

SCSU gamers rave on about the latest video game releases

PAGE 8



Stonehill quiets Owls

PAGE 9



Southern reflects on transgender inclusivity

PAGE 4

SOUTHERN NEWS

WWW.THESOUTHERNNEWS.ORG

MARCH 29, 2017

VOL. 54— ISSUE 21

Tuition increase discussed at University Dialogue



President Joe Bertolino spoke at the University Dialogue event in the Michael J. Adanti Student Center Ballroom.

PHOTO | PALMER PIANA

By Josh LaBella

Southern Connecticut State University President Joe Bertolino opened with a round of applause to those faculty and staff who keep the campus operational.

"Your effort does not go unnoticed," said Bertolino. Bertolino hosted the first University Dialogue of the spring semester. There he laid out his short term and long term goals for Southern.

Bertolino said there has been a 40 percent rise in applications and he wants to capitalize on that on Accepted Students' Day, which takes place April 1. He urged the audience, mostly consisting of administrative staff, faculty and professors, to stop and say hello to tours of accepted students.

"Thirty seconds," said Bertolino. "It makes a difference."

Next Bertolino said one goal he had was for Southern to become qualified as a

minority serving institution in the next 10 years. To do so he said Southern is going to be mentored by California State University Channel Islands on how to bridge the achievement gap that exists for minority groups on campus.

Bertolino also spoke about the importance of providing resources for undocumented students on campus.

"We are not building walls here at Southern," said Bertolino. "We are building bridges and pathways to success for our students."

Bertolino went over a PowerPoint of steps he said he believed the university could take to become the flagship institution of the CSU system. They included diversifying sources of income, working more closely with community colleges and increasing Southern's presence both physically and visibly in the southern part of the state.

Next Bertolino talked about the budget. He said this year the state's proposed budget includes a 4.5 percent cut in the

CSU's funding.

"I can assure you that we will balance the budget," said Bertolino. "More importantly, 10 years from now we will be talking about reinvesting our diversified sources of income."

Bertolino said he and other members of Southern's staff had been spending a lot of time in Hartford "making sure Southern is visible and represented."

He said by April 13 the school needs to propose a balanced budget and that it will require \$1.2 million more to be reallocated while still maintaining the 14-1 student-faculty ratio. Bertolino said one goal of the school should be to convert more commuters into residents.

"As a community we have challenges ahead, I need your help finding this money. Hold other members of this community accountable, whatever you take that to mean, as long as it's legal," said Bertolino, getting a laugh from the audience.

After the presentation was over, Bob Sheeley, associate vice president for Capital Budg-

eting and Facilities Operations, said President Bertolino is a refreshing voice who tells it as it is.

"Every problem is an opportunity," said Sheeley. "We need to seize it to effect positive change."

Allison O'Leary, a web and social media administrator, said she thought the event went great and highlighted President Bertolino's transparency.

"I think it was a strong turnout," said O'Leary. "There were a lot of key players here today."

Ross Gingrich, an associate professor of mathematics, said Bertolino did a good job being transparent.

"He did a good job of covering the current status and bringing us up to date," said Gingrich.

President Bertolino said he was happy to see so many people attend and he is ready to get to work.

"These are the cards we have been dealt," said Bertolino. "We can't do anything but work with them."

Student health insurance to be removed next year

By Alex Palmieri

Starting in the fall of the 2017 semester, Southern will no longer be offering health insurance to its students.

Lenynar Matos, junior psychology major, said this is a big problem for people who utilize the health insurance and need it. Though she said she waives her health insurance the university offers, she thinks it can be a big problem for those who only get coverage from the university.

"I know a few people who need it and I feel that it is a priority that needs to be there," said Matos.

A small percentage of students actually need the health insurance that the school provides is rela, said Matos. Because of this, the majority of students waive their health insurance.

Matos said she did not know about this and students who do need it should speak up about the problems they may have without the health insurance.

Habbiegle Brown, freshman social work major, said this is not good for students who do not have coverage from the university. She said there are students out there who do not have coverage and the university is the only way they can get any type of insurance.

"I think it's very bad," said Brown. "There are some kids who don't have health insurance. What if you get sick on campus? I just think the school should have health insurance for their students."

Brown said health insurance would be beneficial for all people. Though she gets health insurance from somewhere else and she declines it from the university, Brown said she thinks many people are in need of it and Southern's coverage might be the only way to get health insurance.

"I think students who need it should protest," said Brown. "Or talk to the dean or something and see what they can do to keep the health insurance for kids who don't have it."

SEE HEALTHCARE PAGE 2

University looking to hire more minority educators

By Alex Palmieri

President Joe Bertolino said SCSU hiring more minority educators is the correct move and it is only a matter of time before it happens.

"There are two avenues here," said Bertolino. "One is to train more minority educators here not only at Southern, but in the state of Connecticut."

He said the population and the demographics of the state are changing, along with the demographics of New Haven. Because of this, Bertolino said it becomes important to push out a more diverse crowd of educators and teachers.

"I think that is pretty critical," said Bertolino. "Superintendents and school

districts are begging for increased diversity in our teacher education pool."

Curtis Szczesiul, senior interdisciplinary studies major, said this is a good move by the university. He said if people can teach well and they are good at what they do, then there should be no reason why Southern or any other university should not be diverse.

"I don't really care about their race or anything like that," said Szczesiul. "As long as they can teach well, that's fine with me."

Szczesiul said it is always good to have more diversity on campus. He said this can make all students feel more comfortable and welcome when they come onto Southern's campus. Szczesiul added that the university should add more minority educators because there may not be enough.

"I don't think hiring more minority

educators will hurt anyone," said Szczesiul.

Sonia Mumtaz, freshman biology major, said this is the right move. She is excited to see Southern doing this because she said students can connect better with teachers if the university is more diverse.

"I don't really see a lot of minorities coming to Southern," said Mumtaz. "There are some but I don't see that many and it makes us want to work harder to achieve."

Mumtaz said if more minority teachers come, more comfortability will come with it. She said it will put some students' minds at ease so they can be supported and helped by a more diverse crowd of teachers.

"This is definitely a good move by the university," said Mumtaz.

Bertolino said when he looks at Southern's population, the minority population

is growing and it will continue to grow.

"This will represent the demographics of the city and I think we will see a larger number of Latino students," said Bertolino. This followed by a larger number of African American students."

Within the next five years, Bertolino said he expects to have Southern have 25 percent of Latino students. Within the next 10 years, he added that he expects half of the population at Southern to be students of color.

Bertolino said Southern students want to build relationships with others who have been through similar experiences.

"As a result," said Bertolino, "I think we will be classified as an MSI (minority serving institution) which I am actually very excited about. I think this is something that needs to happen particularly if we are going to be in this community and serve this community."

Student Affairs announces new academic advisement model

By **Lynandro Simmons**

Helen Marx and Tracy Tyree presented a new academic advising model to the student government body on Friday, March 25.

"It's a transformation of the advisement at Southern," said Tyree, vice president of student affairs.

One of the most important things is to create a consistent excellent experience for students, she said. Another emphasis is creating a greater connection between students and faculty.

"We've noticed students who graduate in four years feel very connected to the campus," said Tyree.

This model – which has been in the works since fall 2015 – is based on real studies of what is working around the state, she said. The proposed model is a framework for advising, but that does not mean it will solve every problem just yet.

"We really took what we learned and adapted it to what would work for Southern," said Tyree.

In this new model, students will first stay with their INQ adviser for a semester. Most students after their first semester/year will then smoothly transfer into

their department home where they will ideally have one adviser until graduation, she said.

"Cross training faculty advisors will support staff in this new model," said Tyree. "They will work year around."

The cross training advisors allow for students who double major or even wish to change majors to still stay on course to graduate. Through the new model there will be eight Academic Advising Centers. The schools of business, education, and health and human services will each have one AAC. The School of Arts and Sciences will have three AACs organized around disciplinary clusters: humanities, social sciences and sciences. Undeclared students will go to the Academic Student Center for advisement.

"The idea is nobody gets lost," said Tyree.

Marx, a professor in the School of Education, said advising is a crucial element to Southern.

"Your relationships within your department can determine your time here," she said.

Advising should not just be a 20 minute meeting where students find out about their classes for the next semester. Improving upon how departments work with their students is only one part. Marx said they also want

to improve websites, materials and make information more easily digestible.

"Part of this is to empower students," said Marx. "So when you meet your advisor it won't just be about what new classes you take."

In this new model Marx said a perfect analogy would be to look at every department or school as a neighborhood. Within each department a student should have a "home" or singular advisor that they feel comfortable with.

Along with providing a center within each department Marx said it is important that faculty learn more about advising. Though the model provides some structure there will be discretion left to each department about how they will further improve their advising.

"Each department is different so every department will do this a little different," said Marx.

Creating a more neighborly environment will allow students and their advisers to build healthier relationships. Marx said advisers should be people that students can refer to well after graduating.

"Advising shouldn't be transactional," said Marx. "It should be more human."

Chartwells seeks to reduce food waste in campus dining

By **Courtney Luciana**

Connecticut Hall always has more leftovers than the other food services on campus, said Juan Dominguez, district manager of Chartwells residential dining. Throughout Dominguez's nine years at SCSU he has always found that Conn Hall has had the most waste out of all the dining services on campus.

"Back a few years ago, when we used to have trays, a lot of food went to waste. Then we made the decision that our dining halls should be trayless," said Dominguez. "Also the plates in Conn Hall were once 12 inches and now they're nine inches. You'd be surprised how much of an impact that these small changes made in making SCSU a more sustainable campus by being a lot less wasteful with products."

Dominguez said that Chartwells' employees are trained properly to know how to regulate the proper temperatures for food products, which follows along with the guidelines for food service staff to know how to properly monitor the conditions of food packaging and handling.

"Our food service staff has improved in knowing which food products to save, throw away, and to package for donation," said Lamont Minnifield, a chef for SCSU Chartwells food services. "The food that we do put up for donation goes to different soup kitchens around New Haven. We teamed up with the sustainability club to make this process work and to make it an ongoing process."

According to a PLOS OneOne poll that surveyed 500



PHOTO | COURTNEY LUCIANA

Bags of food waste from Conn Hall.

U.S. representatives said that 77 percent of respondents feel bad about wasting food. Fifty eight percent said they felt bad wasting food due to environmental reasons

while 42 percent saw it as a waste of money.

Additionally, a Johns Hopkins poll said that only 53 percent of respondents were aware of that food waste was a serious issue occurring.

Cody Edson, an intern at the SCSU office of sustainability, who has been working closely with the food collection and compost projects on campus said that based on his studies that 40 percent of food produced in this country goes to landfill. Edson said that's why he has become so passionate in being a dedicated worker for the food recovery program that only started on campus last year.

"My coworker, Steven Cardinal, and I take the leftovers from the hot bar at Conn Hall and the packaged foods from the other dining areas, weigh the amount of food we are donating, and then deliver it in an electric van provided by Southern to St. Ann's church, a soup kitchen on Grand Avenue along with other areas throughout the entire week," said Edson. "We've donated up to 100 pounds of leftover food from Conn Hall itself and 70 pounds from the other dining halls."

Edson said that once Chartwells saw how much food was being donated that changes started to be made in making less product.

"We started to have less to donate and yes while we do want to feed the hungry the shelters recognize our initial mission," said Edson. "SCSU is successful in becoming a more sustainable campus and now we are also working on donating our veggies from the composts on campus to local farms."

Women's Studies department hosts discussion on white privilege

By **Victoria Bresnahan**

Amani Richardson said open discussions are an important way to combat systems like white privilege.

On March 21, Richardson a junior public health major, along with students and faculty, attended the Conversation on White Privilege event.

"White privilege is a system," said Richardson, a black student. "It has been engrained in all Americans for years and it's very ill—it's evil. The only way to try and make any sense of it is to have these conversations with those that are white. [People need to] be able to bring awareness to white people that may not even know what it is and how their actions play a role in keeping this system alive."

Yi-Chun Tricia Lin, of Taiwanese descent, an organizer of the Conversation on White Privilege and head of the women's studies department, said to the group attending the event that the conversation is not always a part of the 64 Days of Nonviolence. However, Lin said this spring many of the organizers felt it was acute to bring back the discussion on white privilege.

A 2016 Pew Research Center survey found the

perception of fair treatment of black people differs across racial groups and community types. For example, 70 percent of black people stated they are treated less fairly by police officers than white people are. The survey found 37 percent of white people believe the same sentiments.

Richardson said white privilege affects society by creating a divide between one race and the other races.

"The others [different races] are constantly fighting for social justice," Richardson said. "But we also have another race that is here but it's not as though they are fighting. All they can really do is either listen or help. Why is it that only one race must listen and help, over the ones doing all the work? Why is it that we are not all putting in this work to come towards a more common ground?"

Participant of the event, Danielle Murphy, a white student and senior sociology and interdisciplinary studies double major, said she attended the conversation as one of the panelist's, Cassi Meyerhoffer, student and because of her interest in social justice issues.

"To me it's a privilege that's not necessarily earned," said Murphy. "Ultimately, it results in different groups being disproportionately or negatively affected."

Daisha Brabham, a senior history major and panelist, said she studies white privilege in two forms: through the historical and macro perspective.

Whiteness and blackness were constructed during the 15th and 16th centuries with the discovery of the new world, said Brabham, a black student.

"It's [white privilege] bigger than the micro aggressions," said Brabham. "Although they are important, I think a lot of times we get lost in that and the different day to day things we see. That usually becomes the thing we attack, and not so much the macro, which is more important."

Meyerhoffer, a white sociology professor, said her academic identity centers around social justice, inequality, and intersectionality. Meyerhoffer said white people should not expect black people to teach them about white privilege.

"Understanding and reflecting on white privilege is a process," said Meyerhoffer. "I think that it's really important for people to realize as you first start talking or thinking about white privilege, or oppression—however you view it—that it's a process. You don't one day learn something and then you know it."

Healthcare

CONTINUED FROM PAGE 1

Jessica Uyar, senior psychology major, said she has been working in a pharmacy for the past four years and sees how expensive prescriptions are and how difficult it can be for people to get a hold of them. Uyar said she understands issues dealing with insurance and how expensive it can be.

"I don't think that this is okay to just stop health care for students," said Uyar. "It's so expensive lately. People pay crazy money for insurance."

Uyar said a lot of students have to pay for school, books and bills. With them needing to get their own health insurance plan to top it off, Uyar said it can be very difficult. With all the healthcare problems and how expensive medications are nowadays, Uyar said it is not right to get rid of it.

"This can be harming a lot of people," said Uyar.

Uyar said health insurance is one of the most important things that the university had, and now they are

taking it away. She said this is something that should be not be done, instead it should be negotiated until an agreement comes.

"I think students should all gather and write to the people in charge and protest," said Uyar. "This is health, health is the most important thing anywhere. Nothing is as important as your health."

Recyclemania competition promotes sustainability

By Alex Palmieri

Heather Stearns said Recyclemania is made for students to understand the significance of recycling and to continue recycling as best as they can.

"We've been doing this since 2008," said Stearns, recycling coordinator. "It's been a great time."

Stearns said the main goal of Recyclemania is waste reduction. This is an eighth week friendly competition between colleges and universities to see who can recycle the most. Stearns said she is trying to get more out of the waste bin and into the recycling bin. She added roughly 75 percent of what people put in the trash could have probably been recycled.

"People don't realize how much of this is really recyclable," said Stearns. "But it is all about waste reduction and trying to pull back on that piece."

With competition over the eight weeks, Stearns said she provides data over the time period. She said Southern is at a little disadvantage because it is mainly a commuter school and students are constantly on the go. Because of this, Stearns said it might impact their commitment to activities on Southern's campus compared to others.

"Students are busy they have lives outside of here," said Stearns. "It is not about winning recyclemania, it is the awareness piece. How can we get more people to think about what they're putting into the trash?"

Stearns said she has the nine residents halls compete against each other to see who can recycle the most. The total number of pounds of recycling is divided by the number of students in the building. Stearns said this makes it fair for everyone to participate so it will be equal.

"Right now," said Stearns, "North campus, even though they're the largest, are leading. They are up around 12 pounds per person over the last six weeks."

Julie Dellavecchia, student intern from the public health department, said she wants to raise awareness on recycling to all students. She said she wants to promote more sustainability by using less water bottles but more



Susie Huminski, Heather Stearns and Julie Dellavecchia pose next to a pledge poster.

PHOTO | ALEX PALMIERI

grocery bags, for example.

"We just want to get everyone aware of the issue that is going on," said Dellavecchia.

Dellavecchia said there are two weeks left of the competition that is going on between the nine resident halls. All the recycling gets put into the designated bins and the total is weighed every week by a company.

"We get all the results," said Dellavecchia. "We post it in all the resident halls and it is just a friendly competition. There's prizes and all that kind of stuff."

Ricky Bolzano, junior marketing major, said Recycle-

mania can allow students to recycle more when the competition is all said and done. He said it is a good idea by the university to get students on the right track for recycling not only at school, but at their houses as well.

"I think students realize the importance," said Balzano. "It's a great idea."

Stearns said the entire campus is at 26.46 tons of recyclable material.

"Overall there has been 52,920 pounds of recycling on campus after the six week mark," said Stearns. "And we still have two weeks left."

Wellness Center encourages students to get tested

By Alex Palmieri

Jazmynn Jakubczyk, graduate intern for the wellness center, said Get Yourself Tested is essential and all students should get themselves tested for STDs.

"This is just to show students that there are resources on campus," said Jakubczyk. "If they don't want to go to a doctor's office, they can come somewhere that is convenient on campus."

The testing that was offered at Granoff Wellness Center was free and it always is. This is offered several times a month. Jakubczyk said nobody sees the forms the students fill out aside from the people who work for the Center. None of their information will be seen by anybody else.

"Students can also be here for anything it doesn't have to just be for testing," said Jakubczyk. "You can come here if you're sick, if you have a cold, if you're not feeling well, any of that stuff."

The GYT is meant for students to feel comfortable even if they are scared to get tested. Jakubczyk said since she was an undergraduate, the Granoff Wellness Center has been conducting the GYT, so it has been an ongoing event for awhile. She said this is good for students because they can always be mindful about their wellness.

"We try to do one every month of the semester," said Jakubczyk. "Our last month is in April."

Adelle Zocher, undergraduate intern in the wellness center, said the idea of GYT is to try to normalize what students may think is abnormal. She said GYT is more than an event; it is a theme.

"Get yourself tested for so many reasons such as knowing your status, open communication with your partner is also important to sexual health. There is no shame in coming to be tested."

Zocher said if a student does fear that they do have an STD to not worry, they are always there to help.

"We are here to keep everyone happy," said Zocher. We also know statistically speaking that college students do have sex, so they can be at an at-risk population."



Adelle Zocher and then Jazmynn Jakubczyk for the Get Yourself Tested event.

PHOTO | ALEX PALMIERI

She said one of the most important things is to encourage students to get tested even if they don't think they have anything. Zocher said she wants all students to have a normalized behavior coming into get tested because they are there to help all students.

"We still want you to come get yourself tested," said Zocher. "Even if you're not having sex, you can still come to get tested, it's a good idea to just know your status."

Madi Csejak, sophomore English education major, said that having the GYT on campus is always a smart idea. She said there might be students who do not

have the opportunity to do testing outside of campus and it is good that Southern offers this type of testing.

"It's cool that the school provides it on top of all the other resources," said Csejak.

Csejak said she encourages everyone to get tested no matter what the case is. Since she was a peer mentor before, Csejak said everything is private and they do not try to make you feel unwelcome.

"You shouldn't just go get tested because you think you have something," said Csejak. "You should go and get tested because it is the right thing to do."

Services provided to students by the Wellness Center

Get Yourself Tested

Ask the Dietitian

Tobacco Free Tuesdays

Condom Owl

Flu Shot Clinics

Wellness Walks



PHOTO COURTESY | TED EYTAN

A transgender solidarity rally and march in Washington, D.C. on May 17, 2015.

Southern reflects on transgender inclusivity

According to a survey conducted by the National Center for Transgender Equality and the National Gay and Lesbian Task Force, 41 percent of transgender people in the United States have attempted suicide.

By Latiyah Sullivan

Imagine a world where all lives actually mattered: Where black, indigenous, trans and queer lives and futures were protected, Tyson Evans said he imagines this world every day. Evans is a self-proclaimed “undecided, free-spirited” sophomore and is also a black female-to-male transgender person.

“It’s the best of both worlds and the worst,” Evans said. “It’s hard, man.”

Evans is prematurely planning for Southern’s Day of Silence. The Day of Silence is a student-led national event held annually on April 21 to bring awareness to the silencing effects of anti-LGBT bullying and harassment in schools.

With colorful markers, poster boards and fabrics in hand, Evans described the significance of the day.

“People think we’re being whiny or overreacting, but that’s not the case,” Evans said. “We put these posters and signs up to make sure our struggles are seen and heard, otherwise folks will forget about us.”

Recently, the struggles faced by the transgender community have been at the forefront of the media. On Feb. 22, the Trump administration revoked federal protections for trans students in public schools who wished to use the bathroom that corresponded with their gender identity.

Evans called the roll back “a travesty” and “attack on us for no reason.”

“Doesn’t [Trump] have more important things to worry about than where we use the bathroom?” Evans said. “I wouldn’t dare use the girl’s bathroom. Look at me, I have facial hair!”

Evans, who attends Southern part-time, cannot recall a time where he felt unsafe or unwelcome on the school’s campus.



PHOTO COURTESY | TED EYTAN

A sign with murders and suicides of transgender people from 2010 to 2015 featured at the transgender solidarity march in Washington, D.C. in 2015.

“I see things like what Trump is doing and I just feel bad for those kids,” Evans said. “I’m thankful for Southern because everybody’s cool here. Maybe there are some undercover transphobes but I’ve never experienced that here.”

Evans went on to say how the depression and suicide

rates among transgender people are “alarming.”

According to a survey conducted by the National Center for Transgender Equality and the National Gay and Lesbian Task Force, 41 percent of transgender people in the United States have attempted suicide.

A study by the American Psychological Association found the rate of depressive symptoms among transgender women is 51 percent and 48 percent for transgender men.

Evans said he believes the majority of depressed and suicidal trans people are the ones in transition and that being in transition can lead to depression, bullying or harassment – or even worse.

In 2015, 21 transgender people were murdered in hate crimes, the number rose to 24 in 2016 according to the Human Rights Campaign.

Jenna Retort, coordinator of LGBT programs called the murders “absolutely heartbreaking.”

“When you delve a little deeper, you see a pattern here,” Retort said. “Most of these victims are trans women of color and the media, the media just ignores them. It’s ridiculous.”

Retort said the hate crimes against many trans people often result from previous partners.

“Many times when you hear about these stories, the murderer was romantically involved with the trans person, but hated themselves so much that they took it out on the victim,” Retort said.

Evans, who has been in a relationship with a cisgender heterosexual black woman for over a year, said these murderers are not “tricked” like some speculate.

“I take hormones, I bond my chest,” Evans said, “that doesn’t mean I’m tricking somebody. I’m being who I am. That’s all any of us want. We want to live.”

Student success depends on a restful night’s sleep

Claire Novosad, a psychology professor who teaches courses on the science of sleep, said college classes should begin at 10 a.m. so students can get a full night’s sleep and perform at an optimal level.

By Thomas Pelton

Mark Waldner, a sophomore exercise science major, said he is no stranger to lack of sleep after driving an hour from Rocky Hill to get to his 8 a.m. class in time.

Waldner said he gets less than seven hours of sleep per night.

“I have trouble going to bed before midnight,” said Waldner, “so when I have to wake up for my 8 a.m. classes and I have to wake up around six, means that I’m usually getting around five or six hours.”

Waldner said he has a two-hour gap between his 8 a.m. class and his 10 a.m. class and instead of going back to his house, he goes back to his car and catches up on sleep.

“If I don’t take that nap, I start to fall asleep in class,” Waldner said. “I’ve already fallen asleep a couple of times.”

According to a 2010 study by the Journal of Adolescent Health, a scientific journal that publishes research about adolescent medicine and general health, lack of sleep can lead to a lower GPA, to higher stress and to having trouble staying awake. By interviewing 1,125 students aged 17 to 24, the study also found 60 percent of students were cate-

gorized as poor-quality sleepers, which affected their performance in school.

The Journal of Adolescent Health went on to report that “students overwhelmingly stated that emotional and academic stress negatively impacted sleep.”

Kelly West, a senior and business major said she is used to getting a poor night’s sleep.

“I used to work at a golf course,” West said, “in which I had to wake up at 5 a.m. and be at the course at 6 o’clock six days a week.”

During the time she worked at the golf course, West said she was getting around five hours of sleep per night. She added that she never takes naps.

“When I can get sleep, I’ll take it,” West said, “but I won’t die if I get less than I want.”

A University of Georgia study showed most adults need six to ten hours of sleep, depending on the workload that is put on body. The study showed a lack of sleep increased chances of getting ill, increased weight gain, lowered GPA and decreased academic performance.

Claire Novosad, a professor who teaches courses on the science of sleep and has done research on the correlation between sleep and emotion in toddlers, said students are trending towards getting less sleep.

“Whether or not it’s the fault of the



PHOTO COURTESY | MELALOUISE

university or the student,” Novosad said, “it’s a problem that can be addressed by both parties.”

Novosad said numerous studies point towards the increase in college students’ workloads, which has caused them more stress and lead to less sleep.

“It impairs numerous brain functions,” said Novosad, “and overall makes a student, who might be very intelligent, function at a less than optimal level.”

Novosad said universities have created a broken system in how they structure classes.

“Eight o’clock classes make sense on a surface level, in that they allow more classes to be had in a day,” Novosad said, “but it creates a false reality, that students are able to function that early in the day.”

Novosad said her solution was to eliminate classes before 10 a.m. to allow students to perform at their optimal function.

“We’ve done the research,” Novosad said, “and it’s time for universities to listen to the experts, rather than what they feel is right.”

How to combat peer pressure on campus

By Austin Darrow

Peer pressure is defined as the influence from members of one's group. Jazmynn Jakubczyk, a graduate student who interns at the Wellness Center, said she would describe peer pressure as someone being forced to do something by their peers.

Bianca Flowers, a graduate student and another Wellness Center intern agreed with Jakubczyk, saying some agree to try illicit substances or certain behaviors because they feel obliged to do so.

"Teens succumb to peer pressure, because they feel obligated to try drugs or alcohol or to have sex," said Flowers.

According to the American Lung Association, which works to improve lung care and prevent lung disease, said almost 2,900 kids under the age of 18 try their first cigarette every day.

The Canadian Lung Association, which works to improve lung health throughout Canada, said about 70 percent of teens smoke because they have friends that do it or they "thought it was cool."

"It's tough for teens because at that age you don't want to do it, but you also don't want to be judged," said Flowers.

"Teens just want to fit in and be cool, especially when you're in high school, and you're trying to identify yourself," said Jakubczyk.

Monitoring the Future found 1 in 15 high school seniors are daily or near-daily marijuana users. The survey added that the use of marijuana has been on a steady increase since the dangers of marijuana have decreased.

"I think teens give in so easily because they think their friends know them and their friends know their best

interest," said Flowers.

Molly Hamilton, a junior accounting major, said she is familiar with the effects of peer pressure as she recalled her first high school party.

"I remember my first high school party and being peer pressured by a couple of friends to taste some of their alcohol," said Hamilton. "It's unbelievable the amount of alcohol that gets consumed at parties."

Those ages 12 to 20 drink less often than adults do, but when they do they drink a lot. More than 90 percent of the youth are engaged in binge drinking—consuming many drinks on occasion—according to National Institute on Alcohol Abuse and Alcoholism.

By the age of 15, about 35 percent of teens have had at least one drink, and by the age of 18, it jumps to 65 percent, according to NIAAA. Under aged drinking causes 4,358 deaths each year, according to the CDC.

"Teens go out to parties to get wasted and think they're invincible, and yet the numbers show they're not," said Hamilton.

Jakubczyk said she thinks people are most susceptible in college when they are attempting to get to know themselves. But Flowers said it goes beyond age and it can be more about a person's level of self-assurance.

"It could go beyond teens, but it's mainly all about understanding confidence and independence," said Flowers.

According to Hazing in View: Students at Risk, a study by the University of Maine, 55 percent of college students involved in clubs, organizations, and teams, experience hazing. Hazing can be considered as alcohol consumption, humiliation, isolation, sleep-deprivation and sexual acts.

Hazing in View said 40 percent of athletes reported

hazing behaviors, in which a coach or advisor knew, however, 22 percent reported a coach was involved. Hazing in View said 95 percent of students who are hazed, do not report it to campus officials and 9 out of 10 students who are hazed do not consider themselves hazed.

Hamilton said in her high school sports days, her team did not haze freshman and if they did it was not in a harmful way. She said her team would always make sure it was a fun atmosphere and the freshman would not embarrass themselves.

Jakubczyk said she would suggest the obvious when it comes to hazing, that if it does not feel right then the student should just say no.

Another way is blaming mom, making a joke, or changing the topic or motivating the group to want to do something else, said Flowers.

Flowers went on to say that there are educational meetings held on Southern's campus to prevent hazing and other serious matters in peer pressure. The D.A.R.E. program is designed to prevent kids from drug use.

Negative peer pressure has that connotation to it and people are not doing much to flip the switch to inspire or motivate each other, said Flowers.

"The way to prevent peer pressure is to be openly communicating to each other," said Flowers, "whether it be your boyfriend, family, or even friends."

Jakubczyk said avoiding peer pressure could be as easy as being selective with who students surround themselves with.

"Choose your friends wisely, it's that simple," Jakubczyk said, "at this age we all know who is fit to be in our lives and who isn't."

Reviewing Donald Trump's proposed budget

By Josh LaBella

Kevin Butterbaugh, the political science department chairperson, said President Donald Trump's budget proposal makes sense for what he is looking to do.

"If he wants to increase spending on the defense side, then he has almost no choice but to cut social programs."

Trump's budget proposal shows almost \$54 billion in spending cuts with the only departments getting a boost in funding being defense, Homeland Security and Veterans Affairs.

Butterbaugh said the cuts cannot affect Social Security, Medicare or interest payments because they are not annually appropriated by Congress.

"Those are entitlements and they are untouchable," said Butterbaugh. "They are considered mandatory spending and are politically very difficult to adjust."

According to Butterbaugh, most of these cuts will not go through.

"Just because the President proposes it doesn't mean congress will go along with it," said Butterbaugh.

The State Department faces a 28.7 percent cut if the budget goes through. Butterbaugh said this could deeply change the United States' diplomatic ability.

"If the proposed cuts get accepted by Congress," said Butterbaugh, "this will have significant impact on the U.S.' ability to use any kind of leverage on other countries."

Butterbaugh said that it could mean embassies closing overseas, that it would make it harder for

foreigners to reach the government and for the government to contact others. Butterbaugh said poorest countries are likely to be most affected by these cuts.

"We aren't going to close the embassy in Japan or Britain," said Butterbaugh. "These cuts could make it a lot harder for people in places like Africa to reach American embassies."

According to Butterbaugh, Southern's campus could see the effect of those cuts.

"We may see less foreign students at Southern because they can't get the visas they need," said Butterbaugh.

Another area that is proposed to be seriously cut is the Environmental Protection Agency. Butterbaugh said this just shows how Trump is anti-environment.

"It's clearly politically motivated," said Butterbaugh. "He is obviously opposed to regulation."

Butterbaugh said the Trump administration does not believe in climate change. He said the best way to prevent the EPA from carrying out their agenda is by cutting their funding so they have too little money to do anything.

"Clearly they don't want climate change to be addressed," said Butterbaugh.

Trump's budget proposal also outlines cuts to the Appalachian Regional Commission, a government program that works with the people of Appalachia to create opportunities for self-sustaining economic development and improved quality of life.

Butterbaugh said he does not know how to explain this cut other than by guessing one of Trump's administration members slipped it in.



PHOTO COURTESY | MICHAEL VADON

President Donald Trump at the CPAC on Feb. 24, 2017.

"I think it is counter-intuitive and it could undermine support for his base," Butterbaugh said.

One area Butterbaugh said students should be concerned about is financial aid. He said it is very easy to cut because students do not complain or vote in high enough numbers to challenge it.

Most of these measures are not likely to pass, said Butterbaugh.

"There will be some programs cut, but I don't think they will be as large as Trump is proposing," said Butterbaugh. "Until the chaos in the White House gets solved, he will have a lot of difficulty getting his agenda passed."

Unsung Hero: Jennifer Hopper

By Josh LaBella

When political science professor Jennifer Hopper was attending Hunter College in New York, she said she spent her first couple years deciding between majoring in English and political science, but the professors she met influenced her decision.

"The political science professors were just amazing and the way they talked about politics sucked me in," said Hopper.

Hopper said she spent her first several years after graduating as a professor at Washington College in Chestertown, Maryland. She said it was a small liberal arts college where she enjoyed teaching but after a while she longed to work in public education again. That is why she came to be a professor at Southern, starting this past August.

"I got my degrees from public institutions," said Hopper. "Their missions are just different and the student body here is diverse and has so many different interests."

Hopper said being a professor at Southern, she finds it refreshing how students are politically aware.

"I like how much enthusiasm there is for politics," said Hopper. "Students here are paying a lot of attention to what's going on and they are not in denial about how politics affect their daily lives."

Hopper said watching this election cycle and new presidency has been fascinating.

"I study the presidency and the media," said Hopper. "There are some parts of this past election cycle that were just amazing."

Hopper said the way that President Donald Trump communicates with the public does not lend itself to the classical type of analysis that most other presidential addresses do.

"Obviously part of his appeal to voters is that he wasn't a typical politician," said Hopper. "He speaks in ways our

presidential candidates usually do not."

Hopper said she is still trying to figure out how she can cover the new president for her research.

"Putting together a scholarly study of his rhetoric and messages can be challenging," said Hopper, "because he contradicts himself frequently and isn't ideologically consistent."

Hopper said keeping up with the news in the new administration is a constant effort but she finds it captivating. She said she feels like she needs to be watching constantly to stay on top of everything.

"Interplay between his administration and republicans in congress, points of consensus, points of conflict, watching it all unfold is fascinating," said Hopper.

One of the more unusual parts of Trump's presidency, according to Hopper, is the extent to which he will call things "fake news." She said there is a line of continuity and that all presidents privately complain about the press, but that it is not common for a president to be so openly disdainful of it.

Hopper said Trump's constant criticism of the media plays very well with his base of supporters.

"The American public has really low levels of trust in the news," said Hopper. "It has been a downward trajectory since the 1970s."

Hopper said in terms of scandal management, the Trump administration has not been doing great.

"You can see that in part, when the democrats call for a special prosecutor," said Hopper. "The problem for the Trump administration is when some republicans start to say that as well."

Hopper said when it is an ideological sticking point for Republicans to have a leader who may have had inappropriate contact with Russia and who has frequently complimented Russian President Vladimir Putin.

Hopper said, "they have not been able to assure the prominent republican members of congress that there hasn't been improper dealings with Russian officials."

NOW ACCEPTING CANDIDACY FORMS

STUDENT GOVERNMENT ASSOCIATION REPRESENTATIVES

CLASS GOVERNANCE (2018, 2019, 2010)



PLEASE PICK UP AN ELECTION PACKET IN THE OFFICE OF STUDENT INVOLVMENT AND LEADERSHIP DEVELOPMENT
ADANTI STUDENT CENTER, RM 212

COMPLETED CANDIDATE INFORMATION FORMS ARE DUE BACK TO THE OFFICE OF STUDENT INVOLVMENT AND LEADERSHIP DEVELOPMENT
ADANTI STUDENT CENTER RM 212,
BY FRIDAY, APRIL 7TH, 2017 AT 12PM

ELECTIONS TO TAKE PLACE THROUGH OWLCONNECT
MONDAY, APRIL 17TH, 2017 AT 9:00AM-
FRIDAY, APRIL 21ST, 2017 AT 12:00PM

Sophomore jewelry major expresses interest in all art forms



PHOTO | JOSH LABELLA

A posed photo of SCSU transfer sophomore and jewelry major, Nick Graham.

By Josh LaBella

Nick Graham said he has a lot of interests. Throughout his life he said he has done oil painting, cooking, fashion, face painting, photography and jewelry making.

Sophomore and transfer student, Graham said he came to Southern Connecticut State University because he felt the art program had better teachers and better courses. He said he decided to major in jewelry, a major he said he had not realized existed.

"A lot of the time people ask me if there is such thing as a jewelry major and I have to explain to them that it's real," said Graham.

Jewelry has always been something he has been interested in, said Graham.

"Every time I would go into a jewelry store I would be fascinated by all the diamonds and everything," said Graham. "I've always wanted to work in one behind the counter."

Graham said he is more interested in making jewelry for men but that he wanted to make things for women too.

"I would like to make rings and cufflinks and chains for men," said Graham. "For women I would like to make wedding rings."

Graham said he went to Silvermine School in New Canaan, and that is where he learned a lot of different mediums.

"They had a lot of art courses," said Graham. "One was in jewelry and that gave me the option to do jewelry as a major because it taught me the necessary skills to come here and practice the craft. That is the place I learned to be an artist."

Graham said before he transferred to Southern he was a makeup major.

He said he likes to do theater makeup and face painting.

"I practice on myself and on my half-sister when she comes over our house," said Graham.

One of his other passions, according to Graham, is oil painting, which he learned from his dad.

"My dad learned to paint a very long time ago," said Graham. "He mainly does nude models and furniture. I mainly paint nude models. I have tried to do landscapes and things like that but I found it very challenging."

Graham said he had a unique childhood. He said he was born near Moscow, Russia and lived in an orphanage. He said he does not remember it well but that it was a bad experience.

Graham said he was adopted when he was 2 years-old and moved to Fairfield. He said his family took him in because he looked like them and he has been living with them ever since.

"Every morning I take the train into New Haven with my mom and her husband," said Graham. "They both work at Yale-New Haven Hospital."

Graham said he likes New Haven because it reminds him of a smaller New York but is not as expensive.

"I want to live here after I graduate," said Graham.

While he likes making jewelry, he does not want to have one job for his whole life, said Graham.

"Before I die," said Graham, "I want to try and get as many different jobs as I can. Since I was little I felt like I was on a path to go where I want to go. Not many people are like that."

WHAT'S MORE IMPRESSIVE THAN OUR STATS? OUR GRADUATES.

At Quinnipiac University, our students are our main focus. It's why we offer graduate degrees in fields ranging from business to health sciences. It's also why Quinnipiac is ranked among the best master's-level universities in the North by *U.S. News & World Report*.

Education

Elementary
Secondary
Educational Leadership
Instructional Design*
Special Education*
Teacher Leadership*

Communications

Interactive Media*
Journalism
Sports Journalism
Public Relations

Health Sciences

Biomedical Sciences
Cardiovascular Perfusion
Occupational Therapy (post-professional)*
Pathologists' Assistant
Physician Assistant
Radiologist Assistant
Social Work

Nursing

Adult Gerontology or
Family Nurse Practitioner
Care of Populations*
Nurse Anesthesia**
Nursing Leadership*

Business

MBA***
MBA - Chartered Financial Analyst®***
MBA - Health Care Management***
MBA - Supply Chain Management***
JD/MBA

Business Analytics*

Organizational Leadership*

Arts & Sciences

Molecular & Cell Biology

Law

JD - Juris Doctor
JD/MBA
JD/MELP
LLM in Health Law

Medicine

MD - Doctor of Medicine
Anesthesiologist Assistant

* Program offered only online

** Specific program tracks offered either on campus or online

*** Program offered on campus, online, and hybrid

To find out how Quinnipiac can help you succeed in your career, call 1-800-462-1944, e-mail graduate@qu.edu or visit www.qu.edu/gradprograms.

Quinnipiac

1-800-462-1944 | Hamden & North Haven, Connecticut

Activities to do on- and off-campus when it is raining

By Sherly Montes

Spring has arrived and with it comes a lot of rainy and windy days. Unfortunately, for many, this means spending a lot of time indoors.

Having to cancel outside activities due to a rainy day can be a bummer. However, there are always fun ways to make up for it and things that can be done inside.

1. Catch up on home-work.

Most students could always use some extra time to study and catch up on assignments for classes. Staying inside a dorm or heading to the library on a rainy day can be the perfect environment.

2. Watch a movie.

Whether this means staying in and watching movies on Netflix or going out to the movie theater to watch the latest film, watching a movie is usually makes time fly by.

3. Read a book.

Many students do not get a lot of down time during the semester to read for pleasure. A rainy day can be considered heaven-sent by avid bookreaders.

4. Make a home-cooked meal.

A rainy day is perfect for concocting something in the kitchen, whether this means preparing something new or cooking a favorite comfort food.

5. Play boardgames.

For students who live on campus and are not alone in their rooms, playing board games can be a good way to bond with roommates and pass the time.

New 'Beauty and the Beast' film exceeds fan's expectations

By Lynandro Simmons

With a great opening weekend and a second consecutive week with the number one spot at the box office, Disney's latest remake, "Beauty and the Beast," has attained critical success.

"I loved the entire thing," said Kiah Strickland, a sophomore and human performance major.

Strickland said that she was a huge Disney fan, and "Beauty and the Beast" lived up to the hype. She also noted that there were some changes within this version that were not seen in the original.

"It felt like they tried to make it feel less about Stockholm syndrome," said Strickland.

One aspect of the film she really enjoyed was the very beginning, she said. The execution of the opening scenes helped to unravel the Beast's backstory. Though this was a live action movie, Strickland said the CGI (computer-generated imagery) in the film was perfect.

"Nothing looked cheesy or corny," said Strickland.

There were also new songs added into the film, she said. In addition to these new songs, they made sure to keep all of the originals.

Strickland said that none of the new songs were a hindrance or created a noticeable difference in the film.

"It was interesting to see what they did with it and I liked it," she said.

Alexis Zhitoni, a freshman and communications disorder major, said that one of the things that drew her to the movie was the actress Emma Watson who played Belle.

"I absolutely love Emma Watson," she said. "I'm a huge 'Harry Potter' fan."

Zhitoni said she thought the new songs were going to ruin the movie at first because it was going against

the original, but she enjoyed all of them. There was also a new scene that delved into Belle's past, she said.

"The scene showed a connection between Belle and her father," said Zhitoni.

Growing up, Zhitoni said she watched all of the Disney princess movies. When they did a remake of "Cinderella" it got her excited to see what Disney could do with "Beauty and the Beast."

"You can see how Disney is transitioning as well," said Zhitoni. "From the old movies to now female empowerment becoming a thing."

Rachel Martonieau, a sophomore and communications disorder major, said that the visuals in the movie stood out.

"The beast had real nice horns in this one," said Martonieau.

Martonieau said that she likes "Beauty and the Beast" but Watson was her main reason for going.

Watson would later add Belle's backstory into this new film because she wanted Belle to be a fleshed out character, she said.

"I like when the characters have their own spirit," she said. "They're not just waiting on a prince."

The more recent films are now starting to have and show the princesses fighting for what they want, she said.

This shows Disney is improving to show real character development with its female leads.

Though she was not the biggest fan of the film before, Martonieau said the remake has changed her mind.

"I would put this film on repeat," said Martonieau. "It was just really good."

As of this week the film has surpassed \$600 million at the box office according to Forbes.



PHOTO COURTESY | MELISSA HILLIER

Promotional poster for the brand new live-action "Beauty and the Beast" movie, starring Emma Watson and Dan Stevens. The movie was directed by Bill Condon.

Drake's latest album 'More Life' is filled with hits and misses

By Gregory Gagliardi

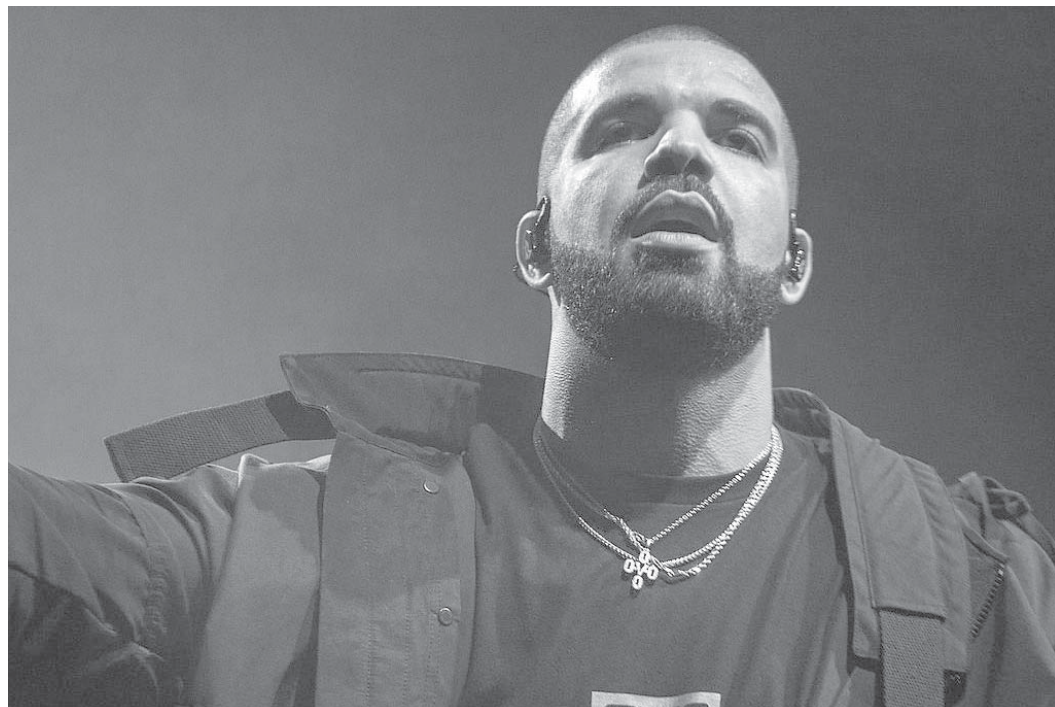


PHOTO COURTESY | THE COME UP SHOW

Photos of Drake during a performance at the Summer Sixteen Tour in Toronto.

Misleading and misguided, "More Life" is a disappointing entry from rap's biggest star.

"More Life," the album dubbed "playlist" is a 22-song journey that showcases various sounds that influence Drake, yet there lies the biggest flow. "More Life" combines rap, R&B, grime, dance hall, afro beats, Jamaican and South African music. Each sound is used differently.

The album begins with an aggressive rap song, "Free Smoke" featuring grime rapper, Giggs. "Free Smoke" is a heart pounding banger, but Drake's flow and delivery makes him sound awkward and combine that with Gigg's less than an average verse, and "Free Smoke" is a miss.

The rap tracks, despite having eccentric beats, are all misses. Drake sounds like the featured artist on many of his own songs, none more apparent than on "Portland," the melodic trap song featuring Atlanta darlings Quavo and Travis Scott. Quavo steals the show with his flow and humor like with the line; "I got the keys to the streets. You got the keys to defeat."

The only bearable rap song, "Sacrifices" featuring 2 Chainz and Young Thug is still another instance where Drake lags behind. Drake does his thing, tossing clever boasts like "I got Dubai plates in the California state." But once 2 Chainz, who has quietly been the best rapper alive for the past couple months, arrives you hear a noticeable difference. His verse, the best of any rapper on the project, ends with an ode to his forthcoming album, "Pretty girls like trap music, so I woke up with my wood hard."

The only way to follow his verse would be something out of the

norm. Hearing Young Thug rap with no vocal assistance caught me off guard, but my goodness did it sound delightful.

"More Life" may have missed on the rapping, but there were some hits—mainly anything that Drake sang on aside from the filler track, "Since Way Back."

"Passionfruit" could easily be the song of the summer, and "Get it Together" the house R&B jam is a soulful ballad featuring young British sensation, Jorja Smith and South African DJ, Black Coffee. If you get past Drake's corny Caribbean accent, "Blem" is for you. Even though the chorus features cringe worthy lyrics: "I need you to stop runnin' back to your ex, he's a wasteman," the song is still worth multiple listens.

The most revealing moment from "More Life" has nothing to do with Drake. The solo Sampha track "4422" is the track where "More Life" finally began sounding like a "playlist."

Before "More Life" was released, Drake made headlines announcing that the project wouldn't be an album, but a playlist. I was expecting to hear Drake's OVO ("October's Very Own") sound, artists and smaller acts for him to expose. Unfortunately, we got one hour and 21 minutes of filler tracks and underwhelming features.

The Kanye West assisted "Glow" had potential, but Kanye is not himself, the lyrics did not fit the beat, and the Earth Wind and Fire sample did not fit the track.

The length will always plague "More Life."

We have a playlist by the world's biggest rap star and pop artists, but only seven songs, "Passionfruit," "Get It Together," "Madiba Riddim," "Blem," "4422," "Teenage Fever" and "Fake Love" have replay value. The other 16 enter the waste basket.



PHOTO COURTESY | BAGO GAMES

Still shot of the new video brand new video game, "The Legend of Zelda: Breath of the Wild," for the Nintendo Switch.

SCSU gamers rave on about the latest video game releases

By Josh LaBella

Students at Southern Connecticut State University said they play a lot of video games.

"Overwatch" all day, every day," said Arielle Hurdle, a senior communications major. "It's all I do."

Hurdle said she liked the multiplayer shooter for its active community and multiplatform player base. She also said she had been playing "The Legend of Zelda: Breath of the Wild," a new release that many students are currently playing.

"Open-world, when done correctly, is beautiful," said Hurdle, "and they killed it in 'Breath of the Wild.'"

John Simeone, a senior accounting major, said "Breath of the Wild" on his Nintendo Switch is taking up all of his time these days.

"I like most things about it," said Simeone. "I like the aspects of exploration, and for some for some reason I actually care about the NPCs (non-player characters) in the game."

Simeone said the storyline in "Breath of the Wild" was very open and he can discover it as he goes along.

Video games are one of the most popular forms of entertainment in the United States.

A recent study by Big Fish Games found that over 155 million Americans play video games for three hours a week or more.

Joe Rockwell, a freshman undeclared major, said he is playing "Horizon Zero Dawn", a new Sony exclusive title about fighting robotic dinosaurs in the distant future. The player's goal: to find out what happened to the world.

"On top of the graphics which are great I really like the construction of the world, and it has a good story to match," said Rockwell.

Another student who said she liked open-world games was Kerstin Moreau, a senior video production major. She said she has been playing "Dragon Age: Inquisition" for the past several months.

"It is really fun so I played the first two games in the series just to make sure I knew the background and then I moved onto this one," said Moreau. "I also like the dialogue and player customization."

Gary Scaramella, a junior English major, said he has been playing "Skyrim: Remastered" since it came out at the end of last year.

"I love the open-world 'Skyrim' provides," said Scaramella. "The nature looks beautiful and you have the ability to do anything you want. It is exciting to explore an entire world and find new things that let you immerse yourself into it."

Scaramella said "Red Dead Redemption 2" comes out later this year, and that is something to look forward to. He said he spent hundreds of hours riding around the



PHOTO COURTESY | BRETT CHALUPA

Students admit they will spend hours of their time playing video games, especially if there is a great story line and well-developed characters.

old-west with his friends in the first game of the series and he cannot wait to do it again.

According to one gamer, freshman accounting major Chris Caliendo, video games are more fun when they are not impossible to beat. He said he has been playing "Fallout 4" and loves that it is not as dark as the previous games in the series.

"While they could improve the storyline," said Caliendo, "the gameplay is light and fun. I get to choose how I want to finish the game."

Tom Peterson, who owns and manages a gaming store called Regency Gaming in Manchester, said that a lot of gamers are

coming out to buy the new "Mass Effect: Andromeda."

"Andromeda" is just one of many open-world games that are coming out this year," said Peterson. "That style has really become a bestseller in the past couple of years."

According to Peterson, gamers like the open world because it gives them freedom to live out an imaginary life.

"Some people just really like to immerse themselves headfirst in these games," said Peterson. "Nothing takes the edge off like living another life."

Student art of the week: Andrew Wynne



A Picture of Walnut Beach and Silver Sands from Charles Island in Milford, Conn.

"The meaning of art to me is that it is all about creation and I am creating something new and original."



PHOTO | DYLAN HAVILAND

Photo of Andrew Wynne, a graduate art education major.



Junior Nicole Healey (#1) during a game against Merrimack earlier in the season.

Gymnastics gears up for Nationals after positive season



PHOTO | SOUTHERNCTOWLS.COM

Southern placed third at the ECAC Championships by scoring 190.05 points.

By Matt Gad

It has been a good year for Jerry Nelson's Southern gymnastics team. After a solid season, they will be sending 11 student-athletes west to Seattle April 7 for NCAA Nationals.

The USAG Nationals will occur from April 7-9 in Seattle, Wash. Multiple Owls will also be competing in more than one event, according to Nelson. Southern placed third in their final regular-season meet March 18 in Pennsylvania, scoring 190.05 points in the ECAC Championships.

"I'm really excited," senior Rotem Porat said. "I think the year was really strong for the team and myself - we really brought things together."

Porat and Abigail Bensley are the team's lone seniors, as Nelson has mentioned that they are a young and developing team. Over the course of the season, the Owls finished second or third in most meets, with schools such as Yale University, the University of Bridgeport and Ithaca College.

"It's quite an accomplishment to have 11 people competing in nationals. We're setup to do well out there," Nelson said. "Like I've said before, this is a young team so it took us awhile to get it together in the beginning of the season, but they've figured it out and we're pleased with the way we finished up."

The year began with a meet against Towson, Jan. 7 in Maryland, where Southern fell, scoring just 187.6 points. The following week, Jan. 15 versus Westchester and SUNY-Cortland, the Owls placed second, with 188.550 points scored.

SEE LACROSSE PAGE 11

SEE GYMNASTICS PAGE 10

Stonehill quiets Owls

Healey scored two goals to bring her goal total to 18 on the season in Southern's 15-5 loss to Stonehill.

By Matt Gad

Southern's women's lacrosse team fell to Stonehill, 15-5, on March 25. The Owls are now 3-3 on the season, with a 1-2 mark in conference play.

"When we don't show up, this is the kind of thing that happens," head coach Maureen Spellman said. "It's not to take anything away from them, they're a good team, but when you don't show up you can get pummeled."

On March 20, the Owls had another rough go at things, losing to Mercy College 19-4 in a game played at Albertus Magnus' Celentano Field. Mercy has since improved to 5-0,

while Southern is sitting at a .500 mark.

Captain Nicole Healey said, after Saturday's game: "We came out here with a gameplan and we simply didn't execute it. Stonehill's a good team, but we definitely could've been, and should've been, a lot more competitive."

"When we don't show up, this is the kind of thing that happens."

— Maureen Spellman, head coach

Southern only had 15 total shots on goal throughout the entire game, while Stonehill was

able to double that, and then some. However, the Owls only trailed 23-19 on ground balls and had more per-period saves than their opponent, totaling out a 12-6 advantage.

"We need to focus and we need to go back to the basics," Spellman said. "It's as simple as that - we just need to get back to the basics."

Their next game is a contest against top-ranked Adelphi tonight at 6 p.m. After that, Southern will face off with Saint Anselm College April 1, and then travel to Bentley, April 12, and Franklin Pierce University on the 15th, for a noontime start.

Spellman said their focus in the interim was

just prepping for Adelphi, the number one women's lacrosse team in all of Division II. An upset win would move the Owls past the .500 mark and even things up in conference play on the year.

Healey said the keys to victory against Adelphi would be to "clean up our passing attack, work on ground balls and then just continue with the (rest of the) game plan."

Despite the rocky start to this year's campaign, Spellman, now in her fourth season, has still made history. The 2015 season finished with the Owls tying their most successful win total ever. They lost just eight games that season and only gave



PHOTO | SOUTHERNCTOWLS.COM

Sophomores Isaiah McLeod (above) and Joey Wallace will look to fill the void that senior guard Michael Mallory will leave.

The new faces of Southern basketball

By Michael Apotria

Next season will be the first time in the last four years in which the Owl's will take the court without their all-time leading scorer. Junior Guard Isaiah McLeod said there is no making up for what Michael Mallory does on the court, but he expects everyone on the team to step up in a big way to fill the void.

"There is no one person who can account for what Mike did," said McLeod. "If we're going to be successful than we will all have to work on our game." Mallory averaged 23.2

points per game on 20 shot attempts per game. Junior guard Joey Wallace said that kind of scoring responsibility will not fall on the shoulders of one person, but likely be distributed evenly throughout the team.

"We're not going to be looking for someone to score 30 points anymore," said Wallace. "It's going to be about getting good rhythm and getting everyone on the team involved."

Getting his teammates more involved in the game was only one of the many things McLeod said he has learned from Mallory over the years that they have been playing

together.

"Mike taught me how to be a leader," said McLeod. "He was a leader on and off the court and was great at getting teammates involved, I look forward to embracing that part of my game."

With five seniors graduating, including Mallory, McLeod said that he plans on using the experience he has gained to help the underclassman acclimate to collegiate culture.

"The plan is to use what Mike taught me to help out all the younger guys on the team," said McLeod. "He taught me how important is it to bring your teammates together and

SEE MCLEOD/WALLACE PAGE 11

Journalism industry changing

By Matt Gad

Today I am not going to be humorous with what I want to say. No, we are not going to get political or discuss LaVar Ball's displeasing attitude. Sorry. There is something I want to sound-off on, and you guys have the pleasure of being my audience.

Journalism is changing, but some people do not get it. No, I am not pointing fingers at any professor or student media member. And no, I am not going after any member of the local

or national media - I am just independently saying that things are changing and we all need to accept the future.

I spoke with an anonymous reporter last week who has been covering local affairs and feel-good stories for the last some-odd years. She and I got into a rather heated Facebook Messenger discussion about the future of journalism. She said online journalism is not going to work out, and that I should switch my major while I still can. But what did I say? I expressed great optimism, because I am

not going to fail myself - my goal, plain and simple, is to run a multimedia venture in New York City one day. My own venture. My own creation.

And there is a general plan of how to get there: throw out the paper. Literally and figuratively, we need to get a grasp on reality here. Reporters who were ushered in within the last several decades did not need to know how to go live on Facebook, live tweet a championship game, post an Instagram picture or showcase a scene with an artistic Snapchat geotag. These things

did not exist, but they do now.

How can journalists expect to keep their jobs when they are not adapting? Online, or multimedia, journalism will never, ever reach its full potential when it is print's second fiddle! How much more do I need to say?

By the way, we are on Twitter! @SnewsSports



Nicole Healey looks to turnaround lacrosse program



PHOTO | SOUTHERNCTOWLS.COM

Junior Nicole Healey led the lacrosse team in goals last year with 45.

By Phil Zoppi

The Southern women's lacrosse team is already one win away from matching their win total from last season and junior Nicole Healey is a big reason why.

The Owls are off to a 3-3 start after finishing with a disappointing 4-13 record in 2016. Healey propelled the lacrosse team to their third win of the season last week against Merrimack College where she scored a career high six goals in a 10-9 Southern victory.

"I'm just happy that I can contribute to a win for my team," said Healey when referring to the Merrimack game. "My job is to

win the draw and put the ball in the back of the net, so anytime I do that I'm just doing my job and contributing to my team."

Healey is doing more than just contributing. In the second game of the season Healey recorded five goals in a 16-13 win against the University of Bridgeport that was very similar to her Merrimack performance. The individual success Healey is having in her junior season is nothing new as she led the team in goals last year with 45. The second leading goal scorer on the team was junior Carolyn Keal, a teammate that Healey came into the Southern lacrosse program with. Keal believes that the last three years have not only made Healey and

her better lacrosse players but also better leaders.

"Coming into this program together, Healey and I have made a mark on this team," said Keal. "Over the last three years together I've seen that as we grow our team grows. This year I was named one of the three captains for our team and she's taken over the attack and is now the director of offense on the field."

Healey has taken the role of directing the offense for the Owls in stride. The Milford Connecticut native has already racked up 16 goals and two assists in just five games. No other player on the team is even in double digits for goals yet so it is a good bet that Healey will lead the Owls in goals

for back-to-back seasons.

Healey is performing in the classroom just as well as she is performing on the field. The past two years Healey has been named to the Northeast-10 Commissioners Honor Roll and was named to the Northeast-10 weekly honor roll this past week.

The individual success speaks for itself but Healey is looking for team success in 2017. The hot start for the team in the 2017 season is something new for Healey, as she has not experienced a season where the team finished with more than four wins. It looks like the Owls could finally have a season where they win more than four games after coming out of the gate strong and Healey

points to past experiences as one of the reasons why the team is performing well.

"I think that this year we have a more mature team and I think that will really benefit us," said Healey. "Our biggest struggle last year was not being able to win the close games and I think that has a lot to do with most of our starters being underclassmen. I'm excited to see how the rest of the season plays out."

Gymnastics

CONTINUED FROM PAGE 9

They had a record day Feb. 4 with Bridgeport, hitting a program record 192 points flat, despite the loss. Southern traveled to defeat Springfield College March 5 in Massachusetts and won with 190.55 points. March 7 in Bridgeport, Conn. in a meet which included Brown and Rhode Island College, the Owls finished fourth, and the next week, against Temple University, Ithaca and the University of Pennsylvania, Southern scored 190.5 points, placing third.

"I think it's been a great four years at Southern," Porat said. "I've learned a lot both in gymnastics and through academics and it's just all been really great."

"My freshman year at Nationals I did really well and I qualified for finals, becoming an All-American on the balance beam and junior year I went through a really good routine but I just missed that cut off for finals, but it was still a really great performance."

In addition to Nelson, the team's assistant coach, Linda Mullin, a 2010 Division II National Assistant Coach of the Year, began her 12th season this year. She graduated Southern in 1993 and also competed for the gymnastics team herself.



PHOTO | SOUTHERNCTOWLS.COM

Alexandra Avendano (above) is one of the 11 Owls that is headed to Nationals in April.

As the team prepares to head off to Seattle, Nelson said "they're ready for the national championships. We've got a long trip ahead of us but they're ready and we're in good shape so hopefully we can do a good job out there

- we'd like to get a couple of All-Americans, bring home some hardware - that'd be nice," he said.

Nelson was part of Southern's 1973 NCAA Division II National Championship men's gymnastics team, coached by

Abie Grossfeld, a world-renowned Olympian and Jewish athlete who competed in the Maccabiah Games, among other accredited competitions.

With eight of the 17 players on the team being freshmen

the gymnastics team was fairly young. Going into next season the team should see improvement as the team will have much more experience after this year.

Rockies will surprise in 2017

By Phil Zoppi

With the start of baseball season just days away it is time for me to make my outlandish predictions that will most definitely not come true. The number one prediction being that the Colorado Rockies get back into the MLB postseason for the first time since 2009.

Before you dismiss the idea of the Rockies competing with the likes of the Los Angeles Dodgers and San Francisco Giants out in the NL West, think

about the lineup that Colorado is throwing out on a daily basis in 2017. It is loaded.

The 1-5 of the order that features Charlie Blackmon, DJ LeMahieu, Nolan Arenado, Carlos Gonzalez, and Trevor Story is, in my opinion, the best 1-5 in baseball by a long shot. Those five alone accounted for 135 home runs last year, which is 13 more home runs than the entire Atlanta Braves team hit last year.

This team is not going anywhere anytime soon either, as their best players are

young and upcoming. Nolan Arenado, arguably the best third baseman in the MLB, is just 22 and is coming off a 41 home run 133 RBI season. Playing shortstop right next to him is the 24-year-old phenom Trevor Story, who exploded onto the scene in his rookie season last year hitting 27 home runs to go along with 72 RBI.

The problem has never been hitting for the Rockies but the pitching staff looks a lot better this season mostly due to Jon Gray leading the way. Gray,

a highly touted prospect last year impressed in his rookie season striking out 185 in just 168 innings. Tyler Chatwood is no slouch either as he finished 12-9 last season with a 3.87 ERA.

Most do not give the Rockies a fighting chance in the NL West as Vegas has projected them to finish in third place behind the Dodgers and Giants. But with this lineup and up and coming staff they have a better shot than most think.



Lacrosse

CONTINUED FROM PAGE 9

up 14 goals.

Spellman was a lacrosse player for the University of New Haven and is their all-time leader in saves. In a four-year career, she made All-Region twice, and was also a Northeast-10 Conference all-team selection.

She is assisted by Betsy Vendel, who previously coached at the United States Coast Guard Academy and played for Central Connecticut State, and Kevin Siedlecki, an English teacher and Daniel Hand High School's own women's lacrosse head coach.

Later this season, the Owls will also face Assumption College April 18 at home and go on the road April 22 and 26 to take on Le Moyne and American International College, respectively. Their final regular-season game is set for April 29, a 12 p.m. start against Southern New Hampshire University.



Senior Lindsey Luposello playing defense against Le Moyne College.

PHOTO | SOUTHERNCTOWLS.COM

Wallace and McLeod

CONTINUED FROM PAGE 9



PHOTO | SOUTHERNCTOWLS.COM

Joey Wallace averaged 10.6 PPG last season, which was good for fourth on the team.

fight back when you're down points."

Stepping up for underclassmen is a role that should not be designated to only one person and Wallace said he feels as though it is his job to help the freshman get ready for the challenges they will face in their new environment.

"I think it's important to show underclassmen that nothing comes easy," said Wallace. "We all work hard at this and we need to make sure they are prepared for adversity."

While Mallory was the team's most dominant scorer, McLeod said it was the attention he garnered from the opposing team that helped create open looks for his teammates.

"We're going to have to take a lot more efficient shots," said McLeod. "When the defenses were always focused on Mike it would allow us [his teammates] to get open looks, it's not going to be that easy anymore."

Despite the negative impact that it comes with losing a team star player, Wallace said he was happy to have the opportunity to play and learn with Mallory.

"It was an honor to play with such an amazing player and there is no doubt his legacy will uphold at SCSU and Division II basketball forever," said Wallace. "It's a huge loss for us but we expect to be strong and in the NCAA tournament again next year."

Baseball

Lamberti has high hopes for Southern baseball in 2017



PHOTO | SOUTHERNCTOWLS.COM

Nick Lamberti has started the season strong batting .365 with four stolen bases.

By Phil Zoppi

Nick Lamberti, who is beginning his second year at Southern, is actually a senior. The East Haven native transferred from UConn two years ago, and since he went to a lower division he was able to play right away.

"I want to make it to a regional and a World Series this year," Lamberti said, referring to the NCAA Division II postseason tournament. "I led the team in hits and stolen bases last year after being redshirted at UConn."

Lamberti was one of several baseball student athletes who transferred to Southern's program two years ago. These athletes moved schools, and divisions, for a fresh start, and a chance at some more playing time, as well.

"Now he bats number two in our lineup, behind Jim Palmer," head coach Tim Shea said. "And first time transfers can play right away - the

transition is very, very smooth."

Shea said that players are "transferring for an opportunity." He described the transition as "seamless" and that the program typically draws in a lot of Connecticut natives.

However, Lamberti made it clear he is committed to the Owls these days. "[UConn] is two years in the past - it's just motivation for me. I'm focused on rebounding from 16-25-1," he said. "That's my goal."

The team's goals continue to center around fixing last year's holes, a year when they only managed to win a mere 16 games. But team chemistry sure plays a contributing factor in getting back on track, and Shea said they have a very strong "player-coach relationship."

Said Shea: "It's a big focus in our program. That part just falls into place pretty naturally - we do a lot of team-building stuff and we all resemble a pretty tight-knit bond."

And that's definitely felt on the player's side of things, too, according

to Lamberti. He said everyone bonds really well on and off the field, and that chemistry is just a huge trait.

"We all bond really well and we are always with each other on and off the field," he said. "Chemistry is a huge trait because you don't want any cancers on the team - you just all want to be in it together."

Lamberti said one of his personal goals is to qualify for first-team all-conference, saying last year that he qualified for the all-rookie team honor. He said he is just motivated to build on last year's "great success."

"We are excited about the team that we have," Shea said. "This Florida trip went very well for us. The performance wasn't necessarily unexpected but we just hope to keep it going."

Going forward, Lamberti said the team needs to just continue working harder and getting better each day.

SCSU lacrosse vs. Stonehill College photos



PHOTO | MATT GAD

Samantha Cozzolino (#15) waits in the corner during a Southern offensive attack.



PHOTO | MATT GAD

The Southern lacrosse team warms up during pregame.



PHOTO | MATT GAD

Southern and Stonehill get in their stances right before the game starts.



PHOTO | MATT GAD

Samantha Cozzolino and a Stonehill defender wait for the ball to advance.

Northeast-10 Standings

WOMEN'S LACROSSE STANDINGS

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
ADELPHI	4	4-0	1.000	6	6-0	1.000
LE MOYNE	3	3-0	1.000	6	6-0	1.000
NEW HAVEN	3	3-0	1.000	5	5-0	1.000
PACE	3	3-0	1.000	5	4-1	0.800
ASSUMPTION	3	2-1	0.667	5	3-2	0.600
STONEHILL	3	2-1	0.667	7	4-3	0.571
SAINT ANSELM	4	2-2	0.500	8	4-4	0.500
SO. CONNECTICUT	2	1-1	0.500	6	3-3	0.500
SO. NEW HAMPSHIRE	3	1-2	0.333	7	4-3	0.571
MERRIMACK	3	1-2	0.333	7	3-4	0.429
FRANKLIN PIERCE	3	0-3	0.000	5	2-3	0.400
SAINT MICHAEL'S	3	0-3	0.000	4	1-3	0.250
BENTLEY	3	0-3	0.000	6	1-5	0.167
AMERICAN INT'L	4	0-4	0.000	6	1-5	0.167

BASEBALL STANDINGS

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
SO. NEW HAMPSHIRE	4	3-1-0	0.750	20	15-5-0	0.750
STONEHILL	2	1-1-0	0.500	17	6-11-0	0.353
MERRIMACK	2	2-0-0	1.000	18	8-10-0	0.444
FRANKLIN PIERCE	2	1-1-0	0.500	16	9-7-0	0.563
ASSUMPTION	2	1-1-0	0.500	17	8-9-0	0.471
SAINT ANSELM	4	1-3-0	0.250	16	6-10-0	0.375
BENTLEY	2	0-2-0	0.000	17	2-15-0	0.118
SAINT MICHAEL'S	4	0-4-0	0.000	4	0-4-0	0.000
NEW HAVEN	2	2-0-0	1.000	9	7-2-0	0.778
PACE	4	4-0-0	1.000	18	11-7-0	0.611
ADELPHI	4	3-1-0	0.750	20	13-7-0	0.650
LE MOYNE	2	1-1-0	0.500	21	13-8-0	0.619
AMERICAN INT'L	4	1-3-0	0.250	17	4-13-0	0.235
SO. CONNECTICUT	0	0-0-0	0.000	16	11-4-1	0.719
SAINT ROSE	2	0-2-0	0.000	15	1-14-0	0.067

The American Health Care Act is major Republican loss

By Lynandro Simmons

The Affordable Care Act – or Obamacare as it is commonly called – has been under scrutiny by Republicans since it was enacted and on March 6, House Republicans unveiled their American Health Care Act.

However, upon coming forth with their proposal to replace Obamacare, the House Republicans were met with intense scrutiny from some members of their own party. On Friday March 24 House Republicans finally decided to pull their bill to repeal the Affordable Care Act.

The Congressional Budget Committee released a report saying if the original American Health Care Act had been passed around 14 million people would have been uninsured next year. This number would jump to 24 million over the next nine years according to the CBO. This report led to

several moderate Republicans opposing the bill when it was proposed.

When things became tense, President Donald Trump decided to offer an ultimatum: Vote Friday or he will move on from the health care reform. When Friday came some Republicans – the party which currently dominates the seats in the house – continued to oppose the proposed bill. The lack of support and votes eventually led to Trump telling Paul Ryan, speaker for the House of Representatives, to pull the bill.

This marked a success for Democrats and more alarmingly showed a divide in some Republicans. For seven years Republicans have talked about the downside of Obamacare. Changing the current health care law grew to become one of their major stances. This loss is not only a devastating blow to both Trump and Ryan, it throws doubt into a crusade that

has defined Republican politics for over seven years. The loss is another lesson or crash course in politics for Trump. His ultimatum may have been a gamble to win over Republicans who were hesitant on the bill, but it failed.

The American Health Care Act proposed by Republicans would have ended Obamacare's expansion of Medicaid eligibility and cut funding for the rest of the Medicaid program moving forward. It would also have redistributed financial assistance which meant people with lower incomes and higher insurance costs would get less than they do currently.

What was probably most important to Republicans was that the bill would have ended the "individual mandate." This was the unpopular financial penalty for people who did not purchase health insurance. Many people took issue with

this mandate and it was usually cited as the most glaring issue in the Affordable Care Act.

The issue that was most alarming to many of the moderate Republicans in the house was that the bill would take away insurance coverage from too many people. This would lead to increasing costs for those who did chose to keep the coverage. While conservatives worried the repeal did not go far enough, moderates worried it went too far.

There are several issues that need to be addressed in Obamacare. Obama himself said he would be willing to work with Republicans if they proposed a better bill. When push came to shove, they did not. The terrible health care bill proposed by Paul Ryan has failed. Let the finger pointing within the Republican Party begin.

The supreme court nominee: Neil Gorsuch

By Josh LaBella

On Capitol Hill, a battle is being waged. On one side, a Republican Party eager to fill an open Supreme Court seat with a judge who complies with their ideals. On the other, a bitter and resentful Democratic Party whose own nomination did not even receive a hearing.

Neil Gorsuch was nominated on Feb. 1 by President Donald Trump to fill the seat left by the late constitutional textualist and ultra-conservative Antonin Scalia.

Gorsuch went through a strenuous confirmation hearing last week. The Democrats in the Senate Judiciary Committee grilled him for hours on his different positions. Yet, after more than 20 hours of questioning, Gorsuch had yet to give the Democrats any real reason to prevent his confirmation.

Gorsuch carried himself as a principled jurist and was quite careful to not answer any question asked of him in a way that could show that he had an opinion in one way or another. Throughout his hearing you could tell he had carefully rehearsed the answers to any question that might come his way.

One of the most important issues for many democrats was Gorsuch's opinion on abortion. There is a deep-seeded fear for many that with a conservative leaning Supreme Court, Roe v. Wade, the landmark case that made abortion legal, could be overturned.

This fear was only amplified by the fact that Gorsuch wrote a book in 2006, "The Future of Assisted Suicide and Euthanasia," which outlined his opposition to physician assisted suicide. In this book he talked about the importance of life and this gave cause for many Democrats to think that he would use the same logic in a supposed future abortion case.

When Feinstein pressed Gorsuch for an answer on whether or not he believed abortion should be legal, Gorsuch carefully skirted the question.

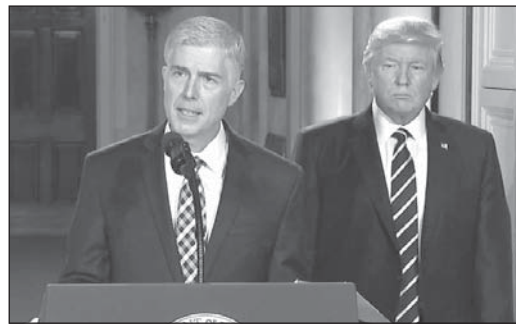


PHOTO COURTESY | THE WHITE HOUSE

Supreme Court nominee Neil Gorsuch.

"A good judge," said Gorsuch, "stays with precedent, and does not try to reinvent the wheel."

Another incident occurred when the Supreme Court ruled, during his hearing, to overturn a decision made which limited what qualified as a "free and appropriate public education" for disabled students. Gorsuch had previously ruled in similar cases to the contrary of what the Supreme Court said was legal.

Texas Senator John Cornyn asked Gorsuch what made him want to lower the bar "so low." Gorsuch replied, "I was wrong, Senator, because I was bound by circuit precedent, and I'm sorry."

As a judge in the circuit courts, it is easy to say the best way to make a decision is by following precedent. But, when you are a Supreme Court justice, you are the one setting the precedent.

Gorsuch did a good job dancing around solid answers for the hours he was questioned during his hearing. In the end it was not enough. Republicans control 52 seats in the senate and to get confirmed Gorsuch needs 60 votes. Senator Chuck Schumer, the senate democratic leader, said he planned on filibustering the confirmation.

To this I say: What more do you want? The legislative and executive branches are controlled by the Republican Party. No matter what the Democrats do they cannot pick a judge they feel more comfortable with. Judge Gorsuch is the best the Democrats can get and they should just accept that.

Technology and hookup culture

By Lynandro Simmons

With the advent of social media, the dating world has greatly changed. Over time as the presence of technology has rapidly increased, the interactions between people have changed. From the early days of AOL chatrooms to Match.com to the now popular Tinder, dating sites have changed dating culture. Not only are there specific dating sites, even regular social media – like Instagram, Twitter, or Facebook – now double as sites for potential dating.

Long gone are the days of courting a person and learning about their likes or dislikes. People no longer have to approach anyone in real life to get to know them. No, instead dating has become the market for instant gratification. Sites like Tinder do most of the work for those looking for significant others. A person's potential future girlfriend or boyfriend can be a swipe away.

Mobile dating apps went mainstream long ago and have even overtaken online dating sites. Now people with a handheld device are able to basically walk around with a singles club in their pocket. Even worse, the advent of mobile dating has practically led to an online market. Dating apps are a free market for finding quick flings to some. This unfortunately encapsulates



PHOTO COURTESY | DON HANKINS

the current generation, the age of instant gratification. With everything at a person's fingertips nobody has the patience to make real-life connections anymore.

The rise of this instant gratification culture in application to dating has left some relationships strained. Instead of people being treated like a priority, they are now being treated as options. After all, it is easy to let someone go when a person knows there is an entire site full of single people at their disposal. The phrase "there's more fish in the sea" has become deadly accurate considering this metaphorical sea now exists within every person's pocket.

Perhaps there are some positives to technology's effects on the dating culture. People can see stories of how married people actually met on these social sites on Twitter and Facebook. Families, friends and future married couples have all met through social media. Dating sites can also be of use to build confidence for those who may not have the gall to walk up to somebody in real life.

The hookup culture that has spawned from the rise of online dating also has its positives. Not everybody is meant to be in a relationship and online dating has allowed for people to be honest about their intentions. Instead of dragging a person along in a ploy, the variety of options has allowed people to be more honest about their intent. After all, with a dating app that hosts well over thousands of people – like Tinder – it makes no sense to hide intentions. People can be more forthcoming about what they want and who they want.

Whether or not people like the impact of technology on dating and the hookup culture does not matter. For better or for worse technology is not regressing and as it continues to evolve who knows what the next step may be. In the meantime people have a variety of ways to date now and they should take full advantage of this.

SOUTHERN NEWS

Advisors: Cindy Simoneau
Frank Harris III

Contact information:
Email: scsu.southern.news@gmail.com
Newsroom Phone: 203-392-6928
Fax: 203-392-6927

Mailing Address:
Southern Connecticut State University
501 Crescent Street
Student Center Room 225
New Haven, CT 06515

Issues printed by: Valley Publishing, Derby, CT
Follow Us on Twitter: @Southern_News
Like us on Facebook: [facebook.com/thesouthernnews](https://www.facebook.com/thesouthernnews)
Visit us online: thesouthernnews.org

Josh Falcone
Dylan Haviland

Section Editors

Jeniece Roman
Melissa Nunez
Sherly Montes
Phil Zoppi
Palmer Piana
Jessica Roginski

Staff Reporters

Alex Palmieri
Matt Gad
Josh LaBella
Lynandro Simmons

Copy Desk

Mary Rudzis
Chloe Gorman
Josh Falcone

Editor-In-Chief
Managing Editor

News
Opinions
Arts & Entertainment
Sports
Photo
Online

News Writer
Sports Writer
General Assignment
General Assignment

Myra Heitman
Business/Ad Manager

Southern News welcomes any and all comments and suggestions. If we make a mistake, please contact us and we will publish a correction or clarification in the next issue.

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

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

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



Hallie Brandstatter a graduate student in environmental education, Cassandra Bhageloo a junior biochemistry major, and Nicole Woosley, a junior biology major, providing information and refreshments.

Fish-iversary

By Palmer Piana

The Werth Center Aquarium hosted an open house to celebrate its one year anniversary last Wednesday March 21.

Visitors were able to get up close and personal with various organisms found in the Long Island Sound. They were able to observe feedings, touch creatures in the “touch tank,” and use microscopes to observe live coral.

Members of the science departments were there to inform and answer questions regarding these creatures native to our shores.

The event lasted five hours and visitors were provided with cake and refreshments to celebrate this “fish-iversary.”



Mallery Breban, a senior biology major showing Xan Walker, the biology department secretary, a live horseshoe crab.



Mallery Breban showing visitors the underside of a live starfish.



Microscope available for visitors to observe live coral.



Sea robin being swimming in the saltwater tank.



Exterior of the science building.