



Lacrosse ends season with tough loss
Page 9



First dodgeball tournament held
Page 5



Culture displayed in fashion show
Page 8

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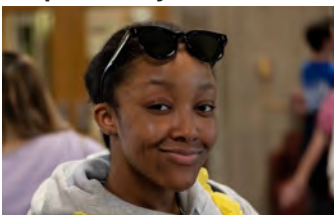
Students desire better campus experience Journalism class project finds access to services in need of improvement



"I'd pay more for the individual meals but I'd rather not pay more as part of my tuition."
-Scott LaFontaine



"I definitely do think there should be more times [the shuttle] runs to Union Station."
-Lupita Barajas



"If the Fitness Center was in Moore Field House, I would feel 100 percent obligated to go."
-Jayde Campbell

Late night dining on campus, GPS located shuttle bus services, weekend campus healthcare, weight training at school; students expressed the principle ways student services could be improved.

Over the course of the semester, the Journalism Department's news writing

class surveyed over 450 students about campus access to food, health services, shuttle buses and the gym. The four amenities students were interviewed about were what the class deemed to have the largest effect on students' campus experience, and the greatest

margin for improvement.

For each of the four categories, students suggested both minor amendments, and recommendations for large-scale improvements. The highest majority of students routing for change was the necessity for dining services late at night.

24-hour food service



● percent of resident students who would use
● percent of resident students who would not use

Food Services

Southern offers a total of six different on-campus locations for students to access food. However, students who wish to access that food late at night are out of luck.

"Sometimes I'm hungry late at night and I don't feel like driving over to McDonald's to get some food," said sophomore and psychology major Dejah Davis.

Of the surveyed students, 95 percent of residents surveyed said they would like to see Southern add a 24-hour

food service.

These students said they would use the service during the current hours that food services are closed on campus. Connecticut Hall offers the latest opportunity to dine on campus, closing at 9 p.m. The last chance to purchase food anywhere on campus is at 10 p.m. in the Owl Perch.

"It really just boils down to cost," said Brad Crerar director of Adanti Student Center. "At one point years ago, Connecticut Hall was open until midnight."

Aside from Connecticut Hall and the Adanti Student Center food court,

Southern offers four other locations in which food is accessible. The Bagel Wagon located in Engelman Hall, the Owl Perch located in Buley Library, the Davis Hall Kiosk and Roberta's located in North Campus.

Crerar said keeping Connecticut Hall open any later simply is not cost effective.

"What we've tried in the past hasn't worked," said Crerar who is in charge of overseeing the day to day operation of Connecticut Hall. "The Perch was actually open late for quite a while and we kind of cut that back as well because the usage wasn't there. The

students say they want it but then they don't use it because it's not what they want. It's easier for them to pick up the phone and call Uber Eats or whoever it is and have the food delivered if they want it."

Senior and communication major, Scott LaFontaine said he would visit a 24-hour food service during night hours every week.

"If Southern offered a 24-hour food service - even if it was something like Roberta's where it's like a little shop with little

snacks - I would without a doubt probably use it like four days a week."

LaFontaine said that while he would not want his tuition to increase in order to have access to a 24-hour food service, he would be willing to pay extra for a late night snack or meal.

"Say it was like a Roberta's where you had to purchase the food, and the food was sold at an upcharge, I would do that," said LaFontaine.

See Campus Food Page 2

The Big Event cleans up

Students perform acts of service for nearby communities

By Haljit Basuljevic
Reporter

Every year, a group of students gather together to celebrate service and volunteer work through The Big Event, a day spent doing community service.

This year, over 150 members signed up.

Students were grouped according to their pre-designated service site and transported by either school bus or minivan. The multitude of service tasks completed included mulching, trash-picking, renovating spaces and working with children.

"We've cleaned up city parks. We've worked with New Haven city police department on different neighborhoods to make sure they're nice and clean," said Office of Student Involvement Associate Director Eric LaCharity, "It's been a variety of things, but we're really trying to push the envelope a little bit."

LaCharity said the Big Event not only gives students an opportunity to understand the importance of caring for a community, but also to understand the impact they are making.

See Big Event Page 3



PHOTO | WILL ALIOU

Participants of Take Back the Night marched across the pedestrian walkway last week before the speak out.

The 22nd time Survivors shared their stories at the annual Take Back the Night

By Essence Boyd
Copy Editor
and Alexandra Scicchitano
Online Editor

For the 22nd year, university members spoke

out against sexual violence last week at Take Back the Night, an open mic for survivors of sexual assault and abuse.

A large group of survivors, supporters and allies marched across the pedestrian walkway and chanted,

"Yes means yes! No means no! However, we dress, wherever we go!" before the speak out.

Violence Prevention, Victim Advocacy and Support Center hosted the march and open mic to let it be known, "That we don't tolerate sexual

violence here at Southern," said social work major and VPAS student worker, Amanda Valentin.

Sabrina St. Juste, a VPAS graduate intern and survivor, said Take Back the Night was not just for female or heterosexual survivors, but for any and all survivors.

According to St. Juste, the event's goal was "to show continuous support for those affected by sexual violence."

Keynote speaker Mariah Villanova, a junior, welcomed survivors from the audience to share their stories.

"Telling your story

makes it that you can confide in somebody to listen to you and find your voice and speak it out," said Villanova. "When I was keeping it in [the assault] it made things worse."

St. Juste said sharing her story during last year's Take Back the Night marked the beginning of her healing process.

"Everyone's healing process is different, but for me, I think sharing my story and continuously sharing my story after that [helped me]" said St. Juste. "Take Back the Night was the first time I ever spoke up about my experience with being assaulted."

See Survivors Page 3

Campus Food

Commuter and IDS major Haroon Chaudhry is another student who said he would not mind an additional charge for longer hours.

“Southern needs to extend hours of operation for the food court and I’m willing to pay extra. Sometimes when I get out of class at 10 p.m., I can’t find food on

campus and have to drive to downtown to buy food which is very inconvenient.”

Crerar said that student usage is calculated by Charwells at the “sale point” when students swipe their card at the register. According to that number, sales as well as customer counts reduce by 42 percent in

the Student Center for the hours 6 p.m. - 10 p.m.

Eastern, Western and Central Connecticut State University offer dining options that stay open about an hour later than Southern, however none of them offer a 24-hour food service.

“There isn’t a school in the system,” said Crerar, “that gives the variety that we give every single meal for the hours that we do and all you can eat.”

Shuttle Service



PHOTO | AUGUST PELLICCIO

Commuter students riding a late afternoon shuttle bus to Union Station.

Of the surveyed students, 13.8 percent said they use shuttles daily, 26.9 percent ride once or more per week, and 58.1 percent use the shuttle less than weekly, if ever.

The only recent change to shuttles services was the addition of the Wintergreen Garage express, said Joseph Dooley, chief of university police. This route is used by 43.7 percent of surveyed students.

Getting information out about the shuttle system is key, Dooley said.

“Unless [students] know there’s an app, unless they know what the routes are,” Dooley said, “it’s a challenge.”

The app, powered by Street Eagle, is not free from flaws, according to students.

Khalia Archibald, a freshman and political science major, uses the Wintergreen shuttle weekly, and said having an accurate tracking app would encourage more usage.

Hale Muncey, a senior and IDS major, said the full campus shuttle would also be helped by a reliable app and schedule.

Lupita Barajas, a sophomore and English major, takes the Union Station shuttle, which 14.7 percent of surveyed students use. Barajas said she has given up relying on the tracker.

“The app does not work,” Barajas said. “You have to rely on the time it’s supposed to leave Morrill.”

Dooley said a major software upgrade is being launched over the summer, available for the fall semester.

“It’s more robust,” Dooley said. “I think it’s an easier user interface.”

The new software is called Passio GO! according to Greg Tower, regional general manager for the school’s shuttle coordinating company, First Transit.

“It’s a real-time tracking app,” Tower said, “with a lot of nice features such

as prediction for the next stop.”

Dooley said the current app uses GPS, but Passio GO! updates so frequently, students can reliably track shuttles.

“We use them at Clemson and a few other of our own universities,” Tower said, “and feedback has been good.”

The upgraded Passio GO! costs slightly more, but Tower described it as “absolutely worth the upgrade.”

Aside from GPS tracking, Dooley said he gets mixed feedback about shuttle services.

“I rarely get a call or email saying, ‘this is the greatest thing in the world,’” Dooley said.

Students ask for later or more frequent shuttles, Dooley said. The system was designed for the majority, he said, and there will always be outliers.

Mia Walker, a junior studying abroad from Liverpool John Moore’s University, relies on CT Transit busses regularly. She is sometimes in class until 10 p.m., long after the latest Union Station shuttle.

Dooley said later shuttles are not realistic.

“If you’re doing it for four or five people,” he said, “the cost doesn’t justify it.”

A few students said shuttles could be improved with minor adjustments.

Walker is dismissed from her afternoon class on the hour. If Union shuttles left five minutes later, she

would not have to wait an hour for the next bus.

Brendan Sternbach, a senior and accounting major, said the Wintergreen shuttle also needs adjustment.

“They run too slow to be worth waiting for,” Sternbach said. “So you’re better off walking.”

Drivers wait to leave until the bus fills up, he said, but the shuttle would operate more efficiently “like a normal bus,” just stopping to pick up riders, and leaving.

The full campus shuttle “arrives approximately every 20 minutes,” according to the university website, which mentions no schedule otherwise, but lists 12 stops. Of the surveyed students, 10.9 percent use this line.

Muncey said the schedule is so arbitrary; it is hard to rely on the shuttle from north campus townhouses to the academic buildings.

“I tend to drive to campus a lot now, even though I’m so close,” Muncey said.

Tower said students with questions could call First Transit dispatch. He also serves Yale University, and University of Connecticut. The three universities have unique transit needs, systems that account for that.

“Generally speaking,” Tower said, “it’s been a mutually beneficial partnership.”

Shuttle use by individual bus route

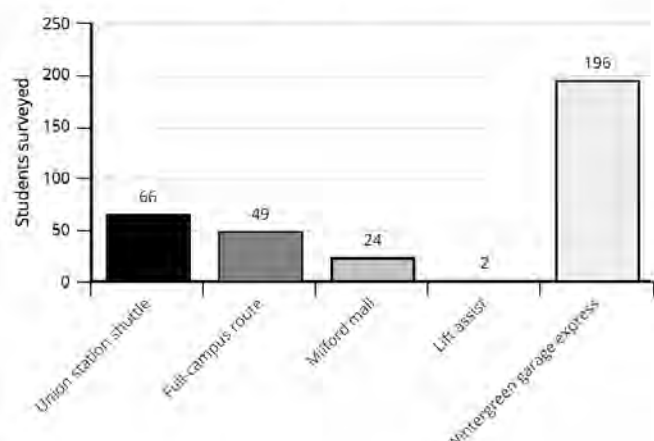


PHOTO | AUGUST PELLICCIO

Commuter students boarding a late afternoon shuttle bus to Union Station.

Health Services

Diane Morgenthaler, Medical Director of Student Health Services, said it is unnecessary for the office to be open late, or on weekends.

“We’ve stayed open later for a period of time,” Morgenthaler said. “It’s probably been a couple of years where we were open until six.”

Usage showed the prospect was not worth cutting hours elsewhere.

Student health services is located in Dorothy Granoff Hall and is open Monday through Friday, until 4:30 p.m., but closes on weekends.

Of the students surveyed, 59 percent said they have needed health services after hours.

Nick Perna, a sophomore and history major, said he has utilized health services, most recently when he had strep throat in October. He said they close too early.

“Closing at 4:30 kind of sucks because if you’re sick on weekends, you’re kind of screwed,” Perna said. “So I would like to see that

changed, maybe extend the hours.”

Earlier in the year when Perna was sick, he did not go home, but used medicine from a previous visit because because health services were not open.

“I just stayed here and kind of toughed it out,” Perna said. “You’re in bed sick, it’s Friday, you can’t go home and they’re not open until Monday.”

Morgenthaler said health services does surveys to gauge when students would most use the services, but staffing dictates hours. She said it is busiest during the middle of the day.

“It’s something we do consider revisiting all the time,” Morgenthaler said.

Jordan Cowles, a senior and communication major, used health services once to treat an ear infection when he lived on campus. He said he dealt with the ailment for a week because the hours did not cooperate with his class schedule.

“I honestly had to skip a



PHOTO | MICHAEL RICCIO

Diane Morgenthaler

class because it was terrible hours for me, personally,” Cowles said.

Cowles said if health services were open on weekends, more students would utilize it.

“Nobody has class on weekends,” Cowles said. “So if you have a problem, you don’t have to go home to your own doctor. You can go to the health center. That’d actually be very convenient.”

Morgenthaler said if anything emergent were to happen after hours, students would be going to an emergency room anyways.

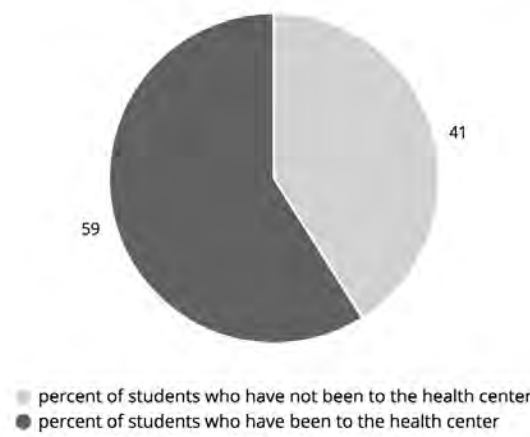
“Anything that’s routine should be able to be seen during the day,” Morgenthaler said. “If you don’t feel well at night and you’d like to be seen, you can get an appointment in the morning.”

Even though Perna and Cowles said the hours were inconvenient at times, they said they had a good experience when seen.

Perna did not schedule an appointment, but was seen in less than 10 minutes.

“They were really nice,” Perna said. “I like how they’re quick and help you out. After I got strep throat, one of the nurses gave me a bunch of food and cough drops and ginger ale so they’re really caring.”

Students who needed health services when they were closed



Fitness Center

With access to two places to exercise on campus, students prefer to go to an off-campus gym to workout instead.

Survey results found that 56 percent of students use an off-campus gym, 26 percent who use the Fitness Center in the Adanti Student Center, and 18 percent use the Moore Field House gym.

Sophomore Julia Filiault uses off-campus facilities because it fits her style of bodybuilding exercise.

“My main gym is Powerhouse in New Haven and has been my gym for quite some time now,” said Filiault. “The equipment is like no other and they have anything and everything you could need to get in a good workout. Since I am into bodybuilding, it’s more my scene and I take advantage of getting there

as much as I can.”

Sophomore Jayde Campbell uses Moore Field House and the Fitness Center, but prefers the Field House.

“I chose to use the Moore Field House at first because it was free, and closer to my dorm than the Fitness Center,” said Campbell. “At the beginning of the second semester I purchased a gym membership, and when the price went down my friend purchased one as well. We don’t go that often, but I do like it. I appreciate all of the resources available on campus, but I do wish the Fitness Center had some of the resources Moore Field House has, such as a track, more squatting racks, more open weights.”

According to Fitness Center Director Jessica

Scibek, there are roughly 900 students and 35 faculty members that have memberships to the Fitness Center.

Senior Judaen Brown said she uses the Fitness Center and enjoys the nice atmosphere.

“Everybody’s really welcoming,” said Brown. “They go into detail to explain equipment, if you need help with anything. Just a good group of people when you walk in. Good customer service, I like that.”

Sophomore Francisco Cortez is also a commuter, who uses the Fitness Center. Cortez said that it’s a better deal financially.

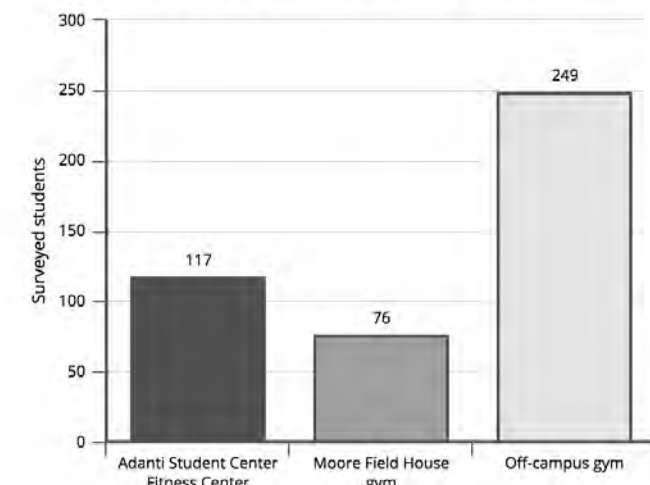
“It’s only \$45 a semester, which is a good price because it’s basically for four months,” Cortez said. “And other gyms, it’s \$20 a month. So you might as well do the \$45 because you get the extra months and it cost less than other gyms.”

Scibek believes that students should try to use a free week pass that they offer to see if students can make that decision if they want to be a member of their gym or not.

For students like Filiault, it will always be a second option.

“I take lifting seriously, and I feel as though I can’t take it as seriously at the ASC Fitness Center,” said Filiault. “Of course, if I just need to get to a gym and I can’t make it to my own, I would go here. It just truthfully isn’t my first choice.”

Gym preferences for students



Students from the Journalism News Writing course under the direction of Prof. Cindy Simoneau surveyed students on campus services. Project editors: Kevin Crompton, Sidney Jones, August Pelliccio and Michael Riccio. Student reporters: Matthew Araujo, Jailene Cuevas, Dave Fowlin, Jonathan Gonzalez, Gerald Isaac, Shawn McFarlane and Jenna Stepleman.

Zhitomi reelected as SGA president

By Victoria Bresnahan
News Editor

Incumbent Student Government Association President Alexis Zhitomi was reelected by a majority vote to lead next year's SGA body.

"I know that was not an easy vote, but I appreciate it and I know we will go on and do great things," said Zhitomi during last week's meeting.

Zhitomi, who has been a part of SGA for three years, said throughout that time, she has learned what is appropriate to do or not do as president.

"I feel like if you elect me as president, I will be able to hit the ground running," she said, "because I've gone through the pains of what it means

and just being able to support you all has just been a great pleasure over the past year."

The body has a lot more work to do, she said, beyond what they have put into changing the world language requirement.

In the future, she said it is time for the body to move away from their close relationship with staff and administration and go in a different direction.

Representatives-at-large Isaiah Yopp, a senior, and Benson Rodrigues, a sophomore, were nominated for the position as well. Katia Bagwell, also a representative-at-large, was nominated but did not accept.

SGA's election procedure requires

members to nominate their fellow representatives for president. If they accept, they present a short speech advocating for themselves. The members then proceed with a ballot vote and the results revealed shortly after.

Unlike years past, Zhitomi did not immediately nominate her executive-board. Director of Student Involvement and an SGA adviser Denise Bentley-Drobish said members sworn in last year suggested the president should wait to select e-board members after they are elected so more members can be considered.

At the next body meeting, Zhitomi said the nominations will be selected and voted upon.



PHOTO | ESSENCE BOYD

SGA President Alexis Zhitomi (left to right) with Vice President Mia Forgione and Treasurer Devra Baxter during the election process at last week's meeting.

Big Event

Continued from Page 1

Sustainable environmental systems major Ian Bergemann, a sophomore said for him the Big Event means exposing students to a life outside campus. This includes becoming increasingly sensitive to the happenings and issues that occur daily in New Haven, such as poverty and pollution.

With an opportunity for hands-on work and direct contact to these problems, Bergemann said their presence is looked upon by the people of New Haven and they have to act as role models.

"They're understanding

they have to act a certain way in order to be perceived a certain way by the community," said Bergemann, "It shows that students need to have human skills in order to do these jobs."

Most importantly, Bergemann said congregating in a collective effort helps increase a sense of empathy. One of the service sites that he contributed to was a Korean War Memorial, helping re-mulch and picking up needles.

"The idea isn't to make something look better or make something be better. It's to show that we care for the community," said

Bergemann.

Psychology major Joaquin Selmeski, a sophomore, said he was enthusiastic to participate this year.

Last year's experience, he said helped him learn more about the leadership roles in governing community services.

As a peer mentor, Selmeski said he has helped incoming freshmen understand the active roles both within campus as well as outside and shape the program by teaching new peer mentors about coordinating volunteering events.

Like many other volunteers, he said he sees the event as a big "thank you" to New Haven for being a proud home, and that volunteer work could not be more deserving.



PHOTO | WILL ALIOU

Some of The Big Event volunteers cleaning up a site.

Survivors

Continued from Page 1



PHOTO | WILL ALIOU

Keynote speaker Mariah Villanova speaking to the group at Take Back at the Night.

St. Juste said Take Back the Night is one of the reasons why she is where she is today and why she can share her story.

"When sharing my story last year, I didn't necessarily know how many people I would impact. I didn't necessarily know how many people have experienced what I experienced," said St. Juste.

Amongst the men and women who shared their stories was social work major, Dakota DiPietro, a sophomore, said he will always be more of a man

than his attacker.

"Honestly, I wanted to throw up the whole entire time, it was pretty scary," said DiPietro. "But I felt like the only way to spread awareness is to make people uncomfortable and to make people see the dark side and sadness that it is so that they can know what it feels like."

Education major and Peer Academic coach Alexia Reyes shared her story for the first time last week, not only to SCSU, but also her family.

"I feel like we all have

this vision of rape that is so scary, by someone who hates you, it's physically painful. My rape was not like that. It was by someone who I loved and who I thought loved me, it wasn't physically painful," said Reyes. "I questioned myself a lot on whether this was rape because of my vision of what rape was. My story was rape. It was not consensual. It was not okay."

St. Juste said students coming and showing support at events like Take Back the Night, help survivors know the university cares.

Not all survivors have to tell their story if they do not want to.

"What's theirs is theirs," she said.

St. Juste's said some of her hopes for the event's future is to have the entire student body marching and participating, as every student has a story to tell.

"There are thousands of students that go to Southern, and there are thousands that have a story," said St. Juste.

Editor's note: Some volunteers and coordinators of this event made efforts to constrict the Southern News' access in covering Take Back the Night, a public event. A photographer was asked to leave the event.

TKE walks a mile in heels against sexual violence

By Essence Boyd

Copy Editor
and Izzy Manzo
Copy Editor

With their heads held high and their heels higher, the men of Tau Kappa Epsilon fraternity strutted across the pedestrian walkway from the Academic Quad and back in support of putting an end to sexual violence.

TKE hosted their third Walk a Mile in Her Shoes outside of Hilton C. Buley library as a pre-rally event for the 22nd annual Take Back the Night.

"The pre-rally is held to create awareness about sexual violence and the prevention work that happens on our campus and what we need in our culture," said Violence Prevention, Victim Advocacy and Support Center Director Catherine Christy.

Men were not only encouraged to join in the march, but to also wear women's shoes.

"The point is for men



PHOTOS | IZZY MANZO

Students Joshua Franklin (left) and Anders Frey hold signs as they march during Walk a Mile in Her Shoes.

to take a minute and walk a mile in her shoes," said junior social work major and VPAS student worker Amanda Valentin. "To see where sexual violence and the things women experience to kind of put themselves in their [a women's] perspective."

Members of TKE supporters chanted, "One,

two, three, four, sexual assault has got to go!" and, "No means no!" as they marched across campus, gaining more and more participants along the way.

International business major Joshua Franklin, and social media and programs chair of TKE said they put on the event with the help of VPAS.



Some of the marchers who participated in Walk a Mile in Her Shoes last week.

"We care," said Franklin. "We're more than just a fraternity of men. We are here for women as well."

Marketing major Billy Lobdell, a senior, said part of the reason TKE participates in Walk a Mile is also because of the negative stigma fraternities face surrounding sexual assault. While members

of the fraternity may not be victims themselves, he said that TKE still stands in solidarity with women who have experienced sexual violence.

"We try to be allies to the victims," Lobdell said. "We know it's a real problem. I've never personally witnessed any of this stuff, but I know brothers who

have been allies in the past."

Lobdell said while some members of the fraternity could not attend this year, TKE plans on turning Walk a Mile into an annual event.

Franklin said he envisions Walk a Mile becoming a larger event that involves other Greek life organizations, as well as the members of TKE.

"Next year I hope for a bigger turnout. Not just people in TKE but other Greek life, organizations and people around campus," said Franklin. "Just make it a more wide spread thing, and maybe next year having it in the green in New Haven."

Physics and engineering major Bryce Gentino, and secretary for TKE said he hopes that Walk a Mile will continue to grow.

"This is a consistent problem in our society, so I believe that this will continue to grow support," he said. "And this may not be a one-day event at some point, but it may grow into a full week of events."

Bernie Sanders' far-fetched free college proposal



PHOTO ILLUSTRATION | JACOB WARING

A photo illustration of Southern being free for students.

By J'Mari Hughes
Reporter

Feel the Bern, a website run by Bernie Sanders supporters, said the politician in question has

proposed bills in hopes of making public colleges and universities free. Sanders, according to the site, believes all students deserve the opportunity to receive affordable, quality

education.

'Sen. Sanders' College for All Act,' would provide \$47 billion a year and eliminate the need for people to pay tuition for school. With the prospective law, the

federal government would cover a majority of college expenses, and the rest would rely on the state government.

If something valuable is being presented to a person for no money at all, they will most likely take it. School can cost thousands of dollars, which a person could be paying back for ten to 25 years after graduating, according to Debt.org. One could assume it is smart to side with Sanders in regards to free schooling.

The cost of college tuition has become unaffordable for middle and low-class families. People should not be denied the right to learn just because they do not have enough money to spend on the outrageous price of tuition.

College Data, a self-proclaimed online college advisor, said the average price of college during

the 2017-2018 year was \$25,290, including the cost of tuition, fees, and plans.

While it is no surprise that students pay for what applies to them, not everyone may take advantage of the college money that goes to.

Fees, for example, may go towards events not everyone takes part in. Students could also have to cover the cost of meals which someone such as a commuter might not use. Not having to pay for college was not something I thought about until looking at Feel the Bern. now that I have heard about it.

College costs thousands of dollars every year. Some view getting a degree as necessary for a living. Some careers need a degree, but if college was more easily accessible, more people would be likely to go.

Money is a reason some do not go in the first place. However, with

something as ideal as not having to pay for college, I assumed there would also have to be a downside to it, and there is. Being that the money would have to come from somewhere, citizens would likely have an increase in taxes, among an endless string of other downsides. So, would we really be saving money in the end?

In going to a public university, Southern students would be affected by this law, providing it comes true. Free college could mean an increase in the amount of college students, which could potentially lead to an increase in successful graduates.

So, while the idea of a free college tuition initially seems great, there is no doubt there would be a downside to it. Even so, I think not having to pay the typical college price beats having to do so.

Student survival guide: prepping for finals

By Jessica Guerrucci
Reporter

It is the day of the final exam, and you have not started studying. At this point, the outlook is bleak, but it does not have to be this way.

If you ask any college student how they are doing during finals week, there is a chance they will say they are stressed out beyond belief or that they just cannot do it anymore. No matter how you look at it, final exams are awful, but they can be less terrible if you know how to prepare yourself.

Most of the time professors will give you an outline of what to expect on your final exam or, if it is a project or presentation, they will give it to you a week or even a month in advance. So why wait until the night before? If you can get started studying even a week prior, at least you can get everything you need to study together to avoid stressing out later.

Everyone has their own studying methods, but I've always found that using apps like Quizlet or making flashcards is one of the

best ways to prepare. If you make 100 flashcards or just 10, it is a great way to keep yourself organized. Using the "learn" option on Quizlet is great because it forces you to keep going until you have everything memorized.

Another studying challenge that is one of the hardest to overcome are distractions. Everyone is different, but it is far easier to prepare yourself when you are in an environment you can focus in. I always tell myself, "Never study anywhere you can fall asleep." Of course, some people can fall asleep anywhere, but it is much easier to doze off when you are studying in bed.

Personally, I have found that the best place to study is the library, but even there, it is not lacking distractions. The biggest distraction of them all, is my phone. It is always what keeps me from studying done. It is best to just put it away in my backpack, just flipping it over is not enough. It is best to keep it out of sight.

Once I finally overcome distractions, the next issue is finding a way to stay focused. I would like to



PHOTO | JACOB WARING

The Buley Library is one of the locations to study on campus.

think that I could sit for five hours and cram all the information into my brain in one sitting, but it just is not realistic. I use timers to help pace myself so I do not get overwhelmed.

Studying methods like

the "Pomodoro Technique," created by Francesco Cirillo, where you study in 25-minute intervals and take short breaks in between, are a great way to create balance and keep stress levels to a minimum.

When you are prepared for your final exams, there is no need to overload your body with energy drinks to stay up late the night before the exam to put together a sloppy last-minute presentation. There will

not be any more staring at your textbook and wanting to cry. Instead, it will be a good night of sleep and a feeling of confidence knowing you have made your way through another year.

SOUTHERN NEWS

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Feature about student's favorite spring activities

FEATURES

Looking back: Spring of 2003



Students called to duty possible war in Middle East

With the threat of war in the Middle East, students waited to see if they were going to be called to duty to serve in the armed forces. Nursing major Tasha Cuvi, a sophomore, said she would put her studies on hold to serve the country. "It's something I signed up for," Cuvi said. Out of the 250 students enrolled in the National Guard and Army Reserves, 26 were activated in support of the possible war. After the students were activated for the Gulf War in 1990 and 1991, Jack Mordente, Associate Director of Student Support Services, said the school put a policy in place saying National Guard and Reserve students would receive a full refund for tuition, fees and books if they could not complete a semester. Students also received grades for their courses, an incomplete or a withdrawal depending on when they left.

January

- A bus of students travelled to Washington, D.C. to join 50,000 protesters taking part in the National March to show their disapproval for the war in Iraq.

March

- Men's basketball player Aaron Davis finished his career with 269 blocks, setting a new program record. Davis also set the single season record for blocks with 103.
- The women's basketball team finished 22-10 and 14-8 in NE10 Conference play, their most wins since the 1983-1984 season when they went 24-7. The team also made the NCAA Tournament as a seven seed, losing in the regional semifinal to Stonehill 57-49.
- Panelists gathered in Engleman Hall to discuss the war in Iraq and threats made by North Korea.
- The New York Power and Boston Breakers of the Women's United Soccer Association played in a preseason game at Jess Dow Field. Over 1,500 people attended the game.

April

- A new printing system was implemented in Buley Library, called Uniprint, in an effort to cut down on wasting paper. The new system required students to enter a username and password, swipe Hoot Loot cards on monitors next to printers, find their username on screen and type their password before printing.
- Defensive end Jacques Cesaire was signed by the San Diego Chargers as an undrafted NFL free agent. During his time at Southern, Cesaire recorded 206 tackles and 21 sacks while also being named an All-American as a senior.

Compiled from the Southern News archives by Michael Riccio, Managing Editor

Empty chairs represent message of hope

By Jessica Guerrucci
Reporter

A sea of empty chairs filled the Academic Quad last week. Although the meaning behind them was grim, it held a powerful message and inspired students to share words of encouragement.

Active Minds, a club that focuses on mental health issues on campus, set up 1,100 empty chairs in the quad, each one representing college students in the U.S.A that do not make it to graduation each year due to committing suicide. Students were invited to write messages or words in memory of their loved ones to tape to the chairs.

Psychology major Katherine Granke, a senior and the president of Active Minds, said it is a visual representation to show the impact of mental health can be on campuses.

"We always hope to spread that message and be able to start a conversation about advocacy, awareness, the realities of mental health, what kind of



PHOTO | AUGUST PELLICCI

The 1,100 empty chairs in the quad representing college students who committed suicide.

resources there are, and like, all these different things, like signs to look for in a friend, because we want to make sure we get those numbers down," said Granke.

The goal of the project is to lower those numbers, and advisor Active Minds Denise Zack said that 90 percent of people who commit suicide have a diagnosable mental illness at the time of their death,

so mental health professionals believe it is preventable.

"There is hope," said Zack. "You can ask for help. You can reach out and there is someone there that is going to listen that will do everything they can to help you get to a place where you are not suffering, where you don't feel like suicide is the only option."

In the five hours the chairs stayed in the quad, they began

to fill up with colorful pieces of paper with quotes such as, "Don't give up" and, "We are here for you." Natalie Hinton, a sophomore and sociology major, said she wrote, "Positive mind, positive spirit."

"It's something that I always tell myself, and I feel like if you have a positive mind, you'll be able to be positive no matter what negativity comes up in your life," said Hinton.

Raspberry Pi Workshop held in science building

By J'Mari Hughes
Reporter

Raspberry Pis are pocket-sized devices used to learn coding and build electronics that can be plugged into TVs, keyboards and computer mice. Members of Buley Library and the Computer Science Club put on a 'Raspberry Pi Workshop' on April 23 in the Science Building.

Tech support analyst and graduate student Omar Abid said Raspberry Pi are a single board computers usable as a standalone, where a person can plug sensors into it and use it as a multi-purpose gadget.

Abid gave a presentation on how to work the devices and their different uses for them, allowed students to try them out. They can be used to create spreadsheets, go on online, and some types



PHOTO | J'MARI HUGHES

An example of one of the pocket-sized devices Raspberry pi's.

can play music. Alumni Bob Juliano said there is almost nothing these "small robot drones" cannot do.

"A lot of computer science

students haven't ever seen one of these or used one before," Abid said. "I think it's useful if they come and learn how they work so they can

use them for projects or for some things they can use in their everyday life."

See Raspberry Pi page 6

Physical Education club hosts dodgeball tournament

By Haljit Basuljevic
Reporter

Five small dodgeballs were lined up in the center court, in the Moore Field House, perched on top of the same number of colored plastic cones. At the start of the whistle, players had to jet to grab the balls before the opposing team could get a grip on them with play. With players rapidly backpedaling to avoid a sneaky throw, balls shot back and forth like ricocheting volleys as spectators stayed alert to avoid a stray headshot.

The Physical Education club hosted their first Dodgeball Tournament in the on Wed, April 24.

Traditional dodgeball rules applied. Crossing over the boundaries which extended to the center court line and out-of-bounds resulted in an elimination. Throwing at a player and then having it caught leads to an elimination. The player who caught the ball has a teammate revived.

Members of the softball team, whose name in the bracket was Fluggle Cakes, had dominating underhanded cannons. This

especially worked to their advantage since the balls had a uncontrollable curve to them.

"For me, I had never much of an arm, so probably for me [the hardest part of dodgeball] is getting people out," said Jase Trelli, junior physical education major. "The hardest part is the balls come at you fast, the balls curved a little bit, probably just dodging in general." Trelli found the dodgeball exhibition games exciting and said that the importance of physical well-being helped develop his passion for fitness.

Determining the winner relied on points as opposed to the single-elimination games traditionally played. Each matchup was 15 minutes of play, and whichever team had scored the most eliminations when time ran out won. Prizes included gift cards and frisbees.

However, the close matchup between Fluggle Cakes and Flying Richards resulted in a sudden death elimination. With two remaining players standing, Flying Richards had taken the title. The prize for that title was a blue, SCSU logo T-shirt for each of the winners.

PE club Treasurer Steven Samela, physical education major, said he had organized the event in an effort to gain more attention to the events that the Physical Education club had been coordinating. Each student paid \$5 to participate, and the money garnered from the tournament went back into the physical education program.

Samela said he looks forward to the possibility of organizing the event again next year. He added that in previous years after he had switched from business major, he found enjoyment in teaching athletics, particularly football. He that the dodgeball tournament is mainly about having fun.

"It's fun. It's exciting to come to," said Jordan McHale, a senior sports management major. Like most of the other players, McHale said she heard about the event through her being in the PE Club and on a

sports team.

Samela said with the possibility of student teaching next year, he hopes if he can not be there, someone else will take the helm and coordinate the event.



PHOTO | AUGUST PELLICCI

Pete Lombardozzi throwing dodgeballs.

Restaurant review: Sherkaan Indian Street Food

By Haljit Basuljevic
Reporter

Sherkaan Indian Street Food emerged as a new place for students to expand their palette.

For students who want to dip into foreign waters or already like Indian food, Sherkaan is not too far off from campus.

Depending on traffic, it would take five to 10 minutes from Southern to arrive via car and roughly 30 minutes to arrive via transit. Tucked in a pathway next to the Apple store, a leaping tiger trapped in a golden circle juts out from the Yale Bookstore as a telltale sign of the restaurant up ahead.

Upon entering, tables and booths were elegantly placed in a traditional manner.

Dim, incandescent lighting contributed to the atmospheric contrast between industrial and oriental. Exposed piping, oriental rugs and an earth-colored brick wall depicting a beautiful, bejeweled woman were

some of the ornaments that stood out. In homage to India's fame for street vendors, bikes adorned the ceiling.

Taking the booth, a friend and I ordered the Elysian Dayglow IPA, upon our waitress recommendation. We ordered a Dahi Puri as our appetizer, an egg-shaped shell filled with chickpeas, tamarind chutneys and yogurt, a spicy aftertaste.

For the main meal of the evening, we were served a shared plate of Bengals and Ash along with a side of garlic stuffed naan. Two long lamb seekh kabab that could have been mistaken for sausages, tandoori aloo, which were cut-up spicy potatoes, a mixed batch of fennel and apple and a lemon pickle, which was surprisingly the best experience on that dish.

Judgement upon one dish cannot cover the quality of the entire menu. I was not really impressed. To be fair, the lamb kebabs tasted a lot more like breakfast sausages than actual lamb,

and the potatoes were fantastically bland. The most redemptive piece of food throughout the main course was the garlic-stuffed naan, thin enough to eat two and too greasy.

For desert, we had the Galub Jamun. A fantastic ball of crushed hazelnuts, rose syrup and grapefruit, it almost tasted like a saturated cake that made me want to order a second batch.

The service was very welcoming and helpful. Neither the waitress nor the manager who exchanged to serve us had any problem with helping customers with the menu.

General Manager David Mascolo stated that he had always loved Indian cuisines and saw the restaurant as a creative endeavor to decorate New Haven with an authentic dining experience.

He said that he has already teamed up with Snack Pass and will be teaming up with Grubhub and UberEats for deliveries. This means Southern students will



PHOTO | HALJIT BASULJEVIC

The entrance to Sherkaan Indian Street Food located at 65 Broadway, New Haven.

eventually be able to order from these apps rather than traveling to the restaurant.

"You can also go to the main website and order

online directly to us as well," said Mascolo.

Mascolo also said that for the near future, he plans to implement a varying happy hour and a

brunch on the weekends.

"Just loving what we have already," said Mascolo. "Once some nice weather comes out, that patio will be nice and full."

'Shazam' entertains despite being riddled with cliches

By Tamonda Griffiths
News Writer

Brooding, to humor reminiscent of the Marvel Cinematic Universe mixed with its usual brand of cynicism, DC Comics' "Shazam" is not a flop nor is an Oscar-snob-worthy film.

"Shazam", based on the DC Comics character of the same name (or Captain Marvel), was the origin story of 14-year-old Billy Batson, a frequent runaway and foster child chosen as a "champion" by an aging wizard from whom the name of the titular character originates, to save the world from the recently escaped seven deadly sins.

The wizard had

spent several millennia searching for a worthy soul to continue guarding the imprisoned sins, and had chosen Batson as humanity's last resort after one of the previously scorned champions released the sins in his quest for revenge on all who demeaned and belittled him.

According to the online magazine Deadline, the film grossed approximately \$53 million at the box offices opening weekend, April 5.

The film premiered almost a month after Marvel's "Captain Marvel", which grossed \$153 million during its opening weekend, according to another Deadline article,

and three weeks before the epic finale of MCU's "Avengers: Endgame", which, according to IndieWire, broke Fandango's record of highest pre-sale tickets sold "in just its first six hours of availability."

Since the end of Christian Bale's Dark Knight trilogy, DC Comics has struggled to captivate audiences as Marvel has in film for the past decade.

Shazam was DC's attempt to keep up with the MCU and maintain the momentum it had gained as a result of such critically-acclaimed films as Wonder Woman and Aquaman.

However, DC still as quite a ways to go if it's

ever going to be taken seriously on the big screen.

The CGI of the film looked realistic when it worked, such in scenes when Shazam was holding up a bus or when one of the seven deadly sins were on screen and not in motion.

The times when it took you out of the fantasy were during the final fight scene of the film and anytime Shazam took flight.

The storyline was riddled with almost every superhero cliché known in cinema: from the classic "chosen one" storyline, in which someone seemingly ordinary is granted eminence power, to the non-existent blood-related parental figure.

Batson had been searching for his long-lost mother all throughout the film. When he finally meets her, he learns family doesn't have to be related by blood and "it's not a home until you call it a home."

The villain, a former "champion" candidate looked like a rejected Harry Potter impersonator with abseemingly identical abusive upbringing to boot.

While Batman's Joker is a villain in a category all his own, it would not hurt DC to take notes from their own creation and translate it in a way an audience would respond positively to.

After all, DC has

constantly tried to impress upon all of their films the gothic, tormented aesthetic synonymous with Batman lore, much to critical and audience condemnation.

Yet, through all its faults, Shazam still managed to be a fairly entertaining film with plenty of heart, humor and cursing to satisfy movie-goers and comic fans alike.

Shazam is a coming of age story for the teenage Batson, following along the lines of "with great power, comes great responsibility."

Viewers got to watch a young boy transform into a man, literally, right before their eyes.

Raspberry Pi

Continued from Page 5

Raspberry pis require a micro SD card and are, Abid said, completely useless without one—like a computer without a hard drive. The cards provide free space needed to install and design programs.

The pis, which are not sold in Conn. stores and are typically purchased online between \$5 and \$35, are part of the library's Makerspace collection, Buley's lendable electronic section, and the devices are available for students to use, check-out and see their different uses.

"We want students to know that they're available

if they're gonna do projects or internships, they can come to these workshops where they can learn how to use [Raspberry pi] and take them outside and inside the classroom," said Lauren Johnson, graduate student and library assistant.

Abid said the Computer Science Club hosts collaboration projects once a month, every semester. They have previously focused on topics such as Arduino, an open-electronic prototype program, as well as introductions to applications like HTML,

CSS and JavaScript. The pi workshop, Johnson said, is the most advanced and was saved for last.

Juliano said certain pis can play mp3, wav and aux with the help of a micro SD card, while others enable one to check their email. According to the pi's website, it also enables game play and high definition video.

It features texture filtering and Direct Memory Access infrastructure, which creates graphics, the site said, "roughly equivalent to the original Xbox's level of performance."

"These things are fantastic," Juliano said. "They're really versatile and they can deal with a lot more tougher environments than most



PHOTO | J'MARI HUGHES

Omar Abid giving his raspberry pi presentation in Science Building 214.

computers."

Like an iPhone, Raspberry Pi can be seen as a computer that can fit into someone's pocket. But unlike iPhones, whose

software is all produced by Apple, Abid said the pi's basic software is an open-source project where people can redesign its features by customizing

how they would want theirs to be.

"It's a great workshop and it's free," Johnson said. "You get to learn about the pi's and be able to use them.



PHOTO | JESSICA GUERRUCCI

Junior Savannah Polica, writing a message for a chair.

Active Minds

Continued from Page 5

Hinton said even if students didn't stop to write a message, the display still had an impact.

"I think it's really helpful, especially for people who don't write anything. Just walking past and reading the messages themselves, it's really motivational," said Hinton.

Michael Archer, a

junior public health major, said he kept his message simple and wrote, "You are loved." He said he thinks it is a good reminder for everyone and that spreading love makes the world a better place.

"People go through rough patches, rough days. Sometimes people feel like they're not cared about," said

Archer. "I always care about everyone. I never exclude anyone. I like to think everybody deserves to be loved. I mean, we're all humans, that's all anybody wants."

Senior Bryce Gentino, a physics and engineering major, said he wrote, "Confident and self-respect are essential to building your character," because it is important for people to have qualities that they value about themselves. He also said the display was

powerful.

"I think it makes people look out here and imagine that there were people sitting in every seat, and just if that person could've been one of our friends or someone meaningful, or the next president, and just think about those kind of things," said Gentino.

Granke said events like the chair project, help start the conversation about mental health and spread awareness about available resources.

University Band: an 'eclectic group' of individuals



PHOTO | AUGUST PELLICCIO

Dr. Craig Hlavac, director of the band, speaking at the event.



PHOTO | AUGUST PELLICCIO

Katie Buckheit, a junior, performing in the concert last Thursday.

By Tamonda Griffiths News Writer

The SCSU University Band played to the filled Charles Garner Recital Hall in Engleman C112 on Thursday, April 25.

The sets included upbeat, vivacious pieces as well as calming, melodic pieces that utilized every instrument in the ensemble, from marimbas to clarinets to saxophones to the bassoon.

Interim associate dean of the School of Arts & Sciences Craig Hlavac said his goal as band director was "to present something that's musically interesting to the audience."

Generally, Hlavac said he tries to pick selections of music to give the concert a theme. The one performed Thursday evening was not thematic, he said.

"This one was a little bit more eclectic at, at selections that were very standard for the, for the wind band," said Hlavac, "and we also had some that were very much more contemporary and, and a little bit more dissonant."

Good repertoire selection, Hlavac said, should be inclusive in featuring every instrument present in an interesting way.

Bassoonist Katie Buckheit was the concert's featured soloist.

"I was very honored to be asked to perform a concerto with the band, especially because I am not a music major or a graduating senior," said Buckheit, a junior, communication disorders major and music minor. "It was very kind of Dr. Hlavac to ask me to do it, and I was very flattered that he saw promise in my playing."

According to Hlavac, music majors and minors perform at least once a year in front of a panel of faculty called the jury. It was during Buckheit's

freshman year when he said he "heard her play a phenomenal jury."

By the end of Buckheit's sophomore year, Hlavac said he approached her about performing a solo and had her begin to search for music that would feature her instrument best with her instructor of seven years, Sue Zoellner-Cross.

Buckheit said she had been preparing with her instructor for the concert for about six months on a weekly basis.

"Practices are generally working through, you know the repertoire that we selected through the concert," said Hlavac. "It starts out pretty rough."

All formal rehearsals, Hlavac said, took place during the over two-and-a-half hour Thursday evening band class due to various conflicting schedules of the group. However, he said many students would take the initiative to practice on their own.

Biology and music double major Jillian Valeta, a freshman and B-flat clarinet player, said she prepared for the performance by practicing on one of the many practice rooms in Earl Hall and in her dorm room.

"I was very nervous," said Valeta. "This is my second concert in college. I feel like the music really, like - it such, more of like - kind of you have to feel it. You have to learn how to let the music kind of take control of you and not let the music - not let you control the music."

Each song, Valeta said, has its own voice and story to tell.

Performing in college, unlike high school, Valeta said, has been nerve-wracking because of the varying skill levels in the ensemble. However, she said it was a welcoming challenge, from which she

has learned a lot.

"In that regard, it really is a unique ensemble and a very, a very safe ensemble," Hlavac said.

In most colleges, Hlavac said the overall mission of a university band is to focus on training future professional musicians, which includes faster pacing, elevated skill-levels, and competition amongst the group.

"We want to still perform really, you know, challenging - challenging repertoire at a high level," said Hlavac. "We want to do that so that everybody can access that."

If the band had strict requirements like conservatories or institutes for the study of classical music and other arts did, Hlavac said music minors and students who use music as an outlet would be at "a disservice."

This semester's wind ensemble, Hlavac said, was an "eclectic group" compromised not only of students, but of professors, alumni, and community members as well.

"[A previous band director] told me about this, this research that said people that got involved with music stuck with their schooling," said math professor Joseph Fields. "That, you know, it was a really good way to keep students involved and so I was like, 'Well, I gotta support that.'"

According to Fields, during a conference he attended years ago about music and math, he and a room full of mathematicians all said they could read sheet music.

"Usually when I hang out with musicians I can't say, 'Hey do you know Calculus?'" said Fields. "They, they don't get it, but math people are - there's some connection somehow in the math gene and the music gene."

Smash Bros.

Continued from Page 8

Nick Palazzo, a senior and communication disorders major who was eliminated in the first round, utilized the Pokémon Trainer character.

The character can rotate from Squirtle, Ivysaur and Charizard within battle, and Palazzo's preference out of the three was Lvysaur.

Music major Tom Pelton, a senior, said he has been playing Smash Bros. since Super Smash Bros. Brawl. He was eliminated from the tournament by Whitney, the eventual winner. Pelton said it was humbling to lose because as he says, "maybe you're the best in your friend's group, you can get kind of a tunnel vision with how good you are."

He struggled against Whitney's Donkey Kong as he switched from Joker, the newest character in the series, to Ganondorf.

His rationale in the switch is that despite the speedster nature of Joker, Ganondorf's move set literally packs a punch and he was hedging his bet on making Whitney's Donkey Kong soar off the stage.

He acknowledged that he played into Whitney's gimmicky strategy as Ganondorf was grabbed by Donkey Kong, who leaped off the stage with the Hyrulean villain, threw him and then back onto the stage. Pelton tried to uppercut himself back to the stage but missed his mark which led him to losing a stick or "life." It had shifted the momentum within the match.

Starting off the series of matches with the newest member of the roster instead of a more

familiar character was part of Pelton's strategy to throw off his unsuspecting opponents.

"This is a new character. People don't yet exactly know how to play him. I already put 15 hours into him online," said Pelton.

"The thought process was that I'm solid enough with him to where I can compete. But that people may not know the match-up, then I might be able to maneuver them."

President of Anime Society and studio art major Taylor "TJ" Thomas, a sophomore, felt that this tournament was more of a success than she had expected.

"I liked the turnout. I liked that people had fun. Even if they were sitting around and just watching the games and talk," she said. "It was very casual and cozy, if you will."



PHOTO | JACOB WARING

Tom Pelton, a senior, music major, playing at the tournament last Thursday.



PHOTO ILLUSTRATION | JACOB WARING

A Wireless Pro Controller for Nintendo Switch.



PHOTO | JACOB WARING

Participants in the Smash Bros. Tournament looking at the screen.

Super Smash Bros. tournament supports gaming community

By Jacob Waring
Opinions & Features Editor



PHOTO | JACOB WARING

Norman Whitney, a freshman and first place winner, opening up the grand prize.

Norman Whitney, a political science major and freshman, won the Anime Society's annual Super Smash Bros. Tournament Fundraiser after getting it on like Donkey Kong.

"I don't want to be like, over confident or anything. I kinda went into it, thinking that I was gonna win because I play this game non-stop," said Whitney. "I actually got a run for my money. They are pretty good people."

Whitney had strictly played Donkey Kong for the duration of the tournament. He took inspiration from Dkwill, a twitch streamer who mains as Donkey Kong and is a self-described "veteran Super Smash Bros. player." During the competition, Whitney was sporting a sweater with Dkwill's Donkey Kong logo.

"I was trying to harness his essence, his energy and kind of like, pull it into me and play well," he said.

Whitney describes his own playstyle as "obnoxious" and focused on mainly having a good time. A popular maneuver he utilized was having Donkey Kong grab his opponent's character, leap off the stage, and throw them before springing up as his opponent tumbled away.

His strategy stumbled a bit when he squared off against a player who used the character Villager from Animal Crossing to frustrate Whitney. Those in the room were captivated by the intense and close matchup.

"That was so stressful," said Whitney. "I couldn't play all gimmicky and fun. I had to like, buckle down, [especially] after losing the first game."

According to the Anime Society's vice president Lourdes Rivera, a junior and art history major, the tournament rules were watches with three sticks, a match time of seven minutes, no items and all characters were allowed usage.

This was not an official Smash Bros. tournament, which mean the rules were flexible according to Rivera. "Tournament rules, since it is an unofficial [tournament], obviously there's going to be some lax rules sometimes," Rivera said.

See Smash Bros. Page 8

Culture in fashion show

By J'Mari Hughes
Reporter

The African Student Association hosted its annual fashion show in the Adanti Student Center Ballroom on April 24. The show featured models wearing African clothing, singing and dance performances from the African dance team. Performers also wore traditional African clothing and hairstyles such as Afros, braids and Bantu knots.

"We put on this fashion show every year just to bring the African culture to Southern," said senior and ASA President Adaobi Okoro. "[It's] just to give the student body a look into how we do things and the

fashion that comes with our culture."

The show began with the hostess and Southern alumna Sally Spio, inviting students to "one night in Africa" and asking members of the crowd who was there representing the African continent.

They wore African face paints and cultural clothing according to biochemistry major Shyra Fisher, a freshman, who said wore pieces of fabric tied into outfits. Her outfit, she said, had a jungle vibe to it. She also said it is important for students to come to cultural events because it allows them to be woke and open-minded and learn more than one story.

Clothing on display

during the show was designed by multiple students from all over, some of which attend Southern. Participants modeled streetwear, like colorful t-shirts, shorts and high heels, or formal dresses and pantsuits, all of which were created from African designers.

"When it all comes together after all the practicing and after all the hours, just seeing it put together and done [is my favorite part]," Okoro said. "I feel like it's important for people to know about other cultures that are not their own."

Evans Akinola, a senior and graphic design major, as well as the public relations of ASA, said they had been striving for a

fashion show since the club began. He said thanks to the support from other organizations, ASA was finally able to get the funds to do so. During their meets, he said one thing they like to do is update each other on what is going on back in Africa, as well as share facts about what happened in Africa on the respective day.

Akinola and other members wanted to put on the event to showcase dance, food and fashion through the eyes of African people.

"That's our background so I think it's important to show our roots and where we came from," he said.

Kyle Augustine, a senior and secondary education and history major, is the former president of the Caribbean Student Association and said he attends the fashion show every year to support ASA, who is like a sister organization to them.

"I think it's important for us to have these shows to celebrate the many diverse cultures we have at Southern," he said. "It's good to be educated from a culture that's not your own and it's very important to raise your cultural confidence."

The ASA fashion show gave students a glimpse into African customs, provided them with free entertainment and gave SCSU fashion designers an opportunity to show off their designs.

"It is something worth seeing, definitely worth the time and a lot of time and effort was put into it," said Okoro. "If I wasn't in it, I would still come."



PHOTOS | IZZY MANZO

Aleesha Fraser, 2016 alumna and Bilonda Kalemba, a sophomore and nursing major, performing at the ASA Fashion Show last Wednesday.

Greek Life hosts lip sync battle to find Greek Week champion

By Jessica Guerrucci
Reporter

As a part of the week-long competition between the fraternities and sororities on campus, each one took the stage and danced it out in hopes of being the Greek Week champion.

On April 25, eight of the Greek organizations competed in a Disney-

themed lip sync battle and stroll competition in the Lyman Center. Of the eight performances, Omega Zeta Pi won the lip sync battle, while Sigma Gamma Rho took the stroll competition.

While the competition helped decide who would be the Greek Week champion, Eric LaCharity, the associate director of student involvement and leadership development,

who is also is the coordinator for Greek life, said it is all about bringing people together.

"Greek Week is a competition between our fraternities and sororities; fun in nature, highly competitive, but still always roots back to the comradery of Greek life and building a more cohesive community," said LaCharity.

While LaCharity said they have done the lip sync and stroll competition for a long time, it is the first time that they have opened it up to the campus community to come and watch the performances.

"Every year we do this, and the judges that we get for this competition are in awe of the amount of effort that goes into the performances, so we're like,

'We have to let the campus see these,' because so much work goes into them," said LaCharity.

Kathryn Ionta, a graduate intern at office of student involvement, helped judge the event. She said she was in Greek life during college and knows one of the criticisms of Greek Week is that it is overly competitive, which is why she likes the lip sync and stroll competition.

"I think lip sync is a time where you can throw that all to the side and just have fun on the stage," said Ionta. "You get to laugh at other organizations and your own organization, and it just feels very chill, whereas other times it feels very hypercompetitive."

The event was hosted by Arayana Bracken, a sophomore, psychology major, who is also a part of Alpha Sigma Alpha. She said a lot of preparation went into putting the event together and making sure everything runs smoothly.

"Just for tonight, it was a lot. We had to get a lot of the music matched up, there's a certain time frame that each organization has to perform, so they have to match up that music to that, they had to send them in, and we had to compile the

judges," said Bracken.

Sarah Bender, a junior and communications major as well as the vice president of Greek Life council, helped put the event together along with Bracken. She said her sorority, Omega Zeta Pi, did five or six rehearsals where they choreographed their dance, and decided to mix several Disney songs together.

"We doing a mix, we're doing some 'Frozen,' some 'Aladdin,' some from 'Beauty and the Beast,' so it's like a big modge podge of all the Disney themes," said Bender.

Omega Zeta Pi's Disney mashup put them in first place, with Delta Phi Epsilon finishing second after putting on a "High School Musical" themed performance. As for the stroll competition, Kristen Gale, a senior majoring in public health, and a member of Sigma Gamma Rho, said she was happy about the win.

"We worked really hard on it, long nights, but it came together, and I absolutely love how it turned out," said Gale. "It feels really good, you know. It feels good to know our hard work didn't go to waste."



PHOTOS | JESSICA GUERRUCCI

Beta Mu Sigma performing a song from the movie 'The Lion King,' at the lip sync battle last Thursday.

Tears stream after Senior Night spoil

Efforts from seniors could not hold off Stonehill College as season ends in tough loss

By Hunter O. Lyle
Sports Editor

Despite extensive efforts from the seniors throughout the entire game, the women's lacrosse team was unable to pull out a win against Stonehill College, losing the closely-fought game 15-12.

In the team's last game of the season, during the midst of a seven-game losing streak which most recently saw a loss to nationally ranked Assumption College on April 24, the Owls were desperate to claim a final victory in front of the home crowd.

"It's our last game of the season, so it wasn't even just play for the seniors, but it was play for us on our last game ever stepping out on that field," said senior goal keeper Alexandra Tackas. "I think we all brought it today. It just didn't go in our favor."

Out of the starting gates, the Owls were eager to be successful. After winning the first draw of the game, the team looked to control the pace, methodically and patiently passing around the perimeter while scanning the interior for cutting teammates.

Senior attacker Samantha Cozzolino took action early and often, scoring her first goal just over three minutes into the match and again two minutes later after scooping up a loose ball.

While the Skyhawks responded early, Cozzolino's offense, which included a hat trick and a dazzling dime in the first half, ran the score up 6-1.

The fire eventually simmered, and Stonehill battled back into the game by rugged transition defense and perpetual driving on offense. While the Owls remained scoreless for the rest of the half, the Skyhawks seized the opportunity and finished the first half in the lead 8-6.

"I think we were just off of excitement. We're not the same team we used to be and I think we've proved that to all the teams we've played," said Cozzolino. "Honestly, I think it's just the confidence that we have. We always start really strong, but once they get two or three we kind of lose it a little."

Coming out of the halftime break, Cozzolino continued on her mission of relentless effort, and after a quick score by junior attacker Morgan

Chase, Cozzolino managed to bring the game back to even off a successful scoring drive.

For the rest of the game, the two teams kept it intense, with both the Owls and Skyhawks scoring tick-for-tack and neither team gaining an edge.

Although Cozzolino ended with another hat trick in the second, Stonehill was able to keep Southern at bay down the stretch and won 15-12.

"When we get the ball, and we're a little underestimated, we go get goals. We've done that in a lot of games," said head coach Kevin Siedlecki. "The thing is hanging onto that momentum for the whole game. You know, and we did that against [American International College]. I could just rattle them off the top of my head, we did that against a bunch of teams."

Thanks to Tackas's impressive work inside the crease, the Owls were able to lead the game in total saves 14-4. The Owls also lead the game in draw controls, 15-12, and tied with Stonehill College in free position shots, with eight a piece.

See Lacrosse Page 11



PHOTO | AUGUST PELLICCIO

Attacker Samantha Cozzolino, a senior, takes a hit to the head during the last game of the season on Saturday.

Bumpy road for club lacrosse leaves season limited to three games

Team looks for complete rebuild from the ground up after a year with missing players, season injuries and cut games

By Matt Gad
Sports Writer

A losing culture with the men's lacrosse club came to a head this spring as the team was only able to play three games and also had to deal with the starting goaltender quitting right before the season began.

Sophomore, biochemistry major and club president Chanhachit Phongthachit, who was unable to play lacrosse before because there was no lacrosse team at Derby High School, decided to step up and fill the vacancy in goal since he had played

the position during his soccer career.

"I was a goalie in high school, but for soccer," he said. "So it was a totally different mindset and all, but my reflexes were good since I did face-offs last year and I stepped up because no one else did."

Phongthachit said he saw it as an obligation to move into the position of goaltender this year when they needed someone because he was the club president and remained committed to the team and the sport.

"I felt like it was my responsibility as the president of the club to step

up into that position and I enjoyed it," Phongthachit said.

The team went 1-2 this season. Playing Bridgeport on March 22 and winning 12-8, falling to Central Connecticut State 22-4 on March 24 and 12-3 to Westfield State April 2.

They had a ten-game schedule, but games against Stonehill, Central Connecticut State, New Haven, Bridgewater State, Worcester Polytechnical Institute and Worcester State never happened, as the team was forced to cancel them due to varying reasons.

See Club Page 10



PHOTO COURTESY | BROOKE KURYAN

The club lacrosse team huddles up before for a home game on April 2.

Softball sees silver-lining at end of an upsetting season

Improving young talent and broken records has Owls feeling optimistic about future seasons to come



PHOTO | WILL ALIOU

The softball team during a home game loss against Pace University on April 23.

By Matt Gad
Sports Writer

In a down year for the Owls on the softball field, junior infielder Sara Buscetto made history with 23 stolen bases, the most in a single-season in program history.

During the team's final home game of the season, Buscetto achieved the mark with a steal of second base in the bottom of the third inning, giving her one more stolen base than Megan Caporossi in the 2009 season.

"Speed is always something you can't teach," Buscetto said. "So since I've

been playing softball I've always tried to use it to my advantage. This year I think coach had more confidence in me so they gave me the green light to go when I felt like I could."

Not only did Buscetto set a new single-season school record for her performance on the basepaths, but she also leads the NE10's Southwest Division in that category, too.

"For her, it's natural; it's God-given speed. She gets a great jump off the bag and she slides very well into second base," head coach Jill Rispoli said. "When she was growing up and working on it she constantly went to

the back corner [of the base] to make sure she stretched out the defensive player at second base."

Buscetto stole 13 bases her sophomore year and just one stolen base as a freshman, but really got to her mark this year, pushing herself into fifth on the all-time list in that category and going past Khristle Lee's 32 stolen bases from the 2008-2010 seasons.

"I really didn't even know I was close to the [all-time] stolen base record until I saw it written up and [then] I started applying the pressure," she said.

See Softball Page 10

Give two Owls a shot at pro ball



By Matt Gad
Sports Writer

Seniors Jharron Wallace, a linebacker, and Eli Parks, a running back, have proved a lot to the NE10 Conference and Division II Football over the last four years. Despite coming from a medium-sized Division II state school, they deserve a shot at the next level.

A number of years ago, former star tight end Jerome Cunningham went undrafted but began his professional career in the NFL with the New York Giants after getting a mini-camp invite from the Indianapolis Colts but no contract thereafter.

However, he has definitely made a career out of it. After starting in 2014, Cunningham has played for the Giants and the Tennessee Titans and is currently with the Detroit Lions, having started on their practice squad before serving on the team's active roster.

This weekend, Jacob Dolegala, who was a star quarterback at Central Connecticut State University, signed an undrafted free-agent contract with the Cincinnati Bengals. David Pindell, the former UConn gunslinger, reached an agreement with the Tampa Bay Buccaneers and two other local Division I talents, Jaelin Robinson and T.J. Linta, received deals with the Atlanta Falcons and the Kansas City Chiefs, respectively.

Wallace finished his career with 108 solo tackles, and Parks rushed for 2,447 yards and 24 touchdowns during three years of action after not playing much his freshman year.

Say what you want about Division II football, but they both absolutely deserve chances to show coaches and scouts what they can do. They should have both been invited to Pro Days, but those have come and gone, so the next hope would be getting either an NFL contract or an opportunity to make a team by getting called to come in this summer for a mini-camp workout.

I can not predict the future, but I think at least one of them will crack some sort of opportunity, possibly getting an NFL gig out of a successful set of workouts. There are other options on the table, too, such as playing in Canada or the Arena Football League. They could hope for the opportunity to play in the upcoming XFL. However, I will reiterate: these guys have done more than enough as Owls to get shots to play professional football. Now it is just about the cards falling into place.

Onakpoma dominates during outdoor season

By Matt Gad
Sports Writer

Oghenefejiro Onakpoma is a name that has been synonymous with men's track and field for the last three seniors as the junior, triple jumper racked up plenty of impressive feats.

Recently, he competed at the indoor national championships and also went to nationals last outdoor season. "I want to go back," he said. "I probably want to come top-three this year. I feel a lot more confident as a jumper and as an athlete and I know that me going to the meet is not the hard part; it's just execution at this point."

At indoor nationals, Onakpoma finished in sixth place and got All-America honors for a 15.42-meter jump and last spring he

placed 18th in outdoor nationals with a 14.55-meter attempt.

"[Onakpoma's] still underachieving a bit and I think he's capable of jumping much farther. He hasn't quite gotten there yet but we all feel like he could be a top-three guy this year," coach John Wallin said. "And there are hopes next year, if he stays healthy, that he'll have a chance to win."

Onakpoma is now fifth all-time in school history in the triple jump but Wallin thinks he may be able to jump further than all of them when it is all said and done.

"It's a family here so they all want to see him do well. Despite the egos, it's always good to see the record go higher and higher," he said.

Onakpoma started his outdoor season by finishing 10th in the triple

jump at the Florida Relays and then he was third in the triple jump April 13 at the UConn Northeast Challenge and third again at the Georgia Tech Invitational April 21.

"It's important to see

"I want to be the best jumper to leave the school," Oghenefejiro Onakpoma.

guys like [Onakpoma] succeed. He's changed his entire lifestyle and it's showed that if you do put in the work the results will come," redshirt senior Hunter Stokes said.

Onakpoma will begin chasing more history Friday at the NE10 Championships, May 10 at

New England's and May 23 at outdoor nationals.

"My first goal is to capture another NE10 title with the team," he said.

Since he has obtained this high-stakes level in his competition, the bar keeps getting raised meet after meet, Wallin said, and as he continues to set new personal records the goals are only going to get more demanding.

"Most kids don't ever reach what the coach thinks they can do. Maybe our ideas and thoughts are loftier than what's realistic but there's a lot of jump left in [Onakpoma] and he's getting better and better at competing at the highest level," he said.

The confidence in Onakpoma exceeds beyond just the coaching staff, though, and really fuels the chemistry within the team. "He brings a lot of

energy to the team and when people see him jumping they know he's gonna bring everything he has every jump and gets everyone excited," Stokes said. "And when the triple jump is happening on the last day of a meet it gets everyone revved up going into the rest of the events that day."

Onakpoma does not just want to finish his career next year at Southern as just a triple jumper and a very solid track and field athlete. Like Wallin and the rest of the coaching staff, he has equally lofty goals in place that he wants to fulfill.

"I want to be the best jumper to leave the school," he said. "I feel like the previous guys really set the tone, like Mike Lee, and for me to come after a guy like that...I just want to be the best."



Oghenefejiro Onakpoma, a junior, competing during the outdoor season last year.



Oghenefejiro Onakpoma, a junior, competing during the indoor season last year.

Softball

Continued from Page 9

Next season, the team will get Buscetto's speed back, as well as the bat of freshman infielder Alexa Bacoulis, who is currently in the top five for batting average in the entire league.

Bacoulis, who hit a walk-off grand slam in the 10th inning of the Owls' thriller over Le Moyne on April 13, has scored 17 runs this year and also has 37

hits and 14 RBI.

"For me, it's really just about putting the ball in play and doing what I can for the team," Bacoulis said. "It's really just watching the ball come in and trying to make contact."

In the 4-2 loss over Pace, she finished with a hit, a walk and two RBI as she got the start at third base, driving in the Owls' only two runs of the game.

"Personally, I know I make some mental errors so I need to adjust and learn from [my] coaches," she said.

Eleven of the team's 15

players are underclassmen, which keeps Rispoli very excited about heading into the future.

"We just try to keep talking about all the good things that are happening," she said. "We want [the underclassmen] to learn from these experiences and these opportunities to grow from every game and every at-bat so by the time they're seniors, we've reversed this record."

This year, the team was limited to just two wins at home and seven overall, but with so many doubleheaders and games

in consecutive days, the focus is kept more on the positives, not the negatives.

"You have to realize that this is a game of ups and downs. We just try to keep it positive as much as possible and focus on the things that we've been doing well, like defense and pitching, to just keep humming along because the hitting is gonna come along eventually," Rispoli said.

The Owls, who finished up the season over the weekend with games at Saint Rose, in Albany,

N.Y., know that they are only losing two players to graduation next month and that most of the team will be the same next spring.

"We have two girls leaving, [Madison Freshler and Delany Turner], obviously both extremely important for our pitching staff, but other than that the rest of our defense is back," said Buscetto. "So next year hopefully it's only up and our record improves and then after I'm gone [after next season] I hope they continue to do big things."



Infielder Sara Buscetto, a junior, at bat during a home game against Pace University.



Infielder Sara Buscetto, a junior, fields a ball during a home game on Tuesday against Pace University.

Club

Continued from Page 9

"Kids got hurt or had other commitments that came up during game times," coach Casey Trasacco said. "I thought we'd have 18-20 kids [on the team] but we ended up with 14. We had fall ball [and] I had meetings during the fall, but kids decided they had other things that they had to take care of."

Trasacco, who also coaches on the football staff, took over the club this season, and, after seeing how this spring went, he wants to continue to build up the program from scratch going forward.

He played on the team in 2012 and graduated with a Bachelor's of Science in Recreation and Leisure

and a Master's degree in Sport and Entertainment Management and said there is a bit of a culture change that needs to take place.

"The [former] coach wasn't there all time so kids could come and go as they pleased, and you're not gonna be successful doing that," Trasacco said.

In a recruiting effort, he said he has contacted local high school coaches to let their players know that, if they are coming to Southern, that there is a club team here. He used to coach at Wilbur Cross High School in New Haven, and is familiar with a lot of the schools and programs in the area.

"We're just trying to turn the whole program around; there's a new executive board and new coaches. Basically, everyone left and this is program is basically

starting from the ground up and it can only get better from here," Phongthachit said.

Since Trasacco is an assistant with the football program, he said it has become easier to secure field time and things of that nature. The NCAA programs have priority over the athletic facilities, but since he is a coach on one of those programs he said he is aware of things such as practice times

"Working on the football staff, I know when they're going to be using the turf," he said, "and I've spoken with other people in athletics to keep everything running smoothly. In the past, the previous coach would kind of get into it about field time and no one wins in that situation, especially not at Southern... the football coaches all went to Southern and it's one big family."



Attacker Thomas Chircigno, a freshmen, during a home game on April 2.

Student-athletes key in on giving back to the community

By Matt Gad
Sports Writer

Throughout the year, many student-athletes participate in community service, either on their own or with their respective teams. It is part of the push for student-athletes to not just excel in competition but also in the classroom and out in the community.

On Saturday, at "The Big Event," a campus-wide community service day where students cleaned up local communities, men's basketball freshman Will Antrum, who grew up in New Haven and attended Wilbur Cross High School, said he was happy to give back to the community which gave so much to him in the past.

"It makes me feel good

to do stuff like this in the community where I grew up," he said. "Some people give back to the needy so I gotta give back to other people."

Amanda Murray, a redshirt freshman on women's lacrosse team, who grew up in Bow, N.H. and excelled in academics and also played soccer and basketball, said her team has done a number of community service initiatives in giving back and bonding over the Greater New Haven area.

"As a lacrosse team, we give back to the community by donating clothes and school supplies and helping at local soup kitchens," she said.

Many teams have specific things that they may choose to volunteer

for. For example, men's and women's cross country and track and field ran the annual Bob Corda 5K during Homecoming Weekend and the football team holds an annual Bone Marrow Donor Drive every April in the Adanti Student Center. Some of them also volunteer at Tim Tebow's Night To Shine event, where special needs individuals are able to get to enjoy a prom experience.

"Night To Shine is the most amazing event I've ever been a part of because you put everything in your life aside to dedicate a few hours to nothing else but making someone else's night so special," football redshirt freshman, quarterback Matt Sapere said. "It's an event that is

way bigger than one's self and it puts a lot of things in perspective."

Like A Night To Shine, not all these community service efforts need to involve cleaning up a neighborhood or helping to feed the less fortunate. Murray said she and her teammates spent spring break this year teaching high schoolers how to play lacrosse.

"We went to local schools and did clinics to help teach them college lacrosse drills and understanding the recruiting process," she said. "We did drills and taught them new skills."

The area schools where the team went to provide instruction included Daniel Hand High School, in Madison, where new

head coach Kevin Siedlecki used to teach and coach at, Norwalk High School and Hamden High School.

"[Community service] is a great way to represent yourself and everything you want to be apart of," Sapere said. "You feel accomplished knowing that you touched someone's life in ways other people may not have been able to."

Each year, student-athletes, either individually or with their respective teams, contribute many hours to various community service programs around the state, specifically in the Greater New Haven community, and in the past some teams have even received team-wide recognition for such efforts.

Where the NBA fails, college succeeds



By Hunter O. Lyle
Sports Editor

Reflecting on what I saw both on television and at Moore Field House, I have come to one final conclusion: college basketball is much more interesting and fun to watch than professional basketball, which leaves something to be desired.

If the only thing you care about is electrifying highlight reels, tomahawk dunks from Lakers forward LeBron James or deep three-point shots from the Trailblazers guard Damian Lillard, then feel free to carry on watching the NBA.

However, if you want to watch intensely fought battles and games that actually mean something, tune into some college basketball next season.

The main reason that has changed my mind to favor the latter is the absolute effort and heart college athletes play with. Those players are constantly working not only to win at all costs, but to prove and improve the game for the future.

A decent lot of college basketball players, at least on the Division I front, will make it to the professional stage. With that being said, college ball players need to give it their all, night-in and night-out, to perfect their craft and prepare for the next level. There are no defensive sets off, no stat-padding, and certainly no constant complaining to referees - at least not in comparison to the NBA players.

College athletes are not being paid millions upon millions of dollars yet, so every play now could matter when the time comes to sign those egregious contracts.

College basketball also stands out in the way that their playoffs are played out. Instead of a best-of-seven series, there is one game. Two twenty-minute halves and that's it. They cannot hope for a better game the next night. Instead, they have to execute that night or face the end of their season.

This eliminates a drawn-out sweep in which you know that one team is going to constantly crush the other every night. It adds the attractive element of any team can beat anyone, on any night.

While I still love the NBA and will continue to watch the playoffs - and root for anyone except the Warriors - when Southern's basketball team kicks off their next season, I will absolutely take the trip to Moore Field House rather than turn on a regular season NBA game.



PHOTO | WWW.SOUTHERNCTOWLS.COM

The football team participated in the A Night to Shine prom event on Feb. 14, 2018.



PHOTO | WWW.SOUTHERNCTOWLS.COM

The soccer team took a trip to Yale New Haven's Children Hospital to spend time with the children.



PHOTO | AUGUST PELLICCIO

Attacker Karlie Rowe, a freshman, during a home game against Stonehill College on Saturday.

Lacrosse

Continued from Page 9

After the game, both coaches and players were choked up and teary eyed as they faced the end of their season. Siedlecki said the three seniors on his team, Cozzolino, Tackas, and defender Brianna Grande, meant the world to not only the players on the team, but to him as a coach as well.

"These three, I mean, they're the reason I'm here. Their determination; I mean [Cozzolino] is so positive and she just believes in team and believes in sport and believes that tomorrow's going to be a better than today,

and that manifested itself in this team everyday with her leadership," said Siedlecki. "[Grande] is an absolute determined athlete. Our trainer says she physically should not be able to run as fast as she does because of her hamstrings—she has tight hamstrings—but Bri does not know or care about that and she runs faster than she should be able to as far as medical science is concerned."

Siedlecki also said that while Tackas does not play a ton, the work she does from the sidelines definitely boosts the team.

"She took charge of the girls on the sideline. That's why we got so much better on the field," said Siedlecki. "When

you have only three or four girls on the bench, there's a lot that can go wrong with that...Alex came in and wanted to talk about what she could do on the sidelines."

While Southern lacrosse will move on without Cozzolino, she says she thinks the program can only improve.

"I'm excited. I'm really, really excited to see what [Siedlecki's] going to do for this program," said Cozzolino. "If you were to watch a game from us playing last year, to us playing this year, we have way more underclassmen on the field but we look way better as a team. We play a lot better just from his strategies and his play style."



PHOTO | AUGUST PELLICCIO

Head coach Kevin Siedlecki talks with referees during the last home game against Stonehill College.



PHOTO | AUGUST PELLICCIO

Defender Brianna Grande, a redshirt junior, takes a hard check during a home game on Saturday.



PHOTO | AUGUST PELLICCIO

Goal keeper Alexandra Tackas, a senior, makes a point blank save during the final game of the season against Stonehill College on Saturday.

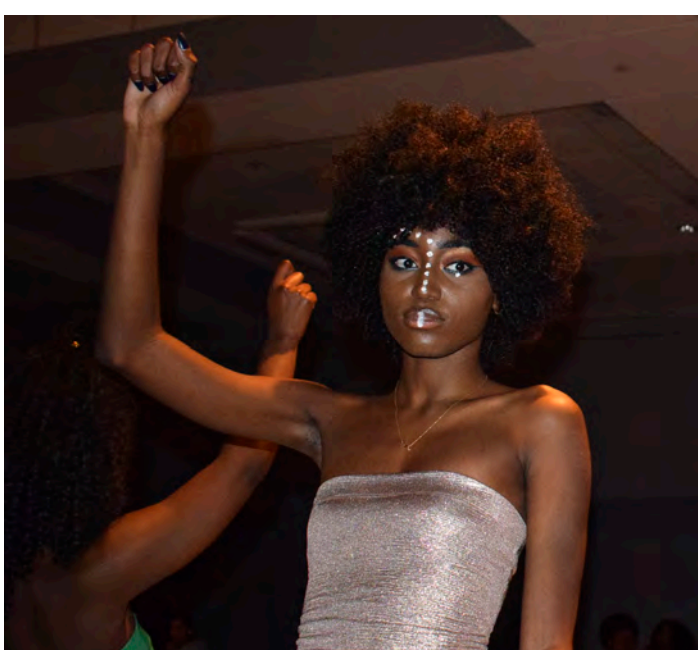
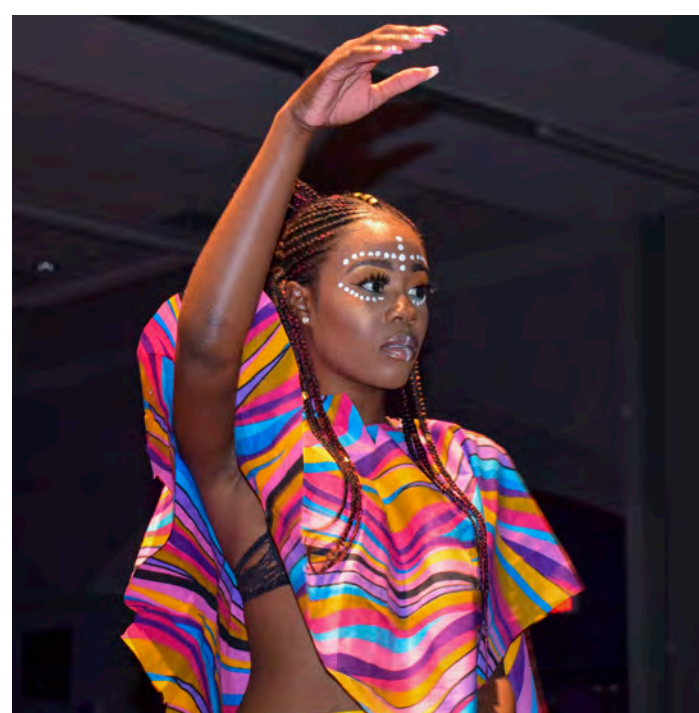
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MAY 1, 2019

PAGE 12

African Student Association fashion show



PHOTOS | IZZY MANZO

Models showcased the diversity of African culture during the African Student Association's fashion show, held in the Adanti Student Center Ballroom on April 24.