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Sandy Hook Memorial to come next spring



Outside of Jennings Hall, where the Sandy Hook Memorial will be.

PHOTO | PALMER PIANA

InterVarsity Christian Fellowship host a panel on Racial justice

By Josh LaBella

Before the event started, Sam Hollings lead the panel with a prayer. They asked that whatever people got out of it, it would be God's Truth.

"Does Jesus Care about Racial Justice?" hosted on Nov. 14 by the Interservice Christian Fellowship (ICF), tried to answer that question. Sam Hollings, a Southern Connecticut State University alumni and staff worker for the ICF, said they organized the event during social justice month because they feel matters of social justice are important to the Christian Faith.

"Every year we want to be a part of Social Justice Month," said Hollings. "We've done little events before, but this year we really wanted to prioritize talking about social justice from a Christian perspective."

According to the Hollings, he and the five panelists would be discussing questions the average person might have about Christianity and race. He said they were talking specifically about racial justice because it has been such a hot button issue.

"I think, oftentimes, religion and Christianity seems to be involved in those conversations so we wanted to tackle some questions and even some common stereotypes about when that usually happens in the news and the national dialogue," said Hollings. "The answers might shock some people no matter what side you're on, so we're excited to bring that."

When answering the title question, Jeremy Ogunba, the coordinator for Black Campus Ministries New England, said God is all about bringing people together.

"When we look at race, and we look at it as a social construct that was created primarily to create a hierarchy among people and primarily to divide people, we see that that is not in line with what the Gospel and what Jesus came and represented," said Ogunba.

SEE RACIAL JUSTICE PAGE 2

By Josh LaBella

It has been five years since the shooting at Sandy Hook Elementary School that took the lives of 26 people – including four Southern alumni. Southern plans to commemorate those losses next spring with a new memorial on campus.

Members of the Southern community attended a Nov. 16 meeting in the Adanti Student Center to view the proposed designs for the "Reflection Garden." Daniel Camenga, the associate vice president for Institutional Advancement, said in the aftermath of the shooting he recognized there needed to be some sort of action taken.

"If there were garden spaces that could help bring people together," said Camenga, "communities could come together and get to know each other. We need to talk to each other. We need to be able to

interact as real people."

Camenga said a core idea of the project was translating social justice into a physical form. He said it was not easy because there are different perspectives on what social justice is. The project, Camenga said, was a group effort.

"Everybody owns this," said Camenga. "We need the community to own this thing. It's not any one person's project. Many people have shaped this."

Camenga said the meeting was to discuss both the larger vision and the legacy garden. The legacy garden, he said, will include the SCSU Sandy Hook Memorial and will be an area of compassion.

"The core, or the heart of that, we will be looking to install next spring," said Camenga. "That's significant. It'll be in time for the 125th anniversary of the university. This is a big deal on a lot of levels and as people experience it, learn about it, understand it,

it'll make more sense and it will have more meaning."

Jana Bryan, a landscape architect with Julie Moir Messervy Design Studio, said she and two coworkers came to Southern last semester to begin workshopping designs with the community. She said they wanted to get information from students about the values of dignity, civility, respect, kindness and compassion and where and how they applied to campus.

"I was amazed at the ease with which the community speaks about these core values and social justice in general," said Bryan. "There were attributes to these spaces that we really couldn't even put into words. They were quite remarkable."

Bryan said the proposed location for the memorial garden would be behind Morrill and Jennings Halls overlooking the pond. She said her company also mapped out other spots on campus where

garden spaces could be built.

Camenga said Southern wants to support the community garden. He said people should think about it holistically and as being interrelated supportive of one another. He said they had raised around 50,000 dollars for the project.

William Faraclas, a professor of public health, said the project could be a 50 year plan, a 10 year plan, or a 5 year plan. He said the development of the garden would be resource given but also philosophy driven.

"We have a message about social justice and I think our country, the world, needs that message now," said Faraclas. "They'll need that message in 50 years also, but they quite urgently need that message now. We need to do it. Not just for ourselves on this campus. Not just for the communities and neighborhoods that surround this campus. But to broadcast our beliefs about social justice."

Program offers transgender students clothes to match their identity

By Josh LaBella

Since last March, during the Week of Transgender Visibility, Southern has had an "Open Door Closet" for Transgender students who want clothes which better match their gender identity.

Olivia Carney, a Student Affairs graduate intern, said the idea behind the program was to have a collection of accessories and clothing for transgender students. She said the Open Door Closet, run by the Sexuality and Gender Equality (S.A.G.E.) Center, had been going well even though they found there was not huge percentage of students on campus who needed to use it.

"People are really excited to support it in terms of donated gently used clothing or accessories to us," said Carney. "We figure that, even if we only have

one student using it, that's better than not having that opportunity for students to not have that resource."

According to Carney, they are looking for all types of clothes but are in need of more masculine and men's style clothing. She said they also need more shoes and accessories like scarves or jewelry.

"Also, something that we haven't gotten many of, because they are kind of expensive and a little bit harder to come by, are wigs," said Carney. "That would be another thing, particularly for someone who is transitioning, for example if they want to grow their hair out but it hasn't grown out yet, then if they were able to wear a wig they would be a little bit more feminine presenting."

SEE TRANSGENDER CLOTHING PAGE 3



Michael Archer, sophomore biology major.

PHOTO | JOSH LABELLA

'Black Lives Don't Matter' film focuses on injustices in society

By August Pelliccio

In the heat of the slave trade, Africans were not brought to America for liberty and justice, but for torment and terror. Attitudes from those times are still present today.

Professor Frank Harris III, the man behind these words, sparked conversation amongst students during Southern's social justice event, Black Lives DON'T Matter. The event also featured a showing of Harris' in-progress film, tentatively titled either "Black Lives DON'T Matter," or "Through the Blood of the Slaughtered."

Harris was asked to host an event for Social Justice Month in September; he pitched this idea to the Social Justice Month committee, and they approved. Harris said last year he previewed his then in-progress film, "Journey to the Bottom of the n-Word," so this year he wanted to preview the new film.

"I just love this medium for telling stories," Harris said.

Harris said in working on these two films, he has become more comfortable with the medium, and he said he enjoys the different manner in which film can tell a story.

The approximate seven minutes of the film that were showed proved effective in relaying the message at hand.

"I know many people are unaware of the fact that black lives have not mattered through the history of this country," Harris said. "I'm showing that reality."



Professor Frank Harris hosting "Black Lives Don't Matter" event.

PHOTO | AUGUST PELLICCIO

For a portion of the clip, natural sound effects and music were present, aligned with a slideshow of images, which panned and zoomed in a way that was reminiscent of Ken Burns' style. Ocean waves, for example, were played over illustrations of loading and traveling on slave ships.

Southern freshman Shameil Eaton steered much of the conversation after the film.

"I was asking so many questions because it was only seven minutes," said Eaton.

Eaton said he felt Harris' film could have been a little more informative, but again, it is a work in progress.

Eaton said in the short amount of time, "he didn't really get to dissect what he was really trying to say."

Harris said that the film has been in at least in concept stage since about a

year ago, but his work began in earnest roughly over the course of the last month. All media in the film is from the public domain, save for a few video clips and photographs that are original to Harris.

Narration in the film begins, "There is a reason why it is said, 'black lives matter.'" Harris continues, "These three words are an affirmation, and a recognition that throughout the history of the descendants of black Africans in America, whether those lives are young or old or somewhere in between, they have not."

Harris explained that freedom means liberty, and liberty means life. When freedom and liberty are taken away, Harris said, an individual's life ceases to matter.

Ammajah Sweeting is a sophomore, who after attending the event said that she thought it went well.

"I feel he was very proactive in explaining the 'Black Lives DON'T Matter' title," said Sweeting.

Sweeting said her main concern was when the conversation turned in the direction of white privilege. She said it did not seem like everyone in the audience was on the same page during that turn.

"For the most part, I agreed with [Harris], but I saw it from a different perspective," said Sweeting.

Harris explained one left over attitude from slavery. The myth that blacks have a higher tolerance for pain originated on slave ships, where doctors were there to keep the crew healthy and comfortable, but to keep slaves merely alive.

Harris said, "Writing is a passion of mine; I like telling stories."

Mobile Food Pantry provides turkey dinners for students

By Josh LaBella

Cheryl Palmer said Thanksgiving is about food and fellowship.

"It's always been special to me," said Palmer, a senior public health major. "Being with family, your loved ones, and just taking time to exhale and come together."

Palmer was one of several students who received a Thanksgiving food basket from the Mobile Food Pantry at Southern Connecticut State University. The mobile food truck visited last Monday at 2 p.m. Robert Carl, who ran the truck, said the truck was late because of how much time it took to load the truck.

"They started loading the trucks at 6 in the morning in Wallingford," said Carl. "I've made three other stops today. It's hard to predict how much time it will take. I didn't know we'd have a late start."

Carl said the boxes they were giving out had all the

Thanksgiving staples including a turkey, stuffing, and vegetables. He said Thanksgiving is a much larger undertaking for the food pantry - the Cornerstone Church, who helps sponsor the program with the Connecticut Food Bank, would be giving out over a thousand baskets.

"It takes a lot," said Carl. "And we need a lot of volunteers - dedicated volunteers. I was there last Wednesday stacking the food. Have you ever seen a thousand cans of corn stacked up?"

Carl said this was his second year working with the food truck and the Church had been running the program for 10 years. He said the need for the service increases every year - last year they needed 800.

"You'd think this country, as rich as it is, would provide for everyone but sadly it doesn't," said Carl. "There are a lot of people out there who don't even know people are starving."

Carl said one thing he would prefer to have happen at Southern is for it to create a drop-off point for their food. He said other locations he visits have a room where they can keep the groceries for students.

"This way," said Carl, "if the students can't make it to

us when we make the stop they can still get the food that they need."

Ilka Molnar, a member of the Cornerstone Church, said it was important, as a follower of Jesus Christ, to help one another because sometimes people take their situation for granted. She said people are really grateful for the work they do. She said they pray for everyone but sometimes that is not enough.

"Just preaching the word and rebuking demons and healing the sick, it's not enough," said Molnar. "We show the love of Jesus when we do these other things like feeding and clothing those in needs."

Palmer said it is cool that Southern is such a resourceful campus. She said she likes the program because it is about giving back and making sure people have what they need. Lourdes Perez, a junior computer information systems major, said she has utilized the mobile food pantry before and it really helps.

"It helps a lot," said Perez. "Every little bit helps. I'd take anything. And if I don't use some of it I give it to somebody else who needs it."

Racial justice

CONTINUED FROM PAGE 1

"So anything that divides people I think Jesus is against. So when you ask that question 'Does Jesus care about racial justice?' Yes. I believe very much so because at the very heart of race and race relations is this spirit of division."

Lily Hunt, a senior recreation therapy major, said she came to the event because she is a part of ICF and wanted to see how it went. She said she liked everything the panel was saying and it was helpful to hear their views on Christianity and racial justice.

"I know they have really good credentials and a lot of experience," said Hunt. "I think it was helpful to talk about race problems. It's an issue here on campus. It's an issue all around the world. The takeaway is that we can't do any healing without or fix anything if it's not

through Jesus. I do believe that. I believe that there is hope, but only through Jesus, when it comes to racial reconciliation."

James Hunt, a senior English major and Lily's brother, said he is on the E-board for ICF and helped set up the panel and the subject matter. He said he was excited to talk about racial justice because it is such a widely discussed issue but many people are missing the key ingredients- Jesus and a perspective outside themselves.

"This is a conversation that's been going on for a long time," said Hunt. "These organizations and constructions have been set up to oppress a certain people. A main thing, perhaps, is that the enemy is not white people or whiteness - the enemy is sin."



Panelists gathered in the ASC Ballroom on racial justice.

PHOTO | JOSH LABELLA

'Surviving Whiteness' exchanges stories about race from professors and students

By Tyler Korponai

After a pair of room changes, a panel of professors and students eventually settled into the Adanti Ballroom and began "Surviving Whiteness," a discussion designed around the expression of individual life stories and experiences.

Jonathan Wharton, who moderated the debate, first greeted the crowd and officially kicked off the discussion.

Yan Searcy, associate dean of the School of Health and Sciences, thought contextualizing the panel's intentions to tell stories would allow a good entry place into why this discussion needs to occur.

"We noted there here has been a movement about story telling in the United States over the past two or three years," Searcy said. Before the event, the group of panelists in preparation shared their pasts and differing life journeys.

"The argument is that the best way to know people, the best way to get to know your topic or subject, and of course people again, is through their stories," said Dr. Searcy.

Tim Parish, a professor in the English department, read to the audience about his life south of Southern

in North Baton Rouge, Louisiana. It starts with a white boy from a working class family who was taught at home and in church. Today, however, Professor Parish remembers the society he was raised in as sexist, racist, homophobic, and xenophobic.

"My work then is to listen to everyone," said Parish, "but especially people of color, women, and people of sometimes stigmatized sexual orientation, and to process what I hear with reason and reality. Emotion is not fact."

Also sitting on the panel, Mick Powell, an MFA student studying poetry, is a dean of students at New Haven Academy, doing trauma informed work with students, essentially making sure that students are engaged and have everything they need to succeed. Moreover, She describes herself as a black femme queer woman.

"All of those identities affect the way I move through the world," said Powell, "and the way that I see the world and the way the world sees me."

In surviving whiteness, Powell thinks it is important to have an understanding and supportive community.

As the panelists traded speaking time, community tended to appear as an overarching theme coloring each individual story.

Next to speak on the panel, Wes Nelson, an undergraduate English major from Bristol, Connecticut, said, "It takes a lot of work as a white person to constantly question and constantly learn, because, to have this privilege that I know that I have in society, you kinda have these blinders on about what other people go

through."

If privilege prevents someone from seeing the peripherals, Searcy's memories of moving to Indiana may go unnoticed. When his family arrived, they were greeted by "KKK" written on their house. People in the area would knock down his family's mailbox or drive on their front lawn.

For education, Searcy attended a Catholic school. He shared a memory of the principal taking him out of class and walking him across the street to a hair salon. When the principal arrived in the salon with Searcy in hand, only in the fourth or fifth grade at the time, she asked the staff if he was the one. Someone had robbed the salon. After looking at Searcy, someone from the salon said no.

"My life could have been forever changed by the result of someone pointing me out and saying this was the one," Searcy said.

Every story told by the panelists had a personal element of conflict either with themselves, the world, or both. For Searcy, listening is pivotal to have a good conversation, but the conversation needs to happen some way despite the resistance described by each panelist.

Searcy said, "When you have the ability to engage another person, sometimes it might be with a sense of humor. Sometimes it may be you ask someone for permission, and if you ask them for permission they cannot be totally mad with you."

SGA talks about upcoming events pertaining to campus

By August Pelliccio

Student Government Association members motioned to approve Students for Local Heroes, and discussed details of several events planned for this semester and next at their most recent meeting.

Before any announcements or executive reports, SGA heard the club proposal by Shannon Dugan and Shannon Barrett. Dugan and Barrett are Southern students who would take positions as co-presidents of Students for Local Heroes.

"We're looking to start a club with the purpose of showing appreciation and giving back to the people who care for our community on a daily basis, on a local level," said Dugan.

Barrett explained that this would include active duty military men, firefighters, EMT's and more.

Dugan said, "In the past we've worked with volunteer firefighters and their departments to throw banquets."

According to Barrett, the club would aim to either host one large-scale event of this nature per year, or two smaller events, one for each semester. Both students highlighted the fact that Students for Local Heroes would be entirely donation based, and they would accept monetary donations, raffle prize donations and food donations.

Another part of the agenda was secretary Dan Emmans' discussion of the most recent special events committee meeting.

"We're starting to finalize our discussions in search



PHOTO | AUGUST PELLICCIO

Shannon Dugan (left) Shannon Barnett (right).

for spring artist," said Emmans. "We're down to our last five or six that we're discussing as a board."

One discrepancy versus previous years is the school's police department stepping in. Emmans said Southern Police Department wants to have a more active role in the selection process this year.

"Part of it is that some of the security costs for last year's concert were unanticipated," said assistant dean of students, Christopher Piscitelli.

Piscitelli continued to say that having a prior understanding of what security costs will be in full totality might steer the decision.

Emmans said genre choices are "all over the place," so the announcement will be a surprise early next semester.

Next, SGA representative Alexis Zhitomi briefly presented the general feedback from a tabling event she had assisted with earlier in the week, where students were invited to voice their concerns.

"From what I've seen so far, the majority [of the complaints] are food based, and library based," said Zhitomi.

Also, SGA president Julie Gagliardi and director of student involvement Denise Bentley-Drobish briefly touched on the upcoming closing event of Social Justice Month. Gagliardi said that SGA is helping to sponsor the event, which will be from 5 p.m. to 7 p.m. on Nov. 29.

"There is a speaker coming from Central who has walked to Washington D.C. and back twice," said Gagliardi.

Bentley-Drobish explained that there will be a dinner, and part of the event is going to be recognition for all of those who have contributed to Social Justice Month, but the real focus is forward-thinking.

"The event is 'what's next with social justice,'" Bentley-Drobish said. "We've celebrated this month, and where do we go from here; how do we take action?"

Finally the meeting was adjourned, and a brief executive session was held for voting members of SGA.

Transgender clothing

CONTINUED FROM PAGE 1

Carney said the S.A.G.E Center started the program after a student came up with the idea to have a clothing drive to give to the New Haven Pride Center and the Norwalk Community Center. She said they realized while formulating the idea that college students notoriously do not have a lot of money or access to buy new clothing and accessories.

"So we figured that would be a really good opportunity to give that resource to our students," said Carney. "There isn't anything that exists like it on campus."

Carney said they would be getting a lot of positive feedback. She said a lot of people had been happy to give them donations and saw that there was a gap in terms of services.

"People are extremely supportive," said Carney, "and they think that it's a huge help to the LGBTQ+ community."

Felicia Dematteo, a senior nursing major, said the program sounds great because it is good to help people no questions asked. She said it shows that Southern is a diverse community.

Michael Archer, a sophomore biology major, said it is wonderful to hear that Southern is opening up their arms to the fact that there is a lot of diversity on its campus. He said this programs signifies their recognition of that.

"I myself have a family member who is trans," said Archer, "so seeing a school that I represent as a student opening their arms, being accepting is actually kind of touching because not everybody is that same, everybody is different, everybody has their own choices and that's how life should be. Live the way you want to, be who you want to be. This is like a step to help them be who they want to be. So I think it's truly amazing."



SAGE Center: Sexuality and Gender Equality.

PHOTO | SOUTHERN VISUAL TOUR WEBSITE

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Tips for finishing the semester right



PHOTO COURTESY | STEVEN S.

By Audrey Gryak

Many college students know that it is easy to lose focus as the fall semester draws to a close. Expectations for Thanksgiving, Christmas, and New Years are usually prioritized over tests and final dates. Getting back on track does not have to be difficult with some tips from fellow students that will make finishing the semester that much easier.

"In order to finish the semester right, my main tip is to stay focused and not become lazy. As the semester ends, it is the time to finish strong. Grades are important, but are not the sole factor to success. If someone was not doing well in a class and improved their grades, it shows that they bounced back and were determined to stay focused," said Aaron White, a freshman majoring in Management Information Systems.

White said that removing outside distractions can allow someone to focus better.

"Make sure to reward yourself for studying. When working on a paper, write a paragraph or two and take a break and come back to it," said White. "Make sure not to get sidetracked and put all of your focus into what you can do."

White added that it is very easy to get bored of a routine, so sometimes you have to do something differently so that your mind stays in the game.

"My main motivation is that I want to defeat stereotypes that plague African-Americans. I want to prove that not all African-Americans are lazy, and want to be an example of what a model African-American would look like," said White.

Katherine Rodriguez, a freshman majoring in social work, also had some tips to share; "Try not to slack off because it's the end of the semester. Keep trying to finish the semester strong and keep your grades up. Also, don't



PHOTO | AUDREY GRYAK

Lizzie Cerino and Michael Lauer, front office managers for the Academic Success Center.

get lazy over Thanksgiving break and stay on track."

Rodriguez said that she likes to use note cards because they can be used to study at any time. "You can study from them when you're walking to class or when you're waiting for class to start, and notecards are really helpful for remembering vocab terms as well," said Rodriguez.

Rodriguez said that she wants to get her degree and keep her GPA up so that she can get into the social work program; "I want to make my parents proud, specifically my mom, as she is a clinical social worker and inspires me."

Lizzie Cerino and Michael Lauer, who are front office managers at the Academic Success Center, had some

advice for finishing the semester and listed resources to help students who may be struggling.

"Try to persevere and stay motivated so that you can finish the semester strong. Stay positive and keep pushing through it. Trust the learning process, and when you feel like giving up, remember that resources are there to help," said Lizzie Cerino, a senior majoring in interdisciplinary studies. "The Academic Success Center has success workshops and writing centers that deal with both academic and student concerns."

Michael Lauer, a junior majoring in secondary education, said that students can come to the Academic Success Center with any questions that they might have.

"If a person doesn't know how to read schedules or grids for the next semester, they can come to us and get help," said Lauer. "They can know where to find answers about most school related problems."

Lauer also said not to lose focus as it is so close to the end of the semester.

"The holidays can cause people to get sidetracked and lose track of what's important. So try to stay focused and prepare for next semester," said Lauer.

Cerino and Lauer also had some organization tips for people who like to procrastinate.

"Create a time management or budgeting schedule. Do a bit of work at a time so that it won't pile up at the end of the semester. As the semester draws to a close, use time wisely and take breaks efficiently. If you hit a writer's block, rest your brain to regain time for more productive work," said Cerino.

Lauer agreed with Cerino and advised students to study in a space where they won't be distracted, such as a library or study hall.

"Try to remove distractions and get your work done in one sitting or take short breaks if you need to," said Lauer, "depending on how you study."

The hidden costs of higher education

By Jenna Stepleman

Everyone knows college can be expensive, but sometimes the place the expense comes from is unexpected. Students have a lot to pay for at this time in their life and it often goes beyond tuition, books and housing.

According to the College Board, the published tuition fees for 2014 through 2015 at state colleges in the United States are an average of \$9,139 for state residents, and \$22,958 for everyone else.

Alex Galla, an interdisciplinary studies major with a concentration in studio art, tells about how she thought her tuition would cover most of her art supplies but did not.

"They only have a finite number of supplies like canvases, paint and other art supplies before they run out, and you have no way of knowing before you sign up for that class," Galla said. "So when they run out you're basically forced to spend the money on the supplies or you can't pass the class and have to drop out."

According to the Yale News, "a four-figure price tag each year is typical for art and architecture majors, who have to pay materials fees to enroll in courses as well as large sums for supplies necessary to produce architectural models or works of art."

"I paid well over \$300 for the supplies I bought just for one of my required classes. It's a lot more than I realized," Galla said.

On the other side of the art department

in graphic design, Leslie Bourdier, a sophomore art major, does not have to worry so much about her in major expenses. But her electives and their requirements.

"Since I'm still in the arts, I have electives and tier two requirements that involve the same investment but aren't even in my major," Bourdier said.

According to SimplyHired, the average salary for student teacher jobs is \$32,427. However, for Justin Appel, an education major, he has to actually pay the school to work as a student teacher for his major.

"I found out this year [that] in my senior year when I go for my mandatory 'in class' experience, I have to pay the normal tuition, even though I'm not taking a normal class on campus and I'm the one going to work there on location," Appel said. "I figured they would pay me, like an internship, but it has become more of an unexpected expense to finish my degree."

Other expenses that come with the college experience do not actually occur on campus.

Armani Mondesir, a senior business major, described the traveling he had in one particular class that really added up, and were not at first part of the description.

"In one of my classes we went on a trip to New York City—to a few museums—and I don't remember what it cost exactly, but going to NYC, paying admissions and food really adds up," Mondesir said. "Not everyone can afford something like that on short notice, and [it] was really unexpected."



PHOTO COURTESY | MIESHA MORNIERE

Unsung Hero: Greg Thompson

By Jeffrey Lamson

A friendly face greets all those who enter James Moore Field House during the week as Greg Thompson opens the door for students, athletes, and staff alike.

Thompson, fresh into retirement came to work part-time at Southern through a friend who also works part-time.

Hesitant at first, Thompson came around through a little encouragement from his friend and realizing the position might be a good fit for him.

"I like people," Thompson said, "I'm a people person. I talk to everybody."

As people of all kinds passed in and out of the doors to the gymnasium within Moore Field House, Thompson made a point of greeting each one of them individually and opening the door for them with a smile on his face. He asks them how they are doing and wishes them a happy Thanksgiving. And they all know him and appreciate his warm and friendly demeanor.

One staff member of Moore Field House was heard saying, "I just think he's the coolest cat around."

When asked about his reaction to the positive opinions about him around the Field House Thompson said simply, "I'm glad they enjoy me as much as I enjoy them."

Now in his third year working at Southern, Thompson has a grandson who is in his first semester at Southern. While he has a great respect for student athletes, he does not try to push his grandson towards it too hard because he also has a great respect for how hard balancing those two aspects of ones' life can be.

"I admire the student athlete," Thompson says, "As a student and an athlete, it's a lot of work."

Thompson explains that he approaches his job as putting a bit of positivity in the people's lives as they walk in and out of the Field House.

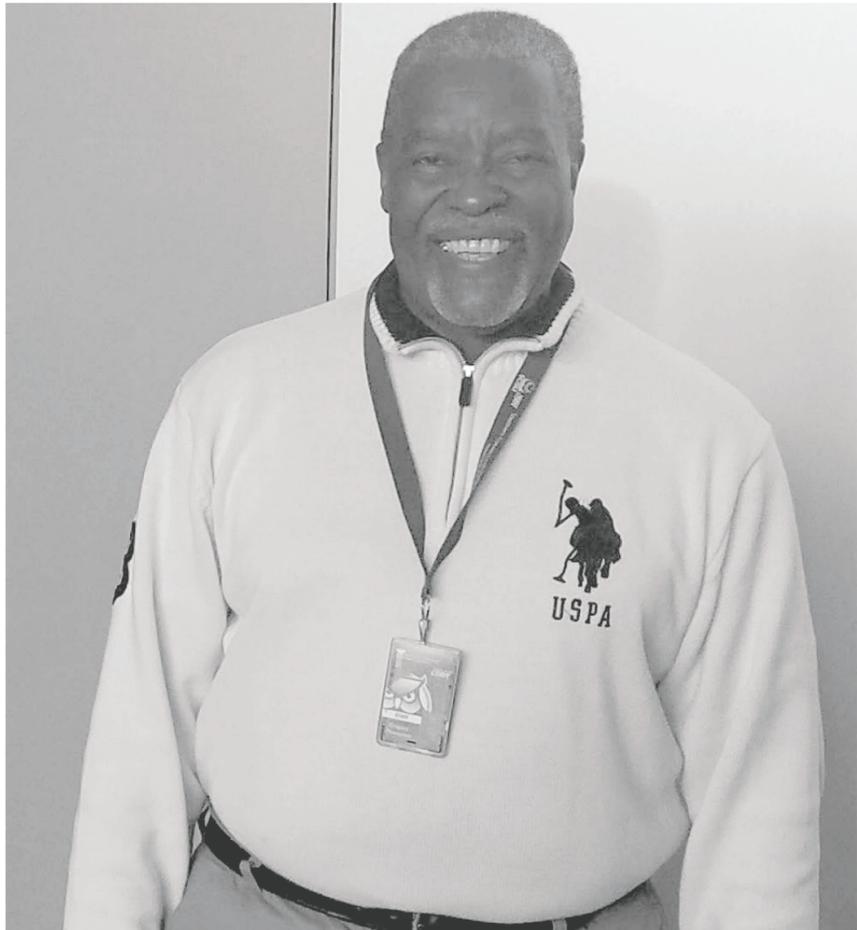
"I try to uplift them when they come in and when they go out," Thompson says, "because a lot of them go out there hurting," saying that many leave with ice as well as aches and pains.

Thompson very much likes his job and watching the students advance and progress through their journeys saying, "That's what I enjoy, young people getting out, focusing on their life, what they want to do, and reaching for that goal." He also remarks on seeing students succeed in their lives. "Seeing them, getting them where they need to be, that's a great feeling," Thompson said.

Talking about President Bertolino, Thompson was very positive about him and Southern saying, "I think this school, the president of this school has the right idea, (He) goes out into the community and tries to reach out to everyone, and that's a good thing." Thompson goes on to saying that President Joe is on track to, "making this college better than it ever has been."

When asked about his future here at Southern, Thompson said that he does not really see a reason why he would leave unless something drastic should change. Future visitors to Moore Field House can reasonably expect to a bright friendly smile during the hours of 3 p.m.-6 p.m. on weekdays for quite some time to come.

Thompson went on to say, "Unless something comes up, I'll be here."



Greg Thompson, a worker at Moore Field House.

PHOTO | JEFFREY LAMSON

Embarrassing moments at Southern

By Jenna Stepleman

Embarrassing things are bound to happen once and awhile, but usually you can just laugh them off. Other things however stick in your memory and make you cringe to this day.

Students at Southern shared their most embarrassing moment on campus.

Amanda Cerrone, a freshman business marketing major, described how one of her most embarrassing moments came this year.

"I somehow managed to fall up the stairs in the Buley Library, I hope no one saw but I'm pretty sure they did," Cerrone said. "My stuff flew everywhere. I tried to get it as quick as I could but it was still embarrassing."

Most students can recall having an embarrassing moment, but other people are unfortunate enough to have an embarrassing moment spread out over time for others to know but leaving them out of the loop.

Cailey Howser, a senior collaborative education major, said her embarrassment took place over a longer period of time and was not as simple as falling over.

"For like, a year, I didn't know what or where the Bagel Wagon was and just

pretended to when people talked about it around me," Howser said.

Other mishaps happen from lack of attention or outside influence by other people or even modern technology.

Lauren Thibodeau, an early childhood education major, had a similar event happen at the Wintergreen Garage.

"I was walking from Wintergreen texting, not really looking where I was going," Thibodeau said. "I kept on walking without thinking almost right into a bench off the sidewalk while everyone looked at me funny."

Researchers at Ohio State University say "an estimated 1,500 pedestrians were treated in emergency rooms in 2010 for injuries related to using their cell phones while walking." It also found that people 16 to 25 years of age were most likely to be injured as distracted pedestrians in this way.

Samantha Widomski, a freshman communication disorders major, did not slip but explained how she was embarrassed falling over in public in a similar way.

"I was walking with my crutches in front of the academic quad, and I got tangled up somehow in my own stuff and before I knew it I had stumbled all the way over," Widomski said. "I'm not sure



PHOTO COURTESY | SAREBEAR)

everyone noticed, but I certainly felt the embarrassment as if they did."

Embarrassment can come from outside sources even when you were not involved in the joke yourself.

Sarah Velez, also a freshman communications disorder major, had an

embarrassing experience that spanned the whole day more than her friends quick fall.

"This didn't happen too long ago actually where I left with my shirt inside out and throughout the day everyone noticed and told me but I couldn't do anything about it till later," Velez said.

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'Justice League' is not Marvel, but it will do



PHOTO COURTESY | GAGE SKIDMORE

The cast of "Justice League" at this year's San Diego Comic-Con.

By Jenna Stepleman

DC's "Justice League" does some of what it sets out to do, but as it usually is with these types of mashup character movies in the DC universe, the film moves too far too fast, yet somehow far too slow at the same time.

Wonder Woman, the hero we are actually all there to see, steals the show. This is probably because she has already had her own movie establishing her likes, dislikes and personality. The same is true of Batman. However, the newly rebooted edgy Aquaman falls flat. They spent little to no time showing who he was other than passing comments about his brooding personality and it stemming from being left as an orphan. This film is not an origin story, but, an audience should know who they are watching.

Ezra Miller, the Flash, is the comedic relief of the movie. He actually succeeds in being both funny and charming in an otherwise very dark movie. His portrayal of a less cocky, more humanized Flash is great, but, again,

in classic DC style you are only given fragmented pieces of why you should feel for his plight. This would be no problem if eventually the viewer was given the satisfaction of the pieces being put together in the end, but the resolution never comes as, of course, each character's standalone movie will come later and DC wants the viewership on that.

The movie is fun and has a couple twists and turns, but it suffers from missed opportunity left and right. Scenes that showcase people we have been waiting to see since the end of another DC movie (hint: "Batman v Superman: Dawn of Justice") are quick and unsatisfying; others that you never expected to see keep on for way too long.

On a positive note, the movie does provide the action satisfaction you are looking for in a hero movie. It is interesting and new, and is not always just the same shot over and over. Wonder Woman gives the sense of rationality and morality we are all searching for in this chaotic movie, and it is unfortunate she is trapped in the confines of Rob Snyder and DC movies.

The premise of the movie is that no one character can do it alone, and there is genuine tension in some moments. This tension works up to a point, but then it becomes a situation where the viewer could think of faster or less risky ways for the problem to be solved. With that feeling comes a break with the sense of realism. This feeling is reinforced by the fact that there are particular characters who most certainly could do it alone.

The value of teamwork is a great idea to teach, but if you are going to go for that as a theme, make sure it is not like a history lesson from sixth grade and that it is actually applicable to the movie you made.

This movie wants to function like "The Avengers," but it does not quite reach the mark. It is fun, quirky and the acting is on par with any other decent hero movie, but DC's fatal errors did not dissipate as we all hoped they would after the success of "Wonder Woman."

Fabulous and Jadakiss release joint album



PHOTO COURTESY | DEPHISTICATE

Jadakiss performing at the Apple Store in SoHo in 2011.

By Lynandro Simmons

It has been over a year since New York rap legends Fabolous and Jadakiss announced their joint album. Inspired by their Friday freestyles in 2015, the two lyricists joined forces to show the old regime of rap still has a place today. The project was originally to be titled "Freddy vs Jason" after the two iconic horror film characters. Fab took on the alias of Freddy Krueger and Jadakiss' alias comes from Jason Voorhees.

The project finally arrived on Black Friday with a sudden name change. The project is now titled "Friday on Elm Street," a combination of the classic films "Friday the 13th" and "Nightmare on Elm Street." On the collaborative effort, Fab and Kiss show how their styles blend seamlessly. As two of the few rappers to

have lasted through three eras—the 90s, early 2000s and currently—the duo shows why their styles never sound dated.

The new project is only 12 tracks long and features a solid supporting cast which includes Future, French Montana, Jeezy and Yo Gotti. On the opening track, "F vs J," the two split duties evenly with Fab handling the opening verse. Over a haunting beat that switches for each verse, Fab and Jadakiss give listeners a preview of what this album is supposed to be all about: hard hitting lyrics.

The second track "Stand Up" features Future and was released as a single for the album. The track sounds like a direct attempt at radio. Though this is one of the more forgettable tracks on the album, the duo make up for it with plenty of other tracks. The soulful track "Soul Food" shows the rap veterans getting more

insightful while the follow up track "Principles" talks about the code of life the two men follow.

The centerpiece of the album is the track "Talk About It." The track features the talented singer Teyana Taylor who continues on her streak of stellar features. On the track, the two veterans question all that has been going on in the news, from anthem protests to the current administration. "I know y'all tired of talking and going to demonstrations, but if we don't speak up you help the discrimination," Fab raps on the track.

The album also features solo tracks from each rapper. Kiss delivers a classic gritty New York track on his solo track, "Ice Pick." On Fab's solo track "Nightmares Aint as Bad," he raps over a somber instrumental about the importance of dreams. Using his own personal experience,

he talks about how dreams of grandeur are often found on the opposite side of a person's worst nightmares. However, he reminds listeners these dreams can be used to overcome any nightmare.

The album closes with the remix of the track "Stand Up," with street rappers Yo Gotti and Jeezy. The two new features help to make the largely forgettable track better. The seasoned pair of southern street rappers fit perfectly with the New York veterans.

As spring sits comfortably in the rearview mirror, the harsh winter months deserve a soundtrack. Though there are a few bumps on this album—notably the track "All About It" with French Montana—the duo delivers a solid album. Winter is here and rap fans will need some music to lace their boots to; this album will help get the job done.

Sherwood and Mochrie bring a lot of laughs to Lyman



PHOTO | AUGUST PELLICCIO

Brad Sherwood and Colin Mochrie (left to right) performing their improvisation act at Lyman.

By August Pelliccio

Empty chairs in the Lyman center were very few “An Evening with Colin and Brad,” an improv comedy show, part of Mochrie and Sherwood’s current tour. Both comedians were formerly stars of ABC’s “Whose Line is it Anyway?”

The “Scared Scriptless” tour will perform at many college campus theaters and major arenas across the country over the next six months. Tour dates and locations can be found at their website.

For those who were fans of “Whose Line is it Anyway,” the comedic style of Sherwood and Mochrie was immediately

recognizable. “Whose Line,” for short, has been gone for quite some time now. According to IMDB, the last episode of the show’s eighth and final season aired on Dec. 15, 2007. This performance truly came off like a live continuation of the show; both comedians acted as excited and passionate as they did during the duration of the ABC show.

Introducing the event, Sherwood said, “This is our seventh performance here at the Lyman center, so we’re either doing something right, or you people are all mental.”

Sherwood explained just how improvisational the show usually is, saying, “it is never the same show twice.”

Mochrie then explained that each scene performed would begin with a suggestion.

“It is our intention to prove to you without a shadow of a doubt that at no point during the show do Brad and I know what’s going on,” Mochrie said.

The performance elicited a lot of laughs from the audience, but it should be noted that there are very few subjects Mochrie and Sherwood will stay away from. Both cracked several jokes with curse words; both made jokes about drug use. They did not even stop at referencing male genitalia.

Their humor touched on recently surfaced scandals in pop culture. Mochrie and Sherwood each made a reference to

recent sexual assault allegations to comedian Louis C.K. and actor Kevin Spacey. These references and dirty jokes were not necessarily distasteful, but the length that these two went to get a laugh was genuinely surprising.

On the tour website, this issue of clean humor is addressed.

“Many people have brought their 8- to 10-year-old children to the show with no complaints,” reads the “Show” page.

“Although they do attempt to keep the show family friendly, Colin and Brad can’t be responsible for audience suggestions,” it continues. “Therefore, we recommend you make your

own judgment call.”

One topic, however, that neither comedian would touch was politics.

Sherwood explained, “Our show is a political free zone, so we won’t do anything dealing with current events in politics.” He continued, “You come here to escape all of that.”

This comment received some of the most sincere and grandiose applauding of the evening.

Neither comedian had trouble making fun out of audience suggestions, and the show even ended with an on-the-spot, end of evening song, “here in New Haven.”

VPAS raises awareness of victim blaming through art

By Chloe Gorman

According to Mary Xatse, the graduate intern for the Violence Prevention Victim Advocacy and Support Center, the “What Were You Wearing?” art installation was a new way to bring attention to an idea that is constantly associated with sexual assault: victim blaming.

“I thought it was such a cool way to bring this issue of victim blaming to the student community, and to get conversations going about how it’s never the survivor’s fault,” Xatse said, “and asking what someone was wearing isn’t really seeking to [answer] any questions or to help anything in the long run.”

Xatse said she first saw the exhibition put on by the University of Kansas a couple of months ago, and was inspired to bring it to Southern’s campus. She also said how the event fit perfectly into Southern’s Social Justice Month.

The exhibition featured recreations of the outfits sexual assault survivors were wearing at the time of their individual incidents. According to Sabrina St. Juste, a senior interdisciplinary studies major and a student worker for VPAS, the art installation is also a way to help educate students on how to intervene when he or she sees a potential dangerous situation occurring.

“With the outfits, what we try and do is we try and educate students on rape culture, that’s why we have our board here with information,” St. Juste said, “and then, after learning about that piece and rape culture, we go on and let students know about bystander intervention and being an active bystander.”

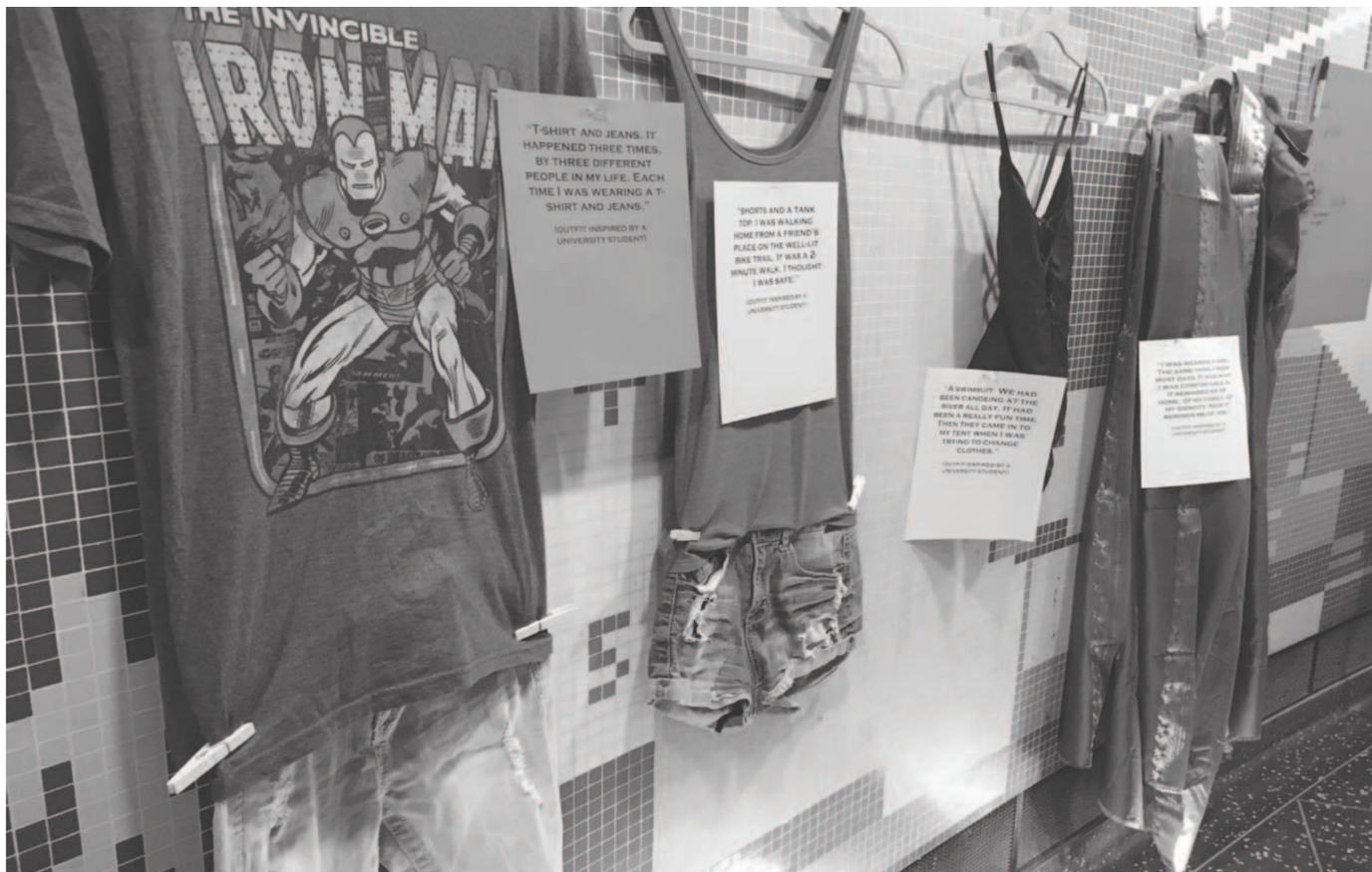


PHOTO | CHLOE GORMAN

The recreated outfits on display at the “What Were You Wearing?” exhibition in the Engleman Hall rotunda.

The “What Were You Wearing?” exhibition was featured in three different locations around Southern’s campus from Nov. 14 to Nov. 16. Each location had different outfits taken from a database of compiled outfits of sexual assault survivors who consented to having their clothing documented.

“Some other outfits include sweatpants or pajamas,” said Xatse. “There are harder ones that we’ve had to see about

sundresses or kids’ outfits, and that’s really hard. We don’t want anyone to be assaulted, but when you see the innocence of a child that’s just something really hard that we talk about as a center.”

The outfits were each accompanied by quotes from their respective survivors, so passersby were able to view each survivor’s story.

“It’s pretty depressing to see how this is still happening in 2017,” said Haroon Chaudhry,

a junior international business major, who attended one of the events.

Chaudhry said seeing the different outfits and read each story changed the way he looked at instances of sexual assault.

“It can happen to any of us at any time, throughout any place,” he said. “So, I am happy that VPAS is coming out and speaking for the people who can’t speak to give them a voice.”

Overall, Xatse said the goal of the event was to create conversation around rape culture and sexual assault. Ultimately, she wants to educate the Southern community.

“Some people agree with us; some don’t,” said Xatse, “and, at the end of the day, it’s learning how to hear someone else’s perspective on this topic, and educating them.”

Education major uses art to relieve stress



PHOTO | JENNA STEPLEMAN

Maia Strong, an elementary education major, sitting with her work in the studio.

By Jenna Stepleman

Not all artists are art majors; some are artists by hobby. That does not mean they lack talent or drive.

Maia Strong, an elementary education major, is a self-described “perfectionist” who likes to do art on the side and is taking some art classes here at SCSU.

She started drawing in middle school by painting flowers for her mom to hang up in her room, and at one time had thought about being an art teacher. She has since decided teaching third grade was the better choice for her, though she still enjoys art.

“The best thing about art to me is how expressive, creative and subjective it is. I love how beautiful and perfect art

can be,” Strong said.

She later fell out of the hobby in her older years, slowing down into high school but keeping it up on the sidelines.

So when given the opportunity to take a painting class to fulfill a tier requirement, she decided to take it up for a little more than a hobby.

“I haven’t considered my art as a minor or major simply because art is challenging for me versus something that comes kind of natural, like some people. I have to really put in a lot of time and effort and that kind of takes away from me wanting to minor in it,” Strong said. “I prefer it stay a stress free hobby for me.”

Many artists admire specific famous artists. Common answers include Van Gogh, Monet or Andy Warhol, but Strong has a different

view on the concept.

“I don’t have any artists in particular that I look up to but I definitely admire and envy and talented artists. Art isn’t easy for me at least, so I love anyone who can get a positive reaction out of me when I look at their art. That can even be students here at SCSU,” Strong said.

A lot of artists by trade will say their favorite piece is the one they are working on, and Strong is very much the same to other artists in this sense.

“My favorite piece is the ‘imitation piece project’ right now where we do a rendition of a famous piece. I like having something to work off of. It really fed my inner perfectionist,” Strong said.

Strong mentioned not pursuing an art major for fears of having very few jobs available as well

as it being something she wanted to keep out of her money making career.

According to Insider Higher Education, it has been a long held belief by students “that pursuing a career in the arts is a likely ticket to a life of perennial unhappiness, hunger and unemployment. But the opposite appears to be true – graduates of arts programs are likely to find jobs and satisfaction, even if they won’t necessarily get wealthy in the process – according to a new national survey of more than 13,000 alumni of 154 different arts programs.”

Strong is interested in many disciplines of art such as painting and sketching; she said she may even try her hand at pottery in the SCSU art department as an elective.



PHOTO | JENNA STEPLEMAN

A close up of Strong’s painting.

“I’m glad I took the class, and I guess anyone is an artist but as for the art majors, I’ll leave that to someone else,” Strong said.

Student and teacher perform in a night of jazz

By Jeff Lamson

Mentor and upill collaborate to bring jazz standards to Southern. Mark Kuss and SCSU graduate Cristina Harris perform piano and vocals, respectively. They played to a small crowd in Engleman Hall’s Garner Recital Hall featuring interpretations of “Good Morning Heartache,” “My Funny Valentine” and “I Fall in Love Too Easily.”

Kuss and Harris played off each other’s well placed stage left as the video wall in the background showed clips trying to match the mood of the tunes. Garner Recital Hall is not what I would call a fitting venue for the event. The video wall seemed like a good idea, but it was a little distracting when it hiccupped in the middle of the performance.

In spite of the setting, Kuss and Harris were able to paint a mental picture well enough to

let the rest of the room fall away. The music was varied enough to keep the listener’s interest and also had a good flow in terms of peaks and valleys from beginning to end.

Harris, who is relatively new to performing jazz vocals, gave a great performance lending honorable service to the music. There were some slight indications of her pop-music roots, but if anything they added a uniqueness that probably was not intentional.

Kuss was just amazing on the piano. Having never seen Kuss perform before, it was impressive just how well he was able to convey the moods and emotions with just the lightest touch of a key.

Harris, who released a full eight track album, “Safer in the Dark,” in 2014 has been working and performing with Kuss for a while playing around in the New Haven area in such local venues as The Space in Hamden.

Harris thinks of Kuss as somewhat of a mentor, bouncing ideas and music off of him over the course of her career between Los Angeles and Connecticut.

While playing her own music in local venues like The Space and Café 9 in New Haven, Harris was approached to help here at Southern lending some of her experience to music majors currently enrolled here. Having spent a fair bit of time in the industry, she has gained a lot of personal experience and connections over the course of her career, saying, “I’d really like to bring some of that here.”

Harris has been working in the electronic music studio in Engleman Hall with students helping them learn the necessary skills that they will need for their careers in music. Having recorded an album of her own, Harris is able to perform more readily than some students may be able to. This way, the students learning in the



PHOTO | JEFF LAMSON

Mark Kuss and Cristina Harris performing in Engleman Hall.

Studio have a reliable source to record and practice their music producing skills.

More shows like this are possible in the future as Kuss and Harris continue to play together. Kuss was unavailable to approach

for comment as he was leaving for Australia first thing in the morning. There is also a possibility of a semi-regular open-mic night type event starting to form on campus as ideas are shared in the music department.

This cannot be confirmed, but it seems that music at Southern still has many areas to explore and share.



PHOTO | SOUTHERNCTOWLS.COM

The volleyball team after learning that they had been selected to go to their first NCAA tournament.

Catapano finishes up storied career at Southern



PHOTO | SOUTHERNCTOWLS.COM

Catapano during a game against Stonehill earlier in the season where he threw for two touchdowns.

By Matt Gad

Ray Catapano went from quarterback to wide receiver and back to quarterback again throughout his four years at Southern. He went through seasons of 2-9, 4-7 and 6-5 before finishing his senior year at 5-5.

"I came in as a true freshman, just turned 18 in the middle of camp and I was thrown in with the starters. I kind of just took it from there once I got my opportunity, which was in Week Two, and ran with it," Catapano said. "I started every game for the rest of that year and I did alright for being a true freshman, but the team struggled a little bit."

That year Catapano recorded 1,136 passing yards and 380 rushing yards. His passing yardage led the team and he was third in his production on the ground. For his freshman year's performances he was named to the NE-10 All-Rookie Team.

Head coach Tom Godek was named the interim head coach of the Owls prior to Catapano's commitment and credited coordinators Chris Lorenti and Chris Bergeski, the latter being the team's offensive coordinator and quarterbacks coach, for discovering Catapano out of Long Island's Carey High School.

"He committed to Southern without a head coach in place," Godek said. "It says a lot about the Southern campus when you can get people to come to your program

NCAA bound

The volleyball team finished the season with a record of 23-10, which was good for fourth in the Northeast-10 conference.

By Matt Gad

After a 23-10 season, including a 2-1 NE10 postseason, Southern's volleyball team earned their first NCAA Division II national tournament bid in program history.

The Owls made it all the way to the Northeast-10 Conference Championship, losing to the University of New Haven 3-2 in a five-set match.

"I can't say enough about this team," head coach Lisa Barbaro said. "They've worked really hard all season to get an opportunity to not only be in the playoff but to have advanced all the way to the

[NE-10] final."

The Chargers won that game off a 15-11 final set. They lost game one, 25-22, won game two, 26-24, fell in game three, 25-16, and won game four, 25-20, to

"I can't say enough about this team."

— Lisa Barbaro, Head Coach

tie it up 2-2.

Junior Leanna Jadus led the Owls with 22 kills that night while junior Alyssa Gage recorded five blocks, senior Alexandria Jurgens had 48 assists and sophomore Gabriela Vazquez

contributed with a team-high 23 digs.

"We were expecting our team to be a lot stronger than previous years, but we definitely didn't expect to break a handful of program records," said Jadus. "The graduating senior class was here when the program wasn't as strong and this senior class knew the struggle of a long season of loss after loss and I believe they just refused to let that happen [in] their last season as collegiate athletes."

Last year the team went 15-19 and missed out on the conference tournament. This is the first year ever that the NCAA has selected Southern into their

national bracket.

Said Barbaro: "[This is the] first time in school history we've had an opportunity to receive an NCAA bid. The road is very tough [there are] a lot of good teams in the region but the girls feel confident. They know they can play with anyone in this region and they've proven that. [The] loss to UNH fuels our desire to go after the region and we're looking forward to the opportunity."

The tournament has been broken down into regions and Southern will come out of the East as the fifth seed, receiving an at-large bid to compete. The NE-10-winning Chargers will host the

SEE VOLLEYBALL PAGE 10

SEE CATAPANO PAGE 10



PHOTO | SOUTHERNCTOWLS.COM

Head coach Scott Burrell talking to his team in a timeout this season.

Men's basketball stumbles out of gate

By Matt Gad

Southern's men's basketball team is currently 1-3 after season-opening losses to Saint Rose, Le Moyne and Concordia College of New York and a win to Merrimack last Sunday.

Nov. 15, after a 77-63 home loss in their season opener to The College of Saint Rose, junior guard Isaiah McLeod said there was a lot of preparation that went into getting ready for the opener but that it didn't seem to come through on the court.

"We didn't look like we were so prepared today,"

he said at the time, adding "there were a lot of mishaps of defense and it took a lot of time for us to get into our offense. We didn't run [the offense] to the best of our ability and we could've come out more prepared than we did."

In that season-opening loss, Saint Rose was led by Shane Herry's 18 points, Julian Lipinski's 15 and Matt Cerutti and Jamaal Greenwood's 10 each. The Owls had efforts from freshman Ulyen Coleman, who shot 5-10 and scored 13 points, McLeod, who struggled, shooting 4-18 but hitting 12 and senior Jerry Luckett, Jr,

one of three co-captains along with McLeod and junior Joey Wallace, scored 11 points and had one steal.

Head Coach Scott Burrell kept it simple: "We didn't compete. We didn't play hard enough; we were floppy, [we] didn't have a purpose and we weren't hungry [enough]." He went on to say "I told them after Syracuse that [Syracuse] is a very good team; they're big but they're not like teams in our league because our teams make threes. [So] whatever you did at Syracuse [is] gonna be totally different in the regular-season."

Following the loss, the Owls went on the road and

SEE BASKETBALL PAGE 11

Women's basketball impresses in home opener



PHOTO | SOUTHERNCTOWLS.COM

Africa Williams is off to a hot start this season as she is averaging 10.7 points per game.

By Kevin Crompton

Coming off back to back road losses in close contests to University of District of Columbia and University of Bridgeport by six and three points respectively, the Southern women's basketball team was hungry for its first win.

The home opener took place on Wednesday, Nov. 15 against The College of Saint Rose, where the Owls bested the Golden Knights with a final score of 66-47.

In the first quarter, Southern

started strong, taking a 19-10 lead and showing they mean business with an early press on Saint Rose towards the end of the first quarter. Saint Rose outscored Southern in the second quarter, however, Southern still managed to lead 28-21 at the half.

In the second half, the Owl's continued their dominance. They stretched their lead to 15 by the end of the third quarter and led by as many as 21 points in the fourth before finishing the game with a 19-point triumph over their NE-10 conference opponent.

Senior forward Kiana Steinauer recorded her first double-double of the season with 13 points and 14 rebounds, accompanied by five steals and one block. Senior guard Africa Williams led her team in scoring for the second time this season with 15 points.

"It feels good because at first over the weekend we were a little shaky," said Williams reflecting on the team's first victory. "But we got used to playing with each other in practice over and over so we just gave it our all for the first home game."

Southern's 17 points off turnovers and 13 points off second chance opportunities seemed to be the difference maker in the game. Williams said that she had anticipated winning by a wide margin.

"The coach gave us goals to do defensively and once we get those goals done it's an easy win," said Williams.

Williams also said that if the team continues to "play hard and play together" then they will continue to win. Southern's last two victories on Nov. 18 and

Nov. 21 against Le Moyne and Concordia proved Williams right as the Owls are currently on a three-game winning streak.

Steinauer was the leading scorer and added another double-double in the win over Le Moyne. She was also the leading scorer against Concordia with 15.

Southern's next home game will be Dec. 5 against American International College which will be the first of their four home game span in December.

Volleyball

CONTINUED FROM PAGE 9

regional as the top seed and the Owls will open national play with the New York Institute of Technology tomorrow night at Charger Gym, with a 7:30 p.m. start. Southern defeated the NYIT Bears 3-2 on Sept. 30, the same day they also hosted, and beat, Delaware's Wilmington University, 3-0. The Bears are 25-8 and 10-4 in the East Coast Conference and were awarded the fourth seed for the tournament.

Jurgens said she did not really know what to expect coming into this season, but said she began to feel confident early on. The Owls were picked 11th in the preseason poll and they were the seventh seed in NE-10s.

"I think it has definitely been a roller coaster of emotions, but now entering NCAAs it's just an opportunity my team and I are fortunate to have. We've put a lot of hard work into this season so far."

Barbaro said the ultimate prize and goal would be to win a national championship. She noted how many college athletes can go four years and not get an opportunity to compete for one.

If the Owls can defeat NYIT, they will get another chance to beat the Chargers and continue their historic 2017 campaign.



PHOTO | SOUTHERNCTOWLS.COM

The volleyball team high fiving a team across the net during a game this season.

WFAN has major changes coming

By Matt Gad

"Mike's On, he's ready to go," but he actually is. The famous WFAN personality, who is known for populating radios each weekday afternoon, got his start with Chris Russo in "Mike and The Mad Dog," a drive-time hit on WFAN for years. But after Russo went to Sirius XM, Francesca was all on his own. He debuted his own show, Mike's On: Francesca on the Fan, Mondays through Fridays, 1-6:30 p.m., which, for a

time, was also presented on YES Network, and went from there.

Mike is known for his hard-nose personality and for not being afraid to call out his callers and listeners. He has been known to create a stir with his colleagues, too, as he was often ridiculed by former WFAN morning co-host Craig Carton and Craig's former radio partner, Boomer Esiason, who's now the only one weekday mornings 6-10. And we all know why. You have had to pay attention to the news cycle earlier this fall or just read some of my

columns and you will get all filled in on the Craigie mess.

Anyway, with Mike out before we all know it, the station has named not one, not two but three people to co-host the afternoon show. And you will get a kick out of who they've named. First, you will have Maggie Gray, who you may know from her show with Marc Malusis or for hosting Sports Illustrated's digital weekday installment. And followed by Maggie there is everyone's favorite Chris Carlin, who did Imus' sports updates

and used to be on SNY's "Loud-Mouths" and the former NFL loud mouth (wow, look what I did) Bart Scott, who we know is famous for trying to shut out the media from talking to him. Oh, how ironic.

So we will have to see how Maggie, Chris and Bart are able to resonate with a fiery, yet extremely passionate New York City fanbase Filling Mike's shoes will be no easy task for the new afternoon crew. Stay tuned.



Matt Gad - Sports Writer

Basketball

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lost to both Le Moyne and Concordia, as stated above, by final scores of 74-62 and 80-78, respectively. Against Le Moyne, a game that took place Nov. 18, Wallace, Luckett Jr. and McLeod came out firing, scoring 21, 16 and 12 points. The entire team capitalized off 22 points in the paint and 15 off second-chance opportunities. Then at Concordia on Nov. 21 McLeod and Coleman led the Owls with 14 points each.

And this past Sunday, in a home game at Moore Field House, Southern defeated NE10 rival Merrimack, 82-78, to hand the Warriors their first conference loss of the year. McLeod had a career day, scoring 28 points on 11-20 shooting, while his teammates, Luckett Jr. and Coleman also appeared in double-figures. The Owls also had 15 off the bench, keyed by seven from junior-transfer Luke Beesley.



PHOTO | SOUTHERNCTOWLS.COM

Junior Isaiah McLeod had a career high 28 points against Merrimack in Southern's 82-78 win.

And that game will take place over at

Catapano

CONTINUED FROM PAGE 9



PHOTO | SOUTHERNCTOWLS.COM

Catapano throwing a pass during his junior year.

based on what your school has academically, socially and athletically."

A number of the coaches on the football staff are Owls themselves, and, as Godek said, they wore the same jersey and could speak directly to the school and the football program.

Godek, who was officially named Southern's head football coach in April 2014, was with the program for 13 years prior as an offensive coordinator under Rich Cavanaugh, who retired after 28 seasons and was known for leading the Owls to a string of 11 straight winning seasons and for also having more winning seasons as a Southern football coach than Jess Dow, for whom the field is named for.

And after winning four straight games and finishing 2016 at 5-5, Godek said no one wanted the season to end. After standing at 1-5 midway through the year, he said there were all sorts of rallies to bring the team back.

This year's senior class marked the end of the first class Godek had as a head coach. He said there were some student-athletes who had one more year of eligibility but will be moving on in their lives. He had no ill-will to any athletes not finishing their full collegiate eligibility.

Since Catapano began as a true freshman, he is all finished with his Southern career. However, he expressed some interest in going into a professional or semi-professional situation to extend his football career.

"I got invited to an All-Star Game down in South Carolina Dec. 15," he said, "so we'll see how it goes from there. If I get the opportunity to play [professional or semi-professionally] I'm obviously gonna take it, but I don't wanna force the issue."

Lax team names 2017 captains



PHOTO | SOUTHERNCTOWLS.COM

Keal will serve as one of the team captains for the second consecutive season.

By Mike Riccio

Southern's interim head women's lacrosse coach Betsy Vendel announced seniors Carolynn Keal and Hailey Prindle-Nelson have been named captains for the 2018 season.

Keal will serve as captain for the second consecutive season. She said she will use her experience from last season for this season by being more involved in her teammates lives.

"I'm going to focus more on being more than just a lacrosse person," Keal said. "Be that person where if you have a problem, if you have a concern with the way things are being handled on the field and off the field."

Keal said previous captains have had a significant impact on her style of leadership. She said she takes what her former captains did to lead a team in consideration to how she wants to lead her team.

"My past captains have showed me what to do and what not to do at the same time," Keal said. "Recognizing that the captains before me have

done good things, that should be taken into account and brought into what we do today."

As a captain, Keal said her main priority is to ensure the values of the team are being understood. She said she wants her teammates to recognize that they are representing the school by being on the team and their actions outside of practices or games represent the team.

Keal said one of the qualities she would like to improve on this year is balancing the way she has been leading the team and changing her mindset involving change so it can influence her team in a positive way.

"Recognizing that our team has been faced with change and adapting to it is something I would like to be better at," Keal said. "I definitely need to work on taking change as a good thing, not as a bad thing and not dwelling on the negatives of it, but focusing on the positives."

With the recent coaching change to the team (former head coach Maureen Spellman resigned in August) Keal said she does not want it to be an excuse for her or the team

and wants the change to turn into a positive and impactful upcoming season.

Keal has lofty expectations for her senior season. She said her biggest goal is to play in the NE-10 Tournament, something Southern has not been able to accomplish in her first three seasons at the school.

Playing in a competitive conference, with Adelphi playing in four consecutive NCAA championship games and winning three of those, New Haven playing in four consecutive NCAA Tournaments and Le Moyne playing in three consecutive NCAA Tournaments, Keal said it will be a challenge for the team but is confident she can meet her goals.

"We've been so close to for the past couple years. Keal said, "It's really coming all together in my senior year so just having the last three years of those really tough battles of losing it'd be nice to walk away at the end of this year knowing what we're leaving behind is better than what we came to it 4 years ago."

Vikings are the real deal

By Phil Zoppi

The Minnesota Vikings are very quietly starting to emerge as one of the serious contenders in the NFC conference.

The entire nation was able to see the Vikings play on Thanksgiving. The team did not disappoint as they took care of the Detroit Lions 30-23. The most impressive player on Thanksgiving has been one of the bigger surprises in the NFL this season in Case Keenum.

Keenum has not only helped lead the Vikings to a 9-2 record but he is lighting it up statistically with 2,476 passing yards to go along with 14 touchdown passes.

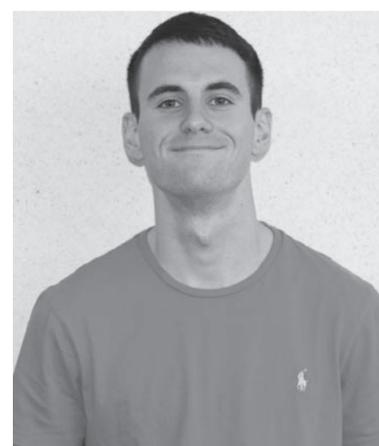
The Vikings former first round pick Teddy Bridgewater is ready to come back but the Vikings would not dare mess up the mojo they have going right now with a midseason quarterback change. Keenum is the guy for the Vikings in 2017 and possibly moving forward. Head coach Mike Zimmer declared

last week that Keenum would continue to serve as the teams starting quarterback and that is just one of the smart moves he has made this year.

Zimmer has always had a great defensive mind and in just a few seasons he has turned this Vikings defense into one of the more feared units in the league. With guys like Xavier Rhodes and Harrison Smith roaming around in the secondary, it makes it easy for front seven guys like Anthony Barr and Eric Kendricks to wreck havoc at the

line of scrimmage.

There is no doubt who the favorite in the NFC is right now and that is the 10-1 Philadelphia Eagles. The Eagles have the most complete team and have been blowing teams out the past few weeks due to dominating the line of scrimmage. It will be an uphill battle for any team to upset this current Eagles team, but the Vikings have the roster that is best equipped to give them problems in January.



Phil Zoppi - Sports Editor

SCSU rugby at the National Tournament



PHOTO | JACOB MARTINEZ

Members of the SCSU rugby team trying to stop a Suny Oswego player.



PHOTO | JACOB MARTINEZ

The SCSU rugby team walking off the field.



PHOTO | JACOB MARTINEZ

Suny Oswego and SCSU rugby during a scrum.



PHOTO | JACOB MARTINEZ

The SCSU rugby team during a game at the National Tournament.

Northeast-10 Standings

MEN'S FOOTBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
ASSUMPTION *	9	8-1	0.889	12	11-1	0.917
LIU POST	9	7-2	0.778	10	8-2	0.800
BENTLEY	9	6-3	0.667	10	6-4	0.600
NEW HAVEN	9	5-4	0.556	10	6-4	0.600
STONEHILL	9	5-4	0.556	10	6-4	0.600
SO. CONNECTICUT	9	5-4	0.556	10	5-5	0.500
MERRIMACK	9	4-5	0.444	10	4-6	0.400
PACE	9	2-7	0.222	10	3-7	0.300
AMERICAN INT'L	9	2-7	0.222	10	2-8	0.200
SAINT ANSELM	9	1-8	0.111	10	1-9	0.100

WOMEN'S VOLLEYBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NEW HAVEN *	14	14-0	1.000	30	23-7	0.767
AMERICAN INT'L	14	12-2	0.857	31	21-10	0.677
BENTLEY	14	10-4	0.714	29	19-10	0.655
ADELPHI	14	9-5	0.643	28	13-15	0.464
SO. CONNECTICUT	14	8-6	0.571	33	23-10	0.697
SAINT ANSELM	14	8-6	0.571	28	16-12	0.571
PACE	14	8-6	0.571	33	16-17	0.485
STONEHILL	14	8-6	0.571	27	12-15	0.444
LE MOYNE	14	7-7	0.500	26	14-12	0.538
SO. NEW HAMPSHIRE	14	7-7	0.500	23	11-12	0.478
FRANKLIN PIERCE	14	6-8	0.429	25	8-17	0.320
SAINT ROSE	14	3-11	0.214	29	12-17	0.414
ASSUMPTION	14	3-11	0.214	23	5-18	0.217
MERRIMACK	14	1-13	0.071	28	4-24	0.143
SAINT MICHAEL'S	14	1-13	0.071	19	1-18	0.053

OPINIONS

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Freshens rice bowl caters to many



PHOTO | AUGUST PELLICCIO

A classic hummus rice bowl from Freshens.

By August Pelliccio

A variety of food choices are available here at Southern; ahead is the evaluation of one specific dish.

In this review, the goal is to provide judgment on a dish offered somewhere on campus that accommodates at least some of the major dietary restrictions and choices. It is near impossible to find a pre-arranged meal on campus that is allergen free and/or vegan, so this will at least apply to those who follow a vegetarian diet and those who cannot process gluten.

The food source of choice was Freshens in the Student Center. Excluding dessert items and smoothies, there are five items on the menu that are suitable for vegetarians: the Greek salad, strawberry and kale salad, four cheese mac and cheese, a hummus crepe and the classic hummus rice bowl.

The lattermost dish was chosen in an effort to judge something both gluten-free and relatively nutritional. It should be said that many other items on the menu could be modified to be vegetarian, gluten free and even vegan, but for the purposes of this review a menu item was picked as is.

The classic hummus rice bowl, as listed on the menu, consists of hummus, spinach, cucumber, feta cheese, romaine, tomatoes, garlic tahini sauce and brown rice. Each individual item varied in quality, but as whole the dish was more than palatable.

The hummus alone was generally flavorful: inoffensive, if a bit bland. More tahini flavor would have been more traditional, but it is certainly a hummus whose flavor many would agree with. The spinach was very fresh and crisp, and the tomatoes and cucumbers were surprisingly flavorful.

The cheese appeared to be either American feta or Greek feta. The flavor was not complex enough to distinguish between the two, but it was salty, tangy and had a smooth creamy finish; it satisfied the major criteria of acceptable feta cheese.

The brown rice served its role as the foundation of the dish, and if a bit overcooked, it tasted of good quality. No tahini sauce was available, but the Athenian Greek dressing substituted was tart, rich and unobtrusive.

With the first bite of each of these flavors together, it was clear that the classic hummus rice bowl is a satisfying dish. The ingredients each play a role, and getting every flavor together in a forkful is chief.

Black olives are recommended for those who wish to add a dimension to the rice bowl. The variety of olive available at Freshens is mild, and will cut out some of the tanginess the feta cheese leads with.

The nutritional specifications of this dish are not stellar. With 640 calories and 33 grams of fat, there are certainly better choices on campus. That being said, this dish is very filling. Considering the foundation of whole grain and fresh veggies, it is arguably a healthier source of energy than a bacon cheeseburger with french fries from Chicken Grill, or a slice of pepperoni pizza from 2Mato.

The service at Freshens was also reasonable. In the interest of a useful review, the food was ordered during a popular and busy lunchtime in the student center and the wait was still only nine minutes in line.

All of that partnered with a reasonable price of about \$6 makes this dish an all around great deal. As part of the pre-determined menu, the classic hummus rice bowl is something almost anyone can eat. Although it has a greater value of calories and fat than many of the salads offered, it succeeds as a tasty option here on campus.

Bringing cursive back in schools

By Melissa Nunez

As part of my World War I journalism capstone research, I sat in the reference area of the State Library, scavenging through records of Connecticut filmmaker Guy Hedlund from the early 1900s. Three hours later as I was leaving, I discussed with the reference librarians how almost every letter I came across was written in cursive.

Given that Hedlund's World War I films were lost, these letters were critical in uncovering what these films were about and what they revealed about attitudes towards the Great War. Sure, news articles and printed documents were crucial—but the handwritten letters from Hedlund and others were just as important, as they revealed direct, personal interpretations to the U.S. and its involvement in the War. Interpretations that would have been lost to me too if I had never learned cursive.

According to a 2013 survey from Really Good Stuff Inc., of the 612 teachers questioned, 41 percent no longer incorporated cursive into their curriculums. As I hear the clicking and clacking sounds reverberating from my laptop, it is hard to deny why cursive education may be on a decline.

In education, computers have opened many doors, such as giving students easier access to vast amounts of information, giving them the ability to communicate with classrooms near and far, as well as being able to digitally visit places they would not be able to physically according to, "Ideas on How Computers Have Changed Education," featured on Seattle Pi.

But ignoring the benefits technology has had on education can be just as foolish as ignoring what impact cursive has had as well.

According to an article featured in Psychology Today by senior professor of neuroscience at Texas A&M University, William R. Klemm, Ph.D., titled, "Biological and Psychology Benefits of Learning Cursive," learning cursive can improve hand eye coordination. As Klemm uses catching a ball as a popular tool for parents to utilize when teaching their children this skill, he argues how cursive education can have more of an impact.

"The thinking level is magnified in cursive because



PHOTO COURTESY | DWONG 10

the specific hand-eye coordination requirements are different for every letter in the alphabet," said Klemm in his Psychology Today article. "Moreover, in handwriting the movements are continuously variable, which is much more mentally demanding than making single strokes. Even so, because cursive letters are more distinct than printed letters, children may learn to read more easily, especially dyslexics."

According to, "National Poll Reveals That Cursive Writing Education Is In Danger," featured on Really Good Teachers, the website for Really Good Stuff Inc., many of the teachers surveyed in 2013 agreed that their students preferred cursive over print writing as it was quicker, with one 4th grade Florida teacher saying their students viewed print writing as a "chore" until learning cursive.

Stanislas Dehaene, a psychologist at the Collège de France in Paris, added that aside from students reading and writing more quickly, another benefit of cursive education is that it

can enhance recognition and retaining information, as featured in a New York Times article titled, "What's Lost When Handwriting Fails," by Maria Konnikova.

"When we write, a unique neural circuit is automatically activated," said Dehaene in the New York Times. "There is a core recognition of the gesture in the written word, a sort of recognition by mental simulation in your brain."

In modern classrooms, can cursive be slipping away to make room for education revolving around computers? Is there room for both? According to the 2013 survey by Really Good Stuff Inc., 59 percent of the 612 teachers questioned said they have already taught cursive while 67 percent said they plan on teaching it in the future.

Computers will no doubt continue to open doors in education and can even do so to place more of an emphasis on the need for cursive, as benefits of the written word featured in print can be viewed on a mass scale on the internet.

SOUTHERN NEWS

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Opinion Columns are 500 to 800 words and Letters to the Editor are a maximum of 400 words. They must include the writer's name and phone number for verification. We reserve the right to edit for grammar, spelling, content and length.



Stefanie Carias, Emily Plavcan, and Alyssa Walters, sisters of Delta Phi Epsilon, running the booth at the blood drive event.

Sorority hosts blood drive with American Red Cross

Photos: Palmer Piana



Thalia Blanchard, a freshman special education major, finishing getting her blood drawn.



Snacks and drinks provided for donators.



Nelisah Torres, a freshman nursing major, filling out her paper work.



Thalia getting off the table after giving blood.



American Red Cross logo printed on the table.