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Sen. Murphy visits to discuss the cost of higher education



Sen. Chris Murphy and SCSU President Joe Bertolino discuss education among Connecticut universities.

PHOTO | PALMER PIANA

By Josh LaBella

Connecticut senator Christopher Murphy visited Southern last Friday to discuss the cost of paying for college with students.

The Sept. 1 meeting took place in the Engleman Hall administration wing and had about two dozen students along with some faculty members and press.

"I want to hear people's stories," said Murphy. "I want to hear people's stories about trying to afford school."

Murphy said he is trying to set the goal high for how the United States can make the college experience more affordable so that it does not bankrupt students or the country.

"If you think about the future of Connecticut's economy and the future of the country's economy, it is not built on a future of low cost

labor," said Murphy. "The heart of our country's economic salvation is our educational system and the fact of the matter is that we are losing a generation of students because it is taking longer and longer to graduate."

Sen. Murphy said the length of time it takes to graduate is dictated in large part by the cost of college, which has gone up 300 percent since 1980. According to Murphy, the country is spending less money on education at the moment when it needs to be investing more. For that reason, the Senator said he is a subscriber to the idea of free college for low and middle income families.

"Sen. [Bernie] Sanders put in a piece of legislation," said Murphy. "I am one of his original cosponsors of it, that effectively says that for families making under \$125,000 a year, that college tuition would be free."

The amount of money the federal govern-

ment spends on education is a pittance to the overall budget, he said, and it would only take slight increase to make that bill feasible.

Sen. Murphy spent much of the time during the meeting listening to students talk about their experiences paying for college. Southern President Joe Bertolino said he felt Southern is cognizant of where their students are coming from.

"From my perspective we are a working class university," said Bertolino. "Eighty-five percent of our students are working part or full time jobs."

Bertolino said his administration tries to expedite the process of graduating by creating a roadmap when the student first starts at Southern that they can follow to graduate on time.

Sen. Murphy said the higher education and student loan systems are both confusing and

arbitrary.

"Why not just make a simpler system? Why not just say that for anybody who comes from a family that makes less than \$125,000 a year gets a free education," said Murphy.

After the meeting was over Brianna Savage, a junior earth science major, said her takeaway from the event was that paying for education is a large burden on the government and on students.

During the event she talked about the work study program and its importance to her education plan. She also said she wanted to represent the students who could not be at the meeting.

"My intention today was not to come with ideas," said Savage, "but to come speaking out for students working hard on their education."

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Semester kicks off with Convocation for the incoming class of 2021

By Alex Palmeri

There were several people who encouraged the graduating class of 2021. Among those people were. Maria Diamantis, president of the faculty senate.

Diamantis said to the freshman to achieve their goals if they know what they want to do. She said faculty puts their students ahead of everything and for all students to be aware of that and take advantage of it.

"I know you are going to be anxious tomorrow when classes start," said Diamantis, "but don't because that's when you find what you're looking for. You're supposed to know your goals and start achieving them starting tomorrow."

She also encouraged all students to get involved with the university. She said faculty and students have a nice bond within the Southern community. Because of this, she said all students should be involved with clubs and that faculty members to get a better understanding of students when they contact each other.

"Please get involved," said Diamantis. "Get to do everything that you hear about. You will be the educated citizen to carry on your goals, and, our own goals."

Tracy Tyree, vice president for student

affairs, invited a few freshmen students to light the flaming torch, which has been a symbol of knowledge.

Julie Gagliardi, president of the student government association, said the torch was a symbol of

"During my years as a student at Southern," said Gagliardi, "the torch has guided my class in its pursuit of knowledge, which will accommodate my classmates and I who will receive my classmates and I at our commencement"

Tyree said it was her pleasure to be a part of this year's new induction ceremony.

"Class of 2021," said Tyree, "six of your classmates have been chosen to represent you and to present, on your behalf the resolutions of commitment, which articulate the core values of the university."

As Tyree introduced them, they each lit their candle from the torch of knowledge. She said this will pass on Southern's ideals as articulated in the resolutions of commitment.

Tyree then asked all students in the graduating class of 2021 to rise, and pledge to the values of the Southern community: excellence, diversity and inclusion, equality and access, social responsibility, student success and life-long learning.

President Joe Bertolino said there is a new home for the School of Business, new



SCSU President Joe Bertolino welcomes freshmen.

PHOTO | ALEX PALMIERI

academic programs, along with new opportunities that Bertolino said "will help you get the in demand jobs of tomorrow" along with introducing new opportunities for learning locally and across the globe.

"It takes a while to know a new place, and, new people," said Bertolino. "But for now, you're experiencing a lot of feelings at this time. In fact, they can be a bit overwhelming."

Bertolino said he has been president of the university for over a year and still experiences

these emotions as well, he said it is normal.

"You know what helped me? And it will help you," said Bertolino, "always remember, you are not alone. Sure there will be challenges and obstacles along the way. But there are literally hundreds of people and resources this year to help assist you in facing those challenges head on."

out their community and to dig deeper on the issues of homelessness.

Anthropology students find remains in medieval dig site

By Josh LaBella

Anthropology students from Southern took a trip to England over the summer to excavate a medieval cemetery.

Professor Kathleen Skoczen, of the anthropology department, brought seven students to live in Chester while they worked with Liverpool John Moores University to excavate the Woolton dig site. The strip was from May 17 to June 7. She said it was an invaluable experience for the students.

"We were looking for an opportunity for our students to get some hands on experience excavating human remains," Skoczen said.

The cemetery, she said, was "lost to the sands of time" until it was found in the field of a farmer more than a decade ago. Skoczen said it was used continuously for hundreds of years so there is an unusually large amount of remains in that field.

According to Skoczen, they have been slowly excavating the field since its discovery and taking the remains they find

to John Moores University for forensic analysis.

Liverpool John Moores' Anthropology Center says "By focusing on biological anthropology in a science rather than a social science milieu engenders a strong interdisciplinary and hypothesis-testing approach to our research, which has an emphasis on fieldwork."

"They just try and figure out what life was like back then," Skoczen said. "It is very rare to find remains in western England because the conditions of the soil degrade the bones rather quickly.

Skoczen said this site was better preserved because the sheer amount of skeletal remains in the cemetery changed the composition of the soil. The cemetery, which she said was active from 1000 to 1500, was used and reused so often that there are bones randomly dispersed among complete skeletons.

"In one burial that we excavated this summer we found a femur laying across the neck of the skeleton and two other craniums next to it," said Skoczen. "We actually found a coin in that burial which is exceptionally rare and very valuable."

Jarod Mcanern, a sophomore anthropology major, said he went on the trip to find out what it is like working in his major.

"When we first got there it didn't look like much," Mcanern said, "But once we started on our digs and our projects it got a lot more interesting because I was working on a person, a skeleton who hadn't seen the light of day in hundreds of years."

Skoczen said the students got trained to dig burials and it was a very delicate process.

"In one instance the students were uncovering two infants whose remains were really degraded," she said. "So it was a really tedious process but that's what it's like in the real world."

Skoczen said the students went back to the forensic anthropology labs at John Moore and participated in the processing of the skeletons.

"The students got to see what the scientists were doing as well as articulating and disarticulating the skeletons," Skoczen said. "All that hands on experience is super important."

SCSU sophomore runs for Hamden Town Council

By Jeniece Roman

Justin Farmer said he has been busy starting a new semester, registering for classes and buying textbooks, the difference from other students—he is also running for public office.

Farmer, a political science major, is the Democratic candidate running for the fifth district of Hamden legislative town council.

"I've lived in the poorest part of Hamden," said Farmer. "Systemic poverty. You have drug dealers; you have people who are strung-out. Those are the things that I passed on my way to Southern all the time."

Farmer said that although he has always had an appreciation for school and the campaign process has made him realize how important it is and has helped him to focus on his courses. He said that it is not just about what club events he can attend but what he can do for his community.

"When you're talking about the bigger issues of how do we get development to get into Hamden, how do we help with the opioid crisis, how do we foster a good relationship between police and the rest of the community—Some [other] things become trivial," said Farmer.

As an activist, Farmer said he was known for protesting but was sometimes critiqued by his peers for only protesting. He decided to get involved in politics. Farmer worked on four political campaigns as an internship through Southern, which led to a job in which he worked on six campaigns for the Working Families party.

"Through that, that just made me from that guy who protests to that guy who protests and lobbies at Hartford and is showing up to these political events," said Farmer.



FARMER for FIFTH

PHOTO | ALISHA MARTINDALE

His main points on his platform are educational funding, discussions on culture and diversity, and to build a community center for the southern part of Hamden. To build a community center you need to have community.

"On top of the issues that I really want to focus on," said Farmer. "I want to talk about the issues that the voters really care about as I'm their representative, not a speaker head."

Farmer said since before the start of the semester he was campaigning by using social media posts, community clean ups and knocking on doors. Farmer said he knocks on doors everyday from 5 to 8 p.m. and will continue to do so until the election.

"Basically everyday is mostly knocking and then in between those things, you'll see little events here and there. But most of my time is really just knocking on doors and talking to voters," said Farmer.

It might be a way to reach people that are not at their door or if he missed someone. To keep the election fresh in everyone's mind. He said that the largest part of campaigning is knocking on people's doors and is an important part that most people don't see. Social media has also been a great outreach tool.

"I think an important part of me having social media is making friendships and getting other people interested in town to be able to reach other people," said Farmer. "It's just also another way to get people pumped and energized and remember that this is an ongoing thing."

Farmer said that he is not the typical kind of candidate but that he believes that he provides an interesting juxtaposition to the role. He said although he does not make sense on paper, he is transcending his challenges in many ways.

"I'm passionate about these things, I live in these communities," said Farmer, "I'm willing to put the work and time and energy to get these things done."

Murphy

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"Connecticut has cut back aid to colleges over the last years, which is why tuition is so high now," said Madison.

Cindy Stretch, an English professor at SCSU, said this was the first time the union came together, but the fight for public education has been going on for many years.

"The speaker at the rally said it was a feel good day and I agree," she said. "There were a lot of students from Southern—we filled a bus and a half."

Stretch said she hopes the efforts that were put forth at

the rally is brought back to everyone's individual college campuses.

"All the students know the struggle and know what needs to be done and the rally showed that," she said.

John O'Connor of Central Connecticut State University said this rally was a trial, but after seeing how well it went, he hopes to unite together for another rally in the near future.

"The union has to be together and students have to organize if we want to see any changes," O'Connor said.

"We have to educate people on what budget cuts do to the community and get students to protect their own education because no else will," he said. "Sometimes that means stepping out of one's comfort zone to get the job done."

O'Connor said everyone left the rally feeling hopeful. However, that does not mean the work is done. He said now everyone can go back to their campus and continue to further the efforts to save public education funding.

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New African Diaspora course offers a fresh perspective

By August Pelliccio

Major Issues in the African Diaspora is a featured new course in the history department. Taught by Siobhan Carter-David, the course is a refreshed and modernized version of a HIS 599 course offered years ago.

Archived course catalogs, that can be found on SCSU's graduate program website, show that the last time a course was taught about the African Diaspora was in the 2014-2015 catalog year. Carter-David, who taught both that class and this new one, says that the focus of the course and the course materials are very much updated.

The course is listed again as HIS 599, which is a "special topics" course number, whose specific course topics are subject to change. Carter-David referred to this classification as a "temporary course."

Carter-David says the students need an understanding of "Diaspora" within an African context.

In his 1998 article entitled "Defining and Studying Modern African Diaspora," Colin Palmer of the American Historical Association referred to the multiple streams of diaspora as the migration of a particular people to several places globally; in this case, the Africans

"As a field of study," Palmer wrote, "the African diaspora has gathered momentum in recent times."

Explaining the importance of the course material, Carter-David said, "Millions of Africans were stolen from the continent and distributed to places around the world through the trans-Atlantic slave trade."

According to the course syllabus, a lot of reading is required to relay this material to the students. There are 12 books listed as required materials, one of which needs to be read every week by students taking the class.

Of these 12, "three of the books were published since the last time an African diaspora class was taught," said Carter-David.

Because of that, the new course covers several concepts that Carter-David has not taught before. The persecution of African religions and the ways that Europe "under-developed" Africa are new to the course, as are the Haitian revolution, and the concept of Colonial Capitalism. Carter-David said also that in the new course, she is, for the first time, teaching about the African migration experience in the 21st century.



Siobhan Carter-David

PHOTO | AUGUST PELLICCIO

The course offered in 2014-2015 was simply called, History and Culture of the African Diaspora. The reason the new course has evolved so much from its earlier predecessor is simple, according to Carter-David.

"People continue to publish new material, and the course is pulling from the most recent literature," she said.

One of the books listed in the course materials, "Contested Bodies: Pregnancy, Childrearing, and Slavery in Jamaica," was only just published in 2017. The resources available in the field are ever changing.

Carter-David explained her love for the subject and for

her students, speaking excitedly of her plans for the last day of class, a salon on recent issues in the African Diaspora. She said that assistant teachers in the history department only get to teach a graduate course every five or six semesters at Southern. Carter-David chose to teach a diaspora class twice in a row.

"This is the best way that I can serve the students," Carter-David said, "and still do what I love."

Students face challenges on Move-In Day due to lack of bins

By Josh LaBella

Addie Fleurancy called it "A Game of Bins."

"It is just really hard to get one right now," said Fleurancy, a senior public health major. "The waiting list is like an hour long."

Fleurancy was moving into the North Campus Midrise at Southern. On the Aug. 28 move-in day she said she was one of many students returning to campus to find that she had to wait for a bin to be able to move her belongings into her new dorm room.

"Still it was smoother than I expected," Fleurancy said. "I've seen it take longer in other years."

Fleurancy said it was shocking to think she is a senior but that she was happy and hoping she would graduate.

Nicholas Ragusa, a senior business major with a concentration in accounting, was returning to North Campus for a second time and said this year felt a lot more organized.

"Last year it was like a free for all," Ragusa said. "Even if today is a little bit hectic, it's because there are too many

students for everything to work out perfectly."

Ragusa said he was returning to North for his last semester because he had a good experience there last year and like the apartment style of the building.

Nate Marsili, a residential advisor and senior earth science major, was helping residents move in and he said the day was going well.

"It was slow in the morning but it's picking up now," he said. "Everyone is bringing their families and seem genuinely excited to be here."

Marsili said it was his last year at Southern and he was feeling good and looking forward to finishing strong.

According to Alexa McIntosh, moving into West Campus was very stressful but she was making it work.

"The people inside are very nice but I remember as a freshman there were football players to help move our stuff into our dorms," said the sophomore criminal justice major. "Now I'm just by myself."

McIntosh said even though she had some trouble getting her things unloaded she was really excited to get the semester started.

Olivia Rogers, a sophomore child life specialist major, said moving into West had been good so far.

"This is my second year living on campus," she said, "and I decided to move into West because I heard it was a nicer building and that it had air conditioning."

Rogers said she was ready for the semester to begin and was feeling a lot more confident than when she came to Southern as a freshmen.

Elise Ryan, a junior English major, said she got to move in early because she is a desk attendant.

"When I moved in I was happy because there were more than enough bins for everyone to get their stuff into their rooms," said Ryan.

There were a lot of work orders that needed to be done in her room, she said.

"My dishwasher and garbage disposal didn't work," said Ryan. "Plus my sink was clogged and my bed frame was super wobbly."

Ryan said she enjoyed the days she had alone before the bulk of students moved in.

"It was very peaceful," said Ryan. "Now it's loud and you know the school year is starting."

University gets a surge of transfer students for Fall semester

By Josh LaBella

Along with the many students returning to Southern Connecticut State University this year, there were about 800 new transfer students joining the student body.

One such student, Katie Vitali, a junior pre-nursing major, said Southern helped make the transition as smooth as possible.

"It's been really easy," said Vitali. "I got all my classes picked out and I'm ready to start."

Vitali said she had a friend who went to Southern so she knew what she needed to do before the semester started. She said the nursing program is what brought her to the university.

"I transferred from Stone Academy in West Haven," Vitali said. "I graduated with a medical assistant's degree and I knew I wanted to come here for nursing."

Vitali said she came to campus a few weeks before the semester began to get her bearings of the campus and find out where all her classes are. Overall, she said, the transfer process has been simple.

"I'm feeling really good about my first semester at Southern," Vitali said.

Sandra Taylor, a sophomore elementary education major, said she transferred to Southern because she heard the education program was good. She said registering for classes was one of the easiest parts of the process.

"I transferred from Naugatuck Valley," Taylor said. "It was easy to pick classes. I didn't have a hard time at all and everyone was willing to help."

Taylor did say the move was something of a culture shock.

"It wasn't what I expected," she said. "It's very different from where I went. This is a real college. I'm just trying to get a feel for how things work."

Christopher Carter also transferred from Naugatuck Valley this semester. He said he was happy to join the institution and get started.

"It's a nice campus," the sophomore special education major said. "My dad graduated here and I think it was the best choice for my major."

Carter said the transfer process was "fairly easy."

"Some teachers helped me pick my classes and I'm feeling pretty good about how this year will go," said Carter.

Sal Rizza, director of New Student and Sophomore Programs, said there are more new transfer students than there have been in years past.

"It's a big number," said Rizza. "We normally see about 750 new transfer students in the fall semester."

Rizza said the preparation process the school used for transfer students was different than before in that they now spread out the registration, orientation and advising over several sessions instead of packing it into one day.

"We wanted to give more personalized attention to the students transferring here," said Rizza. "We wouldn't be able to do that if we had 50 or 60 students come here at once, we just don't have the advising capacity."

Rizza said this year they gave individual advising sessions as far back as April all the way through the beginning of the semester.

"We spent a lot of time looking at transcripts and aligning the credits so that we were able to match their credits with requirements," he said.

According to Rizza, they also offered four "transformation" programs where they had orientation, went over the logistics of the process and invited faculty to meet students. He also said there were luncheon and breakfast events for transfer students that were well attended.

"We will continue to offer transfer students programs throughout the year," said Rizza. "We have a lot more students in the right classes than ever before."

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How to start the semester strong

Academic and Career Advising Center Director, Frank LaDore said students who are having a tough time adjusting to campus life can go to their office for extra help and resources.

By Mary Rudzis

With the semester having just started, both new and returning students are adjusting to new classes and schedules, as well as a new environment for some. While this is an exciting time, it can also cause stress and anxiety because of the work involved and having to balance school, work, and social engagements.

Though it is important to take care of one's mental and physical health by getting enough sleep, eating right and using effective methods of coping with stress, there are resources on campus to help students start the semester off strong, like the Academic Advisement Center.

Frank LaDore, director of Academic and Career Advising, said that they recommend students get things like registering for the proper classes done "as early as possible" to avoid any hiccups in the beginning of the semester.

"We put more deadlines this year because we don't want to register new freshmen, new transfers, the first week of school," said LaDore. "We find that students who are late and are registering as classes start have more of a likelihood to not succeed in their first semester or first year than those who are ahead of the game and who are more prepared, get their books, and go to every single class."

The goal of the Academic Advisement Center is to "foster student success and retention by providing comprehensive academic support services and facilitating student transition to and within the university community" according to the Southern website. While they do primarily advise interdisciplinary studies majors and newcomers, any student can seek help there.

"Here, we print out the degree evaluation for them and we don't deal with every single major but if someone can't find an advisor, we'll help them," said LaDore.

While the Academic Advisement Center is able to help students with their classes and navigating the educational side of Southern, there are also fellow students who can help as well.

"We also have our peer advisors, who are student workers," said LaDore.

Peer advisors can help students set up their email, search for classes, get books in the bookstore and anything else that will assist them in navigating the university.

"Our peer advisors are students that are trained to help the students transition as smoothly as possible," said LaDore.

The Academic Advisement Center has many resources available to students, including career services. LaDore also stressed the importance of incoming students finding someone at the university that they are comfortable with to establish a connection.

"We encourage transfers and freshmen to connect with a faculty member whether it's their INQ faculty member or whether it's a faculty member in their major," said LaDore, "because we also find that when they have a connection with a faculty member, their likelihood of success is higher and that's because faculty and staff know where the resources are."

The Academic Advisement Center is located in Wintergreen and their office hours are Monday through Friday, 8 a.m. to 4:30 p.m. Students can also call to schedule an appointment at (203) 392-5367. Additional services include the Academic Success Center, counseling services, the Disability Resource Center, and international student services.



PHOTO COURTESY | PALMER PIANA

Southern students moving in on campus during Week of Welcome, August 2017.

Acknowledging Republican students

By Lynandro Simmons

Entering college as a freshman and being a moderate conservative provided some challenges, said Sarah O'Connor.

"It was difficult being on a liberal campus," said O'Connor, now a sophomore political science major.

O'Connor, who is currently the co-chair of the College Republicans, said during the 2016 election she faced some struggling times. Joining the College Republicans provided a great deal of help in finding the courage to speak out against biased opinions in her classes, she said.

"I felt comfortable expressing my beliefs because I didn't feel alone," said O'Connor.

A lot of people do not speak up as conservatives, she said. Even with Trump's win in the election there were a lot of silent supporters.

"You see a lot of democrats speaking up more because they have a lot of the popular beliefs," said O'Connor.

However, conservatives or leftists should not be rude in their approach or disagreements. People are allowed to express their First Amendment rights and be respectful, she said.

Sitting in classes and hearing some of the remarks made towards conservatives caused her to speak out more, she said.

"People make jokes," said O'Connor. "It's very rude. I respect other people's opinions, even if I may not agree."

Even some student's mentors or professors do not respect conservatives' beliefs, she said. This can create some

issues because a professors' bias can lead to the class thinking it is okay to make remarks.

"You may not agree," she said. "But if you're running the class you have to set an example."

In 2014, Inside Higher Ed conducted a study that found colleges nationally had a six to one ratio of liberal to conservative professors. However, in New England the figure was 28 to one.

Ty Seymour, a senior double majoring in political science and history, said he has not faced a lot of difficulties personally.

Seymour, who started the College Republicans club on campus and is the former chair, said it could be due to Southern not being too liberal.

"It's a commuter campus," he said. "A lot of the students work either part time or even full time."

Seymour said this has provided a lot of the students with real life experience and given them a grasp of political issues revolving around things like economics.

Both Seymour and O'Connor said one of the positives was the working relationship between the College Republicans and the College Democrats on campus. Both groups have a very amicable relationship and show how the two parties can coexist.

"I know people in our club have had some difficulties with professors," said Seymour. "I've personally never had that."

However, Seymour said he often found difficult and unnecessary road blocks when it came to getting things done and working with administration for the College Republicans.



PHOTO COURTESY | SARAH O'CONNOR

Tate Velej and Sarah O'Connor, co-presidents of the College Republicans club.

Seymour, who is also the chair for the statewide College Republicans, said that he has heard of difficulties from different chapters.

"My Western chapter right before their club fair had a lot of aggressive comments towards them," he said.

Incoming freshmen whose political opinions may be in the minority should

not be scared to express their views, said Seymour. What is most important is being able to articulate an opinion without being contradictory.

"It looks better if you are able to stand up for yourself and express your views," said Seymour. "Even if you're the only one in a class."

Research Spotlight: Chemistry study heats up

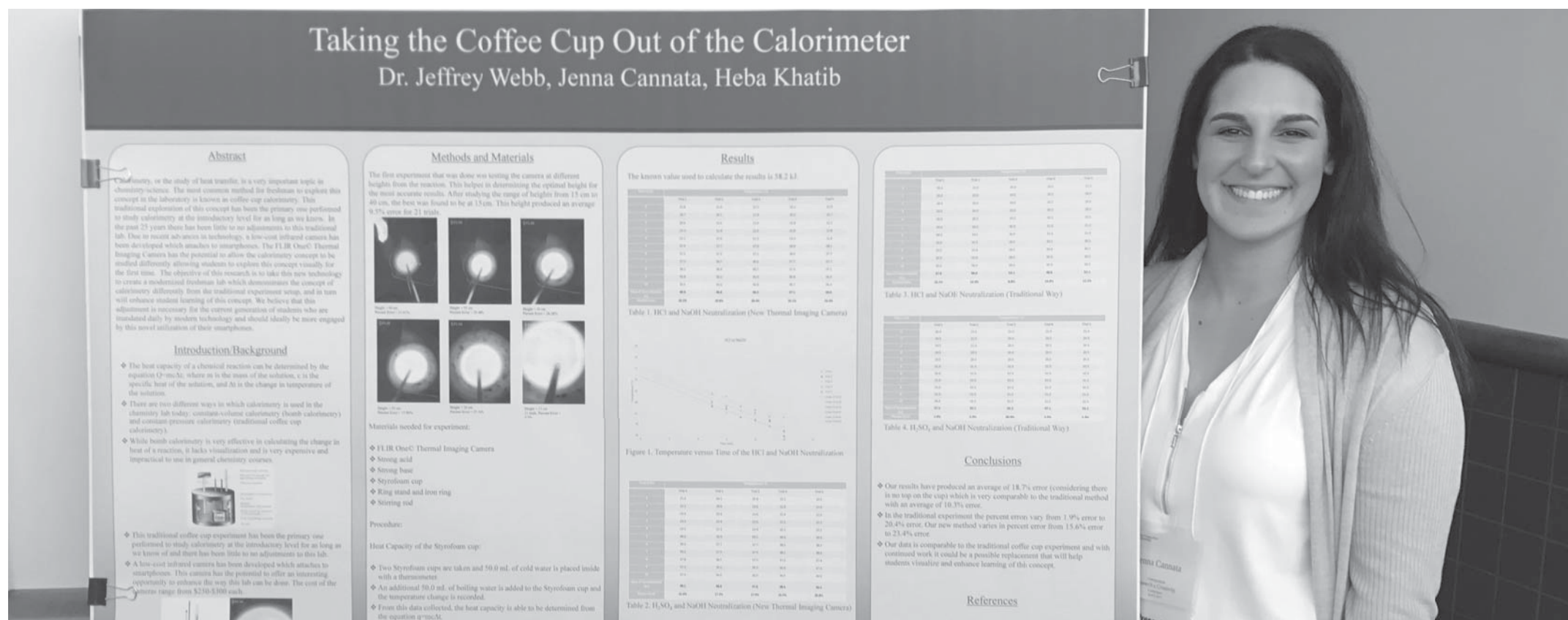


PHOTO COURTESY | JEFFREY WEBB

Jenna Cannata, a senior chemistry major, presenting research at the second annual Undergraduate Research and Creative Activity Conference in April 2016.

By Melissa Nunez

In any given chemistry lab, students donned with safety goggles peer into their bubbling beakers—as substances heat up, they monitor their thermometers, measuring the change quantitatively and record their findings. But as Jenna Cannata, a senior chemistry major, and chemistry department chair, Jeffrey Webb believe, visualizing the shift can have much more of an impact.

By using an infrared camera cell phone attachment, Webb and Cannata are researching the best way to observe temperature shifts visually, while being able to produce temperature data.

“These cameras, in addition to giving you a visualization of this phenomenon, can get a temperature,” said Webb. “So the idea is, is the temperature this is giving us accurate enough to give us reliable data? Because, from an educational standpoint, it is so much better to visualize something.”

As a former nursing major, Cannata said she made the switch to chemistry after taking a couple courses and finding it was a better fit. Soon thereafter, she said Webb would tell Cannata about his research with Southern alumna, Heba Khatib.

“[Webb] was telling me about [the research] and I thought it was interesting, so [Webb] was like,

‘Why don’t you come by and work with Heba a little bit, see if you like it,’” said Cannata. “I thought it was so interesting, so new and creative.”

Cannata began assisting the two with their research, but upon Khatib’s graduation in spring 2016, she became more involved: working long hours in the chemistry lab with Webb, perfecting the experiment until their margin of error closely resembled that of average temperature findings, with a 12 to 13 percent error margin compared to 10 percent from a thermometer, according to Webb.

“We run the normal [experiment] with just a thermometer, we get roughly about ten percent, so we’re definitely in the ballpark of what the normal lab is, which is what the goal of the whole project was,” said Webb. “I’d love to get it better, obviously. But if it’s not better, if we could get it in the same ballpark. If the normal is 10 percent and we are off by 12, yes scientists care about stuff like that. We feel like the win educationally, from being able to visualize it, sort of offsets the extra percentage or two that might be off.”

By analyzing the temperature shift of an acid base neutralization reaction, with hydrochloric acid being added to sodium chloride, in a large Styrofoam cup, paired with a Styrofoam lid, topped with a hole large enough to accommodate a cellphone camera but small enough to conserve

heat, Webb and Cannata have been able to visually capture temperature changes while simultaneously recording reliable data.

Webb said the experiment is significant in that, until recently, infrared cameras were too expensive for labs acquire and use, but given the newer, more cost efficient technology, such as the cell phone attachments, they are able to adapt the technology creatively and produce reliable data.

Webb added since their experiment is cost efficient and simple to replicate, high school science labs can get the equipment and repeat the experiment themselves.

“Anybody who has ever seen it goes, ‘Woah that’s cool,’” said Webb. “There’s a lot of publications about people using technology in a lab, people using cellphones in a lab and visualizations, we are trying to combine these things all together,” said Webb. “You see [the experiment], it’s red and then you put something in, it turns bright yellow and then you see it cool off and all come to equilibrium.”

Before Webb and Cannata can publish their findings, they would like to have another group repeat their experiment to secure their findings and ensure authenticity, but Webb and Cannata said they expect to duplicate the experiment and seek out publication all within the next year and a half.

LEP changes to accommodate incoming students

Changes to the LEP program have been established to ease students’ course load, while ensuring students get the most out of their education, said Karen Cummings, director of LEP Planning and Assessment.

By August Pelliccio

Two changes to SCSU’s Liberal Education Program have been made effective for the 2017–2018 catalog term. According to the program’s co-directors, the changes were made to hone the system.

Transfer students who have taken at least a level three language course prior to their education at Southern are henceforth exempt from any multi-lingual communications requirements built into the LEP, provided their catalog year is 2017–2018. Therese Bennett, director of LEP Advisement and Policy said that students whose catalog year is otherwise could change that through their academic advisor.

Students would likewise need to change their catalog year to take advantage of the other policy change, which affects the Tier Two Critical Thinking category. According to LEP literature that can be found on the website of the school’s registrar office, Tier Two is entitled “explorations,” and is divided into nine major groups. They include: “American Experience,” “Creative Drive,” “Cultural Expression,” “Global Awareness,” et cetera. Originally students were required to complete seven of the nine groups, but Bennett said students will now only need to complete six.

The objective of these groups in the LEP is to “prepare students to identify problems and to think effectively about their solutions,” according to a document “Critical Thinking: The Tasks Ahead,” by Armen Marsoobian, LEP Critical Thinking Coordinator.

The program directors said that tweaks to the program outline

happen on an ongoing basis, but the two changes this year were significant.

“I think we did a good job of streamlining the program a little bit, but still keeping the core of what the LEP is about,” said Karen Cummings, director of LEP Planning and Assessment.

Bennett said for transfer students especially it can be challenging to complete all of the requirements of the LEP along with the requirements of a major.

“These two changes came out of those recognitions,” Bennett said.

According to Cummings, the LEP committee always focuses on what is in the best interest of the students.

Cummings said, “We are all concerned about getting students finished with a high quality education in a timely fashion.”

There are students, according to Cummings and to Bennett who wish that the changes would be even more drastic, or who wish that the changes would have taken effect earlier in their college career. According to Cummings, those students “of course are not happy.”

Cummings said that the program requirement are not entirely controlled by the committee. She said students are required to take to 40 credits of Liberal Education as per Connecticut state law.

“I think that’s an important thing for everyone to realize,” Cummings said. “I wish we would talk about that more.”

Measures are taken to consider students opinions. The LEP directors listen closely to student voices when deciding on changes. In fact, Bennett said last year’s new policy, stating that an honors thesis can be used in place of a Tier Three requirement,

was suggested by a student. Also, a student representative to the Undergraduate Curriculum Forum attends all LEP meetings.

According to Bennett and Cummings the change in language

requirements for transfer students, and the change to the Tier Two requirements for all students, have been the most significant changes to the LEP since it was implemented in 2011.

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Movie Review: What Happened to Monday



Star of the film "What Happened to Monday," Noomi Rapace at the 2017 San Diego Comic Con.

PHOTO | GAGE SKIDMORE

By Chloe Gorman

As Netflix continues to grow in popularity, the website has started to produce more original movies and shows. While some have been widely well received, others have missed the mark. This is the case with Netflix's new original movie, directed by Tommy Wirkola, released just a couple weeks ago titled "What Happened to Monday."

The movie is set in the year 2073 and overpopulation has become a major issue. So much so that a one-child law is enacted to quell the amount of people using up the world's resources. Because of this, siblings are sought out and frozen until overpopulation subsides.

However, 30 years earlier, a group of septuplets, played by Noomi Rapace, are born and each

aptly named the seven days of the week. Their grandfather, played by Willem Dafoe, allows each sister to go out on their respective day of the week while keeping the others in hiding. He also gives them one name, Karen Settman. The trouble begins when the sisters' secret is discovered and the Child Allocation Bureau, who enforces the one child law, tries to take them away to be "frozen."

What seemed like a promising premise for a cool, dystopian thriller ended up lacking in the creativity department and was overshadowed by a lot of unnecessary gore. While, yes, thrillers and actions movies usually involve some violence, "What Happened to Monday" took it to another level. By the end of the movie, each instance of violence and gore made my eyes roll and stomach turn.

The plot and overall flow of the movie was steady and not disjointed. Each flashback to the septuplets' childhood was clearly distinguished by a change in color of each of the scenes, and the flashbacks were always necessary and placed in pertinent spots in the film.

Where the movie needed the most help was in the script. Cheesy lines and silly attempts at humor littered the dialogue between the characters, and, again, I rolled my eyes. Not to mention, sometimes the characters talking did not do the lines justice, and it ended up being distracting for the most part.

Although some of the acting was subpar, the best performance by far was Rapace's, who played all seven sisters. She was able to effectively give each sister her own personality along with portraying the pain each sister

went through during the movie.

Glenn Close's performance as the menacing and evil Nicolette Cayman, head of the Child Allocation Bureau was surprisingly underwhelming, and not what I was expecting from a person who has been in the business for so long. However, Willem Dafoe's performance as the septuplets' grandfather was decent and there was an underlying evil nature that he was able to bring out of his character.

Overall, the movie was able to hold my interest, and got bonus points in my book by featuring a plot twist at the end. As Netflix movies go, it was definitely not up there with one of my favorites, and it had the potential to be a better movie.

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The Song of the summer is...

By Lynandro Simmons

Over the summer, many songs have been released but one song in particular has dominated the charts and the radio.

"A lot of people like that song 'Despacito,'" said Ryan Moretti, a sophomore special education major.

"Despacito" is a collaboration between Justin Bieber, Luis Fonsi and Daddy Yankee. According to Billboard, the song has been streamed 786 million times and has spent a record breaking 16 weeks atop the Hot 100.

"The beat is real uptempo and gets you in a real good mood," said Moretti in reference to the song's summer dominance.

The song has been inescapable, he said. From spending time on the beach in Fairfield to the radio in his car the song has become ubiquitous.

In addition to "Despacito" another song that has gained some steam is "1-800-273-8255" by rap artist Logic, said Moretti.

"The song is about a guy who is contemplating suicide," said Moretti.

Logic's new song is more enjoyable than "Despacito," said Moretti. However, he has also been listening to an older song called "Santeria" by Sublime. This song has been his personal favorite this summer despite being older.

"It definitely has a big summer vibe and it's all about having a good time with your friends," said Moretti.

Philip Derienzo, a junior biology major, said one song he has been listening to was recommended by a friend called "Girls & Gasoline" by Marky Ramone.

Though Derienzo said he tends to avoid pop music he said he had an older sister that made it inescapable for him.

"She loves 'Despacito' a lot," he said. "That's probably been the number one song played."

Derienzo said he does not mind the song when he hears it, but it is definitely not something he puts on when he is alone.

He also has been enjoying Tyler, The Creator's new album "Flower Boy." Though he could not point to one song in particular, the album as a whole has really encapsulated his summer.

"I used to think he was just another rapper," said Derienzo. "He's actually really musically talented and it opened me up to him."

Benjamin Gaillard, a junior business management major, said there are several hot songs out currently.

"I low-key like Cardi B's new song," said Gaillard.

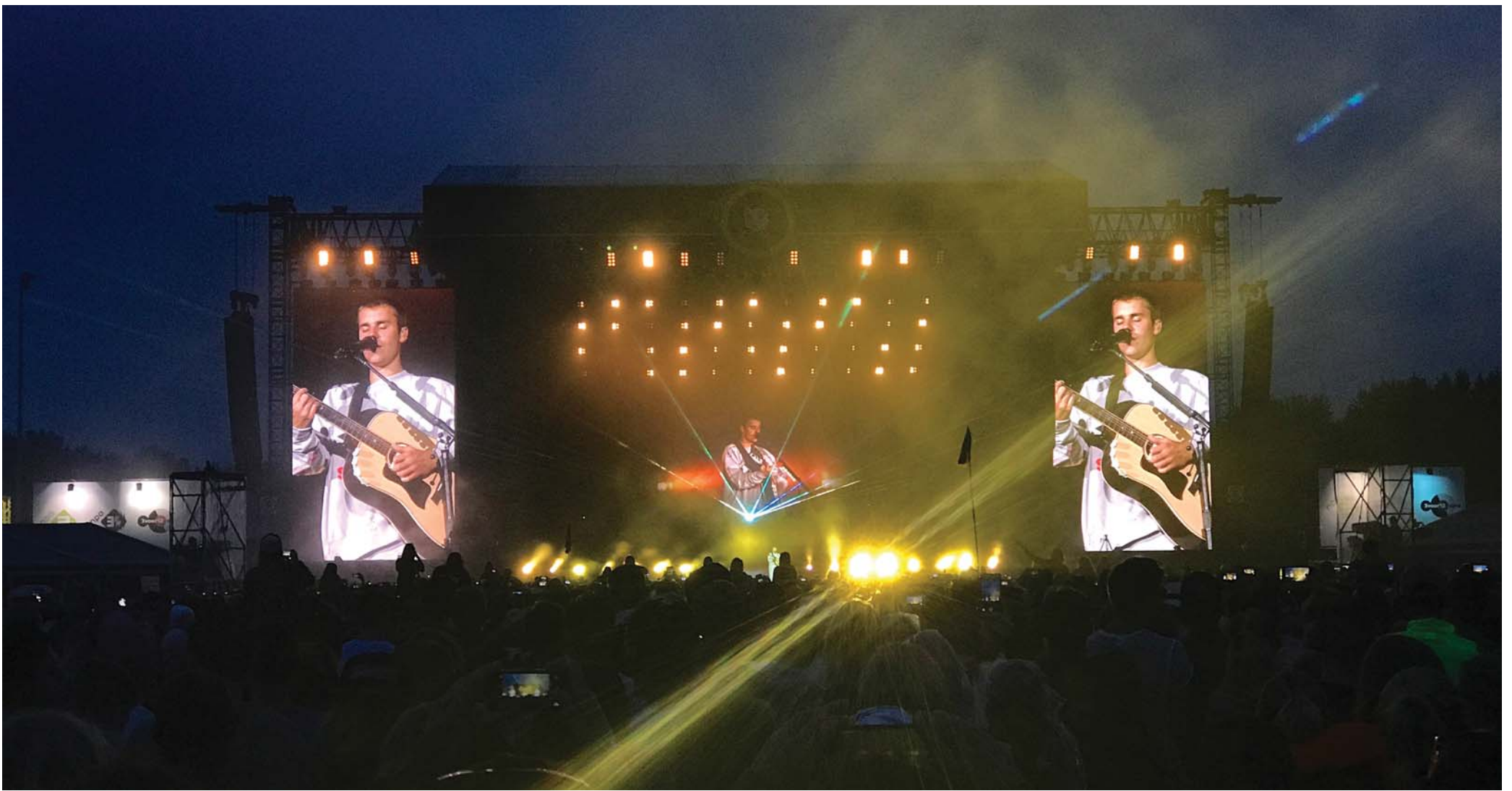
According to Billboard Cardi B's hit single "Bodak Yellow" is the number three song in the country and is now certified gold. Though this was a rap song he enjoyed another genre has captured his interest, he said.

"I've really only been listening to a lot of R&B," said Gaillard. "Hip-hop isn't the same anymore."

One R&B song he really enjoyed this summer was "Location" by the new singer Khalid. Though the single is not a humungous radio song like "Despacito" it still was a staple in his soundtrack this summer, said Gaillard.

Despite his feelings towards the overall rap genre French Montana's "Unforgettable" was one of the definitive songs of the summer, said Gaillard. Even with the song being constantly played on the radio it still sounded refreshing whenever he heard it, he said.

"It's definitely one of the top songs this summer," said Gaillard. "I don't think I'll ever get tired of it."



Justin Bieber performing at 2017's Pinkpop Festival.

PHOTO | MARCO DERKSEN

Editor's Picks

1. Provider- Frank Ocean
2. Blase Remix- Louis the Child
3. Patty Cake- Kodak Black
4. Sad and Boujee- Elijah Who
5. Flex like Ouu- Lil' Pump
6. X-21 Savage Ft. Future Suicidyear Remix
7. Same Ol' Mistakes- Rihanna
8. Waves- Mighty1ne
9. Virginia- Clipse Stewrat Remix
10. YMF- Ab-Soul

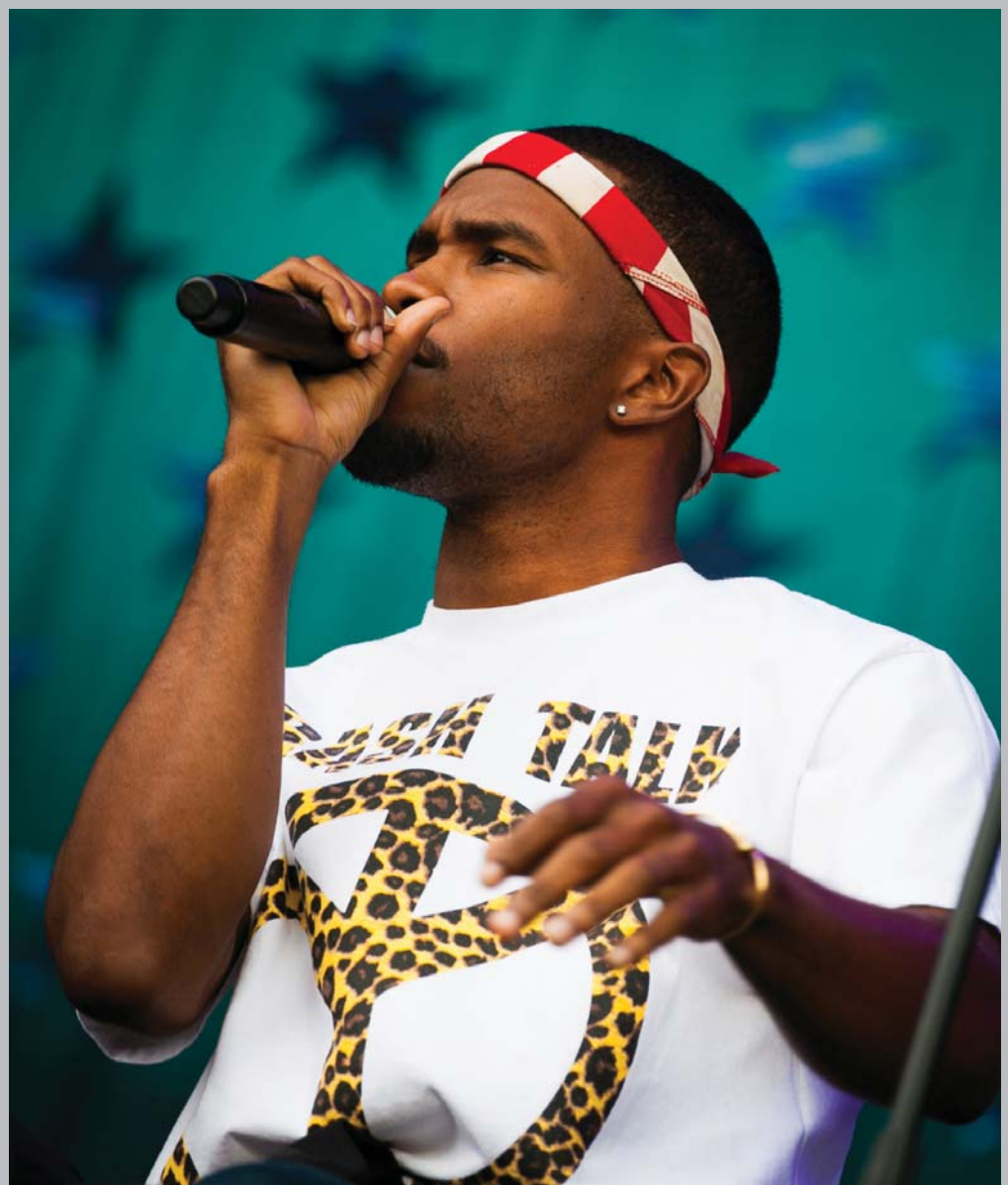


Photo Credit: Aktiv|Oslo

Frank Ocean performing in Norway from 2012.

Queen Moo 'Mean Well' LP review



Photos from Queen Moo's "Mean Well" album release show on Aug. 26.

PHOTO | ZACK GOMEZ

By Mary Rudzis

Connecticut natives Queen Moo put out their second album on Aug. 25, their first release since being signed to Topshelf Records. Each member of the quartet has been deeply immersed in music for years, and "Mean Well" is a culmination of all their skills. At just under a half hour, this album has proven to be one of the best releases that has come out of the Nutmeg State for years.

When you listen to "Mean Well" you are forced to keep thinking about what is going to happen next. Only a band like them could pull off such intricate timing, with songs shifting like chameleons to turn into something entirely different than what they started out as. It is an essential album for any music lover because there is nothing quite like it, and it challenges the listener in a way that is still accessible.

"Goals" is a standout on the album, starting out with the lyrics "I'll never reach my goals." Like a lot of the songs on this record, the lyrics

feel personal. "I'll never have it all until I sweat through all my troubles in my own way 'cause part of me wants to heal." The idea of healing and self-destruction as well as self-improvement comes up a lot throughout the album. The structure of the song keeps the listener on their toes, with so many elements switching and slowing down and speeding up. Scott Bevins plays the trumpet on this track, adding a big-band feel to the bridge that elevates it. It is brilliant start to finish.

The whole album feels like it is going full-force, and while it occasionally slows down or takes what feels like a break, it picks back up again. In "Gone" it has a slow build into a chorus that sounds massive, and breaks down into a verse that focuses on John Rule's vocals. The bassline on this song really shines, creating a full and intense feel, courtesy of Kevin O'Donnell.

The title track is a more mellow and introspective tune, "When's the last time you

felt for anyone else" is a question it asks. "How many lies will you tell to keep to yourself?" The lyrics are unrelenting, it feels so intimate and almost like maybe we are hearing something we should not have. It is an acknowledgment, something nostalgic, but Rule sings "this is the last time I dwell on feelings I've shelved."

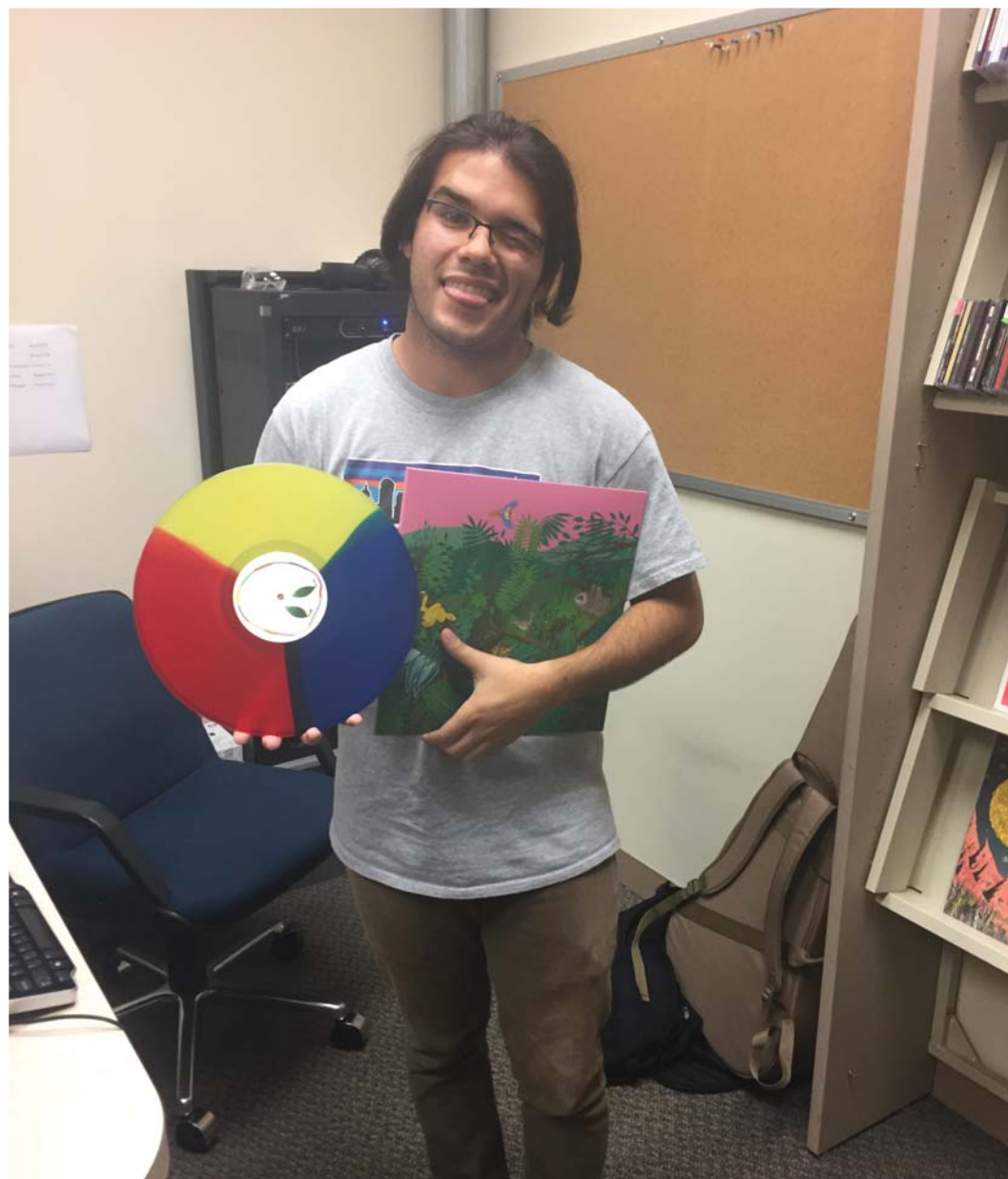
"Fixture" is a beautiful song. Nick Charlton's drum skills really keep the song moving and Oscar Godoy's detailed guitar licks make this a standout track. In the middle, it sounds like the song has ended but suddenly Rule's voice, along with an orchestral sounding swell comes back to finish out strong. Rule also reflects on his recent feat of quitting drinking, singing "the stiffer the drink, the less I gotta sing from the heart" and as a longtime fan, this feels like the most honest thing I have heard in a long time. This album is a celebration in a way, it feels like a real showcase of true feelings and no filters.

"Mean Well" ends with the track "Ariel", which the band has been playing at shows for a while before the album came out. While it is familiar, listening to it recorded and finalized is a completely different experience. The melody is so unique, constantly packing a punch, with an incredible guitar solo by Godoy that finishes it off.

Queen Moo is a band truly unlike any other, combining elements of rock and jazz into their sound. "Mean Well" is impressive, with the band's skills both individually and as a band have constantly and noticeably improved. They just keep getting better and better.

"Mean Well" is available on Spotify, and available for purchase on Bandcamp at QueenMoo.bandcamp.com.

Student Profile: My name is Rob, not Robert.



Rob at WSIN studios..

PHOTO | JOSH LABELLA

By Josh Labella

Robert Alejandro Orozco, called Rob by his friends, said his music taste started with what he calls "dad rock."

"My taste in music really started my freshman year of high school," said Orozco, a senior computer science major. "I would listen to classic rock with my dad. Bands like Pink Floyd, Quiet Riot, Led Zeppelin, The Police and Metallica."

Orozco said when he was younger, his dad had a truck with a radio display that would show the song and artist playing. His dad, he said, would cover the display with his hand and make him guess the band and song title.

"I pretty much stuck with dad rock until my freshman year of college," he said. "That year my roommate introduced me to The Front Bottoms. That was phase two in my musical development."

Orozco said listening to the lead singer of the band, Brian Sella, altered his outlook on music.

"Something about the singing got to me," he said. "The emotion and cadence of his voice was so good and I decided that that was the type of music I want to listen to and play."

According to Orozco, that was around the time he picked up the guitar again and started investing more time trying to write and make his own music. He said he also started go local music venues such as College Street and Toad's Place.

"Now I'm finally 21 and I can go to places like The Outer Space," said Orozco. "That's awesome."

One area of music Orozco said he wanted to experience more was garage and basement shows.

"I'm a little hesitant though," he said, "because the people at those shows really know their stuff and are a lot more intense."

Another major influence on Orozco's music taste has come from working at the Southern radio station, WSIN, he said.

"The radio station has been a great way to meet new bands," he said. "Plus, the equipment there is amazing for making music."

Orozco said he has a show called "The Red Eye" on WSIN, which he hosts and produces by himself. He said on the program he plays songs he likes and talks about bands and songs that peak his interest.

Orozco said his friend Rebecca from high school introduced him to a lot of the music he listens to now and someday he plans on playing music with her. He said Rebecca went to England so his long term goal is to move out there and put together an EP, or extended play, and to tour with her throughout Europe.

"It will probably be through a bunch of basements and dingy places but we'll jam and eat junk food and party the whole way through," Orozco said. "That's the dream."

Football outclassed in opener



PHOTOS | PALMER PIANA

Place-kicker, Mike McNally (#38), roams the Southern sideline.



Southern and Gannon set up at the line of scrimmage during Saturday's game.

By Matt Gad

In their season opener Saturday afternoon, Southern football fell to the Gannon University Golden Knights, 55-22. Gannon has now won their last four contests with the Owls. Both teams also opened up their seasons together last year, in Erie, Pennsylvania, when Gannon was victorious, 31-9.

Before he started reflecting on his team's losing performance, head coach Tom Godek immediately flipped the switch to discussing their contest this Saturday at Stonehill: "We have to look at the film and make corrections then we have to make sure we have the right guys out there making plays next week."

Gannon dominated the game early, taking leads of 6-0, 13-0 and 20-0 before senior starting quarterback Ray Catapano was able to find Thomas LaSaracina just over a minute before

halftime. He ended up with three touchdowns on the day, throwing two in the second half to true freshman Zhyaire Fernandes, an All-State and All-Conference selection out of Bunnell High School.

"We gave them opportunities in the first half that they were gonna capitalize on."

— Tom Godek, head football coach

Senior wide receiver Shaquan Hall, who caught three passes for 32 yards—said the team did not quit. Despite losing by multiple possessions, Hall stressed that the Owls remain resilient.

"A big thing that we've preached all summer is just to keep fighting no matter what," Hall said. "We're definitely going up — there's definitely a lot of

stuff that we can improve on but I think we showed a lot of fight today from both sides."

The Owls, who went 6-5 last season, will return home Sept. 15 for a 7 p.m. game with Assumption College, an NE-10 opponent. And after a road date with American International Sept. 22, they will return to Jess Dow Field to battle their cross-city rival, the University of New Haven Chargers.

Southern's roster this season includes just 12 seniors. When asked if inexperience played a role in the team getting outscored 55-22, Godek said it had more to do with Gannon just being a good football team.

"We gave them opportunities in the first half that they were gonna capitalize on," Godek said, "and then when we did move the ball and score we couldn't stop them from scoring [more points] to hold the momentum on our side."

Gannon relied heavily on the play of their quarterback, Zach Phillips, who went 19-26 for 177 yards and two touchdowns. He also picked up 44 yards on the ground, including a single rush that went for 16.

In the redzone, Gannon was a perfect 7-7, while Southern was not as solid, going 3-4 in such circumstances. But in terms of time of possession the chances were pretty equal: the Golden Knights held the ball for 29:49 of the game, while Southern had it for a combined 30 minutes and 11 seconds.

Catapano, who threw two interceptions in the game, went 102-190 for 1,490 yards last season. He collected 13 touchdowns and ran 80 times for 164 yards and six scores. Catapano hails from Franklin Square, New York and was an All-State and All-Long Island performer at Carey High School.

Soccer starts the new season off with a 1-0 win



PHOTO | SOUTHERNCTOWLS.COM

Senior Louis Greenway Tambini (#19) scored the only goal of Southern's first soccer game.

By Matt Gad

It was a 1-0 win for Southern men's soccer last Thursday night in their season opener. They defeated Mercy College in a simple game that drew no penalties.

The Owls finished with 13 shots — eight on goal — but only found the net once, thanks to a goal from senior Louis Greenway Tambini, who was assisted by Ignacio Navarro from 18 yards out.

"It's always nice to win," Tambini, who's from Nottingham, England, said. "To get off the board 1-0 is great. We had a bit of a poor start to last season so, yeah, it's great to get that first W on the board and hopefully push on from there."

Tambini is a two-time Northeast-10 All-Conference selection. Sophomore year he played in all 17 of the team's games and last season he started 10 out of 12 for the Owls.

"I liked the result. I liked the way we competed and battled through the game," head coach Tom Lang said. "I don't think it was our best performance in terms of how we played but the important thing was that we got the result and came away with the victory."

Lang has been coaching the men's soccer program at Southern since 1997, registering more than 265 wins. Last season, the Owls went 7-8-2 and lost their opening game of the NE10 Tournament to Adelphi by a final of 1-0.

In addition to Lang as the head coach, they're assisted by Paul Templeton, Brian Quinn, Jeremy Wilson and Michael White, the latter two in their first years coaching with the program.

Wilson was a former assistant with the Wesleyan University women's soccer program and White started for the Owls for two seasons after transferring from Herkimer County Community College.

SEE MEN'S SOCCER PAGE 10

Football is back

By Matt Gad

The pro-football season is almost here. I am a fan of the New York Jets, who literally have no talent. OK, I am sorry, they have some nice rookie safeties and a wideout who attended Alabama. However, those guys are young, and they are only three players. The other 50 suck - point blank. The starting quarterback is 38-years-old - he is not the future. His backups are in their early twenties - just a few years older than yours

truly, and every time they are given a shot in the preseason, or, in Bryce Petty's case, a regular season game, they can not hold their own.

Let's face it - the Jets are not a good football team. This season will be long - so long, in fact, that you are gonna get tired of talking about it, so, in true Matt Gad's column fashion, we will not discuss it any further. Shall we switch gears?

College football started recently - and in the biggest Week 1 contest I have ever seen, Alabama easily handled Florida

State. Now, the Seminoles' QB is out for the rest of the year with a patellar injury. They better hope they can field a solid replacement, but even if they do their time in the top 10 is really short. I can not see them slipping out in the first in-season rankings, but in two or three weeks I would not be surprised to see them seriously slipping, unless there is a diamond in the rough on their depth chart. We will just have to see.

Will this be another season of Alabama reaching the top, just to appear in the title game

and lose? No way they would want to fall again, much less to the Clemson Tigers. But will Clemson even be back in the season's biggest game? I guess we will just have to watch to find out. Here's to the football season, folks. Oh, and do not forget to cheer on your Owls this fall. Seriously, do not forget.



Spellman out as Southern's head lacrosse coach



Maureen Spellman talking to the lacrosse team during her time at Southern.

PHOTO | SOUTHERNCTOWLS.COM

By Phil Zoppi

Southern women's lacrosse coach, Maureen Spellman, has resigned from her head coaching duties to take on the same role at Endicott College.

Spellman has been at Southern for five years now and during that time she led the Owls' to their single season program record for victories on three different occasions. Nicole Healey, Southern's leading goal scorer last year and one of Spellman's best players during her tenure, was caught off guard by the news of her head coach leaving Southern.

"None of us were expecting this," said Healey. "We all met

thinking we were going to be given our schedule for fall ball, but instead that was the news that was shared with us. So we were all very surprised and a little taken off guard."

"The position is open."

— Jay Moran,
Director of Athletics at Southern

Healey enjoyed her best season yet with the Owls' in 2017 as the junior goal scorer netted 47 goals and set a program single-season record in draw controls with 80. Now going into her senior season, Healey thinks that the team will feel the loss of Spellman and that there will

be an adjustment that has to be made.

"I think everyone will definitely miss her and it'll be weird not having her around," said Healey. "You spend so much time with your coaches and your team that they become almost like another family to you, so I think that loss will be felt for sure. I think the senior class will definitely feel it, we've been with her for three years now."

Healey may have been caught off guard by the news of her head coach leaving but the Director of Athletics at Southern, Jay Moran, was not.

"Maureen is professional enough that she updated me that she was interested in a job that she got a job interview with," said

Moran. "She was really honest and it's a great opportunity for her not only professionally but she personally she has connections to the Boston area."

Moran believes that Spellman will be a loss for the program but that she set the groundwork for the next coach at Southern to have success. Southern is not 100 percent sure on who that next coach will be yet. Moran said that it could possibly be one of the assistants but that is to be determined.

"Hopefully within the next few weeks we'll have the ability to sign someone else," said Moran. "The position is open."

Betsy Vendel, one of the assistant coaches for the women's lacrosse program, will

run practices until the new head coach is decided on.

Last year was not a great season for the Owls as they went 4-12 and just 1-5 on the road. The Owls did not have a great season but they did not lack talent like a lot of the other lacrosse teams over the years at Southern have. Spellman left the new head coach with some experience on their roster with five seniors projected to play a role on the team this season. One of those seniors will be Healey who will look to cement herself as one of the best players to ever play for the women's lacrosse Southern program.

Men's soccer

CONTINUED FROM PAGE 9

Coach Lang was happy with the win but he knows the team needs to get better.

"We need to get some things sorted out and cleaned up in training. We have a week off (since Aug. 31) so hopefully we can get some guys back healthier and get some work in and continue to build on this performance and get good results next week," Lang said.

Lang will be looking for Tambini to have performances similar to the one he had on Thursday. Tambini finished second in points and goals last year for the team.

On top of that, Tambini was announced as a captain for his senior season. The captain label comes as no surprise for Tambini as he has now been a three-year starter for the Owls and excelled both on the field and in the classroom.

Another key contributor for the Owls this year figures to be Sabri Akter, who matched Tambini in goals last year and is now also in his senior year.

Southern will have some crucial games coming up in the near future and will be playing plenty of home games in New Haven. The Owls will play all of their games at Jess Dow Field this season just like they did last season. There are similar opponents on the schedule.



Senior Ignacio Navarro during Southern's 1-0 victory over Mercy College.

PHOTO | SOUTHERNCTOWLS.COM

Sept. 27, the Owls travel to Manchester, New Hampshire to take on Southern New Hampshire University. After that, in an NE-10 contest, they will play Assumption Sept. 30 at 6 p.m. After facing off against Saint Michael's

College, in Colchester, Vermont, Oct. 4, they will return home for Adelphi on the 11th.

Southern will head to Springfield, Massachusetts Oct. 14 to take on American International. Their final two

home games of the year are Oct. 18, with Le Moyne, and Oct. 27 with Saint Anselm. Those games are sandwiched between road games Oct. 21, with Merrimack, and Oct. 24, in Albany, New York with the College of Saint Rose.

Southern was projected to finish sixth in the Northeast-10 preseason poll out of 14 teams. Adelphi was projected to finish in first place.

Sleeper 2017 NFL team

By Phil Zoppi

The calendar has switched over to September and that means it's time for predictions for the upcoming NFL season.

This comes as no surprise but according to VegasInsider.com the New England Patriots are the overwhelming favorites to repeat as Super Bowl Champions with 7/2 odds. The Patriots have arguably gotten better from last year's team with addition of Brandin Cooks and a healthy Rob Gronkowski. The Green Bay Packers, Atlanta Falcons, Seattle Seahawks, and

the Dallas Cowboys round out the top five of best odds to win the Super Bowl.

All of these teams figure to be in the thick of things when the month of December rolls around but there is one time that is going unnoticed that I think could make a run this year and that is the Kansas City Chiefs.

Kansas City brings back their usual pro bowl littered roster with guys like Justin Houston, Eric Berry, and Travis Kelce expected to be key contributors to the team once again. The difference in this year's team

is going to be the man under center.

Alex Smith will go into the season as the starter but the way the highly touted first round pick, Patrick Mahomes II, is playing I don't think Smith will be the starter for long. This kid has the stuff to play the quarterback position in the NFL and he put that on full display in the preseason. Mahomes was making tough across the field throws look effortless throughout the preseason and seemed to have complete control of the offense.

The Chiefs selected

Mahomes with the 10th overall pick in the draft and for good reason. Smith has always held this team back by playing conservative and quite frankly scared. Kansas City may want to protect their prized first round pick but if it's at the expense of wins for the team then they may be forced to playing Mahomes sooner than later.

If Mahomes gets his shot this year watch out for the Kansas City Chiefs.



Men's and women's cross country gear up for 2017

By Matt Gad

This year, Southern's men's and women's cross country teams have two very different goals in place - the men, who have welcomed 12 freshmen, are looking to become a "perennial contender," while the women's side seeks success after losing key recruits from their most recent recruiting campaign.

Brian Nill, who assists both programs, said the goal for the men would be to achieve a top five conference finish, with a top eight finish in the region.

Before the season began, the team was ranked ninth in a preseason poll.

"I can truthfully say that our team has some of the best chemistry I've had in my four years of being here," senior Seth Shuster said. "Everyone is very eager to learn and get better - we're all also extremely supportive of each other."

Shuster, a team captain, ran for Shelton High School before starting his career as a student-athlete at Southern. Last season, Shuster ran to a 47th place finish at the Bruce Kirsh Cross Country

Championships, on Sept. 24, 2016. He ran the eight kilometer course in 28:35.9.

After that, Shuster went on to compete in the New England, Northeast-10 and NCAA Division II East Region Cross Country Championships that fall, as well. The latter, from Nov. 5, 2016, was a 10 kilometer race, in which he ran to a time of 35:35.9.

In addition to the 12 freshmen they have, Nill said the team is also excited for two transfer students, one from Rhode Island and the other from Central Connecticut State University.

And despite lacking in offseason recruiting, the women's program is still thinking very highly about 2017. Senior Claudia Marsh, who ran at Griswold in her high school days, said they are also looking at constant improving in the ranking department.

Said Marsh: "This season we have a lot more new people than returners and our team is really small this year but we have a lot of potential. We are just really looking forward to moving our rankings up at regionals and placing high at conference, [as well.]"

This year, the

women's team consists of just seven runners, Marsh included. Freshmen Brittany Post and Ashley Cummings, sophomores Christina Costa and Meghan Delaney, junior Ashley Betts and senior Michelle Hesse wind out the team.

Marsh said her main goal, personally, is to remain injury-free, especially with their small team size. She also stressed the importance of everyone, including herself, constantly hitting personal records to make the team's results more favorable this season.



Southern competing at Adephi Invitational.

Volleyball names team captains for 2017 squad



Nicole Hauser (#14), Alexander Nimz (#7) and Leanna Jadus (#12) have been announced as team captains.

By Mike Riccio

Southern Connecticut State University volleyball coach Lisa Barbaro has announced that seniors Nicole Hauser, Alexandra Nimz and junior Leanna Jadus have been named captains for the 2017 season.

Barbaro said it was "a pretty easy selection process" when naming her captains because "all three have been major contributors to our team since their arrival at Southern Connecticut as freshmen."

Last season, Nimz and Jadus were under the guidance of captains Faith Ford and Hauser, who will be serving as captain once again. Both were involved in some of the decision-making but were in-training at the same

time.

Even though Jadus is only a junior, Barbaro is confident she can step into the role of captain because she was part of meetings last season and was able to contribute without all the responsibility falling onto her.

"Leanna in particular really learned a lot from the experiences last year as far as what was needed in the leadership of this team," Barbaro said.

During Hauser's career at Southern, she has recorded three of the five triple-doubles in school history and holds the single-match record for most kills with 25.

Hauser said she will use her experience from serving as captain last year to help her this year, citing the help she received from previous team leaders.

"The captains in the past," Hauser said, "taught me just how important it is to be a good example for your teammates to follow."

Hauser said her main priority as captain is to communicate with coaches each week and to have good relationships with every player on the team.

Nimz also enters her senior season with her name etched in the record books. She currently ranks second all time in career assists and shares the single-match assist record with 56.

Nimz gives a lot of credit to Kimi Lachowicz and Taylor Carlson, former players who have come back to help the team after they graduated, and said she hopes she can impact her teammates the way they impacted her.

"They both helped me tremen-

dously in athletics and academics and developing myself to be a leader on the court," Nimz said. "They're a lot of the reason I'm the setter I am today."

Nimz said she is mainly focused on improving her leadership skills on and off the court. Barbaro, however, said Nimz does very well in handling conflict and other players feel comfortable going to her with problems.

"She's a psychology major," Barbaro said, "so I think that kind of helps as well but she does a really great job with helping her teammates out with anything in their life."

As their senior campaigns get underway for Hauser and Nimz, both say they are excited for the season and are confident the team can accomplish their goals.

"We would really like to start where we left off last season," Nimz said, "and keep that going so that way we don't have a learning deficit."

Hauser said she is determined to not lose two matches in a row and to reach the conference tournament, something the volleyball team has not done since 2012.

Barbaro said she expects her team to garner wins by working hard and putting in the effort.

"I'm always a big believer in you're as good as your work," Barbaro said. "I really think if we put in the work and effort and we are willing to be selfless and be somebody that understands that we're part of something bigger than just ourselves, I think winning and success will just happen."

SCSU men's football vs. Gannon University



PHOTO | PALMER PIANA

Quarterback Raymond Catapano talking with a wide out during the game.



PHOTO | PALMER PIANA

A Gannon player breaks free into the open field against Southern.



PHOTO | PALMER PIANA

Catapano celebrating a touchdown.



PHOTO | PALMER PIANA

Southern's offensive line celebrating a score.

Northeast-10 Standings

MEN'S FOOTBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
ASSUMPTION	0	0-0	0.000	1	1-0	1.000
LIU POST	0	0-0	0.000	1	1-0	1.000
NEW HAVEN	0	0-0	0.000	1	1-0	1.000
PACE	0	0-0	0.000	1	1-0	1.000
STONEHILL	0	0-0	0.000	1	1-0	1.000
AMERICAN INT'L	0	0-0	0.000	1	0-1	0.000
BENTLEY	0	0-0	0.000	1	0-1	0.000
MERRIMACK	0	0-0	0.000	1	0-1	0.000
SAINT ANSELM	0	0-0	0.000	1	0-1	0.000
SO. CONNECTICUT	0	0-0	0.000	1	0-1	0.000

MEN'S SOCCER

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
ASSUMPTION	0	0-0	0.000	1	1-0	1.000
FRANKLIN PIERCE	0	0-0	0.000	1	1-0	1.000
LE MOYNE	0	0-0	0.000	1	1-0	1.000
MERRIMACK	0	0-0	0.000	2	2-0	1.000
SAINT MICHAEL'S	0	0-0	0.000	1	1-0	1.000
SO. CONNECTICUT	0	0-0	0.000	1	1-0	1.000
SO. NEW HAMPSHIRE	0	0-0	0.000	1	1-0	1.000
ADELPHI	0	0-0	0.000	2	1-0	0.750
STONEHILL	0	0-0	0.000	2	1-0	0.750
AMERICAN INT'L	0	0-0	0.000	2	1-1	0.500
BENTLEY	0	0-0	0.000	2	0-2	0.000
NEW HAVEN	0	0-0	0.000	2	0-2	0.000
SAINT ANSELM	0	0-0	0.000	1	0-1	0.000
SAINT ROSE	0	0-0	0.000	1	0-1	0.000

Southern amps up media presence



PHOTO COURTESY | POPPERIPOP

By Mary Rudzis

Southern, like any other college or university, puts out different forms of advertisements to market themselves to prospective students. However, up until recently, the ways Southern did this often felt dated or just missed the mark. Now it seems like there has been a significant effort to modernize and create advertisements that show off the true spirit of Southern in a realistic and genuine way.

I found that when I watched the video from the new student Convocation, it did not feel forced or contrived. It had a good mix of students talking about the upcoming semester as well as showcasing school spirit, which most students know is a big part of the community here. A lot of Southern students are proud to attend, and the orientation ambassadors and staff encourage and nurture that sense of excitement.

The school has also amped up its presence on social media, especially on Twitter. This is useful, because so many students use it and more and more it seems like schools are engaging with students in this way. The Twitter account is a mix of stories relevant to Southern, tips for students, information about events and campus activities, and even more school spirit. The Twitter page feels like a condensation of all the things Southern has put out on their website already, just in a more personal and hands-on way that it feels like I could easily engage and interact with. Southern has also created a Snapchat, which is a very popular social media site as well. Snapchat could be very useful during school events so students can see what's going on and be updated with what's happening on campus.

I think that with the new approach, incoming and prospective students will have a better understanding of just what kind of school Southern is, even more than the website or the old Facebook page portrayed. Even though it is obviously only going to show the best side of Southern, it does not seem like it is hiding anything or being dishonest. The enthusiasm that the social media presence puts out is real because students here really do feel that way about Southern.

I was surprised to find out that Southern has an Instagram account as well. It is very well curated and the photos on the page are incredibly well done. It is really smart for them to have an account because since it's all photo-based, it is accessible and a lot of young people use it. Photos are an easy way to tell a story and even though all colleges have literature with smiling students on the front, the Instagram feels more authentic and also can help create a sense of community amongst students.

Overall, while some may perceive that Southern is trying too hard to be relatable or push a narrative that the advertisements seem cheesy or fake, students in the community know that what the social media accounts and photos present is real. We needed an update, to join the modern age, and Southern has done it in an effective and tangible way.

Students compete to succeed

By Greg Gagliardi

I often say "many inspirations come by walking through a quad can produce the needed spark. Ideas or motivation are often found through presence. A school campus is evidence. Along with motivation comes competition, and this also is fueled by a school setting.

Competition between students, while not always verbally acknowledged, is real. I am speaking from the mental side. When you walk into a classroom many thoughts enter. Along with the mere cliché run of the mill agenda comes the idea of standing out. How can I be the best in my class?

Everyone wants to be a star, regardless of whether or not they confess it. The idea that a college student does not gaze at their classmates and ponder how to excel academically over them is plain wrong. Do not confuse this as a distaste toward classmates, it's far from it. I am speaking as an individual. Sure, we all want the best for everyone, but we want this under our conditions. It is easy to wish well or help others when you are situated. When things spiral rarely is a human prone to generosity.

Never once should you wish a classmate fail-- you should always wish them the best. You do this because in competition is the word competitor. You are only as good as the players you play. Your class is only as strong as the classmates in it. If you want to be the best student you have to challenge the best. Your success means nothing it came from those below you. This level of competition brings a healthy, positive learning environment where students are motivated by their peers.

Competition brings good, but the sour taste of defeat leads to negative drawbacks. No one wants to see someone succeed when they know they should be the one receiving the praise. What made their work better than mine?

Students will turn to cheating when adversity hits. When the ceiling is falling a student will rely upon other methods to stay afloat in the ever-competitive classroom.

Cheating is wrong, and fueled by lack of effort. Students will create this false narrative where they consider themselves successful within a course, yet their success is fueled by cheating. A negative side effects. Competition will always bring out the best and the worst in people. When the best is seen, excellence appears, but for all the glory is there is not always gold. There are dub moments. A dub moment can grow. They can grow outside the classroom into the real world.

Take a competitive student who was fueled with the idea of success. A 3.8 GPA was always their goal. They fell behind, were not ready for college and sank into crisis mode. They cut corners and opted to cheat and mangle around the system. Life was fine in school, they got by. They stopped getting by when they could no longer get by. When it time to put your skills to bat. They had no skills, in short, they were unequipped for the real-world due to poor habits.

As the year progresses more challenges will be thrown your way. Assignments will get harder, days will be spent at the library. That is all part of the process. This whole school thing is fun, but remember it is not always roses and sunshine. We all want to be the best. To be on the honor roll and have our name and picture attached to a bulletin board. All of that is nice. But as a senior, let me say your success is only as good as you make it. My definition of success is much different than yours. What fuels me is not who got the best grade on the exam, but rather who gets it. Who in the class has a vision and will stop at nothing to see it grow. Praise comes. Awards come. Just make sure your motivations are deeper than a number on paper or a small dust collecting trophy.



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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

Starting the new academic year



The club fair in the academic quad on Wednesday Aug. 30.



President Joe Bertolino, Tracy Tyree, and Terricita Sass, giving away ice cream to students on the first day of classes Tuesday Aug. 29.



Peter Hrynyszyn helping his daughter, Julia Hrynyszyn, a freshman physical therapy major, on move in.



TKE fraternity recruiting new members at the club fair.



Blue Crew assisting incoming freshmen on moving in.



Erin McManus, a freshman secondary education major, getting help moving in by boyfriend Richard Rivera.