College Bound website, there are at least 31 things people should know before entering college.

"There's no guarantee you'll graduate in four years," said senior and political science major, Leighton Vanderburgh.

Vanderburgh said that high school could have done more to fully prepare him for college.

"I felt like a lot of courses didn't prepare us for college," said Vanderburgh.

Zhane Taborn, senior public health major, agrees that high school was ineffective in getting her jump-started on the college path.

Taborn went to Bunnell High School in Stratford and she said that her old school could have done a better job of preparing her for university.

"I feel like they should have prepared me more," said Taborn.

Taborn said she is optimistic about future undergrads preparing for college.

"Be prepared to study, stick to your major and don't give up," she said.

According to the Professionals Collegeboard website, school counselors are advised to write letters of recommendation, keep track of a student's graduation requirements and help to explain financial aid to a student.

"High school counselors are welcome to come work with our Admissions counselors," said Frank Ladore, director of Academic and Career Advising at Southern Connecticut State University.

"The more the counselors can learn the better," said Ladore.

"The classes you hated in high school, take them first in college," said interdisciplinary studies major Stephanie Haberman.

Haberman said that students should complete the most difficult classes first.

"Do your math requirements your first semester," she said.

"It's nothing like high school," said psychology junior, Amanda Peck.

Peck said that being prepared is important in maintaining a healthy college lifestyle.

"You can go at your own pace as long as you're prepared," she said.

Peck said getting a head start will benefit students in the future.

"Meet with advisors and plan ahead or you'll be taking classes you don't need," she said.

According to the National Center for Education Statistics, the price of an average college student's



PHOTO | DYLAND HAVILAND

Commuter students often park in the Wintergreen garage or parking lot three.

tuition fees, room and board was \$16,188 at a public institution and \$41,970 at a private institution. Around \$23,372 was the cost to attend a private for-profit institution. The charges for tuition and required fees averaged \$6,371 at public institutions and \$30,643 at private nonprofit institutions while private for-profit institutions cost \$13,971.

"Students assume financial aid will cover everything, and that's not always the case," said LaDore.

"Housing is very expensive, it adds another 10 to 15,000 dollars a year," said LaDore.

Ladore said students should visit the school before they attend. He said that students should know what majors are and are not offered at a school before even attending.

Ladore said that often times students come to the Academic Advising office asking questions about majors that aren't even offered at Southern.

The National Center for Education Statistics estimates that between 2016 and 2017 universities and colleges were expected to award 1,018,000 associates degrees, 1.9 million bachelor's degrees; 798,000 masters degrees; and 181,000 doctors degrees. Rios said students should take their time management seriously.

"Use your time wisely," she said. "Don't lose track of what has to be done."

Rios also said it should not be the only thing on a student's mind.

"But don't forget to have fun," she also said.

Emma Tiso-Pagoni, junior communications major said there are things students could do before their first day to make sure their college experience is adequate.

"Stay on top of the application process," said Tiso-Pagoni.

Pagoni said high school did not present college accurately to the students.

"They don't set realistic expectations," said Pagoni. "College is the opposite of high school, you should expect more independence," she said.

"It's a lot different not being under your parent's roof," said freshmen, nursing major, Collen Monahan.

"I didn't know anything about the FAFSA," said junior, psychology, major Stephanie Viola.

"But now I know how frustrating it can be," said Viola.

Viola said she does not think her high school could have done any more to prepare her for college. She said students should not feel bad if there not totally prepared for college when they first get there.

"It's ok to be undecided," said Viola.

Viola said constantly changing majors would only waste time.

"It's better to be undecided than to go through a million majors deciding on what you want," said Viola said and that college has taught her well.

"You're always going to have your own experiences," said Viola, "Being ready for college is different for everybody."

She said you will not know everything about college until you have actually lived the college life.

"People can tell you whatever they want but you have to experience it for yourself," said Viola.

# University vows to protect undocumented students

By Alex Palmieri

Chief Joseph Dooley said the Immigration and Customs Enforcement (ICE) Protocol email that was sent out to the university is meant to be transparent and help with any concerns that people might have.

"I think there are concerns about the issues that are going on nationally," said Dooley. "In the system office in Hartford, President Ojakian sent the email out to all the institutions that make up CSU."

Dooley said Southern sent the email because the system office sent the email. The email is a notification to the community. Dooley said it acknowledges how the university will handle any requests that may come forward through ICE.

In the email, Mark Ojakian speaks about the importance of diversity. Ojakian said in the email that the Connecticut campuses thrive when people from different races, ages, religions, ethnicities, sexual orientations, gender, expressions, nationalities, physical abilities and political perspectives have a forum for sharing their beliefs and ideas while learning together. This is the position Ojakian took on the protocols. Dooley said he could not agree more.

"The benefit that this would have to the campus is to clear up any concern," said Dooley. "Certainly we all need to be as transparent as possible as to how Southern would handle a situation if ICE were to come on campus. This will clear up any concerns."

Andrew Walsh, junior management information system major, said he stands



PHOTO | CREATIVE COMMONS

with the position that all the universities are taking to help all students. Though he agrees with it, he said he just does not want the outcome to be bad.

"I do think it is a good stance," said Walsh. "I'm just wondering what will come from it."

He said it is good that all the 17 state schools and universities are going to help students who feel threatened. But, Walsh added he is concerned about problems that may arise with the university.

"I'm glad the university is helping people," said Walsh. "I'm just concerned

about what ramifications will come to the universities."

Joscelin Fernandez, a graduate student and intern for supporting undocumented students on campus committee, said she stands with what is being said. She said the protocols fits well with her because all the undocumented students need the proper support from universities in Connecticut.

"It's important to learn about undocumented students and their struggles and which experiences they went through," said Fernandez.

Though she does agree with undocumented students getting proper support she said there should be more support. She thinks that all students should have the proper treatment and help to have a good college experience.

"Maybe more resources for them is better," said Fernandez. "Southern just came out with a website for undocumented students. But more resources for these students to have would be better."



## Campus police work hand in hand with students

By Jenna Stepleman

Southern Connecticut State University's police department is responsible for keeping the university's 13,000 students, faculty and staff safe. This goal is help achieved by Police Chief Joseph Dooley and the close relationship he has with the students.

After obtaining his MBA degree at SCSU, Chief Dooley graduated from the Police Officer Standard Training Academy in Milford, Connecticut, in 1981 and attended the FBI National Academy 148th Session at Quantico, Virginia, in 1987.

Chief Dooley says, "I have always gained satisfaction from assisting others. The job/training can be unrelenting at times but it is made easier when there is a supportive community and Southern is a very supportive community."

The campus police department is comprised of 20 police officers, one detective, four sergeants and the higher ranking Lt. Richard Randall, Chief Dooley and Deputy Chief Phillip J. Pessina.

According to the Southern Police website, their general mission statement is; "Being committed to the fundamental principles of community policing, such as crime prevention, omnipresence, and partnerships."

Chief Dooley works hard at SCSU, however he says without the relationship they [the department/himself] have with the students none of it would be possible.

Dooley said, "I feel they [students] are very supportive. Police officers are not always in a position to make everyone happy but I feel there is a good working relationship and trust."

There has been a long working and interpersonal rela-

tionship between the students of SCSU and the police staff for over 25 years. Chief Dooley shared a personal story about a time when this was brought into reality saying,

"A few years ago we worked with a few communication students and created two safety videos to help get out a safety message/program, and those videos are still used today to help get out our message. I am always apprecia-



PHOTO | AARON BERKOWITZ

SCSU Police Chief Joseph Dooley posing for a photo.

tive when we accomplish good stuff together to help the Southern Community."

Chief Dooley also cited the more routine things he and his staff do on account of the students, from day to day

patrolling to recording crime statistics in the surrounding areas for data charts.

He elaborates by citing, "when students are sleeping, officers continue to patrol and keep them safe, for example, motor vehicle enforcement slows down motorists that might otherwise cause an accident or strike a member of the community who is crossing a crosswalk."

Travis Johnson a theater major, shared an interaction he had with the SCSU Police Department on Jan., 19, 2017. His roommate had become "too intoxicated" and needed medical attention.

Johnson says, "my roommate was throwing up and couldn't stand anymore. They came quickly, making sure he was okay and escorted him out," as well as saying, "They do a great job here at southern, I'm never left wondering if my campus is safe."

Chief Dooley was uncertain when asked if there was a "secret" to keeping a campus as big [168 acres area] as Southern's safe and constantly under surveillance, only saying,

"If the community and the Police trust each other, the rest is relatively easy in comparison."

As head of the Police staff, Chief Dooley didn't attempt to highlight his role as exciting as the TV shows would portray. Many of the days are filled with paperwork, phone calls and relations with the media and other departments.

Chief Dooley says, "the job can be difficult at times but it is made easier when there is a supportive community and Southern is a very supportive community. The men and women of the Southern Police Department are also very dedicated and I am proud of the work they do each day."



PHOTO | DYLAN HAVILAND

Dave Della Penna, a senior majoring in psychology, passes time playing pool in the Adanti Student Center.

## Finding the most comfortable spots on campus

By Melissa Nunez

Haroon Chaudhry, a sophomore international business major minoring in communication and president of the Muslim Student Association, said between his studies, his leadership roles on campus and being a student athlete it is hard to find time for leisure, but in the time he manages to scrounge up, he enjoys the game room inside the student center. He said he will usually call his friends and they will meet in there to play pool or ping pong.

Chaudhry added he also likes to unwind and enjoy a meal towards the back of the plaza level of the student center.

Chaudhry said he prefers to eat there because of the comfy couches and televisions. He added that it is also an ideal place to relax because it is quiet.

"It's a comfy place and a quiet environment so nobody distracts you," said Chaudhry. "If you sit in the front, people are so loud in there, so it will

distract you."

As for sophomore athletic training major Mimi Gilbert, the crowds are what attracts her to the student center.

"There's usually a bunch of people around," said Gilbert, "so there is usually always someone to sit with and hang out with in between class."

Sivan Tepper, a sophomore nursing major, agreed, saying the spacious, versatile environment makes it a practical place to head to after class.

"It's where a lot of people who are commuters hang out in between classes," said Tepper, "or there's food if you need to grab something really fast."

But Gilbert said her favorite spot to relax on campus may always not be the most practical. As a resident student who gets six meal swipes a week allotted to the student center, she usually reserves them all for Dunkin Donuts, so while she would prefer to eat more at the student center, it is a luxury that can become too expensive.

Kyra Robinson, a sophomore political science major, said as she has more down-



PHOTO | DYLAN HAVILAND

Students gathering in the back of the Adanti Student Center to chat, study and eat.

time to spend on campus recently, she has found some ideal spots to lay low. When she is looking for a quiet place to study, she said she will meet her friends on the third floor of the Hilton C. Buley Library, towards the back.

Robinson added the Science Building is also a great quiet hideaway to go and study. She said not many students go in there, so she will find a small room and keep to herself.

When grabbing a bite to eat, Robinson said she likes

to go to her dorm, but if she is on campus she prefers the area by the coffee station in Conn Hall because it is secluded and quiet.



# Students share their favorite classes of the semester

By Josh LaBella

As with any public university, Southern Connecticut State University students have a vast amount of interests.

This is reflected even more so when asking students about their favorite classes.

Meghan Murphy, a senior earth science major, said that her favorite class this semester is geology. She said most of the time her favorite classes are ones that are in her major.

"I like my geology class, which is ESC 200, because the professor is awesome," said Murphy. "She teaches the subject in an interesting way that keeps the class engaged."

Other students, such as freshmen special education major Anna Cullen, said they liked the more creative classes offered at Southern. She said she enjoys classes where she can learn about a wide variety of subjects.

"My favorite class is IDS 110," said Cullen. "It is called 'Experiencing the Arts' and we do cool things like playing the harmonica and looking at photography. It helps that the professor is really funny too."

Rachel Iassogna, a freshmen communication disorders major, said her English class has been her favorite so far.

"My English 217 class, 'Twice Told Tales,' is so interesting," said Iassogna. "We read a story and then we read an additional story that was written as a response to it."

She said her favorite parts of the class



PHOTO | PALMER PIANA

Southern Connecticut University offers a wide variety of classes for students.

are the professor and how it forces her to think through different perspectives.

Satchell Harrel, a freshman athletic training major, said the most important part of a good class is the students in it. He said he has been in classes where nobody wants to communicate and the teacher has to pull answers out of the students and

that it ruins the dynamic.

"If nobody in your class talks," said Harrel, "then what's the point? Participation can make or break a class."

Harrel said that is why he likes his English 112 class, all of the students participate and talk to each other.

Sarah Coleman, a senior independent

studies major with concentrations in psychology and sociology, said she likes to learn about psychology because she loves the subject and wants to know as much as possible. She also said the psychology department is filled with great professors.

"The professors are all really nice," said Coleman, "and they are good at explaining the material so that I nobody ever gets too confused."

Brianna Wilson, a freshman media studies major, said she has enjoyed all the classes in her major. She said learning about media studies teaches her to evaluate the media and how it changes culture.

"Pretty much anything we learn about in media studies is something I find interesting," said Wilson. "Then again, that's why I picked the major."

Jamie Kelley, a junior political science major, said her honors 254 class was her favorite class. She said it was called "Utopias and Dystopias" and she likes the philosophy aspect of the class.

"This class is amazing because it is so ambiguous," said Kelley, "as is all philosophy."

Other students provided much more frank answers to what makes a class their favorite. Ryan Peloetier, a freshman political science major, said the best class for him is the easiest one to pass.

"I really like my political science class," said Peloetier. "I already know the subject, it's really easy and I don't have to study."

## Tackling the different ways to combat stress

By Josh LaBella

Southern Connecticut State University student Jamie Kelley said between dealing with school and work she feels stressed every day of her life.

Kelley, a junior dual major in political science and history education, said she had trouble controlling stress but has a few things that help her out.

"Sometimes I cry hysterically," said Kelley. "I also go to the gym and read and listen to music."

A 2015 study by the American College Health Association finds 43 percent of students feel they are stressed "more than average."

Fidana Ha, a junior education major, said she feels stressed out every day because of school, work, and finances. She said when she wants to relax, writing helps her calm down.

"I am a writer," said Ha. "It helps relieve

pent-up emotions."

Jeremy Douglass, a sophomore biology major, said that he is almost never stressed unless he has midterms or finals. When he does get stressed about school, he said the best cure is to go back to his dorm and relax.

"I just go back to my dorm," said Douglass. "I listen to music and hang out with my friends. That usually helps."

Daniel Klein, a Business Major with a focus in management, said he gets stressed from his harder classes like statistics or French. He said the best way to keep from getting stressed about school is to work with the professors as soon as he has a problem.

"Class itself can be grueling," said Klein, "but I work with professors and make sure I have a good grip on the classwork."

One Student, senior physics major Bryce Gentino, said that exercise can be the best stress reliever after a long day.

"I play pool or basketball," said Gentino.

"Something physical where I can take the stress off my mind. Other times I just take a moment to breath."

Agnieszka Bartoszek, a junior history major, said that in the beginning of the week she feels a lot of stress.

"To deal with it I exercise, blast music and occasionally eat comfort food," said Bartoszek.

Mather Ouimet, an assistant counselor at Southern's Counseling Services, said stress is a reaction of the body to things it considers intimidating or dangerous.

"The body goes into a fight or flight state when it encounters things that are challenging," said Ouimet.

According to Ouimet, there are many ways to deal with stress, and it should be addressed on a case to case basis.

"There is no best way. It is different for everyone."

Ouimet said for people who tend to overthink when they get stressed, activities like reading, journaling and crying can

help. He said others feel stress in the form of their muscles tensing up. For situations like that he recommends different forms of exercise.

"Something I always suggest is meditation. I will be honest it never worked for me but the process of learning breath control can allow you to counteract some of the negative effects of stress."

Ouimet said he there are many unhealthy ways students try and deal with stress. He said substances such as marijuana and alcohol, while pleasant in the moment, can increase stress over time.

Finally, Ouimet said coping with stress is about exploring thoughts and being comfortable with not being in control of everything.

"You doing your part," said Ouimet, "will increase the odds of something happening."

## Considering the effects of the President's policies

By Thomas G Pelton

When Kate Isabell voted for Donald Trump last October, she did not anticipate much of what he is done in his first 50 days.

Isabell a freshman and undecided on a major, voted for Trump, but has been disappointed in the job he is done to this point.

"When I voted, I more so voted against Hillary Clinton," Isabell said. "A lot of what he's done so far has been reckless."

Isabell was disappointed in Trump's Muslim ban.

"I disagreed with his sentiment during the campaign about Muslims," she said, "but I didn't think he would go as far as he's gone."

According to CNN, Trump signed his second executive order on immigration that will take effect on March 15th. The difference between this executive order, and the one signed six weeks ago, is Iraq was taken off the list of countries banned. Now, nationals from Syria, Iran, Somalia, Yemen, Libya and Sudan are barred from entering the country for 90 days.

Isabell said the Trump administration has been lackadaisical in its approach to the Russia, and the Russian hacking.

"While I personally don't believe Russians tried to hack to election," she said, "not investigating the issue at all seems really shady."

Joe Ricc a freshman criminal justice

major, said he has serious concerns over the Russian hacking.

"There is a chance of war," he said, "I think it's a shot in the dark, but we still need to investigate it."

He said the Trump administration should not ignore the numerous sources that have publicly made statements saying the Russians tried to sway the election.

A poll by Quinnipiac University found 46 percent of Americans think the Russian hacking is a very serious matter. That same poll found 20 percent of Americans think it is not serious at all.

Ricc said his feeling on the Muslim ban have been mixed.

"I don't really know how I feel about it," he said, "because it's a precaution for the things they did. I'm not for banning all Muslims, just the extremists."

Ricc said he thinks the vetting process for immigrants must be stronger.

"I want our country to be as safe as possible," he said. "We should really step up security."

A poll by NBC News/Wall Street Journal found 44 percent of Americans think a temporary ban from the seven countries is necessary, until enhanced vetting procedures can be put into place. The same poll showed 45 percent of people think it is unnecessary.

Costel Calin, teaches classes on general politics, diplomacy, and politics around the world at SCSU. He said the ban is unnecessary, and misguided.

"Most terrorist attacks in the United

States are not planned and perpetrated by foreign citizens," he said, "it is people who grew up in the United States. I'm not sure if banning people from foreign countries who are less likely to commit an attack on American soil is a good idea."

Calin said the main flaw with the executive order was the direct conflict it has with the constitution.

"It was done in such a way that raises questions about who do we stop from coming into the country," he said. "and according to our constitution, religion should not be part of this discussion."

He said the focus should be on the country of origin, rather than the religion of those who come into the United States.

As it pertains to the Russian hacking, Calin was critical about how the Trump administration has handled it.

"There is no point in discussion, because 17 domestic intelligence agencies said there was a Russian hacking," he said, "and there's simply no way all 17 agencies got it wrong."

Calin said there was a clear bias in how the Russians choose to sway the election. He cited how the Russians leaked information only from the Clinton campaign, rather than the Trump campaign.

"What bothers me the most about all this was that there was a complete denial at the beginning of all of this," he said, "and now there have been more and more reports of meetings between members of the Trump campaign, and Russian officials."

Calin said he does not think meeting with Russian officials is necessarily the problem. He said the problem lies in the Trump team trying to minimize the role of those meetings.

Calin has concerns with the Mexican border wall as well.

"The Mexican president has said numerous times now they won't pay for the wall," said Calin. "Now Trump will most likely start taxing Mexican goods, and Mexico will start taxing American goods."

According to Calin Mexico and the United States could be on the brink of a trade war if that happens.

To fund the wall, Calin said Trump might cut spending to the State Department, which advises the president, and leads the country in foreign policy issues.

"A number of diplomats have already been laid off," he said, "which could lead to numerous issues abroad. I think the Trump administration will find out soon enough the majority of the money going to the wall will come out of American pockets."

Calin said he wants to give Trump the benefit of the doubt when it comes to foreign policy, because of his lack of experience, but says he needs to learn fast.

"Through almost 50 days, he doesn't seem that he wants to learn about these issues," he said, "and that is a pretty concerning thing."





PHOTO COURTESY | DOMINIK LIPPE (LIPSTAR) UND YANNIC LIPPE

Photo of artist Rick Ross performing at the Out4Fame festival in 2014.

## Rick Ross' 'Rather You Than Me' album shows off luxury raps

By Lynandro Simmons

Miami rapper Rick Ross has had a luxurious career to say the least. It has been a little over 10 years since his debut album "Port of Miami." In that time Ross has managed to establish his record label Maybach Music – which includes rap stars Meek Mill and Wale – and has become a successful entrepreneur in his own right. On his newest studio album "Rather You Than Me," the self-proclaimed biggest boss sticks to his best quality – luxury raps.

Over some of the finest production in rap, Ross shows why his ear for beats is almost second to none. Tracks like "Triple Platinum," "Powers that Be," and "Santorini Greece" speak to the type of larger than life album Ross wanted this to be. From the beginning of the album Ross shows fans the treat they are in for.

"In a room full of failures I feel out of place," raps Ross on the opening track "Apple of My Eye." While Raphael

Saadiq – lead singer of Tony! Toni! Tone – sings, Ross reminds fans why his music can make someone feel larger than life. On the opening track there is not anything Ross does not touch on. Within the first four bars he mentions how he told Meek Mill he never trusted Nicki Minaj. Further in the track Ross even talks about the silver lining in Donald Trump being elected. "We gotta destroy before we elevate," Ross raps.

Ross is not a rapper known for holding his tongue no matter who the opponent is. One of the defining tracks on his new album is what is sure to be the controversial track "Idols Become Rivals." The track opens with legendary comedian Chris Rock giving some dialogue before Ross dissects a person he once revered – Birdman. Anyone following rap music knows of the label situations rap superstar Lil Wayne is going through with Birdman and Ross throws in his opinion. Over the sample of the classic Jay-Z track "Where Have You Been," Ross pulls the curtain back on what has been occurring behind closed doors at Cash Money Records. He raps with great disappointment

at his memory of meeting Birdman and noticing his watch was fake. He even talks about the pain he felt watching his former idol Birdman take money from close friend and star entertainer DJ Khaled. Ross even ends the track with a simple request. "Last request, can all producers please get paid."

Ross transitions smoothly from his lush and soulful production into hard hitting street anthems like "Dead Presidents" on this album. However, it is surprising that he keeps the trap songs to a minimum. Out of 14 tracks there are only four that resort to repetitious trap sounds. This album does not show less of Ross trying to stunt on any particular person and instead shows that he wishes his fans and listeners to revel in his success with him. This is not necessarily a Ross you have not heard before. But with a refreshing level of transparency and soulful beats to match, anyone can see the growth in the rap veteran. With nine albums now in his catalogue, Ross has not lost his ear for beats, conviction to rapping, or natural charisma.

## Tips for de-stressing for the second half of the semester

By Sherly Montes

### 1. Invest in a planner.

Buy one with lots of room for writing and markups in the margins. Using highlighters to color code events and tasks can help too.

### 2. Make short-term to do lists.

Making long-term to do lists can be daunting.

Crossing off and accomplishing smaller goals

will help you feel more productive.

### 3. Organize your work space.

Keeping a clean room and desk will make it easier to concentrate. It will also be easier to find your textbooks and notes from class.

### 4. Prioritize your tasks.

Tackle your assignments and projects

according to level of importance or due dates.

### 5. Take breaks.

Only you know how far you can push yourself. Do not be afraid to get up and let your brain rest. Just make sure you time your breaks and get back to you work.

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# 'Ghost Recon: Wildlands' is fun despite repetitive story lines



PHOTO COURTESY | BAGO GAMES

Promotional photo from the newest video game "Ghost Recon: Wildlands" which was released on March 7 of this year.

By Josh LaBella

Even though I am only a third of the way through "Ghost Recon: Wildlands," I think it is safe to say there is not much new content for me to see.

"Wildlands," released on March 7, puts the player into the boots of an American special operative known as a "Ghost." You are operating in a team of four in a 2019 Bolivia that has essentially become a narco-state. Your mission: dismantle the Santa Blanca Cartel, the top cocaine producer and distributor in the world.

The storyline of "Wildlands" was very weak. Like many games by Ubisoft Entertainment, the French company behind the title, the quests can be boiled down into the categories of: "kill or interrogate this person," "steal this thing," and "spy on this." I spent most of my time driving to cartel bases, killing all the soldiers there, then finding information necessary to do exactly that at a different location. The game had very little to show in terms of character development and backstory.

I also found the premise of the game to be in poor taste. It portrays Bolivia essentially as a war-torn, drug-infested hell hole. The Bolivian government understandably took issue with this and filed a complaint with the French Embassy in La Paz. It also was based off the offensive

and overused trope of Americans bringing civilization to the less developed countries, by using guns.

One thing you notice immediately upon starting the game are the gorgeous graphics and detailed topography. The map is massive and has an incredible amount of environments. It is completely open-world so you could go to any place at any time. One minute I would find myself fighting in a jungle during a thunderstorm and the next I would be in the middle of the Bolivian salt flats, shooting at enemies from kilometers away.

Another strong point for "Wildlands" is the combat. Like Ubisoft advertised, there are many different ways to take down the cartel and you can approach the enemy in any way you please. I favored picking off the enemy from a distance and then sneaking into their camps, but it was just as satisfying going in guns blazing.

The enemy AI in the game could use some serious work. The members of your own squad essentially offer zero help. It was not at all rare for me to find myself engaged in a firefight where I was struggling to survive only to see my squad mates staring off in a different direction. The enemy were not much smarter but in large numbers they would surround and overwhelm you.

Another great part of the game was the character and weapons customization. You can change your



PHOTO COURTESY | UBISOFT PARIS

Cover for the "Ghost Recon: Wildlands" video game.

clothes and apparel at any time. There were at least a dozen options in every category and you could change the color and pattern of what you were wearing. I used this to adapt my outfit to match my environment, though it was more for the aesthetic, as it did not affect stealth. There are also a dozens of weapons to choose from. Each one could be fully customized with attachments and different paint options.

If you can ignore the shallow

storyline, "Ghost Recon: Wildlands" is a fun game. The character and weapon customization offers a unique way to personalize your playstyle. The combat is fun but the missions are repetitive. All of these aspects are overshadowed by the striking setting in an open-world where you choose how to handle the Santa Blanca Cartel.

# Movie 'Get Out' sheds a light on racial dynamics in the U.S.



PHOTO COURTESY | PEABODY AWARDS

Director of the movie "Get Out," Jordan Peele at the Peabody Awards in 2014.

By Lynandro Simmons

Jordan Peele's first film "Get Out" is a crash course in the racial dynamics that are present in America. Using a blend of satire and horror, first time director Peele shows that the scariest things do not have to be supernatural. Instead Peele uses the horror genre to show a social critique of America's racism.

The racial conversation to be had in "Get Out" is not about bigots or outright racism. No, this movie shows the softer sides of racism. Peele's directorial debut comes at what some consider a perfect time, during the presidency of Donald Trump. However, some could argue this film would have been perfect for the previous president Barack Obama's era. The main character in the film is a dark skinned man named Chris who dates a white woman named Rose.

The film does not begin to pick up its pace until Chris meets his girlfriend's parents, as well as their maids. Upon introduction, Rose's father tells Chris how much he loved Obama and how he would have voted for him for a third term. The conversation begins to become awkward as Rose's father begins to over-extend his kindness. He tells Chris about how proud he was his father ran with Jesse Owens and that Owens put Hitler in his place. What makes the conversation weird is the fact Chris tries to avoid the race conversation, but Rose's father seems to revel in a conversation that would not happen if Rose's boyfriend was not black.

The small subtle gestures in the film are things that could be obvious to some, and could go over the heads of others. This is where Peele's excellent writing carries the

film. When Chris first meets Rose's father he talks about how he is elated Chris hit a deer on the way here as they are getting in the way and taking over the neighborhood. The conversation has a menacing tone despite the fact Rose's father is speaking in a light-hearted way.

One of the most amazing subtle messages was the lone Asian man in the all-white neighborhood. He - like Chris - represents a minority in this neighborhood, but interestingly enough he sides with Rose's family and the neighborhood instead of a fellow minority. The Asian man even begins to levy racial stereotypes at Chris. Another was the blind man who was friends with Rose's father and befriended Chris when he felt alone. The blind man - who cannot see color - still views Chris as a commodity. This same blind man also ends up being one of the worst betrayals in the film was only second to Rose's. The film sharply shifts from satire to outright horror once Chris realizes the dark secret in Rose's family and that is where the messages become poignant. The many layers in this film are something that would require multiple viewings.

Peele's film shows what can be considered the worst side of America. Not the stereotypical confederate flag waving Klan members. No, this film shows people who believe voting for Obama, being liberal or having a black boyfriend absolves them from being complicit with racism. What is truly amazing about this film is how everybody can pull different meanings depending on their own upbringing. In his directorial debut Peele has succeeded in creating a film that gives an insight into a reality African-Americans have to live with every day.





PHOTO | PALMER PIANA

Photo of students walking through campus during a snow storm that took place on Jan. 31, 2017.

## Snow storm makes students change their spring break plans

By Courtney Luciana

Most individuals view spring break as an ideal time to go on vacation, particularly somewhere tropical, but this past week's snowstorm only made break even more relaxing, said Domi Migilarese.

The painting major and psychology major spent her final spring break at SCSU applying to grad schools.

"I finally had the time to finish applying to Albertus Magnus," said Migilarese. "Besides that, I took advantage of the time off to spend quality time with my family. My little brother even let me do his makeup just for fun."

Krissy Casale, a music major, also celebrated her final spring break by taking time out for her mental health.

"It was nice to have 'me' time where I caught up on some of my favorite shows including: 'The Fosters,' 'Bates Motel,' 'Grey's Anatomy,' and 'This is Us,'" said Casale. "I also babysat to make some extra cash but the snow ruined my day on Tuesday since I couldn't drive due to the travel ban."

Bridget Mott, a sociology major, also had plans canceled because of the state-wide travel ban declared by Governor Malloy due to the snowstorm.

"I was going to go to Cirque du Soleil

with my mom and sister but it got canceled due to the ban," said Mott. "Still, I still managed to make a trip to New York on a different day where I saw The Phantom of the Opera on Broadway which was phenomenal. Towards the very end of break I made a trip to Canada. Quebec City is great."

Based on recent National Center for Education Statistics, 20.5 million students will be going to school in the U.S. this year and 55 percent will be going away for spring break.

According to a 2017 LendEDU poll about what students do over spring break, roughly 31 percent of students have admitted to utilizing student loan money to finance their binge drinking trips to either Cancun or Daytona Beach for break.

Based on this data, approximately 2.38 million students are using money that was granted for student loans to pay for spring break vacation.

Additionally, an average of 24 percent of students in the survey admitted to using money collected from student loans to pay for drinking and spending money at various bars.

Almost a third of students admitted to using student loans to pay out for clothes and accessories while on vacation, while another third of students used the allowance to cover restaurant bills and



PHOTO | SHERLY MONTES

Photo of snow piles on the ground around campus after snow storm Stella.

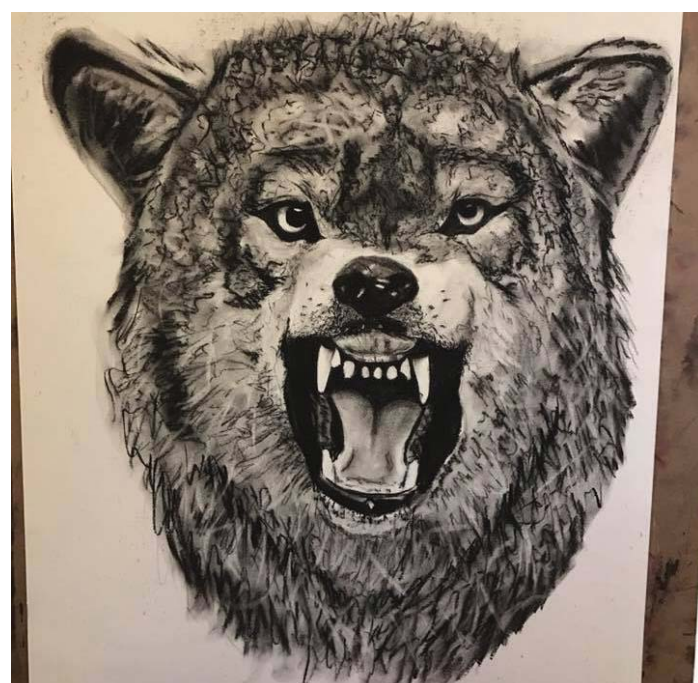
take-out.

Isabel Skarzynski, a graduate student studying media studies and women's studies, said she is one for traveling all over the world but knows better than to jeopardize her academic finances for a spring break trip.

"I am holding down three jobs currently

just to maintain life now," said Skarzynski. "I can't even imagine blowing my student loans on vacation but it also doesn't surprise me that people do. Everyone needs a getaway. This break I took the initiative to focus on writing my thesis and just worked."

## Student art of the week: Brad Migliaro



"Art is something that really saved my life in a time when I didn't know if I was gonna make it through."



PHOTO | DYLAN HAVILAND

Photo of Brad Migliaro a sophomore studio arts major.





PHOTO | SOUTHERNCTOWLS.COM

Senior guard Michael Mallory drives by a Saint Rose defender in Southern's 67-47 loss that ended their season.

## Wallin awarded his ninth USTFCCA regional coach of year



PHOTO | SOUTHERNCTOWLS.COM

Southern has had 58 All-American selections during John Wallin's first six years as head coach.

By Matt Gad

Track and field's John Wallin, who is also the head coach for men's cross country and spring track, was awarded the United States Track and Field Cross Country Coaches Association's regional coach of the year honor March 7.

"It's a great honor,"w Wallin said. "It's a great honor for me but it's also a great honor for my staff because when the head coach wins an honor like this it's really a combination of great effort from the staff, as well as from the athletes."

This marks the ninth time Wallin received the honor, specifically for the indoor track and field season, from the United States Track and Field and Cross Country Coaches Association. His team won this year's men's indoor championship in the NE-10 and finished third at both New England's and Metropolitan's.

"I was actually convinced to come to Southern based on Wallin's accomplishments," sophomore sprinter Aaron Rattley said. I really wouldn't be here without his excellence in coaching."

Rattley came to the program two years ago after a highly decorated career at Amity High School, in Woodbridge, Connecticut. He won the SCC high hurdles four times at the championship meet and qualified for New England's four times, as well. Rattley was a five-time New Haven Register

# Owls run out of gas

Star seniors Michael Mallory and Austin Carter saw their SCSU careers come to an end last week.

By Matt Gad

The men's basketball season came to an end in the second round of the NCAA Tournament March 12 in Syracuse, New York. They fell 67-47 to the College of Saint Rose, but the day before they upset Southern New Hampshire, 109-98.

"When we found out we got into the tournament we just talked about a second opportunity," assistant Mike Papale said, who was filling in for head coach Scott Burrell, who was serving a one-game suspension stemming back to an incident that occurred in last year's tournament.

"A lot of our guys had a bad taste in their mouths from how the season ended," he said. Especially the ones who've been here for awhile and seen so much success, and they came out and took advantage of the opportunity." Papale also said it was a

**"A lot of our guys had a bad taste in their mouths from how the season ended."**

— Mike Papale, assistant coach

nice showing from some of the Owls' key contributors,

and he was glad things finally worked out.

Michael Mallory finished with 42 points in the opening game, en route to becoming the conference's all-time leading scorer. Additionally, Jerry Luckett Jr. scored 30 and went 8-12 from the field.

"When we got into the tournament, my room-mates all came running into my room and said 'you are 27 points away from this record.' We aren't leaving that gym until you get it,' so I had a whole week of no sleep - I wanted it that bad," Mallory said.

At halftime, he said his fellow seniors came up to him again and said, "You are five points away." Mallory came out wanting

the ball, and when that final layup went in he said he was in disbelief.

April 16 he was named ECAC Division II Player of the Year. He scored 2,515 career points in four seasons at Southern and finished this year with an average of 23.2 points per game.

The next day it was the second round, and Burrell was back on the sidelines for the matchup with 26-7 Saint Rose. Mallory was ice cold, only reaching 11 points. For the second straight day, he was mentioned in the same breath as Jerry Luckett Jr. but this time it was not for anything quite as good. Luckett Jr. tied Mallory with a team-high 11 points.

SEE MENS BASKETBALL PAGE 11

SEE WALLIN PAGE 10



PHOTO | SOUTHERNCTOWLS.COM

Senior Greg Zullo was named as one of the Chick-fil-A Southern Athletes of the week for his performance in Florida where he batted .360.

## Warm weather heats up baseball team

By Matt Gad

Southern's baseball team has been clicking of late. March 6 they held their home opener, tying 6-6 with Post University in a game suspended due to darkness.

On that one, head coach Tim Shea described the middle innings as "disappointing." The Owls came out with a 1-0 lead and were up 2-0 after four innings, however, the game got away from them. The seventh went as a four-run frame for Post, after they scored one run each of the previous two innings.

"Our relief guys came in and kind of gave up the lead," Shea said. "We really just weren't throwing strikes - we walked four guys in a row in that seventh inning."

Griffin Bremer started, giving up seven hits and two walks, facing 22 batters, before Christopher Ramos and Austin Darrow both walked two in the middle of the game. In total, Southern pitching sacrificed 11 hits, six runs, six walks and six strikeouts on 40 Post batters.

But pitching is only part of the battle. At the plate, the Owls scored six times on eight hits, four RBIs and nine walks, despite stranding 11 runners

on base throughout the course of the afternoon.

Shea said he was "really impressed" with his team's two-out hitting and said the team scored a majority of their runs in that situation. In the last inning, Zullo came up big with a two-out triple, he said, tying the game. In short, Shea said his team needed to do a better job trusting the defense and "not giving up bases (walks)," which can really hurt them throughout a ballgame.

"Falling behind in the middle of the game is tough, and losing a three-run lead is even worse, but being able to compete and tie the game

SEE BASEBALL PAGE 11



## March madness in full swing

By Matt Gad

I do not think I am supposed to mention the World Baseball Classic, am I? By the time you're reading this they have either won it all or were shocked in either the semis or the big game and -- oh wait, you could be reading this Wednesday afternoon and, you know what, nevermind. This is not about them.

This is about the biggest thing in the middle of March and no it is not that the Jets are

trying to revive Morris Claiborne, although, we could talk about that. We could also talk about how my buddy just threw a no-hitter for Central Connecticut this past Sunday. But we will not.

I am here to talk about March Madness, and probably busted brackets, too. After Villanova and Duke were ousted, this finally became mad. March Sadness' one week run came to an end. And now, well, tomorrow, it is the Sweet Sixteen -- and you no longer have to bother finding TruTV.

So I wanna know, who are you taking? I feel confident that Kentucky may still run away with this thing, but can you really count out Josh Jackson and Kansas, or T.J. Leaf, Lonzo Ball and UCLA? I'm not so sure. But at least we won't be getting a repeat champion.

Still, there is been no overtimes, no buzzer beaters and no insane 15th seed shockers. All we have is that crying Northwestern kid, who, by the way, was the younger brother of No. 30.

Sorry I do not know their roster, aside for that Seinfeld

woman's son. I am kidding, Julia.

And for a second can we acknowledge the Quinnipiac women? They won their first ever women's Division I tournament game over the weekend. Now I am not sure how far their run will continue, but they are kind of the women's Northwestern. I mean, they are both good journalism schools. By the way, has a Southern graduate ever gone to Medill? Cindy!



## Mallory has his storied SCSU career come to an end



PHOTO | SOUTHERNCTOWLS.COM

Michael Mallory finished his senior year averaging 23.2 points per game.

By Michael Apotria

Over the past four years senior guard Michael Mallory has re-wrote record books, dominated competition and most importantly, gave everyone at SCSU something special to watch, said head coach of SCSU basketball, Scott Burrell.

"I tell all the guys he is one of the top three scorers you will ever watch in college," said Burrell. "I was lucky to coach him, these guys are lucky to have played with him and fans should feel lucky they were able to watch what he can do."

Mallory had an immediate impact on the court during his

freshman year of the 2013-2014 season averaging 15.8 points and 4.2 rebounds, while shooting 42 percent from the field. His play lead Mallory to being named the NE-10 rookie of the year and a selection to the division II all-freshman team, all while only starting in one game that season.

Mallory's freshman year was only a flash in the pan for what teams in the NE-10 would see for the next three years. The numbers continued to rise year after year for Mallory after he said he put in the work at gym and learned to be patient.

"I just spent a lot of time in the gym working on my flaws and slowing myself down," said Mallory. "Those were very key."

By the end of Mallory's senior year he was averaging 23 points per game, 4 assists and 4.5 rebounds. His numbers rank amongst the best in the NE-10 and have shattered records at SCSU, including setting a new all time scoring record with 2,512 career points. Breaking records is something Mallory said he never envisioned doing when he came to SCSU, but he hopes it lasts.

"I did not think about it coming in as a freshman," said Mallory. "My one thing was to win and play well. I hope the record sticks for a long time."

Although his collegiate career is done, Burrell said there is no doubt in his mind that this is not the last stop for Mallory.

"I think Mike will play somewhere," said Burrell. "I'm not sure if it's in the NBA or overseas, but one thing is for sure, Mike's going to be playing for a while."

Burrell said Mallory has a very familiar skill set as his fellow alumnus.

"I think he's like Kemba Walker," said Burrell. "Kemba was a dynamic scorer in college and so is Mike."

With records broken and accolades accomplished, it is hard to pick one thing to remember Mallory for while he was at SCSU, but Mallory said he in the end he would like his legacy at SCSU to be remembered as the most prolific player to enter the James Moore field house.

Mallory said, "when it's all said and done, I want to be known as the greatest player to play at SCSU."

Mallory was also named ECAC Division II player of the year last week. Before that Mallory was named first team All-Region for the second season in a row.

More impressively Mallory became the all-time leading scorer of the Northeast-10 conference in the first round of the NCAA tournament. Mallory did this during a 42-point performance that led the Owls to a first round victory.

## Wallin

CONTINUED FROM PAGE 9

All-Area member and also made the Connecticut Post's All-Star team twice.

He said his teammates have a "pretty close relationship" with Wallin and that Coach Wallin's more personable style is very effective. As Rattey put it, "it's not all business-like," the way other coaches tend to operate.

"Everytime you win an award like this it makes you feel good and you're pretty excited about it," Wallin said. "To be able to win this award means that your staff and your athletes did a good job and everybody took notice of it."

He said it is "a big deal to all of us" that someone on the staff is honored in such a way. In addition to Wallin, the men's track and field staff is made complete with assistants Joseph Van Gilder, Bill Sutherland, Nelson Laskoski, Celina Emerson, Nick Lebron, Tresley Dupont and Brian Nill.

This award put a caper on the indoor season, even though the competitive spring session only gets underway April 1 with the Mark Young Invitational.

"We can't be outside for another two to three weeks with the snow but we're all getting ready for the outdoor season. It's back to base training for some people and speed development for others. We're just



PHOTO | SOUTHERNCTOWLS.COM

John Wallin has had all three of his programs that he coaches nationally ranked since taking over seven years ago as men's head cross country/track and field coach.

Wallin said, with the weather up here in the northeast, they get a late start to the spring season. He said most of the country has already started things up. April 7 the Owls travel to Miami, Florida for the Hurricane Alumni

Invitational, while some of the squad will head off to Princeton, New Jersey for the Sam Howell Invitational and the rest will participate in the Yellow Jacket Invitational in Springfield, Massachusetts. Southern will return home

to host the SCSU Decathlon April 13 and 14 before heading to the University of Connecticut's campus in Storrs, Conn. for the Northeast Challenge April 15.



## Kirk Cousins deserves better

By Phil Zoppi

The Washington Redskins are making a big mistake by even mentioning Kirk Cousins in trade talks.

Cousins is by far the best commodity that the Redskins have going for them and they would be smart to keep him happy. The Michigan State product has thrown 54 touchdowns to just 23 interceptions the past two seasons. Cousins has kept Washington competitive ever since he took over the starting job, yet management

does not seem to be fully on board with keeping him around long term.

The Redskins placed the franchise tag on Cousins for the second year in a row, which means he will count a whopping \$23.94 million against the cap. Placing the franchise tag on a guy who is the only quarterback in franchise history to have back-to-back 4,000 yard passing seasons is a slap in the face. Cousins deserves better than this and he knows it.

It was reported by many publications last week that Cousins demanded a trade

from the Redskins even though Cousins refuted the report. No matter if the demand was true or not it is clear that Cousins and his camp are not pleased with the way contract negotiations have gone the past two years.

Who would the Redskins even play at quarterback if Cousins were traded? It would probably be Colt McCoy and that would be a disaster as McCoy has been a career backup. I would not be surprised to see the Redskins go from an 8-10 win team to a 2-4-win team if Cousins was

traded, that is how important he is to this team.

Teams that have been linked to have interest in trading for Cousins include the San Francisco 49ers and the Cleveland Browns. Both of those teams are desperate for a quarterback and would be getting a franchise-changing player if they were able to acquire Cousins.

If the Redskins were smart they would pony up and end all of this trade speculation well before the season starts.



## Men's basketball

CONTINUED FROM PAGE 9

"They're a veteran team that makes shots," Burrell said of Saint Rose, after the 67-47 elimination loss. "When you give an older team easy looks and they knock them down it's gonna be tough to dig out."

This ended up being the end of the road for the Owls, and the end for a team that included Mallory and senior Austin Carter.

"Coming in freshman year and winning an NE-10 Tournament, in your mind you're like 'this is supposed to happen every year,'" Mallory said. "But four years, four tournaments and a lot of games - I wouldn't trade this in for the world. [Previous SCSU coach Mike Donnelly] changed my life with a scholarship and gave me an opportunity to continue playing basketball and Coach Burrell just came in and helped me expand on my basketball mind."



The Southern men's basketball team finished with an 18-13 record in 2017.

PHOTO | SOUTHERNCTOWLS.COM

## Baseball

CONTINUED FROM PAGE 9



PHOTO | SOUTHERNCTOWLS.COM

Redshirt sophomore Nick Lamberti (#3) led the Owls in hits last season with 47.

in the eighth was something positive we were able to take away," Greg Zullo said. "A complete effort on every play is needed to win a college baseball game and, from what I've noticed in my four years here, we have to win more of those types of games to have a successful season."

And after this game, the Owls traveled west to Fort Pierce, West Palm Beach, Boca Raton and Lantana Florida to battle Assumption College, Molloy, Caldwell University, Post, Lynn University, Merrimack and American International College. Southern won a stretch of four straight, including one that went 11 innings, over the road trip, and finished the Florida swing with an 8-1 record.

Ahead, they play Bentley University at home March 24, and continue the homestand with Stonehill College on the 25 and Bentley again March 26. All in all it will be an eight-game stretch at The Ballpark at Southern Connecticut, spanning through April 2.

After Florida, the team sits at 11-4-1, winners of four straight games. They are now also 11-2 in neutral site contests and 0-2 in road games, making for a robust .719 winning percentage.

Last season the team finished 16-25-1 and played to the tune of 8-10 in conference play. Moreover, they fell to a 6-18 road mark and missed out on a deep playoff run. This year they are already just five wins shy of tying last season's total and it is only the middle of March.

## Women's Basketball

# Taylor McLaughlin finishes her SCSU career with stellar senior season



PHOTO | SOUTHERNCTOWLS.COM

Taylor McLaughlin (#31) led the Owls in points per game with 19 in her final season with the Southern.

By Phil Zoppi

Taylor McLaughlin was named a First-Team All-ECAC selection and First-Team All-Conference for her play on the Southern women's basketball team this year.

McLaughlin had one of the best Southern basketball careers of all time as she ranks eighth all time with 1,389 points in her career. Even though McLaughlin has enjoyed all of this individual success at Southern she credits her teammates and coaches for what she has been able to accomplish.

"Like I've said all season and throughout my career, any and all of my accomplishments wouldn't have been possible without my coaches and teammates trusting me to do what I do," said McLaughlin. "I'm proud because the more I get my name out there, the more I get Southern's name out there."

The time that McLaughlin spent

suiting up for the Owls was not as easy as her statistics say it was. The senior forward experienced three coaching changes during her four years at Southern and was still able to have the success that she did through it all. Losing a coach is not easy but McLaughlin embraced the challenge of having three different coaches lead the team during her time at Southern. "Everything I went through has prepared me for life after basketball," said McLaughlin. "Playing with three different coaches taught me a lot about myself because it was a continuous challenge to prove myself and my abilities to a new coach multiple times. It also taught me how to adapt."

The Southern women's basketball team finished the regular season with a 12-17 record and lost in the quarterfinals of the Northeast-10 tournament. One of the few bright spots for the Owls was how McLaughlin finished her career. McLaughlin averaged 19 points, 9.1 rebounds, and two assists per

game in her senior season. It was not just the offensive side of the ball that McLaughlin excelled at as she finished with 24 blocks on this season, which was good for fourteenth in the NE-10, and averaged two steals per game.

The statistics jump off the page for McLaughlin but the overall team results were not there and that was frustrating not only for her but for the rest of the team. The win loss record or level of success was not what any of the women's basketball team members expected but McLaughlin took a lot of positives out of her last season at Southern.

"What I will remember most about my senior year is how much the team grew," said McLaughlin. "For me I grew into a leader that I can say I'm proud of. There were definitely frustrating parts throughout the season but I always wanted to remain calm and strong for everyone and just lead them in the best way possible."



# SCSU baseball vs. Post University photos



PHOTO | MATT GAD

A Southern baseball player gets ready to bat with a runner in scoring position.



PHOTO | MATT GAD

A Post University pitcher gets ready to throw a pitch in mid windup.



PHOTO | MATT GAD

The baseball team meets outside of the dugout during their 6-6 tie against Post University.



PHOTO | MATT GAD

Southern scores one of their six runs on a base hit.

## Northeast-10 Standings

### FINAL MEN'S BASKETBALL STANDINGS

|                           | CONFERENCE |        |       | OVERALL |        |       |
|---------------------------|------------|--------|-------|---------|--------|-------|
|                           | GP         | RECORD | WIN % | GP      | RECORD | WIN % |
| <b>NORTHEAST DIVISION</b> |            |        |       |         |        |       |
| SO. NEW HAMPSHIRE *       | 21         | 15-6   | 0.714 | 30      | 21-9   | 0.700 |
| SAINT ANSELM              | 21         | 13-8   | 0.619 | 29      | 20-9   | 0.690 |
| MERRIMACK                 | 21         | 12-9   | 0.571 | 31      | 19-12  | 0.613 |
| FRANKLIN PIERCE           | 21         | 12-9   | 0.571 | 28      | 15-13  | 0.536 |
| BENTLEY                   | 21         | 11-10  | 0.524 | 27      | 14-13  | 0.519 |
| STONEHILL                 | 21         | 10-11  | 0.476 | 27      | 15-12  | 0.556 |
| ASSUMPTION                | 21         | 5-16   | 0.238 | 28      | 7-21   | 0.250 |
| SAINT MICHAEL'S           | 21         | 4-17   | 0.190 | 26      | 5-21   | 0.192 |
| <b>SOUTHWEST DIVISION</b> |            |        |       |         |        |       |
| LE MOYNE *                | 20         | 16-4   | 0.800 | 29      | 22-7   | 0.759 |
| SAINT ROSE                | 20         | 15-5   | 0.750 | 34      | 26-8   | 0.765 |
| <b>SO. CONNECTICUT</b>    | 20         | 13-7   | 0.650 | 31      | 18-13  | 0.581 |
| ADELPHI                   | 20         | 10-10  | 0.500 | 30      | 18-12  | 0.600 |
| NEW HAVEN                 | 20         | 9-11   | 0.450 | 29      | 15-14  | 0.517 |
| AMERICAN INT'L            | 20         | 5-15   | 0.250 | 28      | 11-17  | 0.393 |
| PACE                      | 20         | 4-16   | 0.200 | 28      | 7-21   | 0.250 |

### FINAL WOMEN'S BASKETBALL STANDINGS

|                           | CONFERENCE |        |       | OVERALL |        |       |
|---------------------------|------------|--------|-------|---------|--------|-------|
|                           | GP         | RECORD | WIN % | GP      | RECORD | WIN % |
| <b>NORTHEAST DIVISION</b> |            |        |       |         |        |       |
| BENTLEY *                 | 21         | 20-1   | 0.952 | 32      | 26-6   | 0.813 |
| ASSUMPTION                | 21         | 14-7   | 0.667 | 28      | 19-9   | 0.679 |
| SAINT ANSELM              | 21         | 13-8   | 0.619 | 29      | 19-10  | 0.655 |
| STONEHILL                 | 21         | 11-10  | 0.524 | 26      | 12-14  | 0.462 |
| MERRIMACK                 | 21         | 10-11  | 0.476 | 28      | 13-15  | 0.464 |
| SAINT MICHAEL'S           | 21         | 10-11  | 0.476 | 26      | 12-14  | 0.462 |
| SO. NEW HAMPSHIRE         | 21         | 6-15   | 0.286 | 28      | 11-17  | 0.393 |
| FRANKLIN PIERCE           | 21         | 1-20   | 0.048 | 26      | 3-23   | 0.115 |
| <b>SOUTHWEST DIVISION</b> |            |        |       |         |        |       |
| ADELPHI *                 | 20         | 18-2   | 0.900 | 32      | 27-5   | 0.844 |
| AMERICAN INT'L            | 20         | 14-6   | 0.700 | 29      | 19-10  | 0.655 |
| LE MOYNE                  | 20         | 10-10  | 0.500 | 28      | 15-13  | 0.536 |
| PACE                      | 20         | 8-12   | 0.400 | 29      | 14-15  | 0.483 |
| SAINT ROSE                | 20         | 7-13   | 0.350 | 26      | 12-14  | 0.462 |
| <b>SO. CONNECTICUT</b>    | 20         | 7-13   | 0.350 | 29      | 12-17  | 0.414 |
| NEW HAVEN                 | 20         | 5-15   | 0.250 | 26      | 7-19   | 0.269 |



## Sessions says no to pot

By Josh LaBella

For anybody who was getting their hopes up about seeing the federal government's prohibition on marijuana end, do not bother.

While we are only a couple of months into the Trump presidency it is quite clear that the administration has no plans to loosen the restrictions on the use of pot. If anything, they are strongly suggesting that they want to ramp up enforcement.

This is a complete turn-around from the previous administration, who released a memo saying it would not interfere with states that legalize non-medicinal marijuana. On Feb. 24 Sean Spicer, Donald Trump's press secretary, said that the justice department will most likely spend more time and money fighting recreational marijuana use in the coming months and years. He also linked the rising crisis of opioid addiction to the legalization of weed.

"When you see something like the opioid addiction crisis blossoming in so many states around this country, the last thing we should be doing is encouraging people," Spicer said. "There is still a federal law that we need to abide by when it comes to recreational marijuana and drugs of that nature."

Jeff Sessions, the new attorney general, has been even more outspoken in his disdain for marijuana. Sessions, it seems, has a long hatred of the drug that goes back to his early career as an Alabama state attorney. He once quipped, disturbingly, that he thought the Ku Klux Klan "were OK until I found out they smoked pot."

Last April, in a senate drug hearing, he proved to hold a similar stance when he spoke about former President Obama's

failure to stand with the anti-pot position taken back when Nancy Reagan told us all to "Just Say No."

In the same meeting, Sessions also said that, "Good people don't smoke marijuana."

Fast forward to just last week, Sessions made another statement that I can only call ridiculous. In a speech he gave on violent crime in Richmond, Virginia last week, he again proved his ignorance when he said that using drugs like weed, will destroy your life.

"I am astonished to hear people suggest that we can solve our heroin crisis by legalizing marijuana - so people can trade one life-wrecking dependency for another that's only slightly less awful," said Sessions.

The nation is in the midst of an opioid crisis and Sessions is gearing up for another failed war on pot. President Trump has been fairly silent on this topic. In his campaign he said he has no plans on interfering with medical marijuana. He has previously called recreational use "bad," but that does not give us much to go by.

Yet, as the top law enforcement official in the country, it is safe to say that Sessions has the reigns for this area of executive policy.

Twenty nine states have now legalized marijuana use in some form and it has grown into a 6.8 billion dollar business. The Pew Research Center reports that 57 percent of U.S. adults say the use of marijuana should be made legal, while 37 percent say it should be illegal. The number of people in favor of legalization is only rising.

It remains to be seen whether the Trump administration has the clout to combat this growing trend. But, if his top aides are any indicator, I think it is safe to say there is a new war on pot coming.



COURTESY PHOTO | BOB DORAN

## Ask Adelle: Answering students' questions



PHOTO | MELISSA NUNEZ

Adelle Zocher, an undergraduate intern for the Wellness Center.

By Adelle Zocher

Welcome back from spring break readers! I hope you are all well-rested, rejuvenated and ready to take on the second half of the semester—didn't I tell you it would fly by? This week I would like to take the opportunity to deviate from our usual sexual health focus and put the spotlight on tobacco use, and what we offer here on campus to help you kick the habit for good. On Tuesday March 30 from 12-3p.m., the Wellness Center will be hosting an e-Cigarette exchange event in the Engleman Rotunda.

E-cigarettes, hookah, chewing tobacco, cigars, and cigarettes are all harmful to one's health. This is an excellent opportunity to stop donating your money to greedy tobacco companies, free yourself from addiction and get a gift card to the SCSU bookstore for trading in your tobacco products! Tobacco products acceptable for trade-in include: vape pens, vape mods, e-juice, cigarettes, tobacco bong/pipes, hookah pipes, shisha tobacco, chewing tobacco and cigars. In addition, information regarding SCSU's free cessation program will be available. We are excited to help empower you to quit and stay tobacco free!

Did you know that powerful tobacco industries own the majority of e-cigarette companies? Since smoking cigarettes is on the decline, they need a new way to attract users to generate revenue. The answer to them was simple: target youth ages 13-25, and get them addicted. Nicotine is more addictive than heroin and multiple studies have shown that even e-cigs labeled as nicotine free contained nicotine. Addicted users are also more likely to switch to regular cigarettes. What a win for the tobacco companies! Many of you have jobs outside of school, why throw away your hard earned money on harmful products?

Are e-cigs safe? The "smoke" inhaled and exhaled contain ingredients that are

harmful, including: nicotine; ultrafine particles; flavorings such as diacetyl, a chemical linked to serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals, such as nickel, tin and lead. Nicotine is harmful for brain development well into one's early 20s, toxic to developing fetuses and poisonous if ingested or spilled onto one's skin. Just half a teaspoon can kill a child! e-cigarettes can and have exploded in the pockets of users, which can cause serious damage to your genitals—a nicotine fix definitely isn't worth permanent damage to your reproductive organs!

Southern is proud to be a vape and tobacco free campus. We hope to see you at the event! If you or someone you care about uses tobacco products, please join us, or feel free to contact the Wellness Center, or Health Services if you would prefer this event is made possible through a grant from the CT Department of Public Health and the Tobacco & Health Trust Fund. As always, feel free to stop by the Wellness Center for more information, or you can contact Vicky Adams, Tobacco Free Coordinator for the Wellness Center at adamsv2@southernct.edu

The end of the semester can be a stressful time, so the Wellness Center is here, as always, to help you to be the happiest, healthiest and most productive student you can be. Remember our 5 'S's? Sleep, sex, substances, stress and smoke—SCSU Wellness strives to provide you with as many resources as we can to facilitate good health by focusing on these five areas. If you have questions or concerns, we are certainly not limited to these topics. Wellness strives to provide knowledge and services that promote and protect your individual health, helping to create a stronger and more connected community here on campus. We welcome your feedback, and hope you will reach out with any questions or concerns that we can help with! Until next time, readers, be safe, be well, and take good care!

## 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

## Story Time



Elementary students outside the Lyman Center waiting to be admitted to the show.

By Palmer Piana

SCSU's Lyman Center hosted Theatreworks USA a not-for-profit theater based out of New York City, Monday March 20.

Elementary age students from around the New Haven area were bussed to campus to watch the production that was made up of five performers.

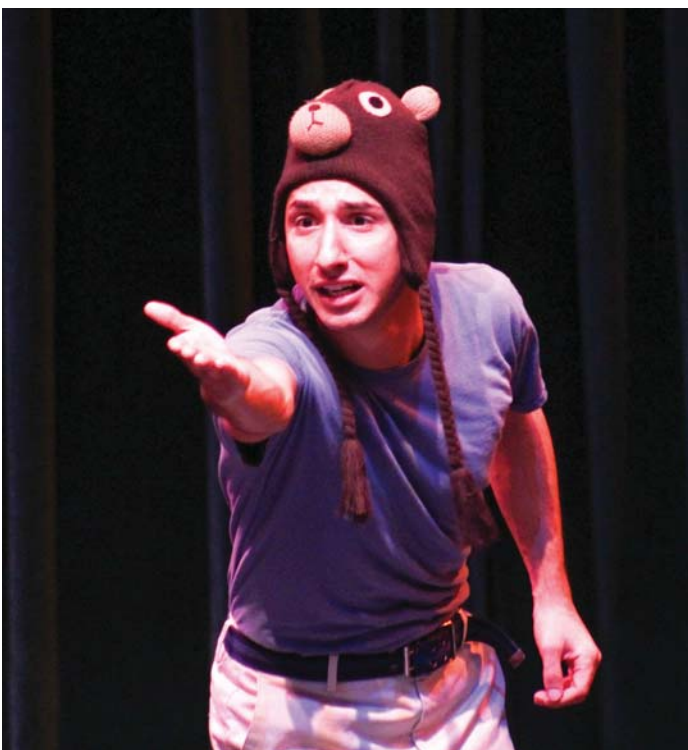
The actors brought to life popular children's books accompanied by song and dance. "Lilly's Purple Plastic Purse," "Dogzilla" and "The Teacher from the Black Lagoon" are just a few of the books played out on stage.

The children seemed to enjoy the performance, laughing, clapping along to songs and smiles all around.

The performance was a fun way to inspire children to read as well as bring the community together to celebrate the art of theater.



Ryan Armstrong, Robbie Torres and Pam Zazzarino singing while acting out the book "Dogzilla."



Robbie Torres asking the audience if they have seen his hat.



Natasha Edwards and Brian Kilmowski rocking out on stage.



Buses dropping off students outside of the Lyman Center.



Ryan Armstrong, Pam Zazzarino, Robbie Torres and Natasha Edwards acting out "Lilly's Purple Plastic Purse."