



Student empowers through her paintings

PAGE 8



Swimming looks to repeat

PAGE 9



Get ahead and learn how to write a resume

PAGE 4

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Sen. Ted Kennedy talks disability rights



Sen. Edward Kennedy Jr. in the Adanti Student Center Theater.

PHOTO | JOSH LABELLA

Students explore options at the Majors Expo

By Josh LaBella

Southern Students were provided the opportunity to check out all the programs Southern has to offer.

Last Wednesday at 1 p.m. Southern hosted a majors expo for students to explore the majors and minors the university has to offer.

Frank LaDore, the interim director of Academic Advisement, said the Academic Advisement department put the program together.

"We put this together for students who are undecided or thinking about changing their major," said LaDore. "A lot of students don't know the amount of majors that we have on campus. We have every single department represented here to give information not only about majoring in something but also about minoring in some of these programs."

LaDore said the event was a good way for students to learn more before declaring a major. He said there were 56 majors represented at the expo. He said the turnout had been good so far.

"We've had over 300 students come in so far, according to our stats," said LaDore. "Hopefully we get more. Our goal is over 500."

Corin Fuller, a senior communications major, said because of her COM 135 class she and a bunch of her classmates had to volunteer. She said she had been telling undecided freshmen and sophomores what the communications department is all about.

"We're basically forcing people to come talk to us," said Fuller. "There's a bunch of different skills you pick up within communications. For instance, I learned how to be a better public speaker. I used to be really insecure about public speaking, but now I feel very confident and can engage a crowd."

According to Fuller, she has always been a good writer but did not want to be an English major. She said communications is a great department for people who are creative but want to get into corporate America.

Larissa Topalis, a freshman accounting major, said she came to the expo because she was thinking about opening up and doing a different program.

SEE MAJORS EXPO PAGE 2

By Josh LaBella

In honor of disability awareness month, Southern had Connecticut Sen. Edward Kennedy Jr. come speak in the Adanti Theater about disability rights.

The event, held last Monday at 1 p.m., was hosted by the Disability Resource Center. Kennedy, who represents the 12th district, spoke about the disability rights movement and how to expand the rights and opportunities for individuals with disabilities. He has become an advocate for people with disabilities in part because he had his leg amputated as a child after he was diagnosed with osteosarcoma, a form of bone cancer, in his right leg.

"What I plan on doing is speaking for a little while on the history of the disability rights movement," said Kennedy. "About some of the exciting things I'm involved with right now as the new board chair of the American Association of People with Disabilities and then we can open it up for questions."

The current administration is threatening the rights and opportunities of people with disabilities like never before, said Kennedy. He said the clock is being turned back on a lot of the progress the country has made in disability laws in the past 30 years.

"Disability rights have always been bipartisan," said Kennedy. "For years, people with disabilities come from all different socioeconomic and ethnic backgrounds. We've had champions in the Democratic and Republican parties. Unfortunately, right now, that's changed."

According to Kennedy, if Americans can get the millions of people with disabilities to register to vote, they can begin to ask candidates, in a public forum, what they are doing to expand the rights and opportunities for people with disabilities. He said that will raise awareness.

"One of the initiatives that we are working on is called the REV UP Campaign," said Kennedy. "It's a bipartisan effort. We are just trying to get people to register to vote."

Kennedy said another important initiative he is involved with now is called the disability

equality index. The index gives businesses the opportunity to receive a score on their disability inclusion policies and practices. He said employment for people with disabilities is one of the most powerful statistics that has not budged.

"People who are able and willing to work have a tough time finding a job," said Kennedy. "When somebody has a job, they have freedom. They're able to be self-sufficient, they are able to make decisions about their everyday lives and we need to figure out how to make that easier for people. And recognize companies who do the right thing."

Kennedy said independent living is another one of the big issues facing the community of individuals with disabilities. He said a lot of the work he does as a legislator is about promoting community based living, which is at the core of the independent living movement.

"The right to live in a community," said Kennedy, "where you can go to work, shop, go to the movies et cetera is actually the cheapest way to provide services to people."

Kevin Doyle, a junior political

science major, said as someone who lived with a bipolar disorder his whole life, he wanted to hear Kennedy come to speak. He said he wanted to learn about Kennedy's disability and ask him for advice on how he could continue to live with his. He said the event went well.

"He asked a lot of great questions and spoke excellently," said Doyle. "He really is one of the true leaders in the country for the issue of disabilities and civil rights."

Justin Farmer, a sophomore political science major, said he wanted to learn what people are thinking about disability rights – as both students and legislators.

Farmer said he felt he often had to hide the fact that he had a learning disability and tourette syndrome. He said people have to have these tough conversations, but overall he thought the event went well.

"I wish more people were in the room. I wish more people who aren't affected by disabilities were in the room," said Farmer. "I think having these conversations might open someone's eyes to the fact that they could have a disability."

Alcohol use continues to dominate Southern's 2017 Clery Report

By Josh LaBella

Drugs and alcohol violations dominated the 2017 Clery report.

Southern released last week the Jean Clery Disclosure report – an annual report on campus security policy and campus statistics.

The Clery Report was signed in 1990 and has been around telling universities about crime on campus since.

Chief of Southern Police Joseph Dooley said every college and university has to put together the report as mandated by the federal government. This statute was enacted in 1990 as a result of the 1986 sexual assault and murder of Jean Clery at Lehigh University in Pennsylvania. Dooley said its purpose is to give students access to the crimes that occur on and around campus.

"It's important that universities are transparent and reporting it [crime]," said Dooley. "The campus community needs to know what's going on."

Dooley said the report has been expanded over the years. When he started at Southern the Clery Report was a five by seven booklet, but it has grown to include emergency procedures, campus resources, as well as the crime statistics for 2016, 2015 and 2014. They recently also added the fire safety report into the same booklet.

"We don't just want to give what is required," said Dooley. "We wanted to go above and beyond."

By far the largest statistic in the report were the liquor law arrests and liquor law violation referrals for disciplinary action, of which there were 38 and 318 respectively. Chief Dooley said that was pretty common.

"It's common here as well as across the country," said Dooley. "We're not a completely dry campus—but being a police department, we give infractions for underage drinking."

Andrea Resnisky, a senior recreational therapy major, said those numbers don't shock her at all. She said they reflect a student body that is constantly stressed out.

"A lot of those people, underage or not, are trying to learn to escape from their reality," said Resnisky. "Even if it's just for a little bit."

According to Resnisky, if people were aware of ways to better manage their stress, they might drink less. At the same time, she said, that's what college students do.

"They go out and drink on Thursday, Friday and Saturday, do their homework Sunday, and start their week," said Resnisky.

The report also noted that there were 48 drug abuse arrests and 96 drug abuse violation referrals in 2016. Reed Beeley, a senior music major, said these statistics made sense and he wouldn't be surprised if they went up in 2017.

"I'm sure that's mostly marijuana," said Beeley. "But it's also made up of pills. There's a solid pill scene at Southern unfortunately. That could consist of Xanax, Adderall or Vyvanse. Really anything."

One of the smaller crime statistics was weapons law violation referrals, of which

there were four. Dooley said while he did not have the report directly in front of him, these were mostly made up of knives.

"It's not like we see a lot of a projectile weapons," said Dooley. "We did have a report of a pellet gun this year, but most of the time it's a knife. It usually happens in the residential community, not with commuters. Four inches or more on the edge portion, according to Connecticut statutes, that's illegal."

Beeley said the statistics in the report are important for the Southern community to have. He said he hadn't heard of the report before this year but wanted to pick up a copy and thumb through it.

"This will be a good way to get a good feel for what's going on around campus," said Beeley. "I appreciate that every student can get access to the statistics, as well as procedures and resources, all in one place."

Italian club hosts 'Bocce for disaster' for those impacted in natural disasters

By Alex Palmieri

Bocce is a great way for both students and faculty to have fun for only two dollars on campus, according to Parin Christian, a senior finance major.

"I think it is a cool gesture that the Italian Club is doing," said Christian. "Every little bit helps."

Christian did not donate or play bocce, but he knew the club was raising money for all of the natural disasters that have been occurring within the past couple months. He said he did not have the time to play, but it is good that people care about damaged states, cities and countries.

"I didn't have time to play," said Christian. "But it is definitely something good that they did. All the money raised is going to those impacted. That is good to know."

Christian said he would have donated money and played if he did not have class. When he was going to one of his classes, he saw the event taking place. He noticed the sign and said it was nice to see people at Southern care so much.

"It's funny because these people who are helping raise money probably don't even know people that were impacted, and they are still trying to raise money for them," said Christian. "That's nice. Like, it's good to see people at Southern with a good heart like that."

Deanna Scotto, a senior Italian major with a minor in communication, is the president of the Italian club. She said the first time they played bocce, it was to raise relief money for hurricane Harvey, which destroyed major parts in Texas. All donations went to the Hurricane Harvey Relief Fund of the Red Cross. This time around, Scotto said that with all of the other natural disasters that occurred, they decided to raise money again since there were more people impacted.

"This time the funds are going towards Operation USA," said Scotto.

There was not a set amount of money that Scotto said she hoped she could fundraise. She said any little bit would help the cause for those impacted in any natural disaster. Scotto said natural disasters are completely unpreventable, and because of that, she wanted to have a fundraiser for people impacted.

"After all the natural disasters that unfortunately happened," said Scotto, "we decided to have the event again."

Professor Lisa Vitale is an Italian teacher that also helped with the fundraiser.

She said she is happy the last fundraiser went well. As far



Deanna Scotto, president of the Italian club, playing bocce in front of Earl Hall.

PHOTO | ALEX PALMIERI

as this fundraiser, she said all donations will go to Operation USA to help all of the people hurt in the natural disasters.

"The purpose of this is to help people who suffered in the recent natural disasters – the earthquakes in Mexico, or the hurricanes in Puerto Rico and Florida," said Vitale.

Vitale said there were a solid amount of people who donated, and she was happy to see students, faculty and staff participate in the event. After the event "Bocce for Harvey," Vitale said she wanted to host the event again for people that need care and that are wounded in places across the country.

"We are just looking to continue what we did before," said

Vitale. "There are a lot of people who need aid."

Christian said what the Italian Club did for those who were injured through the natural disaster was a very generous gesture and he appreciates everything they did for them. Christian added this is a good look for the university and he will donate the next time there is a fundraiser for disaster.

"This was really cool," said Christian. "I know there is a lot going on in the world out there. It is a hard time for everyone, man. These kind of fundraisers and these kind of actions this club is doing is good for everyone. This will be good for people injured and impacted for sure."

New policy in place for clubs and organizations' advisor travel

By August Pelliccio

Effective this semester, changes to the official guidelines set in place by the student government association (SGA) have students and faculty weighing the benefits against the drawbacks thereof.

Treasurer of Southern's SGA, Emily Mica, said that as of fall 2017, it is no longer required for clubs and organizations to bring an advisor on student trips. There are, however, some exceptions to the policy.

For international travel, along with overnight out-of-state travel that includes more than eight students, an advisor is still necessary and thus still funded. In addition, any travel which includes activities with an increased risk to students will be judged on a case by case basis, and ultimately it will be decided by the dean of students whether an advisor is necessary. All of this information and more can be found in official literature on the SGA page of Southern's website.

Mica said, "Advisors can still go on any trip, if they choose, but it would come out of the club's own fundraising, or the advisor would have to pay for themselves."

As the chairperson of the student activity fee allocation

committee, Mica explained that every student pays an activity fee as part of their bill, and all of those funds go into a pot. The funds are then distributed for different initiatives among many clubs and organizations.

According to the Director of Student Involvement, Denise Bentley-Drobish, "There were many instances in previous years where they were funding the advisors more than they were funding the students."

For this reason, Mica said that limiting the amount that is spent funding advisors' travel expenses will hopefully increase the number of clubs and organizations that can take advantage of the funding for traveling.

"Our main goal is to fund as many things as possible so we can have great events on campus, and we can have clubs and organizations go to conferences to learn," said Mica. "We try to make the student experience great, and that is one way that we do it."

As appealing as the new policy sounds, Bentley-Drobish said that there are downsides. Another one of the important changes to the policy is that clubs and organizations are now only allowed to apply for funding for a major conference once every other year, rather than once a year.

The other perspective Bentley-Drobish offered was that

having a faculty advisor on a student trip makes the experience undoubtedly richer.

"Missing all of those things that happen around the dinner table, when you're exploring an academic conference with a faculty member," Bentley-Drobish said, "is the hardest loss."

She said she consequently hopes that advisors will still choose to attend student trips, regardless of the new policy. Several Southern students agree that it is indeed best to have a faculty advisor.

Freshman Kevin Vazquez said, "Students are still young; they need someone to lead them."

He said the policy exception for travel involving an increased risk is important, but he said that students traveling alone are a risk to themselves.

For that same reason, sophomore Ryan Reed asked, "Why would you not fund these advisors to go and protect the students, and make sure one student doesn't do something to jeopardize the trip?"

Maggie Yeh, a freshman pre-nursing major, said, "If there's no faculty present, students can easily stray away from the objective of the trip."

Majors expo

CONTINUED FROM PAGE 1

"I know tiers are very strict, but I just feel like accounting isn't for me," said Topalis. "I went into it thinking, 'I can get the most money out of this. There are always jobs in business.' But I know it's not for me."

Topalis said she thought it was good that they had the event during the semester and not before it. She said for students who do not know what they want to do and are looking around, they have the opportunity to find out.

Hayley Adams, a freshman interdisciplinary studies major with concentrations in physics, mathematics and forensic science, said she came mainly because her inquiry class required it. She also wanted to decide if there were other concentrations she would be more interested in having than the ones she picked.

"All three of mine are kind of related," said Adams. "The point of the program is so you're well-rounded in different topics but I'm probably going to end up sticking with what I've got."

Adams said she talked to the physics department for a while and got a lot of information. She said she did wish forensic science was at the expo but didn't notice it there.

Patrick Korwek, a freshman computer science major, said he came to the expo to check out the music department. He said he had been playing the trumpet since he was in fourth grade and was thinking about switching back to his passion. Korwek said he liked the majors expo and hoped Southern held more events like it.

"It's very interactive," said Korwek. "I get to see what the future's all about."



Students gathered in majors expo, hosted in the Adanti Student Center Ballroom.

PHOTO | JOSH LABELLA

Newly approved state budget can impact CSCU system

By Josh LaBella

President Julie Gagliardi is worried about how the state budget will affect Southern and she wants students to take part in making their voice heard.

Gagliardi said the Connecticut General Assembly approved a budget a few weeks ago that cut millions of dollars from the Connecticut State University system, which Gov. Malloy then vetoed. She said various budgets have been proposed and that it is very possible that the CSCU system will still see cuts in the millions when a budget is decided.

"This will affect Southern students greatly, particularly in terms of tuition increases," said Gagliardi. "Students will potentially feel these effects in a number of ways, from larger class sizes to less scholarship dollars."

Gagliardi said she sent out the email because she was concerned that students may not be informed about what is happening in the Connecticut General Assembly. She said she thinks one of their roles as student government is to help students stay up to date on issues that will affect them, and that the state budget is definitely going to have an effect on everyone.

"I also wanted to motivate students to reach out to their legislators so they have a voice in Hartford," said Gagliardi. "Our students are voters, and it is important that they share their opinions with legislators so legislators can make educated decisions on what to do for our state. The more students we have reaching out to legislators, speaking out against these cuts, the better."

Gagliardi said there are several things students can do to help the cause. She said they could contact their legislator via email, phone call or written letter. Gagliardi said these are effective for several reasons.

"Legislators really love to hear personal stories from students," said Gagliardi. "It is also important to mention that they are voters in their districts, and say that how legislators act on this issue will affect their votes. Every voice counts. SGA is continuing to speak up on behalf of our students, but we would love to see more students involved in the process."



Julie Gagliardi, president of the Student Government Association.

PHOTO | URFA KADEER

According to Gagliardi, the student government is watching the budget closely and will respond appropriately when a new one is released.

"The governor is currently working with both parties to construct a new budget," said Gagliardi. "When that budget is released, SGA will review it and then work with students to make sure they understand the ramifications. We will come up with an action plan at that time."

Sila Sharma, a freshman biology major, said she has been following the budget closely. She read Gagliardi's email and said the budget situation makes her very nervous.

"I come to school because I get everything paid for through loans," said Sharma. "If they

cut the budget, I may have to drop out of school and that could ruin my whole future."

Sharma said she would be willing to do more to make sure her and others voices are heard.

"It's going to affect a lot of lives," said Sharma. "We have to do something about it."

Max DeMazza, a freshman undecided major, said he has been loosely following the budget situation but is worried about how it could affect his education. He said he did not read the email from Gagliardi but everyone should be concerned about the budget.

"If tuition goes up, nobody will be happy," said DeMazza. "If programs get cut, nobody is going to be happy."

DeMazza said he has always been more

than willing to get involved in forms of civic action. He said when he was younger he went with his dad to several Occupy Wall Street marches. He said he thinks there would be mixed participation from Southern students.

"I think a good amount of people would do that," said DeMazza. "At the same time, there are a lot of people here who would definitely not do that. They just don't care or don't think it's important. I never really know why that is. I've always been someone who knew how important taking part in your civic duties is."

Participate in our Halloween Writing Contest

Presented by the Southern News

Submit your most chilling, spine-tingling Halloween horror stories to the Southern News and three winners will be featured in the October 25 issue.

Stories must be 500 to 600 words.

Must not include profanities or obscenities.

Must be submitted to SCSU.Southern.News@gmail.com before October 21.

Be sure to include your name, year, major, and best form of contact within the email submission.

Good luck and happy haunting, Owls!

Get ahead and learn how to write a resume



PHOTO COURTESY | FLAZINGO PHOTOS

By Melissa Nunez

Six seconds: that is how long it takes for a recruiter to decide whether to pursue an applicant, according to a 2012 study by the Ladder titled, “Keeping an eye on recruiter behavior.”

While every resume is distinctive depending on a job-seeker’s education, background and qualifications, certain universal resume tips could help an applicant’s skills jump off the page said Associate Director of Academic and Career Advising, Aimee O’Shea.

One tip is to make sure a resume is unique, as to give the applicant an edge by presenting a resume that separates itself from the rest, said O’Shea.

“Uniqueness, meaning make yourself stand out. If everybody is submitting a very similar resume for an HR position or whatever position, the other kinds are a dime a dozen,” said O’Shea. “We want to showcase something that makes you stand out—‘wow, I really want to read more about this person,’ or, ‘I really want to bring this person in.’”

In the six second period recruiters spend scanning a resume, 80 percent of that time is used to review a potential applicant’s name, their current job title and company, their previous job title and company, as well as the start and end dates for their previous position, as per the 2012 Ladder study.

O’Shea said cleverly constructing a resume also helps control the conversation during interviews, advising applicants to avoid listing any previous professional experience that is sure to make them uneasy during an interview.

“Make sure you really tailor [your resume] to stuff you want to talk about. For example, do not put anything on there that makes you uncomfortable,” said O’Shea. “You wouldn’t put anything on there that you are iffy about [or] you can’t get a reference from, things along those lines and I think students are sometimes unaware of that. They just put all of their jobs and they don’t realize they don’t need to do all of that.”

O’Shea said once a student creates their ideal resume, they should guarantee they are the “complete package”

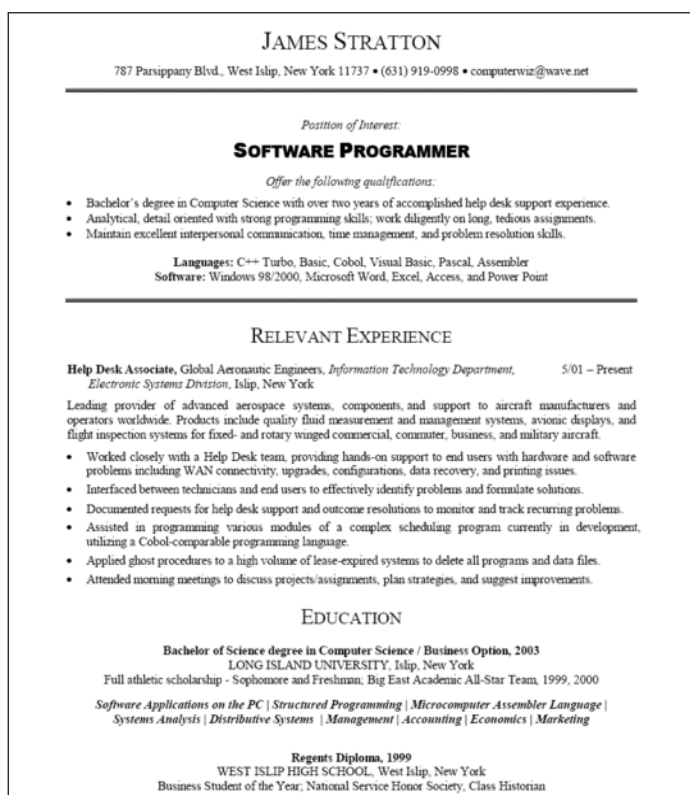


PHOTO COURTESY | HASHIMONDELTA

A sample resume.

by making sure their social presence, whether it is Facebook, Twitter or Instagram, reflects their professional goals.

When crafting a resume, O’Shea said students should also highlight the “NACE eight,” or the core competencies employers associate with “career-readiness” when hiring college graduates, according to a survey from the National Association of Colleges and Employers titled, “Employers rate competencies, students’ career readiness.”

The eight core competencies include critical thinking and problem solving skills, professionalism and work

ethic, oral and written communication skills, teamwork and collaboration skills, leadership skills, digital technology fluency, career management skills and global and intercultural fluency, according to the NACE survey.

O’Shea went on to say a resume is never completely finished; rather, it is an ever-evolving document. Students should check their resume twice a semester, once in the beginning and at the end, to ensure everything is accurate and up-to-date. She said a resume is also something to “create right away.”

“If you’re a freshman coming into the office and making your collegiate resume, it is a really good step one in career development,” said O’Shea, “because then you see yourself on paper and then you say, ‘yikes, I need to do something,’ or, ‘okay, I’m on my way here.’”

O’Shea added while many Southern students work, they often do not realize the transferable skills they can accentuate on their resume—for example, if a student worked as a cashier, rather than listing their basic duties and responsibilities, they could emphasize how they worked on a team, or how they developed their problem solving and conflict management skills. Adding different sections to a resume could also help set it apart from others, said O’Shea, sections detailing the applicant’s travel experience, research background, or certifications—depending on the applicant’s desired career, these sections could help bolster their skills.

If students are not sure as to where to begin with their resume, O’Shea said a solid starting point would be to identify their greatest strengths, then to list specific examples to solidify those skills.

“Sometimes the struggle is students say, ‘I’m a really good listener,’ but they have a hard time really proving that,” said O’Shea. “So, we as people who are going to be job searching and going to be putting forward this resume, have to have examples. We just can’t state it.”

O’Shea added students should also avoid starting off with a template or framing their resume off of another. She said while templates can be used as a guide, every resume is different based on the applicant’s desired field as well as their professional development and skills, and therefore should be constructed as such.

Unsung Hero: Resident dining manager Edward Florczak

By Jenna Stepleman

Edward Florczak, the resident dining manager, has been working side by side with the chefs and other management and loving every minute of it.

Florczak said he was apprehensive about the interview, saying he really did not feel like an “unsung hero” at SCSU. “I didn’t think I would ever come into any kind of recognition for my job so it feels so foreign to me,” Florczak said.

Florczak said he started his career at Southern at the Student Center as a retail director, and that was where he got his position at Conn Hall as a manager.

“I think that my job really means to make sure all the wheels are turning and everything is up and running,” Florczak said. “I work hand and hand with the chef to make sure we are open on time and have all the staff/menus correct.”

Work hours are generally 12-hour days for management, from 8 a.m. to the beginning of closing at 8 p.m. The job requires Florczak to be on his feet and attentive to the staff’s needs as well as the students’.

“If a person [in this business] didn’t love their job they would have left a long time ago. That’s how you know I sincerely love what I do,” Florczak said.

Florczak has been working in the hospitality business for over 25 years, and he said he “always like[s] to keep a smile on [his] face, because I’m so fortunate to have this

job.”

Florczak said he was born and raised in Bridgeport and attended both public and Catholic school before attending New York Institute for Culinary Arts. This was another topic that he said he felt was bragging to mention, and that he now finds his enjoyment in the management aspects of the dining industry even though for a time he worked in restaurants and worked his way up.

Florczak said he has worked in corporate positions as well, and notably worked at Bridgewater, a company owned by Raymond Dalio who is an American investor and hedge fund manager. Dalio is the founder of investment firm Bridgewater Associates, one of the world’s largest hedge funds. There is a location in Norwalk where he worked in the foodservice industry.

“It was an amazing opportunity to work for someone like that, it felt truly life changing,” said Florczak.

He feels his job is student oriented, having important role in their everyday lives.

“The dining halls provide much needed down time for the students, so I always strive to make sure the place is clean, the food is hot and it makes me feel like in a way I am a part of that enjoyment,” Florczak said.

Mentorship is what really drove Florczak passion for this business as well. He feels it is generally a thankless job that people look down on when truly that should not be the case.

“I owe a lot to people who mentored me and took an interest in me,” Florczak said. “So whenever I get the chance to pass it on and repay the favor, I try to.”



PHOTO | JENNA STEPLEMAN

Edward Florczak, the resident dining manager.

Room to improve with campus dining

By August Pelliccio

There are many establishments on campus at which students can purchase food. Several students agree that while the accessibility of food is just fine, the quality is lacking.

Senior public health major Desiree Rondeau said Freshen's in the Adanti Student Center food court is one of the only dining establishments on campus that she will spend her money at.

"It's one of the only good places to eat," Rondeau said. "They actually make good salads, most of the time."

Rondeau said she frequents Freshen's because it is just about the healthiest choice on campus. She said, "Compared to the rest of the food here, it's probably fresher."

Chicken Grill and Connecticut Hall are Rondeau's other food choices, although far less frequently. She said she eats at Connecticut Hall only because of her 25 block meal plan.

The one positive thing Rondeau said about Southern's dining choices was, "food is always readily accessible."

Junior Communications student Daniel Hotham said that most of the time, if he eats on campus, he will just get french fries from Chicken Grill.

"I won't eat anything else there," Hotham said. "Honestly, it's just not cooked properly."

Hotham said that during his freshman year, he gave most of the food on campus a chance, but it didn't work out very well. Just once, he said,

he tried Chicken Grill's hamburger, and he hated it. He said the very next day he tried their chicken, and it just did not taste right.

Hotham also said that he will go to Connecticut hall once in a while, but like Chicken Grill, he will only eat their French fries.

Hotham said he does not even trust the food from the Owl Perch's Starbucks, ever since he ate a slice of lemon cake that he said was ruined by the presence of raw eggshell.

"The only thing I think is decent as a whole is the Dunkin' Donuts," Hotham said.

About the food available on campus, Damaris Garcia, sophomore communications student, said she has an issue with the options.

"The food isn't that bad," said Garcia, "but it doesn't seem that healthy for you."

Garcia, like Rondeau, said that there is always something accessible. For example, Garcia said she will often stop at Dunkin Donuts on her way to class in the morning for breakfast, and she often eats at Freshen's for lunch.

"They're missing the cultural part of the food," said Garcia, "so everything tastes the same; it tastes plain."

Garcia said that because of this, she gets bored of even the food she enjoys on campus. She said she never eats at Connecticut Hall, because she often hears that it is just bad.

John Lliguichuzhca, a junior exercise science major, said that the food on campus is generally pretty unhealthy, save for Freshen's.

"I really do enjoy how they have all



PHOTO | AUGUST PELLICCIO

A wrap from Mondo Subs in the Adanti Student Center paired with an Honest Tea.

the nutrients labeled," said Lliguichuzhca.

Lliguichuzhca said that those who model their food intake after a healthy diet need to know what they are putting in their body, and the food available at Freshen's is a step in the right direction compared to other dining on campus.

There is no other place on campus, in fact, that Lliguichuzhca said he

would eat. If there is a long line, he said he would wait, rather than go to another vendor in the food court.

In general, however, Lliguichuzhca said, "the food here isn't even good. I would prefer saving my money and going out to eat, rather than eating at the student center."

Students weigh in on professors' office hours



PHOTO COURTESY | KEN HAWKINS

By Jenna Stepleman

Kaylee Carasone, a sophomore communications major, has only used her professors' office hours a few times and over her two years here at SCSU, she has not ever heard of a professor who has just "not shown up without an email."

"I've only gone a few times, but the times I've gone I have never had a professor not be there," Carasone said.

Alexander Woznicki, a senior communications disorder major, also stated that his professors are good at keeping their office hours.

"Generally, I've never had a professor who is known to not be around during his office hours. I use them occasionally so I can't speak for always, but I've never had a problem," Woznicki said.

Other students have had worse experiences with office hours and professors who act as advisors.

Kathryn Mica, a senior art education major, has had a bad experience with her former advisor keeping office hours and regularly being late or just plainly not showing up.

"My advisor used to be late every time I would have an appointment in his office hours. Once he even got mad at me for being five [minutes] early and made me wait outside, even though he is always late and his office is open," Mica said.

Office hours vary by professor, but the students who utilize these hours often use them for extra help,

midterm or final questions and grade check ins. That in turn makes them vital to a student's success in university.

"When I use office hours, I expect a more personalized help and I haven't ever had a professor turn me away, which is a nice feeling," Carasone said.

Generally, it is accepted that things come up and a professor will email students if there is a scheduling conflict or illness keeping them from filling their normal office hours.

Alessandra Fiallos, who has a master's degree in biology from Southern, reflected on her time as an undergrad at Southern and how seriously the professors normally treated their office hours.

She is currently taking classes here again.

"When I was an undergrad here, the professors normally kept to their office hours, I personally at least didn't have an issue, or I at least heard from them if they canceled," Fiallos said.

Ben Croll, a sophomore political science major, said that he thought the political science professors are specifically careful to be diligent about keeping to office hours.

"I don't often use office hours that often, but I never get emails that they're not going to be there, and the people I know who do often rely on it have always been accommodated," said Croll. "They seem to put extra attention into it, and I appreciate that effort."

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Good luck and happy haunting, Owls!

Diet Cig revolutionizes the modern rock scene



PHOTO | ABIGAIL O'KEEFE

Diet Cig performing at The Outer Space on Sept. 7.

By Abigail O'Keefe

Fresh off of a feature in *The New York Times*, Diet Cig kicked off their fall tour at The Outer Space on Sept. 7. Alex Luciano, the two-piece band's frontwoman, was part of an interactive discussion on how women are shaping the state of modern rock. Seeing Luciano perform and speaking with her afterward, it became clear that Diet Cig is a band that belongs at the center of this conversation.

Diet Cig is fronted by Luciano on guitar and vocals and rounded out by Noah Bowman on drums. Luciano's energetic performances and relatable pop punk lyrics won over indie critics and fans alike.

Ratboys, a Chicago country punk band, opened the show. Their set was on the short side, but incredibly charming. Frontwoman Julia Steiner told anecdotes about playing "Mario Kart" between songs. One of the most interesting aspects of Ratboys' sound is the addition of a trumpet. The brief bouts

of brass added dimension to an otherwise traditional stage setup.

By the time Diet Cig was set to start, the crowd's excitement was palpable. Backstage, Luciano and Bowman prepared for their set by stretching and doing jumping jacks together. Luciano hummed scales and buzzed her lips to warm up her voice. Once onstage, she picked up her sticker-covered guitar and Bowman took his place behind a drum kit adorned with a pink rubber duck. Before starting, Luciano reminded the audience that Diet Cig shows are safe and inclusive spaces.

They fittingly opened the show with "Sixteen," the first song Luciano ever wrote. After a subdued start, the song explodes with the band's trademark energy. They followed with many of their hits, even making a Yale joke before playing "Harvard."

One of the highlights of the show came when Diet Cig played the lead single from "Swear I'm Good at This," "Tummy Ache." Luciano dedicated the song to all the women, members of the LGBT community, and people of color in the audience.

The song's chorus of "it's hard to be punk while wearing a skirt," serves as a rallying cry for the outliers in the underground music scene. Luciano danced across the stage, even jumping off Bowman's drum kit during the song's final chorus.

After closing the show with crowd favorite "Barf Day," Luciano and Bowman chatted with fans and posed for pictures. Although Luciano poked fun at herself for being sweaty, she was still just as exuberant as she had been on stage. When asked about *The New York Times* piece, she got even giddier.

"It was so cool to work with so many friends and heroines," said Luciano.

Diet Cig has a lot to say in their songs and on stage, but they never take themselves too seriously. Though their voice is an essential one in the discourse of modern rock, they are just trying to have a good time. Their live show proved that it is possible to marry politics and punk.

'Blade Runner 2049' does not disappoint



PHOTO COURTESY | JUNAI DRAO

"Blade Runner 2049" promotional poster.

By Jenna Steplemen

"Blade Runner 2049" is an existential film down to its core. The movie focuses on human ideologies and what it would mean to challenge these very core ideas.

Sometimes, to know is to regret. The main character of "Blade Runner 2049," played by Ryan Gosling, would be the first to tell you that. He is simply referred to by his badge number's first letter, "K," because that is all society sees him as.

Gosling, among the other all-star cast members such as Harrison Ford and Robin Wright, only begin to really emphasize why this movie lives up to and surpasses the hype of the oversaturated sci-fi genre.

Set in a pessimistic vision of the year 2049, "Blade Runner 2049" could have easily run into the sci-fi genre's clichés. However, the technological advancements displayed in the film were mostly original and well-utilized. Each item had a true purpose in the movie and did not exist solely for the "wow" factor.

The most impressive aspect of this movie is the cinematography, which really carries the entire vibe for the film. The use of colors and space is so aesthetically pleasing that it

singularly makes the film worth the price of admission.

Luckily, you do not have to see the movie for the cinematography alone. The plot – which, arguably, occasionally drags – really captures true emotion. The plight of the main character is a highly emotional and internal battle. That is not always easy to convey on camera or through outward acting. Combined, Gosling's acting and the cinematography could win the film an Oscar.

This is not as similar to the traditional "Blade Runner" as some would hope. It strikes a darker note, but is still on the same wavelength. "Blade Runner 2049," while rife with existential drama, does not lack action. There are indeed moments of nail biting tension for the people hoping to see some of the classic influences in the movie.

As the plot progresses, our main character comes to find he may not be as sure of his world as he thinks he is. This leads him down a road he wishes he did not have to be on, but at the same time it validates who he always wished he was. We all could relate to that in a way and it is interesting to watch it all play out on screen.

We all want to be special and K is no different; but the real question is should we



PHOTO COURTESY | GAGE SKIDMORE

Ryan Gosling and Harrison Ford at Comic Con in San Diego, California.

all want to be different? If we are not actually different does that change our feeling of being unique?

I cannot answer these questions while keeping this review free of spoilers, but the movie makes an earnest and true attempt to answer them.

Locking in at a total run time of two hours and 43 minutes, "Blade Runner 2049" certainly takes its time building the world around K and his companions. To some, the movie may

feel a bit too atmospheric, but the buildup certainly has a payoff that is worth the wait.

So, cheers to one of the very few classic 80s movie sequels to both top the original and keep the original actors involved. Even with the rose-colored glasses we view classics like the original "Blade Runner" with, this movie is a melancholic ride and you may leave the theater more uncertain of what is right and wrong than ever before.

Students bundle up with sweater weather songs



Weezer performing at Foxwoods MGM Grand Theater in 2014.

PHOTO COURTESY | CLAUDIA HEIDELBERGER

By August Pelliccio

Some songs certainly bring people into a specific state of mind, and two in particular have Southern students thinking about those first chilly days of autumn: Weezer's "Undone – The Sweater Song" and The Neighbourhood's "Sweater Weather."

The first of these songs was released on Weezer's 1994 album, "Weezer (The Blue Album)." The song was written by the band's lead guitarist and singer, Rivers Cuomo.

In an interview for the Oct. 9, 2009 edition of Billboard Magazine, in reference to "The Sweater Song," Cuomo said, "It's been the

case since our first album that people thought we were just being sarcastic and ironic."

The light hearted perception of the song persisted over the years, and according to freshman nursing student Mandy Cusumano, the song comes to mind most during the fall, even though it was not necessarily a fall-themed song.

Cuomo told Rolling Stone magazine, "When I wrote 'The Sweater Song,' to me it was a very sad song about depression, and people heard it on the radio and thought it was hysterical."

The more controversial aspect is what Cuomo revealed for the Aug. 27, 2009 edition of Rolling Stone magazine.

He said the song was "almost a complete rip off"

Cuomo went on to explain that it was not until years later that he realized the main riff was almost an exact copy of that in Metallica's 1986 song, "Welcome Home (Sanitarium)."

Whether that riff is original or not, Cusumano and freshman Kevin Vazquez both said that the song is instantly recognizable as Weezer.

According to Billboard charts, the other of these sweater-based songs was more popular, though not as controversial. "Sweater Weather" by The Neighbourhood peaked at No. 12 on the Billboard chart on Dec. 21, 2013.

This song is also not known for

its original purpose, according to Cusumano. She said, "I don't think 'Sweater Weather' is about fall, but it reminds me of fall when I hear it."

Caroline Adams, a freshman early childhood education student, said that out of the two songs, "Sweater Weather" is the one she prefers.

"I used to listen to it a lot a couple of years ago," Adams said. "It's a good throwback."

Adams said that she does not regularly listen to music by The Neighbourhood, nor does she listen to Weezer. However, having heard the songs on the radio, Adams said "'Sweater Weather' is just more my type of music."

Cusumano is also familiar with

both songs, but is still more fond of Weezer's. She said that because her father listens to Weezer, she has been familiar with their sound for quite a while.

Comparing the two tracks, Cusumano said, "I know the Weezer one better, and I knew it before I knew the other song, so I like it better."

"Sweater Weather" and "Undone – The Sweater Song" are separated by almost two decades in time. While neither were truly intended to be a fall anthem, they both have remained popular and recognizable years later.

'Heaven Upside Down' album misses the mark



Marilyn Manson performing in Kansas City in 2012.

PHOTO COURTESY | SAUL TORRES

By Gregory Gagliardi

Recently, Marilyn Manson nearly died. He was performing when a stage prop fell on him. The singer was badly injured and cancelled nine tour dates. This would be terrible news for many artists, but not Manson. Manson is fueled by shock; he lives for the unknown. His 10th studio album, "Heaven Upside Down," reaffirms Manson's place amongst the greatest rock stars of the 90s.

There was a time in the 90s and early 2000s when Marilyn Manson was one of the scariest and most vile humans alive. Manson made daily press for controversial acts. These acts, combined with music, propelled him into a world of fame.

Fast forward a decade and nothing has changed. "Heaven Upside Down" is not perfect, but it is Manson's best work, save for his prime years. This LP, however, is his best to date. Manson found his old formula. He recruited former band member Twiggy Ramirez and delivered a stellar 10 song album.

"Heaven Upside Down," originally titled "Say 10," is 47 minutes in length; a perfect amount for an older rocker. The album is groovy and features themes of mortality, hell and the devil, personified by Manson himself.

Manson made it a crucial point to include political and social commentary. Manson did not vote in 2016 election. He said he would use this new album as his vote. He explained he could make more of a difference by producing art than voting.

The production on this album ranges from industrial to punk. Manson has never been boxed in by any genre. He always made a form of rock that was influenced by his idols: David Bowie, Iggy Pop and Alice Cooper. On this LP you can hear other influences. Manson has worked with hip-hop artist Gucci Mane. Manson does not rap, but alters his singing into a flow pattern mostly found in hip-hop. Manson has also been linked with two other artists – rapper Lil Uzi Vert calls Manson his biggest inspiration and Justin Bieber wants to collaborate with him.

"Heaven Upside Down" sounds refreshing. "Blood Honey" is a slow progressive track reminiscent of the 90s. "Say 10" and "We Know Where You Live" could fit on a vintage Manson album.

The album is good, but not great. Something is missing that I cannot place. The issue may not be this album. His past two albums were decent, at best. This album is an improvement, but it needs more. Compare anything on this album to "The Dope Show" and the winner is clear.

It is going to take time to truly understand this album. I am not speaking for the themes and lyrics; those are digestible. It is the production and singing that need time. Manson sounds good, but I wonder if he is sounding good at the expense of two poor albums. Like I said, Manson did not do anything new for "Heaven Upside Down." The themes are the same. They are executed well, some better than others. For a man who is 48-years-old and nearly died this past weekend, Manson gave us all he could. For that, I am forever grateful.

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Student empowers through her paintings

By Jenna Stepleman

Shaana Campbell, an interdisciplinary studies major focusing in biology and art, has a unique perspective on her artwork. She has loved drawing since she was little and in high school gained a passion for biology as well.

When Campbell started at Southern, she was unsure of what she wanted to do. She was not able to choose one road and so she decided to start off by simply taking classes that interested her seeing what worked for her.

"I started off drawing, actually, but I wanted to be able to really use color and instead of going right into color drawings I decided to start small with painting," Campbell said. "I ended up actually really enjoying it and having a knack for it."

After choosing to major in biology, Campbell realized she wanted to take her hobby to another level as the biology side was not "everything she wanted."

"I took an elective drawing class with professor Brownell that year and she suggested that I go further with it," Campbell said. "Her recognizing I had talent was enough for me to look into other majors."

She then transferred from a single biology major to an IDS dual concentration major of painting and biology.

"Despite what people may assume, I'm mostly into drawing portraits due to my drawing background; not animals or anything related to biology," Campbell said.

Campbell's interest in drawing started at a very young age.

"I was home sick one day in third grade and I was watching Nickelodeon and was bored enough to try out drawing the little characters they walk you through drawing with the animators, and afterwards I just had this feeling I wanted to improve more," Campbell said.

An artist's style makes them who they are, and Campbell said she was still learning herself and her style. However, she still prefers portraiture.

"The current series I'm working on is black women empowerment, so for this painting I'm currently working on I have a dark skin Wonder Woman," Campbell said.

"The story I was going for in this piece is, basically, she caught the bad guy and the cops were too late, so when the cop came over to search the man [she] tied up [and] left behind, she's running away looking back while they wonder who did this."

Picking a career with such radically different concentrations is going to be a challenge, but Campbell said she would take it as it comes and has some ideas for now.

"I'm not sure exactly what I want to do with my major. I was thinking about using both together as an art therapy career, but I also was unsure if I should go to medical school and do painting by commission and galleries," Campbell said.

As she ends her career at Southern, Campbell hopes to have her work displayed in more places around New Haven.

"I've had my artwork displayed in the Earl Hall Gallery a few times but nowhere more major yet," she said.



Shaana Campbell sitting in front of her work.

PHOTO CREDIT | JENNA STEPLEMAN

Rappers battle it out for who has the better hook



Quavo from Migos.

PHOTO COURTESY | CHARITO YAP

By August Pelliccio

Travis Scott and Quavo of Migos are two very popular artists in the rap genre today. Each has a signature style, both of which are favored by certain students.

"I feel like you can't really compare them," said freshman Anondi Guest. "It's two different sounds."

Guest said that she hears both of the artists on the radio, but she does prefer Quavo's style to that of Travis Scott's.

"I like how his sound is unique to him," said Guest. "If you hear it, you'll know it's him." For that reason, she said that he is the superior chorus singer.

To the contrary, Diondre Ray, a freshman sports management major, said that Quavo's group, Migos "isn't as good as everyone says they are."

Ray said that the style of rap they most commonly use, "mumble rap," is not appealing to him in general.

Mumble rap is a term that was coined by Wiz Khalifa in June of 2016 in an interview with Ebro in the "Morning on Hot 97," in reference to the nearly unintelligible mumbled lyrics of the topical rap music of that year.

"For you to actually use words that are meaningful, and are actually impactful to other people's lives, that's a whole different story from just uttering words," said Ray, which is why he prefers Travis Scott's music.

According to Ray, Quavo uses meaningful words very infrequently in the Migos music that he has heard. It is for this reason that Travis Scott is his overall favorite between the two, but he said that both artists are relatively competent in composing and singing an effective chorus.

Another student, Damon Taylor, has another opinion about the two different musical artists. He said that he will listen to both on certain occasions, but he prefers the chorus style of Quavo.

"Quavo all the way," Taylor said.

It ultimately comes down to what initially influenced the music, according to Taylor. He said that his perception of Travis Scott is that his music was inspired by drug use, and popular among an audience of drug users. Taylor said that Quavo has more innocent roots.

"Quavo is from a very culturally centered part of Atlanta, and music from down there is always very rhythmic," Taylor said.

That rhythmic nature is ultimately what Taylor likes about Quavo's music. He said, "His type of music, the way that he records, has a really good beat and bounce to it."

The difference this makes is that Taylor said he would listen to Travis Scott's music in a relaxing setting, or during rides in the car. Quavo's music, Taylor said, is more at home in a social setting.

"Quavo is more of a party rapper, and that's why he's so popular," said Taylor. "He has a better hook."



Women swimmers diving into the water on Saturday during their meet against Iona College.

PHOTO | PALMER PIANA

Lockett Jr. preparing to take on leadership role



PHOTO | SOUTHERNCTOWLS.COM

Lockett Jr. was the second leading scorer on the team behind Michael Mallory in 2017.

By Michael Riccio

As one of the only two seniors for the Owls' basketball team this season, Jerry Lockett Jr. said he is ready to take over as a leader of the team.

"I definitely think being vocal is something that I have equipped myself with being a leader this year," Lockett Jr. said. "Being vocal, holding players accountable in practice, encouraging them, the guys have taken it positively."

Lockett Jr. said Michael Mallory and Austin Carter, last seasons captains, taught him how to be vocal and how to hold each other accountable.

"I saw how they transcended the game here and how much wins they brought here and the leadership they had here," Lockett Jr. said.

The Owls lost six seniors from last season, most notably Mallory, the programs all time leader in points scored. Lockett, Jr. not only wants to be a leader on the court, he said he has been working on his mid-range jump shot and wants to improve on shooting three point shots and rebounding.

Last season, his first at Southern, Lockett Jr. averaged 15 points and 7 rebounds per game and made over 50 percent of his shots while being honored with a Third-Team All-NE10 Conference selection.

Lockett Jr. says the transition from school to school has been the biggest obstacle in his basketball career, but credits the coaching staff at Southern for helping make the transition easier and leading to a

SEE SWIMMING PAGE 11

SEE LOCKETT JR. PAGE 10

Swimming looks to repeat

The women's swimming team took home the Northeast-10 Championship last season and a lot of the team is returning.

By Matt Gad

The men's and women's swimming and diving programs opened their 2017-2018 campaign last Saturday falling to the visiting Iona College Gaels.

Last year the women and men took home first and second in the Northeast-10 Championship, respectively, after another strong season behind their head coach, Tim Quill.

"I'd be lying if I said the goals were different this year," Quill said. "They really are the same; our men have won 12 out of 14 conference championships, so it's kind of hard to not be trying to plan to win our 13th title this year. We have

a better men's team than we had last year -- we graduated a few guys but it looks like we have a good group this year [true freshmen and transfer student-athletes included]."

The men are led by seniors Brandon Beaudoin, Lucas Fanucci and Tyler

"I'd be lying if I said the goals were different this year."

— Tim Quill, head coach

Vander Vos. In total there are 28 male student-athletes, 14 of which just came in as part of the freshman

class. Fanucci said he is looking forward to having fun and "enjoying all the little aspects of swimming" his senior year and expects the team to do well since they are more than double the size of last year's squad. "We had a large recruiting class because we only graduated two guys. It's nice to have some fresh faces and some fast swimmers," Fanucci said.

Those two seniors who graduated from the team, who were able to leave as conference runner-ups, were Raymond Snyder and Dylan Swanepoel, two former Owls who picked up a vast amount of accolades.

On the women's side, Quill said they were also able to pick up some strong

freshmen and he expects them to be "as good as last year" but leaves the open-ended question of if they will be better than their conference championship season.

Said Quill: "We really didn't (graduate a lot on the women's side). A couple key contributors but every year we're looking to replenish and fill some shoes so there's some decent women in there but only time will tell; it's early in the year."

In addition to Quill, both the men and women are coached by assistant C.J. Moran and diving coach Stephen Etienne.

Sydney Fromkin said she and her fellow seniors are looking forward to keeping the team feeling cohesive.



Greisenauer was named a semifinalist for the Campbell Trophy.

PHOTO | SOUTHERNCTOWLS.COM

Greisenauer goes after Campbell Trophy

By Kevin Crompton

Southern football senior tight end Ryne Greisenauer was named a semifinalist for the 2017 Campbell Trophy by the National Football Foundation on Sept. 27.

The Campbell Trophy is an award, along with a postgraduate scholarship of \$25,000, given to the NCAA football player who demonstrates the best combination of academics and on field performance throughout the season. Many consider this award to be the academic equivalent of the more popularly known Heisman trophy.

While the Heisman trophy is in theory up for grabs by any football player in the NCAA, it has always been won by a division I athlete. The Campbell trophy, however, has been won by lower level athletes such as division III player, Brandon Roberts in 2002. In addition to the underdog Roberts who won the award over a decade ago, more recognizable names have hoisted the award as well such as Peyton Manning and Tim Tebow.

"If I win the award that would be incredible," said Greisenauer. "I know it's a large field that spans over

the entire country and all of college football. It means a lot [being nominated] seeing that my hard work off the field is just as important as on the field. It would really help me jump start myself into higher education which is what I'm looking to do after my career is done."

In 2016 Greisenauer was a CoSIDA Academic All-District honoree, an award not restricted to just football as all college student athletes who have stand out performances athletically and academically are considered. That same year as a junior on the football team, Greisenauer played in ten games for the Owls.

SEE GREISENAUER PAGE 11

Luckett Jr.

CONTINUED FROM PAGE 9

successful season last year.

"Freshman year I went to a junior college in Texas, then I transferred to a school in Wyoming," Luckett Jr. said. "It was a big transition for me, transitions of style of play and coaches, so that was a big obstacle for me."

Expectations are high for the Owls this season. After five consecutive 15 win seasons and four consecutive NCAA Tournament appearances for the first time in program history, and former NBA player Scott Burrell at the helm, Luckett Jr. said he expects to win the NE-10 conference this season.

"We want to make it to the tournament, make a great run and try to get past what we did last year," Luckett Jr. said. "I think we have a chance to be something great this year for sure."

He said his favorite memory as a basketball player came as a senior at Brown Deer High School in Wisconsin when his team won a state championship. He said it was a goal of his ever since he started high school because the school had never won a state championship.

Basketball did not always come easy for Luckett Jr. though. In 7th grade, he did not make the team, but said he uses that as motivation now. He said his grandfather



PHOTO | SOUTHERNCTOWLS.COM

Luckett Jr. finishing at the rim against UCONN.

had the biggest impact on his basketball career because he has been a mentor to him.

"He's been a motivational speaker to me," Luckett Jr. said. "He gives me wisdom

when I need it, he picks me up every time."

Luckett Jr. said basketball has impacted his life "tremendously" and wants to play as long as he can. Other

Southern basketball stars have recently gone on to play overseas.

"When I'm bored at home I go outside and play basketball. Whenever things would

happen that didn't go right I would just always use basketball to clear my mind," Luckett, Jr. said. "I just fell in love with the game."

Volleyball has winning streak snapped against Bentley



PHOTO | SOUTHERNCTOWLS.COM

Anna Venard during the Owls' loss to Bentley.

By Matt Gad

Searching for their 14th win of the season, the Owls took on Bentley College at Pelz Gymnasium and fell three sets to one.

"I think that for our game we really just came out flat," senior Alexandria Jurgens said. "This was a really big opportunity for us to get this win and beat a team that is ranked above us in the NE-10. We just missed our opportunity."

Anna Venard, a sophomore, led the team with 26 digs and juniors Leanna Jadus and Alyssa Gage, and sophomore Gabriela Vazquez, led the team in kills with 15, 12 and

11, respectively.

"We knew coming into the match tonight that Southern was on a roll after having beaten New York Tech in five earlier in the week. We knew they had a lot of confidence," Bentley head coach Joey Pacis said. "We figured if we could just compete, going toe-to-toe, we'd hope they'd make an error and open up the door for us, which they did, in that first set. It was toe-to-toe up until like 12."

Up until this win the Owls had a four game winning streak going for them, stemming from defeating Concordia College 3-1 on Sept. 28 and continuing with wins against the New York

Institute of Technology and Wilmington University at home Sept. 30 and against Assumption College, up in Worcester, Massachusetts, Oct. 3.

"From this we really need to build and go back to practice and make sure we execute our game-plan," Jurgens said. "I think this is definitely a test. We could've passed and beaten this team and moved up our ranking but for us I think we just need to go back and really beat the things we need to, and hopefully from here on out we can just step it up as a whole team."

Southern is now 13-5 and 3-3 in the conference but they have

led the way at home on an 8-2 mark. Away from Pelz they have also competed hard, impressing at a 4-1 clip.

Bentley is now also 13-5 and 5-1 in NE-10 play. After this win they have games with Assumption, the University of New Haven, the University of Bridgeport and American International College. They will conclude their regular-season Nov. 11 with a home contest against the Adelphi Panthers.

Said Pacis: "We've had an easier start to the conference versus Southern so this one is good for us because it is a good confidence builder; first because

it is Southern and they are doing so well and, second, because it is a good road win. We are just at about the halfway point of conference play for both teams; there's still a lot of volleyball left and in our conference this year if you do not show up it does not matter who you are playing. You can play a team with no wins and they are going to play you tough."

Ahead for head coach Lisa Barbaro's Southern squad they played The College of Saint Rose last night and will head to Rutherford, New Jersey Saturday for Chestnut Hill and Felician College.

You just never know

By Matt Gad

Shams Charania, the man who is always tweeting NBA signings and news at the tip of a hat, is 23. I am 21; my classmates are in their early 20s. We know when we get out there it is likely a tough hill to climb before we "make it," regardless of our beat of choice; however, Shams is starting breaking pro basketball news, and having relationships with trusted league sources, as early as his junior year at Loyola University

in Chicago.

His former Yahoo! "The Vertical" partner was Adrian Wojnarowski, 48. That is a 25-year age difference between the boss and second-in-command. But think about it from this perspective: second-in-command is 23. I will likely be just out of college and looking for my first job at that age and to think he already had gigs starting to line up for him during his junior year of college.

Remarkably enough, it is not just him. Chris Cotillo is 22 and

started breaking MLB news at 18, while he was just a young student at UNC Chapel Hill. He has been working all this time and he only graduates with a degree in journalism in May. Shoot.

Everyone has to create their own path. Are these uber-success stories? You bet. But is it really that far-fetched anymore with social media the way it is for a motivated and never-say-no college student working on a Bachelor's in journalism or communications to make strong connections and start getting

more and more access, more and more connections and more and more scoops? Not really. Yes, to get to the magnitude of Chris and Shams right out of the gate is tough, but hey, it shows you can at least get somewhere pretty quickly. Be ready. Be confident. Be professional. We are all on our way.



Matt Gad - Sports Writer

Swimming

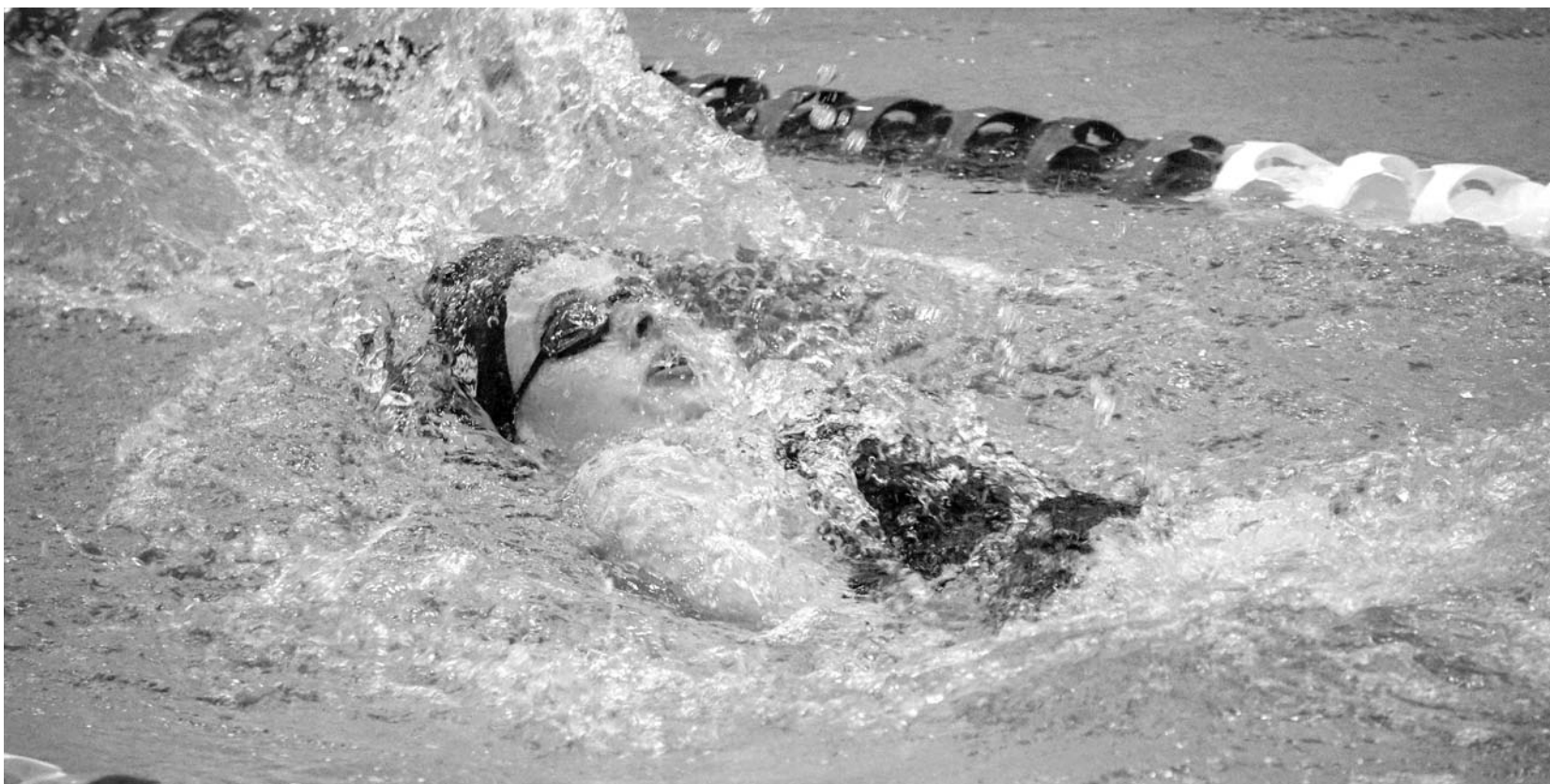
CONTINUED FROM PAGE 9

She stressed that the dynamic is going to work out really well between the returning members of the team and the new freshmen swimmers and divers.

"Starting out my freshman year we only had 13 girls compete and now we're gonna have girls exhibitioned because we have too many people to compete (with). It's super exciting to see the team build over the past four years," said Fromkin.

The women's side has welcomed seven new freshmen to their roster: Shannon Blakeslee, Arielle Eighmy, Morgan Fernald, Lindsey Fitzgerald, Bailey Shaffer, Jordan Thompson and Alina Tucker.

"Six of them are swimmers and one's a diver so that makes three divers and divers score a ton of points," Fromkin said. They really helped us last year when we only won (the championship) by 10 points."



A Southern swimmer competing against Iona on Saturday.

PHOTO | PALMER PIANA

Greisenauer

CONTINUED FROM PAGE 9



PHOTO | SOUTHERNCTOWLS.COM

Greisenauer pictured before the start of the 2016 season.

he recorded three touchdowns through his nine receptions and 127 total yards on the season.

Adding to the impressive list of achievements, Greisenauer is also a two-time selection to the Northeast-10 Conference Football All-Academic Team.

"It's all about time management really," Greisenauer said, reflecting on how he achieves great academic success while playing division II football. "I try to get my work done when I can during my free time. I try not let my time go to waste. That's really a big deal with a lot of the young guys, they procrastinate and wait until the last minute. When you fall behind, whether its grades or missing work, it's hard to catch up so if you start on top it's usually easier to keep things rolling from there."

Through the first five games of the 2017 season this year, the 6'5" tight end from Naugatuck is averaging just under 13 yards per reception. He has 90 total yards and one touchdown.

Greisenauer said that his work ethic on the field translates to the classroom as well.

"I would say I'm one of the harder working guys on the field," said Greisenauer. "I'd say it definitely comes into play when we go to the film room, go to the chalk board, and learn some plays using the X's and O's of the game."

Men's soccer improving from last year



PHOTO | SOUTHERNCTOWLS.COM

The soccer team huddling up before a game this season.

By Matt Gad

The 2017 edition of the Southern men's soccer team, coached by Tom Lang, is off to a strong 6-1-2 record. With a .778 winning percentage they are already much more successful than last year's 7-8-2 season.

Senior forward Louis Greenway-Tambini is hoping this is the most successful of his Southern years to date. He has had limited success in postseason tournaments in the past and is hoping this year brings on a deeper finish.

"It has been by best year here by far. Hopefully we can continue to win games and make the NCAA Tournament," Greenway-Tambini said. "I've played in the NE-10 Tournament but never nationally so that's something that I hope to have the opportunity for."

The Owls shocked Southern New Hampshire, a top Division II team, 2-1 on their home turf on Sept. 27. In the eleventh minute Greenway-Tambini assisted to freshman Ignasi Cererols, of Barcelona, Spain, to give Southern a 1-0 lead. After the game was tied up in the 26th minute, sophomore

Devante Teixeira picked up another Greenway-Tambini assist, in the 31st minute, in what ended up being the go-ahead goal.

"In previous years we might have been a little nervous if we had the potential to beat a good team but this year was a little different: everyone was very confident going into the game and, as it turned out, it landed up working out really well for us, winning 2-1 and knocking them off the rankings," Greenway-Tambini said.

After that game, the Owls rode their momentum to defeat Assumption 3-1 on Sept. 30. Assumption's Max Bilsborough scored in the 12th minute to put his team up in front 1-0 before late goals from Zak Wright, Kevin Van der Pol and Greenway-Tambini. For Wright and Van der Pol it was their first goals on the season while, for Greenway-Tambini, it was number seven.

"We kind of felt that we would be bit better this year than we were last year," head coach Tom Lang said. "We thought that the group that was coming back put in a lot of work in the spring to improve themselves and we were excited about some of the

new players we were bringing in. We were not sure how it would all mesh together but it has gone very, very well so far."

The men started off their season defeating Mercy College in their opening game Aug. 31, 1-0, and the University of Bridgeport 5-1. They are 4-0-2 in conference play, with draws coming against Bentley and Franklin Pierce (both scoreless). At home and on the road Southern is an identical 3-0-1.

Asked if big wins have shifted the morale around the group this year, Greenway-Tambini said: "Maybe that one means a bit more but in terms of the conference every game is like a cup final now. That game it was obviously nice to win after getting beat comfortably by them three times [before]."

Last year the Owls went to the Northeast-10 conference tournament and lost to Adelphi 1-0 November 1 in Garden City, New York. Their last NCAA Tournament appearance came in 2014 against Merrimack but that was also a 1-0 loss.

The Cavs got better

By Phil Zoppi

The Cleveland Cavaliers may have lost their second best player during the offseason but they still managed to improve despite that.

Any sensible person would say losing Kyrie Irving would make a team significantly worse but what the Cavaliers got in return for him is why the team upgraded. This was one of those classics deals that both teams benefit from. The Boston Celtics were looking for that face of the franchise guy

and got it in Irving while the Cavaliers desperately needed to improve the rest of their roster to compete with the Golden State Warriors.

Losing Irving hurts but the Cavaliers can easily replace his scoring with Isaiah Thomas, who averaged 28.9 points per game last year. Thomas does not possess the physical traits that Irving does, as he stands at only 5'9", but that does not mean he is not one of the better offensive point guards in the league. Thomas will help lessen the blow of losing Irving but another piece the Cavaliers

got in the trade is what is going to give them a real chance to compete with the Warriors.

Not a lot of people talked about it, but acquiring Jae Crowder made the Cavaliers so much better than they were last year. Crowder averaged 13.9 points per game last year and is a solid offensive player but that is not why he is going to help the Cavaliers. Crowder's defense is going to prove to be the real difference as to why the Cavaliers improved their team with this trade. Crowder is one of the best wing defenders in the NBA and the Cavaliers

desperately missed that last year while trying to guard the Warriors in the NBA finals.

The Cavaliers were throwing out guys like Richard Jefferson and Channing Frye to try and guard Klay Thompson and Draymond Green. That never had a chance of working and is why the Warriors stomped the Cavaliers in the finals. With Crowder now in the mix, expect to see a completely different series.



Phil Zoppi - Sports Editor

SCSU swimming vs. Iona College



PHOTO | PALMER PIANA

Southern and Iona men swimmers after an event.

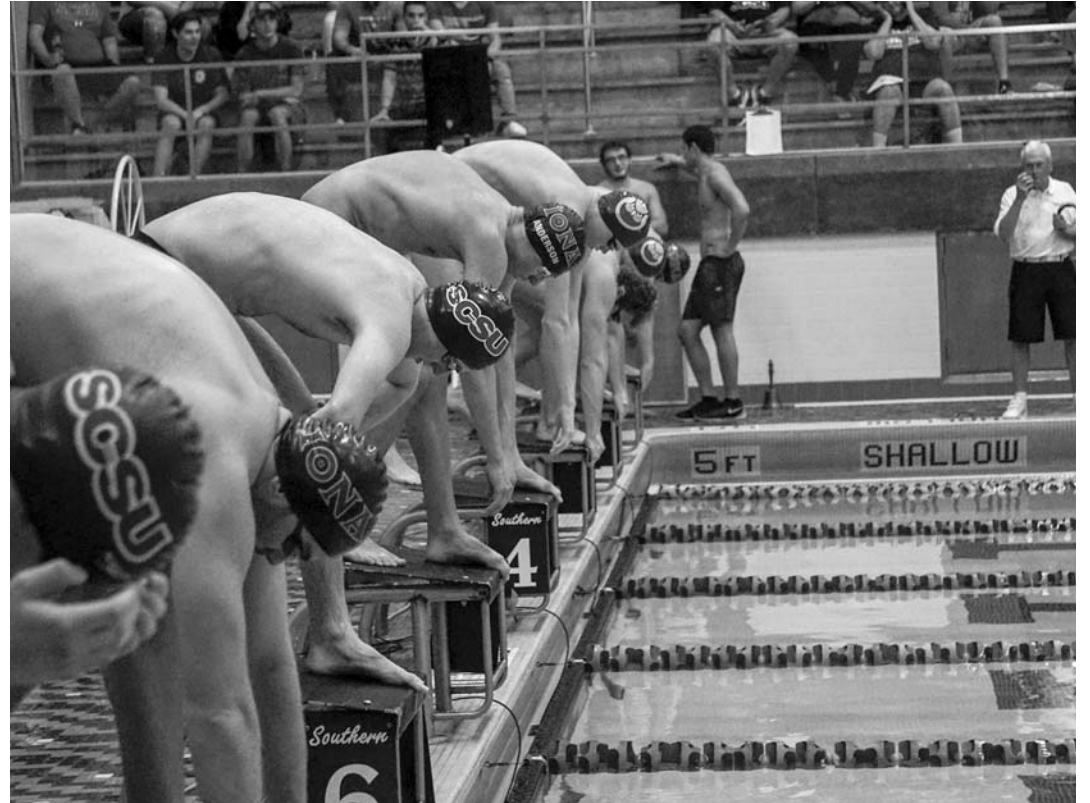


PHOTO | PALMER PIANA

Southern and Iona men swimmers get ready to dive into the pool.



PHOTO | PALMER PIANA

A Southern swimmer in the pool during their meet against Iona.

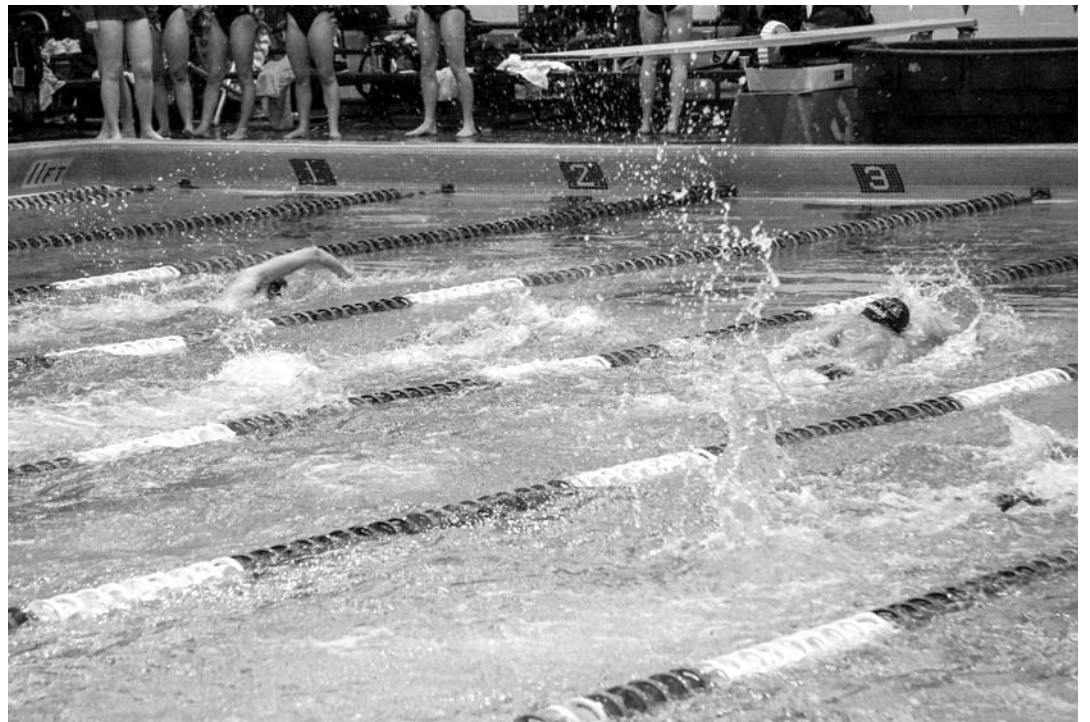


PHOTO | PALMER PIANA

Southern and Iona swimmers race to the finish line on Saturday.

Northeast-10 Standings

MEN'S FOOTBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
ASSUMPTION	4	4-0	1.000	5	5-0	1.000
NEW HAVEN	4	3-1	0.750	5	4-1	0.800
BENTLEY	4	3-1	0.750	5	3-2	0.600
LIU POST	4	2-2	0.500	5	3-2	0.600
PACE	4	2-2	0.500	5	3-2	0.600
STONEHILL	4	2-2	0.500	5	3-2	0.600
AMERICAN INT'L	4	2-2	0.500	5	2-3	0.400
MERRIMACK	4	1-3	0.250	5	1-4	0.200
SO. CONNECTICUT	4	1-3	0.250	5	1-4	0.200
SAINT ANSELM	4	0-4	0.000	5	0-5	0.000

WOMEN'S VOLLEYBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NEW HAVEN	6	6-0	1.000	18	11-7	0.611
BENTLEY	6	5-1	0.833	18	13-5	0.722
SAINT ANSELM	6	5-1	0.833	18	12-6	0.667
AMERICAN INT'L	6	5-1	0.833	20	12-8	0.600
ADELPHI	4	3-1	0.750	16	7-9	0.438
SO. CONNECTICUT	6	3-3	0.500	18	13-5	0.722
FRANKLIN PIERCE	4	2-2	0.500	15	4-11	0.267
STONEHILL	5	2-3	0.400	15	5-10	0.333
SO. NEW HAMPSHIRE	6	2-4	0.333	15	6-9	0.400
ASSUMPTION	6	2-4	0.333	15	4-11	0.267
PACE	4	1-3	0.250	18	6-12	0.333
SAINT MICHAEL'S	4	1-3	0.250	9	1-8	0.111
LE MOYNE	5	1-4	0.200	16	8-8	0.500
SAINT ROSE	4	0-4	0.000	18	8-10	0.444
MERRIMACK	4	0-4	0.000	18	3-15	0.167

OPINIONS

Sleep deprivation affecting academic performance



PHOTO COURTESY | LOUIS BAUER

By Lynandro Simmons

In college, there are three things that every student will have to manage: their grades, a social life and sleep. The last one on that list is often pushed to the back for grades, a social life or managing both. When you add the fact many students are also maintaining a job, sleep becomes a treat instead of a necessity.

Irregular sleep schedules, daytime sleepiness, and sleep deprivation are common amongst college students. These are all major issues for college students that can impact their academic careers or have adverse effects in their personal lives. Due to the culture of not sleeping in college, some students are even unaware of the effects sleep deprivation can have on their academic performance.

June J. Pilcher and Amy S. Walters conducted a study on 44 college students to see how sleep deprivation affected them. The study, published in the Journal of American College Health, showed that sleep deprived participants performed significantly worse than non-deprived participants on cognitive tests. However, to make matters worse, the sleep deprived participants rated their concentration and effort higher than non-deprived participants. The sleep deprived participants also rated their performance higher than non-deprived participants.

Sleep deprivation has created a culture in college where students are adapting to lack of sleep by surrounding themselves with stimulants. Some turn to coffee to keep their eyes peeled open, while others have turned to drugs like Adderall.

In 2010, the National Survey on Drug Use

and Health found that full time college students between the ages of 18 and 22 were twice as likely to abuse Adderall as those of the same age that were not in college.

Getting the full amount of rest – which usually equates to eight hours of sleep – is strongly linked to learning, creativity and problem solving. That means that students, in an attempt to succeed academically, are risking their health.

Another issue that may become more prevalent with the advent of social media and new technology is students never fully unplugging. With cell phone addictions and the fear of missing out, some college students are never giving their brains the proper time to rest. This constant connection can prevent students from taking any break at all.

It should be mentioned some students can perform exceptionally even with lack of sleep. Everybody knows at least one person that can function on five hours of sleep. However, this should not lead people to make the few exceptions the rule for many. Healthy sleeping schedules can lead to an increase in performance.

Overcoming sleep deprivation is a task that unfortunately falls on those being deprived of sleep. This means that better time management and missing a party or two may be needed. Some college students use simple things like planners to map out their days. Some students even go back to a good childhood recipe for success: a personal bedtime.

Establishing a strict schedule can help students to adjust to their many responsibilities in college. In life, people may have to go days without proper sleep; but, in the end, sacrificing sleep is just not worth it.

Censorship and social media



PHOTO COURTESY | DIZER

By Lynandro Simmons

The growth of social media has led to newer platforms and voices in today's media. This rapid expansion of social media and unchecked voices has led to new discussions for freedom of speech. With the increase of cyberbullying and other forms of harmful content on the Internet, a conversation on whether censorship is positive is now needed. However, censorship can be a slippery slope to start down, and once social media sites travel that path there will be no turning back.

Anthony Fantano, a music critic who found his audience on YouTube, recently took down one of his YouTube channels called thatistheplan. The content on the channel was controversial to say the least, but Fantano decided to remove all but one video on the channel. He would go on to explain the decision to end the account due to YouTube's demonetization algorithm, which, based on a secretive criteria, can take away people's ability to earn income from videos deemed inappropriate for advertisers.

In the polarizing climate some say America is currently in, it could be thought this attempt to limit harmful content is positive. However, the problem with censorship is it always looks good when a person is on the positive end of it. Those clamoring for censorship should be weary of when their own content is potentially taken down.

Twitter also has vague criteria that allows users to report content as "harming," "sensitive" or "offensive." There is also a lack of clear procedures for those accused to defend themselves. Though this sounds like a helpful step and positive way for Twitter to satisfy recent complaints of cyberbullying, the vague guidelines can lead to harmful drawbacks. There is not always a consensus on things deemed as offensive or harming.

Sites like YouTube and Twitter have put themselves in the difficult position of being judge, jury and essentially executioner. This means who should and should not have their account reported or deleted is decided by a group of people with their own biases. Who should be trusted to decide whether or not a person is deserving of their account being reported?

The hard part of this argument is these sites and companies are not the federal government and as such have the freedom to choose their regulations. Currently these regulations are censoring things that many can agree are harmful, like racist content. However, censorship will not always affect the groups or things the majority does not like.

To deny that there is dangerous and harmful content on the Internet would be insincere and foolish. From clips of executions to racially charged videos, the Internet, at times, can appear like the Wild West. There is a case for better regulation, but vague and empty guidelines do nothing to douse the flames and instead put gasoline on the fire.

The internet could shift from a place of free speech to a more moderated location that would have to mediate conflicting standards on acceptable speech. Making sites such as Twitter and YouTube the decision makers on acceptable speech does not sound like a justifiable solution. Do sites like Twitter and Facebook have a responsibility to shield their users from negative news? Maybe, but more diligence should be taken before people decide to walk down this path of censorship.

A story submitted by a student and then published in the October 4, 2017 Opinions section of the Southern News, "The proposed higher education budget flops," published incorrect information that UCONN President Susan Herbst has a salary of nearly \$200,000 when the the correct projected annual salary is \$644,963, according to the Connecticut Office of the State Comptroller.

SOUTHERN NEWS

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

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

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

PHOTO

Commuters munchin' at luncheon

Photos by Palmer Piana



Students in the ballroom attending the commuter luncheon on Monday Oct. 9 at 12:15 p.m..



Sandwiches being served at the commuter luncheon.



Ciera Viera, a freshman elementary education major, Kayla Chance, a freshman psychology major, and Saige Taylor, a freshman biology major, chatting at the event.



Roommates Luke Velez, a senior accounting major, and Joseph Matera, a senior exercise science major, posing for a picture.



Ty Seymour, a political science and history double major, receiving his sandwich.



Joey Linebarger, a graduate intern in the Office of Student Involvement, and Emily Caffrey, a senior special education major attending the luncheon.