



Self taught musician hopes to help people through music

PAGE 8



Heartbreaker for Owls

PAGE 9



Avoid straying from the four year track

PAGE 4

SOUTHERN NEWS

WWW.THESOUTHERNNEWS.ORG

FEBRUARY 15, 2017

VOL. 54— ISSUE 17

Provost finalists meet with students

The finalists in the search for the university visited the campus from February 6 to 8. They met with students and faculty to answer questions and concerns. A candidate will be chosen on March 1.



Southern students attended a series of forums held to meet with the Provost finalists.

PHOTO | PALMER PIANA



Robert Prezant, Dean, College of Science & Mathematics at Montclair State University.

PHOTO | PALMER PIANA



Scott Furlong, Dean, College of Liberal Arts and Sciences, at University of Wisconsin-Green Bay.

PHOTO | PALMER PIANA

Eduroam set to be new wireless network

By Alex Palmieri

Eduroam is the new Wi-Fi that is on the campus of SCSU. Its purpose is to be faster and more efficient.

Raymond Kellogg, director of network services, said the network is up to date and its speed on the network overall has improved. He said a student's credentials they use to get on the network at Southern will work if they go to UConn or any CSU.

"The speed on the network has been improved tremendously because of the brand new network," said Kellogg. "We just spent 17 months installing the core network, the distribution, the brand new network. The wireless network is 700 brand new access points deployed all over campus."

Jonathan Garbutt, enterprise infrastructure manager, said the switch from SCSU Internet to Eduroam is not going to make Eduroam faster. He said the fact of the matter is once the network upgrade was applied, the wireless became faster at that point.

"Then from that point," said Garbutt, "down the road, we decided to migrate to Eduroam."

Kellogg said it was CIO Robert Rennie's request to implement the new network. He said there has been no feedback from students or faculty yet up to this point. Since Kellogg said the speed will be more efficient, it will be a good upgrade to the university.

"It was a part of a group of projects to completely upgrade the network wired in wireless so we can then deploy unified communications," said Kellogg.

There have been no complaints to this point about the quality of the coverage or the speed. But Garbutt said when the old wireless network is compared to the new one, it is a night and day comparison and one that will be noticed rather quickly.

"The signal strengths should be dramatically improved across areas of the campus," said Garbutt. "The speed should be noticeably faster as well."

SEE EDUROAM PAGE 2

Wellness Center to host Frisky February events

By Alex Palmieri

Frisky February involves events on campus regarding sex in positive ways. Bianca Flowers, a graduate intern in the Wellness Center, said there are a lot of events all during February. There are ones every week and she said the purpose is to practice safe sex and ways to prevent pregnancy for those who do not want to get pregnant.

"The purpose of Frisky February is to have positive events all month that students can come to," said Flowers.

Flowers said there are sex positive events that take place. These events include Sex Trivia, Sex in the Dark and others. Students get to talk openly at these events and get a chance to speak their minds about particular things as it pertains to sex.

"It's just a time for them to ask questions or to just get more information," said Flowers. "It makes things fun with a not so comfortable topic. So it makes things a little more comfortable."

The Condom Owl is a brand new free delivery service. Flowers said students can go online, fill out a Google Form to order condoms and other supplies for safe sex.

"It comes with up to 10 male condoms, seven female condoms, lubricant," said Flowers.

Emily Rosenthal, coordinator of the Wellness Center, said there are a few purposes to Frisky February. One of the reasons is to have fun with a bunch of engaging events

for students to get together, learn more about sexual health and to learn about other resources that are available on campus.

"It's a variety of activities and games," said Rosenthal. "I think there's less of a stigma around sexual health, talking about sex and STDs and all that. But there's still a lot of people who are sexually active who don't get tested."

Rosenthal said there is a random sample survey of roughly 900 undergraduate students on campus. The survey asks students if they have been tested for STDs or not. As of last year, just 36 percent of males have been tested for any type of STDs, while 50 percent of females have been tested.

"This is a survey we do every other year on the campus," said Rosenthal. It's a random sample. We get over 900 students to complete the survey."

Alyssa Vine, a freshman pre-nursing major, said it is a good thing that Southern is hosting all the events of Frisky February. She said especially if they are hosted on a college campus, it can help the cause.

"It is a serious topic," said Vine. "And nowadays especially because there have been so many incidents and it can really mess with people's minds if it happens. I think it's a good thing they're spreading awareness."

Though Vine said she is not going to tell people what to do, she said students should attend the events to get a feel of safe sex. She said it would be a smart thing to attend if a person is sexually active.

Rosenthal said she wants all students who attend to just feel comfortable talking about sex. She said these events throughout the month should give students a better understanding about it.

"I want students to feel that they have resources and support," said Rosenthal. "If they have questions, they have access to care."

The Fourteenth Annual 64 Days of Nonviolence program

By Victoria Bresnahan

Catherine Christy said the 64 Days of Nonviolence program can lead to a change in people's behavior.

"For me, [the purpose of these events] is a couple of things," said Christy, coordinator of the Sexual Assault Resource Team, also known as SART. "It shows the university's support because there's such a variety of organizations contributing to it. It shows the university's commitment to end violence."

Yi-Chun Tricia Lin, director of the women's studies department, said the 64 Days of Nonviolence program has been a type of SCSU coalition for social justice over the past 14 years.

Lin said violence can appear as more than physically hurting someone. She said violence could be ideological, or political, or cultural, or supremacist thinking such as white, male, Christian or able-bodied supremacy.

The 64 Days of Nonviolence began in 1998 through Mahatma Gandhi's grandson, Arun Gandhi, and other world organizations, said Lin. She continued to say the program spans from Jan. 30, Mahatma Gandhi's assassination date, to April 4, Martin Luther King Jr.'s assassination date, in celebration of their legacies.

Christy said the 64 Days of Nonviolence program allows teams like SART and the Victim Prevention, Victim Advocacy, Support Center, also known as VPAS, which Christy is also the director of, the opportunity to educate students.

She said depending on the person, facts or personal stories about sexual assault can affect someone when heard at SART's and VPAS' 64 Days of Nonviolence events; such as Take Back the Night on April 18.

Additionally, Christy said students are educated on their right to report any type of sexual or domestic violence they may

experience.

"We want to stop the violence, but we also want to show support to the victimized," said Christy.

Andrea Resnisky, a senior VPAS peer educator, said she believes SCSU students are not violent. She said the students are open to others, which allows them to have rallies such as the No Ban, No Wall protest that took place outside Hilton C. Buley Library last week.

"I think President Joe does a really good job at making sure we are accepting of one another," said Resnisky. "In the mission statement, it does say that we are [allowed to be] who we are and that's accepting of others."

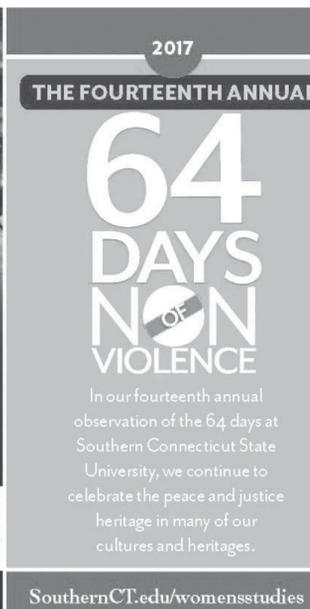
Resnisky said society does not appear to be as open as the SCSU community.

"It's kind of sad and disappointing because we as human beings should rely on each other for support and we should be providing equal opportunity," said Resnisky. "But everyone has different views and outlooks on life so not everyone agrees."

A Southern Poverty Law Center, also known as the SPLC, report found 867 hate incidents occurred in almost every state



A promotional flyer for the 64 Days of Nonviolence Program, hosted by the womens studies department.



from election day 2016 to the report's publication on Nov. 29, 2016. According to the report, the most common hate crimes were anti-immigrant and anti-black. The SPLC report says this number represents a small fraction of the actual amount of hate crimes that occurred.

Luis Morales Sandrez, a freshman sociology major, said SCSU students are not violent and are kind to other students. Additionally, he said nonviolent protests and stances can motivate people to share their opinions and listen to others.

"I'm not into protests, but I was curious of what they [protestors at No Ban, No Wall] were saying," said Sandrez. "It makes you think about your own opinion, even though you might not share it, you still think about it."

Student marketing club advances in collegiate competition

By Adrianna Rochester

Southern's student marketing club (SUMA Marketing) connects students to the resources needed to develop professional skills and marketing experience, through their many fundraisers, workshops, competitions and more, said Randy Spina, adviser to SUMA Marketing.

"Since the fall we've doubled our membership and creating a membership benefits package," Spina said. "Our greatest accomplishment, however, was making it to the semi-finals in the American Marketing Association's International Collegiate Case Study Competition."

For this particular competition, SUMA created a 40 page marketing plan designed to increase Ebay's participation of their online trading market for millennial non-users. According to Forbes, as of 2016 Ebay's estimated net worth was 27.9 billion dollars with online sales of about 13.14 billion dollars.

"We competed with other chapters from across the globe and now we get to finalize funding for our trip to New Orleans to attend the AMA Collegiate Conference," she said.

"This will be the first time SUMA will go to a conference," said Julia Rotella, president of SUMA. "It will be good to connect with other chapters, go to the professional development sessions, and hear all the speakers."

Other than taking part in international competitions, SUMA spends a significant amount of time hosting on-campus events. For example, Rotella said the organization's most recent event was a Valentine's Day fundraiser where they sold mason jars filled with Valentine's Day candy.

"All the products that we sell during our fundraisers are created by members of the organization," Rotella said.

By creating their own products, Rotella said it gets members out of their comfort zone and gets them used to producing and marketing products to potential consumers.



PHOTO COURTESY OF SUMA

SUMA (left to right): Nick DelBuono, Derrick Stevenson, Jazzminda Acevedo, Chris Eddmons, Julia Rotella, Randy Spina, Avery Mezzanotte, Marta Brzostowska, Jared Klim, Jennifer Buccu, Sam Lonardo.

"We bought a total of 200 hundred mason jars and 200 of each item to either go inside the jars or to decorate them," Rotella said.

Other than the Valentine's Day fundraiser, SUMA is planning a March Madness basketball fundraiser as well as their second annual Mission Market Yourself Event, which is designed to help students learn how to professionally market themselves to future employers, help students to develop leadership opportunities and connect students to resources necessary to advance their

careers.

The workshop series for the Mission Market Yourself Event in past years consisted of a guest speaker who gave tips on how to deal with stress management, resume building and more. Even though the details of this year's event are still in the works, Rotella said some of the same elements from the past event, hopefully will return in their upcoming one.

Eduroam

CONTINUED FROM PAGE 1

After the installation of the new wireless network, Kellogg said they immediately had their Cisco vendors do a post installation survey by two of their engineers.

"They went around to every access point and did a sight survey to be sure the signal strength saturated the space," said Kellogg. "We're very confident that the

wireless network is as up to date and high tech as possible."

Kiersten Simon, a senior geography major with a concentration in environmental sustainability, said it can be tricky to log on to the new Wi-Fi, but once she is logged on, she said the speed is very fast.

"I'm automatically logged on which

is great," said Simon. "Except sometimes I have to go and set my phone up to connect to it because it won't automatically do that. But I do not have to sign in again."

This new Wi-Fi is one that will soon be taking over the SCSU Internet. With the upgrade, Garbutt said it can be a very good step in the right direction.

"One of the greatest things about Eduroam is," said Garbutt, "in most cases, you should be able to walk on campus of a participating institution and you automatically connect to Eduroam. No need for requesting a guest account or anything like that."

Southern students deal with school stress

By Josh LaBella

A 2015 study by the American College Health Association finds 43 percent of students feel they are stressed "more than average."

Students at Southern Connecticut State University, like any other school, deal with a lot of pressure both in class and at home. One such student is Jamie Kelley, a dual major in political science and history education.

She said between dealing with school and work she feels stressed every day of her life. She said she had trouble controlling stress but there are a few things that have helped her out.

"Sometimes I cry hysterically," said Kelley. "I also go to the gym and read and listen to music."

Fidana Ha, an education major, said that she feels stressed out every day because of school, work, and finances. She said that when she wants to relax, writing helps her calm down.

"I am a writer," said Ha. "It helps relieve pent up emotions."

Jeremy Douglass, a biology major, said that he is almost never stressed unless he has midterms or finals. When he does get stressed about school he said the best cure is to go back to his dorm and relax.

"I just go back to my dorm," said Douglass. "I listen to music and hang out with my friends. That usually helps."

Daniel Klein is a business major with a focus in management. He said he gets stressed from his harder classes like statistics or French. Klein said the best way to keep from getting stressed about school is to work with the teachers as soon as you have a problem.

"Class itself can be grueling," said Klein, "but I work with professors and make sure I have a good grip on the classwork."

Some students, such as physics major Bryce Gentino, say that exercise can be the best stress reliever after a long day.

"I play pool or basketball," said Gentino. "Something physical where I can take the stress off my mind. Other times I just take a moment to breathe."

Agnieszka Bartoszek, a history major, said that in the beginning of the week she feels a lot of stress.

"To deal with it I exercise, blast music, and occasionally eat comfort food," said Bartoszek.

The Anxiety and Depression Association of America says their mission is the prevention, treatment, and cure of anxiety, depressive, obsessive-compulsive and trauma-related disorders through education, practice and research.

On their website they list several ways to cope with stress. First, they say it is important to follow the basics. You must get enough sleep, eat a balanced diet and exercise regularly.

The ADAA says it is important to try and get an understanding of what is making you stressed. They said that starting a journal and writing down how you feel can be a great way to express yourself and vent frustrations.

The ADAA advises that people stay away from drinking too much caffeine or alcohol. They said that these only serve to aggravate anxiety.



PHOTO | CREATIVE COMMONS

They also say that reaching out and asking for help when you feel overwhelmed is a good way to keep from having all the pressure on your shoulders.

Another solution to being overstressed, according to the ADAA, is to breathe deeply. The exercise of breath control helps you relax.

Finally, the ADAA says that in order to control stress, you should always do your best but understand it is impossible to be perfect. The ADAA reminds people that you must accept that you cannot control everything.

The art of acquiring a job

By Victoria Bresnahan

Job hunting in today's marketplace is highly competitive and difficult at times. Nevertheless, a job is essential to everyone's survival. Regardless of whether you're a freshman in college or about to graduate, we all have to go through the process of searching for a job.

According to Aimee O'Shea, associate director of the Academic and Career Advising, the search for a job is a very strategic process that involves a lot of different elements and processes that goes into every individual's search.

One element is to have an updated resume. A resume is a marketing tool. Before any employer meets with a potential employee the resume is the first thing they see. Employers will view it to help them determine if they should or shouldn't schedule an interview with a person. The first question to ask yourself when creating a resume is, what experience or skills do I have that qualifies me for the positions I'm applying for? Once you've answered that question, then you know what goes at the top of your resume, along with your name, address and best contact information.

Another key thing to do is to create a list of the top five or ten companies you are interested in applying for. Do your homework on them and see what open positions the companies have that pertains to your area of expertise. Doing research on the company or organization will also prepare you for the interview. It'll also help you come up with questions to ask and shows the company that you have a real interest in what they do.

Looking for a job takes motivation and determination from anyone who undergoes the process. A good way to show that determination and get your name out to employers is to look for job fairs and recruiters who can assist you with landing a job. For students, utilizing the career center on campus is one way to go about looking for a job. The career center hosts a number of events—such as interview programs, non-profit networking events, and career and internship fairs—that are designed to help individuals make the connections needed to find their desired job or internship both on and off campus.

According to O'Shea, the center has about 5,000 different organizations listed on their roster to help students meet the demands of the professional workforce. Taking advantage of job fairs, especially the ones held on campus throughout the academic school year is a one way to help make connections that can last even after graduation. The most important thing to remember when looking for any job is to not let any discouragement derail you from your search because putting the time and effort into your career and future is the best investment anyone could make.

Every obstacle comes with challenges that will either put a person ahead or cause them to take steps back, but regardless of those challenges, staying focused on the end game will help. For all college students putting themselves in a position to have opportunities before them after graduation is a significant goal.

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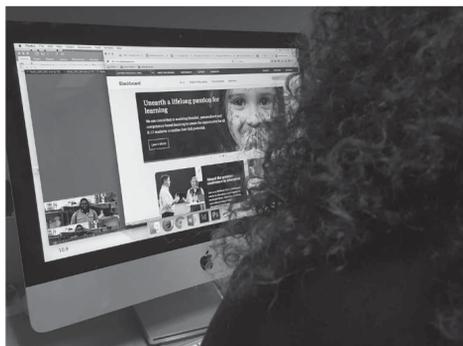


PHOTO | MELISSA NUNEZ

Students reflect on Blackboard's service

By Adrianna Rochester

Mostly all online databases are prone to issues that make it complicated for its user to navigate the site, and Blackboard is no different. Even though the site is widely used by students and faculty, both have experienced the good and bad sides to using the Blackboard website.

Students, such as Omar Abid, a computer science major, said he thinks Blackboard does what he needs it to do.

"For the most part, it works when I need it to work," Abid said. "Uploading my assignments and communicating with my professors isn't a hassle."

Abid said he heard some changes were made to help the site function more efficiently, but he is unaware of what those changes were and how they impact the overall function of Blackboard. However, compared to other community colleges' and universities' Blackboard sites, he said they all are identical.

"When I see other universities' Blackboard sites, it doesn't look any different from Southern's," Abid said. "They seem to all look the same and do the same things."

"I can't think of any changes that would make Blackboard run better than it does now," Abid added.

Unlike Abid, other students have become frustrated with the issues they have encountered while using Southern's Blackboard website.

Chanelle Clarke, a senior, said, "My main issue with BB9 is that it signs me out of my account if I'm logged in for too long."

Also, now that Sailpoint is the only way for students and faculty to enter Blackboard, Clarke noticed her BB9 app no longer works.

"I also don't like having to access Blackboard through Sailpoint," said Clarke. "I used to be able to access BB9 through the Blackboard app, but since Sailpoint has been created, I have to log into that in order to log into Blackboard."

"I don't get the point in using Sailpoint," Clarke said. "It makes me go through a lot just to use the apps on its launchpad."

However, just like Abid, Clarke said she does not have any issues uploading her work or communicating with her professors through the Blackboard site.

"If the professor really uses Blackboard to keep the students updated on their performance it helps," Clarke said. "If they don't use the site it becomes hard to keep track of how I'm doing in the class and it gets hard to keep track of deadlines."



PHOTO | PALMER PIANA

Avoid straying from the four year track

Jonathon Wharton, a political science professor and academic adviser, said while there are factors that can clash with students' four-year plan, prepping and planning early could help them stay on track.

By Lynandro Simmons

Staying within the structure of a four-year plan in college is difficult but possible, said Jonathan Wharton, a political science professor and academic adviser.

"It's more about strategizing and planning," said Wharton.

There are a plethora of things – minor classes, work outside of school, finances – that students have to plan for in order to graduate on time, Wharton said. The problem for students is planning for all of this – a situation not just unique to Southern.

"The unique thing with Southern is you have a lot of students who do work full-time or at least part-time," said Wharton.

A lot of the students have a lot on their plate so it becomes a time management issue. There are also many non-traditional students – veterans and students with families to take care of – who have to do this juggling act as well, Wharton said. However, even with careful planning there are unavoidable situations.

"You can plan it out as much as you want but something can always pop up," said Wharton.

However, Wharton said that the four- or five-year plan was never

something he was stuck on. Instead he advises his students with the best plan to gain enough experience to get a full-time job, no matter the time length. For this reason Wharton emphasizes the importance of internships.

Through internships students are able to get the experience required for a full-time job once they leave college. The experience also helps to establish connections for them, he said.

"Too many students don't get internships or experience and get out there on time, but don't get a job they prefer," said Wharton.

John Coniglio, a senior secondary education major, will be at Southern three semesters after what was supposed to be his final year. Coniglio said he only knew a few students that graduated on time.

"Most of them are business majors," said Coniglio. "I don't know many education majors who graduated in four years."

His biggest issue is the amount of core classes students have to take. Classes like Spanish are important, but a student should not be forced to take it if not absolutely necessary, said Coniglio.

"A lot of schools don't have the liberal arts program that we have, so you can dive right into your major,"

he said.

Amber Archambault, a first-year experience worker, said incoming freshmen should meet someone within her department to stay on course.

"Nicole Henderson is a great resource," Archambault said. "But everybody in this building is trying to get students to graduate on time."

Archambault added there are other resources to help students as well, such as the library, Student Success Center and advisers in each department that are all committed to the success of students.

However, the difficulty with freshmen can be that a lot do not know what they want to do, Archambault said. While Southern's liberal arts program allows students to experience a variety of classes, students should not try to create a plan alone. Meeting with someone can get them on the correct path to graduate on time.

Graduating college in four years can be difficult, but it is practical considering the astronomical costs. Stretching it out could cost a lot of money that many students do not have, Archambault said.

"It's possible to graduate on time," said Archambault. "But it can be very difficult to do."

Ivanka Trump's clothing line takes a hit

By Gerald Isaac

Elizabeth Termini, a business major at Southern Connecticut State University, is happy that Ivanka Trump's clothing line will not be renewed by Nordstrom.

"These bigger companies need to stand up against Trump," said

Termini. "I bet that will get his attention."

President Donald Trump's daughter, Ivanka, has been in the news recently over the high-end fashion company Nordstrom announced they would no longer order any products from her self-titled clothing and accessory line.

"My mom and I refuse to purchase

anything with Trump's name on it now," said Termini.

President Trump tweeted, "My daughter Ivanka has been treated so unfairly by @Nordstrom. She is a great person -- always pushing me to do the right thing! Terrible!"

SEE CLOTHING LINE PAGE 5

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Issues printed by: Valley Publishing, Derby, CT
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The new administration and climate change

By Lynandro Simmons

The White House website has dramatically changed since President Trump has taken office and noticeably any reference to climate change was removed.

"Almost all of our scientists say climate change is happening," said Justin Farmer, a sophomore biology and political science double major at Southern.

Farmer said Trump's stance against climate change in particular was akin to saying the vast majority of scientists were wrong. He also said he has not seen such a strong stance against the scientist before from the White House.

"A lot of people may be brushing it off," he said. "But we know we can only survive in a certain climate and certain environment and we're ruining it."

Farmer said because of some of the executive orders Trump has recently made - Trump's administration instituted a media blackout at the Environmental Protection Agency in late January - there is now a suppression of environmental organizations. He also said these executive orders in particular could be disastrous because it could ruin years of research.

For Farmer, Trump's tough stance against climate change went hand-in-hand with his promise to bring back jobs.

"I feel for people who had jobs as coal

miners, but keeping that job affects way more people than just your immediate environment," he said.

Science is essential to people's decision making, said Farmer. The fact that scientists are now being told by the president they cannot even tweet facts or discoveries is alarming.

"If people don't listen to our scientist things can go very, very left," said Farmer.

Jonathan Wharton, a political science professor, said Trump's moves were not particularly alarming to him. During Trump's campaign he told people what he represented, he said.

"I think a lot of people forget because politicians rarely come through and do things so quickly," said Wharton.

However, Wharton said that when it came to environmental issues it was not as simple as defining it as a democratic or republican issue.

"There are some republicans - while they lean more libertarian - that are environmentalist," said Wharton.

The fact that the congress was going along with Trump despite his stances also helped him, said Wharton. People put Trump in to shake up Washington - similar to Obama in 2008 - despite it going against their own interests.

"I honestly don't know why people are surprised when he ran on this," reiterated Wharton.

The problem with this administration and its stances against climate change will

be hard to assess, said Wharton. Without any legislative track record people will not be able to nail down what Trump will do or how successful he will be.

Jennifer Hopper, a politics professor specializing in U.S. government, said there was similar controversy during George W. Bush's presidency.

"During this time there was reports that many scientists were not able to get their research out," she said.

Over time the issues surrounding the environment have become partisan but republicans are not always against it, said Hopper. Most conservatives in the modern era are against climate change but it is more about economics, she said.

"Politics in Climate," a survey by the

Pew Research Center, said 70 percent of liberal Democrats trust climate scientists to give accurate information in comparison to just 15 percent of conservative Republicans.

Hopper said Bush never came out like Trump and said that climate change was a hoax. Bush focused on questioning whether it was humans causing it or not. Similarly this administration and the scientist will probably have a contentious relationship, said Hopper.

"My guess is it will be similar to the Bush administration," she said. "There will be many scientists who won't have their work published."



A march in London in September 2014 from Temple Plac to Parliament Square.

The early signs of domestic abuse

By Natalie Accardi

Elizabeth Brady said abuse comes in many forms and it is vital to recognize the signs beyond physical ones.

"They immediately assume hitting and punching," Brady said, a graduate intern for the Violence Prevention, Victim Advocacy and Support Center. "They don't always think that things like controlling somewhat wears constitutes as abuse."

Melissa Kissi, a specialist for VPAS, said there are four types of intimate partner abuse: physical, emotional, sexual and financial. Physical abuse is not only doing things like punching or kicking, it is not allowing someone to leave through physical force. Emotional abuse can be name calling, but it also can be restricting where someone goes until they are isolated. Sexual abuse includes rape and tampering with birth control. Controlling what a person spends as well as their finances is a form of financial abuse.

According to the VPAS brochure, their mission is to educate people on violence

prevention education and victim advocacy. They also provide support services. VPAS aims to create a safe, informed and respectful campus.

Kissi said VPAS is focused on keeping everyone safe and if someone is abused, they will go to any meetings in relation to the incident if requested. VPAS does not report to the police unless requested and they provide additional resources that people can use such as information on counseling services. If a person feels unsafe leaving their class at night, VPAS can help them request a police escort to their dormitory.

According to Kissi, if someone sees abuse they can come to VPAS and ask what they can do to help the person being abused. Bystander intervention is vital because it could save someone's life. Students have the option to become peer educators, which means they would be trained on topics such as sexual misconduct and bystander intervention.

Kissi said the first step to getting out of an abusive relationship is recognizing the abuse.

"Sometimes when you're in it," Kissi said, "you don't realize it."

Abusers make it so that their partner is dependent on them by taking away their partners support system, whether it is family or friends, according to Kissi.

"The key word is control," Kissi said, "where the person doesn't feel like they have a choice."

According to a 2016 data report by Break the Cycle, a nonprofit organization, 43 percent of college women and 28 percent of college men reported having experienced either abuse or controlling behaviors from an intimate partner. Kissi said there is a difference between an unhealthy relationship and an abusive relationship. In an unhealthy relationship, the couple may do things like argue a lot or they bottle their feelings up, but they still maintain some independence. They still have time for their own interests, hobbies and friends. In an abusive relationship, only one has power. Only one has control.

Katherine McDonald, an adjunct women's studies professor, said when it

comes to people who are abused, women are more likely to acknowledge that something is wrong because of stereotypes that dictate what is allowed and what is not allowed.

"We encourage men to be tough, not emotional," McDonald said. "Some of those characteristics of being really masculine or really feminine get skewed."

According to McDonald, women are encouraged to express their emotions while men are expected to bottle their emotions up because it is perceived as a weakness. People who have been abused may be more focused on what they are able to hide than what they are able to admit. In turn, this could impact the accuracy of statistics because some people do not come forward.

McDonald said people do not come forward for reasons other than the fear of not being believed or the control the abuser has over them.

"If you don't feel good about who you are or you don't have confidence or positive role models," said McDonald, "then you're more inclined to think things

are acceptable that shouldn't happen."

The culture of the U.S. helps to foster a society where abuse is acceptable, according to McDonald. She also said that as a collective, people are becoming more aware of what constitutes abuse and the impact of it.

"When you look at the behavior of our current president I would say that sometimes when we allowing bullying, and disrespect, and to some extent, condone violence," McDonald said, "then we can't be surprised when people believe that way."

Brady said she wants people who experience abuse to know that she believes them.

"It's not their fault," said Brady, "and there is help available to them."

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Clothing line

SEE PAGE 4

However, in an email with Business Insider, Nordstrom said that the brand's declining sales led to the drop and had nothing to do with her father's actions.

Matthew Cateron, 20, a political science major at SCSU says that Trump's tweet was actually unethical.

"He is way too involved with her business," said Cateron. "He is suppose to be removed from any business he was involved in prior to be president."

Cateron also agrees with Nordstrom's decision to drop Ivanka's clothing line.

"Regardless of if her sales were dropping, Nordstrom has to see her as a possible liability with all the controversy her father is causing," said Cateron.

Recently there was a #boycotttuber trending topic on Twitter after an email was revealed by Business Insider that the companies CEO Travis Kalanick was a part of a group of companies that worked to advise Trump on economic issues. According to an email sent by Kalanick to Uber employees posted on Recode.Net, Kalanick has since removed himself from Trump's administration.

Robert Gerak, a manager at T.J. Maxx, said that he was instructed by his boss to move Ivanka's clothes into different aisles.

Shuffling through racks of clothes in the back of the women's isle, Gerak made sure the Ivanka Trump brand clothes were not advertised, or prominently placed, or on their own rack.

"My boss actually asked loss prevention to come in here to make sure I followed up with this," Gerak said. "To be honest, the clothes and products from her brand never sold amazing in this store, but I will say that since her father has stepped into office I haven't seen one sale."

Gerak says that customers have made comments about the display the store once had.

"They have all been women but, some customers have sent blogs, letters and emails asking that the Ivanka Trump perfume we had to be removed from the front of the store," said Gerak. "I know that each blog is seen by the top of the chain and it trickles down to us, so maybe the number of request combined with the lack of sales was overwhelming."

Ciara Burgos, an education major at SCSU, actually discarded all of her Ivanka Trump brand products after Donald took office.

"I used to love her perfume and she had nice summer dresses," said Burgos. However, after President Trump's

recent actions, Burgos has changed her mind on supporting his daughter's brand.

"I feel like as people we are walking billboards for the things we wear and I don't want to advertise for her," said Burgos.

Burgos says she will continue to

protest against companies aligned with Trump.

"I stand with those who are refusing to put up with Trump's actions," said Burgos. "I hope the loss of customers sends these companies and our President a loud clear message."



PHOTO | MIKE KALASNIK

Preview of 'The Defenders' a new Marvel series on Netflix



PHOTO COURTESY | GABBO T



PHOTO COURTESY | KYLE LUKER

By **Lynandro Simmons**

By now just about anybody that has watched a superhero movie in the last few years should know the biggest collective of heroes in film currently – “The Avengers.” While Marvel’s a-team collection of heroes has taken the big stage, a smaller group will be making their name on the streaming service Netflix.

“The Defenders,” a new Netflix series, is Marvel’s attempt to continue the trend the company did with its films. The series will connect the four worlds of Daredevil, Jessica Jones, Luke Cage and Iron Fist. The four shows were

previously stand-alone series on Netflix and now have been interwoven to create Marvel’s newest superhero group. The series will not only unite the four stars, but it will also feature a wide cast of familiar faces from all of the series.

Each of the four main characters are stand-alone superheroes who do not appear to work well with others. How the series will introduce the team will be a true sight to watch. Other heroes are also expected to appear with Misty Knight from “Luke Cage” all but certain to make a cameo in the new series.

The villain of the Defenders was recently announced to Alexandra, a mysterious woman played by

Sigourney Weaver. Not much information has been given about the mysterious villain, but it is certain she is no slouch since defeating her requires the combined effort of four superheroes. Whether she will be the type of villain that is directly confronting the heroes or in the background pulling strings can determine the approach to the story.

Marvel keeping this villain a mystery is different, but could be for great reasons. A complex villain is what Marvel needs. After all the company has never had a villain as complex as the Joker in the DC universe.

While Marvel’s Avengers are a light-hearted group of heroes filled

with witty jokes and equally witty villains, it appears the Defenders will go in a different direction. From the trailer, to the small clips released so far, it seems that this series will be Marvel’s take into a much darker underworld of crime. Considering the cast of heroes participating in the series it is certain viewers will see a more serious take on the superhero genre.

“The Defenders” is scheduled to premiere on Netflix this summer and a new comic series featuring these characters is scheduled for June. In the meantime it is probably best fans get reacquainted with the individual heroes’ Netflix series.

Column: Super Bowl commercials make a political comment



PHOTO COURTESY | AU KIRK

Companies pay a lot of money in order to show their commercials during the Super Bowl.

By **Lynandro Simmons**

The Super Bowl commercials this year were bland to some, but to others they were right on time for the political atmosphere America is currently in. One of the commercials that made a strong statement was a Budweiser commercial that focused on immigration.

Just a few weeks after President Trump enacted his self-proclaimed “Muslim Ban” – before it was struck down – a beer as American as it can get chose to reveal its own immigration origin story. The short ad shows the story of Adolphus Busch’s journey from Germany to St. Louis, which would become the first step to creating the brewing company that bears his name.

In the commercial viewers watch as Busch is met with anger from some locals after he and other migrants arrive in America.

Though this ad was in the making long before the Super Bowl or even Trump’s travel ban it resonated perfectly with what was going on. With a large focus on those immigrating into America – whether they come from Mexico or predominantly Muslim countries – the ad showed how immigration has helped America. A beer that could be a considered a staple in American culture exists thanks to the contribution of an immigrant.

Another commercial that caused some controversy was a Super Bowl ad for 84 Lumber. The Pennsylvania wood company’s commercial shows the beautiful and daring journey of a mother and daughter braving the elements to arrive at the US-Mexico border.

Though the full commercial is depicted on YouTube it was cut short during the Super Bowl to avoid controversy. The beautiful ending – which showed the duo

finding a door amongst a daunting wall along the border – was completely removed. However, even without the ending the video still did a great job of humanizing immigrants to people who viewed it.

AirBnb also provided a politically charged commercial during the Super Bowl. In the ad it shows the text, “We believe no matter who you are, where you’re from, who you love or who you worship, we all belong. The world is more beautiful the more you accept.”

The text is shown over a montage of different faces. The statement AirBnb made was even stronger when it was noted that the company made the ad only a week in advance.

Though these are only a few commercials out of the hundreds run during the Super Bowl they all provided a clear message. These ads voiced solidarity with

the many people who may have felt voiceless. Understandably some may be angered at “political agendas” being pushed during a time many want to get away from politics. The Super Bowl is a time in which the only divide in America is the team a person wants to win.

However, the Super Bowl is also a moment where just about all of America is watching. Whether people like it or not making a stance on this platform is the best moment to do such. The three aforementioned commercial also did not cross any extreme lines to make the statement. The closest commercial to do this – 84 Lumber’s border wall commercial – shortened their ad to avoid being offensive. Doing such allowed for ads that most people can get behind and provided a positive message in what may be dark times for some of America’s minorities.



PHOTO COURTESY | JOHAN LARSSON

Listeners can hear Sampha's new ten song diary on Spotify.

Artist Sampha drops a brand new ten song diary on Spotify

By Gregory Gagliardi

I climbed into bed and was scrolling through Spotify looking for background music. Then it hit me, Sampha dropped his new album "Process" on Friday; jackpot!

What I was not aware of was that Sampha did not release an album, no, far from it. He released a ten-song diary of emotional joys. This album is a masterpiece. The singles "Blood on me," "Timmy's Prayer" and "(No One Knows Me) Like the Piano" were all gems. "Blood on Me", with its spacey dance groove had me thinking Sampha may have found his formula. Then "(No One

Knows Me) Like the Piano" came out, and nothing else mattered. Hearing this song with its simplistic piano, and gushing lyrics was too much. How could Sampha deliver? He melted minds with singles, but surely putting together a ten-song masterpiece is out of his skill range. Turns out, he has the skills.

Let's begin with track one, "Plastic 100". The song literally plucks at your heart. The harp strings will radiate through your body. One song in and I am no longer sleeping, I am floating.

Sampha carried the plush harp picking technique into "Kora Sings."

With its strange techno harp assisted beat Sampha tells the story of a mother weeping over her child. At this point I have bought in. The album making a killing, but I was not ready for the transition of that would happen after "Like the Piano" finished and "Take Me Inside" began. Piano into piano. The body and textures of "Take Me Inside" sequenced after a song that I knew coming in had staying made me undergo metamorphosis. Sampha won.

From here we enter the galaxy and drift into a starry night with "Reverse Faults." A track in which Sampha talks about a relationship where he hurt someone by blaming

them for his own faults. This track features some of Sampha's most metaphorical and poignant lyrics. The verses elope into a driving chorus that say, "No, don't dance, sit, and listen in beanbag chair while you scroll through old Instagram feeds from weeks ago."

Going into this album I had high hopes. I was first introduced to Sampha on Drake's song "Too Much" from the album "Nothing Was the Same."

Sampha has long since become an established singer, but with "Process" he has found the formula to sound comfortable in his lane.



Actor, James McAvoy, at a press conference at Comic Con in 2015.

PHOTO COURTESY | GAGE SKIDMORE

James McAvoy is the saving grace for the new movie 'Split'

By Dylan Haviland

A scene unfolds as three girls are locked away in a barren and dirty room, confused and terrified as to where they are. A man steps in with a grim look and sharp glasses, with a tight fitting black shirt that is stiffly buttoned up to the top.

After a brief and horrifying confrontation the man leaves the girls until a new body enters the frame—the same man but dressed as a woman. Donning a new accent, body mannerisms, outfit and no glasses. A new personality.

M. Night Shyamalan's newest film "Split" serves as an intriguing look into the acting spectrum of Scottish actor James McAvoy as he plays a man with 23 personalities that kidnaps three girls.

McAvoy really dips into his acting pool to play out the many distinct personalities that the writers of the film have laid out for him. One moment he is playing a charming man that loves fashion and conversation then switches off to a quiet and glaring fellow with severe OCD.

While my knowledge on psychology is very limited, my friend who is a nurse

provided some medical insight towards McAvoy's physical and mental attitudes, and it was nevertheless interesting to view. The audience is treated to an almost theater like performance from McAvoy as the constant facial ticks, grins and grimaces add onto his change of voices and personalities.

Unfortunately, McAvoy's performance is one of the only saving graces for the film. While Shyamalan truly does deliver with a twist at the end, it still has a feeling of repetition to it. The viewer may come to expect a twist from the director and this particular one may fly too far under the radar for some.

The plot is somewhat formulaic, the confused hostages with no hope of escape follows a similar storyline seen over and over again. Anya Taylor-Joy, one of the main hostages, surely is a talented and upcoming actress who broadcasted her talents in "Witch" but she otherwise wastes her promise with a dull performance.

Overall, McAvoy is the redeemer of the film providing an extremely entertaining, humorous and dark portrayal of the man with many personalities.

Want to join the team?

The Southern News is looking to fill a General Assignment Reporter position.

Interested parties should contact Josh Falcone at joshuafalcone81@gmail.com before Feb. 21.





PHOTO | NATALIE ACCARDI

Holly Izzo, a sophomore music major, in a practice room with her Fender Stratocaster.

Self-taught musician hopes to help people through music

By Natalie Accardi

The hum of the fluorescent lights mixed with the twang of Holly Izzo's Mexican-made Fender Stratocaster filled one of the practice rooms in Earl Hall.

Izzo, a sophomore music major, said she began playing guitar with an EJ-160E acoustic named "Daisy" in high school. She said she has been singing for far longer and her first memory of singing was when she was about 6-years-old.

"I remember sitting in a little round chair and singing to a Sheryl Crow song," said Izzo. "When I was done, my mom's friend said, 'Wow, she is going to be a singer.'"

Izzo, who is mostly self-taught, said she believes musicians should be versatile when it comes to their craft, which is why she learned how to play the guitar

in high school and the piano this past semester. According to Izzo, her roots are classic and alternative rock and some of her favorite bands are The Beatles, White Stripes, Led Zeppelin and Cage the Elephant. She said she wants to make music that falls in between classic and alternative rock.

Izzo said she initially was a nursing major because she wanted to help people but decided she wanted to incorporate music into her career.

"It's [music] the one thing on this planet," said Izzo, "I would absolutely die without."

Izzo is also minoring in psychology because she said she wants to do music therapy. According to Izzo, her grandmother who has Alzheimer's, a disease that affects memory, responds well to the music Izzo plays for her.

"When I play music for her from when

she was young, she can sing every line and she'll bounce around to it," said Izzo. "It's really cool to see something like that when my grandmother who's lived with me for 13 years doesn't remember my name half of the time."

Izzo said music helped her because growing up she didn't have many friends and the music she listened to shaped who she is today.

"It's taken over my whole life, like everything I do. I wake up to music; my alarm is music," said Izzo. "I go to bed listening to music. Throughout the day everything I do has music to it."

Izzo said she has been shy about performing her music because she doesn't like the sound of her voice in recordings, but has decided recently to work towards shedding those insecurities.

"If you want to do music, you got to be willing to put it out there, said Izzo. "You

can't hide behind the door anymore and make sure no hears you."

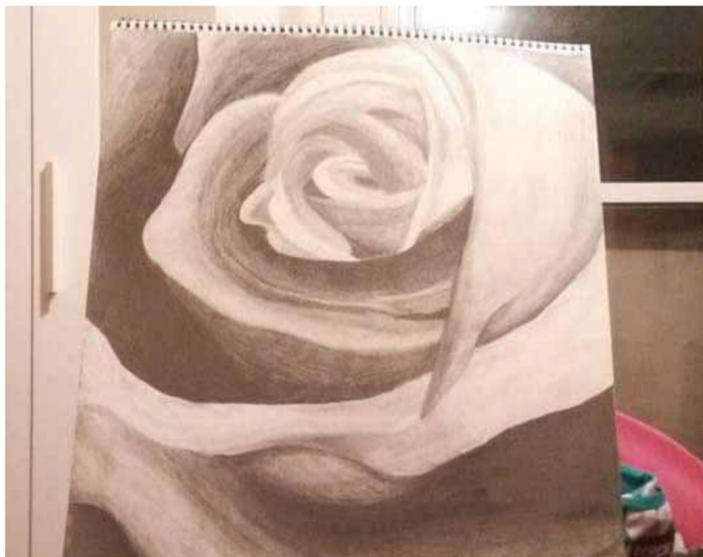
According to Izzo, she has not gone public with her music but hopes to start with covers of her favorite songs. She said she wants to create music that people can identify with because music helps people to release emotions they can't respond to their own.

"It's like advice from your friend, but you don't have to feel any kind of shame after you do something wrong," said Izzo, "because its music and it can't respond to you."

Izzo said she advises people who want to be musicians to go ahead and pick up an instrument or start singing if that's something they want to do.

"Just do it because if you bite your tongue," said Izzo, "all you're going to get is a mouthful of blood."

Student art of the week: Kathryn Keene



"Without art there would be nothing in this world that would be appealing to anybody."



PHOTO | DYLAN HAVILAND

Kathryn Keene, senior graphic design major in her art classroom.



Michael Mallory tries to finish over two Saint Rose defenders in Saturday's 72-70 loss.

PHOTO | PALMER PIANA

Hunter Stokes has improved greatly in junior year



PHOTO | SOUTHERNCTOWLS.COM

Stokes was All-Region and All-New England in the javelin during his sophomore year.

By Matt Gad

Junior Hunter Stokes was very successful as a sophomore both on and off the track (and field). He went both All-Region and All-New England in the javelin and also made the Northeast-10 commissioner's honor roll. And now he is making junior year count as well.

"The season's been going well, Stokes said. "I've done three heptathlons and every time I have gotten better in certain events."

He is coming off a performance in which he said he "performed better than (he did in) his previous two." He competes in both the indoor and outdoor track seasons and has had a strong relationship with the team in each of his three years at Southern.

"I think it's a great team to be a part of. It's a very loud and good crew that we have where everyone pushes each other to be better and to achieve their personal best," he said.

Stokes, who majors in business and marketing, also competes in the decathlon, the 400 meter relay, the pole vault and the discuss throw.

"He's more of an outdoor athlete but he's improved a lot during the indoor season," head coach John Wallin said. "It's the best indoor season he's ever had."

Wallin said Stokes has recorded multiple personal bests in each of his events and "we're really excited for how he's gonna do

Heartbreaker for Owls

Michael Mallory nets 20 in 72-70 loss to the Saint Rose Golden Knights.

By Matt Gad

With only four regular season games left, Southern came into Saturday hoping to improve on their recent winning ways, but Saint Rose came to play. A seesaw affair, the Golden Knights were able to secure their 21st win of the season, and their 13th in-conference, by a final margin of 72-70.

"We came out sluggish," senior forward Austin Carter said of Saint Rose, who grabbed a 10-0 advantage early. "We kept preaching defense in the huddle and we grinded into a tough comeback. We were right there."

And they were. The Owls smoothed up after Saint Rose's 10 unanswered points, cutting the lead to 10-3. Sophomore Joey Wallace, who started this game for Scott Burrell, was responsible for Southern's first bucket.

Wallace finished with

"We came out sluggish."

— Austin Carter, senior forward

just five points, turning the ball over four times. Despite establishing some early momentum from deep, number 22 went just 1-2 on the day from the three-point arc.

"They put themselves in the driver's seat," Burrell said. "We just have three games left - we gotta win all three, bottom line."

Southern, who host the conference tournament beginning Feb. 26, will look to reset themselves down the stretch. After playing the University of New Haven at their gym Wednesday they travel to Syracuse, New York to take on the likes of Le Moyne College Feb. 18.

The Owls, who put up just 70 in the loss, will continue to look for scoring from senior captain Michael Mallory, who provided 20 Saturday, and Isaiah McLeod, who shot an overall 6-14 and chimed in with 19 points of

his own.

Said Carter: "I feel like once we got into the second half we were right there. We just let up on defense too many times and we ended up losing."

His team outscored Saint Rose 37-33 after the intermission, having headed into the locker room down 39-33. The Golden Knights held a 12-point lead for a 1:24 second stretch in that first half, and as the game went on Southern could only amount for a two point lead at the 17:25 mark of the second half.

"We didn't play hard enough and we didn't play well enough to win. They competed for 40 minutes and we didn't do that,"

SEE BASKETBALL PAGE 11

SEE STOKES PAGE 10



The Southern softball team finished with a disappointing 12-27 record in 2016.

PHOTO | SOUTHERNCTOWLS.COM

Southern softball looks to bounce back

By Michael Apotria

Opening day is only a few short weeks away for the SCSU softball team and head coach Jillian Rispoli said the team is anxious and excited to get out on the field and compete for a conference championship this season.

"This year we have the skill, we have the heart. It's just going to take the ball bouncing the right way for us a little bit," said Rispoli. "We're going for a conference tournament appearance and really have a chance at the conference championship."

The weather conditions

are the only thing slowing the Owls down, said Rispoli.

"Playing in the northeast is tough. Half the preseason you're buried in snow," said Rispoli. "I know these girls can't wait to get back out on the dirt and show the rest of the conference the hard work and effort they put into this."

The Owls are entering the 2017 season following a season with a 12-27 record. Despite the losing record, Rispoli said there were plenty of positives to take away from last season.

"Last year was a successful season in the sense of experience," said Rispoli. "A lot of the younger girls got to know each other and were able to

see top level competition."

The Owls were recently ranked sixth in the NE-10 coaches poll. Rispoli said it is just another chip on the shoulder of the players heading into the season.

"We saw the preseason poll and these girls have a fire lit under them now," said Rispoli.

Senior second baseman, Giuliana D'Arcangelo said she thinks the ranking does not take into account of the new rosters coming into the season, but rather a team's record the previous season.

"Honestly, I believe the only go off of that last year," said D'Arcangelo. "We're not the same team. It's ok though, just

SEE SOFTBALL PAGE 11

The Knicks are a mess

By Matt Gad

The mess that is New York Knicks basketball got even crazier last week. No, it was not about the ongoing trade rumors centering around Carmelo Anthony. It was not even about the response that team president Phil Jackson gave, on Twitter no less, shaming Bleacher Report's Kevin Ding.

This one was something we did not really see coming: former Knicks star Charles Oakley and four of his friends were in attendance for the Knicks-Clip-

pers game at Madison Square Garden. But very early on in the first quarter, a slew of security personnel approached the legend, asking him to leave. It has been highly noted that the relationship Oakley has with owner James Dolan is not on the greatest of terms, and Oakley has not been treated well throughout the organization over the past several years.

But last week it really got worse: once the security team approached Oakley, he simply asked what they were doing by his feet. They told him that he needed to leave the building.

Visibly frustrated, Oakley started getting into a squirmish with the men that were surrounding him, saying he paid for his ticket and he had the right to stay in the building. Per MSG rules, as stated on the back of their game tickets, security has the right to eject any person from the facility for any reason, making them completely within their professional right to launch at Mr. Oakley.

But it still was not classy. No, not at all. Oakley was escorted out of MSG and was immediately arrested by the New York Police Department. An outpouring of tweets with the hashtag

#FreeOak began to trend around the popular social media platform, as multiple videos surfaced from news outlets and from people who were in attendance for the game, as well, showing the entire security confrontation.

It was a crazy night - yet another chapter in what has been a crazy New York Knicks season. Hey, at least the draft class is strong this summer. So, there is hope. Right?



How playing sports can help in the real world



By Austin Darrow

Mental toughness, discipline, teamwork, work ethic, these are just a few examples of what it takes to be a successful athlete. All of those can contribute to success in the workplace.

"I feel like playing a sport sets you up for having great qualities for a successful career," says Aly Montague. Montague, a communications major, is a horseback rider and competed nationally in October.

Some people may not know it, but being an athlete does a lot to get people ready for a job. Time-management, multitasking abilities, optimism and perseverance all contribute to the work force.

A study by Sage Journals said

that people tend to expect former student-athletes to exhibit great leadership qualities. On the other hand, they expect a former athlete to be more selfish in respect to others.

The workplace is a competitive environment no matter where you work, and athletes are used to the competitive drive and have the self-confidence to complete the tasks they are given.

The athletes know what it is like to lose, no matter how many games they have won, they have still been knocked down. Athletes know how to get back up after being kicked down and will not give up.

"It gives you discipline and it shows you're a goal setter," said Montague, "and it shows employers you won't give up until you reach that goal."

It is no shock that few college athletes move on to the professional level of their sport, so they need to be able to translate what they have learned on the field, into the workforce.

The unfair advantage athletes might have over non-athletes is the lack of experience in working. Both students could be applying for the same job, but the non-athlete has several internships under their belt, while the athlete has nothing but sports. A student-athlete might only be able to take up a summer job just to get money in their pocket.

Brianne Holden, a communications major, used to dance competitively and said there is a lot to learn from being active and how those skills can translate into the workplace.

"I think if you play sports or

do something to keep you active, than you have a lot of skills that are going to get you far in your field," said Holden.

Sometimes the schedule of a student-athlete can be worse than an internship, due to all the practice and game hours. Athletes work for the toughest bosses around; their coaches.

Playing sports can also mean that you are fit, and even though employers say they do not discriminate against overweight applicants, a fit athlete is likely to land the job. When an employer sees an athlete, they see a person who is self-motivated and achieving their goals.

NBC Sports said that 14 of the last 20 U.S. presidents played a college sport. The most powerful men were once college athletes, it just goes to show what playing

sports can do.

According to Sage Journals, people with athletic experience are expected to display higher levels of leadership and self-confidence. In contrast, there was no significant difference in time-management between athletes and non-athletes.

Sage Journals said that athletes are more likely to have more success in their career choice, as opposed to non-athletes.

Athletes gain emotional intelligence, which is being able to read the nonverbal cues and being able to manage oneself.

Just because a player has traded the locker room for the conference room, does not mean they throw out all the skills and lessons they have learned through sports.

Stokes

CONTINUED FROM PAGE 9

outdoors."

Last season he opened up his outdoor campaign April 2 placing sixth in the pole vault, at 47.80 meters, and second in javelin, at 53.67 meters, at the Yale Multi Team Invitational. He finished third in the decathlon April 8 at the Mets Outdoor Track and Field Championships and first in the 4x400 meter relay at the George Davis Invitational April 23.

"The coaches see a lot of potential in their athletes," Stokes said. "They can kind of unlock that potential with the training they have us do."

The indoor track regular season finishes out at the Northeast 10 Conference Championships Feb. 18 in Roxbury, M.A. and at the New England Conference Championships Feb. 25 and 26, also in Roxbury. The NCAA Division II Indoor National Championships are set for March 3 in Birmingham, Alabama.

Wallin described Stokes as more of an outdoor athlete, saying he was "really good last year," being "on the cusp" of making the national championships. He said with the improvements that have been made, Stokes should have another great chance at making the national championships outdoors.

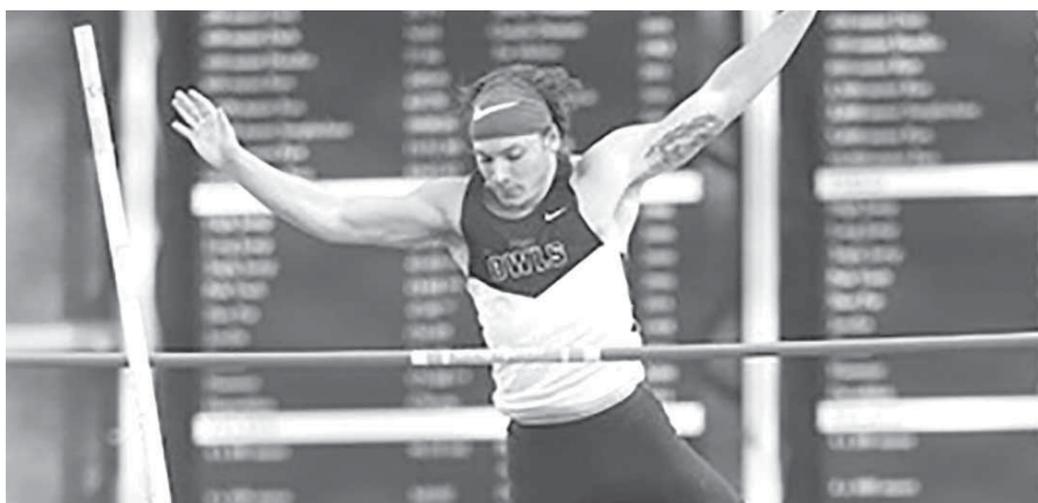


PHOTO | SOUTHERNCTOWLS.COM

Stokes was named as one of the Southern Connecticut State University Athletes of the week last week.

"He's a great kid - super polite, he shows up on time, does all his work and just never really complains," Wallin said. "He's an integral part of the team."

Compared to the outdoor season, Wallin said, in indoors

Stokes competes in the heptathlon, which is referred to as a "mini decathlon."

Aside from his work on the track, Stokes, as stated above, has found a lot of success as a javelin thrower.

At the UConn Northeast Challenge April 16 he placed sixth in the event. May 13 he finished sixth in the javelin, at 58.35 meters, during the New England Outdoor Track and Field Championships.

How to fix the Browns

By Phil Zoppi

The Cleveland Browns have a chance to turn around their franchise in the 2017 NFL draft if they play their cards right.

I know it is hard to believe that anything the Browns do will actually work but bear with me. Not only do the Browns hold the rights to the first overall pick but they also own the 12th pick due to their trade with the Philadelphia Eagles in the 2016 draft.

Time and time again the Browns have made the mistake

of reaching for a quarterback but if they were smart the thought of picking a quarterback with the first overall pick would never enter their minds. The only player that Cleveland should be thinking about is Texas A&M defensive end Myles Garrett. Besides maybe Andrew Luck there has never been a more sure fire first overall pick than Garrett.

Garrett possesses the speed; agility and athleticism that compares him favorably with pro bowl defensive end Von Miller. The First Team All-Amer-

ican was extremely disruptive throughout his entire career at Texas A&M as he recorded 11.5 sacks in his freshman year and 12.5 sacks in his sophomore year. This is a franchise-changing player that instantly makes the Browns defense more respectable.

Then, once the Browns can snag Garrett, they get to pick in another 10 picks. Like I said before, the Browns still need to stay away from reaching for a quarterback with this pick. This is one of the weakest quarterback classes in recent

history with the top guys like Mitch Trubisky, DeShone Kizer and Deshaun Watson all having question marks or red flags.

If the Browns were smart they would double up on defense with the 12th pick and solidify their secondary with a player like Teez Tabor, Marshon Lattimore or Jamal Adams.

The depth in this draft is on the defensive side and the Browns need to realize that early on if they do not want to be picking number one in the 2018 draft.



Basketball

CONTINUED FROM PAGE 9

Burrell said. "We gotta play with energy, we gotta play with passion and we gotta compete."

Dropping to 12-6 in the conference, Southern will look to put their results from last year's NE-10 meet, and their upset loss in the first round of the Division II NCAA tournament, fully behind them.

In the conference tournament, which was hosted at Moore Field House, the Owls fell to Southern New Hampshire 107-104. In the NCAA tournament they started out playing in Philadelphia, on the campus of Holy Family University, and they were shocked by Saint Thomas Aquinas, 92-90.

Carter, who was on the floor 31 minutes Saturday, knows the task at hand for the rest of the regular-season campaign: "go 3-0."



Joey Wallace watches a Saint Rose player rise up for a jump shot in Southern's 72-70 loss.

PHOTO | PALMER PIANA

Softball

CONTINUED FROM PAGE 9



PHOTO | SOUTHERNCTOWLS.COM

Southern softball was ranked sixth in the Northeast-10 coaches poll.

added motivation for us."

D'Arcangelo was one of the few bright spots that shined for the Owls last year. Even after producing a .311 batting average, eight home runs and 21 runs scored, D'Arcangelo said she knows there is room for improvement.

"I know I can be better," said D'Arcangelo. "I think I can raise my batting average, and score some more runs."

Rispoli said she expects D'Arcangelo to take another step forward in her senior year, but there will be a few collegiate rookies that will have an impact as well.

"Giuliana gets better every year with age," said Rispoli. "I think we're going to see a couple of freshman step into roles. Sara Buscetto will do a number for us in the infield."

Rispoli said this season's team has two important ingredients needed in order to have a successful season.

"These girls have tremendous work ethic and wonderful chemistry with each other," said Rispoli. "They care about each other and dedicate their time perfecting their craft. These girls are very serious."

Swimming

Captain Raymond Snyder is the ultimate teammate



PHOTO | SOUTHERNCTOWLS.COM

Snyder was selected as Northeast-10 swimmer of the week for his performance at the Uconn Husky Invitational.

By Matt Gad

Swimming has always been something that has been in Raymond Snyder's blood. The junior came to Southern three years ago from Sacred Heart High School, where he was a four-time All-NVL Swimmer of the Year award winner.

He said this season has been "very productive" and that it has drawn resemble to that of his sophomore year because the team is very young.

"We have a young team that's been showing a lot of improvement," Snyder said. "Sophomore year we were undermanned and had to rely on everyone if we wanted to win NE-10s."

So far this season Southern's men's swimming and diving team has had their ups and downs. After opening Sept. 30 and Oct. 1 with West Chester and Shippensburg at home, where the Owls placed second, they fell to Iona College 166-120 and TCNJ 166-118 on the 22nd.

More recently, they won in Syracuse over Le Moyne College 153-133

Jan. 14 and fell to the University of Connecticut, a solid Division I program, 166.5 to 119.5 Jan. 20.

"Ray is a great teammate to have in and out of the pool," teammate Drew Dantino said. "He is a natural-born leader and constantly tries to bring the best out of us in practice and in the classroom, as well. He gets along with everyone and makes our practices feel more relaxed."

Snyder said being around his teammates more than 20 hours a week makes them feel like "brothers and sisters."

"At times they can be the best and other times they can be a pain in the neck," he said. "At the end of the day I have their back and I know they have mine."

Dantino said the chemistry on the team is great and that this team feels like the "closest he's ever been on." He said "team chemistry is one of the most important aspects in a sport like ours because of how monotonous the season can be."

The swimming and diving season consists of a lot of individualized work and technique. The coaching

staff, which mirrors for both the men and the women, focuses on making sure each and every athlete is ready for the meets ahead.

Tim Quill leads the teams, now in his 18th season, and is assisted by coach C.J. Moran, who swam for Southern from 1995-99. Moran has bounced around in three separate stints as an assistant for the Owls, most recently helping out the Woodland Regional High School team.

Snyder said he is most looking forward to the conference championship meet, which starts Feb. 16 at Southern, and has been since the team won it last season.

"I knew the personnel we had this season was not as experienced as we had the past few years so this year's task is more difficult, but the timing is exciting," he said. "I love the attitude this team brings to the table and I think they can do spectacular things."

After the NE-10 Championships commence Feb. 19, the NCAA Division II meet begins in Birmingham, A.L. Another four day meet, the NCAAs last March 8 to 11.

SCSU Gymnastics vs. University of Bridgeport



Southern set a new record on the balance beam Saturday.

PHOTO | MATT GAD



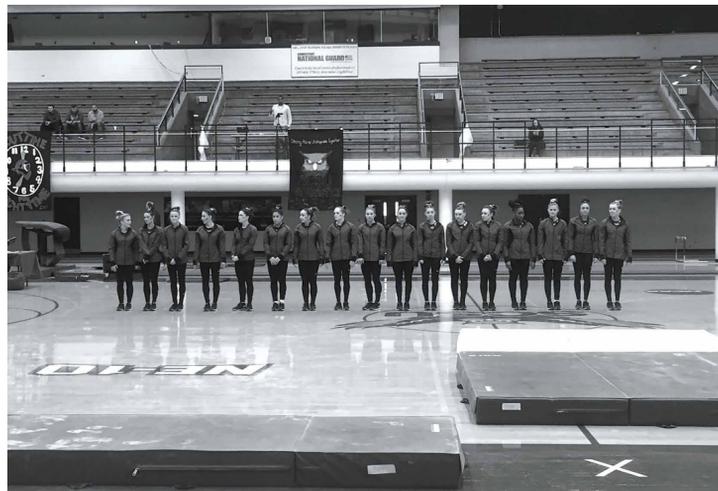
Southern set a new program record with 192 points against Bridgeport.

PHOTO | MATT GAD



Jerry Nelson (bottom left) watches on as his team competes against Bridgeport.

PHOTO | MATT GAD



Southern Gymnastics team is introduced before their meet against Bridgeport.

PHOTO | MATT GAD

Northeast-10 Standings

MEN'S BASKETBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NORTHEAST DIVISION						
SO. NEW HAMPSHIRE	16	12-4	0.750	21	16-5	0.762
MERRIMACK	16	11-5	0.688	23	17-6	0.739
SAINT ANSELM	16	9-7	0.563	20	13-7	0.650
FRANKLIN PIERCE	16	8-8	0.500	22	11-11	0.500
STONEHILL	16	7-9	0.438	22	12-10	0.545
BENTLEY	16	7-9	0.438	21	10-11	0.476
ASSUMPTION	16	4-12	0.250	23	6-17	0.261
SAINT MICHAEL'S	16	4-12	0.250	21	5-16	0.238
SOUTHWEST DIVISION						
LE MOYNE	16	12-4	0.750	22	17-5	0.773
SO. CONNECTICUT	15	11-4	0.733	23	15-8	0.652
SAINT ROSE	16	11-5	0.688	25	19-6	0.760
ADELPHI	16	9-7	0.563	24	16-8	0.667
NEW HAVEN	16	7-9	0.438	22	12-10	0.545
PACE	15	4-11	0.267	23	7-16	0.304
AMERICAN INT'L	16	3-13	0.188	24	9-15	0.375

WOMEN'S BASKETBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NORTHEAST DIVISION						
BENTLEY	16	15-1	0.938	23	19-4	0.826
SAINT ANSELM	16	10-6	0.625	22	15-7	0.682
ASSUMPTION	16	9-7	0.563	21	14-7	0.667
SAINT MICHAEL'S	16	9-7	0.563	21	11-10	0.524
STONEHILL	16	9-7	0.563	20	10-10	0.500
MERRIMACK	16	8-8	0.500	21	10-11	0.476
SO. NEW HAMPSHIRE	16	5-11	0.313	23	10-13	0.435
FRANKLIN PIERCE	16	0-16	0.000	21	2-19	0.095
SOUTHWEST DIVISION						
ADELPHI	16	15-1	0.938	23	20-3	0.870
AMERICAN INT'L	16	10-6	0.625	24	15-9	0.625
LE MOYNE	16	9-7	0.563	22	13-9	0.591
SAINT ROSE	16	7-9	0.438	22	12-10	0.545
SO. CONNECTICUT	15	5-10	0.333	22	9-13	0.409
PACE	15	4-11	0.267	23	10-13	0.435
NEW HAVEN	16	4-12	0.250	21	5-16	0.238

Ask Adelle: the human papilloma virus

By Adelle Zocher

Hello readers! It is hard to believe it is already February! First year students, as the upperclassmen may have already told you, you will be surprised at how quickly the spring semester flies! I hope you have enjoyed my first two installments of "Ask Adelle," and I am looking forward to the topic that will be addressed in the upcoming week—the human papilloma virus or HPV. We have some very exciting programs on the horizon, and I am here to answer any questions and provide you with as much information as I can.

To the reader who asked where our events are held, thank you so much for reading, and for your question. I will keep you updated on upcoming events, which are also posted on our Facebook page, as well as across campus.

Wellness Wednesday happens every week in either the Engleman Rotunda, or the Adanti Center. Here at Southern, we have so many resources—STD/STI testing and treatment at Granoff Hall (save the date, Get Yourself Tested (GYT) is coming to Health services from 12-2 on Valentine's Day!), Preexposure Prophylaxis (PrEP) for HIV prevention, free condoms across campus as well as in the Wellness Center and through Condom Owl, and now, the Gardasil HPV vaccine! It is Frisky February here in the Wellness Center, and all month long we will be focusing on sexual health—it is much more fun to be frisky if you aren't being risky!

On Feb. 1, Wellness Wednesday in the Engleman rotunda focused on HPV, or human papillomavirus. Over 50 students stopped by to learn about the virus, the vaccine, and what they can do to prevent contracting and spreading the infection—and receive a five dollar gift card to Dunkin Donuts for participating. The American College Health Association states that STIs are "infections, not moral statements." I could not

agree more. As I have previously mentioned, my goal is for you to think of your sexual health as part of your primary care. I will provide you with the most important facts, what you can do to prevent contracting HPV, what you need to know if you learn you have HPV (do not panic!) and how the Gardasil vaccine can not only prevent HPV, but a variety of cancers as well!

The human papillomavirus is the most common STI—three out of four people will get HPV in their lifetime, and in most cases the infection will clear itself within two years. HPV is spread through direct skin-to-skin sexual contact—meaning a condom may not fully protect you. There are many strains of the HPV virus—over 100! About one third of HPV strains can affect the genitals of both men and women, potentially causing warts. While warts are unsightly and may cause embarrassment, they can often be treated with topical creams, acid or freezing, and may resolve naturally. Certain types of the HPV virus can cause abnormal cellular changes in the cervix, anus, vagina, vulva, penis and throat, which in rare cases have the potential to develop into cancer of these areas. The cervix is particularly at risk for these cellular changes, and abnormalities often go unnoticed without routine reproductive health care. (ACHA, Merck)

Happily, the Gardasil vaccine is indicated for men and women ages 9-26! There is some confusion as to why the vaccine is given to children who are years away from becoming sexually active. Gardasil is a preventative measure, and as with any vaccine, being proactive is key to preventing disease. As young children routinely see their doctor and have their care managed by their parents, it increases the likelihood that they will complete the series of vaccines. Gardasil 9 requires three doses; dose one, dose two after two months, and dose three six months after the FIRST dose. You can even sign up for text reminders! The goal SCSU's vaccination program is to protect as many of you as we can—let me

ask, if you could prevent cancer, wouldn't you? The side effects of the vaccine are minor, similar to those of a routine flu shot. If you have contracted HPV, you might think you aren't a candidate for the vaccine, but Gardasil can help to decrease unpleasant symptoms such as warts. Health Services can access your health records to check if you have started a course of the vaccine, and we can complete the series if you haven't yet.

Here at Southern, what you learn about your own wellness will propel you into a bright, healthy future just as much as your academic knowledge. Remember getting tested and communicating your status to your partner(s) makes getting frisky a lot less risky! Stay tuned for more exciting Frisky February events and stay well! Thank you for reading and have a safe, healthy week!



PHOTO | PALMER PIANA

A student's take on cultural appropriation

By Adrianna Rochester

In the United States, cultural appropriation almost always involves members of the dominant culture—or those who identify with it—"borrowing" from minority groups. African Americans, Native Americans and Asians tend to be the main groups who have become targets for cultural appropriation.

What is cultural appropriation? The Cambridge Dictionary defines cultural appropriation as the "act of taking or using things from a culture that is not your own, especially without showing that you understand or respect the culture." African American music, dance and fashion—as well as Native American symbolism and fashion and Asian dress and martial arts—have all fallen prey to this form of appropriation.

The problem with cultural appropriation is that this kind of "borrowing" robs the group of

the credit they deserve. Music and art forms from the minority group becomes associated with the dominant group and then those are deemed innovative, while the minorities continue to face the same negative stigmas attached to their cultural practices. At the same time, cultural appropriation also reinforces these stereotypes that have been placed upon minorities.

For example, many hairstyles that are associated with the African American culture have been replicated and turned into styles that have been associated with high-end fashion. What people within the black community know as "cornrows" have been turned into "boxer braids" and dreadlocks have become a fashion statement instead of being a statement of spiritual symbolism. When Kim Kardashian recently "broke the internet" by showing off her nails with gold hoops in them, some thought this was a new trend, but that nail style was seen primarily in the black community during

the 90s.

Also, with music—particularly in the 50s—white musicians borrowed musical styles from their black counterparts and used it in their music. The result of this was that black musician's music then became replicated and put into the mainstream by other white musicians and record labels, while black artists continued to struggle to have the music accepted by U.S. society. Such a replication can still be seen today, even in hip-hop because it seems that many elements of hip-hop influences white society more compared to other cultural groups.

Even now in the 20th century, artists like Madonna—who is known for popularizing the self-expression dance called voguing—have been accused of cultural appropriation. However, even though she popularized the dance, she is not the founder or creator of it. Voguing originated out of Harlem in the late 70s in the black and Latino gay community, but only became widely



PHOTO | FIBONACCI BLUE

Protest against the name of the Washington football team in Nov. 2, 2014.

popular when a profound figure such as Madonna embedded it in American pop-culture.

Now there is nothing wrong with replicating elements from different cultures to make it your own. Essentially all cultural practices and traditions are either

passed down or picked up from various generations, but the problem is when one forgets the origins of such traditions. The true meaning of such traditions become watered down and the culture who originated it become forgotten.

Reacting to backlash against George Lopez

By Lynandro Simmons

On Thursday Feb. 9, social media was set ablaze for an entire morning. The sudden outrage would cause someone to believe maybe the president had done something. Instead it revolved around a clip of comedian George Lopez.

The clip circulating showed Lopez doing a stand up joke in which part of the punch line involves blacks not marrying Hispanics. The joke led to a member of the audience standing up and objecting to the joke in which Lopez proceeds to go in on her. After Lopez unleashed what some considered an unwarranted expletive laced barrage of jokes at the woman, security escorted the lady out of the show.

This incident was a miniscule ripple in the 24 hour news cycle and similar cycle of outrage on social media. While some say Lopez handled the entire matter wrong, another thought crossed others mind. Has this politically correct culture gone too far? A comedy show of all places seems like an odd place to be for an easily offended person. While it is important that dangerous thoughts be struck down in the real world, within certain spaces political correctness seems counterproductive.

Within comedy and even other forms of art it sometimes appear intellectually lazy to get mad at the statement. Why not question what leads to the



PHOTO | PETTY OFFICER 1ST CLASS MARK O'DONALD, USN

statement? Yes, Lopez's racially charged joke may be offensive, but what if it's the truth? This causes a better way of questioning things. After all it does not make sense to shoot the messenger.

It should also be noted comedy has never been polit-

ically correct. The greatest comics – such as George Carlin, Chris Rock and Dave Chapelle – routinely push the line and force people to think. Other art forms do this as well. It would not make much sense to go to a movie about slavery and then be outraged there are slaves. The world is not perfect and unless a person lives in a bubble it is foolish to think everyone shares the same ideals. Instead of hiding behind this growing politically correct culture it makes more sense to tackle these tough subjects head on. Lopez could have been attempting to make some poignant statement about a real issue, but could not finish his bit.

While it is true comedians have routinely crossed the line it does not mean that people do not have the right to be angry. However, in these overly sensitive times we are in everybody is being forced to tip-toe a line as to not offend no one else. Tough subjects have to be watered down so that the average consumer can understand. This strays away from serious conversations and tries to portray the world as some fictional utopia.

The lady in the crowd had the right to be outraged as much as Lopez had the right to make the joke. What gets lost in this is what could have been honest dialect about an issue under the guise of comedy. It is good that people are fighting to make the world a more acceptable place for everybody. But the truth is it is not there yet.

PHOTO

A Cold Never Bothered Me Anyway



Free tissues supplied for students.



Hannah Johnson, a junior elementary education major (left) giving winter health tips to students passing by in West.

By Palmer Piana

With winter in full force, many students have felt the effects in the form of runny noses and sore throats.

Hannah Johnson, an elementary education major and a RA at West Campus Residence Complex noticed the influx of sickness and decided to do something about it. She chose to host an event with the help of the Office of Residential Life which she named "A Cold Never Bothered Me Anyway."

In this event she gave out various supplies for students feeling under the weather. She provided items like cough drops, tissues and teas.

"I noticed a lot of my residents weren't feeling well and I wanted to offer them supplies to help them feel better," said Hannah on the night of the event.

On top of providing supplies to students Hannah also gave tips on staying healthy. Tips such as avoiding caffeinated beverages before bed, maintaining a healthy diet, keeping up with exercise and more.

Events like these are held on a regular basis in residential halls across campus and are free for all students. Keep an eye out for them on the school's calendar.

Tips for Avoiding Winter Bugs:

- Get vaccinated against flu
- Wash your hands often
- Limit exposure to infected people
- Keep stress in check
- Eat right
- Sleep right
- Exercise

Handout given to students with tips on staying healthy during wintertime.



Free packages of Lipton tea provided for students.



Cough drops, tissues and decaffeinated tea for students to take as part of the event.



Hannah Johnson handing Brad Migliaro, a sophomore studio art major, a package of tissues.