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Fruitful mobile food pantry



PHOTO | ALEX PALMERI

The mobile food pantry team is helping students make ends meet by providing food to those in need (left to right) Robert Carl, Sandra Raffington and Lisa Watts.

By Alex Palmeri

Receiving items from the mobile food pantry is always extremely helpful for students with slim income, or at least that's what Alexandra Hill said. "They are so generous of how much they give," said Hill, a senior liberal arts major with concentrations in science, creative writing and philosophy of religion. "They give you two full bags filled of

groceries."

Hill said she has been coming to the food pantry since it has started. After an email is sent to students notifying them what time the pantry will be at Southern, the students need to then fill out a form for the volunteers.

"You just give them the form, you sign in, and they give you whatever people have donated," said Hill.

Hill lives in Hamden with

two roommates, so she said this mobile food pantry is helpful to her.

Since she tries to come to Southern each time the food pantry is on campus, Hill said she tries to take advantage of these opportunities as much as she could.

"They give you really good organic stuff like soup and frozen meats," said Hill. "I still have food from like two weeks ago that is still in our freezer."

Robert Carl, a volunteer from the Cornerstone Christian Community Church in Milford, said they make a stop at Southern twice a month. He said the church bought him to Southern because they conduct a mobile pantry drive. He along with other volunteers will fill up the truck with any food they have at the church, and distribute it to specific destinations to help people out as much as they can.

SEE MOBILE PANTRY PAGE 2

Suicide prevention hotline

By Alex Palmeri

Active Minds has been working with the student affairs administration to have resources placed on the back of all student ID cards.

Denise Zack, coordinator of Active Minds, said one of the resources that will be initiated onto the student cards is an 800 number students can contact anytime for suicide prevention. Zack said she is working with Dr. Tyree, vice president of student affairs, to determine which numbers would be best on the ID cards.

"We want it to be all inclusive," said Zack. "We want it to meet the broadest needs for our student population."

Zack said this has been approved, but she is just not sure when it will come into effect.

"I think anytime a student has access to a resource, it increases the likelihood that they will seek services. If that number is on the back, [of the ID card] and it's 2 in the morning, and they need help and they don't know where to turn, and they know that number is on the back of their card, I think that's a pretty good resource to have."

Alyssa Korzon, the president of Active Minds, said they have been fighting to get the suicide prevention hotline number on the back of the Hoot Loot cards.

"It's really exciting," said Korzon. "But that's all we know right now. I'm hoping this is something that's going to be going through for next semester. But that's my hope."

Korzon said the suicide prevention hotline on the back of cards would be essential because this will help everyone that is suicidal.

"They have a whole website," said Korzon, "There's a million reasons to call for everyone who is struggling. Or even if you're just concerned about a friend who is displaying concerning signs, you can call in order to ask what to do about your friend and how to get them help."

SEE ACTIVE MINDS UPDATE PAGE 2

STD jeopardy spreading personal health awareness

By Kaitlyn Regan

STD jeopardy was an idea to raise awareness about STDs, sexually transmitted diseases, and how real it is on college campuses said Destiny Okeke, Farnham hall resident advisor.

She stood near the entrance of Farnham hall where Pacman ghosts were hanging from the ceiling. On a table were two oranges dishes filled with Kit-Kats, Hershey bars, Reese's peanut butter cups and Twizzlers. In front of the candy, Okeke had her laptop set up.

Okeke said she was hoping the students recognized that STDs are really prevalent.

"I know that a lot of times people think oh, it can't happen to me," she said. "But just trying to raise awareness about what the common STDs are."

According to Planned Parenthood, 7 out of 10 people who get chlamydia do not know they have it. It is caused by a bacterial infection spread through sexual contact and is more common for people under

the age of 25.

Chlamydia is a very common STD that many contract and it does not have a lot of signs or symptoms with it, said Okeke.

"I personally have people that I know who have had it and didn't know," she said. "So just to bring awareness, to get tested, to utilize the wellness center, the health center, for the free testing days while kinda just doing it in a fun way because everyone likes candy."

The Center for Disease Control reported that 2015 was the second year in a row to show increases in all three nationally reported STDs - increasing reports of chlamydia reached the highest number of annual cases reported to the CDC for any condition. According to the Southern Connecticut State University website, Health Services in Granoff Hall is offering free, confidential STD walk-in testing and HIV testing on Nov. 2 and Dec. 7.

Okeke said she came up with the idea, but it was ironic because once she thought of the idea, she looked it up online and found a jeopardy game.

Depending on how many people came, Okeke said she would either split everyone into two teams and have them play against each other or turn the event into one team.

"I noticed that a lot of times trying to get people to sit down and like play a game is harder, so that's why I think it would better to get people as they're coming in and they'll personally take something away from it," she said. "With the personal question that they chose, their level of difficulty."

On her laptop, Okeke had the online jeopardy game with five different categories. The first four categories were HIV, HPV, hepatitis, and syphilis. '.

Once someone chose and answered a question, they received a piece of candy whether they got the answer right or not. Okeke told a student playing it was okay if he got an answer wrong, it was a learning experience. Deanna Diaz, freshman international business major, said the program was pretty cool and



PHOTO | KAITLYN REAGON

Resident Advisor, Destiny Okeke hosts STD Jeopardy.

she knew her question.

Okeke said the amount of the particular question a person chose would depend on how much candy they received. Kristen Gayle, a sophomore pre-nursing major, said her favorite part of the program was the candy.

Rose Martin, a senior pre-med and communications

major, said she really liked that the program was health education.

"It's really important because I don't think a lot of people would know the answer to that," Martin said. "I want to be a doctor so I really like stuff like that, but I think it's important for students to get health education."

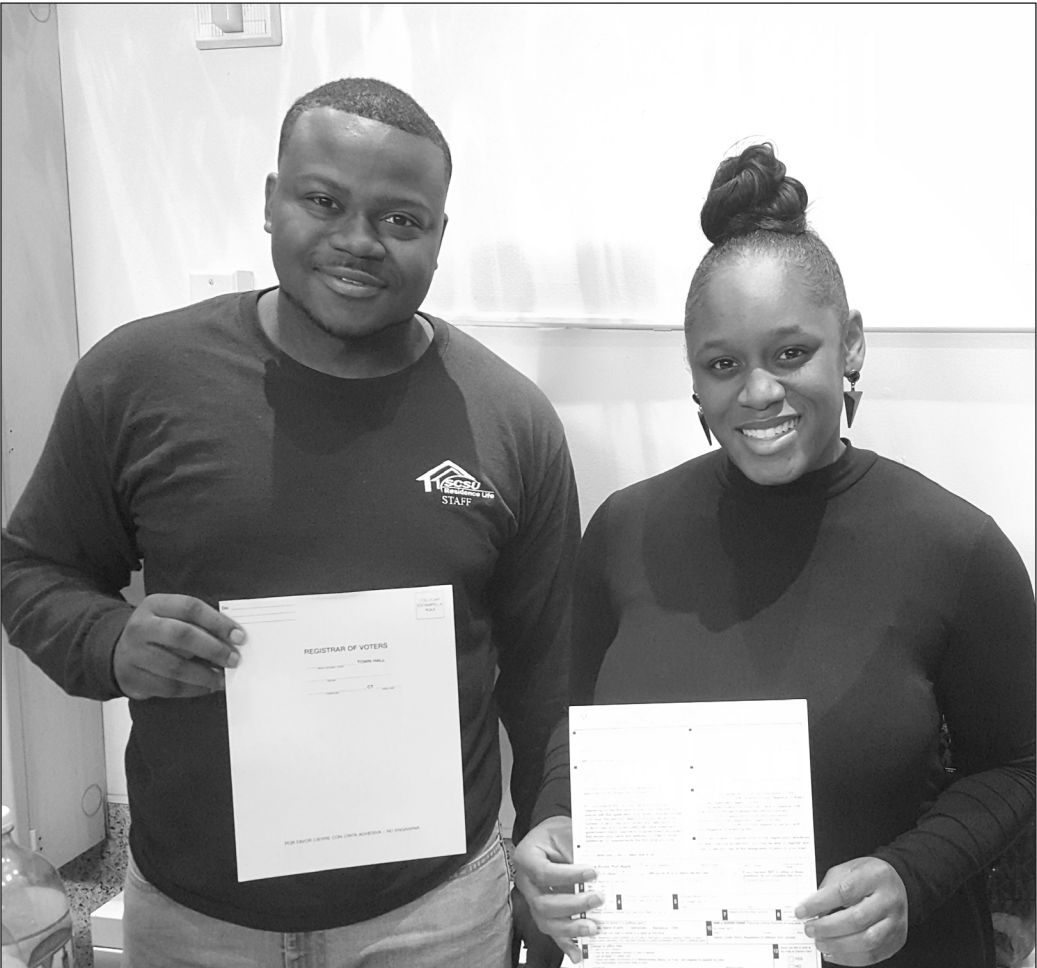


PHOTO | MELANIE ESPINAL

Students Leslie Change and Ashia Gibbs with their mail-in ballots

Uncle Sam, I want your vote

By Melanie Espinal

With election day being just six days away, some students have just started to register.

Last week an event, titled “Uncle Sam, We Want Your Vote” held in Schwartz Hall encouraged students to register providing paper registration forms.

Students Leslie Change and Ashia Gibbs oversaw the event in the hall entrance, with a bait that most students can’t refuse: free pizza.

“I wanted people to register as much as possible,” Change, a junior exercise science major said. “A lot of kids just aren’t registering.”

“I think they’re just not aware of what can happen in the future.” He said.

Gibbs, a senior public health major, said this year’s turnout was a little slow. So far she estimates around 50 voters have filled out the registration forms.

“I’m scared for this election,” She said, “it’s just so big and a lot could change.”

Gibbs said the electoral college leaves a lot of students with a bitter taste in their mouth.

“I try to change their mind about it,” she said, “they have a voice, even in that system, whether they believe it or not.”

Another aspect Change thought young voters weren’t taking into consideration was absentee ballots.

Absentee ballots are ballots which get sent to the voters residential area.

For a Southern student who lives on

campus in New Haven but their home is in Massachusetts these ballots prevent the student from having to make the commute to vote.

Student Jordan Morgan didn’t realize that was an option for her.

“I didn’t want to go all the way to Hartford,” she said, “it’s just so far.”

Morgan said she doesn’t think there is too much information available for ill informed voters.

She said there’s countless information about the candidates available but not the process of voting.

Change said while he thinks the information is definitely out there he thinks it would be more beneficial to put it where youths are used to seeing news.

He suggested the information should be emphasized on social media tools like Instagram, Snapchat, Twitter.

“I remember a couple years ago when ‘Rock the Vote’ was everywhere,” he said, “you had P-Diddy encouraging young people to vote and it really helped.”

Voting matters, he said, it matters who students want to lead the country as that leader will make choices that affect what it’s like to be a student.

“I want students to understand that online voting closes November 1st,” he said, “and registering in person closes on November 8th.”

That deadline he said, is a lot closer than students think, and if they forget it the polls won’t represent them.

“Just go out there and vote,” he said “Your vote matters.”

Securing a spot in nursing program

By Jeniece Roman

Maria Nahuatlato, a sophomore pre-nursing major, said before applying to Southern she knew how difficult it was going be to get accepted to the nursing program, but this year she began to understand exactly how competitive it is.

“This year, sophomore year, is actually when they were actually telling me more about the prerequisites and the rates of people getting in,” said Nahuatlato. “I feel like this year I possibly knew more about how competitive it was because people were more descriptive about it.”

According to the SCSU nursing program website, approximately 150 to 180 students apply each year for a program that has 60 to 80 available spots. It said students are advised to have a backup plan and begin exploring different majors.

“I know since nursing here at Southern is very difficult to get in, so I kind of want to have other backup options to fall on,” said Nahuatlato. “I mean, I’ll keep re-applying ‘til I get in but I just want to have something secure and in the medical field.”

Nahuatlato said although she chose nursing, because she is a people person and loves interacting with others, she will also take the steps necessary to become a certified EMT.

According to the nursing handbook, if a student has above a 3.0 average, if they complete eight prerequisite courses, if they have letters of recommendations, if they pass the TEA’s pre-nursing entrance exam, if they do well on their interview, then they will be considered for the nursing program.

“It’s a lot of dedication,” said Nahuatlato. “It’s not necessarily about being the smartest or the brightest, I think it’s dedicating your time, a lot of time, to those

classes but they do tell you it’s intense.”

Nahuatlato said she has friends in pre-nursing majors that have switched from fulltime to part time. She said though the track is difficult, it is possible to get everything done with the two first years of college.

Sarah Weinberger, a junior nursing major, said the process of getting into the nursing program was different than other students because she already had a Bachelor’s degree when she applied to the program.

“For me it was fairly simple because I had all the prerequisites, it’s not like I had to take so many more courses because of the degree I choose,” said Weinberger.

Because she already had a bachelor in biology and a minor in chemistry, Weinberger got departmental permission to count her upper level courses and fulfilled prerequisites. She said she took the TEA’s, but was not required to go to an interview.

Cierra Rouse, a nursing major, is a part of the ACE, an accelerated learning program in which students take two years of nursing courses in one year. She said the acceptance pool of the ACE students is separate from the regular nursing program, but that it is just as competitive if not more.

“Only 31 people got into the ACE program this year and I’m not positive how many applied, but I’m sure a couple hundred,” said Rouse.

The nursing program declined to comment on the topic of the application and acceptance process.

Nahuatlato said students not accepted to the program will either re-apply the following year, transfer schools or change majors.

“I do think everyone is aware of how competitive it is,” said “Because a lot of kids know, like, only a certain amount of people get in.”



PHOTO | VIVIAN ENGLUND

The nursing program has an accepted rate of 60-80 students, despite the 150-180 students that apply.

Mobile pantry

CONTINUED FROM PAGE 1

“We pass it [the food] out to students or whoever wants it,” said Carl. “All they have to do is fill out a form and that’s all.”

Sandra Raffington, another volunteer from the church, said she wants to distribute the food to the students and faculty who are on campus. She said for the students who are deciding whether to buy books or food, the volunteers try their best to take care of the food.

“We started well over a year ago,” said Raffington. “We started winter of last year, I think February. It was very good back then. Since this month, the word is getting out and they have been coming.”

Food is one of the most beneficial items students can receive, especially if they live

on campus.

When the mobile food pantry comes to the university, a mass email is sent out to all students to notify them. Students should be mindful to attempt receive food for their dorms or houses.

Lisa Watts, the last volunteer, said they came to Southern to hand out food to all faculty and staff that may need it. She said she knows students have a lot of obligations, so they wanted to give everyone a hand to lower their expenses.

“We also go to housing projects throughout New Haven,” said Watts. “We’re here for an hour and a half and have been getting a nice amount of students.”

Active Minds update

CONTINUED FROM PAGE 1

need. Korzon said though the population of students that are suicidal are pretty small, the suicide prevention hotline on the back of cards would be essential because this will help everyone that is suicidal.

“They have a whole website,” said Korzon, “There’s a million reasons to call for everyone who is struggling. Or even if you’re just concerned about a friend who is displaying concerning signs, you can call in order to ask what to do about your friend and how to get them help.”

Dishonesty in academia

By Ali Sorbara

Trevor Whitaker, a junior biology major, said he witnesses everyday incidents of peers cheating.

“When I see it, I don’t think it’s my business to say anything,” said Whitaker.

“It puts me in a difficult position when I see someone getting away with it,” said John Sans, a junior business major. “I see both sides of the spectrum: a student’s point of view and a teacher’s.”

According to the 2014 Huffington Post article, “Cheating In College: Where It Happens, Why Students Do It and How to Stop It” 75 percent of college students admit to cheating in their careers. There is an increasingly competitive atmosphere and culture arising; in fact, cheating has become somewhat of an expected phenomenon at universities across the country.

“One perspective I have on cheating in the classroom is that cheaters cheat, liars lie, and I can’t do anything about that,” said Paul Burinskas, a psychology professor. “I don’t have much to say to them, but I have something to say to those who don’t cheat: it really builds a foundation trust between a teacher and student.”

The Global Post said reasons for cheating were ambiguous attitudes, competitive pressures, institutional apathy, lack of understanding and self-interest.

“A lot of young adults at this stage in their life are not feeling extremely prepared nor confident in succeeding,” said Cassidy Long, a sophomore communication major. “They resort to dishonesty and cheating because they don’t feel

competent enough to prosper in their work.”

The Boston Globe said as cultures change, college campuses become more competitive.

“There’s a huge pressure for young adults to figure out what they want to do with their futures, and how they’re going to do it on their own,” said Long. “I feel the stress levels of my peers and I can relate. However, that doesn’t make it ethical or okay.”

ABC News said a survey of more than 4,000 U.S. and Canadian schools revealed half of all faculty members admitted ignoring cheating at least once.

“Some students, or even teachers, don’t have a conscience when it comes to cheating,” said Sans. “Some people don’t want to see the reward in learning, and remain stuck in a bad habit.”

“The workload takes a serious emotional toll on students,” said Long. “It’s apparent they’ll risk anything to receive higher markings as well as feel less pressure.”

According to the New York Times, the Internet has changed attitudes through a world of instant downloading, searching, and cutting and pasting. Crucial mindsets are deteriorating: ownership and authorship.

“I hope in time, we can develop an effective system to not only monitor cheating, but to find a better way to help young adults cope with the emotional turmoil school has on them,” said Long. “Maybe, in a way, cheating is a cry for help.”

Learning African history through art

An African art display in Lyman aims to teach students more about African history and culture

By Alex Palmeri

Jeffery Fletcher’s mom started to collect African American items years ago. Fletcher said all of the items were extremely significant.

The “Images of America” exhibit gives people an opportunity to understand African American history through images and items that have been collected.

Through these items,” said Fletcher, exhibit owner, “it kind of told a story of her [his mom’s] life and what she had gone through.”

Dian Brown-Albert, coordinator of multicultural affairs, said she wanted all students to get a sense of the African American history through this exhibit. She said students hearing about history compared to actually seeing it becomes two different things.

“A lot of our students,” said Brown-Albert, “they hear the stories. But when you go to Lyman and you take a view at the exhibit, you’re actually seeing history in front of you. It’s powerful, it’s emotional, it’s moving.”

All of the items were in Lyman Hall for the entire week. All students, faculty and staff had a chance to see a lot of historic pieces of African American history, and see the struggles of the past.

Fletcher said everyone in America and across the world should not disregard this history. Though he has a lot more pieces of African American culture at home, Fletcher bought



Some of the art displayed in the Lyman Center.

PHOTO | ALEX PALMERI

a few items to Southern to have people get a view of how life was during segregation. Even though

it happened plenty of years ago, Fletcher said it is still significant everyone knows about this kind

of history in America.

“We can’t forget about this history,” said Fletcher. “The

more that we forget about this history, we don’t implement it in our young people, this becomes a history of what they’re trying to do in the Middle East; ISIS destroying thousands of years of history. And we are kind of systematically doing that in a covert way.”

Because ISIS is destroying historic pieces of history in the Middle East, Fletcher made the comparison to not have America hide or disregard previous events of slavery and segregation. This was a main reason why Fletcher wanted people to see these items: He wanted to show everyone what the truth of the past really was.

“To cover it,” said Fletcher, “we let this history get pushed under the rug. That’s why I’ve titled this ‘Images of America’ because they are images of America, right? And they’re images that people do not want to see – black and white – for various reasons.”

Fletcher said this history is important and impactful, so he wanted to leave an impression for all people to see across the university.

The multicultural center along with the Committee on Justice for the Descendants of Africans in the Americas Then and Now both sponsored the exhibit. They worked with Southern to bring the event to the university.

“As an institution where we’re working to be a leading institution in the social justice,” said Brown-Albert. “This is also critical to educate our students about the history of the African American experience.”

Sustainable trick-or-treat

By Melanie Espina;

With the monthlong activities associated with Halloween coming to a close Hickerson Hall is making steps towards sustainability.

Hickerson’s LLC RA Sydney Anzellotti led a Trick or Treating event last Tuesday to help students make sustainable choices when it comes to candy.

There was pumpkin carving, a composting section which used left-over pumpkin, and sustainable candy and information on sustainability.

Whoever sees the flyers drops in, had around 20 to 25 students attending.

She got the idea originally from the Humane Society which held a similar event in the previous years.

“The aim,” she said, “was to get people to understand how some candies use animal products in them.”

These products, she said, waste a lot of energy in production and also contributes to pollution.

Another less talked about sustainability issue in candy, she said, was the use of palm oil.

“Palm oil is a cheap ingredient to throw in just about any product,” she said, “but in order to extract palm oil many habitats of the orangutan are being deforested.”

She said she hoped people learned that eating sustainable candy is just a matter of making better choices and not much of a dramatic change.

Keandre Blue, a freshman public health major, said the event made him realize just how gross some

candy is.

“It’s really gross,” he said, “when you think about gelatin in candy and where it all really comes from.”

Although he still continues to eat food that is not prepared in a sustainable way he said the event causes him to stop and think a little bit more.

Sustainable choices have become the theme of Hickerson with their weekly composting contests.

Hickerson is the first dorm to have all floors compost, Anzellotti said the goal is to expand the program to all dorms.

In this composting program students are taught what it is, what it does, and what students can and cannot compost.

“We post posters so people know that certain foods are not a good idea,” she said. “The best foods are vegetables, fruits and nuts.”

Another student who attended was Justin Owens, a freshman sports management major. He said his time living in Hickerson has made him question his impact.

“Before I came to Hickerson,” he said, “I had no idea what composting was.”

The next sustainability event will be held Nov. 15, in which students get to create bracelets from upcycled materials.

All contributions will be given to Habitat for Humanity, which will fund their next construction project.

“I tell people not to use as much water, to turn off lights and tvs, and reduce energy,” she said. “I want people to be more conscious.”



PHOTO COURTESY | LUKE JONES

Sydney Anzellotti taught students about more sustianable options for Halloween candy.

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Relying on the media as fact checkers

Jennifer Hopper, a political science professor, said when the candidates make a claim, fact checkers will give their readers reliable sources or quotes said by them in the past to verify them.

By Jeniece Roman

Jennifer Hopper, a political science professor, said many of the news organizations that provide fact checking can be considered reliable sources of information.

“A lot of the news organizations don’t necessarily have an agenda,” said Hopper, “they really do just want to present, like, basic facts.”

Hopper said often news organizations have a separate section of their website or TV programing specifically dedicated to fact checking. She said the job of news outlets is confirming or debunking some of the statements the candidates make.

“Usually they go hand in hand, said Hopper. “A lot of times news organizations have them because they view it as one of their roles in American politics: to bring accurate information to the public.”

Andriana Komani, a public health major, said

when getting information from social media, it can be deceiving and contains mostly peoples’ opinions, instead of the facts that news organizations provide. She said she follows E News, Fox News and the Huffington Post and she considers them to be credible news sources.

“I rely on it because it is the news and they have to get it [seen] by someone else before they post it or put it on TV,” said Komani.

Alex Miranker, a physics major, said when watching news, debates, or interviews, he researches statements he does not believe sound true. He likes watching the debates and when a candidate makes a statement or cites a statistic, instead of just taking the comment in stride, he researches it.

“The coverage team for the debates is better equipped to do that than I am sitting at home on my laptop, but I try and see if I come up with the same statistics,” said Miranker.

Hopper said people watch the debates

online, while fact checking sites work in real time, so that while the candidates speak audiences know whether or not what they are saying is the truth.

“I think that’s incredibly helpful for viewers because if you’re just watching what Clinton and Trump say, you may not know how accurate the claims, the arguments that they’re making are,” said Hopper.

Hopper said typically, when candidates make a statement, fact checkers will give reliable sources or quotes of what was previously said by the candidates in the past.

“It’s very hard to say that it’s biased when you’re using a candidate’s own words to fact check them,” said Hopper. “To say that maybe they’re not completely, accurately portraying their words or their actions or their positions in the past.”

Miranker said the news organizations he relies on are ABC news and BBC news. He said because the BBC news is run from outside of

the U.S., he considers them unbiased and that is hard to find because he believes most sites are biased.

“I think news sites are inherently biased by the reporters, the people who fund it, the people who research, the people who write it; it’s all biased,” said Miranker. “So you have to have at least a couple different sources, otherwise you’re only getting one sort of mindset.”

According to Hopper, it can get tricky telling a credible news source from an incredible news source and sometimes news organizations can have a partisan or ideological slant. She said it is a media outlets job to provide commentary and interpretation to people.

“There is a lot of mistrust in the news media now,” said Hopper. “So even when the media says that candidate say something that’s inaccurate some people just, they don’t view them as credible, so they don’t believe them.”



PHOTO COURTESY | ADRIANNA ROCHESTER

Humans of SCSU: Brandon Holley

By Adrianna Rochester

Students come to Southern Connecticut State University to study one of the many fields the school has to offer. Brandon Holley, a senior sociology major, is one of them.

Holley spent his first two years attending Western New England University and Springfield Massachusetts University, but transferred to Southern to finish his bachelor’s degree in sociology with a minor in psychology.

He said he was inspired to choose these fields of study because his aunt suffers from schizophrenia.

“Watching her go through all those different changes and then return to being a regular citizen made me want to help others like my aunt or others in similar predicaments,” Holley said.

He is excited about graduating this December and shared plans to go to graduate school to receive a masters in social work. After obtaining his master’s, Holley wants to go even further with his education by going for a PhD. in social work or psychology.

Holley said, “I didn’t get the freshmen or sophomore college experience here at Southern, but when I transferred for my junior year I came here more mature than I was before.”

Since transferring Holley said, there are definitely a lot of opportunities offered on the campus, but in order to benefit from those opportunities students have to go out and get them.

While attending the previous universities, Holley said there was a big cultural difference because the population was predominantly white students. Since coming to Southern, he said the campus is the more diverse, which helped him to feel more at home.

“If I had to a chance to give advice to the freshmen version of myself, I would tell him to read more, be open to more opportunities and to communicate more with people,” he said. “I had more of a nonchalant attitude then that came off as if I didn’t care.”

Now that graduation is around the corner, Holley took the time to reflect on his academic career and said he thinks he has prepared himself enough to enter the enter the workforce. However, he also said there is always more learning to be done and since social working in more hands on all his experiences and learning will be done in the field.

“My career goal is to have my own practice or have a partnership in a practice,” he said.

Over all one thing he would like to see change in his field of study is more diversity. He said he noticed there are more females in his field and not enough males’ or individuals from various walks of life.

Adding more diversity he said, will help the field expand because more people who understand the struggles other people face will be in the position to offer the kind of help, compassion and perspective the field needs to flourish.

SOUTHERN NEWS

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Unsung Hero: Michelle Johnston

By Melissa Nunez

Michelle Johnston, the director of alumni relations, said before her start at Southern ten years ago, oftentimes students and the alumni office would not cross paths, but she saw what a difference it could make for future alumni if they were included in the process long before they accepted their diplomas: that the chance to build connections with alumni across the country does not begin when they graduate, but from the moment they decide they are going to be a Southern owl.

Johnston said Southern alumni first reaches out to students even before they are accepted into the university by writing postcards to prospective students. When students come to the university, they then have the opportunity to build connections through alumni night, where they are matched with a Southern alum in their desired



PHOTO COURTESY | MICHELLE JOHNSTON

Michelle Johnston as Ursula in the Little Mermaid.

field as a mentor.

Johnston said Southern’s award winning alumni program does not stop there. She said there are Southern alumni all over the country, so wherever students go after graduation, whether it is Boston, Massachusetts or Manchester, Connecticut, there is a Southern graduate with a possible job connection just waiting to help.

Overall, Johnston said the program has won eight awards in the past four years: two gold, two silver, and four bronze excellence awards. The A to G program alone has won a gold award in alumni programs and a silver award in best practices.

Johnston added her commitment to helping students reaches far beyond academics, but with their overall wellbeing. She said when she heard on the radio of a California university opening a food closet for students in need, she wondered about her students in New Haven. When she asked around campus, she was shocked to hear some of her own were going to classes struggling with the impossible choice of whether to fill up their gas tank or to buy themselves a meal. After she saw that there was a great need, Johnston said that she began the work to offer a food pantry on our own campus.

After beginning the lengthy application process, Johnston said the Storehouse Project, a Milford based food pantry, reached out to offer their services.

The pantry meets every second Wednesday at 11 a.m. to 12:30 p.m. by the entrance of the Wintergreen parking garage. The process is completely anonymous, so students who have questions or concerns can contact the Storehouse Project directly and no one from the university has to know. Students who are interested can come to the next pantry Nov. 9 or again on Nov. 15.

After Johnston’s day as the alumni relations director is through, she said she enjoys the theatre and creating costumes on her free time. Most recently, she said she played Ursula in the “The Little Mermaid” and created costumes for most of the 70 person cast, with the exception of the mermaid sisters and Sebastian. She said the work lasted 10 weekends, with 15 hour days to make sure the costumes were completed for their debut.

Johnston said she has starred as characters like Miss



PHOTO COURTESY | MELISSA NUNEZ

Michelle Johnston in her office at the Alumni House.

Hannigan in Annie and Miss Andrew in Mary Poppins and would like to try her hand at different roles in more comedy or drama themed musicals.

Overall, Johnston said she loves her role on campus and that for the past ten years she has happily come to Southern knowing she is bridging the gap between Southern grads and students.

“My youngest son always said to me since the fifth grade, a man who does what he likes never works a day,” said Johnston. “That’s the way I feel about this job. That I come to work everyday happy because I love what I do.”

Wonder Woman as the U.N. honorary ambassador receives backlash

By Jeniece Roman

The announcement that the United Nations named Wonder Woman as the new Honorary Ambassador for the Empowerment Women and Girls was received with mixed reactions.

“I think Wonder Woman symbolizes so much. It symbolized so much for so long. She was one of the first, really big, woman super heroes,” said Taylor Gudzinski, an elementary education major.

Gudzinski said she was happy with the decision and thinks the U.N. is moving in the right direction in providing more female representatives.

On Oct. 21, the U.N. announced Wonder Woman as “Honorary Ambassador for the Empowerment of Women and Girls.” According to the U.N. website, the campaign fulfills Sustainable Development Goal 5 – to achieve gender equality and empower all women and girls.

“It’s kind of the perfect icon you can pick for women’s rights because she basically symbolizes a lot of strength because she does things that normally you’d think that only men can do and she kind of breaks that norm,” said Carla Cordal, a research psychology major.

Though many have come out to support the decision, many other women have many questions about it.

Yi-Chun Tricia Lin, director of the Women’s Studies department, said at first she was unsure as to how to react to the news. She said she raised her eyebrow slightly in disbelief.

“I know that many of us [in women’s studies] would shy away from today using Wonder Woman as the symbol or symbolic character to empower, to inspire women and girls around the world,” said Lin.

Lin said she thinks that idea that a fictional character can have more influence or power than a real person speaks to the power of pop culture and media culture and she questions the idea that Wonder Woman can have more influence or power than real people. Lin said the U.N. would not have

to pay for flights or get her to show up at events and, in part, the choice was an economical one.

“Because it’s a fiction character, she’s in your imagination,” said Lin. “You don’t have to send her flying over the world.”

Some have spoken out against the decision because they do not believe the way Wonder Woman is dressed is indicative of a good representative.

Cordal said she understands the argument and how the image might be of sexualized, but that it can also be empowering.

“Women should be allowed to wear what they want, do what they want, without the fear of being judged for showing too much skin,” said Cordal.

Gudzinski said while she understands the views and lifestyles of other countries, she believes that Wonder Woman is more than that.

“I understand that more conservative countries would want a more conservative idea of Wonder Woman, but I think she’s so much more than the clothes and there’s so much more metaphorically to Wonder Woman than just her clothes,” said Gudzinski.

She said although she agrees with the U.N.’s decision, she would like to see more women of color and inclusion as representatives and ambassadors.

“If you’re talking about the U.N., there are so many different countries represented. There are so many different genders and races and orientations that are covered when you’re talking about the U.N.,” said Gudzinski.

Because the U.N. has recently chosen more white females as ambassadors, Lin said Wonder Woman is an American phenomenon and there has not been a representative out of Asia, out of Africa, or out of South America in a while.

“I realize it’s very powerful, but I wonder what it could do to girls from the global south whose pigment may be different from what we see,” said Lin.

Wonder woman is white and slender, Lin said she worries how African and Muslim women and girls might perceive it.

“This is a very, very western framework,” said Lin. “If you look at all the UN women, they are all almost all white



PHOTO | CREATIVE COMMONS

women.”

Lin said she has nothing against previous ambassadors, like Emma Watson or Nicole Kidman, but that she would have much rather seen Lupita Nyong’o or Malala Yousafzai be chosen as an ambassador.

“So far all the people that I see here are white, western and young,” said Lin. “How about honoring a group that we hardly honor in this kind of a global setting: grandmothers.”

Lin said if the UN could pick a fictional character as an ambassador, then they can also chose an organization of women or a maybe a well-known character that is not American.

“I can not say I’m celebrating the fact that Wonder Woman is going to be the U.N. Ambassador for women,” said Lin. “I really cannot.”

Southern’s take on the impact of smoking

By Ali Sorbara

According to Action on Smoking and Health, or ASH, every 6 seconds a person dies from a tobacco related disease, making 20 percent of all deaths in the United States caused by tobacco.

“It’s hard to internalize these kinds of facts,” said Alexis Tank, a sophomore biology major. “I know so many people that are smokers and it’s difficult for me to fathom that a lot of them could likely die from this dependency.”

The United States Public Health Service said there are more than 480,000 deaths each year caused by cigarette use and exposure to secondhand smoke and more than 16 million Americans suffer from a disease caused by smoking.

“Personally, I used to smoke, as I considered it to be a social aspect at one point,” said Herald Scott, a junior business major. “But then I educated myself on the matter after so many of

my friends had reached out and called me out. I didn’t want to voluntarily keep shedding minutes off of my life anymore.”

The U.S. Public Health Service said there are more than 7,000 toxic chemical compounds in cigarette smoke. Whether it is tobacco use or whether it is second-hand smoke, it could cause illnesses such as lung cancer, coronary heart disease, stroke and respiratory problems.

“I couldn’t tell you what it’s like inside the head of a smoker because I’ve never been one,” said Tank. “But it seems like no matter what facts they know, they’ve already made their mind up. A person needs to want to change in order to change.”

The U.S. Public Health Service said tobacco use is the leading cause of preventable death in the country.

“It seems like the consequence for tobacco use is always detrimental to one’s overall health,” said Joshua Stalin, a

junior public health major. “But everyone has a choice. It’s either you quit, or you get diagnosed with a disease that could likely kill you.”

According to ASH, in the United States, each pack of cigarettes sold costs society an estimated \$18.05.

“When I smoked, I’d spend at least between 50 to 100 dollars weekly on cigarettes,” said Scott.

The U.S. Public Health Service said tobacco companies spend nearly \$1 million an hour on marketing, and used cartoons to appeal to young kids. Also, the economic costs of smoking and exposure to tobacco smoke are more than \$289 billion annually, including at least \$133 billion for direct medical care of adults and more than \$156 billion in lost productivity.

“The amount of money tobacco companies make is gut-wrenching, and they’re fully aware of the harmful consequences,” said Stalin. “It concerns me that

our government is approving all types of detrimental substances just because it’s a business that financially thrives off of other people’s addictions.”

ASH said fewer than 11 percent of the world’s population are protected by comprehensive national smoke-free laws, while 38 percent of countries have minimal or no restrictions at all on tobacco advertising, promotion and sponsorship.

“We need more people supporting the prevention and eventual prohibition of this deadly product,” said Tank. “It sucks not only the money out of our people, but life.”

United States Public Health Service said smoking kills more Americans than alcohol, car crashes, AIDS-related causes, fires, heroin, cocaine, homicide and suicide combined.

“People lose their fight to this addiction more than anything else,” said Stalin.

‘The Warren Files: Night of the Haunted’ attracts paranomal activity fans

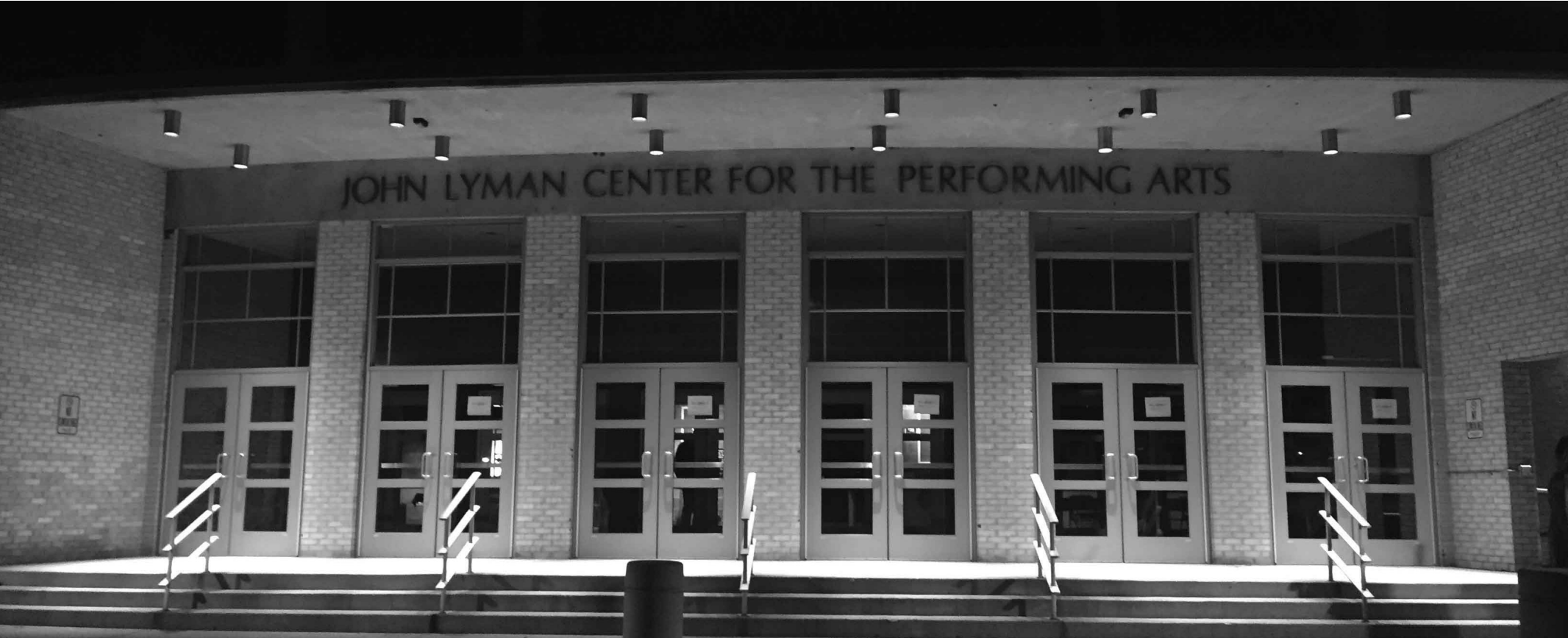


PHOTO | KAITLYN REGAN

“The Warren Files” event was held in the Lyman Center for the Performing Arts.

By Kaitlyn Regan

Red lights illuminated the stage behind Tony Spera, who welcomed the crowd at the Warren Files lecture Friday, Oct. 30 at the John Lyman Center.

Tony Spera, son-in-law of paranormal investigators, Ed and Lorraine Warren, said this was his first time doing a lecture without Ed and Lorraine present.

According to Warrens.net, the Warrens’ website, Spera has worked with them for over 30 years. Ed was a demonologist and Lorraine is a trance medium and clair-voyant.

In 1952, they created the New England Society for Psychic Research to investigate hauntings.

Throughout the lecture, Spera showed slides of images ranging from pictures of the couple during several of their cases, from pictures of the Amityville Horror

house in Long Island to pictures in Enfield, England.

Spera and Dan Rivera, a member of the New England Society for Psychic Research, said there are active cases in Connecticut and people contact them from places like India, Argentina, and Iran. There is currently a case in Germany where a 22-year-old young lady, is under diabolic possession, Spera said. His wife, Ed and Lorraine’s daughter, is psychic, but she is afraid of the paranormal.

Antonia Juliano, a University of Bridgeport student, said her cousin attends Southern and she liked all of the lecture.

“I’m so interested in this. I have their book; I’ve watched all the movies,” Juliano said. “I go on their website daily and read it.”

Joanne Keene said her daughter attends Southern and said to come watch the Warren files with her.

“We know of Ed and Lorraine and their long history, so we thought it would be very

interesting to come,” said Keene.

She said her favorite part of the lecture were the videos, pictures and slides.

Spera showed a video Ed Warren took of the white lady who appears in Union Cemetery in Easton. He also played audio clips from a case of a possessed girl in Enfield, England. Spera stopped playing the audio clips and told the audience not to record the voices.

Spera showed an exorcism video of a farmer, Maurice Theriault. But before he showed it, he told the audience if they wanted to leave, they could. People in the crowd moved from their seats and left.

Joanne Tiroletto said she heard about the lecture because her friend’s son goes to Southern and said she’s been interested in paranormal stuff forever.

“I’ve seen Lorraine Warren. She’s not too well right now. It was pretty tense,” Tiroletto said. “I always was interested in it, things do happen y’know. I’ve always watched Ghost

Hunters and all those shows.”

Members of the crowd shared their questions and stories at the end of the event.

Ruth Sanchez was one of the people waiting to ask Spera a question after the show ended and said she previously met Spera’s mother in law, Lorraine. Sanchez said when she was in the hospital and hooked up to a machine, she wrote a message.

“This is what I wrote, ‘I want to go home and I see people from hell.’ He saw it and he wants to talk to me,” Sanchez said.

This year, the movie “The Conjuring 2” was released and according to the website Box Office Mojo, an online box office reporting service, “The Conjuring 2” had a weekend gross of \$40,406,314. Spera said there will be “The Conjuring 3” and “Anna-belle 2” movies.

Review: Charging into the gaming world of ‘Battlefield 1’



PHOTO COURTESY | CREATIVE COMMONS

The video game “Battlefield 1” was released on Oct. 21, 2016.

By Dylan Haviland and Josh Falcone

Blood, mud and ruined trenches littered the French countryside. The camera scopes in on a soldier amidst the carnage of hand to hand combat as men beat each other to death with stones and steel. “Battlefield 1” wastes no time in putting players in the combat boots of a soldier from the “Harlem Hellfighters” an African-American regiment during World War I.

William Sherman, a general for the Union in the Civil War, once said that “War is hell” and this is what Dice, the developer, captures in the opening sequence of their newest historical shooter. The carnage that unfolds in this opening sequence is cinematic, gruesome and gripping. From a burning zeppelin crashing in the distance to volleys of artillery wiping out men.

As gamers across consoles and PC

command advanced technology and robotic companions the idea alone of a World War I game was refreshing. I imagined trench warfare and bolt action rifles dominating the screen as enemies charged the barren fields of France.

Although my initial concept of how the game would play changed as I battled across a globe at war. Most of the combat was not a stalemate between opposing sides aiming from trenches but rapid combat with several semi and automatic weapons.

Now while those who study history will cringe at the large amount of machine guns use, one has to consider that Dice had to incorporate a variety of guns and vehicles used at the time to make a complex customization system. With this implication players could battle enemies with the standard semi-automatic rifles or a use a large automatic weapons not introduced to the end of the war.

The overall experience of “Battlefield 1” slightly drifts away from the historical content but still manages to create an authentic scenario of the chaos that occurred over a hundred years ago.

1246 hours –(STOP)– section is in dire need of Josh’s input–(STOP)–Enemy coming closer–(STOP)–

I personally have not really jumped into the single player campaign but the multiplayer really left me feeling helpless, which in the game’s setting, is perfect. When I first started a match on the Sinai Desert map, I was thrown into a blast of gunfire and soldiers falling dead all around me. The feeling of being surrounded by absolute chaos was something that I never

have truly felt when playing a war based first person shooter. As I continued to play more matches online, the sense of dread also continued, planes and zeppelins crashing all around, mustard gas clouds billowing up sporadically throughout the map, buildings crumbling down around the player as you dodge mortar fire, this is what Battlefield I presents and it is amazing.

The gameplay in Battlefield does not deviate far from the standard feel of its predecessors so if you have played Dice’s first person shooters before you will have a grasp of how to succeed in matches.

Overall, “Battlefield 1” uses a lesser known world event as a backdrop for a solid first person shooter video game, and I look forward to diving into the single player experience as I continue to play as many multiplayer matches that my schedule allows.

Biochemistry major turns to instruments as a stress reliever



Photo of Sophomore Ruvens Exantus, a biochemistry major, posed next to the piano.

PHOTO | ADRIANNA ROCHESTER

By Adrianna Rochester

Sophomore biochemistry major, Ruvens Exantus, has been playing musical instruments since he was a child. Since he was four-years-old, he said that he has been playing the drums and continued mastering the instrument in both his church and in high school bands. “When I was in church I use to see the drummer boys play and then after the service, I would go on stage and practice,” he said. “Then I stumbled on the piano and have been

playing that for about three years now.” When he was comparing the two instruments, Exantus said the drums were definitely easier to learn because when familiarize it is all about rhythm over tone, while the piano is about learning the rhythm, tone and multiple chord changes in a song. The hardest song he said he has had to learn on the piano is “Apologize” by “OneRepublic.” The instrumental version of the song has various chord changes which made it difficult to know where to place his fingers and

get used to it. “I had to keep playing it over and over until I got better at it, but with the drums everything came naturally for me,” Exantus said. There were times, he said, where learning the rhythm of a drum instrumental threw him off, but it was easy to figure it out, he said. Exantus said that if he had to pick between the piano and drums, he said he would choose the drums because they express more of his character. Drums are interesting to learn about because they are

exciting and loud. They are all characteristics, he said, that he sees in himself. Although Exantus is a science major, he said he has been able to continue his passion for music by taking classes at Southern to further his musical skills. Most of the classes he said he has been taking have helped him with understanding both the piano and drums better. However, Exantus said playing these musical instrument is not just a hobby to him, it is a stress reliever as well. “When I’m playing I can be

completely induced in the music—it’s my release from the world,” Exantus said. Other than playing the two instruments, Exantus said he would like to learn how to play the bass because it is similar to the drums, especially when it comes to the bass guitar. He said even though they are two separate instruments, they act like one person.

Unlikely roommates talk about how they made their living space work



Photos of Katie Ross’ and Natalia Kelly’s dorm room that show how they like to keep and decorate their dorm room.

PHOTO | JENIECE ROMAN



Different angles of Katie Ross’ and Natalia Kelly’s dorm room.

PHOTO | JENIECE ROMAN

By Jeniece Roman

On the surface, gaming enthusiast Katie Ross and exercise devotee Natalia Kelly might not have much in common, but they are much more alike than people might think. “We actually get along pretty great. We respect each others

rules really well,” said Kelly, an occupational therapy major. Ross said though the two have different hobbies and interest, they are on the same page when it comes to their living arrangements. “Both of us have kind of OCD when it comes to about like, keeping it clean. Some people sometimes will have clothes

everywhere,” said Ross. “I just can’t have anything messy around.” Ross said the two were not initially set up to live together, but were switched when her roommate withdrew. “I had an empty bed and one day I came in and I had a roommate and I was like ‘Oh.’ Then we just got put together,”

said Ross. Kelly said she is active in sports and spends a lot of her time working out or playing lacrosse. “If there’s one thing I don’t know about,” said Kelly. “It’s probably video games.” Ross, a biology major, loves first person shooter and role-play gaming. She said

she loves playing “Bio-Shock” and “Halo 4,” as evidenced by her posters on her wall and the wide flat screen TV that she uses for gaming. “We have different interests,” said Ross. “But our personalities are very similar.”



The Faculty Art Show reception drew in a good crowd of students and staff to go and see the art created by campus professors.

PHOTO | ADRIANNA ROCHESTER

Faculty Art Show exhibits work of Art Department Professors

By Adrianna Rochester

Conversations echoed throughout the room as students and faculty members from various disciplines gathered to view artwork created by the faculty members of the Art Department. In their faculty only exhibit—located on the lower level of Buley Library—faculty members were able to submit their own pieces of art for the entire campus community to see.

The gallery lobby was filled with tables of refreshments for the guests to enjoy after viewing the professor’s work. Prior to the show Thuan Vu, professor of drawing and painting and George Cochenet, professor of ceramics, discussed the idea behind the art gallery.

This is the second gallery exhibit the faculty members have put together in this particular space, according to Vu.

“We wanted to make sure we use the entire room to properly showcase each individual piece of art,” said Vu. “We wanted both the fulltime and adjunct faculty members in all the areas—painting, sculpting, photography, sculpting, graphic design, ceramics and more—represented in the showcase.”

Cochenet said, since the faculty members had control over what pieces went into the show, it was his and Vu’s job to strategically display their colleagues’ work in their own spotlights without upstaging any single piece.

“The key is to maintain the flow of the gallery so that means every piece in the gallery has to be arranged in a certain way to that the viewer can see every piece as they walk through the gallery,” Cochenet said.

Among the many faces in the crowd was Lenymar Matos, a junior art major, who said, “A lot of the times when students pick classes they can sometimes feel judged by some professors and you ask yourself what is it that they know, but seeing all their work shows they know their stuff.”

Most of Matos’ professors teach about technique and the time it takes to produce a single piece of art, she said

Now that Matos has seen some her professor’s art work she said, it gives her more of an idea on what their work is like in terms of style and use of technique. The art exhibit inspired Matos to do better with her own artwork and motivated her to want to mastering drawing and painting more.



PHOTO | ADRIANNA ROCHESTER

Faculty art work on display in Buley Library draws in students.

“It’s nerve-wracking to know my own art work may be on display in the gallery once I become a senior, but I’m excited for it,” she said.

All the professors did a great job, Matos

said she liked every work of art in the gallery, but her favorite was a painting by professor Leeah Joo, “The Tornado that Loves You.”

Student art of the week: Kim Reynolds



PHOTO | SHERLY MONTES

Art work by Kim Reynolds for her painting class.



PHOTO | SHERLY MONTES

Kim Reynolds, junior in the nursing program poses next to her art.

“I love doing portraits because I feel they are really expressive.”

Student art of the week is an arts and entertainment project from the Southern News. If you are interested in submitting work in any artistic format please contact editor Sherly Montes through scsu.southern.news@gmail.com



PHOTO | PALMER PIANA

Freshman running back, Paris Crawford (#32), runs past Bentley’s defensive line in Southern’s Homecoming football game on Saturday. Crawford recorded a career-high 88 yards on 18 carries.

Home cooking

The Owls defeated Bentley 35-13 on Homecoming and earned their second consecutive win, improve to 5-3 in conference play

By Edgar Ayala

Nearly 3,000 were in attendance to watch Southern’s annual Homecoming football game, as the Owls rolled past Bentley to secure their second straight win. “We knew coming into this week that this was going to be the biggest game of our season,” said Devante Jenkins, senior captain for the Owls. “We did this for [the fans]. Coming out on Homecoming, it just felt good to get the win and give them a good show.” After a loss-win pattern the team was encountering, the Owls were able to break the loss-win sequence by

defeating Bentley 35-13 and get their first winning streak of the season. Tom Godek, head coach of Southern’s football team, noted that his players were feeling hyped coming into Homecoming weekend. “Our players and coaches did a tremendous job in making sure we came out this game on the right side of the score.” — Tom Godek, head football coach “We were 4-4, and seemed like it we were

8-0 the way the school was responding this week. You could feel it early in the week. Our players and coaches did a tremendous job in making sure we came out this game on the right side of the score.” The Owls got off to a quick start, forcing Bentley to fumble the ball in the opening kickoff. After recovering the ball from Bentley’s fumble, the Owls were soaring over the Falcons – scoring twice in the first six minutes of the game. Junior Devon Davis got Southern on the scoreboard first. Quarterback Raymond Catapano started a run, in which he then lateraled the ball back to Davis for a 4-yard run into

the end zone. Four minutes later, the Owls doubled their scoring efforts when Catapano rushed in for a touchdown from the 5-yard line on a quarterback sneak, putting the Owls up 14-0 with 8:47 left in the first quarter. And the running game would continue with sophomore Vochan Fowler scoring in the second quarter on a 20-yard rush, and again in the third quarter on an 11-yard run. The running back from Bridgeport, Conn. had a game-high 114 yards on 20 carries and two touchdowns. “I just executed what I was suppose to do,” said Fowler. “Reading my keys and just using my ability.

SEE FOOTBALL PAGE 10

Alexandria Jurgens strives to be the best athlete and role model



PHOTO | SOUTHERNCTOWLS

Jurgens is second on the team in kills, third in digs and third in total blocks.

By Michael Apotria

The Owls’ junior outside hitter from Cornwall, N.Y., Alexandria Jurgens, is the type of athlete that is never content with her level of play. She is always striving to get the most out of herself and her teammates. To Drew Schaeffer, Southern’s assistant coach for volleyball, those statements are well documented by her actions on the court. “I would say Alexandria is one of the most dedicated athletes I have ever coached,” said Schaeffer, “and I’ve been coaching for 10 years.” “I would say Alexandria is one of the most dedicated athletes I have ever coached. ” — Drew Schaeffer, assistant volleybal coach Jurgens spends every available opportunity helping the younger players, while still working on parts of her game she thinks need improvement. She understands the feeling of being inexperienced, and wants to be a role model that her younger teammates can lean

SEE JURGENS PAGE 11

Women’s soccer win on Senior Day 1-0 and reach postseason



PHOTO | SOUTHERNCTOWLS

Seniors pose with family and coaches after defeating Saint Michaels 1-0. The women’s soccer team is seeded No. 3 in the NE-10 Tournament.

By Phil Zoppi

Seniors Victoria Conde and Kieran DeBiase, led the way for Southern’s women’s soccer team as they defeated Saint Michael’s 1-0 on the Owls’ Senior Day. In the 68th minute of the game, DeBiase sprinted down Saint Michael’s right sideline, and crossed a beautiful ball towards Conde who easily put the ball into the back of the net. “It was honestly awesome,” said DeBiase. “Ten minutes before we scored we kind of got mad at each other so it just shows how nothing matters. It was especially nice to get a win like this on

senior night.” The assist on the goal was just a small part of what DeBiase did to help the Owls secure the win. Throughout the game DeBiase controlled the ball, and set up teammates in good positions to score. The Saint Michael’s players struggled to keep up with DeBiase and her speed all game. Head coach for Southern’s women’s soccer team, Adam Cohen, was impressed with the way his senior midfielder performed. “She is just such a handful to play against,” said Cohen. “I wouldn’t want to defend her. I’m so glad she’s on our team and not another team. No

matter what other teams do it’s very difficult to defend her when she has the ball on her feet.” “She is just a handful to play against. I wouldn’t want to defend her.” — Adam Cohen, head soccer coach It was only fitting that DeBiase found Conde for the game-winning goal on senior night. Conde now has three goals on the season, which is good for third-best on the team. Receiving the assist from DeBiase was something

SEE WOMEN’S SOCCER PAGE 11

Brady having MVP season after suspension

By Edgar Ayala

Since his return after serving his four-game suspension over Deflategate, Tom Brady and the New England Patriots have been firing on all cylinders. The Patriots have won all four games since Brady has returned. And I could even argue that the Patriots will win the rest of their games for the remainder of the season. In Brady's return against the Cleveland Browns, his presence on the field made players like Rob Gronkowski and Julian Edelman look way better than

when their second and third string quarterbacks were doing in the first four games. Yet, Brady went off in his return to the NFL. He made 28 out of 40 completions, throwing for 406 yards and three touchdowns. In the four games that he's played thus far, Brady has been putting up ridiculous numbers. He has completed 73 percent of his passes, has racked up 1,319 yards and has thrown 12 touchdowns – without throwing a single interception. I will give you some time to really take that in. I really do not see Brady

losing steam at this point. Since he has come back, Brady has been on a mission to reap revenge on the NFL and Roger Goodell for suspending him in the first place. And at the rate he has been playing, he is doing just that. The Patriots, without a doubt, will make the playoffs. They are definitely Super Bowl contenders at this point in the season. They are the No. 1 team in NFL's power rankings and have the best record in the league, and the reason for that is because of Tom Brady. Even this past Sunday against the Bills, Brady had a

monster game that saw him throw for 315 yards to go with four touchdowns. The Patriots will not lose another game with Brady playing like this. Had they not lost the first time they faced the Bills, the Patriots would be undefeated right now. I see the Patriots making it to the Super Bowl this year and winning it all. I just want to see the face on Roger Goodell when he hands the Vince Lombardi Trophy to the Patriots organization. It will definitely be priceless.



Men's soccer lost 4-1 in season finale game to SNHU



Senior Ignacio Navarro (#6) dribbles the ball past a Southern New Hampshire player Friday night at Jess Dow Field. The men's soccer team is seeded at No. 8 in the NE-10 Tournament.



Captain Christian Samaniego shows his emotions on the field after the 4-1 loss to SNHU.

By Phil Zoppi

Southern's men's soccer team lost 4-1 to Southern New Hampshire on Friday night, in what was the Owls' last game of the regular season. The score of the game may look like a blowout, but there was plenty of drama between these two rivals. Southern's head coach, Tom Lang, was not pleased with the outcome, but thought his team fought hard throughout the game. "This team has tremendous character and a great deal of heart," said Lang. "We never quit and never gave up, but it's disappointing that we gave up some goals in areas where we really shouldn't be giving up goals." Southern New Hampshire got on the scoreboard first in

the 66th minute, but the Owls quickly answered six minutes after the Penman scored their first goal. Junior forward, Sabri Akter, was the Owl who was able to tie the game at 1-1. Akter was amongst a scrum in front of the net, and was able to locate the ball off of a deflection and shoot it home into the back of the net. "I found the ball in front of the net," said Akter. "It finally came to me, I took my chance and it was a great way for us to get back into the game." Southern New Hampshire would score just three minutes later to put Southern back down 2-1. The Penman then continued their offensive assault on the Owls, as they netted two more goals in the final 10 minutes of regulation. Southern's bench was visibly

fired up for Akter after he knotted things up at one. But Lang did not think his team played the same after their goal, and was disappointed by that. "Once we got the goal we kind of lost our focus and concentration and they capitalized on our errors," said Lang. "They're an experienced team and they punished us when we made mistakes and that's the sign of a good team. We have to be a little bit better through the conference tournament and hopefully clean up some of these things." Anyone watching the game could tell that Southern New Hampshire was an experienced group, as they controlled possession of the ball for the majority of the match. After the Penman maintained the ball for most of the second half, and padding their lead, the Penman and the

Owls started to jaw at each other. Akter was right in the middle of that jawing when the two teams formed for a small scrum in the middle of the field. No punches were thrown, but Akter and a Southern New Hampshire player shoved each other a few times before being separated by their teammates. "It's a big rivalry game so no one is going to take it easy," said Akter. "Obviously it got a little heated out there and there was a little bit of trash talk. It was an important game and we tried to take it to them, but they took it to us." There were a total of seven yellow cards given out in the game, all of which occurred in the second half. Southern only received two of the seven yellow cards, but both of those cautions involved were due to pushing

and shoving between Southern New Hampshire and Southern Connecticut. Lang did not like how his team handled themselves in those situations. "We acted a little immaturely at times," said Lang. "We have to grow up a little bit in those situations and not lose that mental battle. It's one of those things that isn't too serious, and we just go and get ready for next week." The men's soccer team finished their regular season with a 7-7-2 overall record and a 5-6-2 record in the conference. The Owls face No. 9 Adelphi University in the first round of the Northeast-10 Tournament on Nov. 1.

Football

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Coaches trust me a lot to do what I can do. They just put me in positions where I can make plays – and I make them." Freshman Paris Crawford would mirror Fowler's performance in the running game. The 5-foot 5-inch 170-pound rookie had a career-high 88-yards on 18 carries. The Owls tallied up 208 yards on the ground, while holding Bentley to 218 yards on offense. "They run with their hearts on their sleeves," said Jenkins on the performances from the running backs, "and they do that in the game. It feels good to see them in practice, and come out and execute the way they did." Jenkins had a touchdown of his own, as Catapano connected with him on a huge 55-yard pass down the end zone in the Owls' last scoring play of the fourth quarter. "I knew it was coming to me, and I was hungry all

game," said Jenkins. "Ray threw a great ball, and the offensive line had great protection. Everything just clicked on that play." Jenkins finished the day with five catches for 93 yards and a touchdown. He is now second in the conference with eight touchdowns. His longest reception was the 55-yard touchdown catch against Bentley. "They have a very good defensive line, so we went with a play action fake on that," said Godek on the play. "Devante ran past his man coverage, and Ray found him on a nice pass. Seemed like it was a little long at first, but Devante turned on an extra speed burst and reeled it in for a huge play." With the win, the Owls improve to 5-4 overall and 5-3 in the conference. Southern football will play their last regular season game against Saint Anselm on Nov. 5 at noon.



Full house at Jess Dow Field in Southern's 35-13 win over Bentley. Nearly 3,000 spectators were in attendance at the Homecoming football game.



Quarterback Raymond Catapano dives to the floor with the football. Catapano had two touchdowns vs. Bentley.

Clippers last chance at glory

By Phil Zoppi

The Golden State Warriors are the clear-cut favorites to win the 2017 NBA Championship. But there is one team looming in the West that could give the Warriors problems. That team is the Los Angeles Clippers. The Clippers have received a lot of preseason hype the past few seasons, but are not getting as much this year. I think that is a big mistake. The Clippers were not healthy at all last season, and now that they have their core

players in Chris Paul, Blake Griffin and DeAndre Jordan back and healthy, they immediately become contenders in the West again. This team has made major upgrades to the roster surrounding Paul, Griffin and Jordan. Adding Raymond Felton, Marreese Speights and Brandon Bass gives the Clippers a veteran presence on their bench that they have been missing for a couple years. On top of having great personnel, the Clippers just match up well with Golden State. The Warriors will most likely start Stephen Curry,

Klay Thompson, Kevin Durant, Draymond Green and Zaza Pachulia. I respect Pachulia and believe he is a solid center in the NBA, but he is going to have an awfully hard time matching up with the likes of Griffin and Jordan. Golden State will probably also run a lineup where Pachulia sits and Andre Iguodala plays, which makes it an even tougher challenge for the Warriors to contain the Clippers big men. It is also entirely possible that a lineup that features Iguodala instead of Pachulia could run any team off the

floor with their speed and shooting ability. That is possible, but I will take my chances with Jordan and Griffin being matched up on players that have no business guarding them. This could be one of the last chances for the Clippers to win a title with their current core, as Paul and Griffin are set to become free agents after the 2017-2018 season. The Clippers will have to beat a super team in Golden State to do it, but have more than enough talent to do so.



Jurgens

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on when they need advice. “The underclassmen want and need someone they can trust and talk to when they need help out on the floor,” said Jurgens. “I just do my best to be that person for them.” Additionally, Schaffer noted the leadership role Jurgens brings to the team, as her leadership will inspire another player to follow in her footsteps. One of Jurgens’ teammates, sophomore Leanna Jadus, said Jurgens was nothing short of a great role model for her as a freshman. “She took me and some other freshmen under her wing last year,” said Jadus. “Whether it was in practice or adjusting to the school, she’s helped us.” Schaeffer also noted that Jurgens has put her dedication and effort to good use by setting up extra practices on her own to improve on all facets of her game. “The extra things she does are not

mandatory by any means,” said Schaeffer. “She took the time to learn how to play other positions in order to maximize everyone’s strengths on the team.” Jurgens said whatever it might be that needs improvement; she will find the time to work on it. “If I feel like a part of my game needs some improvement or extra work I set up a side practice with an assistant coach to do so,” said Jurgens. “Whether it’s extra reps before a game or after a practice. I always make time to get better.” The Owls’ head volleyball coach, Lisa Barbaro, said she has noticed Jurgens’ skill set has taken leaps and bounds this season. “Alex has improved her defense, shot selection, hit percentage and has become one of our top passers this season,” said Barbaro. “Most importantly, she has matured more, and more as a leader.” Jadus said that it is that extra effort Jurgens puts into developing her game that has been influential

during the two years they have played together. “She taught me how important it is to work on my weaknesses and things that may not be my strong suit,” said Jadus. “She has shown a lot of the younger players what it means to be dedicated.” According to Schaeffer, Jurgens is an athlete any collegiate coach would love to have for four years. She understands the importance of setting a precedent with underclassmen and future players. And leaving a lasting impression on a team. “She definitely wants to make sure the legacy she leaves here at Southern is that hard work does pay off,” said Schaeffer. “It’s a great feeling knowing that we get her back again next year.” Jurgens and the rest of the volleyball team sit at a 14-13 overall record. As No. 11 is set to take the volleyball court on Nov. 4 in a big conference game against Stonehill College inside Pelz Gymnasium.



PHOTO | SOUTHERNCTOWLS

Jurgens is averaging 2.27 assists per ser, 2.52 digs per set and 1.63 kills per set. The women’s volleyball team has a 14-15 overall record.

Women’s soccer

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PHOTO | PHIL ZOPPI

Women’s soccer players carry Kieran DeBiase after assisting the game-winning goal on Senior Day.

that was special for Conde because this could be the last time they ever play together at Jess Dow Field. “The last three years I’ve been playing with her and she’s assisted me on a lot of my goals,” said Conde when referring to DeBiase. “It was very special for me just because it was senior night.” DeBiase was not the only senior playing Wednesday night. Christine Allard, Brianne Casey, Maeghan Howard, Erica Ridella, Deanna Ryan, Caroline Staudle, Victoria Conde and Dolci Wagner were the other eight seniors that were honored before the game. With nine seniors in total serving their four collegiate years, the Owls will lose a lot of talent going into next season. The top three goal-scorers on the team were all seniors, and are going to be hard to replace. Cohen said that he is going to miss this senior class for a multitude of reasons. “I’m going to miss this senior class on a personal level,” said Cohen. “The soccer piece is one side of it. They’ve won a lot of games but on a personal level you develop a relationship with these young women. They will not be able to be replaced.” The emotions ran high during the game as most of the players had their parents in the crowd cheering them on. The attendance was estimated at 115 people. After the game’s conclusion there was a lot of hugging and smiles shared between the players and their parents. DeBiase knew that this could be the last time she ever plays at Jess Dow Field with the playoffs ahead, but she did not want to let that thought enter her head just yet. “I’m not thinking about that at all,” said DeBiase. “I’m really hoping that we get a home game for the playoffs, but it is a pretty great feeling to get a win on senior night. I’m happy for all of the players and all of the coaches.” The women’s soccer team is set to play in the first round of the Northeast-10 playoffs on Nov. 1, with the semifinals taking place on Nov. 4 if the Owls advance.

Brianna Craft led the nation in total saves in her freshman year of field hockey



PHOTO | SOUTHERNCTOWLS

Goalkeeper Brianna Craft recorded 207 saves (No. 1 in Division II), had 11.47 saves per game (No. 2 in Division II) and had a 0.744 save percentage (No. 25 in Division II), all in her first collegiate year for the Owls.

By Michael Apotria

In the middle of what was described as an up and down season, freshman goalkeeper, Brianna Craft, was one of the few bright spots for the Owls’ field hockey team. Craft, the freshman out of Hamden, Conn., said she entered the season with little to no expectations. Only to work hard and do what her coaches and teammates require her to do. “I really didn’t anticipate starting,” said Craft. “Entering the first game of the season, I had to put my nerves behind me. I tried to just step up and play the game how I played in high school. No grade, no age, just everyone on equal turf.” Head coach for Southern’s field hockey team, Kelley Frassinelli, said adjusting to the collegiate level can be challenging, but Craft exceeded those expectations. “She adapted very quickly,” Frassinelli said. “She is doing things that we would have not expected a freshman to do at this point.” According to NCAA Division II statistics, Craft led the nation in total saves as she racked up 206 saves in her first season for the Owls. Additionally, Craft was No. 2 in Division II in saves per game (11.47), and No. 25 in save percentage (.744). “Honestly, I just found out,” said Craft. “It makes me happy knowing some of the hard work I put in is paying off.” One of Craft’s teammates, Zoe Fanolis, said she believes Craft’s success in her first season came due to the effort and motivation she displayed during practices and games. “Even though we [didn’t have] the best season, she kept us in some games by really stepping up and making big saves. She [came] in everyday trying to learn and grow. Her work ethic is just amazing.” Working together on the field is nothing new for Craft

and Fanolis, as the duo played together at Hamden High School. “When I was a senior in high school she was a freshman,” said Fanolis. “It’s really nice having her as a freshman again and having the opportunity to play together.” Additionally, Fanolis said that playing together for a short period of time in high school helped them grow closer as teammates and friends. “We have a little connection out there,” Fanolis said. “It has been really great seeing her get better and grow throughout the years.” Not only that, but Frassinelli noted that Craft had an understanding of the game that coaches generally do not see in younger, inexperienced players. “Being a goalie requires a strong voice and being able to communicate with your teammates,” said Frassinelli. “She understands the things that a first year player normally wouldn’t.” Since that first game, Frassinelli said she has witnessed tremendous growth from Craft. “She became the conductor of our defense,” said Frassinelli. “She stayed composed, [gave] 100 percent and came prepared. It’s something for her to be proud of.” While Craft had an exceptional first year, she said she does not want to get overwhelmed by statistics and wants to focus on improving on all facets of her game next season. “I don’t want to get a big head at all,” said Craft. “I know I’ve improved, but I still want to come into next year faster, louder, and making better decisions.” Southern’s field hockey team finished this season with a 4-14 overall record. The Owls lost to Saint Michael’s 2-0 on the last game of the regular season. Craft made 12 saves against the Purple Knights. And she will look to be a more dominant goalie when the season resumes again in September 2017.

Senior Devante Jenkins (#3) and junior Isaiah Roberts (#12) celebrate after Jenkins scored the Owls' 55-yard touchdown catch.



Junior quarterback, Raymond Catapano (#15), looking to throw the football as Bentley defenders storm at him.



Freshman Sidney Jones (#95) makes a block in Southern's win over Bentley Saturday at Jess Dow Field.



Southern football players celebate after thier 35-13 victory over the Falcons to earn their second staright win.

Tuesday – No games

The Presidential candidates’ stance on climate change

By Adrianna Rochester

The two presidential candidates, Hillary Clinton and Donald Trump, stance on climate change is a topic that may matter a lot in this year’s election. Out of the two candidates, only one seems to have a clear plan on how to battle climate change. While Trump has been vocal on not believing in the science on global warming or climate change, Clinton has taken an opposite approach.

For Clinton, climate change and the effects it has on our environment are real. Throughout her political career she has taken a side on environmental issues the world faces. As part of her campaign, Clinton promised to work both domestically and internationally to continue to build on recent progress to decrease greenhouse gas emissions by implementing more robust pollution standards, cut energy waste, implement projects to build solar panels for homes and more. These benefits would not only provide a lot more energy for people, but would also provide jobs to the individuals who would be working on these projects.

On the other hand, because Trump has made it clear the issues of climate change is not a priority to him, therefore, it should not come as a surprise that he does not have a strategy to tackle the threats of climate changes.

Throughout his campaign Trump has made statements claiming that climate change and global warming are not manmade, but are natural occurring events. In fact, Trump has called climate change a “hoax” created by the Chinese in order to make U.S. manufacturing non-competitive.

The scientific community has a consensus that validates that climate change is manmade. According to NASA, scientific journals show that 97 percent of active climate scientists agree that over the past century, human activity is what has likely contributed to climate change.



PHOTO | CREATIVE COMMONS

Most of these scientists have also made public statements to endorse their position that climate change is occurring throughout the world and the greenhouse gases that are produced by humans are a growing threat to our planet.

Despite the overwhelming scientific evidence that climate-warming is real, Trump has not changed his opinion on the matter. Those who do not believe in climate change and the effects it has on the environment are being ignorant to the bigger picture.

Human activity has caused harm to the Earth

for many years and the effects of this have been seen in many ways. Sea levels are elevating, mass flooding is occurring due to extreme rainfall, hurricanes are becoming more powerful with more rainfall than usual and various extreme weather events occur more often. All of which are exasperated by mankind’s reluctance to preserve our environment.

Whoever becomes the next president needs to aggressively pursue and implement protocols that will ensure no further damage is done to our planet.

Body image standards in Hollywood

By Adrianna Rochester

Appearance is something that is held to a high standard, especially for women. It is no secret females care a lot about how they look, but often times if a woman shows any signs of imperfections, society brings its wrath down on her. The whole idea of beauty and the societal meaning behind it has become a festering disease for women that has taken the form of insecurities and expectations.

In Hollywood, the beauty bar is set high. Celebrities—whether they show it or not—are judged based on how they look and how they are supposed to look. This is then translated through mass media, thus making the consumers feel more inclined to replicate what they see. Those who do not meet the beauty requirements face harsh criticism.

Body shaming is one of the forms of criticism women face. It is defined as the practice of making critical comments about a person’s size or weight. Unfortunately, image shaming is one of those criticisms everyone, celebrity or not, has fallen victim to.



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Dascha Polanco called out Hollywood’s skewed body standards.

Celebrities such as Dascha Polanco, who plays Daya in “Orange is The New Black,” have rebelled against society’s wrath. This happened when fashion industry designers refused to style her for events and when critics talked about her body in a negative way after she and a fellow celebrity wore the same white crisscrossed, cutout dress to the People’s

En Espanol’s 50 Most Beautiful Women 2016 gala.

On Polanco’s Instagram she expressed her disgust with the television hosts who used their platforms to “ignite bullying” when offensive comments were made about her weight due to her and another women wearing the same dress.

Polanco advocates against image

shaming by trying to break barriers designed to glorify superficial standards. Polanco embraces her curves unapologetically and continuously makes fashion statements signifying that even though she is a size eight or ten she can look just a great in clothes and be just as beautiful as a women who can fit into smaller sizes.

As a society we should not be trying to have everyone be ‘other’ because it sends the wrong message to girls who are influenced by these mediums. By teaching girls to conform in every way, especially when it comes to their body size, suppresses their individuality and molds a generation of women who are in competition over appearance.

Every women was born with a body type that is different from the rest. Helping women build their confidence and accept their natural curves should be the message our culture is sending to women instead of conditioning them to believe they have to fit into these boxed standards of beauty. Even though this is a part of society that will not fully change, people need to be less judgmental and stop categorizing women based on their body size.

Artificial intelligence: friend or foe

By Melanie Espinal

Science fiction has entertained several generations with the premise that technological advances comes an inevitable apocalyptic existential crisis.

The reality is technology has a strong foothold in every field and profession. Being scared of these changes is a sure

way to make yourself unprepared for these fields.

The most complicated form of technology to accept is the autonomous artificial intelligence. Technology that can in many ways learn on its own scare many into thinking that the expertise of many will become obsolete.

Just like any great shifts in the workforce, like industrialization, man has

found ways to adapt. This should be no different. The best thing mankind can do is not get out of artificial intelligent’s way, but to work with it.

In many instances AI can be more efficient than humans. AI has moved from just being hardwired with expertise knowledge and if then statements, now the world of AI is focussing on self-learning.

They can even be used in ways that were once unimaginable, like writing actual fiction, poetry and articles for newspapers.

They have even been used as a somewhat comfort, as AI’s has been also used to monitor and accompany elderly patients.

What does this mean for the work-place? It can mean that data is a lot more efficient and therefore making certain jobs obsolete. However, this might also mean there will be a lot more jobs in the distribution and improvement of AI.

Does this mean that the average

person can now experience more leisure? Advances in this field might make the leisure that was once unattainable to previous generations available.

A world where the average person has been able to travel or focus on anything besides constant work does not sound like such a bad idea, maybe too idealistic.

AI is less likely to replace jobs entirely, but instead replace grunt work and menial tasks. An AI can replace data filers, but not data analysts. An AI can report trends more accurately but not in a way a human might find that are more relevant to what people need to know.

There will always be things that a robot can do better than a human, like factory work, and distribution, but the same goes for jobs that are quintessentially human.

As students that means there will be higher need for technical positions, like in specific fields in software or engineering. As people of 2016, I personally do not think any of us have any legitimate concerns.

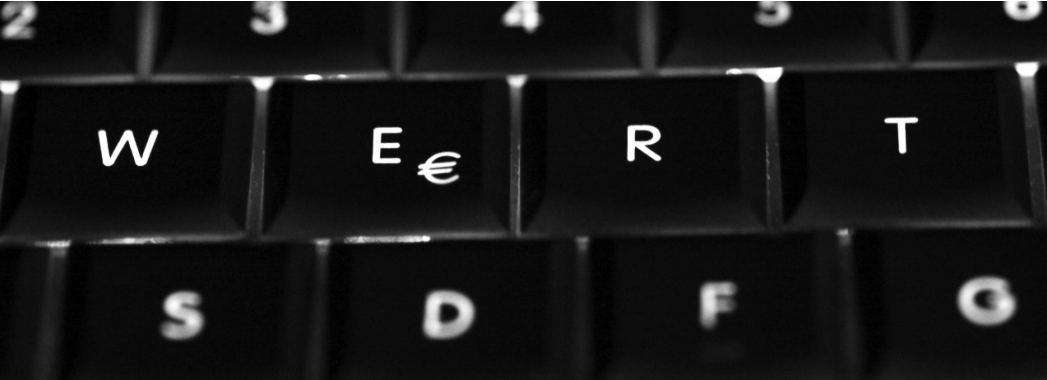


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Owls celebrate homecoming win



SCSU football team in huddle after their homecoming win against Bentley.



Southern's fan section filled with supporters.

By Palmer Piana

The school showed up with a large presence for their football homecoming game on Saturday, Oct. 29. The crowd filled the stands and energy levels were high. Fans came with signs and school apparel in support of their football team. One fan, Ray Snyder, a member of the men's swim team, even came wielding an SCSU flag which he ran the sideline with in celebration. Their support was met with a 35 to 13 win against Bentley.



Ray Snyder, senior exercise science major and member of the swim team, showing support. Cheerleaders leading cheer for Owls.



Cheerleaders in between cheers.



President Joe hanging out in the Southern bleachers.