



Artist profile: From buttons to strings

PAGE 8



SENIORS PROPEL SOCCER

PAGE 9



Students unite and dance to Colombian music

PAGE 4

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Southern hits two year mark of being tobacco-free



Students, who asked not to be named, using tobacco products in front of Engleman.

PHOTO | PALMER PIANA

State budget crisis puts Southern at risk

By Josh LaBella

A Republican state budget, which passed on Sept. 15, would see massive cuts to higher education. Gov. Malloy has vowed to veto the bill once it gets to his office.

Connecticut State Colleges and Universities President Mark Ojakian said the cuts would have a "profound impact on CSCU students."

According to Ojakian, the cuts will have a lasting damage to their ability to serve students and, if the trend of less funding from the state persists, will only put more burdens on their shoulders.

"If we continue on this path, any options we consider to sustain our system in the future will include significant increases to tuition and fees that our students don't deserve and cannot afford," said Ojakian.

Jonathon Wharton, a professor of political science at Southern Connecticut State University, said the bill will most likely get vetoed by Gov. Malloy unless it gets amended to his liking. If this doesn't happen, he said, once Oct. 1 comes around the state budget will be in the governor's hands.

"That's disconcerting," Wharton said. "We're gonna allow the executive branch to lead this and the legislative branch has not addressed their internal problems within their caucuses. They're the ones in charge of passing the budget. It doesn't take a political science professor to realize this."

Wharton said this situation underlines the lack of communication on both sides of the aisle, in particular for the democrats. He said the state needs to come up with new revenue sources instead of sources like the newly proposed cell phone tax.

"I'd rather find pathways of seeing Connecticut, and particularly the General Assembly, come up with creative and imaginative approaches of bringing more businesses here, of seeing more people employed here, of keeping younger people and older people here," said Wharton.

SEE STATE BUDGET PAGE 2

By Alex Palmieri

After over two years of becoming a tobacco-free campus, Emily Rosenthal, coordinator of the wellness center, said there is still some work to do.

"There are around 1,300 tobacco free campuses around the country," said Rosenthal. "Tobacco is still the leading cause of preventable death in the country."

Rosenthal said if she sees students smoking, she does not try to force them to quit. Instead, she may approach smokers and let them know about smoke-free programs that the university holds every month. Rosenthal said she will help any tobacco user that wants to quit.

"We care about tobacco

related illnesses," said Rosenthal. "There's more than \$2 billion a year in health care costs in Connecticut, just for smoke related illness."

Because of this, Rosenthal said Southern received a grant from the Department of Public Health to help support some of the anti-smoking programs that Southern runs on a weekly to monthly basis.

"There's free nicotine replacement for students," said Rosenthal. "There are exchange events, where students hand us their tobacco products and we give them something in return."

Rosenthal said that if a student hands in their tobacco products at the exchange event, the student will receive gift cards for Dunkin' Donuts at SCSU or the book store. She said people have turned in a lot of products

at these events, and that is part of why Southern has successfully been tobacco-free for the past two years. Rosenthal said she cannot stop everybody from smoking on campus, she believes Southern is taking the proper steps in the right direction. She is proud of how the university has been handling the situation.

"Our goal is not to force anyone to quit smoking or make them quit," said Rosenthal. "Our goal is to really have a policy that promotes health and a healthy community."

Zachary Nunnink, a junior economics major, said he thinks the university's decision to go tobacco-free is a little foolish. He said that no matter what law is put on tobacco smoking, people will still do it, especially if they are addicted.

"You're not going to decrease

my behavior," said Nunnink. "I mean, I can just walk off campus and do it, or I can just do it right here. I don't think [the policy] will really change anything."

Nunnink said he does not agree with the policy, he said he does think it is beneficial and helpful to provide programs for those who want to quit.

"That's legitimately helpful," said Nunnink. "I think the university will do well with a designated smoking area."

Robert Crowdis, a junior computer science major, said he is not a smoker, but he does work on campus and thinks the university has made a good attempt. Though he thinks the university has done a solid job with the making the campus tobacco-free, he said it is difficult to stop everyone.

"Even teachers, employees,

'Fiesta Latina' celebrated in honor of Hispanic Heritage Month

By Josh LaBella

In front of the Adanti Student Center the wind was whipping, but the fiesta did not stop.

Last Wednesday, Hispanic organizations at Southern kicked off Hispanic Heritage Month with an event they called Fiesta Latina

Joscelyn Fernandez, a graduate intern for the Multicultural Center, said they host this event annually at the start of the Sept. 15 through Oct. 15 month of celebration. The wind, she said, was very strong but did not keep people from turning out.

"People have been passing through and enjoying the festivities," said Fernandez. "There is music and dancing, and we have different Latin organizations represented at the tables."

Diane Brown-Albert, the coordinator of multicultural affairs, said Hispanic Heritage Month actually started the previous Friday. The group wanted to hold the event on Wednesday instead so more people would get to see it. She said they had placed posters of different Hispanic and Latin icons around the event.

"A lot of students don't know many (famous) Hispanic people so this gave them a little history," said Brown-Albert. "Some of the

Latin organizations are here so students who are interested can meet with their e-boards and learn a bit about what they do."

The reason the Hispanic Heritage Month runs from the Sept. 15 to Oct. 15 is because there are a number of countries that celebrate their independence in that time, according to Anna Rivera-Alfaro. Rivera-Alfaro, the assistant director of academic and career advising, said the goal of the event was for students to get to know the Latin clubs on campus but that almost didn't happen.

"We had sent the word out canceling Fiesta Latina because it was supposed to rain," said Rivera-Alfaro. "But when we got in we saw it wasn't going to and decided to host it anyway. This event supports the multicultural center and everything we do."

Karla Vega, a senior Spanish and interdisciplinary studies major, said as president of the Spanish Clubs she was happy to be there to represent the organization and give people a better knowledge of the language.



President Bertolino gathers with a group to celebrate Fiesta Latina.

PHOTO | JOSH LABELLA

SEE FIESTA PAGE 2

Student government discusses upcoming events

By Josh LaBella

Student Government Association held its weekly meeting in Connecticut Hall last Friday at 1 p.m.

Julie Gagliardi, president of SGA, opened by mentioning different commissions which needed representatives at large to join them.

"The first is the president's commissions on social justice. [It] has four subcommittees and they will need a representative for each of them, so if you're interested sign up," said Gagliardi. "We also need one rep for the bookstore initiative."

Then Gagliardi reviewed President Bertolino's university address. She said the state Legislature proposed a budget which included a \$30 million cut to the Connecticut State College and Universities system.

"President Ojakian sent out a letter to faculty and staff on campus really encouraging them to get active and talk to their legislators," said Gagliardi. "I am planning on sending one out on behalf of student government on Monday to the entire student body. That will be encouraging students to go out and talk to their legislators as well."

Becky Kuzmich, the executive vice president, said in her report that SGA had gotten enough signatures on their constitution referendum for it to go into effect.

"We needed 1,022 and we got 1,055, so we did it," said Kuzmich.

The next item in her report was that elections are this week from Monday at 8 a.m. to Friday at noon.

"Students can vote on Owl Connect so please remind them to vote," said Kuzmich.

Next, Kuzmich said Southern had launched the first phase of a new Southern website that day and will have a new look to it.

"As most of you know IT has been working all summer to get this going," said Kuzmich.

Afterward, during the vice president reports, Alexis Zhitoni, vice president of the board of student experience, said they worked on several things in their meeting that



Students participating in the SGA meeting Friday, Sept. 20, 2017.

PHOTO PALMER PIANA

week. One of the events they planned was a night walk with police.

"In the next few weeks, we are probably going to plan with the police station to go on a walk around campus with them at nine or 10 at night," said Zhitoni. "This way they can try to get the feel for campus at night as students."

Kelsey Kuziak, the head of the commuter commission, said they were hosting a commuter luncheon on Oct. 9 from noon to 2 p.m.

"We're going to be auctioning off a parking spot in the Morrill/Engleman parking lot to a student," said

Kuziak. "We also have a variety of gift cards."

Stefany Mitchell, a representative at large, said she had heard on the Oct. 21 homecoming day students will be allowed to drink at the tailgate if they are 21 or over. Denise Bentley-Drobish, the director of Student Involvement and Leadership Development, said she had heard the same rumor and believe it to be true. She said the event will most likely take place in the Brownell parking lot.

"I would imagine that it would be highly secure," said Bentley-Drobish. "It's not going to be a free-for-all."

Scientific Teaching Forum held for people interested in education

By Josh LaBella

On Friday, Sept. 22, Southern hosted a Scientific Teaching Forum.

The event ran from 9:30 a.m. to 2 p.m. and was sponsored by the SCSU Faculty Development Grant obtained by Sean Grace and Rachel Jeffrey of the biology department. It was described as "a day of lectures, workshops, discussion on methods of scientific teaching and food." The event was open to all faculty and staff interested in teaching methodologies and strategies.

Kimberly Petrovic, an assistant professor of nursing, said she was there because nursing is much more of a science than people give it credit for and she wanted to learn different ways to teach her students.

"Nurses play a significant role in healthcare, it's not just physicians doing the work," said Petrovic. "It's an art and a science so nurses need to be aware of the science behind the practice."

Michelle Smith, an associate professor of biology and ecology from the University of Maine, presented her keynote lecture "Supporting Faculty in Making Changes: Strategies to Promote Instructional Transformations in STEM Education" in Engleman 120 at 10 a.m.

"I really appreciate the opportunity to be invited here," said Smith. "A big thank you to Rachel (Jeffrey) for doing so much of the work (to make) today happen."

Smith said she was there to talk about some of the

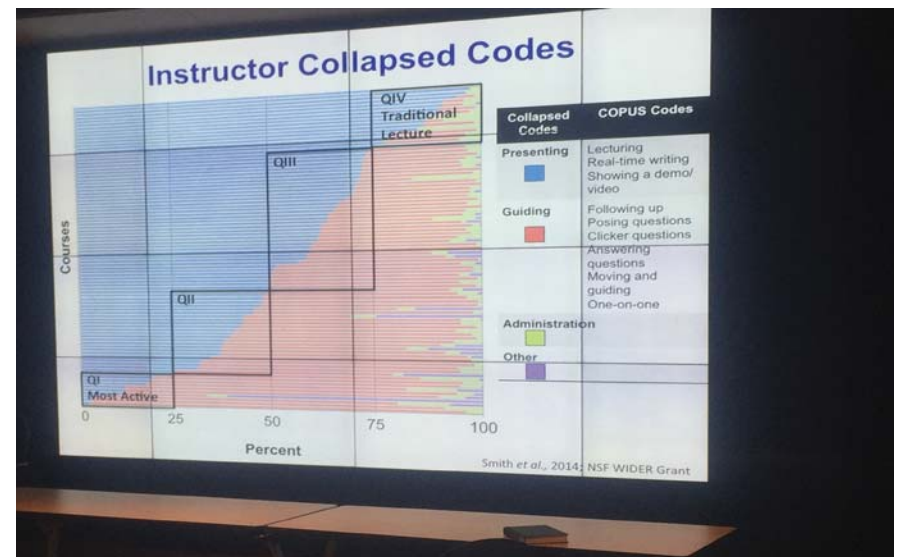
strategies she has used for supporting faculty in making transformation in their classrooms. She said in all of the places she has worked one of the big lessons she learned is that there is not one answer for transformations in STEM – an acronym for science, technology, engineering, and mathematics education. Smith said active learning is one of the most critical parts of a science class and she has done a lot of research on the topic.

"One of the early things I worked on was getting people to add clickers into their classrooms and having students discuss with each other," said Smith. "Also, writing learning objectives and how that's really important for figuring out what concepts you want student to be able to know in your classes."

Smith said teaching style played a big part in student's ability to retain information. Unfortunately, she said, very little data is currently being collected on how university instructors are doing their teaching.

"The big reason is because getting feedback is not always a part of the university culture," said Smith. "Usually the only time you get observed is when you are up for tenure or when you have several negative student reviews."

Smith discussed a project she was working on was called the University Classroom Observation Program. She said the program involved middle and high school STEM teachers



Slideshow presentation for scientific teaching forum.

PHOTO JOSH LABELLA

observing University of Maine classes to provide faculty with data about their instruction style. Over 75 percent of the faculty agreed to allow their classes to be observed.

"From looking at the study we came up with two fundamental results about active learning," said Smith. "Students in active learning classes are one and a half times more likely to pass compared to students in lecturing classes, and students in active learning classes earn roughly half a letter grade better than those in lectures."

State budget

CONTINUED FROM PAGE 1

SCSU President Joe Bertolino said that if the budget were to be passed as is, the CSCU system would assess the cuts and divvy it up among the state colleges and universities. He said Southern has already built a budget based on Gov. Malloy's emergency budget which means Southern is "set" for the rest of the academic year.

"I think the cut was just under \$30 million," said Bertolino. "By the time it is parceled out to the 17 institutions, the universities would probably be a few million dollars each. We would probably be told to take that money out of our reserves."

Bertolino said Southern has about \$40 million in reserves, half of which is already earmarked for certain circumstances. The other \$20 million, he said, is flexible and can be used as needed for emergencies and investment.

"There's a good possibility that we may not need those dollars," said Bertolino.

Bertolino expects that Southern and all of CSCU will continue to have this problem year over year, he said.

"As I shared at my university address, we're never going to get more money from the state," said Bertolino. "I certainly appreciate my faculty colleagues and

others going to Hartford and fighting the good fight, and we should, but at this stage it's fighting the good fight just to keep what we have. Even if you keep what you have, with inflation and contractual costs, we are always taking a loss unless we generate revenue from other sources or change the makeup of our enrollment."

According to Bertolino, one way he plans to generate new revenue is by opening Southern branches at Gateway and Housatonic community colleges. He also said if the hiring freeze continues he may work with their president, Paul Broadie, to share some staff between the schools.

"Ideas for raising revenue, beyond our partnerships with community colleges which we are looking to expand, is fundraising," said Bertolino. "At some point we're going to need to do a comprehensive campaign. There are a lot of folks who would invest in Southern."

Bertolino said he thinks Southern is ready to handle what comes its way, because there isn't a choice.

"Moving forward, we'll roll up our sleeves and we'll be okay," said Bertolino, "because we're not going anywhere."

Fiesta Latina

CONTINUED FROM PAGE 1

"Today we are prideful as we stand for Hispanic heritage," said Vega. "It's great to see us all stand strong together."

Alba Turcios, a sophomore chemistry major and the vice president of the Organization of Latin American students, said she was there to dispel stereotypes.

"We are more than people think," said Turcios. "Today we are here talking about our heritage. We are people who make change."

President Joe Bertolino stopped by the event and talked to students about what they were doing. He said hearing the music brought him there.

"I was walking across campus - to be honest, music drew me in - and then I saw all the students from the different Latin organizations and thought I would come by and say hi," said Bertolino. "It's always great to see students out and about doing their thing."

Southern Alumni speaks about rights in America

By Jenna Stepleman

Judge Charles D. Gill, a Southern alumni, spoke about where the rights of children stand in America as opposed to where they should be today as well as controversial trump administration issues like DACA.

Gill is a former Connecticut Superior Court judge, he and the co founder of "the taskforce for children's constitutional rights." He has since retired as a judge but is still an active speaker and advocate for children's rights.

He has presented as an honored speaker at the UN conference as well as made appearances on "Good Morning America" "20/20" and NPR radio.

Gill started his address with a story of staying in the same hotel as the writer of "The Wizard of Oz" led to him comparing aspects of the political and social road ahead to "The Wizard Of Oz."

"On our journey down the yellow brick road, think of the cast of characters we meet. We have the heart, like the tin man, to care for others. We have the brain, like the scarecrow to think and reason, and finally we could have the courage to face our fears and do something about it like the lion. So why don't we?" Gill said.

Judge Gill focused heavily on the idea that just because you believe something it does not make it true. He specifically hones in on a few myths. "The myth that poverty is the determining factor of a child's level of care is just plain untrue." Gill said. He went on to explain that the studies find that honesty, responsibility of care and stable home relationships remain the most important.

In his own words, "[American politics] are in the business of repairing what's already broken, not rebuilding from the framework up to be solid"

His associate at this event and the second speaker on the roster was Erin O'Neil Baker. She is a lawyer in Connecticut specializing in immigration law.

She was involved in creating the Hartford Legal Group in 2005 and has been practicing law for over 20 years.

Baker's secondary address to the crowd was focused on the new DACA laws and immigration reform as it applies to children in the United States.

Many of the clients she represents are being actively sought out by I.C.E. Many have taken sanctuary in churches throughout New Haven and other cities in Connecticut.

"These people have children who are natural born citizens if they were to become separated these children would need to go into foster care when they already have



PHOTO JOE GRATZ, CREATIVE COMMONS PHOTO

mothers and fathers they grew up with. I guess my closing question would be, do children have a right to their parents?" Baker said.

A Q&A session followed there where audience members could address the comments made.

Cheyenne Paez, a 23-year-old Interdisciplinary major with concentrations in History and Psychology, was there to attend voluntarily unlike the many others attending for a class grade.

"My ultimate dream is to be on the Supreme Court, so I love listening to legal talks like this and it fits both of my major interest," Paez said.

With dreams to become a Supreme Court Judge as well as an immigration attorney the questions Baker asked were particularly prevalent.

"It's important people know fact from fiction, misconceptions and ignorance lead to laws with similar standards and leave people with discriminatory ideas," said Baker.

There was an exclusive announcement at the end of the lecture where it was revealed both Gil and Baker herself were

planning to file a joint lawsuit in federal court. They argue children's constitutional rights are being violated when these perfectly fit parents are taken away from them in immigration raids.

There are nearly 4-5 million families in the United States whom this action would affect.

"The Constitution has been amended many times to include women's and African Americans peoples rights. Why not children's? If the judge rules against us the question left to be asked is why children don't have this constitutional right as adults do." Gill cites.

Baker and Gil announced tentatively the first drafts will be written up in the next two to three months. They hope to gain the attention of skeptics and even people who haven't considered this an issue before.

"I don't just hope we win the case. I hope the children win. Some are afraid of the idea if we consider children people under the constitution they must be listened to as well," Gil said.

School of business prepares students for life after Southern

By August Pelliccio

Students gathered on Sept. 22 in the School of Business to attend the first of a series of professional development workshops. Jillian Kowerk said the School of Business wants their students to be better prepared for a career after graduating from Southern.

Kowerk, a second year ambassador for the School of Business, described the event, saying that the idea is to help students build their professional personas.

"Once a month, throughout the school year, students can come to the workshops and learn about topics like internships, resume building skills, networking and more," Kowerk said. "The goal is for students to learn from each other in an enjoyable and relatable environment."

The monthly series, called Lunch and Learn, was held in the format of a professional development workshop. According to assistant professor of marketing, Randye Spina, next month's meeting on Oct. 18 will be an accounting and finance career fair.

According to Kowerk, every student ambassador for the School of Business will be present and active at the career fair next month, but the stars of the show Friday were student ambassadors Joe Amarante and Alex Sosa.

Sosa said that the student ambassador program began last year, but this is the first year that they will be holding monthly events. Despite the fact that this was the maiden voyage of the Lunch and Learn series, attendance was high. The event was open to 40

students, who could RSVP on a first come, first serve basis. Spina did not expect the event to sell out.

"I'm delighted; I'm ecstatic," she said, "I'm completely blown away,"

Ellen Durnin, dean of the School of Business, opened the event. She briefly spoke about the school's five-year history of career development events, and the addition of the student ambassador program last year. She and Spina then welcomed the two student ambassador speakers, Sosa and Amarante.

Sosa began the lecture by introducing three methods of finding a position. She explained that a "solicited" job is one that is advertised, accepts applications openly. An "unsolicited" job, she said, is one that involves "cold contacting," or submitting a cover letter and resume directly to an executive. The third method, she said, involves a recruiter to match prospective employees with open positions.

Amarante and Sosa shared the details, pros and cons of each type; for example, he said a "solicited" job is the most common type, but due to the large number of people that may apply, often approaching an "unsolicited" job is more successful. Amarante and Sosa even presented examples of a good cover letter and resume to submit for each type of job.

After the close of the lecture, students took a survey, and were invited into the adjacent meeting room to converse with one another and eat some pizza, fulfilling the lunch portion of Lunch and Learn.

"We had a lot of people show

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FEATURES

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SEPTEMBER 27, 2017

PAGE 4

Students unite and dance to Colombian music

By Micaela Valentin

If you walked through the campus quad on Thursday, Sept. 21, you would have heard students clapping to the beat of a traditional Colombian song, played by the Spanish Club, in honor of Hispanic Heritage Month. You would have witnessed a vibrant display of popular Colombian dance, by two members of the Spanish club, Vice President, Karen Cuzco and Kaylee Fuentes, and even a few students who felt comfortable enough to join in with some moves of their own.

Most importantly you would have witnessed unity, not just from the members of the Spanish Club, but from students from all walks of life. Complete strangers coming together just for a moment to watch, dance, laugh and enjoy the simple pleasures in life.

For just a moment, the academic quad felt like home to those walking by as well as those who joined in on the fun.

Students from Southern were able to immerse themselves, not just in the traditional Colombian music and dance, but in the Spanish language.

Mercedes Valentin, who is running for Treasurer of the Spanish Club, said, "I wanted to be a part of this organization because I liked the environment. I immediately felt at home. This is a tight knit community that doesn't exclude anyone who wants to be a part of what we're doing."

Cuzco, honored Colombia by putting on a show, agreed she became involved with the organization because she felt welcomed and believed in their mission.

President of the Spanish Club, Karla Vega,



PHOTO COURTESY | MICAELA VALENTIN

Spanish Club Vice President Karen Cuzco.

announced to people passing by that this showcase was meant to celebrate Hispanic Heritage Month, featuring various events from Sept. 15 to Oct. 15 celebrating the history and cultures of various Hispanic and Latino backgrounds, this inclusive commemoration also unifies people of different backgrounds by honoring and celebrating their music, their languages, and the rich cultures that are deeply rooted within them.

Members of the Spanish Club are the proudest of the one thing they all have in common: the Spanish language. Despite the different nationalities that the group is composed of, the thing uniting them is the way they communicate with each other. Vega expressed the importance of them being able to use their own voice.

"So many cultures understand each other because of this language. Our culture intertwines with the language," said Vega. "The Spanish Club aims to immerse their members in the language in a fun and active form."

While the Spanish Club focuses on the importance of the language, what holds them together is the strong belief in unity, and welcoming all.

"Come one, come all," Vega said, "It doesn't matter what you look like, or what language you speak."

This welcoming mentality is one that we could use more of, not just on the Southern campus, but in the world itself.

If you missed this event, do not worry. They will be showcasing a different style of dance every Thursday in front of the academic quad. The Spanish Club encourages people to come get an educational experience, and have fun while doing it.

Humans of SCSU: Guerschom Jean-Louis

By August Pelliccio

Guerschom Jean-Louis, a junior recreation and leisure major, was originally recruited to Southern to play football—now his focus is to create a new Bible-based faith organization on campus.

Jean-Louis calls his Bible his "sword," and he says he never leaves home without it. He went on to say how he was not always so devoted to the Bible.

"I was born in Boston to two Haitian immigrants who came here in the 80s," Jean-Louis said. "I grew up lower-middle class, and very blue collar."

Jean-Louis said during his early years in school he knew he was smart, but he always managed to become the class clown. In grade 10, Jean-Louis said he needed to get serious about something because college was approaching fast.

"People kept telling me to start playing football," said Jean-Louis, "so I decided to do that."

After Jean-Louis graduated high school, he said he spent a semester at a junior college, before beginning his search for a school to play football for.

"I was talking to coaches nationwide and the SCSU coaches kept recruiting me and trying to get me to play here," said Jean-Louis. "It was the best fit."

It was the time spent in limbo, between junior college and beginning his studies at Southern, that Jean-Louis said his interest in faith really picked up. He started praying while he was at home, he added.

"During that time," Jean-Louis said, "I felt stuck and helpless."

Jean-Louis ended up making it to Southern and joining the football team and during the first spring semester he spent here, he was introduced to a group called Bible Talk, run by the Southern Connecticut Campus Ministry, he said.

According to the Southern Connecticut Campus Ministry website, they have active campus ministries at University of New Haven and at Southern.

About the Bible talk group, Jean-Louis said, "When I was approached with the opportunity to learn more, I said yes."

There was always a foundation of faith, Jean-Louis said, but when he was a child he did not take it so seriously.

"I grew up forced to go to church every Sunday, but I would just sleep in church, or just walk around the building," said Jean-Louis.

It was Bible Talk that reintroduced his interest in faith, said Jean-Louis, and he has been active in the group ever since. This year he has made it his priority, saying he gave up football, and wants to focus on making Bible talk an official school organization.

"The amount of money they were giving me to play football wasn't worth my time, my body, and my effort," Jean-Louis said.

He has gone to a club workshop that Jean-Louis said is required for anyone who wants to start a club or organization on campus—the next step for his club is to submit a club proposal.

Jean-Louis has to be careful, he said to write the proposal so that his club would not overlap with existing campus faith groups, like Southern's Intervarsity, and Campus Crusade, which focus on learning about faith. He said he wants his club to focus on the Bible itself; what he calls his "sword."

Jean-Louis said that name comes from a memorable passage from the book of Hebrews 4:12, which refers to the words of the Bible as "sharper than any double edged sword."

Jean-Louis said he plans to advertise the Bible talk club around campus so he can get enough recruits to have the club officially instated here at Southern.

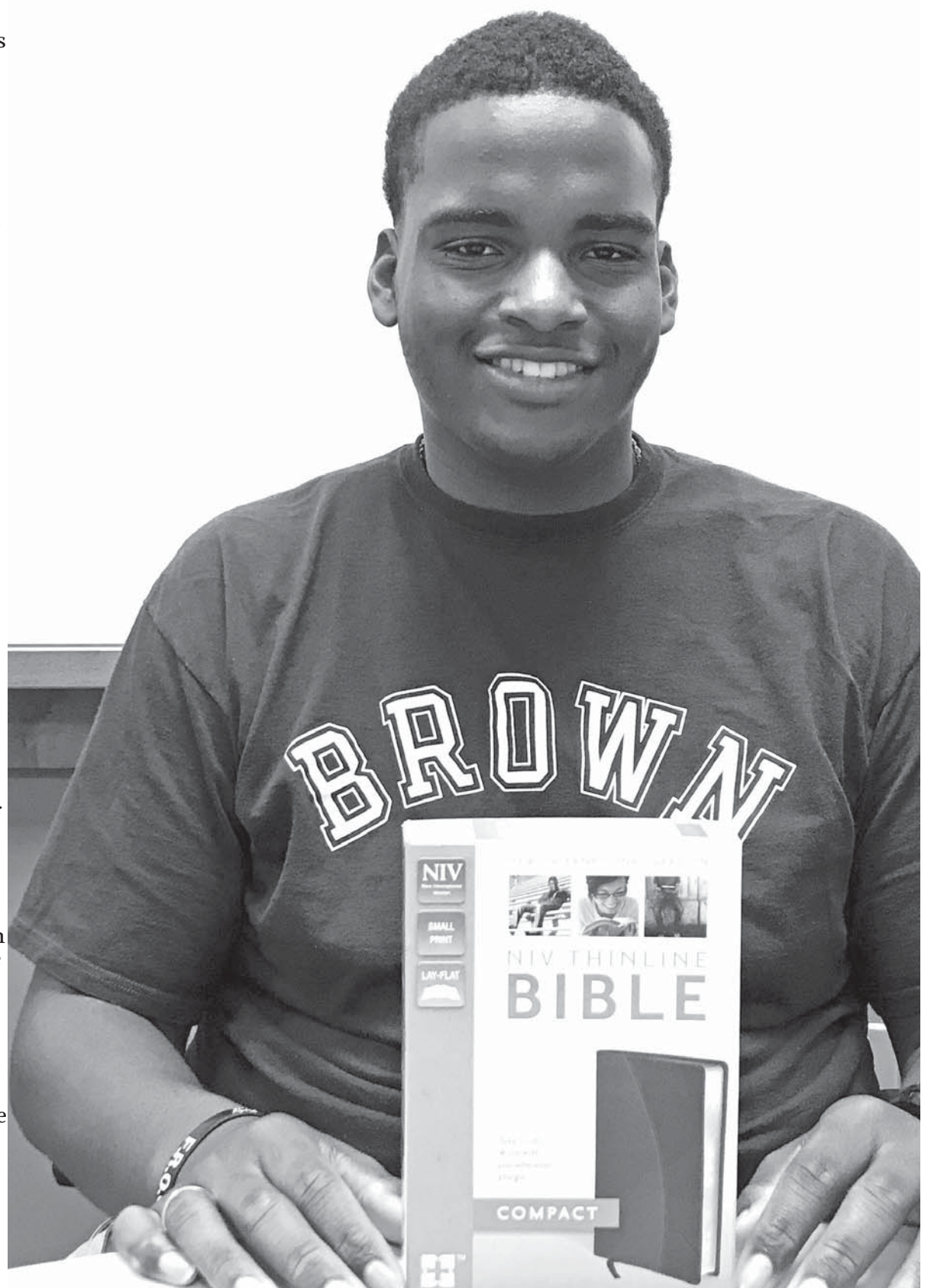


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Guerschom Jean-Louis, a junior recreation and leisure major.



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Mother! The latest rewatchable film by Darren Aronofsky



PHOTO | MAKSYM GOLUBEV

A promotional poster for "Mother!"

By Jenna Stepleman

See this movie twice. Once for the shock value and initial horror/gore, another once you have come home confused with friends and look up (like we all do) the explanations on YouTube. Upon the rewatch you will come to find this may be one of the few movies that have a message made both with as little arrogance and as much painstaking detail as possible. I do not believe in spoilers in movie reviews, and I am going to purposely leave out details in the review. It is vital for any movie to leave it with the viewer, but especially in this film.

This movie, while it may feel like a fever dream at times, is a coherent masterpiece. This movie is the brainchild of filmmaker Darren Aronofsky, also known for his other films such as "Black Swan," "mother!" stars Jennifer Lawrence, Javier Bardem, Ed Harris and Michelle Pfeiffer. The beautiful cinematography by Matthew Libatique also only adds to the surrealist nature of this film and intensity.

Do not come into this movie expecting a summer horror movie like "The Conjuring" or Stephen King's "It."

This is not a story with the clear intent to scare or surprise. This movie bends the genre of horror arguably to its breaking point. This feels more like an art film that was given an unlimited budget.

While slow building tension and drama makes this movie feel like more of a dramatic epic, the plot does not develop so slowly you get bored. Where this film falls a tad short of perfection is upon the first watch things may seem erratic and possibly even downright unbelievable. It can be argued by critics all day whether a movie of this nature is pretentious or a masterpiece, but it cannot be denied by any party that you are going to be confused.

We are constantly looking for answers in a movie and waiting for the "why?" to it all. You may be sitting in the theater thinking, "So what?" to a lot of the things the characters say and do, and that is a negative if you are the type of person who likes a linear progressing horror movie. The direction the film takes however is not predictable, and if nothing else is one of the most downright insanely original things I have personally seen in years.

Jennifer Lawrence's performance is frankly underwhelming until that second viewing I spoke about. Upon

reflection her acting is spot on, and her delivery of the geniously specific dialogue fits right in with the uneasy tension filled vibe of the film, that you mistakenly upon first viewing see as plain awkward acting. Michelle Pfeiffer was actually a stand out performer as well. Notably realistic and all of her interactions are so familiarly mundane they remind you of the the drunk aunt at a christmas party. It feels intimate, and because of this realism she delivers in an otherwise mostly surrealist film, you feel a real connection with the confusion both you and the characters feel.

This movie is not the movie of the summer, or movie of the year. It feels like this movie was made and produced on an astral plane and you have been taken there with it. It is a wave of confusion and one metaphor after another and certainly is not a movie that lets you relax. However, if you love to think and dissect a mystery down to the very lines of dialogue the characters speak, the way they act and the visuals you see for split seconds, this is the film for you.

Final word, this film is definitely worth the highly coveted \$9-\$15 for price of admission at a real theater that most broke college students cannot afford to waste.

Students walk to the beat of their own playlists

By Adrianna Rochestwer

Nearly always, students around campus can be found listening to music. Long gone are the days of carrying portable CD players, or even mp3 players, so how are students putting together the music they listen to?

Spotify has become a supremely popular service for music, and is the only medium some students use, including Amanda Jurgens. The sophomore exercise science student said Spotify offers the option of listening to pre-made playlists, or creating your own playlist, song by song.

Which of these two options she utilizes depends on the scenario, said Jurgens.

"When I study, I like to use the 'focused' playlist on spotify," Jurgens said. It is a pre-made playlist composed of music with no lyrics.

Senior chemistry student Jenna Cannata also said that there are non-vocal playlists already on Spotify that she uses when she studies. Cannata said that "relaxation," "instrumental," and "meditation," are all playlists she frequents when hitting the books.

These types of playlists can be helpful with finding new music, but according to Avery Gartman, a senior chemistry student, it is also enjoyable to compile an original playlist.

"I made a study playlist," said Gartman. "I have Mozart in it, but I also have the Harry Potter theme."

Her criterion for study music is the same as Jurgens' and Cannata's: no lyrics.

There are number of scenarios in which students listen to music, and according to sophomore exercise student Emma Martone, that is exactly why she makes her own Spotify playlists.

"I have different playlists for working out, or depending on my mood," said Martone. "I have playlists for country, for rap, for R&B, and more."

Gartman also said that the activity decides the playlist. In contrast to her calm, Mozart and film score comprised study playlist, she her gym playlist is actually very angry.

"When I work out, I listen to hardcore rock, and metal playlists. They really get me going," said Gartman.

According to Gartman, there is one aspect of Spotify that she doesn't like: the price. Cannata is a student who pays for the service and said, "For \$5 per month, I think it's worth

it." She continued, "I use it all the time." However, Gartman persisted, "I refuse to pay for Spotify."

Gartman said Spotify allows an un-paying user to skip a certain amount of songs before they can no longer use that function. Once she has reached the limit of skips, she said she will switch over to using Pandora radio. Gartman said that she thinks Spotify is objectively the better service, but she will move back and forth between the two to avoid paying a surcharge for the otherwise free programs.

Martone likewise uses two different services to find music, and the other is Shazam. What started as a novel app that allows somebody to recognize a song they hear on the radio or in public, now additionally will recommend similar songs and artists.

Martone said, "If I'm trying to find new music, I will go to Shazam, and they recommend based on what you're listening to."

Among the four students, Spotify was by far the chief resource for music. This is largely because it allows people to listen to albums or pre-made playlists, or compose their own whether for working out, studying, or just listening for the sake of music.

The past never forgets: separating art from the artist

By Jenna Stepleman

Many artists have controversial pasts from drug abuse, domestic violence charges and worse; is that something their consumers are willing to accept or is it too much to separate the artist from the art?

Monica Collette, a biochemistry major, says there is a clear separation between the artist and what they make.

"It's a job, making music, so when people go home and live their lives what they did at 'work' is still good if you enjoy it," Collette said.

Artist Chris Brown ran into some legal trouble back in 2009, when Brown received mass media attention after pleading guilty to the felony assault charge of his girlfriend, singer Rihanna; he was sentenced to five years of probation and six months of community service.

Collette made it clear she does not condone the actions of artist Brown just because she enjoys his music however just because "an artist isn't who you want them to be doesn't mean

they don't make quality music."

Art isn't limited to music, Susan Clerc a worker at the SCSU Buley library's Reference desk said she had mixed feelings on the matter.

"I remember back in the 70s when Bill Cosby was considered the funniest comedian. Now it's a little hard to enjoy his work with all the accusations," Clerc said.

She noted that most of the time if she enjoys an artist or creator she avoids looking into their past for the very reasoning of "soiling" the music or art. -more-

ARTIST/STEPSLEMAN ADD 1

"Another good example of something that is influenced by accusations in their personal lives is Woody Allen movies, I somewhat enjoyed them back in the day but now there's essentially no appeal," Clerc said.

Filmmaker Woody Allen was accused of sexually assault his adopted daughter Dylan Farrow, then aged seven, who told Mia Farrow (her mother) that she had been sexually abused by Allen while she was out.

He also ran into controversy with the marriage to his adopted daughter when she was just 21 year old. The director,

now 79, has been in a relationship with Mia Farrow's adopted daughter, for 23 years.

Enoch Cain, an exercise Science major at SCSU agreed with Collette that art is separate from the artist.

"Hip hop musics and other types of musicians always run into personal issues it seems like. If you start to get picky what's the line?" Cain said.

He compared this to the talent of an athlete as he is one himself. His example John Jones, a UFC fighter who is been in legal trouble for a run in with a police driver and pregnant driver as well as drug charges.

"I still watch him through all that struggle, because he's still one of the best to me. I don't condone what he does but it can't be denied he's good at what he does," Cain said.

Michael Jackson is another example of an artist with a checkered past. Accused but never convicted of child molestation charges, people still to this day acknowledge him as the "King of Pop."

"If you go looking into an iconic person's past, Clerk Said, you're bound to find something, so I just don't."

Welcome to Connecticut's underground music scene



Photo of Matt Laydon's band Pinfinger playing at MAC 650 in Middletown, CT.

PHOTO COURTESY | PATRICK COZENS

By Gary Scaramella

At first glance, Connecticut might not seem like a hub for independent musicians but underneath the surface, a vibrant music scene thrives. Matt Laydon, a senior English secondary education major and member of the alt-rock band Pinfinger has been going to shows since he was a freshman in high school.

"The root of it all was a little American Legion hall down the street from my house," said Laydon. "It was a lot of hardcore and punk shows. I would go there at least two weekends out of the month and see whatever band was coming through."

These smaller do it yourself shows have spoiled Laydon when it comes to larger, more expensive concerts at official licensed venues.

"When you spend 10 years paying

\$10 to see whoever you want, it makes you hold onto your wallet a little tighter when big acts come around," Laydon said, though he does have a favorite legitimate venue: College Street Music Hall in New Haven.

"College Street, since they've opened up, has brought in a lot of actual awesome artists," said Laydon.

Matthew Grasser, a junior computer science major, is not as involved with the DIY scene.

"I've gone to see my friends play," said Grasser, "One was at Toad's Place. The other, I'm not sure."

When asked if he would like to get more involved with the scene, Grasser was interested.

"It's good to see local people play," said Grasser. "Sometimes you might know them, or know where they're from."

Haley Copes, a senior communications major with a concentration in

video production, knows quite a few people in the Connecticut DIY music scene.

"It's varied over the years. When I was 13... these people were people we looked up to and idolized," Copes said. "As I got older and my friends started forming bands, you see them, and now you're going because they're your friends and you're so proud of them. Especially in the New Haven music scene; I feel like I know almost everyone. It's such a communal thing, like going to see your family."

Most of Copes' favorite memories of the scene were formed at shows put on by the now-defunct Watertown-based band The Guru.

"I think that The Guru really made such an impact on the Connecticut music scene," said Copes, "It was just so natural for them to come up with these great riffs and songs, and everybody was so into it."

Copes went on to emphasize the sense of community that The Guru brought to their shows; a feeling that the Connecticut DIY scene attempts to foster.

"They would get their moms to crowd surf, and their sisters. Their whole families would show up to the shows," said Copes.

The Connecticut music scene may seem elusive, but it is actually quite easy to get involved. Booking companies like Manic Productions put together shows with local talent and publicize them both online and with physical flyers.

"I think that the best way is to find a flyer first, maybe go to a show or two. See what bands you like. Seek out their music, listen to it, and then branch out from there," Copes said, "Keep going to shows, keep making connections. That's how I did it. I don't know any other way to do it."

The Killers find inspiration in their influences for new album

By August Pelliccio



Lead of The Killers singer Brandon Flowers performing live.

PHOTO COURTESY | PIOTR DRABIK

The Killers were formed in 2001 but after listening to their fifth studio album, "Wonderful Wonderful," one may think their beginnings were in the 1970s, or 1980s.

Listening to the album all the way through, it seems the influences that play a large role in the album move through the latter decades of the 20th century. Much of the instrumentation used on the album is strongly reminiscent of popular music from the 1980s, but some songs bring the listener into other eras.

The leading song, and the album's namesake, "Wonderful Wonderful," begins unsure of itself. The anticipatory feeling that the song evokes eventually smooths out when the song seems to find itself in the chorus. The following verses retain an uneasy feeling, which may make the listener wonder what to expect from the rest of the album.

Next is, "The Man," a song so heavily influenced by disco, it would not be out of place on an "oldies" radio station. Good news for those who enjoy disco: this generally well-put-together song has a full sound, and a rather funky music video.

Once track three, "Rut," gets past its Daft Punk-esque electronic talk-box opening, it becomes a song that would be welcome on the soundtrack to 1983's "Flashdance." In fact, the choice of synthesizer settings and beat almost mimic those of the movie's theme.

If U2 wrote and recorded an album produced by Coldplay's Chris Martin, the result would likely sound like "Life To Come," track four on this Killers album. Strictly speaking, this effect makes for an interesting, if the song is still musically sensible. The first four songs belong in different genres on their own, and song five belongs to its own, as well: pop

punk. Although "Run For Cover" definitely still has influences from middle 1980s British rock music, it should be noted that the pop punk sound stands out.

"Tyson vs Douglas," and "Out of My Mind" are also reminiscent of 1980s British rock, in instrumentation and in some underlying melodies although the latter does have more of a sound of its own. "Out of My Mind" is a love song, that, rather than replicating a genre, takes its elements and goes somewhere new.

The same can be said about "The Calling." Certainly, some aspects of influence from the 1980s and 1990s can be heard in the song. A distinct "Killers" sound can also be heard in the song, although that sound has been edited in the 16 years the band has been together.

The calmest songs on the album are, "Some Kind Of Love," and the closing track, "Some Kind Of Love" is backed by the auditory equivalent of an aurora, and has genuinely relaxing qualities about it.

The closing track's title asks the same question the listener asks listening to this compilation of simulated 1970's 1980's and 1990's songs. It is called, "Have All The Songs Been Written?" The song features beatific harmonies throughout, and its mix of melancholy and hopeful sounds make it, as a whole, enjoyable.

Out of many contrasting parts, this album was made; as a whole, it leaves a good taste in the mouth. Any of the songs on this album would be at home echoing through the P.A. at a music festival, and many of them sound like they were written that way on purpose.

"Wonderful Wonderful" is composed of some songs that would rate highly, and some that aren't perfect, but as an album, it is an overall success.

Luca Bartlomiejczyk: From buttons to strings



PHOTO | KATE SHEELY

Luca Bartlomiejczyk of Stampeter playing a set at MAC 650 in Middletown, CT.

By Gary Scaramella

The idea that a video game like "Guitar Hero" could inspire an individual to be a musician may seem funny to some, but for Luca Bartlomiejczyk, a sophomore English secondary education major and head of the band Stampeter, that was exactly the case.

"My dad bought me 'Guitar Hero' for Christmas when I was 11," Bartlomiejczyk said. "We would play it together every night."

What would have just been a fun experience between father and child for some eventually led Bartlomiejczyk to start playing an actual instrument.

"[My dad] gave me this old guitar he had in his garage, and it was really hard to play. I was almost unable to hold the strings down – that's how bad it was," Bartlomiejczyk said. "Anyway, we went to a local music shop and he took bass lessons and I took guitar lessons. I've been playing ever since."

Even before playing "Guitar Hero," Bartlomiejczyk was musically inclined – they wrote their first song about their dog when they were just six, titled "Sassy, My Pup." Their real songwriting did not start until they first started playing guitar in the eighth grade.

"I started writing these really, really bad songs that were literally just Avril Lavigne hooks but with different lyrics," Bartlomiejczyk said. "I would show them to my friend and she would just flat out say, 'This is terrible,' and I was like, 'Alright, what can I do to get better?'"

This criticism was integral to Bartlomiejczyk's early development as an artist.

"I was like, alright, you know, I will be better. Just to, like, spite her," they said, "And now she's like, 'You're one of the best songwriters that I know.'"

If their current songs are any evidence, Bartlomiejczyk's songwriting has drastically improved since then. Their band Stampeter's latest album "Too Many Boys" is a mature, complex album, both musically and lyrically.

"A lot of the themes that I find myself writing about are frustration, anger, and the plight of being an LGBT person in the years of post-2010," said Bartlomiejczyk, "Things like that. Relationships, connections with people. What else are you going to write about other than relationships with people?"

While "Too Many Boys" did end up having a cohesive sound, Bartlomiejczyk said that it was not written to be that way; the writing process took place over the course of two years. "A couple of the songs from 'Too Many

Boys,' specifically 'Strong Dog' and 'Horribly Comfy,' were pulled off of other works that I did before and kind of formed into more solidified and completed versions of the songs that I had before," Bartlomiejczyk said. "The other songs were songs that I had written in the past two years. It was a culmination of the work that I had done from then to that point."

Unlike the band's earlier projects, which were recorded and produced by Bartlomiejczyk single handedly, Stampeter had help from producer Dawson Goodrich on "Too Many Boys." Bartlomiejczyk gave the example of the track "Paws," a somber song about the passing of their dog Sassy.

"He took that song from a point where it was just me and an acoustic guitar to where it is on the album," said Bartlomiejczyk, "I wasn't sure about it at first, but now I've come to really understand it and like it a lot. I feel like I couldn't have made that album what it is without him."

Over the summer, Stampeter went on tour with the band Two Headed Girl, and Bartlomiejczyk said they loved the experience.

"We went to this amazing summer camp where they were preaching socialism and non-conformist ideas. To be creative and embrace the artist inside of you," said Bartlomiejczyk.

miejczyk.

The youth camp, Junior High Camp at the Rowe Center in Rowe, Massachusetts, provides a welcoming atmosphere and resources to help kids thrive.

"This camp was providing tools and resources and saying, 'It's okay to know, it's okay to not know. Either way, you're still a beautiful person and you need to enjoy that, that really touched me. That was my favorite part of tour,'" Bartlomiejczyk said.

When it comes to playing music, the best part for Bartlomiejczyk is the connection they experience with their listeners.

"When I'm on stage singing my song, and through hearing myself overbearingly through the monitors, I can hear someone or a couple people singing the words along with me," said Bartlomiejczyk, "If I'm actually able to reach someone like that, I feel like my job is done. That's my favorite part, definitely. It's knowing that people really care."

Stampeter's newest album "Too Many Boys" is available for streaming on Spotify or for a free download with an optional donation at stampeter.bandcamp.com.

Editor's Picks: Music Recommendations

By Gregory Gagliardi

"Rockstar"-Post Malone feat. 21 Savage. Before I speak on "Rockstar," let's take 5 minutes and applaud 21 Savage for continuing an underappreciated trend: face tattoo bearing artist having billboard success. "Rockstar" is rocketing up the charts. The song, single thrown online by Post has generated buzz from the internet. Through social media and streaming services Post has continued to use different outlets. As this song climbs the internet can be anointed more praise for building the career of today's popular artists.

"Lord Pretty Flocko Jodye 2"-Y2k Remixed. Y2K spent the majority of his summer teasing "Lord Pretty Focko Jodye." Released last

week, the track features his signature sound. Distorted 808s and heavy synth bass. The song is beautiful violence created in a safe house the song is soothing with an aggressive aftertaste.

Off the Corner feat. Rick Ross- Meek Mill. Before Meek Mill was the person he is today, he was hustling his career with Rick Ross. Having always been a gritty street rapper, he was never supposed to have billboard success. Dating Nicki Minaj was just a dream. Meek turned those dreams into reality. He did it in front of our eyes. Hearing Meek rap like a champ, without a title belt, feels good. You can hear his vision. When Meek blew up,

it was a big deal. After the Drake beef, we all forgot. Meek literally came from nothing. He never fell off, he caught an L, it happens.

"Faster"-Playboi Carti. Carti is just a dude. He makes music. "Faster" is the best example. There is nothing complicated about Faster, but the beat is everything. Carti has flow for days and leaves the beat 1 pieces. The song is built from ambient trap progressive. With pitch alerting breaks and fades the beats is blended into Carti's lap. Having never been a true wordsmith Carti excels with flow. "Faster" maximizes Carti talents within a minimal atmosphere.

"Walk on Water"-A\$ap Mob. They brought everyone and their best friend out for this one. Walk on Water is here because the chorus makes me cry. Carti had no right sounding that sinister. His voice, god bless whoever made it sound this way, works too well. Carti sounds like the devil on steroids. Wavy and cocky, he rattles the chorus of the year. From there the Mob does mob things. Ferg talks about TMZ watching him commit crimes, and A\$ap Twelvey said, "Fetti provolone, she fell in love with the guap." "Cozy Tapes 2," the album in which this song belongs was a disappointment, but "Walk on Water" won't let you down.



Goalkeeper Noah Varonier makes a leaping save against Stonehill College during Southern's 1-0 win.

PHOTO | PALMER PIANA

Craft named Chick-Fil-A Athlete of the Week



PHOTO | SOUTHERNCTOWLS.COM

Brianna Craft set an SCSU save record against LIU Post with 27 saves in a 4-1 loss.

By Matt Gad

Brianna Craft, a sophomore goalkeeper from Hamden, has maintained confidence despite a 2-6 season. September 18 she was named a Chick Fil A Athlete of the Week, along with men's soccer's Noah Varonier.

"I feel more confident in leading our defense," Craft said. "Having one year under my belt, I felt much more comfortable coming in and taking initiative earlier in the season."

Last season, Craft started all 18 games for the field hockey team and registered double-digit save totals on a variety of occasions. Out of Hamden High School, she was an All-Conference selection and a two-time defensive most valuable player.

"I've never met a player as dedicated to improving like Bri. She was really quiet her freshman year but played outstandingly on the field. She's found her voice this year and is one of the players I trust most on the field," her teammate, junior Kya O'Donnell, said.

The team went 4-14, with a .222 winning percentage, under head coach Kelley Frassinelli last season and before that, in 2015, recorded a 6-12 record. The team's last winning season came in 2008 when they went 13-10. They advanced through the conference tournament, winning their opening game with Franklin Pierce University 6-3, but falling to Bentley, in Lowell, Massachusetts, 1-0.

The team advanced to the NCAA Tournament and lost to the University of Massachusetts-Lowell by a score of 6-3.

SEE SOCCER PAGE 11

SEE CRAFT PAGE 10

Seniors propel soccer

Louis Greenway-Tambini scored the lone goal for the Owls Wednesday night, adding to his team-leading five goals.

By Kevin Crompton

The Southern Connecticut State University men's soccer team remains undefeated in conference games with a 1-0 victory over Stonehill College last Wednesday night.

With time winding down, appearing as if the game would end in a scoreless tie, senior captain Louis Greenway-Tambini came up big in the 87th minute of the contest.

Tambini, the Owls forward out of England, managed to put the ball in the back of the net on an assist from senior Sabri Akter for the game winning goal.

The cross from Akter,

marking his first assist on the season, ricocheted off a Stonehill defender and bounced once before Tambini slid and kicked the ball with his left foot past two defenders and the outstretched arms of the diving Stonehill goal keeper.

"The ball got played out wide to Sabri," said Tambini explaining the

"Noah's the best goalie in this league."

— Louis Greenway-Tambini, senior captain

game winning goal. "Sabri did a good job of going down the line and pulling the cross and it eventually

fell to me. Luckily it went in, it didn't get the greatest connection but it did go in in the end."

The Owls were persistent all night shooting a total of 17 shots (nine on goal). Stonehill only managed to shoot a total of six shots in the 90-minute contest, only two of which were on goal. Southern also out totaled Stonehill in corner kicks six to two.

"I thought our boys worked very very hard tonight and created the better opportunities," said SCSU head coach Tom Lang. "I think we're deserving of getting the result on the night."

Senior goal keeper Noah Varonier recorded his third shutout of the season. He

had two saves on the night, one of which drew many "oohs" and "ahhs" from the crowd. With 1:23 remaining in the first half, a Stonehill forward shot a rocket heading for the "upper 90" of the goal. Varonier dove to his left and with his full body extended, miraculously managed to pluck the white blur out of the air.

"Noah's the best goalie in this league," said Tambini. "So obviously it's not something amazing for me to see from him, I see it every day in training and he does a very good job. He's been excellent for us this year so far and obviously another clean sheet tonight so that was really good."



Alexandra Nimz (left), Alyssa Gage (middle) and Gabriela Vazquez (right) on the court during their 3-0 win over Pace University.

PHOTO | SOUTHERNCTOWLS.COM

Volleyball dominates Pace University

By Matt Gad

Southern volleyball defeated Pace University three sets to none Sept. 19 to improve to 9-2. As of Sept. 24 the team is currently 9-3.

"I think that right now we're taking a good step forward," senior Alexandria Jurgens said. "I think we do have some things to clean up in there's definitely areas where we need to improve our game."

This win marked the team's fourth consecutive victory and was their first three set sweep since winning at Queens College, in Flushing, New York, Sept. 12. Overall,

this was the team's seventh 3-0 sweep this season.

"Our philosophy this year is really just to stay focused one opponent at a time. This group's jelling really well; they're a really coachable group that follows our scouting reports and our preparation - this was one of the best team wins I've seen," head coach Lisa Barbaro said.

The Pace Setters, who are aptly named, are 4-8 on the year and only 1-2 in the NE10. Since losing to Southern they have won games with Molloy College and The College of Saint Rose. For the Owls, Leanna Jadus dominated with 17 kills, 12 digs and 17 points.

Alyssa Gage had nine kills and Gabriela Vazquez finished with 12 points and 13 digs.

Said Jurgens: "Being 9-2 is really nice but we just wanna keep going; we don't want to fall off. We just make sure that every game we are prepared with our scouting reports, with coming to practice and working hard and making sure that every game we're prepared and ready to go."

Jurgens received 17 total attempts on attack and recorded 26 assists. This season she has played in 12 matches and 41 sets and is recording 1.85 points per set, 1.46 kills per set and 3.24 assists per set.

SEE VOLLEYBALL PAGE 11

Craft

CONTINUED FROM PAGE 9

Despite the program's shaky success rate over the last handful of years, Craft says team chemistry has not wavered.

"The team chemistry this year, so far, has been great. We get along great on and off the field," Craft said. "We have a good bond where we just laugh and have fun, but taking it on the field we are able to work together cohesively."

That success is evident. In the team's second win of the season last week, a 4-2 decision over Saint Thomas Aquinas, Southern outshot Saint Thomas 19-17 and held a 9-5 advantage in saves. Both teams had an equal amount of penalty corners (10-10) and Southern dramatically outgained Saint Thomas via shots-on-goal at 13-7.

O'Donnell believes this season's developing play can be attributed to the fact that the team is so young: "We are relatively young so finding our voice right now seems to be a struggle. However, we are only a few games in and I've seen quite the improvement. We talk as much as we can on the field and what I think works for us is even if the communication is not always there we always know how to pick each other up on the field."



Craft during a game against St. Thomas Aquinas College.

PHOTO | SOUTHERNCTOWLS.COM

Saturday at 3 p.m. the team takes on Saint Anselm College at Jess Dow Field. After that they head to Springfield to take on American International Oct. 4 and Merrimack College Oct. 7. The team will

look to overcome a bad start with 10 games still remaining on the schedule. Craft has been one of the bright spots on the team that does not have many so far to this point in the season.

Craft has recognized that and said the goals for the rest of the season simply include picking up some more wins: "We want to make it to NE10s. Our team has skill and potential and I would love for us to

be able to show that off. Overall, I think our goals are to have a winning season and come together as a collective team and work on being the best unit we can be."

Rugby team sets their expectations high for 2017 season



PHOTO | PALMER PIANA

Captains Noah Fleischer-Cerino and Ken Seaton pose together in uniform.

By Mike Riccio

After they competed for a national championship in North Carolina last fall and qualified for the Rugby Sevens National Championship last spring, expectations are high for SCSU's rugby team.

In fall 2016, Southern won the Rugby Northeast Conference for the first time since its formation in 2011. They traveled to South Carolina for a chance to win a National Championship and made it as far as the Sweet 16.

In the spring, Southern won their first Rugby Northeast 7s championship, and traveled to Colorado to compete for a

national title. They eventually defeated the University of Hartford to win the bronze medal match, the furthest the team has ever been.

Senior captain Noah Fleischer-Cerino says the playoff experience was surreal and the team can return to the postseason this fall.

"I think we can win the playoffs," said Fleischer-Cerino. "Getting that conference championship is the first thing."

Junior captain Ken Seaton also has his sights set on the playoffs.

"I want to make it to the Sweet 16 again and past that," Seaton said.

Fleischer-Cerino and Seaton

both said chemistry will be important for the team this year. Because the team did not graduate any players from last year, Seaton said the squad already has an edge over other teams and that he has seen drastic improvement since he first began playing at Southern.

"The chemistry has gotten better throughout the years and the more you play with the team, the better you get," Seaton said.

Fleischer-Cerino said the skills are already there and the team chemistry is next to come.

"We've been playing together for a couple of years now," Fleischer-Cerino said, "so being all on the same page is going to be the next thing that falls in that

will really step our game up to the next level."

Seaton said the rugby team is pushing to advertise themselves more so students are more aware of the group. Social media and word of mouth have been the biggest influences on the growth of team to go along with the team's success, according to Seaton.

"There's been a few kids joining the team that just knew about us from our rankings and how we won our conference and they decided to come play rugby," Seaton said.

Both captains said rugby has taught them lessons that other sports could not. Growing up,

Fleischer-Cerino played football, baseball and basketball, but said rugby is the most tight knit group out of all the sports he has played. Rugby matches are 80 minutes long, and Seaton said the last 20 minutes shows who has the most heart by continuing to work hard.

"It's taught me to keep going," Seaton said. "Even though there's nothing left in the tank you just keep working hard."

Rugby has impacted the lives of Fleischer-Cerino and Seaton in numerous ways. The two teammates both said rugby is what brought them to Southern and they might have attended different universities if Southern did not have a rugby team.

Owls football in history column

By Matt Gad

I thought I would do something different with my column and take a look back at how the Owls football team has fared over the past 10 football seasons. And, as history has it, there is a good one to start with.

In 2007, it was the year of the playoffs for Southern football, then coached by Rich Cavanaugh. Current head coach Tom Godek manned the offensive playcall back in those days. The

team went 9-4 and 7-2 in Northeast 10 play. They began the season Sept. 1, 2007 by soundly defeating Kutztown University of Pennsylvania 52-30. After that they took home a Week 2 victory with Bentley before losing three straight to Central (they were a Division II program back then), AIC and Merrimack College.

After the losing streak the Owls won out in their remaining six contests. With nine wins, they qualified for the NCAA Tournament and defeated Bryant (before they, like Central, became

a Division I FCS school) 45-28. In their second playoff game Southern was flattened by California University of Pennsylvania 43-6.

The 2008 season began with a win over West Virginia Wesleyan all the way in Buckhannon, West Virginia (serious travel back in those days for the Owls) followed by losses to Bryant and AIC (in real time, Southern fell to AIC last Friday). After that, they won out, with seven consecutive wins to Stonehill, Merrimack, Bentley, Saint Anselm, Pace, Assumption and AIC (I do need to do some

more research to find out why they played AIC twice in one regular-season). In any stretch, at 8-3, the Owls reached the playoffs again, this time falling flat to West Chester University of Pennsylvania, 52-32.

Southern went 6-4 in 2009 and 2010, 7-3 in 2011, 3-8 in 2012 and 2013, 2-9 in 2014, 4-7 in 2015 and 6-5 last year. They are currently 1-3 and are home for New Haven next week (I'll be fasting for Yom Kippur, unfortunately).



Matt Gad - Sports Writer

Soccer

CONTINUED FROM PAGE 9

Coach Lang and his team faced off against undefeated Franklin Pierce (4-0) Saturday. Lang had this to say Wednesday night about preparing for the tough matchup over the weekend:

"We'll take a look tomorrow at video and we'll get a sense and idea of what they look like. We always have great games with Franklin Pierce, they're always really good soccer games. We anticipate and look forward to playing another good game on the weekend."

Saturday's matchup against Franklin Pierce ended in a 0-0 tie after the 90-minute regulation and two 10-minute overtime periods. Neither team was able to put points on the board despite a total of 35 shots (15 on goal) among the two clubs.

Southern's overall record is now 4-1-2 with a conference record of 2-0-2.



Senior captain Louis-Greenway-Tambini during a game against the University of Bridgeport.

PHOTO | SOUTHERNCTOWLS.COM

Volleyball

CONTINUED FROM PAGE 9



PHOTO | SOUTHERNCTOWLS.COM

Senior Jourdan Hodge contesting a ball at the net during a game.

She is also holding a .167 hitting percentage.

Coming up the Owls have matches with the University of New Haven, Concordia College of New York, the New York Institute of Technology and Wilmington University - Delaware. The latter two games are part of a Saturday tilt, with the game with NYIT set for 11 a.m. and Wilmington scheduled for a 3 p.m. start.

Again, this was the seventh 3-0 sweep for Southern in 2017. In the match they played with Le Moyne College three days before this matchup with Pace, they went to five sets before winning 3-2. At this point in the season that was the team's only five-set match. The Owls' only four-set win came against Nyack College Sept. 5.

"The goal is always to get out and win in three sets and not have the extra pressure to pull out the win but going up to Syracuse (for LeMoyne) and winning in five was a tremendous success," said Barbaro. "At home I believe we should have the advantage to put teams away but I just worry about us executing and doing what we need to do, whether we win in three or four or five. It doesn't really matter as long as we're making the adjustments that we need (to make)."

Men's cross country off to a hot start



PHOTO | SOUTHERNCTOWLS.COM

The cross country team poses for a picture after finishing second at the Bruce Kirsh Cross Country Cup.

By Matt Gad

Southern men's cross country is off to a strong start in 2017, having reeled in a deep recruiting class led by freshman Gavin Woodward, who is also the team's top overall finisher.

On Sept. 16, the team placed second in the Bruce Kirsh Cross Country Cup in Hopkinton, New Hampshire, bringing in 47 points as a team. Southern New Hampshire won the meet with a lowest-score-wins total of just 25.

"It was second meet of the season and the first 8K," assistant cross country and track and field coach Brian Nill said. "We opened up at Adelphi Sept. 1 in a 5K."

An eight kilometer race, which is 4.97 miles, is a staple of collegiate cross country. Nill said there is an NCAA requirement for at least five of their season's races to be in the eight kilometer format. In high school, teams race 5Ks, which is officially 3.1 miles.

"I personally felt great after the

first 8K," sophomore Connor Shannahan said. "I performed well on a difficult course and am a lot faster than this time a year ago. I am glad to be racing again after missing four months with a stress fracture."

At the first meet of the season, Southern finished third at the Adelphi Panther Invitational, as Nill referenced. The Owls came away with 75 points. Woodward was the first Southern runner in, finishing sixth overall, with a time of 16:12.2. Steven Cugini ran 16:30.5, Terrell Patterson was at 16:24.1 and Shannahan ran a time of 16:50.3.

At the Kirsh Cup, Woodward ran 27:03.2, finishing eighth overall. Shannahan, Cugini and Perusina were 12th, 13th and 14th, respectively, with times of 27:29.1, 27:29.7 and 27:32.9. Three freshmen Shawn Odei-Nitri, Chris Cassello and Ernie Yelenik all finished their 8Ks in under 30 minutes.

The team will compete again at the Paul Short Invitational, in Bethlehem, Pennsylvania, Friday at 1 p.m. Some of them will also be running in the

MSMC Knight Invitational Saturday in Milton, New York. That race will begin at 12 p.m.

"One of the things we're really focusing on is pack running. We want our spread, with our top five guys, to be as small as possible," Nill said. "In New Hampshire we had a 29 second spread between our one and five (runners). Now we just want to focus on that spread running a faster average time; moving forward we're putting a major emphasis on 'pack up, pack up.'"

And all that pack running relates to team chemistry. Shannahan said the team jokes around a lot but knows when to get "down to business." He said everyone looks out for each other and has the same mindset.

"We have a very bright future and a team comprised of mainly underclassmen. We could not be poised for more long-term success," he said. "Our goals the rest of the season are to place in the top three teams at the conference and regional meets. We have a very strong top five."

Kyrie/LeBron column

By Phil Zoppi

People need to stop making the Kyrie Irving trade drama more than it really is.

ESPN is pushing the narrative that Irving wanted to be the man and has a serious problem with James. Irving simply wanted to play a different brand of basketball with a different group of players. Is that so bad? Instead of ripping Irving apart people should be looking back at what was one of the most dynamic duos the NBA has ever seen.

Irving and James absolutely carried a Cleveland Cavaliers roster that really had no business being in the NBA finals to three straight finals. Not to mention they broke the Cleveland curse and gave the city a championship that they had been desperate for since 1964. I do not remember anyone looking back at what these two accomplished after the trade news went down. All I have seen is criticism of the two and trying to figure out what went wrong.

Does anyone remember

Irving's iconic shot over Steph Curry to win the 2016 finals or are we just going to continue to break down the James Irving relationship that none of us really understand besides them? Think about the good times people.

A lot of sports fans tend to remember the bad times but if any Cleveland fan does not look back at Irving's career with the team as a good time then they are doing it wrong. Watching Irving and James go at it together in the playoffs was appointment TV just because of

the fireworks that the tandem would always make.

Not to mention Irving and James were main players in one of the best rivalries the NBA will ever see between the Warriors and Cavaliers.

I am sure the James and Irving relationship will be discussed at nauseam again when they face off next season, but I hope at the same time people can look back at what this duo was able to accomplish.



Phil Zoppi - Sports Editor

SCSU soccer vs. Stonehill College



PHOTO | PALMER PIANA

Freshman Kevin der Pol throws a ball inbound against Stonehill.



PHOTO | PALMER PIANA

A Southern and Stonehill player battle for a ball.



PHOTO | PALMER PIANA

Freshman Ignasi Cererols trying to intercept a pass.



PHOTO | PALMER PIANA

Senior Ignacio Navarro trying to gain control of the ball.

Northeast-10 Standings

MEN'S FOOTBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
ASSUMPTION	3	3-0	1.000	4	4-0	1.000
BENTLEY	3	3-0	1.000	4	3-1	0.750
LIU POST	3	2-1	0.667	4	3-1	0.750
NEW HAVEN	3	2-1	0.667	4	3-1	0.750
PACE	3	1-2	0.333	4	2-2	0.500
STONEHILL	3	1-2	0.333	4	2-2	0.500
AMERICAN INT'L	3	1-2	0.333	4	1-3	0.250
MERRIMACK	3	1-2	0.333	4	1-3	0.250
SO. CONNECTICUT	3	1-2	0.333	4	1-3	0.250
SAINT ANSELM	3	0-3	0.000	4	0-4	0.000

WOMEN'S VOLLEYBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
SAINT ANSELM	3	3-0	1.000	13	9-4	0.692
BENTLEY	2	2-0	1.000	13	9-4	0.692
NEW HAVEN	2	2-0	1.000	13	6-7	0.462
ADELPHI	2	2-0	1.000	12	5-7	0.417
SO. CONNECTICUT	3	2-1	0.667	12	9-3	0.750
AMERICAN INT'L	2	1-1	0.500	15	8-7	0.533
STONEHILL	2	1-1	0.500	11	4-7	0.364
ASSUMPTION	2	1-1	0.500	11	3-8	0.273
FRANKLIN PIERCE	2	1-1	0.500	13	3-10	0.231
PACE	3	1-2	0.333	12	4-8	0.333
SAINT MICHAEL'S	1	0-1	0.000	6	0-6	0.000
LE MOYNE	2	0-2	0.000	12	6-6	0.500
SAINT ROSE	2	0-2	0.000	14	6-8	0.429
MERRIMACK	2	0-2	0.000	13	3-10	0.231
SO. NEW HAMPSHIRE	2	0-2	0.000	9	2-7	0.222

OPINIONS

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SEPTEMBER 27, 2017

PAGE 13

Cheating: common, dishonest and just part of the journey

By Jason Edwards

Let us be honest: we have all done it. Cheating is something many can attest to, including myself. Even as a freshman student here at Southern, I can tell many stories about those who cheated and used that skill to further themselves academically both here on campus and during my time in high school.

In a College Humor poll conducted in 2007, 61 percent of college students admit to cheating. Even 10 years later, the results from that poll remain constant. These days, it is even easier. Cheat sheets and smudgy notes scribbled on our hands are being transformed into smartphone notes and audio streamed through headphones. To me, at least, cheating seems almost like a chore—studying just seems like a more natural way of learning information.

Seeing that we are all here for a post-secondary education, it is understandable to put our heads into education, and for some of us it could be a tough and stressful time. Sometimes cheating is just a normal reaction to that academic pressure. I am not condoning the act of cheating, but realizing that it is an innate form of human behavior to academically actualize our potential is very important to understand who we are as students, and that it is more than just dishonesty and lack of motivation.

Cheating is circumstantial, depending on the professor, class and course load. It is also a social reaction. If we see one of our peers cheating on an exam, we want in on it because we do not want to be disadvantaged. However, that does not mean that the behavior is repetitive.

But there is an advantage to cheating. For some of us, it is a learning experience to improve upon ourselves. Once you are taking a test with that cheat sheet under the chair, you automatically start to feel that your method of studying is off. Cheating challenges our moral sense and causes our brains to tell us to make a change. If we change, the results speak for themselves the next time that big test is around the corner. Then you will start to really try to achieve what you want: your grade to reflect your intellectual achievement, not a regurgitation of information.

I get it—we are all human. Besides our idiosyncrasies, we try our best to be the best, and sometimes our own decision making and morals come into conflict with reaching our goals. While we are here at Southern, let us be honest with ourselves and with our grades.

Once we become honest with our grades, then the true intent of our academic pursuits start to come into play. Cheating is a small step on the road to that academic actualization. For now, study on.



PHOTO COURTESY | UBC LEARNING COMMONS

Student stress in higher education

By Mary Rudzis

If you walk up to a college student at any point in the semester and ask them how they feel, they will probably tell you they are stressed. It is a common complaint, and for good reason. From freshmen to seniors, all of them struggle with balancing school, work, personal relationships, extracurriculars, loans, debt and somehow finding time to sleep, too.

According to the 2015 National College Health Assessment, 85 percent of students reported feeling overwhelmed by all the things they had to accomplish in the past year. While this seems like a given, like it is the norm, 30 percent of students said that stress negatively impacted their academic success.

While it is often easy to write off being stressed as a mostly temporary feeling, it can still impact students' mental health. Feelings of stress can lead to not only negative impacts on schoolwork but also affect decision-making, interpersonal relationships and lower productivity, according to Evoke Learning.

It is no surprise that stress can also drastically affect one's mental health and lead to stress disorders like anxiety and depression due to feeling overwhelmed. Clinical depression, for example, can be triggered by stressful life events and floods of stress hormones, according to Psychology Today. Sleep disorders can also stem from stress when students stay up too late stressing or working on an assignment, and issues in sleep patterns can form.

There are ways to prevent stress, but it is important for students to find healthy coping mechanisms and remember that one solution does not work for everybody. While some

students will turn to smoking cigarettes or drinking alcohol, that is not a sustainable way to solve the problem.

One method that helps to reduce stress for some students is using an agenda or calendar to map out both short-term and long-term projects and assignments. This way, students can visualize the timeline and meet deadlines. Setting up reminder notifications on your cellphone that come up when a project is a week away from being due can help to remind you and give you a boost of motivation to complete the assignment.

Other ways to cope with stress include services provided by Southern. SCSU has counseling services, a dietician, an academic success center, and therapy dog events on campus. Southern even offers a three-credit course about stress management in the public health department.

Eating well, exercising and finding an outlet for stress are small steps that can make an impact in reducing pressure. Whether the exercise is just going for a walk or doing sit-ups on the floor of your dorm room, the rush of endorphins will help, and it can even help you fall asleep. The body also handles stress better when healthy, according to Psychology Today.

As for finding an outlet for stress, social media, or the more archaic form of it, journaling can help. Whether it is a private social media account or the one that you display to the world, sometimes it just feels good to rant.

While it is still early in the semester, it is important to start managing stress now before it becomes too overwhelming. Whether it is using a calendar to mark important dates or asking for help in the academic success center, students should take steps and be proactive in order to have a semester that is void of unnecessary stress.

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!

SOUTHERN NEWS

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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

Crusing through Southern

By Palmer Piana

For many students, getting around campus is a straightforward event: walk to class, and walk back.

However, there are the those who decide to speed up their commute by utilizing the power of the wheel.

Whether it comes in the form of a skateboard, long-board, scooter or bike, it is common to see people taking advantage of various transportation methods on campus.

Kameron Fleming, a freshman chemistry major, said he cut down his 15 minute commute from Wilkinson Hall to five minutes with his skateboard.

Demetri Barkas, a junior exercise science major, commented on the increased popularity of scooters this year. "I feel like I didn't see any last year," said Barkas.

Barkas chooses the skateboard as his mode of transportation, and when asked if he would ever consider switching to a scooter he said, "Skateboarding is way more convenient."

Fleming also had something to say about the skateboard versus scooter debate: "Skateboards are cooler," said Fleming.

While there may be discrepancies among the specifics, it seems they all can agree there is value in saving time.



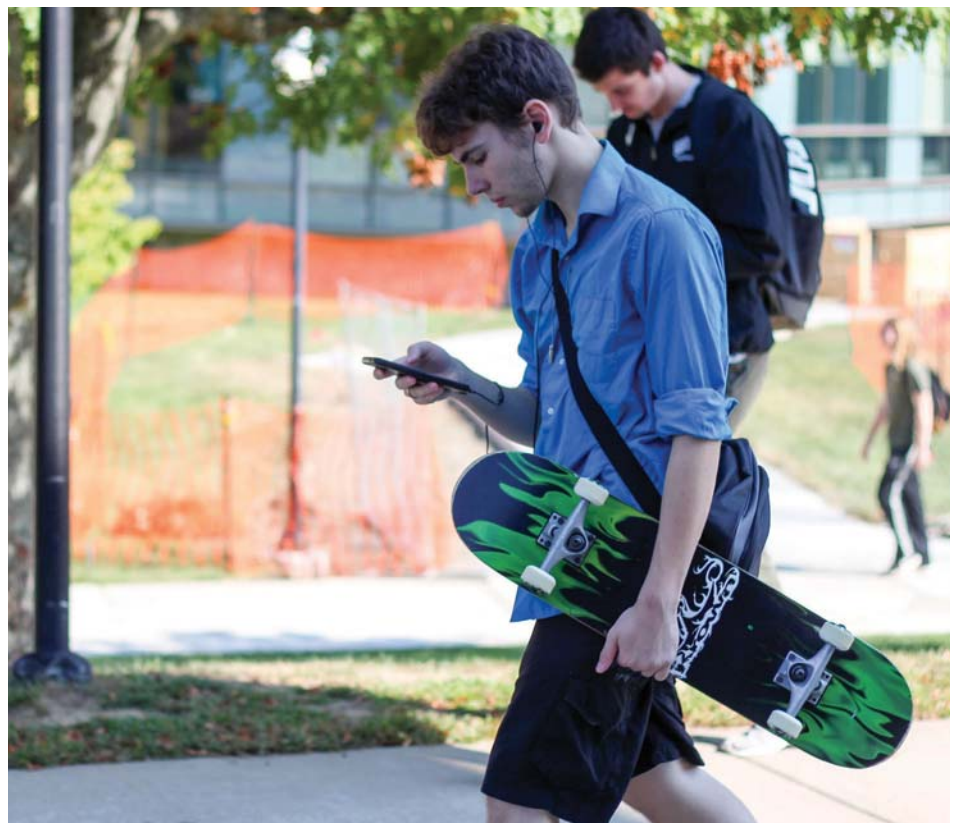
Samuel Mbanda, a freshman business major, riding his scooter on campus.



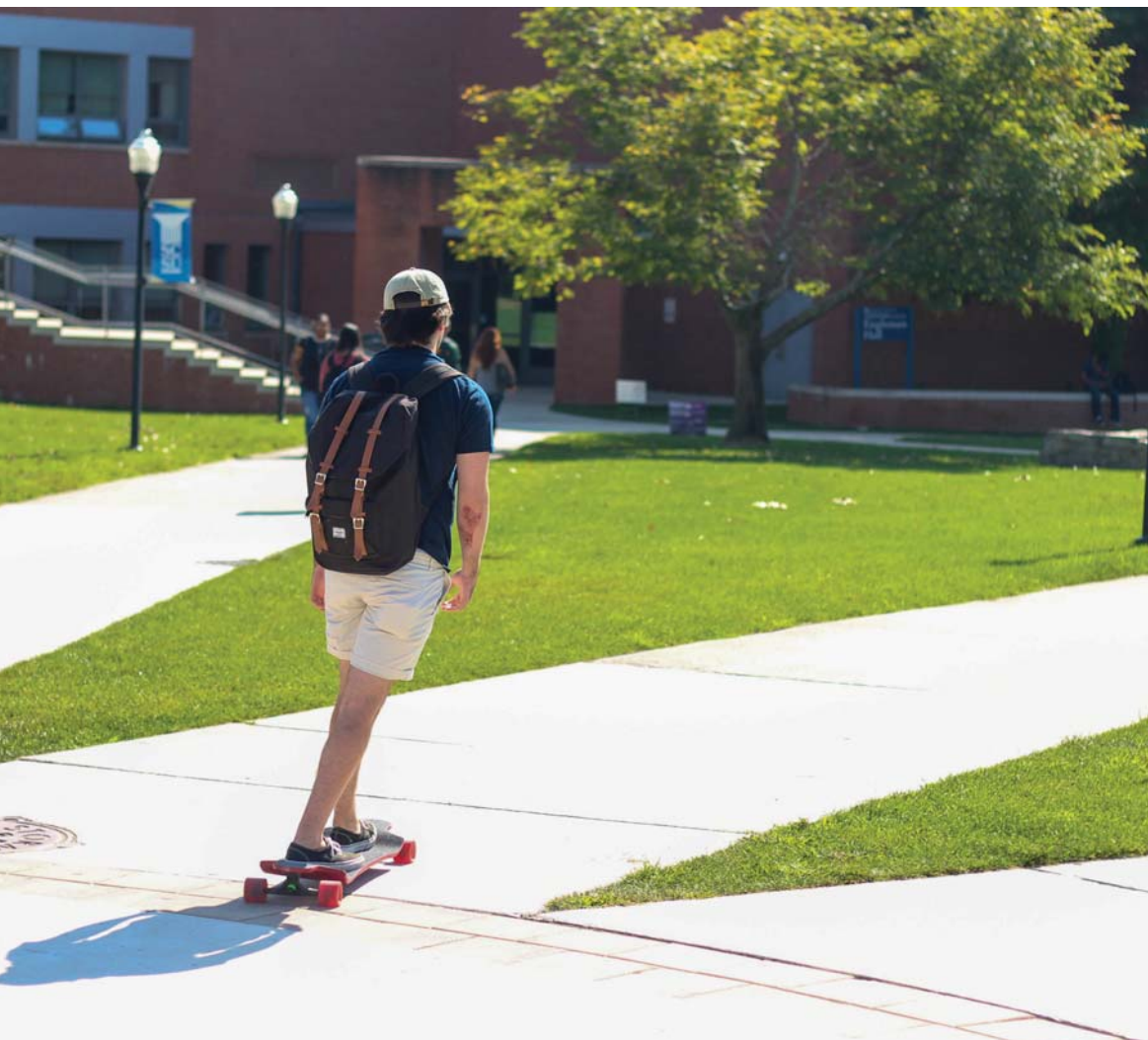
Richie Markus, a senior geography major, delivering the school mail on his skateboard.



A bike hooked up to stand outside of the Adanti Student Center.



Kameron Fleming, a senior chemistry major, walking with his skateboard in hand.



Erik Schuessler, a computer science major, riding his skateboard in front of the library.



Chelsea Calahan, a senior inter disciplinary studies major, riding a scooter in front of the student center.