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Remembering the Holocaust in Buley

By Jaylen Carr
Sports Editor

In the lobby of the Buley Library, the Holocaust exhibition featured books, videos, photos, and souvenirs of victims who died and those who sacrificed their lives to save those persecuted.

Since 2017, the Judaic Studies program and the philosophy department have held commemorating the Holocaust victims, said David Pettigrew, a philosophy professor, and event organizer, said.

Pettigrew has been involved in every commemorating event since its inception. This year the exhibit will honor two Connecticut residents, Varian Fry, and Hiram Bingham, who helped rescue Jewish refugees who escaped between 1940 and 1941 in Marseille.

"Varian Fry had been selected to go organize the rescue effort," Pettigrew said. "Hiram Bingham was the Vice Counsel at the consulate in Marseille, and the two of them were working in parallel tracks trying to save people, and they sometimes met."

Pettigrew said he was recently in a meeting with teachers, and because of the pandemic, they were asked to focus on mathematics and language arts and cut out teaching history.

"We have to be sure to provide commemorative

culture activities of remembrance in order to help educate people," Pettigrew said. "It is important to remember the victims to ensure it never happens again. So, it is seen as education and awareness as genocide prevention or prevention of repetition of the atrocities."

Corinne Blackmer, the Director of Judaic Studies, said Pettigrew contacted her about helping him fund the event, and she undoubtedly agreed to help.

"It is extremely important that this event happened," Blackmer said.

The Holocaust was such a horrific occurrence that cannot be ignored, Blackmer said.

"We have to remember it and have to understand it and hopefully avoid repeating it," Blackmer said. "That is easier said than done because we have seen the rise of fascism and a lot of prejudice in this country."

Pettigrew said another significant part of the program is the event organizers will read details of "The Diary of Ann Frank" and a biography of Hermine Gies for this year's commemorating program.

"Those two are very about text about the Holocaust, obviously most of us know about the Diary of Ann Frank," Blackmer said.

Gies, born in Vienna, Austria, helped provide a safe place for Frank and her family during

the Holocaust.

Miriam Glenn, a senior citizen student and event organizer, played a pivotal role in making this event possible, Pettigrew said.

"I was always involved in helping the plan the Holocaust remembrance program," Pettigrew said. "It has just been great to work with Miriam on this project."

When Pettigrew introduced and taught a new course 10 years ago called Introduction Holocaust and Genocide Studies, he met Glenn.

"The two of us hatch this plot to have an exhibit in the library during the month of April," Pettigrew said.

When the spring semester started, Glenn started having a discussion with Pettigrew about brainstorming and planning ideas about the event.

"The reason I chose Ann Frank this year is somehow other people are choosing her this year," Glenn said. "There are movies about her, and I said, why not?"

When Glenn saw students from other schools visiting, she asked if they knew anything about World War II or the Holocaust, and they were a few hands raised by some of the students.

It is essential to have this event not only to commemorate but to educate, Pettigrew said. Both Glenn and Pettigrew played a

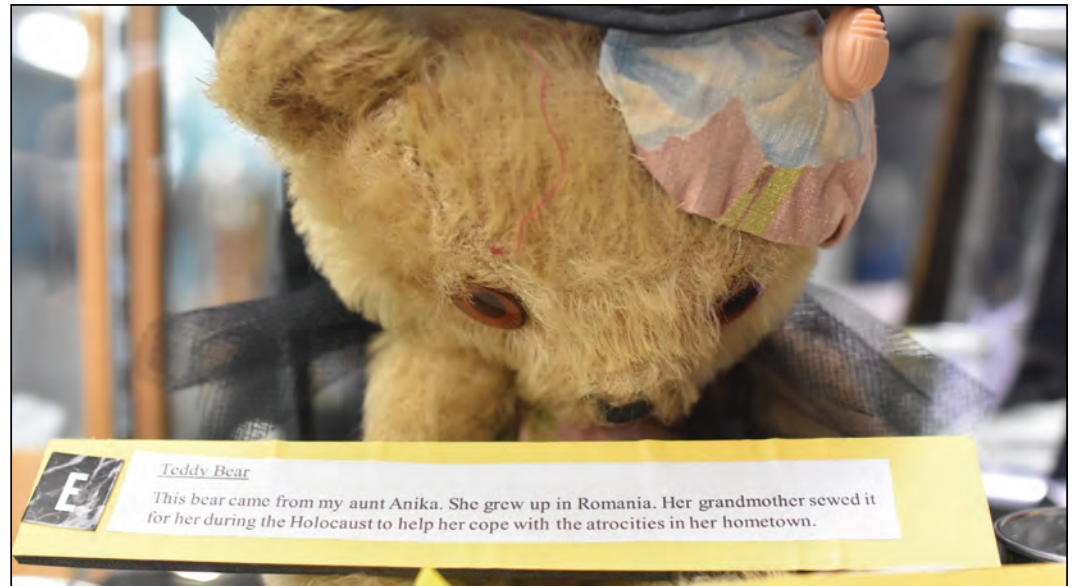


PHOTO | LUKE MOLWITZ

A teddy bear sewed during the holocaust by their grandmother.

considerable role in making this event possible.

"We should all be grateful to Miriam for her dedication to the exhibit and the commemoration," Pettigrew said.

Glenn, born in Israel, said she is forever grateful for Pettigrew's effort in helping with planning the event.

"I consider him to be one of the righteous even

though he is not honored like this; I'm honoring him like that; otherwise, who is going to do this with me," Glenn said. "He is all for it and gun hoe for it. He is my righteous gentile."



PHOTO | LUKE MOLWITZ

Figures depicting someones great-grandparents walking to Shul.

'Mental Health First Aid' courses on campus

By Jaylen Carr
Sports Editor

Hosted by the Wellbeing Center, staff member Tracy Stuardi taught three courses last week, dubbed 'Mental Health First Aid,' for students and faculty members on campus to help raise awareness about mental health.

Stuardi taught the course to the College of Education's future educators and faculty members on April 28. She led many topics through the session, such as the stereotypes of mental health and noticing red flags.

"I am trying to host different mental health workshops for the colleges in particular because it is nice to have a group of similar interest to do the training together; they get more out of it," Stuardi said. "It is a wonderful opportunity even if you aren't in a group of people with the same background as you."

Stuardi discussed how culture could affect our healthcare choices, especially mental health issues.

"What we hope you gain

from this class is to feel more empowered so that I can observe those changes in behavior," Stuardi said.

During this session, Stuardi discussed with future educators and faculty how to be aware of mental health instances in the classroom.

According to the 'Mental Health First Aid' program website, it "helps you assist someone experiencing a mental health or substance use challenge or crisis. It takes the fear and hesitation out of starting conversations about mental health or substance use by improving understanding

and providing an action plan that teaches people to identify and address a potential issue safely and responsibly."

Stuardi said having conversations about mental health is crucial because it is a national crisis affecting the country.

"We have a record number of people of all age ranges with anxiety and depression," Stuardi said. "Suicide is the number II cause of death among adults, and for college age and younger are the number two and number three cause of death."

Reaching out to the

younger demographic is crucial because they need resources, Stuardi said.

"Clearly, as a community, something is missing," Stuardi said. "Mental Health First Aid and the QPR training is one action that I hope help more people to be willing to take to say they recognize my friend, my loved one, my family member, my classmate that is in distress to reach out."

Stuardi said the Mental Health First Aid program does not normally operate three times a week but in several sessions throughout a semester.

"I tell people all the time

if you have a group that wants to do it, we will make the time because it is that important," Stuardi said.

The Wellness Being Center hosts a mental health program to help students to see how mental health affects their field of study.

"The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis," according to Owl Connect.

Many future educators learned much from this course and will use their knowledge in their classrooms.

Melissa Deroche, a graduate student, said she is an educator in New Haven, and this course helped her know how to support students.

"I have students that have a lot of needs, and I hope having this information will help me help them meet those needs or at least point them in the right direction," Deroche said.

Curriculum and con-

struction major Krishna Soni, a senior, said she attended the program because mental health does not get discussed enough.

"Being in the education field, we have the power; if I am aware of Mental Health First Aid, then I can teach it to my students, and I can be aware of it when I see it in my students. I would also reach it to my co-workers," Soni said.

There should be more conversations about mental health to help combat the stigma, Deroche said.

"We all have mental health, so it is beneficial for everyone," Deroche said. Soni said it is crucial to have this resource available for students because it helps with the social justice initiative of the university.

Stuardi said there are some key takeaways she hopes attendees understand from the course, which is to feel empowered.

"I have yet to host a class where there was at least one, if not more, people disclose they themselves are affected, so it has to be a resource here that they



PHOTO | LUKE MOLWITZ

Students and faculty being taught "Mental Health First Aid."

Student directed one act plays take the stage

By Ali Fernand
Features Editor

The theatre department held their annual one act plays this past weekend. This was a series of six different one act shows, each directed by a student.

"Most of the stuff that you see was a collaborative conversation between me and the directors and dependent on the director if they wanted to take what the script said versus come up with their own thing," scenic designer and performer Nicole Thomas said.

Thomas was the designer for all six of the one act shows. She also performed in the show "Who... You... Me... Someone" playing the character Miss Him. This was the third play featured in the show. It was an 1800s style murder mystery with comedic elements.

"We came up with the title based off the themes of the show," Thomas said.

The themes of the shows all revolved around death, making a clear theme for the title of the festival.

"It was just a really fun, comedic experience and the cast gelled really well together," actor and theatre major Trevor Burch, a senior said.

This play was directed by Julianne George, a student,



Student actors perform the one act play "Who... You... Me... Someone" directed by Julianne George.

PHOTO | SCSU PHOTO GALLERY

who took on a script written by Christopher Conners.

"From our instincts, she will create the blocking based on what we do first, and then we'll go from there," Burch said.

Burch plays the character named Mr. You, who is the person who finds the dead body on the floor of his house. He ends up moving it to his closet to stay while he holds a party. After waiting

for hours, he calls the police in the morning.

"I worked really hard to get all the lines down, to get the character better understood," Burch said.

One of the six plays was an original piece written by a student. This was called "The Hard Knock Life of Trevor Hernandez," which was written and directed by Tay'von Martin. This followed a group of high

school students with the main one being new to the school.

"He's a new kid at school and he's finding his place through dancing," actor Anthony Forbes who plays Trevor Hernandez said.

Hernandez faces a bully at the new school from the captain of the football team. He makes friends with a girl who ends up becoming her dance partner. They bond

through hip-hop dancing and make a plan to perform at the school's talent show.

"We were dancing, cracking jokes, it's all good energy," Forbes said.

The directors and scenic designers all worked on their roles as a part of a class.

"We've been working on this since before spring break, we held auditions the week before spring

break and then we started rehearsals the first week back after spring break," Thomas said.

The Actor's Nightmare was the last play of the show and it was directed by Cameron Munoz.

"I play the character George, and he basically pops up on stage and is stuck in a dream," Burch said. "He doesn't know lines, doesn't know what's going on, he just popped into a production."

Though there was a clear theme, the plays all had a variety of what they offered to the audience. They each had different lengths and different tones they took on.

"They can range from 40 minutes to about 5 minutes," Thomas said.

In total, the festival was about two and a half hours long, with a brief intermission. The crowd filled the side of the Kendal Drama Lab, which is a black box studio in the Lyman Center.

Shows ran Thursday through Saturday, consistently selling out shows. This is the only show that features student directed plays, but this is an annual event.

"I'm excited for the audience and the energy, because we have a lot of funny, amazing plays," Forbes said.

Review- BTS group member AgustD performs

By Sofia Rositani
Editor-in-chief

"A to the G, to the U, to STD I'm d-boy because I'm from the D I'm the crazy guy, the lunatic on the beat Sending listeners to Hong Kong with my rap My tongue technology" AgustD aka Min Yoongi rapped in UBS Arena on April 27.

We usually do not review concerts in the newspaper but since this is my final paper, I decided to do this since I have been reviewing BTS for so long now, so I thought why not talk about seeing my favorite rapper from BTS live.

I had been waiting for this day for so long. Getting those tickets was rough, waiting to get into the venue was even worse. I had VIP general admission pit. This meant I had to wait in line the entire day in order to get an unobstructed view of AgustD and suffer from lower back pain and hip pain.

The day begins at 4 am, get ready, get to the venue by 6 am. Wait in line until 10 am when they give out the wristbands and following this, we can either get in another line to wait for the VIP merchandise to open or walk around. Me being the AgustD fan I am I waited in that line until 3:30 pm, it was so worth it.

I ended up meeting amazing people who were also Army, the fandom name, who came from all over the world, Canada and Germany are two places the people

I spoke to came from. We all waited in line for hours to get overpriced merchandise, which I do not regret buying, and to hopefully get as close to the barricade as possible. During this time, we ended up making signs, mine saying "Min Yoongi saved my life."

The time came for us to get in for soundcheck, something I had never been a part of before. It was amazing. I never thought I would see the person whose music basically saved my life live; he was absolutely gorgeous. I cried the entire time. During the soundcheck he performed "People," "People Pt. 2," and "SDL." The fact that I got to see this live before the concert even started blew my mind. He was extremely close since I was only 3 people behind the barricade.

AgustD began his concert at 8 pm. He started the concert with his latest title song "Haegeum." this led into his iconic song "Daechwita." I will not lie throughout the performance I was entirely in shock by the stage presence of this man, someone who has only ever performed with his six other group members. He was so amazing, and it made me fall in love with him even more.

Throughout the concert he performed other iconic songs such as "AGUSTD," "Burn It ft. Max," this song having real fire in the performance that I felt every time I lifted my light stick, it was kind of awesome.

He performed songs that he usually performs with the others in the rap line, such as "UGH," "Ddaeng" and the "Cypher" songs. This was so cool to hear live especially since he did a mashup of the songs.

The energy throughout his performances was amazing too, especially since he brought up how the night before. He really kept us on our toes and at some points made us laugh. I do not think he realizes how much power he has over fans because there was a point where he put his finger to his lips to quiet us and the arena immediately quieted down.

"Oh, you guys listen really well," AgustD said.

He also made funny faces when the fans barked at him, something I still do not understand.

In one of his final performances, he sang my favorite song, "Nevermind." When he did, I became a puddle of tears because this song helped me through so much pain and hardships I went through and if I ever had the chance to speak to him, I would thank him for his music and how he has helped me with a lot of issues I have gone through in the past and present.

I wish I could have attended the second night in Newark but alas it became too expensive. I am so happy and thankful I finally had this experience of seeing the man I have basically been in love with for years live up close and in person.

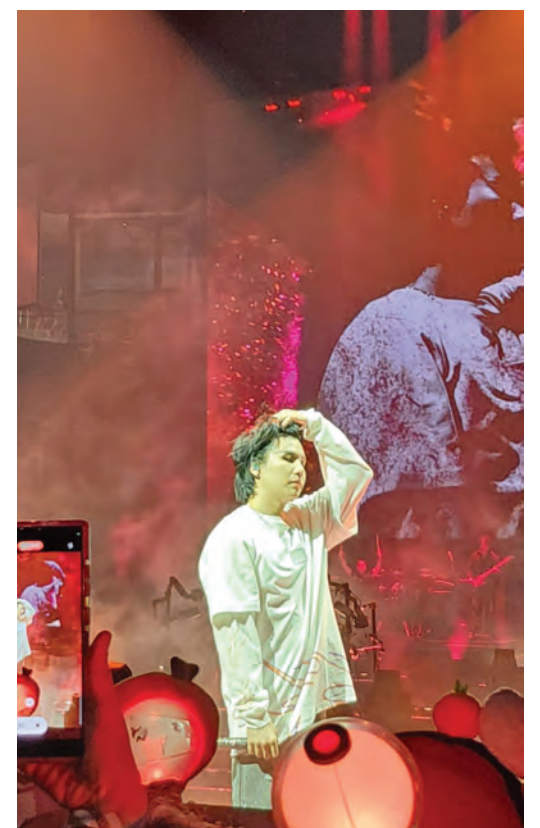


PHOTO | SOFIA ROSITANI

AgustD performs live for his fans in Long Island, New York on April 27.

Congratulations to Crescent Magazine for winning two awards in the region I Mark of Excellence Society of Professional Journalist. for being a finalist for best student magazine and for Luke Molwitz's photos on the photo layout for "Scoring Points on Campus." To see more go to <http://crescentmagazine.org/>

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Crescent
Magazine
Southern Connecticut State University

INSIDE

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Editor-in-chief Sofia Rositani says goodbye

By Sofia Rositani
Editor-in-chief

“Yeah, the past was honestly the best. But my best is what comes next,” sang BTS in their song “Yet to Come.”

It is finally here, my last paper ever.

Four years ago, I came to this university naïve and excited for what was to come. I had a horrible experience in high school and my one friend had just moved to South Korea for school. I was scared and ready to start my next chapter in life.

I began my journey in the newspaper as a first-year student, I was a General Assignment Reporter. I followed into

my sophomore year as Arts & Entertainment Editor, and my last two years as Editor-in-Chief.

I am thankful for everything my Southern News family has helped me with. Some of my closest friends are or were in Southern News. Shoutout to my girl Danielle for helping me through nights and days where I had breakdowns. We may be a small newspaper with few staff, but we became a family who helped one another through the semester and the days when it was hard.

I cannot say I will miss the stress and anxiety that came with the newspaper, but I will miss the mornings in layout where we would all rant to one

another, and the weekly Dunkin runs.

This university taught me one thing, and that was to move forward, not backwards. No matter how many times we try to get our voices heard, we must keep going and hope they listen. I will admit the most I did was opinions and reviews, but a lot of people have come up to me about them and talked to me about it, sometimes they were good, other times they were not.

“There were a lot of changes but, I’m still the same, a new chapter, every moment is my new best,” RM raps in “Yet to Come.”

I am looking forward to what comes next. Graduate school in the Fall, hopefully, and the

Disney College Program in October. I am looking forward to my future. But even with the talks of it all, we need to find time to ruminate and think about how we came to be here and be thankful.

I did not think I would make it this far, after the awful things I went through in junior year with the toxic relationships that ultimately led me to attempt and the things RAs were saying about me behind my back, I really expected to either be 7 feet under or dropped out.

But, I gained two friendships in the paper that I never expected to have, one with the photo editor, Sarah, and the other with now graduate student, Danielle, who both helped

me see the light and pushed me to stay and lead a better life, one I probably would have never had if I did not have their friendships.

I also want to thank my sister who helped me the night everything happened and stuck with me through the challenging times I had following it. My old roomie Tayler also deserves a shout out because without her I would not have had an amazing last semester living on campus that year.

I worked hard to get to where I am and I am proud of the obstacles and the hardships I overcame to get here, three weeks from graduating, something I never thought I would get to do.

No matter how hard life seems you need to keep

pushing, find something you love, mine being BTS if you cannot tell, and keep that in your mind as you find the courage to persevere, trust me the four years will fly by so quickly you will not even have time to blink.

“Still got a lot to learn My life, got a lot to fulfill If you’re askin’ me why My heart’s tellin’ you, We ain’t about it, The world’s expectations, we ain’t about it. That step of being the best, we ain’t about it. Crowns and flowers, countless trophies, we ain’t about it. Dream and hope, and goin’ forward, we so about it. It’s back to square one after making one long turn, back to one,” J-hope, RM, and Suga rapped in “Yet to Come.”

Goodbye from Sarah Shelton

By Sarah Shelton
Photo Editor

Writing because nobody listens: Goodbye Southern News.

I remember my dad sitting at our kitchen table, reading the Republican American Newspaper when I was in Kindergarten. Back then, I had dreams of being a teacher or an author but, even little me knew I’d never have the patience to write an entire book.

I said something along the lines of “I want to write for the newspaper!” Who knew I would actually get here? Graduating with a Journalism degree.

While I never knew what I wanted to do and, I have had many different ideas throughout the years, I somehow ended up falling in love with journalism. Whether I end up doing layout, copyediting, magazine or something else, I know I am in the right field.

Throughout my time at Southern News, I have made a family. Sofia Rositani, Roma Rositani, Ali Fernand, Jaylen Carr, Morgan Douglas and more: you were there when I needed you the most.

Working at the newspaper became tough due to shortages in staff, my personal life and criticism of our opinion and news pieces. My SNews family listened to me rant, helped me with articles, and even encouraged me when I

hesitantly switched from the features editor to the photo editor position.

While magazine is my passion, and I loved being Editor-in-Chief for Crescent magazine, coming into the newsroom every Monday to lay out this newspaper was truly a dream job. Finding stories, not getting responses, last-minute cancellations and the criticism however, is a different story.

From reporting on the Omega Zeta Pi sorority scandal in 2022 that was all over the news, to writing an opinion piece on how I was given a dorm with fleas and leaking ceilings, university staff tend to dislike us without looking at our positive stories. Such as my attempt to spread higher education funding awareness and telling students how to get mental health help at the university.

I really do recommend reading my article “Senior year starts off with fleas and stitches – opinion” on <https://thesouthernnews.org/> before choosing to live in North Midrise. Yes, I use humor to cope.

I even received a mean comment on a heartbreak opinion article I wrote for students going through a toxic situation similar to one I was in. To encourage them that feelings are valid, it is okay to seek help and that they are amazing on their own.

None of this ruined my

passion as a reporter. I am open, I am caring and I am honest. I speak for others who cannot and I speak for myself when I am not being heard.

I came into this university with a “stay out of the attention” mindset. While social anxiety does not go away and I hate drama, being at the newspaper taught me how to approach people and to speak up, especially about what I believe in.

Thank you to my Crescent friends: Valeria and Malena Araujo, Hailey Roy, Ty Abdul-Shakoor and everyone else I have worked with on the magazine. I also want to thank my other journalism friends: Tyler Fisher and Bradley Robidoux.

Thank you to Selena Gomez, my role model since I was 12 years old. I enjoyed covering her albums, songs and her documentary. And obviously, my family: Mom, Dad, Dan, Mémère and Emily.

Finally, thank you to past adjunct professor Ashley Kus. She is the one who initially recommended me for Crescent magazine my freshman year which is how I got involved with Student Media in the first place.

Maybe one day I will write a fiction book, but now, I love sharing people’s stories, standing up for what I believe in, and covering music, shows, books and movies.

Free menstrual products

By Jae’La Rivera
Contributor

For all of history, menstruation has been a taboo topic. Apparently here at Southern Connecticut State University, it still is. My name is Jae’La Rivera. For the past seven months, I have been running a campaign that challenges how accessible Southern truly is.

This all started one day whilst I was working a shift at the SAGE center. The SAGE center is Southern’s LGBTQ+ resource center, and I was surprised to see the tone of the room so somber. Upon questioning, a transgender, masculine presenting student of ours had come up to me in sheer distress. She had explained to me that she had gone outside of campus to buy menstruation products, due to her inability to find any readily available on campus; and ended up getting harassed by a fellow customer in the chosen gas station due to her masculine presenting appearance while purchasing menstruation products. Many had mentioned the singular basket of products over in the health center. At first glance, I wanted to as well. But then I stopped to think about how I would feel if I was in this situation. “How would I, as a closeted transgender individual,

feel about grabbing gender exclusive products in a public area?” I would feel a lot of things surly, but support wouldn’t be one of them.

Once I heard her story a lot of things were put into perspective. Southern was leaving the door open by allowing this type of situation to happen. I knew if I didn’t try to do something, it would be a recurring offense.

My first step began with asking around. I started with that singular basket in the health center. Melissa Lopez and Kettle Gray, familiar faces of the Student Health Center, and Allyson Regis of the Wellbeing Center struck even more bad news onto me when they informed me that it was their own staff who funded this one basket out of their own salaries.

Quickly this came to be the consensus. Everyone was supporting the Southern population out of their own pockets.

I interviewed every single female sports team; their average cost of menstruation products combined for one year was \$8,000. It does not stop there. Kari Swanson, a librarian in Buley, reported spending more than thousands of dollars of her own money for one bathroom, for one semester.

A popular sorority on campus, Delta Phi Epsilon reached out to me in support of this project. Their representatives Ally Lupo and Eve Jones reported to me that when they had tried to tackle this on their own, Southern gave them a total of \$50 to fund this issue.

To break down this cost, the average cost of a pack of menstruation products in Connecticut is about \$20. (Substitute House Bill No. 5272)

From here, I turned to the student body. I received upwards of three hundred responses. From women, nonbinary individuals, students, faculty and visitors. All littered with how unsupported and disgusted the lack of accessible menstruation products had made them feel.

The full report is available on the Women’s and Gender Studies instagram page. Here are just a few responses I received. From the likes of “It tends to make me feel trapped, there is not even an option for 25 cent

products, but free condoms are advertised at every corner”, to ‘I have been at the risk for toxic shock syndrome more than once due to the unavailability of products on campus’ to even “I’ve had to take money out of my tuition to buy menstruation products when I was in need”. It had begun to feel like not a single menstruating person on campus had a positive thing to say about how Southern was supporting them. My research project seemed to prove just that; with 83.9% of responders responding with NO when asked the question “Do you feel as if Southern is doing a good job at supplying menstruation products to their community?”. 14.3% reported as “Unsure”. 0% reporting “Yes”. Absolutely no one served felt as if Southern was supporting them.

Determined to change these statistics, I kept asking around. To my surprise I was met with several department representatives who were an exact representation of the unsupportive stigma against menstrators that Southern holds. Several higher education professionals cut my meetings short to tell me there was “nothing they could do” or that the issue of period poverty was not “on their to-do list”. It was this discouragement that inspired me further. I was not going to let the transgender community of Southern, the college students who are scraping a penny to support themselves, the individuals suffering from PCOS living uncomfortable lives due to the lack of support from their university, be adulterated by people who claim to represent a self accredited “Social Justice University” reduce this issue to nothing.

Everyday I was faced with a new story about just how dangerous the lack of accessible menstruation products was making the Southern population. Delta Phi Epsilon began holding menstruation drives, and with the support from departments like Women’s and Gender Studies, and organizations such as SAGE and the Student Government Association, I began to go beyond Southern in hopes of a solution.

To see more go to
TheSouthernNews.org

SOUTHERN NEWS

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FOLIO Magazine prepares for release party

By Ali Fernand
Features Editor

FOLIO Magazine is preparing for the release of their 2023 magazine. This contains a collection of writing, poetry and artwork by students who chose to submit.

"On Friday, we're going to be having a large release party where there will be free copies of the book provided," Editor-in-chief of FOLIO Ethan Sabetta said.

This process took a year long, starting in the fall semester. The length and contents of the book made for a long process also in submissions, reviewing and layout.

"We collect submissions during the first half of the year and then over winter break, we have the genre editors read them over and determine which ones to accept," Sabetta said.

All of the submissions are from students at the university. The staff also consists of students, making this a creative representation of the people

on campus. This can be work from different creative classes or it can be something a student worked on during their free time.

"A lot of the creative writing professors and the art professors encourage students to submit their end of semester work to the magazine," Sabetta said.

For the editors, the reviewing and layout process has been very time consuming. While they have been doing this, they have continued to hold their monthly events.

"I helped to edit and choose the pieces that we wanted to select for the magazine this semester, as well as helping to do open mics and create fliers," poetry editor Alynn Balocca said.

Every first Friday of the month, FOLIO holds an open mic for students to participate in. Here, students can choose to attend and even perform a piece of their choosing. The editors like to take this as an opportunity to get to know students who might want to submit to the magazine.

The three main sections that being featured in the magazine will be creative writing, poetry and artwork. Though each section has a diverse selection of pieces.

"We have collages, sculptures, painting, a wide range of fiction, and we've got some autobiographical memoir type works," Sabetta said.

The book will be 128 pages long, with about 90 of those pages being dedicated to submissions from students. Each editor had to decide what pieces stood out to them the most.

"My favorite piece was actually my selection for this year called Roe Overturned, and it's the description of Roe v Wade being overturned but described as an ocean," Balocca said.

This is the place where artists and creative writers can get their work published at the university. Unlike the other student media organizations, it focuses purely on the creative aspects of the students at the university.

"We are a little bit different than some of the other

media and the creative media organizations here," Sabetta said.

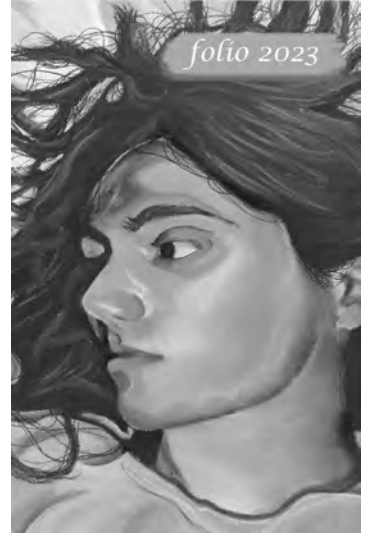
Sabetta and the assistant editor oversee managing the magazine. The section editors are more focused on their own judgment of their section choice. Each of them has knowledge about their different topics.

"We didn't want to impose too many of our own opinions on it, we wanted the genre editors to have the chance to really create their element of the magazine themselves," Sabetta said.

The editors had a chance to learn about the process of publishing the magazine. They get to focus on their interests while also learning the process of creating a fully published piece of work.

"It's been very helpful to see at the beginning how we start gathering submissions into the end to understand how with all these submissions we must combine them together," Balocca said.

The full magazine will be available to students at the release party FOLIO holds every



PHOTO

Folio 2023 edition to be released May 5 on campus.

year at the end of the magazine. Between the submissions, reviewing and editing of the pieces, this was a long process.

"We like to give students a large amount of time to create their work because we only accept what we consider to be the best for publishing that particular year," Sabetta said.

Ward and other athletes discuss mental health

By Jaylen Carr
Sports Editor
Tabby Palomba
Contributor
John Pisano
Contributor

Alex Ward, a senior football player, goes onto the field every week during the season, attends football practice, and has the pressure to perform well off the field to maintain his scholarship. Then, this past fall, he faced a debilitating season-ending injury.

"During my injury my mindset was terrible," Ward said. "I felt I was a failure; I felt I could not do anything right and couldn't speak to someone."

Ward ruptured his patellar tendon during practice on Aug. 26, 2022. Ward hopes to return to the field for the fall 2023 season. He did not want to have his coaches thinking he was unable to handle this injury plus the schoolwork and the regularly scheduled programs for football.

There has been increase attention on athlete

mental health nationally and here on campus.

Some student athletes are able to have conversations about their mental health according to a 2020 NCAA student-athlete well-being study. Sixty-nine percent of female athletes and 63% of male athletes agreed or strongly agreed that they know where to go on campus if they have mental health concerns.

The data has been tracked since the COVID-19 pandemic in 2020, when society was made aware of how mental health was affecting a lot of people, especially athletes.

Due to the pandemic, it helped to bring awareness for the student athletes to seek resources when facing mental health challenges. The university is also making strides in helping student athletes handle any mental obstacles.

Associate Director of Athletics Communications Ken Sweeten said the athletic department is currently working on building a program and resources for student athletes at Southern

to help cope with any mental health challenges. Sweeten said the athletic department is looking to add a resources this fall.

Student athletes not only have the pressure to perform in the classroom, but they also must find time to get schoolwork completed.

Ward was injured in fall 2022, but he was still held to that expectation to follow the schedule just as his fellow teammates.

Ward said during his season his day starts at 4:30 a.m. The team has weightlifting at 5 a.m., team breakfast at 7 a.m., time for their scheduled classes, film at 1 p.m., more time for classes, then have a team dinner and start practice at 5 p.m.

By the time he gets back into his dorm, he has about five hours to get homework done and to get to sleep before his day starts at 4:30 a.m. again.

Payton Reis, a senior volleyball player, states that she has a similar athletic schedule as Ward, with her day starting at 6 a.m. and ending at 10 p.m.

"I do not have time to do anything extra and if I do decide I want to go

out, I must go out with my friends at 11 at night due to my practice ending late. This puts a toll on my mental freedom," said Reis.

Reis said it is challenging to find enough time to get schoolwork done because of her busy schedule.

"Don't get me wrong, being an athlete, I still get the same amount of homework just as everyone else," Reis said.

William Lunn, a health and movement science professor once had a student athlete come to him for support on how to handle stress and being overwhelming. Lunn suggested to the student that it is a good thing to seek help.

Lunn noted that he teaches about student athletes dealing with mental health in his class and he even talks to student athletes that are in his class individually on how they can balance academics and the sport they are in.

"If you look at a student or a professional athlete, they have their own set of responsibilities and stressors," said Lunn. "There's a lot piled on top

of them."

Coaches, family even the university all put immense pressure on student athletes to perform at high level every game, said Lunn.

Lunn said: "These conversations cannot be stigmatized. Have the conversations in a comfortable setting so it can be addressed."

The university has resources to help all students, including student athletes, cope with mental health. SCSU offers free confidential counseling services for students and student-athletes who want to address their mental health. The Counseling Services are part of the Wellbeing Center, located in Schwartz Hall, room 100.

For students who are on the fence about seeking help, the confidentiality of the counseling services can offer them some peace of mind.

"We can't confirm or deny if someone is receiving treatment," said Nick Pinkerton, associate dean of counseling services and wellbeing. "There's no information put on your academic record."

The counseling services offer individual one-on-one meetings with counselors, but they also offer group therapy and workshops.

"As powerful as individual therapy is, group therapy is truly amazing," said Pinkerton. "I think students who participate in that experience realize that you're not alone in what you're dealing with."

The Counseling Services also emphasize why mental health is so important for people, specifically college students.

Matthew Rothbard, health, and movement science professor said it is a positive sign to seek help when going through hardships in life.

"There is a great slogan that is getting a lot of traction right now that says, 'it's okay to not be okay,'" Rothbard said. "It's okay to get help; you need help, you get help."

Sometimes athletes fear that if they seek help, they look mentally weak, said Lunn. But based on the current environment in society, speaking about mental health is viewed as a sign of strength and courage.

Adjunct psychology professor Shenira Billups said that student athletes feel pressure to succeed on and off the field.

Billups said: "There is a difference when you are playing athletics and then going to school for it. Some of these students are on scholarships or trying to make a name for themselves."

Finding balance and structure is vital for student athletes, Billups said. They have so much on their schedule, which makes it hard for them to have time for themselves.

"Just because they're an athlete it doesn't mean that they are great at everything," said Lunn. "They're people too." Students who wish to schedule an appointment can find more information on the Counseling Service's website.

The staff at the counseling center encourages students to come and address their mental health and said they look forward to working with students.

"I really enjoy this developmental period in young people's lives," said Pinkerton. "They are trying to figure out who they are; it is a tremendous time of independence and responsibility. I find it to be a really rewarding thing to be doing with my life."

For more of this story, visit our website at thesouthernnews.org



PHOTO | JAYLEN CARR

William Lunn, professor in the Health and Movement Science Department, sits in his office located at the Health and Human Services building.

Lacrosse team set new program record with nine wins despite loss to Assumption 12-9

By Jaylen Carr
Sports Editor

With a chance to make the Northeast 10 playoffs at stake, the women's lacrosse team fell short to Assumption University 12-9 in the season's final game.

"We gave them everything they can handle," Head Coach Kevin Siedlecki said. "They got a couple of lucky breaks at the end for those last couple of possessions, and they took advantage of it."

Coming into the April 28 matchup against Assumption, the Owls need this win to secure the eighth and final spot in the playoffs.

Despite the loss, the team set a new program

record with nine. The Owls went 9-8 on the season, having a better record road than at home.

Siedlecki said despite Assumption being a good team, they respected their scoring ability as an offense.

"The fact that they were stalling when we had a card, they pulled it out and stole it with eight minutes to go in the game," Siedlecki said. "That just shows you how much they respect our effort today because they did not want to give us the ball back. They were trying to run the clock out with a one, two-goal lead."

The Owls were tied with Assumption early in the fourth quarter until Assumption scored three goals in the final 10 minutes.

"Of course, we are disappointed, but we were right there and could have come out with a win if a couple of things go our way," Siedlecki said. "We have a lot to be proud of."

Attacker Bayleigh Takacs, a graduate student, had two goals and five assists and broke a program record once again. Early in the first quarter, Takacs assisted on a goal scored by attacker Alexandra Ruel, a senior, to break the Owls' single-season points record. Takacs finished the season with 78 points and five broken records.

Despite the loss, players agreed with Siedlecki about the team's effort against a formidable opponent.

"We came out pretty strong, and I think we all



PHOTO | SCSUOWLS.COM

Attacker Alexandra Ruel, a senior, goes after the ball during the game on April 29.

knew that it was all or nothing in this game, so that was in our heads the whole game," Takacs said. "We had a few unlucky calls go our way."

The team made some uncharacteristic mistakes throughout the game, Takacs said.

"Overall, I thought we played a lot of heart, and we played a lot of hustle; that's all we can ask for," Takacs said.

Ruel said the team wanted to win this game for the seniors and the graduate students because it was 'Senior Day.'

"We really tried our best and fought really hard and gave them a good game," Ruel said.

The Owls got

production from attacker Kirsten McIntire, a junior, leading the team with three goals. Takacs led the team with seven points. Despite the rainy and cold conditions in the game, Siedlecki said the point of emphasis coming into the game was to limit turnovers.

"It is tough to measure when the weather was like this," Siedlecki said. "It was a lot of sloppy play on both sides, but we still ended up with 15 turnovers which is slightly below our average."

Ruel said Siedlecki's message reiterated the significance of the game, but he also wanted the team to play their game.

"He reiterated that he

was proud of what we have done all season," Ruel said.

Takacs said it was the last game, and Siedlecki wanted the team to leave on the line.

Siedlecki said the Owls lost due to Assumption scoring three goals early, and the Owls turned the ball in the first quarter. The Owls had seven turnovers in the first quarter.

"We dug ourselves a hole early," Siedlecki said. "We climbed back out of it before the first quarter was over, but it is tough."

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PHOTO | SCSUOWLS.COM

Women's lacrosse team huddles during the game versus Assumption University.

Softball wins 4-3 versus Dominican University

By Matt Cain
Contributor

The Owls won the first game of the doubleheader versus Dominican University 4-3 thanks to the contributions of pitcher Jessica Perucki, a senior striking out 14 batters.

Perucki gave up a couple of hits early on but managed to strike out the

next six batters and got a couple of one, two, three innings. Perucki tied her season-high 14 strikeouts in this game, as it went into extra innings. Perucki has been showing up this season as she came into game one, she has a 1.63 ERA (earned run average) on the season.

Perucki would go on to pitch the whole game and get the win on the mound. That would be her eighth

win of the year. Perucki also batted as well, she had four at-bats and two hits. She also had one RBI (runs batted in).

Catcher Jacqueline Dumont, a graduate student showed up as always. She too would have four at-bats and two hits. With the Owls splitting the doubleheader, game one would have a lot of positive outcomes. One of those being the

defense. Led by Perucki on the mound and Dumont behind the plate, the defense showed up at crunch time.

"Our defense showed up, they showed their athleticism by driving for balls and playing well," Dumont said.

The Owl's defense kept the game close as they did not cause any errors in the game.

The Owls trailed for

most of the game until Dumont singled to right field in the bottom of the sixth inning. That would score the pinch runner, junior pitcher, and outfielder Nataile Scotto.

That would be Dumont's second RBI on the day. With the Owls trailing for most of the game, the team stayed calm and composed.

This however is not something the team practiced, this team is filled with upperclassmen and seniors. Staying calm became second nature to the team.

"Staying calm starts with the upperclassmen. We have a lot of them so that is where it comes from," Assistant Coach Kelly Paterson said.

Being down one run the Owls showed no signs of panic. Perucki would flyout three Dominican University batters in the top of the 10th.

In the bottom of the 10th Infielder Nadia Cestari, a freshman started at second and then would move up to third on a sacrifice fly from outfielder Ally Petrella, a graduate student.

Cestari eventually scored and sealed the win in game one. Paterson loved how the Owls played in the first game. Offensively the bats were not on fire, which caused

the Owls to fall behind early in the game.

Head Coach Jillan Rispoli also saw the positives in game one, other than the win. Which was staying calm but also making the right play at the right time.

"We struggled with some defense early on in the season, now it has become a strength as we move forward," Rispoli said.

Rispoli makes practices just as if they were games. This way everything will come naturally in games like these. The Owls' fielding percentage has risen since the start of the season.

They also cut down the errors and played a lot of high-IQ softball since their first game. The Owls are coming close to the end of the season, they look to grab every win they can and finish the season strong.

As the season nears its end, the coaches just want the team to keep swinging the bats. Dumont, the leading hitter on the team and captain, just wants to maintain but also encourages her teammate to stay strong through the back-half of the season.

For more of this story, visit our website at thesouthernnews.org



PHOTO | SARAH SHELTON

Pitcher Jessica Perucki, a senior throws a pitch during the game versus Dominican University on April 25.

Seniors leave advice for incoming freshmen

By Sarah Shelton
Photo Editor
Hailey Roy
Contributor

Graduation for the class of 2023 is coming up on May 19. Seniors gave advice to Crescent magazine editors Hailey Roy and Sarah Shelton for incoming freshmen. Here is their advice.

Photos: Contributed



Siddhi Suresh, Computer Science

College is an incredible opportunity to learn, grow, and explore new passions. As someone who has been through it, I would like to share some advice to keep in mind as you enter this new chapter in your life.

My first piece of advice would be to get involved. Whether it be a club or a job, make sure to explore the diverse community at Southern. Getting involved at any point during your college career can help you expand your network and build valuable relationships.

Additionally, don't be scared to step out of your comfort zone or skillset when you are looking to get involved!

Secondly, stay open-minded, college is a time to learn and grow, both academically and personally. Be open to new ideas, perspectives, and experiences. Challenge yourself to think critically and expand your worldview.

My last and most important piece of advice would be to utilize all the resources available on-campus. From academic support to mental health support, Southern has a lot of free resources for students, and it can get overwhelming! Just make sure to assess your current needs and seek help when you need it. Asking for help has always been something I have struggled with, but college has helped me understand that getting some external help only makes you better. With that, I wish you the best of luck on your journey at Southern!



Giana Cardonita, rec and leisure studies

My advice is to get involved! Southern has so many clubs and organizations that are waiting to welcome you in! Visit the involvement fair, go on Owl Connect, and reach out. You never know where your connections will take you!



Tavares Chamble, healthcare studies

My advice would be to get to know as many people as you can and introduce yourself to new faces. If you are coming to college with friends from high school, try to explore and meet people that you don't know so you can make connections and new friendships. I would also advise to stay focused in your classes, make enough time for yourself to get your work done, and to make time to have fun since you're in college. Keep your GPA high throughout all 4+ years of university and maintain a proper school life and outside school life balance. Make sure you have time to yourself to decompress and replenish your energy. Go to school clubs and events and make new experiences because this is the perfect time to do so.



Roma Rositani, studio art

Hi freshmen, I'm Roma! To kick this senior advice off, I'm going to tell you the first thing that you need to do is just shake it all off, all that worry and stress and all those things you're feeling they're going to dissipate. Also do not, I repeat, do not procrastinate. It will stress you out and you don't need that added stress. Don't be afraid to do things and meet people, at the end of the day this is your college experience, you might as well get the best out of it and enjoy it while you can. It truly fly's by so fast. I was just where you were and now, I'm graduating in three weeks. Do the things you want to do before you graduate and be yourself, find the people who like the same things you do, go out when you need to, take breaks while doing homework- if you need. Genuinely at the end of the day do what's good for you. And one final thing, learn how to write good emails to your professors, don't use acronyms, you aren't texting them so be as professional as you can. You got this.



Carol Fragoso, psychology

My advice would be to make professional connections, make new friends and the most important, make new memories. It's corny, but it is true.

Spring is here and campus flowers are blooming

By Luke Molwitz
Photographer



Bee on a flower located on campus.



SCSU written in the ground by flowers.



Pink Flowers on a tree by Morrill hall.



Flowers blooming on a tree by Morrill hall.



Purple flowers in a pot by Engleman hall.