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SOUTHERN NEWS

WWW.THESOUTHERNNEWS.ORG

FEBRUARY 7, 2018

VOL. 55—ISSUE 16

Yesterday and today in America



Yan Searcy speaking to the audience at My March With Dr. King.

PHOTO | AUGUST PELLICCIO

Overdoses in New Haven cause public health concerns

By August Pelliccio

The university warned all students Jan. 25 that the use of any street drug can and may cause death. Several students have strong opinions about overdoses in the city of New Haven.

The public health alert warned of a string of drug overdoses in the community surrounding campus. There were six in total that day, four of which occurred within an hour of one another. This goal of this message, on behalf of Patrick Dilger, was to share widely the concern from university officials and the New Haven Police Department.

Jazmynn Jakubczyk, a graduate intern for the Wellness Center, said she was taken back by the email alert.

"It was definitely scary," said Jakubczyk. "Thank God, I don't think any Southern students were affected."

On the contrary, while student Rene Rivera shared concern for those who are endangered by drug abuse, he said the alert was not as alarming for him.

"I don't do drugs," said Rivera, "so it doesn't affect me."

NHPD Officer David Hartman told The Patch on Jan. 25 that of the four closely linked cases that day, one victim died and two went into cardiac arrest. Hartman also said the overdoses were likely linked to a "bad batch" of a synthetic marijuana, "K2."

The idea of a "bad batch" is what raises concerns for Rivera, who said one critical danger of illegal drugs is the lack of consistency. Rivera said substances that are controlled by the FDA, like alcohol, can be used much more responsibly.

"Everything is strictly regulated," Rivera said, "so you know exactly what you're putting into your body."

But for synthetic K2, this is not the case. Public health organizations will not endorse the safety of these substances, so the user cannot control their intake easily.

Still, Rivera said, "It's definitely a substance abuse issue."

By August Pelliccio

Today, most recognize and respect the mark Martin Luther King Jr. left; but only as far back as 1986, Yan Searcy remembers seeing a thrown brick resting in the shards of a broken front window.

Searcy is now the associate dean of Southern's School of Health and Social Services, and gave the keynote speech at the Jan. 31 event My March with Dr. King. Coordinator of multicultural affairs Dian Brown-Albert first took the stage, offering a warm welcome.

"Today we celebrate the life and legacy of a man who

brought hope and healing to America," Brown-Albert began.

Chief among King's virtues was that he dedicated his life to equality for all people, according to Brown-Albert.

"Without Dr. King and the civil rights movement," Brown-Albert said, "I don't know if I'd be standing here in front of you."

Brown-Albert continued to say that African-American and Hispanic, Native American, Asian American and Caucasian alike, each person in the room that day is part of the great dream that King had for America.

Next, Brown-Albert welcomed Kristele Louis, then Jonathan Meyers to the stage.

The students performed the "Negro National Anthem" and the "Star Spangled Banner," respectively.

President of the University Joe Bertolino followed, thanking the students for their contributions. Bertolino briefly spoke about his first ever visit to Southern in July of 2016.

"The day that I came was the day this community had come together to have a discussion on race," said Bertolino. "It was a powerful moment, and I got to be there as a participant and a spectator."

The president said this is one thing he has respected about the community since before he was a part of it: acceptance and equality.

Bertolino said this community is effective in its ability to listen to the voices of students, faculty and staff.

"I hope that our community will continue to lead in the efforts of social justice," said Bertolino. "Where we fall short, I hope we will acknowledge our shortcomings and decide where to go next."

When Yan Searcy took the stage, he painted a very clear picture of what life was like as an African American before this acceptance and equality existed in his community.

"Black people are the only group of people in the United States," Searcy said, "who have had it's humanity legislated into existence."

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Three years later: Brock Turner and sexual assault

By Victoria Bresnahan

Violence Prevention, Victim Advocacy, and Support Center (VPAS) Graduate Intern Mary Xatse said with new sexual assault allegations emerging, Brock Turner's case has resurfaced.

"There is news about his appeal and it can be a whirlwind," said Xatse. "A lot of people aren't sure how they feel about it or not sure who they can talk to about it. With the kind of environment we want to create in our center, we want people to talk to us, be encouraged and know they are supported."

Xatse led the conversation at the Brock Turner panel discussion last week which focused on topics such as the verdict Turner received, how students feel towards the handling of the case and affirmative consent.

According to a flyer handed out at the discussion, Turner, an ex-Stanford University student,

was accused in 2015 of sexually assaulting a woman, known only as Emily, behind a dumpster while she was intoxicated and unconscious.

The flyer stated Turner was found guilty of three felony counts—one being intent to commit rape. He served three of his six-month sentence and is a registered sex offender. He was not officially convicted of rape, according to the flyer.

During the discussion, Xatse said California state law did not consider Turner's actions, such as using a foreign object to penetrate the survivor, to definitionally be rape at the time of his case.

Ultimately, Xatse said VPAS wants students feeling empowered and able to help others through bystander intervention.

"We want them to process things and we don't want to stuff emotions away," said Xatse. "At the same time, if they leave [the discussion] empowered, then that's fantastic."

Olivia Carney, a graduate

student studying clinical mental counseling, said she attended the discussion because the case is important to talk about on college campuses. Carney said the laws need to match up with the criminal justice system; if they do not, then the highest justice can not be provided to survivors.

"Because the survivor was penetrated with a foreign object, there was a loophole in the law," said Carney. "I do believe with a different judge things would have turned out differently. But unfortunately loopholes like that make it so even if you have someone who is really fighting for justice, there is still a chance justice won't be seen."

Amanda Moreau, a graduate student and participant of the discussion, said her initial reaction to Turner's case was delayed until she read Emily's statement to the court. Moreau said she was infuriated with the case and with the possibility Turner may now appeal his case.

"I've worked with survivors



PHOTO | AUGUST PELLICCIO

Students sitting in on the Brock Turner Discussion.

before and with the Connecticut Sexual Assault Crisis Hotline, so I really understand where [Emily] is coming from," said Moreau. "Knowing that out of every 100, only one gets a conviction — even just getting a conviction was a huge move. I feel like this started to spark the conversations that we are already starting."

Having conversations such as this discussion, said Carney, is the best way to address issues

of sexual misconduct. She said even if it does not affect someone personally, people should continue to talk about these issues because they are affecting somebody else.

"I wouldn't say that [Southern] is not doing enough, or that we are doing enough," said Carney. "I think it just means the conversation just really has to continue."

STEM fair helps students take steps towards career



PHOTO | JOSH LABELLA

Students in the science building visiting tables at the job fair.

Josh LaBella

The science, technology, engineering and mathematics, or STEM, career fair was hosted so that science and math students could pursue internship and job leads in their fields.

Winnie Yu, the interim director of STEM Innovation and Leadership, said students look forward to finding these opportunities. She said knowing what they are going to practice in the field gives students extra incentive to do well.

"I think that's probably the key reason," said Yu. "For students to see and meet, firsthand, leading researchers."

According to Yu, there were about 20 companies at the career fair, which took place from 12:30 to 3 p.m. last Wednesday in the science building. The list of companies that were present included Aperture Optical Sciences Inc., The Jackson Laboratory and IBM Watson Analytics. The companies had tables where students could meet with representatives as well as information

sessions in classrooms. Yu said the companies came from a variety of STEM disciplines.

"We have biosciences, we have software development," said Yu. "Yale University is here. They are looking for new science graduates they could hire as research assistants. And can you imagine what it means for someone going through a baccalaureate program [saying], 'Wow, when I graduate I can be a researcher at Yale,' even at entry level. So I was excited."

Taylor Paris, a sophomore applied physics and engineering major, said he came to the fair to look for internships. He said he is looking into the nano-technology side of his degree and was going to look for opportunities in that field.

"[I'm here] just to explore, careers are still pretty far off for me," said Paris. "This is super important. Sometimes it's hard for an engineering student, and pretty much any student in school, to get themselves out there. Having a career fair gets students connected to the outside world and the outside jobs. All of these places are

looking for engineering students and tons and tons of STEM students. So this really works on both fronts."

Patrick Tobin said he is graduating in May and is starting to search for jobs. A senior computer science major, he said he was talking to mostly computer science based companies but had talked to other businesses as well.

"I've talked with Core Informatics, Owl Security, and Jackson Labs and a few others," said Tobin. "I'm still looking around, I'm about to see what else I'm missing. This is helpful."

Shanice Obey said, as a math major, she doesn't have too many career options, so she wanted to see what's out there. She laughed and said she'd found exactly two places so far.

"One I do want to do because as a math major I want to do something with data analysis and I also want to become a professor," said Obey. "So I saw one of my professors, Dr. Broadbridge, and she told me to try IBM Watson, which is something right up my alley, and I applied for it."

Obey said this event was great because the main career fair is for

everyone else and STEM majors don't have the same opportunity to find things like it. She said the larger school career fair targets business and marketing people, so having something specifically for her is really great.

Muhammad Naeem, a senior computer science major, said he was at the career fair so that when he graduates he could have a job, or at least an internship, lined up. He said he had been strolling the fair and looking around to see what interests him.

"Wherever business meets computer science, in the banking world, instead of self to self-programming, I'm looking for a place where I can find human to human interaction," said Naeem. "So far I've stopped by two places and it's not bad. Instead of telling students they need to look for opportunities themselves, it's better to host and event like this where a student can walk right in and here it is."

MLK Tribute



PHOTO | AUGUST PELLICCIO

Yan Searcy presenting to the audience.

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Searcy explained that growing up in Kokomo, Indiana, over 100 years after the Emancipation Proclamation, African American rights were still severely diminished.

Searcy said there were surrounding communities with very active support from the Ku Klux Klan. Elwood, Indiana, for example, was a "sundown town." Searcy said this meant dark-skinned folks were not permitted after dark.

"I'm not talking 1945," Searcy said, "I'm talking 1985."

Searcy said during one evening's visit to his high school girlfriend's home, he experienced hate crime first hand.

"The sound of breaking glass shattered our conversation, and shattered their front picture window," Searcy said.

Searcy said a group of gentlemen had seen him walk into the house earlier, and subsequently threw a brick at the house. Hatred like that was combated by the movement King led, according to Searcy, who said he lived the movement.

"With no King, there is no America as we currently know it," Searcy said. "There's absolutely no possibility.

Overdoses

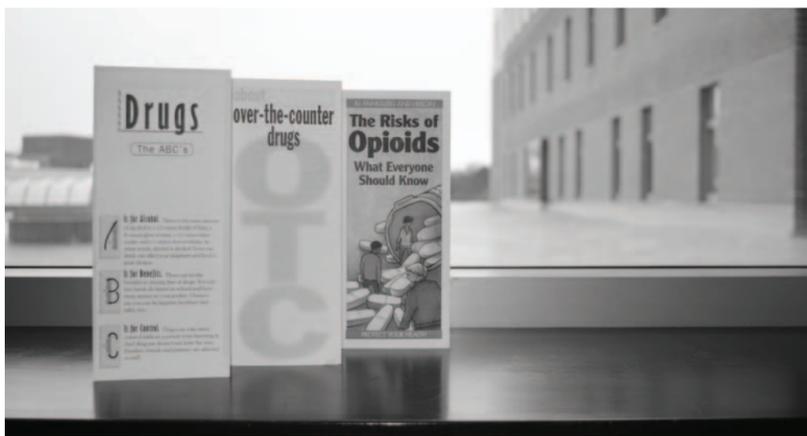


PHOTO | AUGUST PELLICCIO

Pamphlets on drug addiction.

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Matt Lopes, another student, shared Rivera's mindset that this public health alert could not affect him directly, but Lopes said he still is still concerned for the sake of other students. Having resources available from the Wellness Center or from Southern's Counseling Services is greatly beneficial, according to Lopes.

"Probably not every kid will use those resources," said Lopes, "but even if it helps just one or two students, it would still be worth it."

Jakubczyk said the Wellness Center was recently given a grant to help combat substance abuse. Fellow Wellness Center Graduate Intern Bianca Flowers explained that Emily Rosenthal, the center's coordinator, was granted the funding for outreach and prevention programs regarding the opioid crisis.

Jakubczyk said that the goal is to host a series of events on campus over the course of the semester that will be informative to faculty, staff and students about the ongoing crisis.

"The grant will pay two students to work for the Wellness Center," said Flowers, "to plan the events, and reach out."

The first event was held Tuesday, Feb. 6, with a focus on faculty and staff. Jakubczyk said the event offered training for the faculty and staff to be prepared to have conversations with students about drug abuse.

"Opioid use and overdoses have been happening close to campus," said Jakubczyk.

Because of this, both interns at the Wellness Center encourage students to remain informed about the hazard of abusing any dangerous substance.

SGA Meeting: More arts and color wanted on campus

By August Pelliccio

Students who walk between Morrill and Jennings halls on campus are greeted with an intricate underwater mural. Southern's Student Government Association's representatives want to see more artful displays like that.

Before talk of art and color, SGA's Feb. 2 meeting began with secretary Dan Emmans, again reporting on minor decisions regarding upcoming Spring Week. Emmans said this year proved rather unchallenging in terms of filling programming spaces.

"We looked at the schedule of organizations who were interested in creating events for spring week," said Emmans, "and clubs and organizations pretty much have the week covered."

That being said, there are still a few openings over the course of the week that Emmans said may be filled with new events by SGA. That decision will come after the process of planning the Spring Week concert itself, according to Emmans.

Moving on, Rosa Moriello and Sam Widomski, both representatives at large, spoke about the prospect of visual additions and changed to campus that might promote school spirit.

"There's been talk of getting a rock or a fountain," said Moriello, "but we're still in the 'idea throwing' phase."

More likely would be actualizing the concept to create a mural that covers the center of Buley Library's patio.

"We talked about our short term goals and long term goals," said



PHOTO | AUGUST PELLICCIO

Mural in Jennings Hall.

Widomski, "so hopefully that's a short term goal, but I'm not entirely sure yet."

Vice President Becky Kuzmich also said that a mural on the Buley patio would be a good idea.

"I do love how beautiful and bright our library is," said president Julie Gagliardi. "I think it makes it super lovely."

But Gagliardi hopes for the artfulness with which the interior was designed to flood out into the campus outside. For example, she cited existing creations on campus.

"Think about that mural in the Morrill/Jennings breezeway," said Gagliardi, "which is kind of weird, but it's cool!"

Gagliardi continued that such

a project would be a great way to promote school spirit both by the nature of the mural, and by the process.

"We have a whole art department," Gagliardi said, "and I'm sure art students would be excited to be a part of something like that."

Enlisting students to help create the new mural is something she and Moriello agreed was sensible.

"It would be Southern run and Southern done," said Moriello.

Moriello said one of these changes to art on campus already has planning in the works: updating the school flags. Southern's logo hangs from every lamppost on campus, and Moriello said it would be a facilities operation to change each and every one.

"[Facilities] is going to talk to us about what things are going to look like, transitioning from the old logo to the new one," said Moriello.

She said such an undertaking would be expensive if taken on at once. A five-year plan has been proposed to get all the old owls out, and stay within the current school budget, according to Moriello.

Moriello said this update in addition to the proposed mural should promote school spirit, if done right.

Gagliardi said, "Just in general, I would love to see more color on campus."

Free Yoga Fridays stretch students' bodies and minds

By August Pelliccio

Each Friday from 12 to 1 p.m., Denise Zack hosts a class teaching students how yoga connects with mindfulness.

The Counseling Programming and Outreach organization describes the class as a relaxing way to help students find calm at the end of an otherwise busy week.

"This is a Zen kind of class," said Zack, "it's easy to follow along."

During the class, Zack kept emphasizing the importance of focusing on breath. She instructed students to breathe deeply, and to "let everything else go," while practicing the various poses.

"I try to give good direction," said Zack, "I'm pretty good at getting everybody in line, where they need to go."

A key concept Zack focused on was mindfulness of the body and its place on the earth. Zack would point out to the group a natural movement of the body, such as the rise and fall of the chest as one breathes in and out.

"Every exhale naturally finds its next inhale," said Zack.

A 2008 research study by the American Counseling

Association concluded that practicing yoga regularly has some real benefits. The study recorded data from a 15-week course, taught by John Christopher, licensed counselor and professional yoga instructor. Results were collected from 33 participants who had taken the course over a four-year period.

According to the journal, titled "Mind-Body Medicine and the Art of Self-Care: Teaching Mindfulness to Counseling Students Through Yoga, Meditation, and Qigong," regular practice increased awareness, and benefitted mental clarity and ability to concentrate.

The study indicated that most of the participants specified they would continue to make positive use of the practices learned during the study. Every Southern student in Zack's Jan. 26 class indicated that they were returning students who had taken the class before.

The concept of the immediate present was stressed, as a way for Zack to get students to connect the mind and the body.

"We don't have five seconds from now," Zack said, "we're not guaranteed five seconds from now, so be in this moment."

Zack gave students careful instruction through the duration of the class, for exactly where to place their arms and legs, as well as when exactly to inhale and exhale deeply. During a "cat pose," for example, Zack instructed students on how to kneel and where to point the head, but also how to engage the core.

The Adanti Student Center's Fitness Center advertises for the yoga class, noting that the class is open to students, faculty and staff of all levels of yoga knowledge. This proved true during Zack's Jan. 26 class, where she provided directions for attendees of various skill level and flexibility, such as, "extend the legs straight, if possible, or a slight bend in the knee."

This mentality carries through to the core concept of yoga: relaxation and mindfulness. Zack said nobody should have to put pressure on their body to practice.

"Yoga is about gentle stretching," said Zack, "and just allowing your body to be exactly where it is in the moment without having to force it to do anything it doesn't want to do."

Professor says the way reading is taught threatens critical thinking

By Josh LaBella

A presentation of an academic paper last week made one thing clear: the way students are being taught to read is dangerous.

Or at least that is what Professor Meredith Sinclair said. In her discussion of her paper, "Reading in the Age of Spectacle: Alienation, Mechanization, and Book Burning," Sinclair outlined why she thinks the way schools work now do not support students truly learning to read.

"They learn this very mechanized way of reading," said Sinclair, "and I think it has an impact on how they navigate the world. Because if you've been told there is one meaning, and you get out in the world, your agency has been restricted."

During the presentation in the Buley Library Arts Gallery from 4:30 p.m. to 5:30 p.m., Sinclair frequently compared the way reading is taught to Ray Bradbury's "Fahrenheit 451." She said while it is often erroneously read as a critique of government censorship, the novel offers an illustration of the more insidious and subtle threat against reading and thought.

"At the risk of sounding alarmists I'd like to argue that we are up against the threat

that Bradbury describes," said Sinclair, who was wearing a "Fahrenheit 451" t-shirt. "Part of the answers to the inevitable: 'how did we get here?' has to do with the relationship that we have with texts and in turn the sort of relationships with texts that schools encourage in their students."

Sinclair argued that under Common Core students learn reading as a skill needed for career readiness and it has created a curriculum of reading that divorces reading from the world. She said learning to read is increasingly corporatized and mechanized.

"Reading has increasingly been rendered a nearly passive tool that one must acquire to get a job instead of being framed as a rich, diverse activity of engagement in the world of ideas," said Sinclair.

Rachel Fury, an assistant professor in the English department, said Sinclair is one of her colleagues so she came to support her and because the topic sounded interesting.

"I think one thing, and this is kind of general, in teaching there are always so many things we have to consider," said Fury. "It brings up even more questions of other things to consider within the classroom because there are



PHOTO | GEMA GUEVARA

Meredith Sinclair gives presentation on the way young students are taught to read.

so many things we are always juggling.

Gema Guevara, a senior English major, said she came because she agrees with Professor Sinclair's opinion that Common Core should be changed. She said it is not preparing students to become independent critical thinkers.

"Instead it's indoctrinating them," said Guevara. "One of the reasons I came here, besides agreeing with her, is because

literacy is almost in danger in the sense that, now, Common Core is not producing a nation of readers and it's really hard for young adults to make connections when they don't have the skills. When they've been taught to just get the right answer or when they've been taught to just regurgitate information rather than think for themselves and arrive at their own conclusions."

Sinclair said after hearing her paper she hopes people are

thinking about the educational system. She said Southern students just came out of this system and if Southern is doing some of the same things they need to be changed.

"How does it also affect how we teach our students in our classes?" said Sinclair. "If we understand that we've maybe got this stunted view of what reading is, how do we help them to read the world and take their experiences into account?"

Student use of technology in classes

By Victoria Bresnahan

In this age of technology, Katie Kendall, a freshman social work major, said most students have started learning through online sources.

"My system is I take notes on my laptop in class," said Kendall, "and then I rewrite those notes from class in my notebook on my down time, so I can study from them."

According to a 2015 Pearson Student Mobile Device survey, 83 percent of the college students polled felt tablet usage will transform how college students learn in the future. Of those students, 40 percent stated they want to use more mobile technologies than they currently do.

Kendall said her laptop helps her take notes faster and if she talks to her professor about using her laptop in class, they usually allow her to do so. She said she has never been caught using technology in a class she was not allowed to but she has seen other students face repercussions for it.

"I was in a class last semester where the teacher was like, 'You over there, put your phone away, and now you have a point off participation,'" said Kendall. "Participation was a huge part of the grade. Every time she talked back to him he would say, 'Okay that is another point [off].'"

Kendall said the professor had a right to do this since he stated in the syllabus that cellphones could not be used or points would be taken from participation. She said he continued to remind students of this throughout the beginning of the semester, but the student continued to use her cell phone.

"If a professor clearly states no phones in class," said Kendall, "I feel like they have a right to call [a student] out and take points off."

Amya Grant, a freshman elementary education major, said taking notes on her laptop is more organized than writing them in a notebook. She said her handwriting is also not the best.

"Surprisingly, this semester there are some professors that I have that don't let us use laptops, which is weird," said Grant.

Rather than using technology, Gianna Hutchins, a sophomore pre-nursing major, said she uses index cards and notes to help her study.

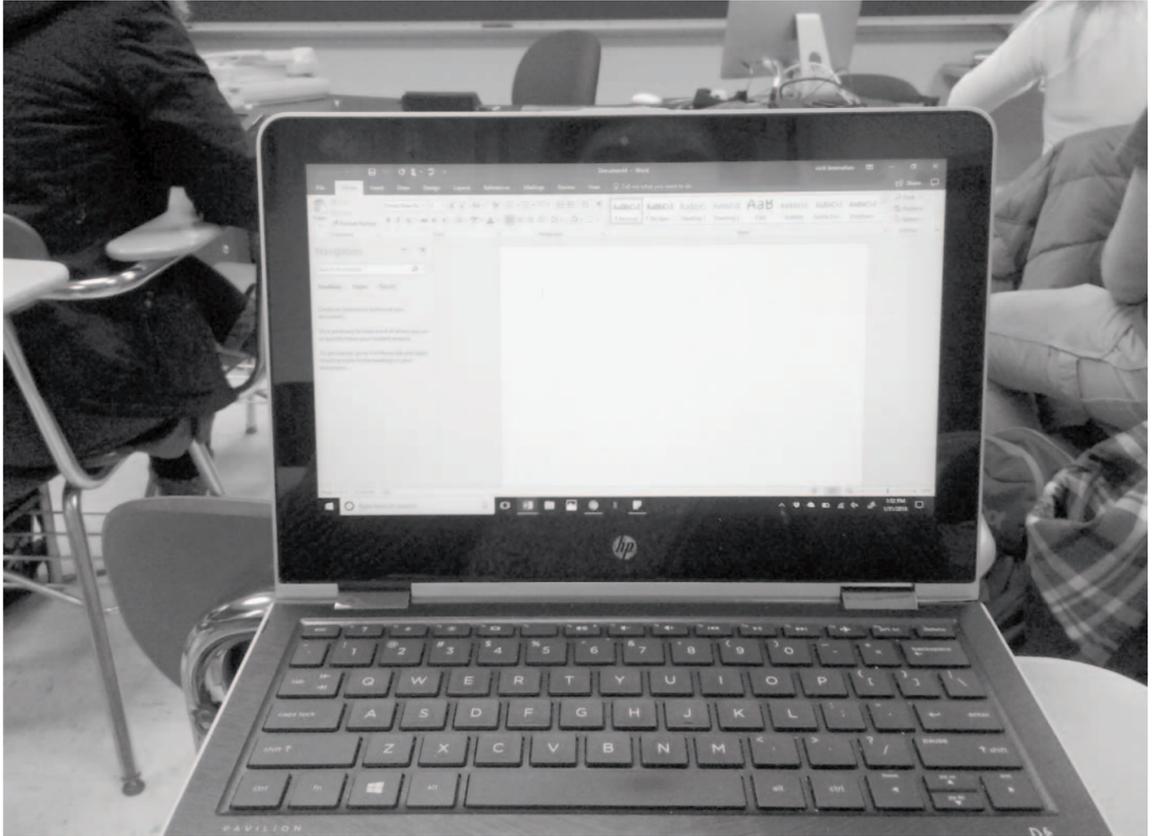


PHOTO | VICTORIA BRESNAHAN

Many students use their laptops to take notes in class.

Hutchins said she finds herself easily distracted by her computer and the note cards help her memorize the information better.

"I'll think of something and I'll Google something in another tab, and it will just get me off track," said Hutchins, "which is why I think handwriting and notebooks work better for me."

Hutchins said she never uses her laptop or phone during class. However, she said she recently noticed professors are putting most of the assignments online.

"I just think for me, personally, taking notes by hand helps me memorize things a lot easier," said Hutchins.

Grant said she uses applications like OneDrive—a Google application—to help her take notes. Additionally, Hutchins said she uses Quizlet when studying from her laptop as well.

"I only started using Quizlet last semester," said Hutchins. "I used it in high school and then last semester I loved using it."

Democrats on campus react to campus climate

By Victoria Bresnahan

Currently, it seems like the Republican Party is the enemy, said Erica MacLean, a freshman biology major.

"Conversations turn into arguments which turn into fights because of our president," said MacLean, a Democrat. "I feel like, in the past, if you had an opposing political view it was something you were still able to talk about with them."

MacLean said her democratic beliefs have been questioned on social media websites such as Facebook.

"I posted a picture from the Women's March a couple of weeks ago," said MacLean, "and people commented, 'You hate our president' and '[The Women's March] is against the president.'"

In high school, MacLean said a

teacher told her she could not wear a pro-LGBT shirt. One of her high school math teachers also made inappropriate comments to her during class, such as targeting her agreement with being pro-choice, she said.

"I would stand up against it and then, later in the year, he would make comments targeted at me," said MacLean. "[He would say], 'Oh, I don't want Erica to get too upset.'"

MacLean said she attended Wethersfield High School, which is a public school.

Bailey Sullivan, a senior art history major, said she does not feel Southern's Democratic students are being targeted in the same way Republican students seem to be.

"The university in general is pretty far in line with democratic views—at least socially," said Sullivan, a registered

Democrat. "We have a social justice month; our president is super involved in promoting social justice on campus."

Sullivan said there is a rift between Republicans and Democrats, both on campus and in general.

"I have been in classes where people may have differing opinions, where people are more republican or conservative," said Sullivan. "There is a lot of hostility between the two groups. There is always an argument that breaks out."

However, Sullivan said it is important for students to have these arguments and listen to what the other side has to say.

"Often, I do not think that anything is going to ever come through, but at least [listening] is important," said Sullivan. "To understand is not something I think we can do very well."

When it concerned President Trump, Sullivan said she vehemently disagrees with his actions and he makes her uncomfortable.

"I think he speaks nonsense and his tweets are nonsense," said Sullivan. "I do not find him to be coherent in any way. He only shapes his words and language to whoever he wants to be making a deal with. Not even on a political point of view, but on a personal one, I have problems with him."

Sullivan said she there may not be a way to fix the divide between Republicans and Democrats, but there may be a way to bridge the gap.

"I think it is okay that people discuss and debate," said Sullivan, "but really, I can't imagine anybody—even a Republican—suddenly understanding where a Democrat, especially on social issues, is coming from."

Tim Bristol, a senior and membership coordinator of Southern's College Democrats, said he has not come across any democratic students being targeted by professors or students due to their political views.

"I do think having a political stance at school nowadays is a difficult thing to maintain," said Bristol, a political science major, "because of the rhetoric that is going on outside of school is sort of dragged into school sometimes."

Bristol said the tone some people take towards one's political affiliation is unhelpful. Bristol follows the College Republicans and their presidents on Twitter and said they tend to poke fun of each other on that platform.

"I mostly think it's in jest. I don't think anything is said that is purposefully hurtful," said Bristol, "or anything beyond commenting upon the current events on the day."

Bristol said the two groups are collaborating on possible debates or events they can hold together in the future.



PHOTO | VICTORIA BRESNAHAN

College Democrats club members at a meeting.

Conn. Hall seeks to be more sustainable

By Courtney Luciana

Southern was awarded with a Food Recovery Challenge Achievement Certificate this past year, said Juan Dominguez, the resident district manager of Chartwells at SCSU. He said Southern has become a leading example as a university that practices environmental friendliness.

"The U.S. Environmental Protection Agency sent us an honorary 2017 Food Recovery Challenge Achievement Certificate for helping to reduce food waste since 2015," said Dominguez. "From our start date of the SCSU food recovery project in 2016 to today, we have collected and donated 19,575 pounds of food. Clearly, it's Southern students who reflect the kind of world they want to live in, based on their actions."

Students at Southern have not only shown they have a passion for sustainability regarding food waste, but also increasing awareness on using and recycling materials, said Julia DellaVecchia, a public health major working in the sustainability office.

"The swap shop is a closet in the sustainability office where faculty and staff donate office items they didn't use to be recycled by other departments

on campus," said DellaVecchia. "This has saved the university over \$125,000."

DellaVecchia said she wants students to become more aware of what is going on with the sustainability club.

"Most students might already be aware of the sustainability office," said DellaVecchia. "And I personally do think a majority of SCSU students care about the environment but, if anything, our office needs more of a social following in order to make a bigger impact together as a university."

According to a 2017 Pew Study, about 74 percent of U.S. adults said the country should do by whatever means in order to protect the environment where as 23 percent said the country has already gone too far.

Students like Danielle Murphy, a senior sociology major, said their devotion to the environment goes beyond the university and into the practices of their everyday lifestyle.

"I try to buy my clothes only from companies like prAna and SmartWool that are environmentally conscious," said Murphy. "I also never use plastic water bottles. These are just small ways I've gone green, but there's always so much more that we could be doing to help the environment."



PHOTO | COURTNEY LUCIANA

SCSU Chartwells has partnered with Blue Earth Compost and received 30 different colored garbage cans. Each color represents which items should be disposed of in what specific bin.

Laura Girouard, a junior communications major, said she also cares about the environment.

"I definitely take the time to make small changes to my daily routine so that I can know I at least made an attempt to do something positive for the environment," said Girouard. "I try to take short showers and recycle. The usual stuff that everyone should be taking part in."

Sana Dixon, a freshman, said she has noticed how SCSU goes above and beyond to make positive changes for the environment starting with the

university.

"Seeing how much Southern cares about the Earth has made me want to become more environmentally friendly," said Dixon. "Which would make me say that currently my biggest environmental concern is pollution."

However, Shaka Gibson, a senior majoring in business with a concentration in marketing, said he does not care about the environment.

"I really just don't care about the environment in general," said Gibson. "I do think the efforts that Southern makes to be sustainable is great, but I

personally have so much going on with school and work that I'm not as eco-conscious."

Courtney Pesce, president of the SCSU Geography and Environmental Awareness Club, said students do care about being sustainable.

"If anything, being a part of this club has made me realize that our generation genuinely cares about taking care of the environment. I see students take action in recycling and being mindful of disposing of items in the proper places," said Pesce. "This is where our future is headed."

Students and multitasking

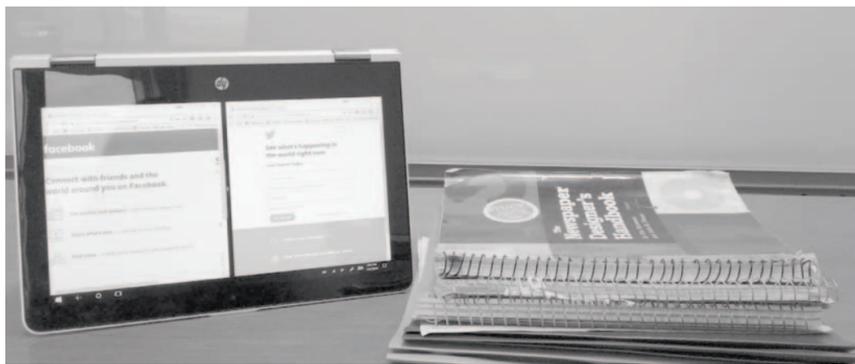


PHOTO | VICTORIA BRESNAHAN

Twitter and Facebook open on a tablet next to textbooks.

By Victoria Bresnahan

With his math homework in front of him, Jarren Parchment said students should "get in the zone and lock in" when they are working on their course assignments.

"Once I sit down, I just put my headphones in and start working," said Parchment, a junior graphic design major. "I just get in the zone. I know it is harder for some people to do, but for me it just happens easily."

"I prefer to have noise going on around me," said Parchment. "I do not like being in complete silence."

According to a 2015 University of Connecticut study, of the 350 college students polled, most of them had to study longer if they were multitasking. Additionally, the study found those who frequently multitasked in class received lower grades than those who did not. Texting, logging into Facebook, checking emails and web searches were some of the distractions, the study stated.

Parchment said he can have the television playing in the background and is still able to work on his homework. He said listening to music helps him focus more as well.

Parchment said if he does not do well on an exam, it is not necessarily because he was distracted. He said there is a 50-50 shot he will do well on an exam despite the ways in which he was studying.

"I guess it was just what I was focusing on," said Parchment, "because sometimes, when you're studying for a test or something, you have a million things to focus on. I try to just zone in on what I think will be most important."

Ashley Thol, a freshman early childhood education major, said she uses a planner to keep track of her studies. She

said she gives herself a time limit to plan out her assignments with the days they are due.

"If [I am studying] one of my harder subjects, then it must be completely silent," said Thol. "But if it's one of the [courses] I am more comfortable with, I usually listen to music with them."

Thol said one of the most difficult parts of studying she deals with is ignoring her phone.

"[The phone] obviously tends me to score lower [on exams]," said Thol. "I just usually turn it around."

Nathan Maciel said on certain courses, such as mathematics, he can listen to music and focus on his work. However, he said when he is writing it must be completely silent.

"A lot of people can't deal with that silence—they think it is kind of deafening," said Maciel, a freshman journalism major. "I think that it is about letting your thoughts take over to a point that they're its own noise."

Maciel said going into an exam he is aware of the effort he put into studying and it shows at the end of the test.

"I think college suits me more because it is lecture based—its auditory," said Maciel. "So, I absorb information from them talking. When I hear something of interest, I absorb the information quicker."

Maciel said he learns by allowing his readings to take over him, rather than immediately annotating it. In English classes specifically, Maciel said most of the assignments require looking for specific elements in the reading; he said this prevents students from simply reading the text.

"Maybe a lot of what is important is experiencing that thing as it is shown for the first time," said Maciel, "rather than butchering it as you go."

Watch out: students' takes on watches

By August Pelliccio

Several students walking around campus or doing homework in Buley Library can be seen wearing wristwatches; some for fashion, but a few for a greater sentiment.

Undergraduate Michael Archer said he greatly prioritizes function over form. His watch, from an unspecified brand, boasted a black face with an intricate white font and a saddle brown leather band.

"It's from Walmart," said Archer, "it was \$8."

He said it has become practice for him and a friend, a brother from his fraternity, to buy matching watches together. Sort of an inside joke, he said—but, as for the quality, he was happy with the value.

"It's comfortable; it's useable," Archer said. "It does the job."

When the watch no longer functions, he plans to again procure one as cheaply as possible, and probably again from Walmart.

"What's the purpose of having a nice Rolex," asked Archer, "when this does the same thing that a thousand dollar watch would do?"

Riley Scheuritzel said he did not feel this way. Archer likes cheap and simple watches; Scheuritzel likes them to be fine and luxurious.

"If I had millions of dollars to my name," said Scheuritzel, "that is definitely one thing I would take a lot of pride in."

According to a 2017 Ariel Adams article on Forbes Magazine's website, consumers with this point of view are few and far between these days.

"The once proud luxury watch industry is in its weakest position since the late 1970s and early 1980s," Adams wrote.

Adams continued to write about how the demand for watches is not at an all-time low, but the interest in expensive luxury watches is.

Scheuritzel said he would like to participate in this area of the market, but for now he is wearing a Timex to satisfy a college student budget. Scheuritzel said a "dream watch" would be a Rolex Oyster Perpetual, or anything made by Vacheron Constantin; both of which reside in the several thousand dollar market.

As for his Timex, Scheuritzel said: "It does the job well, and when people see it from afar, they'll say, 'nice piece.' That's

all I need right now."

Also in Scheuritzel's fleet are a series of Casio G-Shock watches, specifically: purple, white, black, red and pink.

"Every now and again, I pull them out," said Scheuritzel. "I still like them; I might try to bring that trend back."

Graduate student Anthony Tomaselli is also among the crowd that wears a watch around every day. He said he still believes in wearing watches, and between the two he owns, he is almost never seen without one.

Tomaselli's "special occasion" watch is one decorated with the colors and logos of the New York Rangers hockey team.

Tomaselli said his grandfather gave him the watch, which sports a metal band, and a red, white and blue face. He said he wears the watch only for good luck during hockey games, but he can also be seen wearing an Elgin.

"This one is from my uncle," Tomaselli said about the Elgin, "and it's very important to me."

He said because of the sentiment, he has worn the watch just about every day since he first got it five years ago. Tomaselli said that he is not a big fan of using technology and social media, so he does not use a cell phone very often. Having the wristwatch is thus a point of convenience.

"It's about functionality," Tomaselli added. "Rather than pulling out my phone I can just look down at it; it's less of a hassle."



PHOTO | AUGUST PELLICCIO

Michael Archer's watch from Walmart.

Memoirs are among students' favorite books



PHOTO | JEFF LAMSON

Stacks in the Hilton C. Bulery Library.

By Jeff Lamson

Harry Potter, Stephen King novels and the Memoirs of Augusten Burroughs and Frank McCourt are among Southern students' favorite books.

The Harry Potter series are favorites of sophomore math education major, Anthony Espinoza, and senior math major, Emily Diangelis. Diangelis also said that Frank McCourt, who wrote a Pulitzer Prize winning memoir, was one of her favorite authors.

Freshman secondary English education major, Sapphire Durfee, is also a fan of memoirs, but said she prefers the work of, "Running with Scissors," author, Augusten Burroughs.

"It's just really interesting how he writes real events, but with such accuracy, and his vocabulary is really good," said Durfee.

"I'm a sucker for a good word."

Durfee said that memoirs can often be boring, but typically looks for a strong sense of character even in first-hand accounts. Despite being such a fan of memoirs, Durfee said that she dislikes fiction written in the first person.

"I guess I like seeing things from the outside and not the inside," Durfee said. She feels that when she sees the word, "I," that it does not give her as good of a description or development of that character. The perception is limited, Durfee said.

Another fan of memoirs, Diangelis said it was because, "I like reading about people's lives and learning about, I guess, what people go through in their lives in order to be where they are currently."

Frank McCourt, the author Diangelis mentioned, won a Pulitzer Prize for his memoir, "Angela's Ashes," in 1997. The

memoir is a collection of stories from McCloud's childhood in both Brooklyn, New York, and Limerick, Ireland.

Diangelis said although she is a big fan of Harry Potter and read the entire series multiple times, she thinks Harry Potter is the exception to the genre. She typically leans towards books that are more grounded.

Further on Harry Potter she said, "I just love the characters and I love the story and there are so many interesting things that J.K. Rowling does that just makes the story even better."

"Well, I'm not much of a reader, to be honest," said Espinoza. He said that he had last really engaged with a book in his high school years, five to six years ago. Being drawn to fantasy he said, "I like to, you know, visualize myself in that kind of world."

When it comes to what they like about

reading, Espinoza said, "The quiet around me. It's just me and the book. It's relaxing." Diangelis, who said she wishes she would read more often said, "I think it's that it's like a stress reliever for me."

Durfee said that in addition to Augusten Burroughs' work, she enjoys the work of Stephen King. She said that she finds the same thing in his work and in Burroughs', strongly developed and interesting characters.

Durfee said that it is, "something about the way he writes," that draws her to King. She has read multiple collections of King's short stories, "The Girl Who Loved Tom Gordon," and has just recently finished, "Pet Sematary."

About what reading does for her, Durfee said, "I really do like being about to, like, put myself somewhere else for a bit, mentally," and that, "reading just does that."

Review: Migos does not bring anything new



PHOTOS COURTESY | MATEUS D. S. DOS SANTOS

The album cover art of Migos' second album, "Culture II."



PHOTOS COURTESY | CHARITO YAP

Migos at the 2017 Veld Music festival, shot for The Come Up Show.

By Lynandro Simmons

The Migos rise to the top has been steady. Their second studio album "Culture," took them to new heights the group may not have ever imagined. Featuring their hit single "Bad and Boujee" the Migos achieved several career milestones. Now, a year later the rap group returns with the follow up album "Culture II."

"Culture II" is almost twice as long as its predecessor with 24 tracks. For a group like the Migos less is truly more. Their signature high energy tracks are littered throughout the album. But with so many tracks and not much of a variety in music, the album can sound like one long track.

On the opening track, "Higher We Go" they start the album with their signature bounce. The group still shows their years of chemistry have not waned as they fluidly transition between each member rapping. The next track "Superstars" features elegant keys in the production from producer Honorable C. Note.

When it comes to subject matter, what's right or wrong is subjective. In rap anything goes. However, with such limited subject matter the Migos music becomes entirely too repetitive. Understandably artist are going for longer albums to help their sales in the streaming eras. But with shorter attention spans this forces artist to at the least, be more artistic than ever before.

A standout track on the album is "Narcos." It has Latin guitars in the background and random interjected "arriba!" The song is an ode to drug dealing and it features one of the best verses on the album. Offset's second verse is standing ovation worthy.

The daunting 24 tracks becomes tougher to listen to when listeners account for the fact the first couple of songs start almost exactly the same way; A Quavo hook that leads directly into Quavo on the first verse.

One key takeaway from "Culture II" is the performance by Takeoff who regularly steals the show. Quake was the first breakout star and Offset shortly followed. It has been a long time coming for the final Migos member to have his time to shine.

One of the biggest let downs on the album is "Walk It Talk It," the collaboration with Drake. Though Drake usually rises the bar, the track is forgettable in comparison to previous collaborations. Between a lazy delivery from Drake and a forgettable hook from Quavo, this was a song that was better left off the album.

With 24 tracks and no apparent vision, this album got redundant fast. Without many high points in the album, "Culture II" just seems to drag on. One would be hard-pressed to see someone listening to this album in its entirety as a past-time. But with the plethora of tracks on this new album, fans can nitpick their favorite songs to make their own playlists.

When "Culture" dropped a year ago, it felt like a moment - an event showing the Migos had arrived. "Culture II" more or less sounds like the Migos riding on their own coattails. Without standout tracks like "Slippery" or "T-Shirt," this album doesn't do much to build on their growing star power. Instead of reaching new heights, the Migos delivered more of the same old material.

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Live Caribbean music for Black History Month



The Caribbean Vibes Steel Drum Band dancing in Connecticut Hall.

PHOTO | JEFF LAMSON

By Jeff Lamson

Caribbean music with island and soul food start off Black History Month in Connecticut Hall.

Open to all, the Black History Month Luncheon hosted students and staff for lunch and late breakfast while the Caribbean Vibes Steel Drum Band, featuring Conroy Warren, provided the entertainment.

Students and staff danced with a folk storyteller that the band had brought along as well, while those who were not as willing to be involved took pictures on their phones.

"I felt it would be a nice way to bring our campus community together," said Multicultural Center Director, Dian Brown-Albert.

To kick off Black History Month at Conn Hall, the Multicultural Center, Residence Life and Chartwell's Food Services teamed

up to provide the entertainment and cuisine for the cost of a meal plan card swipe or \$7.

The band mostly played covers of well-known songs in a tropical, steel drum style. Towards the end of the event, they covered Billie Holiday's "Strange Fruit," and a medley of, "What a Wonderful World," "This Little Light of Mine," "Blowin in the Wind," and "God Bless America" in their own style.

Throughout this performance, the band was encouraging audience participation with moderate success. Some students immediately smiled when they walked in while others looked indifferent.

While the music played in the background, attendees were able to sample food of the Caribbean islands as well as what was described by Brown-Albert as soul food. The menu consisted of curried goat, plantains, southern-style fried chicken, cornbread and Creole stir-fry. Brown-Albert says that the Caribbean food

is a new addition to this event, which has been running for some four to six years.

On the tables were informational flyers describing famous black people and their accomplishments. This, said freshman studio art major, Taylor (T.J.) Thomas, was a, "really nice touch," and the, "cherry on top," of all the events aspects.

Brown-Albert said the goal was to "appreciate the people who've come before us, [and] learn about their contributions." She also said it was, "a chance to honor," "celebrate," and "connect." She said that it was to raise awareness which leads to knowledge which leads to action.

While Brown-Albert says that this lunch was not necessarily the only right way to start off Black History Month, the scheduling of this event just worked out to be that way.

Held at Conn Hall every year, Director of Residence Life, Robert DeMezzo, said that this was one of the ways that ResLife is trying to do more programing at Conn

Hall. Since it does not require students to depart from their pre-existing patterns to attend such events.

ResLife, who helped the Multicultural Center fund the budget for the band, also helped pick a date for the event. On the partnership with both the Multicultural Center and Chartwell's, DeMezzo said, "We're not the experts when it comes to any specific type of programming, so you'll find us talking to [a] variety of different offices for assistance."

Claiming to be, "a Conn Hall person," DeMezzo said that he was satisfied with the food and wishes he could have gotten to try more of it as well as talk to some of the band members. He also believes that they met the goal saying that the event was, "lively," observing that lines were longer than usual.

Thomas was pleased with the event after seeking it out and say that the organizers did "a really good job."

Theatre student seeks to bring truth to his characters

By Melanie Espinal

Jason 'Phenix' Hall, said being a theatre student at Southern has been an invaluable experience.

Hall, a junior theatre major, said his love for theatre all started in high school. He was never much the athletic type, and first had the option of taking either a gym class or theatre class in his freshman year of high school.

His first play performance was a character in the play "Gypsy," a 1959 musical about a show business mother who pushes her two daughters to perform. Although he did not know how to sing, he said he enjoyed it.

Since then, Hall has been casted in two Southern theatre productions, "Polaroid Stories" and "Stop Kiss."

"Theatre for me has become an outlet, an escape, a career," he said.

Hall grew up in Bridgeport, which he said at times was a horrible environment, with violence and distractions.

"Theatre," he said, "was really one of those things that let me escape what I was going through."

Hall said the ability to be somebody else for four hours during a play was liberating.

"Opening night, there's such an adrenaline rush," he said. "It's so much fun, after all the hard work, there's no other feeling in the world."

And it is hard work, he said. According to Hall, preparation is everything in theatre. Time has to be managed wisely and nothing can be left for last minute. Aside from the mental preparation needed to prepare for a show, there is also physical care like eating well.

Hall said everyone has their own regimen to prepare themselves mentally, physically and spiritually. His personal regimen includes locking himself up in a room, turning off his phone, and covering clocks.

"I just try to be in that moment in order to bring truthfulness to a character," he said. "That practice and research will show."

He also listens to music that connects with the time period or theme of the play he is casted in. For his character in "Polaroid Stories" he listened to instruments reminiscent of the 1970s. This technique also helped him



Theatre student Jason Hall in the Hilton C. Buley Library.

PHOTO | MELANIE ESPINAL

with playing his character Detective Cole in "Stop Kiss." He would listen to the theme song of the television show "S.W.A.T." before practicing lines.

"I try to ask myself," Hall said, "in the world of this play, what was Detective Cole doing before this scene? Did he stop and get breakfast?"

Although at times Hall plays these dramatic characters, he said, surprisingly, he really loves improvisational comedy.

"There's so many roles I see," Hall said, "and I think, 'I wish I could be in that.'"

Some of those roles include characters from William Shakespeare's plays, like "Much To Do About Nothing," because he said Shakespeare was hilarious.

Looking forward, Hall is considering teaching theatre

and is interested in the possibility of teaching theatre for inner city communities.

Hall said, "Teaching theatre and teaching in the community goes hand in hand."

According to Hall, it is not atypical for theatre teachers to host troupes in the community and have many gigs outside of teaching. That is what many Southern professors in his department do, he said.

Hall wasn't always an Owl, he first started his higher education at Housatonic, in Bridgeport.

"Everyone in the theatre department works really hard," he said. "A lot is always going on. I'm happy I made that choice, coming to Southern."



Freshman Ulyen Coleman driving to the hoop during a home game this season.

PHOTO | SOUTHERNOWLS.COM

Owls' fifth straight win

Freshman Ulyen Coleman posted a career high 29 points and made nine 3-pointers while junior Isaiah McLeod reached career milestone of 1,000 points.

By Kevin Crompton

Career nights from freshman guard Ulyen Coleman and junior guard Isaiah McLeod propelled the Owls in matching their highest scoring barrage this season.

SCSU men's basketball knocked off cross-town rival UNH last Wednesday night for the second time this season with a final score of 94-75. The last time the Owls scored 94 points in a game this year was back in early December with a win over Pace University.

McLeod reached a

career milestone when he drilled a 3-pointer at the start of the second half, recording his 1,000-career point. Coleman registered a career-high 29 points and went 9-12 from beyond the arc. He was one basket

"He can be one of the best to ever play here."

— Scott Burrell, head coach

away from the SCSU single-game record for 3-pointers made. Coleman said there was a moment when he felt he simply could not miss from three.

"After the third one in the first half," said Coleman, "I just felt like tonight was my night and they kept finding me so I just kept letting it go."

The freshman guard was not the only Owl taking advantage of the three ball. In total, the team shot 65.4 percent from long range. Freshman Jesper Sandager went 3-3, senior Bernard Brantley only missed on one of his three attempts, and nine of McLeod's 22 points came from beyond the arc.

"It just flowed," said head coach Scott Burrell. "Ulyen and Isaiah are great 3-point shooters, but they

just felt it tonight. Then Bernard made a couple threes and everyone was making their shots, and it carried over to the second half. And obviously when people are making threes, you know, threes beat twos."

After Southern's previous victory vs. Saint Michael's college on Jan. 27, Burrell said his team lacked focus. He stressed the importance of finding that focus again in order to continue their winning streak.

"We focused for 40 minutes tonight at both ends," Burrell said after beating UNH by 19 points.

SCSU alumni inducted into Conn. Soccer Hall of Fame



PHOTO COURTESY | SCSU_MSOCCKER

Sherwin Mullin (left) and Bo Oshoniyi (right) receiving their official Hall of Fame plaques.

By Matt Gad

Former men's soccer stars Sherwin Mullin and Bo Oshoniyi were inducted into the Connecticut Soccer Hall of Fame on Jan. 27 in a ceremony in Cromwell.

Oshoniyi, now the head men's soccer coach at East Tennessee State, said the experience of being inducted was a great time and described it as being "a little bit humbling."

"It was definitely a bit overwhelming," he said. "I saw a lot of former players and coaches, though. I was thrilled."

Since leaving Southern, Oshoniyi has played professional soccer in the United Soccer League and for Major League Soccer's Columbus Crew and Kansas City Wizards. He was drafted by the Crew in the league's opening draft. His professional career lasted 12 seasons.

"It was great to put closure to my time at Southern. This was a great, great gesture from the Connecticut Hall of Fame to honor me with the induction," Oshoniyi said. "I'm grateful and thankful for all the coaches and teammates I had that helped make the night possible."

When Oshoniyi was a member of the Owls, Tom Lang had yet to arrive. He was coached by Ray Reid, a Southern alum, who is now the head men's soccer coach for the University of Connecticut. Reid has a career record of 433-124-73 in 29 seasons and his Connecticut record is 287-107-58, in 21 seasons.

Lang was hired when Reid relocated his talents to Storrs to head the Huskies' program. He has won four national championships: one for Connecticut in 2000 and three for the Owls, in 1990, 1992 and 1995.

And for Mullin, whose wife is an assistant in the Owls' gymnastics program, he was just happy to be enshrined alongside

SEE MEN'S BASKETBALL PAGE 10

SEE SOCCER PAGE 11



PHOTO | SOUTHERNOWLS.COM

Gymnastics seniors with parents and relatives on senior day.

Gymnastics thrives on senior day

By Matt Gad

In their lone home regular-season contest of the season, Jerry Nelson's gymnastics squad defeated Rhode Island College, 189.525 to 177.55, inside Moore Field House.

"I think the team did really well," senior Kasey Kilmurray said. "There's still room for improvement but I think we did well [as a team] and I did well overall, personally."

Kilmurray, one of four seniors on this year's team, has been part of the program since her freshman year. Recruited out of Cape Cod,

Massachusetts, she has qualified for nationals three times. In last year's ECAC Championships she scored 9.45 on bars and received a 9.4 in the same event at nationals.

The team's other seniors include Kathleen Aberger, Alexandra Avendano and Tiffany Elliot. Against Rhode Island over the weekend, Aberger came in first place on bars and in the floor exercise and Avendano was in front in the vault competition.

On bars, Aberger led all scorers with a 9.6 Kilmurray and Cadi Borsellino, finished in second place with a score of 9.575. Also, in beam, Kilyn Dawkins and Emily Balasco

hit 9.65. The aforementioned floor portion of the meet for the Owls was controlled by Aberger, who claimed first place overall with a score of 9.8, Dawkins, in second at 9.725, Avendano in third place at 9.675 and Keyla Brothers, a sophomore, in fourth at 9.625.

After the winning performance, Nelson said they put together a decent meet and left some room for improvement going forward into the rest of their season, which resumes Sat. with a meet at Yale that includes the Bulldogs, Bridgeport and Springfield College.

"We did really well on floor, we had a little trouble

SEE GYMNASTICS PAGE 11

Eagles get first Super Bowl victory

By Matt Gad

No, there wasn't a comeback this year. Tom Brady didn't play the hero. Neither did James White. And yeah, the commercials didn't seem so spectacular and Justin Timberlake at halftime, well, honestly, he underwhelmed.

As for the young boy he interacted with during his into-the-stands segment, well, that kid probably had fun at school two days ago. The game started

out humorously – missed kicks and missed opportunities. The Patriots even failed a trick play, where Brady went out wide. If they pulled that off, well, high-light reel for sure. For some time it seemed like New England had no pop in them, but then again, they're New England. They're the Patriots. And last year, they were the 25-point comeback kings.

And then Brady went to work to make it a game again. Down three late in the fourth quarter, No. 12 put them in front by

one. And then Philly had their final chance to prevent Tom vs. Time's sixth Super Bowl win. And, miraculously, the Eagles, without Carson Wentz, were able to capture their first ever football world championship. Who would have dreamed that up?

The last time it was an Eagles – Patriots Super Bowl, Philadelphia planned their victory parade too soon. And it jinxed them completely. This time, the parade was planned once their victory had become official. And how

was it where a team without their starter, who led them much of the regular-season, was able to pull off an incredible playoff run and the franchise's first Lombardi Trophy hoist? The makeup of the team wasn't just about QB1. It wasn't just about a few guys. In true championship team fashion, Nick Foles was the next man up, and wouldn't you know it, he also ended up becoming Super Bowl LII's most valuable player.



Matt Gad - Sports Writer

Women's basketball sweeps cross-town rival UNH



Imani Wheeler looking at the basket during Saturday's game vs UNH.

PHOTO | PALMER PIANIA

By Mike Riccio

Abby Hurlbert finished with 26 points and a career high six 3-pointers as the Owls swept the season series against the University of New Haven Chargers 69-50.

Hurlbert has scored at least 20 points in three consecutive games and is coming off a week in which she was named the NE-10 Player of the Week. Hurlbert said her 3-point shooting and being aggressive has contributed to her success this season.

"My threes have been falling and I've been able to get some open looks," Hurlbert said. "When they're not falling I just look to drive it."

Just two years ago as a sophomore, Hurlbert was coming off

the bench for the Owls before being used in an expanded role in her junior and now senior seasons. Head Coach Kate Lynch said Hurlbert has risen to the challenge and has had a huge impact for the Owls this season.

"She leads by example and she's doing great right now," Lynch said "She's a player that loves to win and she makes her teammates better, and you can tell that every single time she steps on the floor."

After losing four of their previous five games, the Owls' (16-7, 10-5) won all three games on their home stand and moved into a tie for first place in the Southwest Division in the NE10. Southern recorded its first season sweep of New Haven (8-12, 4-11) for the first time since the 2011-2012 season.

The Owls made 15 of the 31 3-pointers they took, the most they've made in a game since Dec. 29, 2016, and did not trail for the entire game. Senior captain Murphy Murad went a perfect 3-3 from beyond the arc, and added 11 points of her own. She said her teammates have helped her stay confident shooting from long range.

"I'm very comfortable shooting threes; my percentage might not say that this season, but it's really because my teammates," Murad said. "They've been so supportive regardless of whether they're falling or not and they keep encouraging me to shoot. I just let them fly today and they went in."

Murad also set a career high in steals with five, all in the first half, and said the goal defensively was

to force the Chargers into poor shots.

"We really focused keeping them out of the paint in the last few practices and we did a good job preventing them from getting the shots they wanted," Murad said.

Junior Alexandria Kerr led the Chargers in scoring with 12 points and added nine rebounds. Allieyah Cabbage and Brie Pergola also added 10 points each, but 3-point shooting plagued the Chargers as they did not make a single one on nine attempts.

Lynch said the team's communication has turned the Owls' defense into their strength this season and was a main reason why they were able to contain the Chargers on offense.

"We worked on keeping their players out of the paint; the last

couple days of practice we've been doing a good job at that," Lynch said. "We switched when we needed to switch defensively and that was our main focus, to keep them out and pressure them as much as we could."

With only five regular season games remaining, starting with Saturday's road game against the College of Saint Rose, Lynch said the team is still looking to improve.

"We have to focus on those little things like not giving up so many offensive rebounds, finishing plays [and] continuing to push in transition," Lynch said. "So there's still some things to work on, but slowly but surely we're getting there."

Men's basketball

CONTINUED FROM PAGE 9

"We made everything hard for them," said Burrell. "We ran our offense well, we got good shots and we made shots. That was the best start to finish game we played all year."

Burrell also commented on Coleman and the talent that the young guard possesses.

"I hope he gets better every year," said Burrell. "He's talented, he strokes it, he's big, he has a handle and he's going to get more confident and get stronger as he gets older. He can be one of the best to ever play here."

The Owls have shown success when at home this season winning eight of their ten games played at Moore Field House. However, their 3-7 away record shows they have yet to find the recipe for winning on the road.

"We just got to lock in and focus, said McLeod. "We're playing a great Saint Rose team that already beat us home so we just got to kind of look back on what we did wrong and what we did right against them in the past, and bring that into the next game and hopefully come out with a win."

Southern defeated Saint Rose on Saturday 91-83, advancing their winning streak to five. The team's next home game will be Saturday Feb. 10 at 3:30 p.m.



Southern mens basketball team during a timeout during Saturday's game vs UNH.

PHOTO | SOUTHERNCTOWLS.COM

Expectations for McMahon's XFL reboot

By Kevin Crompton

WWE chairman Vince McMahon announced this year that the Xtreme Football League will be making a return in 2020. The XFL, which was originally founded in 1999, had its inaugural season in 2001 and never saw the light of a second season. McMahon said that the league will be different this time around and players with any criminal background will not be allowed to play under XFL rules. Speculation has risen with fans wondering if McMahon will stay true to that statement by the time the

league becomes official in the next couple of years.

Former Cleveland Browns quarterback Johnny Manziel seems to be a perfect candidate for a star player on any of the future teams, however being arrested for three misdemeanor in 2013 might be a problem.

Other former NFL players for McMahon to bring into the league consist of the always entertaining Chad Ochocinco and Terrell Owens. Both players have stayed in recent years that they are still capable of playing at a high level and even if they don't live up to the draw dropping athletic performances

they once gave us in their primes, they will undeniably still provide entertainment due to their high stung, flashy, and charismatic personalities.

Tim Tebow. If McMahon can somehow manage to pull Tebow away from baseball, XFL views will benefit considerably. People love Tebow. Plain and simple. And quite frankly, something leads me to believe that he still wants to prove he can win games at the helm of a football team.

While these players will engage viewers, and bring out the fanboy in those who grew up watching Ochocinco and Owens compete for who

can have the best touchdown celebration each week, creating a league full of retired NFL players is not all we are hoping for.

We want to see something different. Something that sets the XFL apart from the NFL. First person cameras inside player's helmets, kickoffs not resulting in touchbacks 90 percent of the time – or bring Devin Hester into the league and let him return every kickoff for every team – celebrities, professional athletes from other sports, and even no PED testing. That's Xtreme football.



Kevin Crompton - Sports Editor

Gymnastics

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PHOTO | SOUTHERNOWLS.COM

Alexandra Avendano during a competition this season.

on beam; we're way ahead of last year's pace," Nelson said. "I predict that, by the end of this season, this team will break a scoring record, for sure. We're on that kind of a pace so I believe it's going to happen."

Last year's team graduated just two, in Rotem Porat and Abigail Bensley, and this year the roster was filled with seven freshmen: Emily Balasco, Borsellino, Melanie Coleman, the younger sister of junior Tiffany Coleman, Morgan Gatewood, Gracie Hundley, Keara Loughlin and Jenna Zakala.

Nelson said that this is tied for the largest recruiting class he's assembled during his Southern tenure. The full team count is at 20, leaving them with a healthy amount of depth as well.

Elliot, who competed in high school in Illinois, qualified for USA Gymnastics' Nationals last season, hitting a 9.1 in the floor exercise during that meet. She said she was confident in how her and the team did and was focused on finishing out the remainder of the season strong.

The Owls will host this year's ECAC Championships at Moore Field House March 24, alongside Bridgeport and West Chester.

"There's definitely been a lot of improvement over the years," Kilmurray said, "and I can't wait for there to be more."

A look at the SCSU Dance Team



PHOTO | JESSE KOMAROMI

The Southern dance team from left to right: Jenna Krechko, Jess Robin, Hannah Bowen, Jen Bucci, Taylor Martin, Duneshka Vazquez and Zoe Szolomayer.

By Matt Gad

Jesse Komaromi has led the Southern Dance Team for three seasons now, since her graduation, and she is proud to do so. They are known for performing at the football games and men's and women's basketball games and also compete in their own competitions.

"I was on the team for five years; I went right into coaching as soon as I graduated," Komaromi said. "My head coach had left so as soon as I graduated, I took over."

She said she knew her entire senior year that she would likely become the coach because of conversations she had with her predecessor.

Komaromi received a degree in exercise science while she was competing with the dance team and was also a captain before she graduated and took the program's reigns.

This year's team has eight members, all female, but the team would welcome any male members who try out and can make the team, having had extensive dance experience, a requirement for everyone who tries out.

"We aren't competing this year because we've had some injuries," Komaromi said, "but we do want to compete again next year."

In addition to performing at halftime and during other points during on-campus athletic events, the team is also available for any clubs that want to feature them and for any pep rallies or other events they are invited to or suggested to be at. This spring they will be holding a showcase, as well, which is different from a competition because it is non-competitive.

Captain Jen Bucci, a senior, said she was not part of the team her freshman year, after not making it during tryouts, but she tried out again sophomore year and made the team. She remained motivated because she has been dancing her entire life.

"[Being captain] is definitely more of a leadership role. You have girls that are depending on you and I get a lot more tasks in terms of leading stretches, remembering dances and setting a good example," she said. "It's a bigger leadership role but I'm enjoying it."

Bucci described the environment with everyone on the team as a

positive, and that it is much different from prior years where there was a lot of conflict among various members.

Komaromi said a vital part of her organization is to promote the team on various social media channels. She also films a lot of their performances so prospective members can see what goes on.

"You have to have a social media presence; it's the only way to recruit," said Komaromi. "We want to show people what we do because every dance team is very different. Social media is a really important aspect and we have someone on our team that's strictly responsible for it."

Bucci is also currently the president of SUMA Marketing, a student marketing club that's a chapter within the American Marketing Association. SUMA is short for Southern Connecticut State University Undergraduate Marketing Association.

Tryouts for the dance team will occur April 8 and 16. The team will be in action again at men's and women's basketball Feb. 10 in contests against Le Moyne College.

Soccer

CONTINUED FROM PAGE 9

his former teammate.

"I was excited and felt very much honored to be recognized as a member of the Connecticut Soccer Hall of Fame," he said. "To be inducted with Bo, who I played two years with, was special. Personally, it signifies another accomplishment in something I love and enjoy doing."

Mullin said it is great when the program has its players recognized and reaffirmed his happiness in being part of a historic collegiate men's soccer program.

Both Mullin and Oshoniyi said they keep tabs on the current state of the program, with Oshoniyi saying he has communication with Lang and is happy to see the team doing well.

During a visit to campus the

day before his induction, he said he was pleased with all the new facilities, in terms of athletics and also throughout the entire property. Oshoniyi walked around and also spoke with men's basketball head coach Scott Burrell.

He now spends his time down in and around Johnson City, Tennessee Oshoniyi is in his fourth season at East Tennessee State. He led last year's team to the program's first ever NCAA Division I Tournament. They claimed an at-large bid following their second straight conference championship.

"I always wanted to coach," he said. "It was always something I felt like I would always eventually do and it was a good transition."



PHOTO | SOUTHERNOWLS.COM

Sherwin Mullin (left) and Bo Oshoniyi (right) during their time as Southern athletes.

Womens basketball vs. UNH



Senior Imani Wheeler on defense during Saturday's game vs. UNH.

PHOTO | PALMER PIANA



Junior Amanda Pfohl on defense vs. UNH.

PHOTO | PALMER PIANA



PHOTO | PALMER PIANA

Southern women's basketball team walking off the court for a timeout on Saturday.



Senior Chandler Williams looking to pass the ball during Saturday's game.

PHOTO | PALMER PIANA

Northeast-10 Standings

MEN'S BASKETBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NORTHEAST DIVISION						
SAINT ANSELM	16	12-4	0.750	22	17-5	0.773
MERRIMACK	16	11-5	0.688	23	15-8	0.652
STONEHILL	16	9-7	0.563	22	13-9	0.591
BENTLEY	16	9-7	0.563	21	12-9	0.571
SO. NEW HAMPSHIRE	16	8-8	0.500	21	12-9	0.571
FRANKLIN PIERCE	16	7-9	0.438	21	12-9	0.571
ASSUMPTION	16	2-14	0.125	22	6-16	0.273
SAINT MICHAEL'S	16	2-14	0.125	21	5-16	0.238
SOUTHWEST DIVISION						
LE MOYNE	16	15-1	0.938	23	18-5	0.783
SAINT ROSE	14	11-3	0.786	22	16-6	0.727
NEW HAVEN	16	10-6	0.625	21	13-8	0.619
SO. CONNECTICUT	16	9-7	0.563	21	12-9	0.571
AMERICAN INT'L	15	6-9	0.400	23	11-12	0.478
ADELPHI	16	4-12	0.250	24	8-16	0.333
PACE	15	3-12	0.200	23	7-16	0.304

WOMEN'S BASKETBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NORTHEAST DIVISION						
STONEHILL	16	15-1	0.938	21	19-2	0.905
BENTLEY	16	14-2	0.875	22	20-2	0.909
SO. NEW HAMPSHIRE	16	10-6	0.625	22	14-8	0.636
SAINT ANSELM	16	10-6	0.625	23	14-9	0.609
MERRIMACK	16	8-8	0.500	21	12-9	0.571
SAINT MICHAEL'S	16	5-11	0.313	21	8-13	0.381
ASSUMPTION	16	4-12	0.250	21	7-14	0.333
FRANKLIN PIERCE	16	1-15	0.063	21	4-17	0.190
SOUTHWEST DIVISION						
SO. CONNECTICUT	16	11-5	0.688	24	17-7	0.708
LE MOYNE	16	10-6	0.625	22	14-8	0.636
PACE	15	8-7	0.533	23	12-11	0.522
SAINT ROSE	15	7-8	0.467	21	9-12	0.429
ADELPHI	16	7-9	0.438	24	11-13	0.458
NEW HAVEN	16	5-11	0.313	21	9-12	0.429
AMERICAN INT'L	16	4-12	0.250	24	10-14	0.417

The pros and cons of living on campus



PHOTO | SCSU

The outside of Schwartz Hall, a residence hall on campus.

By Tyler Korponai

For the average student, I wager that college is an extremely hefty expense. At the very least I can say that for myself, as I am close to graduating this spring I have started reflecting more and more on my Southern experience. I want to address how Southern students live and where.

I have had the pleasure of living in a few different places during my college career at Southern – chronologically Wilkinson Hall, West Campus, the North Campus Midrise, Byrom Hall of Liverpool John Moores University while studying abroad and finally off campus in Hamden.

However, I have to say that each living arrangement has carried a different university dynamic and experience. For example, now that I

live off campus I value my time spent on Southern's grounds significantly more.

I want to return to prices, and at the intersection of prices I want to speak to the quality of different living arrangements. According to the costs and eligibility page, Southern's webpage, the price of a standard double for a semester comes out to \$6,216, which includes a meal plan. You can get a slightly better deal by living in a triple or pay more by living in West. When it comes to upperclassman living, the prices are specific to each hall. The cost comes down but does not factor in an on campus meal plan. Just work for now with the number \$6,216.

For two semesters your price should come out to \$12,432. However, I want to break that down to a monthly cost.

Divide \$12,432 by the 12 months and

you find that you pay \$1,036 a month.

When it came time to decide where I wanted to live for my final year at Southern, this number was huge in my decision making.

As I said, I chose to live off campus for my senior year. Now, my rent monthly is \$625. I pay utilities which typically comes out between \$100-200, but I split that with a roommate. Let us highball and say that monthly I pay \$825 in total. Contrasted with living on Southern's campus, I still save upwards of \$200 a month.

I have not included my cost for food. Still the prices are roughly the same. But, I think that I get a lot of subtle perks.

I do not share a room with someone – bless! I am actually fortunate that while living on campus I liked all my roommates, but having my own room is a huge thing. I am almost 22

for crying out loud. I do not worry anymore about signing people in, or a fire alarm waking me up multiple times during the week at three in the morning.

For some people I get that living on campus is a must. Maybe you work here or are involved in Greek life heavily, and I do get that. Maybe your best college experience has you at Southern 24/7. But I also would recommend taking full stock of all your options. Yes, living off campus presents its own challenges and problems. But strangely, living off campus has made me really come to appreciate Southern more. All I want for my fellow students is the opportunity to enjoy their best college experience here at Southern.

Human trafficking and major sporting events

By Mary Rudzis

With the 2018 Olympics beginning this week, there is a lot of excitement all around the world. Nations are rooting for their athletes and millions of people will tune in to watch the various events.

However, there is a jarring reality about the Olympics and other major sporting events. These events cause an influx of human trafficking.

In 2014, the FBI rescued 14 people and arrested 45 people in connection

with underage prostitution and sex trafficking in a sting related to the Super Bowl. The National Center for Missing and Exploited Children reported that more than 10,000 exploited women and girls were trafficked to Miami for the Super Bowl in 2010.

Looking a few years into the future, the 2022 World Cup in Qatar is already being planned out because of how complicated the infrastructure is. The International Trade Union Confederation estimates that 4,000 workers will die in Qatar by 2022.

With this information, it is difficult to think of a way to combat this issue. It seems so much bigger than the individual. The first step is to educate oneself on why human trafficking happens and the climates that allow it to thrive.

The majority of women and girls who are trafficked for major sporting events are between the ages of 10 and 15, have low levels of education and/or experience violence at home, according to SHERO.

While the Olympics are happening in South Korea, and the World Cup

is also far from Connecticut, raising awareness about human trafficking is important because it is such a global issue. Making sure that those who watch these sporting events know the underlying harm they cause to not only the local population, but those who are brought across borders is imperative.

For more information on human trafficking, visit TraffickingResourceCenter.org. The hotline to report on trafficking or suspicious activities is 1 (888) 373-7888.

SOUTHERN NEWS

Advisors: Cindy Simoneau
Frank Harris III

Contact information:
Email: scsu.southern.news@gmail.com
Newsroom Phone: 203-392-6928
Fax: 203-392-6927

Mailing Address:
Southern Connecticut State University
501 Crescent Street
Student Center Room 225
New Haven, CT 06515

Issues printed by: Valley Publishing, Derby, CT
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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

Southern Super Bowl Experience

By Palmer Piana



Food provided at Connecticut Hall Super Bowl showing.



Students in the Connecticut Hall seminar room watching Super Bowl LII.



Group of students watching the game in a dorm room in Chase Hall.



Prizes being given away at Connecticut Hall during the Super Bowl showing.



Students watching the game while they eat food provided by Chartwells.