



**Photos:
Transgender
Day of Visibility
Page 3**



**Owls decide
their favorite
cereal
Page 5**



**Softball takes
both wins in
doubleheader
Page 6**

SOUTHERN NEWS

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SAGE celebrates Trans Day of Visibility



PHOTO | KAHIONA SENIOR

Computer science major Kaye Feinberg, a junior, and interdisciplinary studies major John Stannard, a freshman, with trans flag cat stickers.

By Ali Fernand
Editor-in-Chief

The Sexuality and Gender Equality, SAGE, Center was showered in blue, white and pink to celebrate Transgender Day of Visibility. Trans students and allies gathered for a joyful event full of support.

“Transitive visibility is to show that the trans community is here. We are always here and will continue to be here,” communications major Cassie Flanagan, a junior, said.

The actual Trans Day of Visibility is celebrated every year on March 31, which is on a Sunday this year. To celebrate with the campus community,

SAGE held their celebration early on March 27.

Trans Day of Visibility acts as a holiday to celebrate the joys of trans existence. Its purpose is to acknowledge trans people and educate those who might not know much about the lives of trans people.

“A lot of the times, the LGBTQ+ community is defined by tragedy,” SAGE Center Graduate Intern Brandon Iovene said. “Events like these, even though they’re small, I hope that it shows people that not everything about queerness has to be about tragedy. There is also joy in transness.”

SAGE provided pizza, snacks and trans-themed stickers to students and

faculty who decided to show their support.

“It’s one of the more joyful events that we do as opposed to Trans Day of Remembrance,” SAGE Ambassador Sam Gontarz, a senior, said. “It’s just like a party, a great place for people to just come together and support one another.”

Trans Day of Remembrance is held every year on November 20. This is a day where people remember trans folk who have died from acts of violence.

Iovene took time during the celebration to pause for a moment in silence to remember Nex Benedict. Benedict was a non-binary student who recently passed away

after an altercation at school.

“While there are those types of negative things, the purpose of this is to show queer and trans people that there are things that they can celebrate, which is living their true and authentic selves,” Iovene said.

It is still unclear whether Benedict’s death was caused by the altercation or was self-inflicted. Regardless, Iovene felt it was important to acknowledge such a loss.

SAGE also took the time to reflect on the presence of the trans community within the university.

“As a newly trans person coming to Southern as my true self

for the first time ever, everybody here was caring,” Flanagan said.

“Even if they’re not, they are at the very least apathetic and willing to see other students as students.”

SAGE is the core of the LGBTQ+ community’s presence on campus. Many queer students have a safe space to go and be appreciated for who they are.

“There’re people here who will relate to you, support you and back you up if you need it,” Gontarz said.

Though SAGE offers a space for queer students, many wish to see more from the university as an institution. Iovene said that he wishes the

university would do more to acknowledge trans and queer students.

“We need visual and symbolic representation that the university is demonstrating that there is a holistic approach to social justice and not a segmented approach,” Iovene said.

Flanagan said that Connecticut is an overall safe place to be trans, but she still feels worried over growing hatred throughout the country. She urges students to educate themselves to better protect trans lives.

“Make sure that the rest of the student body knows the threat that their trans brothers and sisters and friends are under,” Flanagan said.

Upcoming events:

K9 Jules and Friends Birthday:

For Jules’ fourth birthday, there will be celebrations on Wednesday, April 3. Dog yoga will be in the Adanti Student Center Plaza at 10 a.m. Festivities begin outside the Adanti Student Center Theater at 11 a.m.

“Color of Care” Movie Screening:

The Research Center on Values in Emerging Science and Technology is hosting a movie screening discussing the connection between race and healthcare. The screening will be on Wednesday, April 3 from 1 p.m. to 2:30 p.m. in Engleman Hall Room B121.

HACU Emerging Leaders’ Summit:

The Hispanic Association of Colleges and Universities is hosting a summit at the School of Business on April 5 all day. The HACU is currently accepting applications from all majors with a minimum 2.5 GPA to attend the summit.

Solar Eclipse:

On Monday, April 8, there will be a solar eclipse. The planetarium will be hosting a viewing from the rock garden outside the Science Building. Wear protective eyewear!

Student Government Association proposes changes to constitution

By Jay’Mi Vazquez
Managing Editor

The Student Government Association, SGA, is making changes to its constitution for the first time in seven years.

Traditionally, the constitutional review process happens every five years, but due to COVID the process took an additional two years.

There are multiple changes being made regarding student organizations and clubs, all of which go through SGA and the Office of Student Involvement.

Vice President of the Board of Outreach and Communications and the SGA Pierce Kozlowski, a sophomore, said SGA represents the interests of the student body.

The goal of the constitution is to dictate how effectively SGA can represent the interests of students on campus.

“So, things that would make that process easier for organizations, like removing problem areas and things that cause

confusion is what the constitutional review process is designed to tackle,” Kozlowski said.

One of the biggest changes made to the constitution is the replacement of the Student Activity Fee Allocation Committee with the new Board of Finance.

“Since SGA spends so much time focusing on funding for clubs, we want to prioritize the funding process by having a board oversee it instead of a committee,” Kozlowski said.

Kozlowski said that boards are more significant and demonstrate a priority over a committee since the boards represent different features of the student experience.

“We want to show that money is more of a priority and how we oversee that rather than just having it be a standing committee,” Kozlowski said.

Historically, there was no limit on how much a club could ask for in

a funding proposal. However, a new change in the constitution is that proposals that exceed \$5,000 must be voted on by the entire SGA.

Even though large amounts of money are rarely proposed, this change was made to prevent big decisions being approved by a small group of people, Kozlowski said.

“We want more eyes on that. So, it actually democratizes the decision making and prevents monopolies,” Kozlowski said.

Another change made is the change of the name “class government” to “class council.”

SGA Representative William Moroz, a sophomore, said this change was made to prevent confusion between the differences of class government and student government.

“Class council has a seat at student government meetings, but they can’t really vote,” Moroz said. “But with the change, it makes them a

priority at meetings, so there is better communication between the class council and student government.”

To make these changes final, 15% of the undergraduate student population, which is 747 people, must sign off on the constitution for it to go to the Office of Student Involvement. From there, a voting process will begin, and undergraduate students will be able to vote on all the changes made once they are approved.

To gather signatures, SGA has been tabling every day until they get the number of signatures needed from 10 a.m. to 12 p.m. and 4 p.m. to 5 p.m. in the Adanti Student Center and Engleman Hall.

“It’ll probably go through mid-April, possibly slightly earlier,” Kozlowski said. “The voting process is something we’re going to do over OwlConnect because historically that’s where SGA holds a lot of major proposals.”

Students share thoughtful acts of kindness

By Brianna Wallen
News Editor

Student Health Services hosted a special event in honor of “Service Week” to encourage kindness. The event was hosted in Connecticut Hall.

“Today’s event is ‘splash into service.’ Every Tuesday, it’s called ‘Tune up Tuesday.’ We do it here at Conn Hall, trying to promote health and wellbeing,” pre-med major Martin Lagerman, a freshman, said.

“Tune Up Tuesday” is a weekly event that Student Health Services hosts where students can visit their table to learn about physical and mental health resources on campus. For this event, people would write down on a sticky note an act of kindness that someone has shared with them or what kindness means to them and then post it on a board for others to see. Participants also received rubber ducks and Play-Doh that they could mix with essential oils.

“I believe that kindness is super important because one act of kindness can change someone’s day,” nursing major Nadesha Sh Hayes, a senior, said.



Student Health Services event booth in Connecticut Hall on March 26.

PHOTO | BRIANNA WALLEN

“Especially as students, with the workload and everything, sometimes we’re lost and stressed out and so forth and having somebody do something kind for you can literally change your day, change your

mindset and change your outlook.”

Shayes and Lagerman are both student workers for Student Health Services. Shayes wanted to help because she personally believes that she understands the

value of kindness and how it can affect people.

The event was hosted from 11:30 a.m. to 1:30 p.m. and saw good turnout. Many attendants said that they visited the table because they wanted to share their

own stories or thoughts on kindness.

“I just thought that it would be nice to learn about kindness and what it means to people,” nursing major Sarah Garcia, a freshman, said. Garcia shared in her

note that to her, kindness is about treating others with respect and understanding.

“I think it’s a great activity,” Lagerman said. “It’s a really sweet thing to see what kind of acts are happening around campus.”

Outside of their Tuesday event, Student Health Services provides resources and testing to students on campus. This includes access to health professionals, pregnancy or STD testing, injury treatment and much more.

Lagerman shared his own experience of kindness on campus.

“There was a field trip, and one of the kids talking to me a little bit, making jokes,” Lagerman said. “It brightened my day.”

This event was originally supposed to be part of a themed week called, “Service Week;” however, this plan never came to fruition, meaning that it ended up being a stand-alone event.

“A lot of times, classes can be hard. I’m a nursing student, so the workload can be hard,” Shayes said. “I have a friend, Emily, who always checks in on me, and so even today she checked in on me.”

DEI Office plans social justice in writing event

By Brandon Cortes
News Reporter

The Diversity, Equity and Inclusion, DEI, Office is gearing up to host a significant virtual event titled “Me/We Social Justice in Writing and Research.” Scheduled to take place on April 16, the meeting aims to delve into the crucial intersection of social justice, writing and research, fostering dialogue and understanding within the academic community.

Led by Daisy Torres-Baez, the esteemed faculty and staff diversity recruitment and retention specialist at DEI, the event promises to be a dynamic platform for meaningful conversations and insights. With her expertise and dedication to promoting diversity and inclusion, Torres-Baez brings a wealth of knowledge to the discussion, ensuring a thought-provoking and enlightening experience for participants.

The theme of “Me/We Social Justice in Writing and Research” underscores the importance of individual perspectives and collective responsibility in advancing social justice agendas through scholarly pursuits. It reflects a nuanced understanding of how academic research and writing can perpetuate or challenge systems of inequality and the role of researchers and writers in effecting positive change.

Through interactive sessions and engaging discussions, participants will have the opportunity to explore various aspects of social justice in writing and research. This includes examining biases and power dynamics inherent in academic discourse, exploring strategies for incorporating diverse perspectives into scholarly work and discussing the ethical implications of research methodologies.

Moreover, the meeting will provide a platform for sharing best practices and resources for promoting diversity, equity and inclusion in academic

writing and research. By fostering collaboration and knowledge-sharing among participants, DEI aims to empower individuals to create more inclusive and socially conscious scholarship that reflects the diversity of human experiences.

The significance of such an event cannot be overstated, particularly in the current social and political climate where issues of equity and justice are at the forefront of public discourse. As institutions of higher learning strive to become more inclusive and equitable spaces, initiatives like “Me/We Social Justice in Writing and Research” play a crucial role in advancing these objectives.

In a statement regarding the upcoming event, Torres-Baez emphasized the importance of creating spaces for dialogue and reflection on issues of social justice within academic settings. Torres-Baez said, “Our goal is to foster a community of scholars who are committed to using their research and writing as tools for social change. By coming together to explore these topics, we can collectively work towards creating a more just and equitable society.”

The “Me/We Social Justice in Writing and Research” meeting represents a significant step forward in DEI’s ongoing efforts to promote diversity, equity and inclusion within the academic community. As participants prepare to engage in meaningful conversations and collaborative learning, the event stands as a testament to the power of collective action in effecting positive change.

For those interested in participating in the event, further details and registration information will be available on the DEI website in the coming days, as the academic community comes together to explore the intersection of social justice, writing, and research.

‘PEP Talk’ shares the key to success

By Brianna Wallen
News Editor

By Jack Abbot
General Reporter

The School of Business hosted a “PEP Talk” on March 27 where three presenters from the nonprofit sector spoke on getting involved in networking.

The School of Business hosts “PEP Talks” every Thursday where students can listen to professionals who are in their respective industries and learn from them.

The three speakers for this event were President and CEO of the Greater New Haven Chamber of Commerce Garrett Sheehan, President and CEO of Manufactures and Technical Community Hub Marcia LaFemina and Director of Mission Investing and Entrepreneurial Ecosystems Arthur Thomas III.

The presentation acted as a Q&A session with the host Mark Zampino, a recruiter for the master of business administration program, asking each of the speakers about their own experience in the industry.

Sheehan believes that

businesses, especially smaller ones, often hesitate to do things like asking for help or relying on other businesses for support.

However, Sheehan expressed that many businesses could benefit from cooperation. The Greater New Haven Chamber of Commerce serves as a resource to help build community between different businesses in various industries.

“Businesses are a lot like individuals. They all need support,” Sheehan said.

Thomas believes that business is about solving problems. He argued that when businesses share knowledge with each other, they can work together to solve problems more effectively.

“One of the things that made Silicon Valley so successful is this thing called knowledge spillover and transfer of knowledge. They were doing this in an open platform, so that meant that entrepreneurs and small businesses got the chance to really leverage off of each other and grow at exponential rates,” Thomas said.

Thomas said that this sharing of ideas has allowed him to improve his business and make it more equitable.

“Most people will confront some type of crisis that can cause them to really fall down,” Thomas said. “The people who tend to be resilient and come back are the people with stronger networks.”

LaFemina, who took on her business after it was passed down from her father, knows the importance of networking. She expressed that networking and having a brand go hand-in-hand with one another.

“You pick up your reputation and your brand organically. You have to be present and build who you are individually,” LaFemina said.

This process of building one’s brand consists of identifying skills and abilities that they possess.

“You have to figure out how to package what you do very well to translate value into someone who would be interested in paying you, period,” Thomas said.

When individuals have a personal brand, it

sets the groundwork for networking. As Thomas said, one’s network equals their worth. For this reason, the experts shared ways that students can network at the university.

“Join clubs and talk to people after class to leverage that knowledge,” Thomas said.

It is crucial for students to take the extra step to reach out to their fellow students or even faculty.

“Ask your professors questions and have the humility to learn and unlearn,” Thomas said.

All of the specialists encouraged students to get out of their comfort zone and branch out.

“Growth comes with discomfort,” Thomas said. “Once you have this realization that you can’t do this on your own, it’s really clear on where you need to go and who you need to talk to.”

Whether it is being a part of an organization or fulfilling an internship, it is important for students to put themselves out there.

“There’s a reason to get involved. Don’t wait until you get up the corporate ladder,” LaFemina said.



Business experts Arthur Thomas III, Garrett Sheehan and Marcia LaFemina share advice on networking in the School of Business on March 27.

PHOTO | JACK ABBOT

SAGE Center Trans Day of Visibility

By Kahiona Senior
Photo Editor

On March 27, The Sexuality and Gender Equality, SAGE, Center held a celebration of Transgender Day of Visibility. Students were brought together to remember and honor Nex Benedict. The SAGE Center offers a safe space for LGBTQ+ students. Students were provided with free food, pride stickers, flags and pins. This event helped students connect and share experiences.



The SAGE Center gave out free pride flags, pins and stickers to attendees.



Computer science major Kaye Feinberg, a junior, interdisciplinary studies major John Stannard, a freshman, and studio art major Abigail Rossi and creative writing major Persephone Sans, sophomores, hanging out in the SAGE Center.



Students enjoyed pizza and each other's company on this day of celebration.



A sticker reads "Trans rights are human rights". Students picked out free stickers.

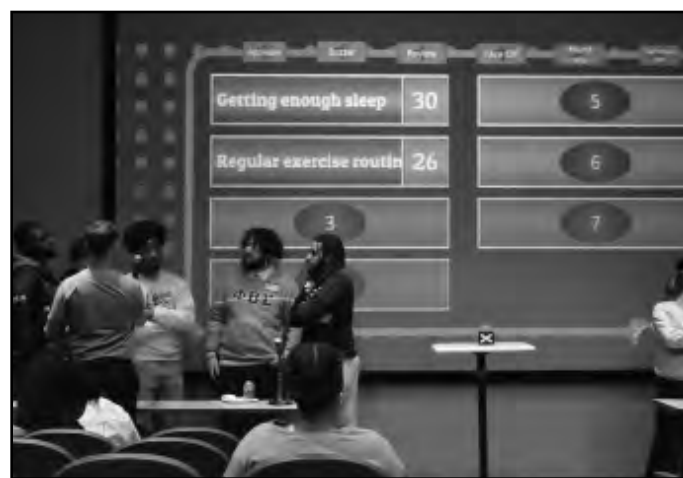
'Friendly Feud' with the Sigmas and Zetas



The "Friendly Feud" game with Phi Beta Sigma fraternity members vs. Zeta Phi Beta sorority members.

By Kaylee Blake
Photographer

On March 27, there was a "Friendly Feud" game with the Sigmas and Zetas. This game night was held in the Adanti Student Center Theater, and sponsored by Phi Beta Sigma fraternity, Zeta Phi Beta sorority and the Wellbeing Center. Students answered questions and had a night full of fun.



The Phi Beta Sigma fraternity picking their answers.



"Friendly Feud" made the game night feel like television.



Zeta Phi Beta sorority questioning which answer to choose during their round.

Beyoncé releases first country album ‘Cowboy Carter’

By Solé Scott
Features Editor

Beyoncé made this song pop. I could see this song reaching number one on the Billboard Charts and becoming the frontrunner for Song of the Year and Best Pop Duo/Group Performance at the 2025 Grammy Awards.

“JOLENE” is a cover of Dolly Parton’s song which was released in 1973. Instead of keeping to the original and begging the other woman not to take her man, Beyoncé does the total opposite and instead warns Jolene not to mess with her.

“We’ve been deep in love for twenty years. I raised that man; I raised his kids. I know my man better than he knows himself,” is a line that stood out to me because she is talking about her husband Jay-Z and how their bond is too strong to be broken, which is beyond questionable.

Quick refresher: Becky with the good hair is a mysterious woman that had an affair with Jay-Z. Back in 2014, it was rumored that Jay-Z cheated on Beyoncé which fueled more accusations after the infamous elevator video

was released from the Met Gala of Solange attacking him as Beyoncé watched from a corner.

The rumors turned out to be true when Beyoncé released “Lemonade” in 2016 and addressed her husband’s infidelity. As of Saturday, March 30, it was revealed that “Cowboy Carter” debuted with 76.1 million streams on its first day on Spotify, breaking Future and Metro Boomin’s “WE DON’T TRUST YOU” record from this year.

“Cowboy Carter” is also her biggest debut on the platform, doubling the 43.2 million first-day streams of “Renaissance”.

I know that I will never revisit this album as a whole, but I may listen to a maximum of 3 songs in the future.

This album is not my cup of tea, and that is perfectly fine. I was not the target audience, yet I believe in this case you should only critique the work and not the person, as some critics have forgotten.

I would still encourage all to give a listen to determine your own opinion, whether you like Beyoncé or country music.

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The official cover art for the “Cowboy Carter” album.

PHOTO | SPOTIFY

DEI office provides affinity groups for staff and faculty

By Brandon Cortés
News Writer

In the past two weeks, the Diversity, Equity, and Inclusion, DEI, office at the university has been actively hosting affinity groups.

These groups provide faculty and staff members with a platform to engage in meaningful discussions about various aspects of their lives.

Spearheaded by Daisy Torres-Baez, these affinity groups aim to create a space for dialogue and connection among university personnel.

Torres-Baez, who oversees the organization of these affinity groups, emphasized their importance in fostering a sense of community and belonging among faculty and staff members.

She highlighted the significance of providing similar opportunities for faculty and staff to come together and discuss topics relevant to their experiences and

identities.

“These affinity groups serve as a vital avenue for faculty and staff members to engage with one another in a supportive and understanding environment,” Torres-Baez said.

The concept of affinity groups within academic institutions is not new.

Historically, these groups have played a pivotal role in fostering inclusivity.

The purpose is to address issues of diversity within university and other workplace settings; by providing a platform for faculty and staff members to share their perspectives and experiences.

Affinity groups have convened, covering topics spanning from cultural heritage and identity to work-life balance and mental health.

Participants have engaged in candid conversations, sharing personal anecdotes and insights while also exchanging resources

and support.

“The affinity groups offer a space for individuals to explore various aspects of their identities and experiences, whether it’s related to race, gender, sexuality or other dimensions of diversity,” Torres-Baez said. “Through these discussions, we aim to foster greater understanding and empathy among our faculty and staff members.”

The response from participants has been overwhelmingly positive, with many expressing gratitude for the opportunity to connect with colleagues outside of their immediate work environments.

Looking ahead, the DEI office plans to continue hosting affinity groups regularly in the following weeks.

Through these initiatives, the university remains committed to promoting a culture of diversity, equity, and inclusion that extends beyond rhetoric to meaningful action.

Kendrick Lamar disses Drake and J.Cole on ‘Like That’ verse

By Jay’Mi Vazquez
Managing Editor

Kendrick Lamar featured on Future and Metro Boomin’s collab album, “WE DON’T TRUST YOU” and dissed Drake and J. Cole.

Fans were shocked as Lamar appeared unannounced on the project on track six, titled “Like That,” and delivered an aggressive, direct verse. The song quickly gained attention from media and fans, becoming the No. 1 song on Billboard Hot 100.

Instead of avoiding the competitive scene of rap, Lamar came directly for Drake and Cole, making clear references to their song together, “First Person Shooter,” and Drake’s last album, “For All the Dogs.”

Lamar references several bars and comes gunning for them. He mentions the “big three” line Cole said in “First Person Shooter.” This line was controversial because

Cole was giving praise to Lamar. Still, he took the initiative to say he is better than Drake and Cole, and that there is no “big three.”

Towards the end of his verse, he comes for the quality of their music and claims that his legacy will outlast both of theirs, comparing himself to Prince and his relationship to Michael Jackson.

He ends the electric verse with, “For all the dogs getting buried, that’s a K with all these nines, he gon’ see Pet Sematary.” The reference to Drake’s latest album was expected since it was one of his worst albums to date.

Lamar reignited a decade-long rap beef with Drake after being silent for over 10 years. This new verse reminded fans of his infamous verse on Big Sean’s 2013 song titled “Control,” where he dissed Cole, Big K.R.I.T., Wale, Pusha T, Meek Mill, ASAP Rocky, Drake, Big Sean, Jay Electronica, Tyler, the

Creator and Mac Miller.

“Control” was the first time Lamar had taken rap beef into the public eye, but he seemed more reserved on that song, showcasing some form of love and respect for everyone he dissed.

This new diss track is short and directly to the point, showcasing no remorse.

Drake has been saying vague things during concerts and in Instagram captions that fans are interpreting as responses, but he has yet to address Lamar directly.

Now, fans are left wondering if Drake or Cole will respond to Lamar’s diss with a song of their own. Drake is known for taking on competition, as shown in his rap beef with Pusha T. So, it is likely he will respond soon with a song.

With the impending release of Cole’s album, “The Fall Off,” fans are desperate to see him respond to Lamar.

April Fools Day: comedian trivia

1. What original SNL cast member starred in “Blues Brothers,” “Ghost Busters” and “Coneheads?”
10: Robin Williams
2. What famous comedian had a stand-up show called “Delirious” and starred in a movie with the comedian in question 1?
9: Leslie Jones
3. Who was the first anchor for SNL’s “Weekend Update” and went on to star in the “National Lampoon” series?
8: George Carlin
4. Which famous comedian had a show named after her with an episode about working in a chocolate factory?
7: John Mulaney
5. What stand-up comedian refers to himself as Fluffy?
6: Tina Fey and Amy Poehler
6. What two comedians are known for their friendship, hosting the Golden Globes and starring in “Mean Girls?”
5: Gabriel Iglesias
7. What stand-up comedian has voice acted in “Spider-Man: Into the Spider Verse” and “Puss in Boots: The Last Wish?”
4: Lucille Ball
8. What comedian challenged broadcast censorship with “seven dirty words?”
3: Chevy Chase
9. What SNL alum went on to star in the women-centered “Ghostbusters” in 2016?
2: Eddiie Murphy
10. What comedian known for his impressions and improvisations won his first academy award at the Oscars for Best Supporting Actor in 1998?
1: Dan Aykroyd

ANSWERS:

SOUTHERN NEWS

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Visit www.TheSouthernNews.org for more.

OCPD discusses networking and branding

By Jack Abbot
General Reporter

The Office of Career and Professional Development hosted a luncheon on March 26 to discuss branding and career resources on campus.

The main speaker for the event was Associate Dean of Career and Student Success Thierry Thesatus. His presentation, "Exploring Mastering Influence, Networking and Personal Branding," focused on how students at the university can form a personal brand for themselves.

"Personal branding is really being able to understand who you are, understand your strengths and values that you bring to the table and being able to market that out to others," Thesatus said. "It's especially important because this is something that you're going to be known by."

Thesatus made a comparison to branding from companies. Companies find traits or aspects about themselves that make them unique and

useful and emphasize those to separate themselves apart from other companies.

People, likewise, should understand what makes them unique and emphasize those traits when entering the workforce to advertise themselves to employers.

According to Thesatus, the strongest brands are powerful, authentic, consistent, visible, or valuable.

The presentation began with information about the Office of Career and Professional Development and the resources they offer to students.

"It is one of the most important offices on any college campus," Thesatus said. "The goal of you being here in school is to ultimately graduate with your degree and then transition into your career."

The services of this office were broken into three categories: employment advising, employment services and career exploration.

Employment advising is information and training

to help students prepare to enter the work force with things such as cover letters and resume workshops and job search strategies.

Employment services are the events and resources on campus like the JOBS portal or the career fairs that help students connect with employers.

Career exploration is information that can help students to find their desired career path.

"We have different industry fairs in different areas. We had healthcare and public health. We had communications and media marketing. We had business and STEM," Thesatus said.

Thesatus emphasized the importance of online branding.

He said that two out of five companies have indicated that they use algorithms to search for employment candidates online, with many basing their hiring decisions on what they find. Thus, it is important to keep public social media posts professional and appropriate.



PHOTO | JACK ABBOT

Associate Dean of Career and Student Success Thierry Thesatus speaking to students and faculty in the Resource Center Room 217 in the Adanti Student Center.

Owls Decide: What is your favorite cereal?

By Lexi White
General Reporter



"My favorite cereal Cinnamon Toast Crunch is very sweet and very good."

— Healthcare studies major Angie Alexandre, a junior



"My favorite cereal is Honey Bunches of Oats because it has honey and the almond deliciousness."

— Business information systems major Charles Amankwa-Sarpong, a junior



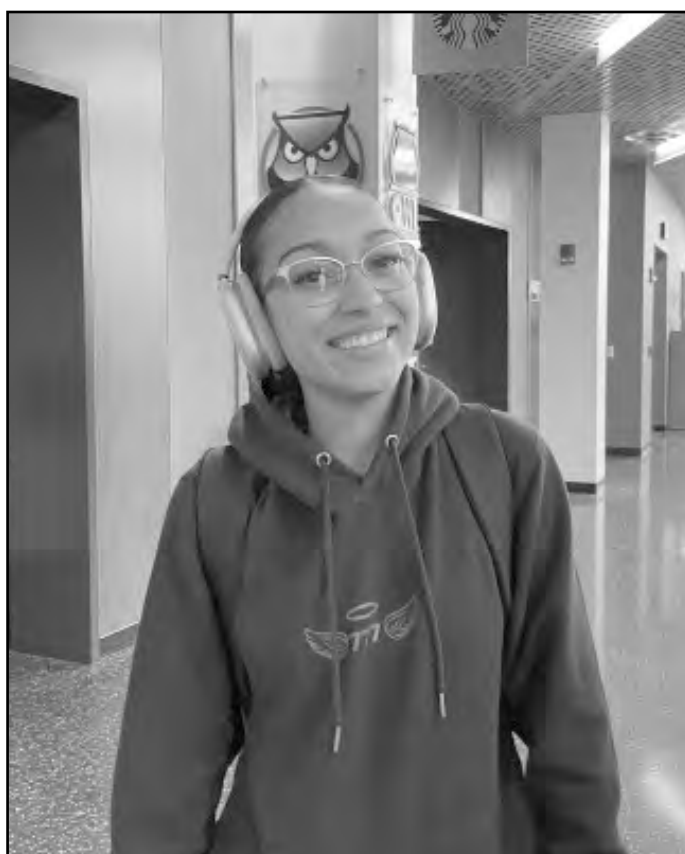
"My favorite cereal with the Cinnamon Toast Crunch probably because I grew up eating it, and I just love it."

— Communications major Julia Snyder, a freshman



"Cinnamon Toast Crunch because it is really sweet, and I love cinnamon."

— Sociology major Ryliegh Harris, a sophomore



"My favorite cereal would have to be Lucky Charms, just due to the sweetness of the milk afterwards."

— Social work Alexandria Louis-Charles, a freshman



"Fruit Loops because I like the different colors. I like Lucky Charms too, but I only eat the marshmallows."

— Communication disorders major Hailey Mutcherson, a freshman

Owls sweep the Bloomfield College Bears

By Dillon Flanigan
Sports Editor

The softball team swept the Bloomfield College Bears of Bloomfield, New Jersey in a doubleheader. In the first game, they won 4-0, and the second game narrowly won 1-0 on March 26.

In game one, the offense was strong out the gate as center fielder Emily Lange, a senior, tripled and was brought home instantly on a double by right fielder Rachael Miller, a senior.

Miller and catcher Karley Austin, a freshman, each singled in a run extending the Owls lead early. The fourth and final run came from a single in the fifth inning off the bat of first baseman Dominique DeLutri, a junior.

Starting pitcher Jessica Perucki, a graduate, dominated again, improving to a 4-2 decision record. Perucki gave up two hits and walked two while striking out seven in a



Center fielder Emily Lange, a senior, at bat during the first game.

PHOTO | KAHIONA SENIOR

seven-inning shutout. "The pitching was phenomenal all over the course of the day," Head Coach Jillian Rispoli said.

"Jess Perucki and Madison Prior were absolutely lights out. They weren't afraid of contact. They just went after batters

and did their thing, and it worked out well for us today." As Perucki started the first game, pitcher

Madison Prior, a junior, was selected to start game two.

"It was pretty back and forth. It was almost like a pitcher's duel. And we finally had to get it done somehow. And we got it done," Lange said. "Madison came up big for us in the seventh inning, getting that last strikeout."

The outcome of the second game was decided on the mound for both teams. Starting her third game of the season, Prior gave up one hit, walking four and punching out five in the second shutout of the day.

Walters and Prior each allowed one hit through the first four innings. That would soon change for the Owls.

In the fifth, catcher Lorelei Stancavage, a freshman, singled to lead off the inning. After two quick outs, the lineup turned over to Lange. The leadoff hitter then doubled to the left-center field gap, scoring the Owls' lone run.

"I was seeing the ball well, but I was getting out swinging at some of the stuff that was up there. So, I knew I had to get on top of the ball and ended up getting a line drive right over the shortstop's head, which worked perfectly to get the run in," Lange said.

In the doubleheader, Lange went a combined 4-7 with a triple and two doubles while scoring in a run and drove in the difference-maker in game two.

Closing out the game, Prior walked Bloomfield's Danielle Walters leading off the seventh. Walters advanced to third with one out, meaning every pitch needed to be direct and calculated. Prior then struck out the final batter, sealing the narrow victory for the Owls.

"I was just trying to think about it, just focus on the batter and not the baserunner," Prior said. "I tried to calm myself down, slow myself down. Just take it one pitch at a time."

Captain Reilly looks to lead LAX on a deep conference run

By Matt Cain
Contributor

Attack Morgan Reilly, a junior, has been a standout on field this season. The captain has recently been named captain and plans to lead the team to a deep conference run.

The Owls are undefeated at their home field due to the spectacular play of Reilly and other veteran leadership. This

season has been all about the younger players getting into a groove and working well with the veterans.

"I'm excited for the young freshman play. I feel like we are going to mesh really well with them," Reilly said.

As a captain, Reilly is the voice of the team. Her mentality and focus has been on full display. In March, the Owls went 6-2, dominating their

competition thanks to the team chemistry fueled by Reilly. This year, Reilly has a total of four assists and six points.

"We lost a lot of seniors last year, and injuries struck us. We have a deep team and believe we have a deep team to compete with others," Head Coach Kevin Siedlecki said.

Reilly, who spent most of her time last season playing behind former attack Carly Row, is now

getting her opportunity to be a full-time starter, and she is making the best of it. With Reilly getting her number called this season, she looks to keep the freshmen and sophomores focused and ready to play day-in and day-out.

"The big picture has changed, but the goal is still the same," Siedlecki said.

With an injury to senior midfielder and captain Brianna Shaw, Reilly

has had to step up on the field and in practices. The absence of Shaw has opened the door for Reilly to be the voice on the field and in practice. Reilly is vocal on defense and consistently makes the right play to help her team succeed.

With Reilly playing excellent on the field and being a good teammate, she looks to keep the team spirits high and stay on the dominant run. The

next coming games are conference play, and they look to keep their hot streak going.

Although the Owls are 2-2 in the conference, with the leadership and scoring ability of Reilly the Owls feel they can compete with any team in the conference. Morgan Reilly is at the forefront of the team's success.

With such a young team, Reilly is the veteran leader keeping them together.

Baseball splits doubleheader Gymnastics place fourth in GEC

By Matt Cain
Contributor

The Owls split a doubleheader against Saint Anselm College, an NE10 Conference rival.

The Owls would take game one, winning 9-3, then fall short in game two, losing 6-2. The second game would be a disappointing one, as the Owls would only get three hits in the game and two runs, all coming in the third inning.

"I'm kinda disappointed, especially winning the first game with knocking in double-digit runs," Head Coach Tim Shea said. "That starter had three innings pitched all year, and we got three hits off him."

The Owls gave up three hits in the first inning, letting Saint Anselm jump out to an early lead. With everything going wrong for the Owls on the defensive side of the ball, the first game saw the Owls rack up hits behind the plate, but they could not get the bats going in the second game.

"We faced these guys three times already, so they know what arms we have coming out the bullpen," first baseman

Jack Drewry, a senior, said.

Starting pitcher Jagger Duquette, a graduate student, was the starting pitcher in game two, pitching a solid three innings. Despite throwing some of his best stuff in that inning, he gave up seven hits along with four strikeouts.

The Owls would then look to the bullpen. The next man on the mound would be pitcher Spencer Fox, a senior. Fox has a strong arm and can strike batters out. Coming into that game, he had a 4.56 ERA with one win and two losses.

In both games, the pitching went well. Pitching set the tone in the first game, but they could not get it started in the second game.

"Our pitching has been well in the past week. They have been doing their job. We gotta come out and get more runs for our guys on the mound," designated hitter Chad Fedeli, a junior, said.

After Fox entered the game, Head Coach Tim Shea looked to veteran player, pitcher Mike Szturma, a junior. Between Szturma and Fox coming out of the bullpen, they managed to

keep the game in reach, but it was not enough to seal the win.

With the pitching doing well, the Owls now look to get the offense going behind the plate. The Owls knocked in five hits in the game-two loss but could not get into a rhythm, as Saint Anselm took over on the defensive end.

The Owls and Saint Anselm have seen each other before, so this doubleheader would have lots of tension between the two teams. There was chatter in the Saint Anselm dugout and some retaliation from the Owls dugout as well.

Coming into this game, the Owls' record against Saint Anselm is overall successful, 3-4. This set up the very intense interactions and competitive game on the field.

"We knew how they played, their aggressiveness. We can't take plays off," Shea said.

The Owls will now move forward and look towards the next game. The Owls set their sights on how to get better each game. With this still being an early season, they think they can be contenders in the conference and even region.

By Avery Martin
Contributor

The Owls gymnastics team took fourth place in the Gymnastics East Conference, GEC, Championships on March 23.

It is the best finish the Owls have had since joining the conference. They were beaten only by Penn State University, Yale University and Brown University.

Individually, several gymnasts stood out with five top-ten finishes. Just three days prior, gymnasts Jayci Jordan, a senior, and Libby Allen, Lexi Bracher, juniors, were named to the All-GEC Second Team. Gigi Mastellone, a freshman, was named to the All-GEC First Team.

Mastellone said, "We pushed through everything, and we've all worked really hard. And when we got there, it was like all our hard work paid off. It was great."

In the first session of the competition, the Owls had the highest team score against Cornell University, the University of Bridgeport and the College of William & Mary.

Head Coach Byron Knox said, "It was actually a very good competition for us. We went in with the goal of trying to win our session. Even though we had some errors, we still came out on top."

The gymnasts who scored the highest and led the team were Mastellone and Jordan, who tied for third on the uneven bars. The team score in that event was 48.275.

"The GEC Championships were like a dream almost because it was my first ever one, so it was so exciting," Mastellone said. "Especially because we were all as a team and everything, and it is the end of the year, and we all had a really good season."

On the vault, Sophia Ruecker, a freshman, tied for seventh with a career-high score of 9.775. Brianna Dorr, a junior, and Ava Kelly, a sophomore, tied together in 18th place with a score of 9.700. The team recorded a score of 48.500.

On the balance beam, Angel Lee, a junior, came in fourth with a score of 9.850. It was a team best and season high for Lee. Gabriella Dinisoe, a

freshman, finished 11th with a 9.800 score. The team finished the beam with a score of 48.275.

The best apparatus for the team was the floor exercise. There, they finished with a 48.850 score, which was their highest of the day. Allen came in a third-place tie with a score of 9.875. Kelly finished 16th with a score of 9.800.

Knox said the team has worked especially hard on the floor.

"It came at an opportune time because we finished the competition on floor. Had we not done a good job there, we would not have won our session," Knox said.

The historic results for the team have given them a boost of confidence and momentum as they prepare for the two remaining meets this season.

Jordan said, "I think it definitely gives us some confidence as individuals and for next year as well."

The Owls are back in action in West Chester, Pennsylvania on April 10 for the USA Gymnastics Collegiate National Championships.

Owls Sports Recap: March 23-30

Men's Track & Field:

According to the Owls website, the team completed in the Bobcat Invitational March 28-30 in San Marcos, Texas. However, no information has been released.

Women's Track & Field:

According to the Owls website, the team completed in the following, Texas Relays March 27-30 in Austin, Texas. Bobcat Invitational March 28-30 in San Marcos, Texas.

River Hawk Invitational in Lowell, Massachusetts on March 30. However, no information has been released.

Baseball:

Current Record - 15-12
March 29 - @ Saint Rose College - L 19-14
March 30 - @ Saint Rose College - G1 W 14-8 / G2 W 7-3

Softball:

Current Record - 9-9
March 29 - vs Saint Rose

College - G1 W 4-0 / G2 L 4-1
March 30 - vs American International University - G1 W 6-1 / G2 W 10-6

Women's Lacrosse:

Current Record - 7-3
March 27 - @ Adelphi University - L 18-4
March 29 - vs Post University - W 18-5

All information has been provided by SCSUOwls.com



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Team photo at the Gymnastics East Conference Championship meet.