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Newtown screening kicks off Social Justice Week



PHOTO COURTESY | BROKK TOLLEFSON

Journalism Associate Professor Cindy Simoneau moderates a panel discussion of “Newtown” director Kim Snyder, parent David Wheeler, Conn. Director of Alliance for Children’s Mental Health Susan R. Kelley, and Criminologist and Sociology Associate Professor Dr. Alan Brown Thursday, November 10 in the Lyman Center for Performing Arts.

By Josh Falcone and Dylan Haviland

Kim Snyder’s film “Newtown” explored the lives of the individuals, community and country that were affected by the Sandy Hook Tragedy four years ago. The camera lens captured the parents and residents who recounted the past and are dealing with the present.

The hour and half long film was screened on Nov. 10 to a packed audience of students and visitors in the Lyman Center for the Performing Arts.

“I thought [the movie]

was awesome, very moving,” said Chloe Hudd, a senior and special education major. “You know you saw it in the news and everything but you never really heard from the families so I think it was nice to get their perspective.”

The film interviewed several parents and siblings of the children that were lost in the tragedy. Through long discussions and following them around in their daily lives Snyder built an intimate portrayal of Newtown.

“We set out to make the film not as an issue film, the film really evolved out of a

collaborative exploration with those who were courageous enough to engage in this long form documentary as different kinds of opportunities than the short form news,” said Snyder.

President Joe Bertolino who was unable to attend the event spoke to the audience via a video presentation.

“Almost four years ago the tragedy at Sandy Hook Elementary School shocked our state and indeed our nation,” said Bertolino. “And as many of you know three of our alumni and one of our graduate students were lost on that terrible day. Their last

actions aimed at protecting the children in their care.”

The three alumni were Dawn Lafferty, Anne Marie Murphy and Mary Sherlach. The graduate student and teacher was Victoria Soto.

Students like Hudd still feel the effects of the tragedy, she herself went with a group to support a classmate who knew a family that lost a child. “I’m going to school to be a teacher so hearing about what the educators did in the buildings really hit home with me,” Hudd said.

After the screening finished, there was a panel

Election 2016 event held in Engleman

By Alex Palmeri

With all the hype about who the next President of the United States will be, Southern wanted students of the community to be involved in the election.

Chelsea Armstrong, a sophomore nursing major, was at the Election Day Coverage event and said this is the first year that she voted. Though she is not that much of a political person, she has been paying attention to this election, and said there is a huge divide between the two candidates.

“The whole point of this event is to see the polls go up and down,” said Armstrong. “I voted for Hillary even though I don’t really like either of them.”

The purpose of the Election Day Coverage was to watch TV stations and view the electoral votes on the news. Armstrong said she saw Trump winning the election even though she did not think he was qualified.

“I might sound a little biased,” said Armstrong, “but people are voting for him because they don’t want a woman president.”

Jonathan Wharton, a SCSU political science professor, said the election would be based off of the winner pulling 55 percent of the votes. Since the Independent got less than 10 percent of the votes, Wharton said older voters might have considered voting for Trump. He added he wanted all students to really acknowledge the outcomes.

“We’ve been doing these debate watch parties for the past year now,” said Wharton. “I hope they pay attention to the states and see the actual results when they come in.”

Wharton said he did not expect many people to show up to the event because a lot of students had to go home to vote. Though this was the case, he said this election has not been one anyone imagined happening.

“Unexpected,” said Wharton. “This election has been unexpected. I don’t

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Honoring veterans at Southern and beyond

By Alex Palmieri

Southern gave its community a chance to celebrate and honor the veterans for their services, sacrifices and contributions.

There were veterans, including student veterans from SCSU who the community admired.

Jack Homza, a member of the U.S. Navy, has been in his branch for the past five years. Homza is a member of the SCSU community.

Being in the Navy, Homza said it has been an amazing adventure seeing different countries and being out on the ocean experiencing different parts of the world.

“I think it’s good that Southern is hosting this event,” said Homza. “People are paying attention to the student veterans here; not many people realize that people sitting next to them are veterans and they have served.”

Though he has been in the Navy, Homza said he stays humble.

Not many people know that he has served for a few years. Homza added with the event at Southern, it is good to be acknowledged.

“What I hope to gain from this event: Better appreciation,” said

Homza. “Better appreciation from Southern.”

Jacie Edwards, another member of the U.S. Navy, said the experience she has had in the navy has been one to remember. Edwards has been in the Navy now for 19 years and is going to retire at age 38.

She said she has had too many memories serving, that she cannot choose one in particular that stood out.

“There’s too many,” said Edwards. “But I think it [the event] is awesome. I think it is very good that they recognize a lot of the veterans that are here because there are a lot of us actually. Whether we’re in uniform or not, there’s a lot of veterans here at Southern.”

Edwards said she encouraged everyone to go to the military for two years.

She said once people do that, they will grow up. Since she came into the military at just 18, Edwards said it made her work as a team, work with people she does not agree with and mature as she continued her journey.

“You learn how to overcome obstacles you never thought you would overcome,” said Edwards. Jack Mordente has been



PHOTO | ALEX PALMIERI

The campus came together November 9 in the Adanti Student Center Ballroom to honor and celebrate veterans, Southern and beyond, for their sacrifice and service.

serving veterans at SCSU since 1975.

According to Mordente there is not a big population that is in the military. He said there is less than one percent of the population that is serving in the military.

“We have approximately 300 military connected students on campus,” said Mordente. “This includes veterans at duty,

national guard, reserves and independents.”

Mordente said there are 51 percent of students in the military complete their degree within four to five years.

As far as Southern celebrating its veterans, Edwards said she is happy to be acknowledged. Edwards said she hopes people that attended know that there are

a lot of people before and after her that will serve in the military, and to not take them for granted.

“We just had an election last night,” said Edwards. “That’s why we do what we do. We do this so we can have those elections. That’s what we fight for. I think it’s great that so many people came out to the events. I think it’s wonderful.”



PHOTO | PALMER PIANA

President Bertolino discussed plans to build a reflection garden in memorium for Sandy Hook victims.

Campus reflection garden in the works

By Jeniece Roman

President Joe Bertolino spoke at an open discussion about a project to build a public community reflection garden on campus.

"Given the conversations that are currently taking place nationally and the events of the week," said Bertolino. "I think that our timing of the week of social justice and conversations surrounding dignity and respect, kindness, compassion and civility are quite timely."

Associate Vice President of Institutional Advancement, Dan Camenga said the idea of a reflection garden started in 2013, when the university held an art competition for a Sandy Hook memorial.

"That was a really painful moment in Southern's history. As an institution we lost four people that day. Four of the six adults were part of our family here at Southern," said Camenga.

According to Camenga, three of the victims of the tragedy were alums of the Southern and one was a graduate student, who the university honored by awarding her an honorary degree.

"I think one of the things that the campus community desired emotional at that time was a physical expression of sorrow and as a result of that there was interest in creating a Sandy Hook memorial," said Camenga.

The art competition, which was run by the office of Student Affairs, was open to the student population. Camenga said students submitted ideas and concepts for what the memorial might look like.

"Although the original concept did not come to fruition, I believe strongly that it is important that we carry forward in a manner that will honor the original intent, while also reflecting on the broad commitment to social justice," said Bertolino.

Camenga said the reflection garden is not necessarily a memorial for Sandy Hook, but the memorial will be incorporated within the garden. He said the garden would be built on campus, but would be open to the public and services the New Haven community.

"We're going to end up with a public garden space that's unique, that's specific to Southern, that's based on social justice," said Camenga.

Sterling White, a graduate student, said from what he has seen and heard, students need a space to gather on campus. He said it is important to consider individuals as well as collective groups when discussing the garden.

"From the students perspective this space is needed for the students to have a place to connect with each other," said White. "To reflect on experiences whether traumatic or joyful experience with each other."

The attendees that spoke at the event suggested locations and components of the garden as well as brought up a concern about sustainability. Camenga said that the garden could serve as the home of future memorials.

"We've had time to pause, we've had time to react, we've had time to come together," said Camenga. "It's given us perspective."



PHOTO COURTESY | BROKK TOLLEFSON

Snyder and Wheeler listening to an audience member's question on the "Newtown" panel discussion November 10 in the Lyman Center for Performing Arts.

Newtown

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discussion made up of Snyder, David Wheeler, father of victim Ben Wheeler, Doctor Alan Brown, Criminologist and Assistant Professor of Sociology at Southern, and Susan R. Kelley, Director of Children's Policy at the National Alliance on Mental Illness as well as Connecticut Director for the Alliance for Children's Mental Health, which answered audience questions.

When asked what the country as a whole can do about gun violence after the recent election results, Wheeler said that the answer has not changed and is the same as before the tragedy in Newtown occurred.

"Get engaged, be involved, find someplace no matter how close to the center of your concentric circle at the middle of your life of which is you," Wheeler said.

Wheeler implored the audience to find the place where they felt comfortable being engaged in the conversations that can make a difference. Wheeler also said that there needs to be awareness.

"We have to be very aware and pay attention to what is going on in Washington and in the state capitals," he said, "and be aware of what is happening

regarding policies and legislations in the areas of your interest."

Snyder echoed Wheeler's sentiments, adding what she hoped could be gleaned from the film.

"The conversation has changed and hopefully what we take from this film is that it is about consciousness shifting, it is about behavioral change," Snyder said. "It is about long term change especially as David said, for future generations and really this is your issue, and needs to be."

According to Snyder, 90 percent of people in the United States think that something is wrong and that something needs to change.

"So we hope that the film can lift up voices like law enforcement, like doctors, clergy," she said. "Those voices are becoming louder and louder. As David said, it may take time but it is imperative, I think that there is a grassroots movement."

Snyder also said that those that wish to see change cannot just accept an impasse of the United States Congress.

"I think it is a movement I think it is about breaking beyond this failed political discourse."

Responding to collegiate depression

One in five people in the U.S. are diagnosed with depression

By Ali Sorbara

Natalie Beckman, a junior psychology major, said she thinks the pressures of society have a great deal of impact on those struggling with depression.

According to the U.S. Census Bureau, 350 million people worldwide suffer from some form of depression, making up 5 percent of the world's population.

"I think there's this unceasing force, especially for our generation, to achieve something great and meaningful," said Beckman. "And if you can't do that, you're expected to at least get good grades. I remember my parents always emphasizing how important school is, and how my grades matter, and how I need to do something with my life. It's already hard just being a person, and that pressure adds onto this existential crisis."

According to Depression and Bipolar Support Alliance, or DBSA, one in five people in the U.S. are diagnosed with depression, which adds up to about 42 million people. Also, as many as one in 33 children and one in eight adolescents have clinical depression.

"I know that my mom had been diagnosed with depression before she started having kids, and I've learned that it can be hereditary," said Jackie Turner, a sophomore psychology major at SCSU. "I kind of think that's most likely why I have depression; because of her genetic pool and what not, as well the high pressured environment I grow in."

According to Centers for Disease Control and Prevention, or CDC, 16 million US adults had at least one major depressive episode in 2012.

"I remember witnessing one of my mom's panic attack or episodes, whatever you want to call it, as a young boy, at like 7 or 8," said Will Wellford, a business major.

"It went on for a few days, actually, and the first day, I had watched any sense of control she had completely diminish. Each day after that, I saw her gain a little more control, but she was never the same. I will never know what it was about, but even as a kid I felt the energy her emotions were giving off."

According to the U.S. Census Bureau, 80 percent of the people that have symptoms of clinical depression are not receiving any specific treatment from their depression.

"My dad has been diagnosed by multiple doctors and has been told over and over that he should probably be on medication," said Turner. "But he always tells us how he wants to try and help himself without drugs, and as much as we want to relieve his chemical imbalance, we want to emotionally support his choice to not take anything. He doesn't even like taking Advil."

Whether it is the lack of education or lack of access to medical insurance, the states with higher rates of depression also have higher rates of obesity, heart disease, stroke, and sleep disorders, according to Centers for Disease Control and Prevention, or CDC.

"My dad had a heart attack shortly before he was diagnosed with depression," said Turner. "And the doctors told him his depression, as well as stress levels, were a partial contribution to the attack."

The CDC said women have overall higher rates of depression than men, and are twice as likely to have depression compared to men of the same age.

"I definitely can believe that rates are higher in woman," said Beckman. "In my opinion, I'd consider woman more susceptible simply because of the nature of our hormones. I think we're extremely complex beings, and obviously differ in emotional tendency compared to men."

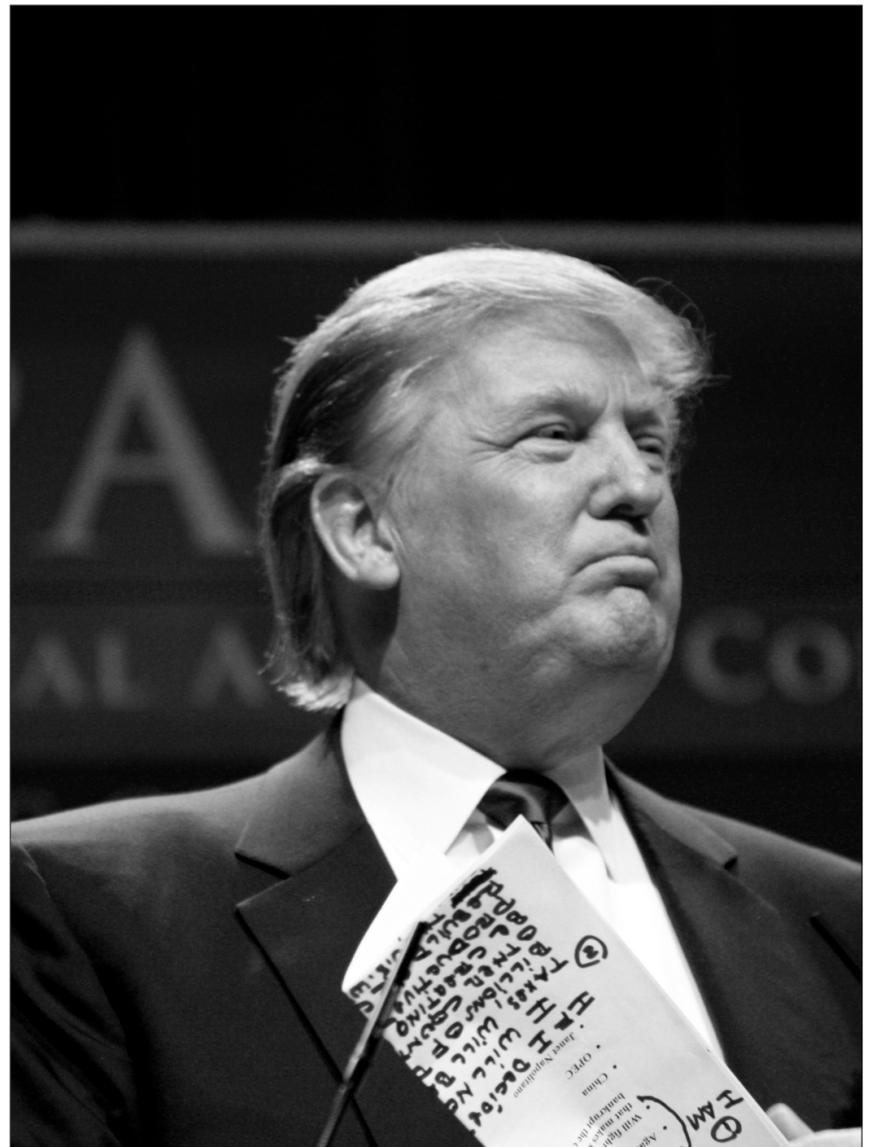


PHOTO COURTESY | GAGE SKIDMORE

President-elect Donald Trump sparked controversy after an upset win.

Election Day

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know; we don't know."

Corey Evans, a senior political science major, said he has been following the election for a long time. Evans said this is one of the more interesting elections he thinks America has seen in a long time, so he was excited to see how it would turn out. He added Clinton would cruise to a victory on election night.

"I think a lot of the polling had this election close," said Evans. "I think Clinton is set up to a nice victory tonight."

Evans said Trump has had a difficult time reaching out to minorities, but said he needed minority support. Evans added

if Clinton were President, he would have his concerns, but it would be the better selection of the two.

As far as how Trump will do in his presidency, Wharton said it is impossible to know. There are too many factors that play into an election.

"One never knows," said Wharton. "We don't know his actual agenda. We don't know what he's really about because we don't have a track record of how he's been. On issues, he's wavering on different directions so nothing is 100 percent of what I expected. So we don't know; I guess we're going to have to find out."

Education and its impact on social justice

Students talk about the importance of education during Southern's third annual Social Justice Week

By Brokk Tollefson

As President of the National Association of the Advancement of Colored People at Southern Connecticut State University, Tyrese Ford gives time and energy to improving the social welfare of his community.

Ford, a senior psychology major, said many social issues are seen in the community today.

"One of the problems we're having today is insensitivity to other races, religions, ethnicities; to minorities and people of different ethnic backgrounds," said Ford. "These are only some of the issues America's facing today."

Being president of Southern's NAACP, Ford said he is especially concerned with how people are conveyed based on stigmas in society and their physical appearance.

Said Ford, "America seems to generalize a lot, examples are: every Muslim is a terrorist, every black guy is a thug, every white understanding and empathy."

Olivia Carney, a SCSU graduate student of the Clinical Mental Health Counseling Program and Student Affairs Graduate Intern at the SAGE Center said two things--education and conversation--are needed to address these issues in society.

"Awareness is the key. Awareness comes through education," said Carney. "Education, in a lot of ways equals empowerment for less privileged individuals. Also dialogue, which is choosing not to ignore the fact that inequities exist in society."



PHOTO | DYLAN HAVILAND

Southern is holding its third annual Social Justice Week through Nov. 14- 20.

Alisha Martindale and Isabel Skarzynski, both Women's Studies Majors and Graduate Interns for the Women's Studies Department, like Ford, said education itself is difficult for many people to get, which in turn causes other social issues.

"It's ridiculous that people who may not be in the same tax bracket are offered less education services and opportunities than

maybe those of a higher income," said Martindale.

People in the community do not know how to attain resources like higher education, according to Skarzynski. Less education means less resources available to the community.

"If you don't have access to the services that are there for you and you don't know about them," said Skarzynski, "then you cannot

achieve your fullest potential because you are lacking those services."

Martindale said in order to create a lasting social impact, people need to focus on their own communities.

"Knowledge isn't just power; knowledge is more so the key to getting somewhere you want to be," said Martindale. "We should be working within our

own communities; we shouldn't be climbing out of them."

Sitting behind their desks with piles of paperwork and post-it notes all around their walls, Martindale and Skarzynski said the fate of the community rests on those who have the education, and it is up to them to help others.

"If you do have the education, if you are privileged enough and able to make some sort of change," said Martindale, "it's sort of an obligation for you to work within your community to make it better for others."

Ford said people are quick to make assumptions and judgments on other people; in these situations, having an education is useful.

Ford said: "When you find ignorance, what do you do? You inform. You don't get mad; you don't yell; you inform; you enlighten. It starts with the tough conversations. We need to learn through conversation; by expressing our different viewpoints."

According to Southern's website, Southern's third annual Social Justice Week is taking place Nov. 14 through Nov. 20. Social Justice Week will include many events for students to attend and express their thoughts.

"I respect Southern's effort and mission," said Ford, "to help us students gain a better knowledge of different cultures and backgrounds with different things such as Social Justice Week."

Breaking down international studies stats

According to the Institute of International Education 975,000 students study abroad in the U.S. annually

By Tyler Ferrara

For international student it is not easy getting used to living in the United States but for Vicki Conde, a senior who is studying human performance it comes naturally.

"I like being independent and living with more international people, more teammates, more young people in the dorms and being on my own and playing soccer," said Conde.

Conde who was born and raised in Madrid, Spain said schooling at Southern is a lot different than in Spain.

"Well I think it's easier than it was in Spain. I think it was challenging when I first came because I didn't know a lot of english but the professor helped," said Conde. "That was the only challenge but I think that exams and courses in general are easier than they are in Spain."

Conde is a member of the women's

soccer team and said it was a beneficial to be on the team.

"They also help because I'm an athlete so they help me if I have to miss exams or classes, in Spain they don't help the athletes."

Students have the option to come to Southern as exchange students. Which means they come and study for a semester or two, or they can come as matriculating students which means the student come until they finish their degree and is what Conde is listed as.

She has been living in the US for three years now has learn a lot since coming to the US..

"Well I think that since I came I've learned a lot of English and it made me feel more confident talking to people and even when I go home I feel more social with everyone so I think I've grow plus also I've learned how to cook."

Theresa Mittl, who is studying abroad

from Ulm, Germany said even though she enjoys the on campus lifestyle in the U.S. this will be her only semester here.

"I think one semester is not bad because you know you come back home. I'm fine because like everything is so new so the time is moving by so fast," said Mittl.

Mittl said there are some negatives to go with the positives, for example she does not like how everything is so spread out around Southern. In Germany she lives in the city of Ulm where everything is close by.

The Institute of International Education reported nearly 975,000 international students came to the US to study at America's many colleges and universities.

Countries around the world, whether it be China, India or Brazil, send students every year.

There are around 30 matriculating

students, that attend Southern every semester and around 20 exchange students according to immigration specialist and international education coordinator Jazmin Sharif who works in the office of international education.

For foreign students whether they come as exchange or matriculating students' Sharif said it is a team effort.

"For exchange students we have partnerships with those universities abroad, those students get nominated by their university to come study at Southern," said Sharif. "For international students that matriculate it could be a family member that they want to be close to a family member or they want to come to a country that they wanted to visit."

Sharif said that Southern is situated perfectly in-between Boston and New York City, which appeals to many international students.



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Southern Reacts: Donald Trump, the president elect

Political science professor, Jonathan Wharton said Donald Trump winning the election was not a surprise to him, especially since voter turnout was at 55 percent.

By Kaitlyn Regan

The air felt different the day after the election, said Erika Ventura, a freshman nursing major.

According to CNN, Donald Trump is the President-elect and won 290 electoral votes. Hillary Clinton won 232 electoral votes. However, Clinton won the popular vote with 60,617,062 votes.

Ventura said now that Trump won, people are coming out with their racist ideas. The day of the election, she said something happened at Starbucks in Buley Library.

"I was in line to get food and my friend, he works at Starbucks," Ventura said, "somebody told him that now that Trump won, he's going back to his country."

Karli Reynolds, a freshman pre-nursing major, said she was pretty pleased overall.

"I was pretty happy with the outcome," Reynolds said.

Valeria Hoyos, a freshman biology major, said she learned the result of the election when she woke up on Wednesday morning.

"When I woke up pretty much my reaction was, 'Why would we have a president that hates everything my parents represent? Everything we stand for,'" Hoyos said. "I have a lesbian cousin, we're all immigrants, and we're all of color. Everything he hates, we are. So my family was pretty upset about it."

Jonathan Wharton, a political science professor, said he was not surprised about the results, but some of his colleagues were.

Wharton said his initial interest was to see if voter turnout would be below 55 percent.

"I wasn't taken back by the results. I think it would've been more fascinating if it would've been closer to 58 or 60 percent because in the past it's always been somewhere around 60, 65 percent but obviously the numbers indicated a much lower turnout. So it

went Trump's way," Wharton said.

According to CNN, the voter turnout for the 2016 presidential election was 55 percent as of Friday, Nov. 11. This does not include those unable to vote and those who were unregistered.

Myles Ogiste, a sophomore communications major, said he is incredibly upset and has a lot of feelings about the election.

"We had the lowest voter turnout since the year 2000 and it actually turns out that Trump had less Republican support than McCain and Romney had in the years prior and the Democratic party still couldn't manage to pull it together," said Ogiste.

Wharton said it is not too surprising Clinton won the popular vote and Trump won the electoral college because it does happen. In the 2000 presidential election, Al Gore won the popular vote and George W. Bush won the electoral college.

The reality of American politics,

particularly nationally, is the majority of Americans are independent and unaffiliated, Wharton said.

Wharton said he is curious about the trickle-down effect, as to whether there will be more involvement and engagement in state and local elections.

"Will it result not only in more turnout, but more donations, more actual involvement, contacting their public officials? We don't know," Wharton said. "Especially for the midterm elections in two years."

Every president has their honeymoon for three to four months, Wharton said, and the effects of this period might be seen after that.

"The difference though, I would contend with Trump, is we don't know his track record because he's never been an elected official before," said Wharton. "So what could go back in terms of a lawmaker, a governor, and say, 'oh, well we can trace this back on his stances.' We don't know this now, so it's new territory."

SOUTHERN NEWS

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Connecticut and legalizing marijuana

By **Adrianna Rochester**

The longtime prohibition on the recreational use of marijuana has recently been abolished in the state of Massachusetts.

According to CBS Boston, some effects of this law will be immediate. Beginning of 2018, anyone 21 or older will legally be able to possess and use up to an ounce of weed.

Since the news broke about our neighboring state's new law, there has been a fueling debate over whether Connecticut will also follow suit.

Jerome Aiken, a business major, said legalizing weed in the state would not do any harm. That having a law such as this one come to Connecticut would decrease the number the people going to jail for possessions charges.

"This would allow smokers to be able to smoke without having to constantly look over their shoulders and some people may not feel the need to sell weed anymore," Aiken said.

Southern graduate Shaina Donaldson, said she thinks it is about time a natural substance is able to be enjoyed without any possible consequences linked to it.

"Yes, I have friends that smoke in Connecticut and they feel a change has been way

overdue," Donaldson said.

If marijuana usage and selling were to become legal in the state, Donaldson said proper knowledge on the herb needs to be taught, especially in the school systems.

"Our educational systems needs to stop stigmatizing weed as something that does more harm than good," Donaldson said. "It needs to not be labeled as a drug, but labeled for what it is—a plant."

Donaldson said, the topic of weed needs to be a conversation of the utmost importance, just like cigarettes and alcohol consumption. People need to learn about marijuana and educate themselves, she said, but be aware that like anything natural, it can be laced or modified in different ways.

One alternative to smoking marijuana is by having an edible—foods that contain amounts of THC—such foods consist of brownies, cookies, lollipops, and more.

According to the Wellness Center, the effects of consuming marijuana takes longer for individual to feel when it has been digested, leading some people to take more than they intended.

"Whatever happens in Connecticut, the Wellness Center will provide education about the health effects of marijuana and abide by the federal and state laws."



Even though marijuana is currently still illegal under Connecticut federal law, other states have begun to join the slowly growing list

of states, such as Nevada and California to legalize the recreational use of marijuana.

According to the Hartford Courant,

when the New England state was still considering their now law, lawmakers here in the state were already trying to push the General

Assembly to approve the legalization and taxation of marijuana here in Connecticut.

PHOTO COURTESY | TONY WEBSTER

Humans of SCSU: Anna Plasky

By **Melissa Nunez**

A keen third grade girl comes to Southern with her older sister and sits with a DVD player watching movies, her sister listens to her professor lecture her education class. The next day the third grade girl goes to school eagerly bragging to her friends about her day as a college student.

Anna Plasky, a junior chemistry major, said these were some of her fondest memories on campus with her sister and part of the reason she decided to come to Southern herself, even choosing the education program, like her big sister.

"When I was little, when I had days off from school and my parents were still working, I would come here with her and sit in her classes," said Plasky. "I felt like the coolest person ever, I would always go back to school the next day and be like, 'I went to college yesterday.'"

Initially, Plasky said she pictured herself as a teacher and thought Southern's education program was an obvious choice, but after taking a chemistry class she decided education may not be for her.

Plasky said a major reason she chose chemistry over education was because of her grandfather, who was a professor in chemistry at Gateway Community College. She said she adored her grandfather and loved when he would give her lengthy lectures on the simplest of homework questions.

"My grandfather was a chemist and he passed away before I made it to college," said Plasky. "So I always took an interest in what he did and I think having the class, I thought it was a really cool way to learn what he learned. He knew something about everything and I was always asking him questions about how stuff worked. My parents would always get mad because he would give two hour explanations to homework problems, but I loved it and I would sit there and listen to all of it."

Plasky said out of 10 grandchildren, her high school graduation was the only one her grandfather would not get to see and by studying chemistry she is honoring his memory.

"He passed away my senior year of high school, which was really hard because I am the only grandchild he never saw graduate from high school," said Plasky. "So sticking with chemistry is my way of connecting with him and honoring him."

Anna added that her years at Southern has been filled with making more positive memories with friends and getting involved, saying she volunteers with Programs Council and helps organize free events for students.

"I love all of the professors that I have had, I made a lot of really good friends and I have gotten



Anna Plasky said that by studying chemistry she is honoring her grandfather's memory.

involved on campus," said Plasky. "I started volunteering with Programs Council. I help them set up, and run the programs, and it's really fun. I met a lot of cool people through that."

After graduation, Anna said she is debating between two career choices, because of her

minor in forensics she would like to work in a chemistry lab, but she realizes how difficult they are to get into. She said the other possibility would be becoming a chemistry teacher, like her grandfather, and everyone tells her that she would make a great teacher.

PHOTO COURTESY | MELISSA NUNEZ

Delta Phi Epsilon sponsors their first ever Paint Night fundraising event



Sisters of Delta Phi Epsilon provided painting materials such as brushes, paint and canvases for all those who were in attendance.

PHOTO | ADRIANNA ROCHESTER

By Adrianna Rochester

Sisters of Delta Phi Epsilon have brought a new event to Southern Connecticut State University's campus. The sisters of the sorority turned one of Englemen Hall's classrooms into a paint studio where they held their first ever Paint Night.

The event was held by two of the sorority's recent graduate students who gave step-by-step instructions to the class on how they can successfully produce their very own works of art.

Briana Paredes, an art education graduate of Southern and sister of DPhiE, said a fellow sister reached out to her and asked her to take part in the fundraiser and to ultimately teach the class.

"I'm more accustomed to working on long term projects with my

students so teaching painting step-by-step in one night is a little new for me," Paredes said.

Nonetheless, she said there is not much of a difference between teaching middle school students, which she currently does, and teaching adults.

Paredes said, when it comes to teaching anyone the key is to be patient and work with them to accomplish making a piece of artwork they can be proud of.

Jennifer Crowley, a graduate painting student and sorority sister, said she too answered the call to join the fundraiser and accompanied Paredes with teaching painting lessons to the class.

"Before I graduated our coordinator and other members talked about putting this event together," she said. "I'm glad we were able to do it for the first time this semester."

The idea behind the painting lesson, Crowley said, was to have everyone use the same image to reference from and paint that on their canvas. The end result was to have various interpretations of one image.

DPhiE sister, Christina Alexopoulos, said all the art supplies provided for the event were paid for out of the sister's pockets. Supplies included a canvas for each attendee, paint brushes, water cups and more, she said.

"Hopefully if we continue with hosting this event we will be able to include the supplies in our budget," she said.

The Paint Night was a part of DPhiE's fundraiser, Alexopoulos said. The fundraiser took months to plan, but the sorority was able to finalize and put their plans in motion about two months ago.

Alexopoulos said the Paint Night

was one of many events that is part of the fundraiser.

Along with this event, the sorority is planning on hosting two craft sales this month and possibly a bake sale as well.

Prior to the Paint Night, she said tickets were available for presale for only \$10, but anyone who wanted to attend the event the night of was able to buy tickets at the door for only \$12.

She said 24 tickets were bought before the night of the event, but as the sisters were setting up the room more people came in wanting to purchase tickets for the event. Adjustments were made to accommodate those who wanted to participate.

With a room filled of people enthusiastic to start painting the three sisters of Delta Phi Epsilon said they were excited to see the overall outcome of the event.

In-depth review of the Netflix exclusive documentary '13th'



Director of the documentary "13th," Ava DuVernay

PHOTO COURTESY | CREATIVE COMMONS

By Gregory Gagliardi

"13th" is a 2016 documentary by director Ava DuVernay. The documentary focuses on race within the United States criminal justice system and is named after the Thirteenth Amendment which outlawed slavery (unless as punishment for a crime).

The documentary was released on Netflix on Oct. 7, 2016. "13th" is an experience.

It is not your average run of the mill documentary that shows footage of events and interviews. "13th" cuts much deeper, it was made for the people of our time.

The movie hinders on the argument that slavery is effectively perpetuated through mass incarceration.

DuVernay presents this argument through clear, well focused interviews and news footage of various crimes and

social injustices. She takes us on a trip through history starting with slavery and ending with today's election.

She touches upon various politicians and the hands they played in the role of mass incarceration.

The Clinton's along with the Bush's, the Regan's, and the Trump's are all featured in the movie. Each politician and social figure played a role in where we are today.

That is my biggest takeaway from this excellent film. The issue of mass incarceration didn't just pop up one day. It has been in our political and social agenda since the dawn of time. Politicians such as Bill Clinton, Ronald Regan and Richard Nixon are all shown affecting this issue.

DuVernay does not focus specifically on the election, but she does show Bill Clinton admitting to mistakes he made within the prison system and Donald Trump's voice is heard with

the images of black unrest flashing across the screen. The stylistic choices by DuVernay are done with specific care. Black and white visuals decorate the screen, while attention grabbing graphics and statistics filter in. Actual news footage along with police and prison cameras are used to move the film along.

DuVernay does an excellent job with pace. Her story moves with ease. It is not bogged down with statics, but instead she uses statistics to support people's arguments. DuVernay does not show much bias.

She presented people who represent both sides, and did it in a way that did not turn me off or anger me, regardless of their opinions and mine.

Crucial points that made this documentary a must watch.

The way Hillary Clinton is presented. The use of actual prison footage, which helps cuts deep considering

many people haven't been to prison or have an imagine of what prison is like. DuVernay's depiction of ALEC members conflicting with the depiction of the people there works and was another stand out moment.

In the end this documentary is a must watch. It doesn't matter who you support, or what you support. Racism is a serious, ever present issue that affects people in ways we couldn't imagine.

Prison and the judicial system is a business, and DuVernay drives home that point.

She shows the economical and communal effects of unfair prison sentences.

With our country in the midst of post-election reactions, this documentary is a must watch for anyone interested in social issues that plague areas of the world that you, like me, may be unfamiliar with.

Multicultural Center celebrates Native American Indian Heritage Month



PHOTO | JENIECE ROMAN

Native American Indian Heritage month is the entire month of November and multiple events will be held throughout the month.

By Jeniece Roman

The Multicultural Center will host several events throughout the month of November in celebration of Native American Indian Heritage Month.

"We try to put events on to honor the month," said Dian Brown-Albert, director of the Multicultural Center. "To provide a platform where Native American people can share their culture, share their traditions where we educate the campus about current issues Native Americans Face."

Conner Smith, coordinator of the Native American Indian Heritage Month, said that he hopes the events raise awareness of not only the community's history but also

the issues that they currently face.

"There's not much that's on this campus that has to do with indigenous people," said Smith. "I just want to be able to start a good conversation about Native American issues on campus."

According to Brown-Albert, offices across campus, such as the women's studies program and Buley library, came together to contribute to the events.

"We welcome everyone to celebrate this month with us," said Brown-Albert. "This is our way of showing our appreciation of the value for our Native American students, faculty and staff on campus."

Simon McIntyre, who works at the Multicultural

Center, said they aim to unite and to get everyone to understand each other's perspective, culture and diversity.

"The Multicultural Center is there for everyone," said McIntyre. "It is a call to let them know that we're here for them and we're standing with them."

Smith said there are only 25 identifying Native American students on campus, making them the smallest minority.

He said that these students often get overlooked in university policy and curriculum.

"I want to build a Native community here," said Smith. "I know there's Native student in this campus that I don't know of that I'm sure

they're struggling not having a community of people themselves to be around."

Smith said he works for a non-governmental organization, the United Nations Permanent Forum on Indigenous Issues, addresses the issues of indigenous people and helps to protect their human rights.

He said they have been working to a stop the human right violations that have occurred at Standing Rock as the government's reaction to the protests of the Dakota Access Pipeline.

Smith said that whenever they teach about native culture at schools it is usually about colonialism and events of the past and not about the issues of today.

"Nobody talks about

contemporary native issues," said Smith. "When it goes un-talked about it leads people to believe that natives have just died off. So the issues kind of really get overlooked."

Smith said that people focus on the history of indigenous people but the struggles they go through currently get overlooked.

He said the goal of the events is to start a conversation about the Native American community and strengthen involvement on campus.

"I hope these events bring people together," said Smith. "I hope these events kind of create this connection and create this community."

Alicia Keys' full album 'Here' tells stories of race, family, love and more



PHOTO COURTESY | CREATIVE COMMONS

Alicia Keys performing at the Walton Arena in Arkansas back in 2011.

By Adrianna Rochester

Singer songwriter Alicia Keys' new album, "Here," enters the platform of musical masterpieces of thought provoking music by artist such as, Solange's "A Seat at the Table," and Common's "Black America Again."

Keys' sixth studio album was released at the beginning of this month. The album consists of 16 tracks that were designed to tell stories of race, poverty, beauty, love, family and more.

"Here," is filled with acoustic ballads that resemble some of the singer's earlier 2000s music.

Prior to the release of "Here," Keys conducted a live performance of clips and career highlights in Time Square, accompanied by a cast of influential artists, such as a Nas,

Questlove, Jay-Z, John Mayer and more. The singer also released a video project for "Here," on her fan page.

There is nothing pop about this body of work. All the songs bring a mellow feel to the album despite the singer's use of empowering dialog. Embedded in each track are five interludes of spoken word, poetry, and studio recording of conversations between the singer and some of her fellow celebrities friends.

Each one of Keys' songs is meant to convey a different meaning that contributes to the overall sound of the album. In her single, called "Blended Family (What You Do for Love)," Keys gives a personal insight to the drama around her coupling with husband Swizz Beatz.

The song seems to be a

dedication to her children and stepchildren. "I know It started with a little drama/ I hate that you had to read it in the paper/ but everything's over with me being your momma/ Baby everyone here knows they adore you," sang Keys.

In songs like, "Girl can't be herself," Keys expresses her sadness towards the never ending pressure a female faces in society in terms of body image. "Who says I must conceal what I'm made of? Maybe all this Maybelline is covering my self-esteem." Such simple lines speaks volumes to women and are some of the most profound lyrics on the record.

Keys' ends the album with a song titled, "Holy War." This particular record is one of the most powerful songs on the entire album. The creation of

this song is meant to do multiple things.

For instance, it serves as the album's conclusion and symbolizes the need to accept all people regardless of the attributes that make individuals different from one another.

In this tack, Keys sings "Forgiveness is the real revenge." A line that is heard throughout the duration of the song.

The overall message of the album is one that tells people it is time to be awake and to be there for one another. It promotes the importance of forgiveness, acceptance, and unity as well as the other elements that makes this a musical masterpiece.

The album also provokes the question, what kind of world do you (the listeners) choose to live in?

Featuring contributions were made by many artist like, ASAP Rocky who features on "Blended Family (What You Do for Love)," husband Swizz Beatz, Pharrell and more.

What works well for this album is that fans have to listen to it in its entirety, rather than looking for specific single to listen to. Artists today have been constantly releasing full projects rather than pieces of it.

In doing so, fans get a sense of excitement and are able to truly absorb the message the artist has documented through their music.

"Here" is a perfect representation of the woman Keys has evolved into. It is an evolution fans have been able to witness since the start of her career.



PHOTO | JESSICA ROGINSKI

Vanessa Braucci, a senior ceramics major, stands in front of her art display in Earl Hall.

Senior ceramics major creates thought provoking work

By Jessica Roginski

Walking into Earl Hall, a large skeletal figure can be seen behind the glass of the right side display case. The sculpture stands with lifelike hips and vertebrae, contrasting with its seemingly youthful face and feet. The form stands tall and proud, but its face appears to hide expressions of longing or insecurity.

This enormous figure was the work of artist Vanessa Braucci, a senior ceramics major. The sculpture, 'Metamorphosis', is her favorite piece she made so far. The process started with just one vertebrae, then replicated it, and worked her way into making a whole spine. From there, she had to go about solving problems that arose with her sculpture.

"I had to go about changing it because it wasn't going to just stand on its own because it's a spine," said Braucci. "So I had to create legs and I had to learn how to weld more to make this gigantic thing. I think I grew a bit and it definitely grew a lot more than it was supposed to."

She said she began her artistic journey very early on in her life, starting in kindergarten. Her more professional work came much later in her life when she started to attend community college in order to pursue her passion. While she thought art

education was going to be ultimate goal, her ambitions changed when she came to Southern.

"I went to Northwestern Community College and I was a painting major there and started to do a little more hands-on creative work," said Braucci. "Then I transferred here and I was thinking of art education, but I really got into the classes and the enthusiasm of the professors and I stuck with it."

Braucci now majors in ceramics and picked up a minor in psychology in the hopes of becoming an art therapist later in life.

With her many art courses and projects, she has ample opportunity to practice and try new things. Braucci stays late at night, sometimes until 10 p.m., almost every day to work on her art, even if it is just toying around with some clay.

But with about 2-3 weeks per piece for each of Braucci's art classes, sometimes she finds it difficult to find inspiration. When she feels stuck, she likes to use outside sources to find ideas.

"I like to bounce ideas off people. I have a few friends here who are also art majors and I bounce some ideas off them. Or I go look up things online or go to a museum, or stay up with current events," said Braucci.

She claimed that her art is distinct among others because it is much more than



"Metamorphosis" by Vanessa Braucci.

something that simply looks nice. Braucci's true purpose in her art is to get people out of their comfort zone and really make them consider its meaning.

"I like to make people slightly uncomfortable," said Braucci. "I think it's better than making a pretty piece of art, that you can really look at this and try to see what I'm trying to show you."

Braucci thinks that art is important in life

to give her a voice in the world. In a world of judgement and criticism, art gives others a safe haven to feel that their ideas are important.

"It's a little hard to communicate with people sometimes," said Braucci, "so I think if I can be bold with my art, or if I can say what I want to say with it, people will approach it a little easier and get a little sense of who I am."

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PHOTO | PALMER PIANA

Seimou Smith (#13 with ball) attempts to break a tackle against a York defender Saturday afternoon at Southern's Club Sports Field. Smith had a hat-trick, scoring the game-winning try for SCSU Black Attack.

New look for women's basketball in Kate Lynch's second year



PHOTO | SOUTHERNCTOWLS.COM

Maria Weselyj (#13) will serve as a team captain in the 2016 campaign.

By Phil Zoppi

Southern Connecticut women's basketball will be led by a different group of players this season, but they expect the same kind of success the team had just a year ago.

The Owls' boasted a 19-11 record last season, but saw many of their key players graduate. The most notable graduate being ex-Owl Jackie Beathea.

Beathea finished her decorated career with the most rebounds in Southern women's basketball history — piling up 1,216 boards. She was also the Owls' seventh all-time scorer with 1,494 points.

"Obviously you don't just replace a player like that," said head coach Kate Lynch when referring to Beathea. "We did recruit some freshmen that we think will help us eventually get to where we want to be. We're really young, but what we do have is Maria and Taylor."

Lynch was referencing to the only two seniors left on the roster, Taylor McLaughlin and Maria Weselyj. Both were named team captains along with redshirt junior Murphy Murad.

This trio will look to fill the void that was left by the three senior starters from last season — Beathea, Nicole Grossbard and Danielle Powell.

Weselyj only started 12 games her junior year, but had a big impact on the team as

Sweet one-six

No. 19 SCSU defeats No. 22 York College of Pennsylvania 31-29, and advances to Sweet 16 for the first time in program history

By Edgar Ayala

There were injured players, a field with dirt flying in the air and nothing but hard tackles, as Southern Connecticut's men's rugby team needed all 80 minutes to defeat York College of Pennsylvania.

In the first round of the 2016 USA Rugby Division II College National Championships, SCSU Black Attack defeated the York Spartans 31-29 in a thrilling second-half performance by Southern Connecticut.

"It just means so much for our program," said Southern's head rugby coach, John Marullo on the win. "We worked so

hard to get to where we are. To come out here and get the win, be able to go to Sweet 16 and make an effort to win the national title — it just means a lot to everybody. The fans, our supporters and especially to the players."

"We worked so hard to get to where we are ... be able to go to Sweet 16 and make an effort to win the national title, it just means a lot ..."

— John Marullo, men's rugby coach

Southern did not score

in the first half, and was trailing 17-0 at halftime. However, SCSU Black Attack managed to erase that deficit, and claw their way back to a 31-point second-half performance.

With the win, the rugby team advances to the Sweet 16 in the USA Rugby College National Championships.

"It's huge," said Mike Sullivan, team captain, "since we've been in this league for the past six years we have never done that. We've never made it to nationals and we've never been on this big of a stage. Now the whole country knows that we are a good rugby team — our name is out there."

Seimou Smith scored

three tries for Southern Connecticut, including the game-winning score that put them up by two with two minutes left in regulation. SCSU Black Attack's Sean Grenier also added another two tries against York.

Smith gave credit to the conditioning the team does in practice, that helped them erase the 17-point deficit at halftime.

"It was hard," said Smith. "At the end [of the first half] they scored their third try and everyone was getting down because we haven't scored yet. Right off the back, I scored that first try [in the second half]. All right now we're in business, now we're rolling."

SEE MENS RUGBY PAGE 10

SEE WOMENS BASKETBALL PAGE 11



PHOTO | SOUTHERNCTOWLS.COM

Head coach, Scott Burrell, guided Southern to a 22-8 overall record last year. The Owls rank No. 4 nationally in the preseason Division II Bulletin.

Burrell, Owls look to prove No. 4 ranking

By Phil Zoppi

The men's basketball team is filled with a lot of optimism going into this season. That optimism is due to the fact that many prominent players from a year ago are returning.

However, one player not returning is former Owl Desmond Williams, who was the Northeast-10 Player of the Year and played an integral part of the Owls' 22-8 record last season.

"You can't really replace him," said head coach, Scott Burrell, when referring to Williams. "You just got to have a collective group effort that tries to add up to the numbers

he put up."

Williams was the second-best scorer for the Owls last year, putting up 22.5 points per game. He also averaged 9.9 rebounds, 4 assists, 2.3 steals and 1.3 blocks.

Luckily for the Owls, their leading scorer is returning in Michael Mallory (23 ppg last season). The senior guard impressed in the Owls' exhibition game against UConn on Nov. 5, as he finished the game with 14 points, six assists, three rebounds and two blocks.

Even though Southern lost to the Huskies 94-65, Mallory thought there were some positives the team could take

out of the game.

"We rebounded the ball well and didn't turn it over that much, which is always good," said Mallory. "We still have a lot of things to work on though."

There is always room for improvement on any team, but opposing coaches in the NE-10 Conference believe Southern is the favorite to win the Southwest Division for the fourth year in a row.

The Owls are ranked No. 4 nationally among all of Division II. And Coach Burrell still understands that the first main goal is win the division.

"In our conference teams go up and down and put up

SEE MENS BASKETBALL PAGE 11

Russell Westbrook chasing MVP

By Edgar Ayala

The high-flying, slam-dunking, fearless, most explosive player in the NBA is on track to win his first MVP.

After his ex-best friend betrayed him to join forces with Stephen Curry and the Golden State Warriors, Russell Westbrook has revamped his game to help the Oklahoma City Thunder reach a 6-4 record thus far.

When ex-Thunder and former MVP, Kevin Durant, left OKC to join the Warriors, he left a big damp in the small forward position for the Thunder this year. However, Westbrook has

seen a big increase in production. Picking up on Durant's absence.

The 28-year-old superstar has made the biggest early impression for the MVP race. And he is making his case for an MVP vote, as a guard, in a guard-oriented league.

Where guards like James Harden, Damian Lillard and Stephen Curry could all be in the MVP talk at then of the year.

However, Westbrook has been the biggest standout amongst those players. The 6-foot 3-inch point guard is averaging 30.9 points, 9.4 assists and 8.9 rebounds through the first 10 games.

And you better believe he is chasing the MVP award with those numbers.

Just this past Sunday night, Westbrook recorded a triple-double performance of 41 points, 12 rebounds and 16 assists. That was his third triple-double of the season with just 10 games in.

To many those numbers are jaw dropping. To Westbrook, that's just another day in the office.

Thanks to Durant leaving, Westbrook can finally feel free to take over and explode for OKC. Which is exactly what he has been doing.

I am seeing a different West-

brook this season. A Westbrook I have never seen in his eight years in the league. A fearless, angry and even more explosive Westbrook. He is playing with a big chip on his shoulder – and I love it.

There are many players this season that can make the case for MVP, including Anthony Davis, Kawhi Leonard and even the four-time winner LeBron James.

But I believe Westbrook will ultimately put OKC on his back, and carry them to at least the second round of the playoffs. Which will only legitimize his case for MVP status.



Natasha Fitzpatrick is heading to Florida for NCAA finals



Senior Natasha Fitzpatrick (#653) placed fifth at the NCAA Division II East Regional with a time of 21:45.4 on Nov. 5. She will be competing at the NCAA Division II National Championship on Nov. 19.

PHOTO | SOUTHERNCTOWLS.COM

PHOTO | SOUTHERNCTOWLS.COM

Natasha Fitzpatrick.

By Matt Gad

Natasha Fitzpatrick came to Southern four years ago as an international recruit from West Moonah, Australia. This year, as a senior, she is representing the team at the Division II NCAA National Championships in Florida.

"I am extremely pleased that we are sending another athlete to the national championships," said Brian Nill, assistant coach for Southern's women's cross country team. "Our goal is to develop a program, over the next few years, that can make a run at qualifying for the national championship."

Fitzpatrick, a public health major, said her season has been "going really well." She said the team has made a major improvement this year and

everyone is just enjoying things.

One of Fitzpatrick's teammates, Ashley Betts, a freshman recreation and leisure major, said Fitzpatrick has great leadership skills.

Betts was reclassified back to freshman status after spending last season in a redshirt year. She practiced with the team last year, but did not compete.

"We are all there for each other," said Betts. "There are no captains on our team, but we all support one another and root for everyone's individualized success."

Coach Nill noted the men's cross country sent Dieter Gutbrod to nationals as an individual last year. Prior to Fitzpatrick going to nationals, the last Owls' women's runner to reach the postseason accolade was Courtney Dinnan in 2012.

According to Nill, Fitzpatrick

had a successful season of personal records. Prior to 2016, she never previously ran faster than 19:00 on a 5K course. At the New England Championships, Fitzpatrick finished at 18:08.

Nill said her racing technique also improved for her senior season as an Owl.

"We made it through our six competitions successfully," said Fitzpatrick. "My coach kept telling me it was a possibility to make nationals, but I didn't really believe it until the last competition."

She added: "We're trying to make nationals as a team for next year. That would be exciting to have a full team able to compete together."

Fitzpatrick's fifth-place finish on Nov. 19 at NCAA Regionals secured her spot in Florida's national championships. She raced to a time of 21:45,

earning All-Region honors for the second consecutive year, according to a release from the athletic department.

Nill also added the goal for Fitzpatrick was to finish between second and seventh place at NCAA East Regionals.

He described her Southern athletic career, to this point, in one word: "excellent."

"She came to us last year, and wound up setting a school record in the 3000 meter steeplechase," said Nill. "She was also a multiple time All-East Region and All-Northeast 10 selection."

Nill noted Fitzpatrick "takes her job very seriously, showing up everyday ready to do what is asked." He said the greatest barrier in recruiting international players is the separation from what they have known.

"They're on a new continent

and don't know anyone," Nill said. "Natasha jumped right in, and fixed those potential issues before they even came to light. She's an orientation ambassador and works on campus."

Between the men's and women's cross country teams, most of the coaching staff work together, as there is a lot of similar leadership. Melissa Stoll and Joseph Van Gilder are the other coaches on the women's staff.

Additionally, Fitzpatrick was recently named one of Southern's athletes of the week, for the week of Nov. 7.

Fitzpatrick will be running one last time for the Owls, as shifts her focus to the NCAA Division II National Championships on Nov. 19. The competition will take place in St. Leo, Fla.

Men's Rugby

CONTINUED FROM PAGE 9

And indeed Southern was rolling, as the team scored twice in the opening five minutes of the second half. Cutting their deficit to 17-12.

Yet, York kept battling back, as the Spartans returned the favor and scored two tries of their own. Putting York back on top 29-17.

"They're a big team," said Coach Marullo. "A bunch of brawlers, counter rucking, solid rugby team. It just came down to who could dig deeper, who had the heart – our guys dug deep and had it."

SCSU's rugby team closed the game when Smith and Grenier scored the last two tries, and the kicker added two more points to those initial tries.

"We've always been a second half team," said Sullivan. "We go above and beyond in the second half. That's when we start overpowering teams, counter rucking and start putting kids on the ground. We never gave up."

Prior to the game, for the first time in program history, the SCSU Black Attack were conference champions. The men's rugby team fought their way to a 7-1 record, winning the Rugby Northeast Conference.

And when Southern Connecticut ranked No. 22 nationally ranked York on Saturday, the team was ranked No. 19 in the nation, heading into the game.

Now the men's rugby team shifts their focus to this weekend, where the team will travel to Furman University to play a Sweet 16 game against North Carolina State (No. 5 in the nation) on Nov. 19.

"Right now we're 19 in the nation," Smith said. "We want to be in the top 10, and that's our goal. We want to go down [to North Carolina], and show them what the northeast has. We have good rugby up here, and it's time for us to show it."



PHOTO | EDGAR AYALA

The men's rugby team poses after their 31-29 victory over York. The team will travel to South Carolina on Nov. 19 for their Sweet 16 game against North Carolina State.



PHOTO | EDGAR AYALA

SCSU men's rugby rucking to protect the ball. The team won its first conference title after posting a 7-1 record in the regular season.

Derek Carr and Raiders are all in

By Phil Zoppi

The Oakland Raiders have emerged as the biggest threat to the New England Patriots in the AFC.

The Raiders are now on everyone's radars after robbing the Denver Broncos in primetime. The final score was 30-20, but it really was not even that close.

Raiders running back, Latavius Murray, ran right over the vaunted Denver's defense for 114 yards and three scores. That was a statement game. This Raiders team can beat you

in a variety of ways.

Even though Murray was the star vs. Denver there is no denying who the leader of this Oakland team is.

Derek Carr is not only emerging as one of the best quarterbacks in the AFC, but also the entire NFL. Carr has put up gaudy stats, as he is fifth in the league in passing yards and has tossed 17 touchdowns — compared to just three interceptions. That is special.

The stats are impressive for Carr, but if anyone has been watching the Raiders this year they know that he has become the unquestioned spokesmen

and leader of this team.

The biggest example of this is the support that Carr has given to kicker Sebastian Janikowski. Throughout the year Janikowski has struggled, missing many key kicks for the Raiders.

Carr never complained about the struggles that Janikowski has had.

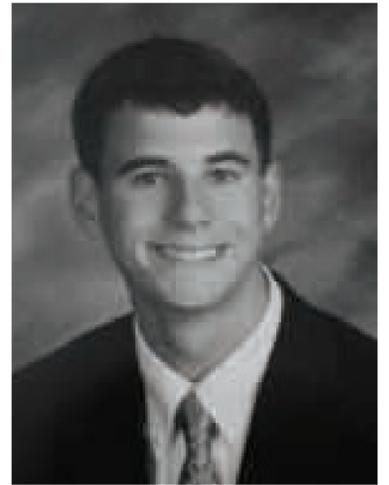
He even went as far as to say it is his fault for not scoring, and not putting Janikowski in those situations. That is a leader right there.

Oakland has finally found a quarterback that they need to lock up for a long time.

Another player the Raiders have to lock up is star defensive end Khalil Mack.

Mack wrecked everything the Broncos were trying to do, as he recorded two sacks against the division rivals. Mack has proved that he is one of the elite pass rushers in the NFL.

Oh, and Jack Del Rio is going to win coach of the year. He deserves it. Del Rio may not have the most talent in the league, but he knows how to get his guys ready every Sunday.



Men's Basketball

CONTINUED FROM PAGE 9

numbers easy," said Burrell. "Our side of the conference is going to be really tough this year so we have to be prepared for every game."

The biggest question for the team is which player is going to put up consistent points behind Mallory. Williams and Mallory both averaged over 20 points last season, but the third leading scorer on the team, Austin Carter, only averaged 9.8 points.

Carter is now a senior, and one of the team captains. He could end up playing a bigger role on offense this year.

As the season progresses, Burrell will be looking to find that player who he can count on to give him points on a

consistent basis.

"Last year you knew Des [Williams] and Mike [Mallory] were going to give you 22 and 23 a night," said Burrell. "This year you know Mike is going to get his numbers, but we have to find out who is going to rise to the occasion and give you those guaranteed points every night."

One or two of those players who could rise to the occasion, and bump up their scoring are sophomores Joey Wallace and Isaiah McLeod.

Both Wallace and McLeod impressed in their freshman seasons as McLeod finished fourth in scoring on the team and Wallace finished fifth. Mallory is expecting a lot from both players, as their



PHOTO | SOUTHERNCTOWLS.COM

Senior Michael Mallory (#3 with ball) will play a key role for the Owls under head coach Scott Burrell.

roles should increase in their second year with the Owls.

"I think they will both improve a lot," said Mallory. "I know they worked really hard in the

offseason. [They] understand their roles and what they bring to the table."

If Mallory is right about Wallace and McLeod, then Southern could enjoy similar if not better

success than they did a season ago.

"I think we have the potential to be better," said Burrell. "It just depends on how fast we click. We just have to grow faster than

we did last year because we were older last year."

The men's basketball team will play their first home game against Adelphi University on Nov. 16.

Women's Basketball

CONTINUED FROM PAGE 9



PHOTO | SOUTHERNCTOWLS.COM

Women's basketball recorded a 19-11 record, making a semifinal appearance in the NE-10 conference.

she led the Northeast-10 Conference in three-point percentage (45.8 percent). Now in a prominent starting role, Weselyj hopes her success from beyond the arc continues.

"I'm hoping it stays there," said Weselyj. "But at the same time I'm not too hung up on it. I want to be more of a mid-range shooter because there's less people who have a good mid-range, especially in college."

Lynch put Weselyj up there for one of the best shooters she has ever coached.

"There's probably only one other player that I coached at one of my other schools that was as good of a shooter," said Lynch. "Maria not only shoots the ball really well, but she gets to the rim too. She's evolved her game so much, you just can't leave her open because she will knock down the shot."

McLaughlin was already contributing in the scoring department last year, as she finished third on the team in points per game with 11.

On top of that, McLaughlin played stellar defense — finishing second on the team in steals (35). Being named captain in her senior season is something that McLaughlin was very proud of.

"It means a lot, especially because she hasn't known me for a long time," said McLaughlin when referring to Lynch naming her a team captain. "She wasn't the coach that recruited me, but she got to know me really quick. Knowing that she thinks I have what it takes to be a captain is a really good feeling."

Lynch had a multitude of reasons for why she picked Weselyj, McLaughlin, and Murad as captains.

"They understand what I want and what we want as a coaching staff," said Lynch. "When you have student-athletes who get you as a coach, you have no choice but to make them captains. They're also just great people and always do the right thing."

Lynch will rely heavily on her three captains to replicate the success the program had last season; where the Owls made a conference semifinals appearance, and finished with a winning record.

The women's basketball team will play their first home game of the season against Adelphi University on Nov. 16.

Sports Feature

SCSU ice hockey honors veterans for the Wounded Warrior Foundation



PHOTO | JOSEPH BOYLE

Captains taking honorary puck drop from veterans. Left to right: Russell Seward, Michael Walker, Larry McDonald, Barry Jacobs, and Tom Brunski.



PHOTO | JOSEPH BOYLE

Southern's ice hockey team line up prior to Friday's game, honoring the U.S. veterans.

By Joseph Boyle

Southern's ice hockey team celebrated Veteran's Day Friday night with their first annual "Veteran Appreciation Night," where all proceeds from the game went to the Wounded Warrior Foundation.

"The men and women serving our country do a lot for us," said Tom Brunski, SCSU ice hockey president on the inspiration for the event. "They keep us and the country safe. We wanted to pay our respects to them."

In conjunction with Farmingdale State's hockey program, SCSU took time out of their game schedule to honor the ones who fought for this country. The Owls fell to Farmingdale 8-3, but that did not take away from the special events prior to the game.

The pregame ceremony consisted of Southern honoring specific veterans close to each program, a ceremonial puck drop between the two captains, capped off by the national anthem performed by Sarah Altshuler.

U.S. Navy Veteran, Larry McDonald, was one of the three recognized in the pregame ceremony. He and fellow veteran, Barry Jacobs, addressed the crowd with a token of appreciation.

"It's a fraternity that a few of us belong to," said McDonald as he addressed the crowd. "You feel proud because you volunteered to serve our country."

McDonald served in the late 1970s aboard a nuclear-powered submarine for four years. He spent time in the north atlantic and the oceans around the Mediterranean Sea.

Along with the veterans who gave speeches to the crowd, current Farmingdale player, Michael Walker, was recognized for his current service.

"Sometimes you think people forget what you do and it's nice to have the game," said Walker. "You go out of your way to serve your country and it definitely feels

nice to get that recognition every once in a while."

Walker is currently a reserve, as he plans to finish at Farmingdale State and hopes to be deployed when his time in school is finished.

The success and importance of the event makes Brunski want to continue the tradition and make the Veteran's Day game with Farmingdale an annual tradition.

"We always want to get a game," said Brunski. "If not on Veteran's Day, as close as possible — and make it an annual thing. We'll have a puck drop ceremony, get more veterans in attendance, and keep it growing every year."

With over \$400 raised through admission to Friday's game, Southern ice hockey club were selling special camouflage Veteran's Day jerseys. The team wore these jerseys during the game to support the Wounded Warrior Foundation.

Brunski got the idea from military appreciation jerseys worn in the National Hockey League, and said "it was a good idea so I reached out to Farmingdale to see if they would also be interested."

With the special jerseys and pregame events aside, Southern's ice Hockey captains did not forget why they had the chance to play hockey Friday night.

"There are people who serve our country and some veterans played hockey — like our former teammate Dylan Gillis," said captain John Johnson. "We want to show appreciation for people like that, who have a mutual love for the game, as well as raising money for Wounded Warrior."

Ex-teammate Gillis was unable to attend due to his deployment the night before the game.

"Most of our veterans go unnoticed, most of them don't want recognition" said head coach, Bill Walsh. "They all deserve recognition. These guys are responsible for the freedoms we enjoy, like being able to go out here and play hockey every weekend."

SCSU men's rugby vs. York photos



PHOTO | PALMER PIANA

SCSU Black Attack's John Mizzone (with ball) speeds his way past a York player, as he runs with the ball.



PHOTO | PALMER PIANA

The rugby team celebrates after the game, advancing to the Sweet 16 for the first time in program history.

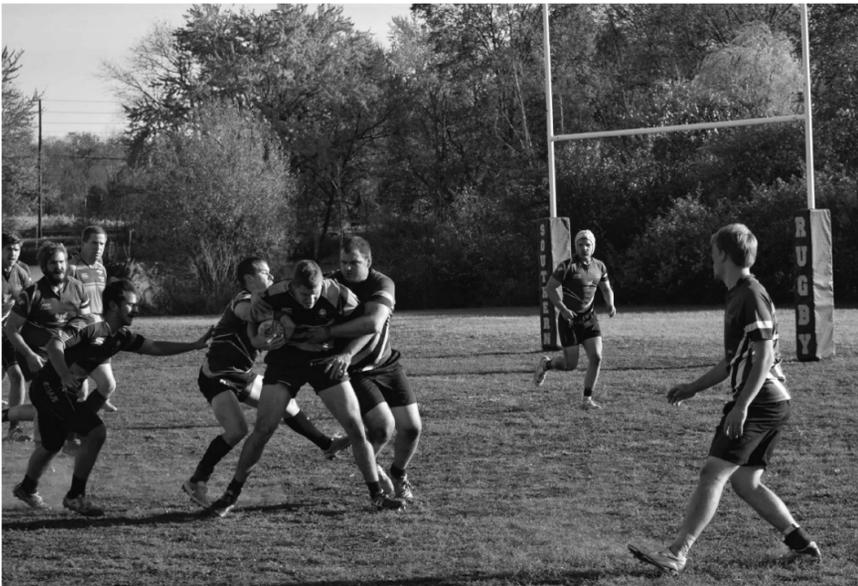


PHOTO | PALMER PIANA

Ben Croll holds his position, and breaks York's tackles powering his way through the defense.



PHOTO | PALMER PIANA

Southern players attempt to take the ball away from York, Saturday afternoon at SCSU's Club Sports Field.

Northeast-10 Standings

MEN'S SOCCER

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
ADELPHI	13	12-0-1	0.962	20	18-1-1	0.921
MERRIMACK	13	10-3	0.769	21	15-6	0.737
LE MOYNE	13	9-3-1	0.731	21	14-5-2	0.750
FRANKLIN PIERCE	13	9-4	0.692	18	12-6	0.706
SO. NEW HAMPSHIRE	13	8-3-2	0.692	19	12-5-2	0.706
AMERICAN INT'L	13	6-6-1	0.500	18	8-9-1	0.472
ASSUMPTION	13	6-6-1	0.500	18	7-10-1	0.417
SO. CONNECTICUT	13	5-6-2	0.462	17	7-8-2	0.471
STONEHILL	13	5-8	0.385	17	7-10	0.412
SAINT ROSE	13	3-8-2	0.308	16	5-9-2	0.375
NEW HAVEN	13	3-9-1	0.269	17	6-10-1	0.382
SAINT MICHAEL'S	13	3-9-1	0.269	16	5-10-1	0.344
SAINT ANSELM	13	3-9-1	0.269	16	4-11-1	0.281
BENTLEY	13	2-10-1	0.192	16	2-12-2	0.188

FIELD HOCKEY

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
SAINT ANSELM	12	10-2	0.833	21	17-4	0.810
LIU POST	12	9-3	0.750	18	15-3	0.833
STONEHILL	12	9-3	0.750	20	14-6	0.700
ADELPHI	12	9-3	0.750	19	13-6	0.684
MERRIMACK	12	8-4	0.667	17	9-8	0.529
ASSUMPTION	12	7-5	0.583	18	10-8	0.556
AMERICAN INT'L	12	6-6	0.500	18	10-8	0.556
PACE	12	5-7	0.417	18	9-9	0.500
SO. NEW HAMPSHIRE	12	5-7	0.417	18	9-9	0.500
BENTLEY	12	5-7	0.417	18	7-11	0.389
SAINT MICHAEL'S	12	3-9	0.250	18	6-12	0.333
SO. CONNECTICUT	12	2-10	0.167	18	4-14	0.222
FRANKLIN PIERCE	12	0-12	0.000	17	3-14	0.176

FOOTBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
LIU POST	9	9-0	1.000	11	11-0	1.000
ASSUMPTION	9	8-1	0.889	11	9-2	0.818
NEW HAVEN	9	6-3	0.667	11	7-4	0.636
SO. CONNECTICUT	9	6-3	0.667	11	6-5	0.545
BENTLEY	9	5-4	0.556	11	5-6	0.455
STONEHILL	9	4-5	0.444	11	5-6	0.455
AMERICAN INT'L	9	3-6	0.333	11	4-7	0.364
MERRIMACK	9	2-7	0.222	11	3-8	0.273
SAINT ANSELM	9	2-7	0.222	11	2-9	0.182
PACE	9	0-9	0.000	11	0-11	0.000

WOMEN'S SOCCER

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
ADELPHI	14	11-2-1	0.821	20	16-3-1	0.825
AMERICAN INT'L	14	9-5	0.643	21	12-8-1	0.595
SO. CONNECTICUT	14	8-4-2	0.643	19	9-7-3	0.553
STONEHILL	14	8-5-1	0.607	22	15-6-1	0.705
SAINT ROSE	14	8-6	0.571	18	11-7	0.611
PACE	14	7-5-2	0.571	21	12-7-2	0.619
SO. NEW HAMPSHIRE	14	7-6-1	0.536	19	10-8-1	0.553
LE MOYNE	14	7-6-1	0.536	19	9-8-2	0.526
BENTLEY	14	6-6-2	0.500	17	9-6-2	0.588
ASSUMPTION	14	6-7-1	0.464	18	8-9-1	0.472
MERRIMACK	14	5-6-3	0.464	18	8-7-3	0.528
FRANKLIN PIERCE	14	5-7-2	0.429	16	7-7-2	0.500
SAINT ANSELM	14	4-9-1	0.321	18	6-11-1	0.361
SAINT MICHAEL'S	14	3-11	0.214	17	4-13	0.235
NEW HAVEN	14	2-11-1	0.179	18	5-12-1	0.306

VOLLEYBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
LE MOYNE	14	12-2	0.857	27	22-5	0.815
AMERICAN INT'L	14	11-3	0.786	29	24-5	0.828
NEW HAVEN	14	11-3	0.786	24	16-8	0.667
SAINT ANSELM	14	10-4	0.714	27	20-7	0.741
ADELPHI	14	9-5	0.643	29	18-11	0.621
PACE	14	8-6	0.571	30	22-8	0.733
FRANKLIN PIERCE	14	8-6	0.571	26	12-14	0.462
BENTLEY	14	8-6	0.571	28	11-17	0.393
STONEHILL	14	7-7	0.500	25	12-13	0.480
SAINT ROSE	14	6-8	0.429	26	11-15	0.423
SO. CONNECTICUT	14	4-10	0.286	34	15-19	0.441
SO. NEW HAMPSHIRE	14	4-10	0.286	28	7-21	0.250
MERRIMACK	14	4-10	0.286	29	6-23	0.207
ASSUMPTION	14	2-12	0.143	24	5-19	0.208
SAINT MICHAEL'S	14	1-13	0.071	19	3-16	0.158

SPORTS CALENDAR

Wednesday - WBB vs Adelphi University 5:30 p.m. / MBB vs Adelphi University 7:30 p.m.

Thursday - No games

Friday - No games

Saturday - WXC vs NCAA Div. II National Championships in St. Leo, FL / WBB vs University of the District of Columbia 1:30 p.m. / MBB at University of the Sciences in Philadelphia 3 p.m.

Sunday - No games

Monday - No games

Tuesday - WBB at American International College 5:30 p.m. / MBB at American International College 7:30 p.m.

Student's take on protests after the election

By Jeniece Roman

President-elect Donald J. Trump is something many thought they would never hear, but on Nov. 8, it rang true.

Since Trump was announced as the next president of the United States, anti-Trump protests broke out in multiple cities including Manhattan, Chicago and New Haven and consisted of thousands of people nation-wide chanting, "Trump is not my president." Some of these protest turned into riots that have resulted in damage of property and several arrests.

Many people who did not vote for Trump are devastated, confused, and outraged. Tensions are running high and the emotion and passion that many feel about the situation is palpable. At the

moment there has not been any seriously dangerous situations from this tension but it does not seem like that will last for long.

It feels as though something is brewing, deep and guttural within the heart of this nation. A wave of emotion that stems from the very core of individuals and screams, "No." A movement, a shift or change, whatever it is called is transforming the landscape of politics and how people interact with their government.

And yet, I question if it will stay.

It is not the end of the world. No matter what Democrats or left of center independents might think.

This is not to say that the reasons for these protests are not valid, because they are, or that the people that express such revulsion to Trump being elected do not have a legitimate

reason to oppose it, because they do. I would never want to diminish the genuine emotions of people that have been hurt by a person who has repeatedly discredited their race, disrespected their sex or joked about their physical capability.

Will the emotions that members of the anti-Trump movement bubble over and explode or spill out then fizzle into a faint memory? It will either be a story to reminisce about: how the 2016 election was so "crazy" or a slap in the face that the ambivalent citizens of this country needed to realize that, "I'm just not that into politics," will no longer be an excuse to be completely comatose to the things happening in the world.

Hopefully this change will not be a debilitating shock to the system that renders the American people numb and helpless, but rather a

defibrillator that drives people to become more involved in their community. Not only to know and understand the issues and how they affect them, but also to set up a plan, have discussions with leaders and be the catalyst for change.

If there is an issue you care deeply about,

it should bring about a change in lifestyle, do not let it be another Facebook post or Twitter rant. If you truly care about an issue then protest and if you protest, live it. Care about the people who govern your country every year not just every two years.

Do not just act on

what is happening nationally but within Connecticut and your local community. Know the people whose decisions directly affect your life. Do you know who is the mayor in your hometown? Senator? Representative?

I did not think so.



PHOTO COURTESY | JENNIFER C.

Starbucks patrons seeing red over green holiday cups

By Natalie Barletta

Move over, pumpkin spice latte. Peppermint mochas and gingerbread lattes are coming to steal your thunder.

Along with the new seasonal drinks, comes the new seasonal cups, which also come with its own controversy.

We remember last year when the red cups stirred up debate when they displayed no symbols of the upcoming holidays, so everyone could feel included as they got their latte. Many felt that these cups were not as festive as they would have liked.

This year's cups began to brew their own set of controversy. Instead of being red, as they were every year since Starbucks produced the festive cups in 1997, the new holiday cups were green.

According to a press release on the Starbucks website entitled "Green Cup Celebrates Community," the reason why the cups changed their shade to represent "humanity and connection." Starbucks CEO commented that the cups were the company's way to "represent the connections Starbucks has as a community with its partners



PHOTO COURTESY | NATALIE BARLETTA

(employees) and customers."

Many Starbucks customers were outraged about the color of the cups being green instead of the traditional red. Some on Twitter stated that the cups were not festive enough, while others bluntly said they did not like the color of the cup.

As a regular Starbucks customer, I personally do not feel any resentment or disappointment towards

these new cups. I also agree with the message that the cup is sending, especially in a time when our country has become so divided. Sure, they are not the usual color. But, green is still a festive holiday hue.

The holiday season is a time of peace, and that is exactly what I think Starbucks is doing when they created those cups. Not everyone celebrates Christmas, and I think this is a great

effort made by the company to share some positivity with customers. Starting the day off with a positive vibe? Not a bad way to do so. After all, Christmas is about those same principals—unity and humanity. Having these cups, in my opinion, is a simple message of the true meaning of Christmas.

At the end of the day, it is just a coffee cup, and what truly matters to me, is the drink inside it. Sure, this year's cup does not have a Christmas tree on it. But, one sip of a gingerbread latte and a customer can fill themselves with Christmas cheer.

With that being said, it turns out that these cups were just a tease. On Nov. 9, the company announced in a press release entitled "Starbucks Unveils 2016 Holiday Red Cups," the official 2016 holiday cups. These cups were red with a various holiday design, such as holiday lights and snowflakes. The press release stated that there would be 13 differently designed cups that would be hitting cafes on Nov. 10. According to the website, each of the cups were designed by customers from six different countries.

I guess there was no reason to see red about this after all.

Plastic surgery ads offer a false confidence

By Adrianna Rochester

A recent ad promoting breast augmentations as a confidence booster found its way into my email account. Upon review of this ad a slight feeling of displeasure came over me because, even though this email was spam, it was a reminder of society's ideology of beauty in regards to women.

Body image is an important element to an individual's self-esteem. While some women have grown to accept their natural curves and unique body size, other women seek high levels of self-esteem by altering their natural beauty.

An individual can change their appearance momentarily by the way they dress, style their hair and apply their make-up. All alterations are minor compared to plastic surgery, but society continues to tell women that their natural beauty is not good enough.

The American Society of Plastic Surgeons reported breast augmentations was the number one cosmetic surgery procedure done in 2015, despite experiencing a two percent decrease compared to 2014 plastic surgery reports.

Ads, such as the one I received, that promote permanent alterations are misleading. It seems to me that the ad was designed to target women who may feel their breasts are underdeveloped.



PHOTO COURTESY | MADELINEYOKI

Though every woman has personal reasons for obtaining a breast augmentation, promising that the surgery will be a confidence booster is one that cannot be guaranteed because everyone's body reacts differently to the implants. While some women may experience the results they dreamed for, others are not so lucky.

Cosmetic procedures are aimed at a certain demographic of women. Typically women between the ages of 20 to 39 are indulging in plastic surgery more than other age groups. This is not a shocker because the older most women get the more they become concerned with the idea of aging and use cosmetic surgery as a youth serum that is

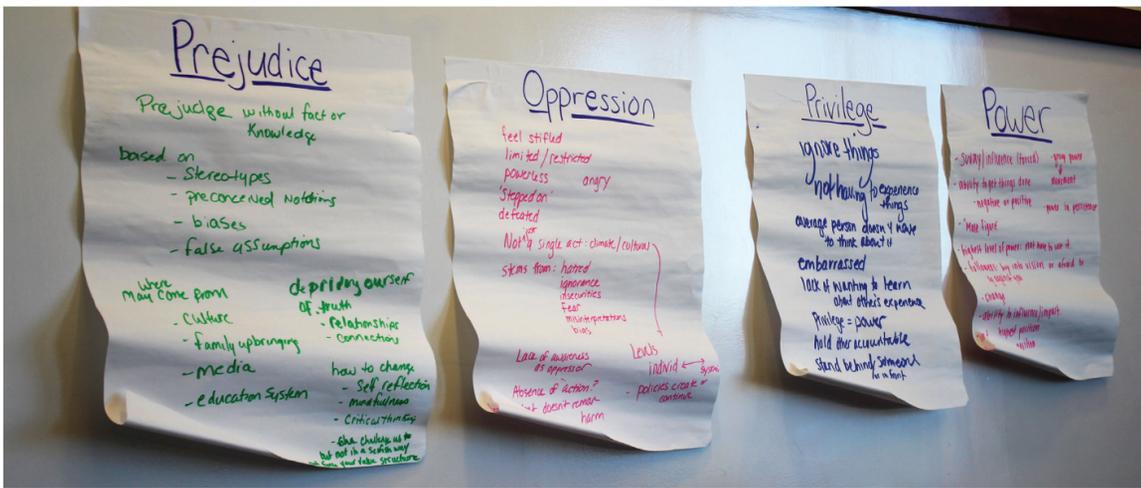
only temporary.

In terms of ethnicity, breast augmentations are most popular among white women. About 74 percent of white women have received a breast augmentation last year compared to black women with six percent and Hispanics with 11 percent, according to the American Society of Plastic Surgeons.

Instead of promoting the benefits plastic surgery has on a person's self-esteem ads based on education and awareness should be promoted rather than consumption. A person who views an advertisement promoting breast augmentation is likely to become conditioned to the idea that they must have big breasts in order to be viewed as a woman in the eyes of society.

However, that is not the case. Women should not have to make drastic changes to their body in order to feel better about themselves. Nonetheless, if such a thing is to be considered the best decision one could make is to gather all their facts about breast implants prior to getting on the operating table.

Women should know that breast augmentations are not guaranteed to last forever and future surgery may be required to replace one or both implants. Once these implants are installed, a female has to undergo regular breast examinations to ensure breast health. However, even then a woman still risks the chance of experiencing breast inflammation, bleeding, formation of tight scar tissue, implant leakage and more.



Posters defining key terms at social justice workshop in room 301 in the Student Center Monday Nov. 14.

Social Justice Week



Fathima Kamil elementary ed. major senior, Oluwatosin Alli-Balgun biochemistry major junior, Zain A. Seyal Public Health major senior Ian A. Langley communications major freshman and Haroon Chaudry business major sophomore with the Muslim Student Association allowing students to try on and keep hijabs.



Board displayed in the Adanti Student Center for social justice week kick-off on Monday Nov. 14.



"Joining the conversation" a social justice workshop with students and faculty taking place Monday Nov. 14.

By Palmer Piana

President Joe Bertolino declared this week, beginning on Monday, Nov. 14 to be "Social Justice Week".

Throughout the week there will be a variety of talks, and school sponsored discussions around campus designed to get the community talking and raise awareness for social justice issues.

These programs range from recycling and sustainability efforts to forums on police brutality.

A full list of programs can be found on the Southern website.



SCSU pin for social justice week.



"Joining the conversation" a social justice workshop with students and faculty taking place Monday Nov. 14.