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Bikes & skateboards: how students navigate on campus



Richie Markus, senior geography major, skating on campus.

PHOTO | PALMER PIANA

'Empowering Lives' event hosted to celebrate Hispanic Heritage Month

By Josh LaBella

Last Monday, Sept. 25, the multicultural center held their ninth annual Empowering Lives program in Southern Connecticut State University's Adanti Ballroom.

Joscelyn Fernandez, a graduate intern with the Multicultural Center, said they put on the event to celebrate Hispanic and Latin Heritage Month.

"There will be performances by the Organization of Latin American Students, dance team and spoken word poetry by the Spanish Club," Fernandez said. "Our keynote speaker is Dr. Jose B. Gonzalez."

Jules Tetreault, the assistant vice president of Student Affairs and Dean of Students, spoke on behalf of Southern's administration. He said the day's program was dedicated to celebrating a Hispanic individual who has overcome tremendous obstacles in their lives and have been successful in the communities.

"I am confident that through Dr. Gonzalez's story you'll feel inspired, renewed, energized," said Tetreault, "and I hope that you'll leave here today empowered to challenge your own assumptions about the way things are and how they can be, both individually and at the community level."

Next, Alina Perez and William Velazquez, members of OLAS, danced to Latin music, and received cheers from the crowd. Anthony De Leon, President of OLAS, then introduced Jose Gonzalez.

"(Gonzalez) was born in El Salvador and immigrated to New London, Conn. at the age of eight," said De Leon. "He didn't know any English but now has a master's in teaching English from Brown University as well as a Ph.D. in English from University of Rhode Island."

Gonzalez told the audience that no matter what their major or career path was, they would hear something relevant to them.

"The fact is that once you graduate from Southern you will either be supervised by, supervising, or work alongside someone who is of Latina descent," said Gonzalez.

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By: Alex Palmieri

Using transportation around campus gets students to places faster, Branden Reece said.

"Skateboarding allows me to get from my dorm to the academic side of campus in a lot less time than it would take me to walk," said Reece, a junior geography major.

Personal transportation on campus has taken off. There are students who get to their destination by skateboarding, biking and some even use scooters. Reece said he can get to his destinations a lot faster by using his skateboard rather than walking.

"I can usually get from Brownell to Davis Hall in two minutes," said Reece. "But with walking, it would take me, like, ten minutes."

After a class period, Reece said it is a great feeling to get right back on his skateboard and skate back to his dorm. Reece said that because he gets to his destina-

tions so quickly, the main reason why he skates is to be good with time management.

"It's also just a nice recreational activity," said Reece. "I've skated on a scooter before, but I am more of a fan of the skateboard. It's much easier."

Daniel Perusina, a sophomore history major, rides his bike around campus. He uses the bike that his grandfather once owned. He said it is easier to get around campus with his bike, rather than walking everywhere.

"I do track and field and cross country," said Perusina. "I have 6:30 a.m. morning practice. So I have to go from Hick all the way to Davis Tuesdays and Thursdays. Then I have to go from Davis to the temporary buildings. It's just a struggle if you're walking."

Though it seems like Perusina has his transportation figured out, there is one thing that is worrying him most: the winter weather. He said he is not looking forward to the change of seasons that is soon to come.

"I'm really not looking forward to winter and all that snow," said Perusina. "That's just going to ruin my whole flow."

Perusina said he would not use any other transportation to get around campus unless it is his car. Aside from that, Perusina said he enjoys biking and he will continue to use it to get around campus to get him to and from his destinations.

"People should bike," said Perusina. "Bike to school, bike everywhere. Use any transportation aside from cars. Help the environment."

Nevoja Roberts, junior marketing major, said she thinks transportation is good. She said the people who bike and skate on campus are intelligent for the sole reason that they will get to their destinations more quickly.

"I think they're smart because they'll get to classes on time," said Roberts.

Roberts said there can be times where it seems there are big crowds on campus. Because

of this, she said it can be a little difficult for people to skate and use bikes with people so close by. This did not deter her from approving with transportation being acceptable.

"There can be times where things get a bit crowded," said Roberts. "But as long as they know how to navigate their way around the crowd and they're polite, I think it is fine."

As far as if Roberts would ever use any kind of transportation on campus, she said she would do it if she could. Because she does not own any bike or skateboard, she does not use it on campus. Roberts added that personal transportation is the smartest way to get to places around campus fast and she approves of it.

"If I was good at skateboarding I would skate to get around the campus," said Roberts. "If I owned one and I was good at it, why not?"

Chief of Southern police explains how campus can stay safe after off-campus crimes

By Josh LaBella

On Friday Sept. 22 Southern Connecticut State University Chief of Police Joseph Dooley sent out an email overviewing recent crimes on and around campus.

The crimes included a car being stolen and others being broken into at North Campus, a student's parent getting shot with a BB gun at West Campus and a carjacking at the gas station on the corner of Fitch and Blake Street.

Dooley said a stolen car from New Haven was dropped off in the parking at North and that is when a student's car was stolen. He said the car that was taken and the cars that were broken into were all unlocked and that constitutes the two primary elements of a

crime.

"There's an opportunity and there's a desire," said Dooley. "The thing we can take away is the opportunity. If you have an unlocked car, you are making it a lot easier for the crime to occur."

According to Dooley, criminals do not like to make noise, they do not like light and they are not going to break a window unless there is something that is visible. He said for crimes like this you need to take precautions.

"The foundation of crime prevention is to keep your valuables safe on your person and lock it up," Dooley said. "Whether it be your home or your car, lock it up."

Dooley said parking lots tend to be a target-rich environment for criminals. He said there has been an "uptick" in crimes in the region, and Southern is just as susceptible as any other place. To combat this, the department is studying trends in crime, increasing their use of cameras and increasing foot and

mobile patrols.

In reference to the parent being shot with a BB gun from a passing car, Dooley said the incident was random but they have a description of the car and are looking into it. He said the carjacking is being investigated by New Haven Police department. Dooley said there are several things students can do to help them keep the campus safe.

"Make sure to lock things, be aware of your surroundings, take advantage of the shuttle service and walk around in large groups," said Dooley. "It doesn't mean that nothing will happen but you're decreasing the chances of becoming a victim."

Jenna Quintiliano, a junior special education major, and Alyssa Spadaro, a senior biology major, said the crime on campus has them feeling "unsafe."

"I have a class that ends at 10 o'clock class at Davis," said Quintiliano. "When I go to the parking garage I don't feel safe. There's

no one around. There should at least be a security guard there."

Quintiliano said when a crime does occur on campus, students do not hear about it until days later when it is no longer relevant.

Spadaro said Southern is in a dangerous environment and she wishes the campus could be "closed," but there is no way to do that.

"We just have to make security better," said Spadaro. "Anybody can just walk in and it's not safe."

Dooley said his department will need to refocus and analyze the upward trend in crime. He said he put out the notice in the interest of making sure everyone is aware of what's going on around campus.

"There has been more crime in this fall semester than there has been in previous fall semesters," said Dooley. "There's probably nobody more frustrated about it than myself and the officers in this department."

Tailgate party sparks 'school spirit' for students

By Josh LaBella

On Friday Sept. 29, Southern had a tailgate party before the football game against Elm City rivals, the University of New Haven.

Kaitlyn Cody, the hall director of North Campus, said Residence Life hosts a Friday program at least nine weeks out of every semester as a part of their All Hall program. She said they combined with Residence Hall Association (RHA), Blue Crew, Chick-fil-A and the National Guard to host the tailgate.

"Every year the programs change, but every year we pushed for a weekend program," said Cody. "Last year we did a lot of Saturday programs, but this year we really wanted to do Friday programs. This is the first time we've combined with the tailgate, so since it's a big game we are hoping for a good turnout."

According to Cody, RHA was calling their event Beat Shazam after a show on Fox. She said there was a DJ, lawn games, giveaways and a lot of food, so they wanted students and fans to turn up and hang out before the game.

Jake Lahiff, a senior exercise science major and resident advisor at North Campus, said he thought this was a good way to promote what RHA was doing, as well as the football program.

"There's been a lot more promoting for the football team and an effort to get kids to go to the games," said Lahiff. "I think this will get a lot our residents there and spread the word."

Cody said she thinks the event speaks to school spirit for all the school's sports teams.

"For such a big game, we have multiple departments pulling together to try and get as many people out to the game as they possibly can," said Cody. "This is UNH. This is our big rival."

Specialist Elizabeth Bernier said she came to the event with the National Guard to try and recruit students and tell them about the benefits of joining.

"We're hanging out at this fan fest and trying to get the word out about the National Guard," said Bernier. "If you join, it's a part time organization, and we pay 100 percent of your tuition."

Rachel DeCunto, a junior art education major, said she got Buffalo Wild Wings from Residence Life and she loved them.

"If you know me, I love buffalo chicken, so this was

great. I also got a cookie from Chick-fil-A," said DeCunto. "I'm having a very good time. I love this school."

Anthony Slate, a freshman who wants to get into the nursing program, said he came to the event to celebrate Southern and support the football team against their rivals.

"I wanted to come and have something to do on a Friday afternoon before the game because nothing's really happening on campus right now," said Slate. "It's honestly been a lot of fun. I did the Oreo cookie challenge against my

friend Dan and I won, so I got a bunch of candy."

Kyle Dearborne, a freshman special education major, said he was there with the Blue Crew to support Southern against UNH. He was set up at their booth dancing and wearing Southern gear.

"We're here to tailgate and give energy and hype the team up," said Dearborne. "Let's win this."



Students participate in tailgate party Sept. 29, 2017.

PHOTO | JOSH LABELLA

Students give input about sexual misconduct on campus

By Josh LaBella

On Sept. 22, Secretary of Education Betsy DeVos rescinded Obama era guidelines for how a school should address accusations of sexual misconduct. Paula Rice said this will have no immediate effects for Southern Connecticut State University.

According to Rice, the director and Title IX coordinator for the Office of Diversity and Equity Programs, the department of education changed these guidelines because people accused of sexual misconduct did not feel they were being given due process. She said the previous guidelines had schools base their actions off of a preponderance of the evidence and there were people who wanted a higher bar for these standards.

"What [DeVos] is saying is that they are going to allow a period for people to respond to the new guidelines," said Rice. "They will release more [guidelines] after that period."

As Title IX Coordinator, Rice said her job is to oversee Southern's response to incidents of sexual misconduct and to make sure they coincide with the university's policies. She said that includes coordinating with Southern police during the investigations, working with the Sexual Assault Resource Team to provide resources to students or employees, and training employees on how to respond to reports of sexual misconduct. Rice said the term sexual misconduct means several things.

"As we define it, it covers sexual harassment, sexual assault, stalking, intimate partner violence and sexual exploitation," said Rice.

Intimate partner violence and stalking have increased slightly in the past couple years, Rice said. According to Southern's report to the State General Assembly on sexual misconduct, which Rice puts together each year, there were 41 incidents of sexual misconduct during 2016. There were 17 incidents of sexual misconduct, five of stalking and 20 of intimate partner violence.

Desteny Maragh said she knows of incidents where male students took advantage of girls when they are drinking in the dorms. She said sexual misconduct is a disgusting act, whether a man or woman be the victim. Maragh, a sophomore communications major, said there should be more vigilance in the dorms to prevent these acts.

"A lot of people do drink, and smoke and do illegal stuff in their dorms," said Maragh. "That's when [sexual misconduct happens]. They should lay better and clearer ground rules about it."

Zach Matto, a senior biology major, said he has met people who have been victims of sexual misconduct on campus. He said investigations tend to lean in the favor of women and that can be a good and bad thing.

"On one hand, the real victims need that favor and need

that help," said Matto. "On the other hand, there are bad people of both genders out there. So if a woman wants to destroy a guy, she can accuse him of sexual assault and, even if he isn't charged, it will follow him."

Catherine Christy, the director of the Violence Prevention, Victim Advocacy and Support Center and coordinator of SART, said sexual misconduct happens at Southern just as much as it happens at any other campus or community. She said their programs aim to stop the issue by focusing on prevention education.

"We train student employees to know the definitions and the proper reactions to a student reporting sexual misconduct," said Christy. "We also work a lot with freshmen [by] going to their Inquiry classes and [running] programs during the week of welcome. Also, all incoming students are required [to] review the sexual violence, stalking and bystander prevention policy and sign off on it."

Christy said she wants to raise awareness and make VPAS and SART more visible. She said one of their goals is to have students safely intervene as bystanders, but overall she has one main message to students.

"Help us build a safer community," said Christy. "We want to give students the tools to help one another."

Empowering Lives

CONTINUED FROM PAGE 1

Gonzalez said his story started with his parents. He said neither of them were able to finish school as children and that they survived earthquakes, dictatorships and massacres. He told the audience to think about their own stories and the stories of their families, and how those stories differ from the ones they see on the news and social media.

"I can guarantee you as I look at you, as I listen to you," said Gonzalez, "I can tell that there are inspirational stories that don't just come from the mind but come from the heart."

According to Gonzalez, his parents left for the United States when he was young and it was hard on him. When they brought him to Connecticut he lived in the projects Gonzalez said he was proud of that experience.

"I grew up with cockroaches crawling up my legs, cockroaches crawling up my arms," said Gonzalez. "That's part of an important story that we don't hear."

Gonzalez said that while growing up he was frequently bullied and felt like teachers treated him differently because he was brown. Education was harder for him, he said, and as first generation colleges students he and members of the audience didn't have the coaching to help them succeed.

"This may have been difficult, and yet, it's nothing compared to the horrors taking place elsewhere," said Gonzalez.

When Gonzalez got his Ph.D. in English he said he considered it his black belt in words. He said he wanted to become a master at words so he could tell his story and his parent's story.

Dian Brown-Albert, the coordinator of Multicultural Affairs, said she hoped everyone in the room used Gonzalez as an example to know that anything is possible.

"Each and every one of you," said Brown-Albert, "If you have a dream, don't quit. Keep going and will definitely succeed."



Joseph Gonzalez sharing his story in the ASC Ballroom

PHOTO | JOSH LABELLA

Southern displays new home page via web

By August Pelliccio

The home page of Southern's website is just a taste of what Patrick Dilger said will be a full restructure.

Dilger, the director of integrated communications and marketing for the university's Division of Institutional Advancement, said that the new website project started about a year ago.

"This was an initiative that was spearheaded, in a way, by IT," said Dilger.

Dilger said that IT CIO Rob Rennie approached Dilger to put together a team to begin working on some due changes.

"Our current website had been in existence for six years," said Dilger, "and so that's already outdated."

Jian Chan, web administrator for integrated communications and marketing, said, "technology moves really fast, and we need to move along with it."

The website will be designed to be accessible for students, prospective students, and parents, according to Chan, but the home page itself is geared a lot more toward the prospective students.

"We're in the middle of a branding exercise for Southern, where we'll be rolling out a new look and new themes," Dilger said.

The new home page features videos that are shared with Southern's new television commercial and interactive "blocks" of media underneath. Dilger said are meant to be more user-friendly.

"It's very competitive to bring in new students, so you want to put the best face possible on the university," Dilger said.

He said the design's purpose is to show people why they should come to Southern.

David Curcio, senior psychology major, said he noticed the intention of attracting prospective students.



New Southern web page

PHOTO | AUGUST PELLICCIO

"I don't like the accessibility to the student page," said Curcio. "Before you could just click on 'students,'" and now the student website has to be accessed from a drop down menu that you can find by clicking the grid icon in the corner of the screen.

Another student, Lourdes Rivera, said, "I just don't know how to get to the library website anymore."

Despite the confusion, these students said the design is well executed.

"I definitely think it's unique," said Curcio, "I haven't seen something like it before."

"I like the video; it's cute," said Bridghid

Flynn, senior marketing student. "Anything to bring in new students is cool."

Chan said that the changes seen now are simply modifications to the current website, and it will continue to be modified over time, as part of the full rebuild.

"Understand we're doing this in phases," said Chan.

"In the future," Chan said, "we are creating more of a division between the internal content, and the external."

According to Dilger, this is because the old website contained a lot of information that "outside people" don't need to know. The

goal, he said, was to trim back the website so it was not as "top heavy."

The previous home page was what Dilger described as "static," but with the blocks built into the home page design, elements can be slid in and out as needed.

About this addition to the design, and changes that are in the works, Chan said, "as the website evolves over time, it will be a lot more media heavy."

Dilger said, "it will constantly look new and hopefully enticing."

'Change Your Mind; Change Your Life' teaches students to manage stress

By August Pelliccio

Southern's counseling center held its first round of meetings last week for their eight week series, "Change Your Mind; Change Your Life." The life coaching series teaches students how to be mindful, and how doing so can help reduce stress.

Denise Zack and Eileen Bonyai of the counseling center co-hosted the event. The workshop is held on Mondays at 11 a.m., Tuesdays at 2 p.m. and 5 p.m., Thursdays at 10:30 a.m., and Fridays at 10 a.m. Each meeting runs for about an hour and a half in their satellite office located in the wellness center of Schwartz Hall.

Zack, the prevention and outreach coordinator for the Counseling Center, said, "This curriculum was developed to help students manage stress, and to identify all the things that prevent you from being calm or effective or able to focus."

The 5 p.m. meeting last Tuesday began with a session of meditation.

"We're activating a particular part of the brain by practicing mindfulness and meditation," said Zack, "which helps us to pay more attention and focus better."

According to Bonyai, learning the biological support for mindfulness can help people understand their emotions and feelings.

"I love the biological basis of mindfulness," said Bonyai, nurse practitioner in the counseling center.

Zack went on to speak about three different parts of the brain and their functions as they relate to mindfulness and stress. These components are the amygdala, the prefrontal cortex and the hippocampus.

"The reason we love the prefrontal cortex so much is because that's where mindfulness and meditation live," said Zack.

She said that the hippocampus is responsible for the formation of memory. The amygdala triggers stress and other

autonomic responses that can be associated with fear.

When thoughts and emotions are jumping around back and forth among these parts of the brain, this causes something Zack calls, "monkey brain." This sensation, she said, can be very uncomfortable and cause a loss of focus.

"It's normal. The way our brains work, we leave spaces mentally all the time," said Zack. "Through meditation and mindfulness, you can take inventory of where you are really at."

Bonyai and Zack distributed wristbands near the close of the meeting, which wear the slogan of the mindfulness workshop: "be where your feet are."

Being "where your feet are" means taking stock of a situation and enjoying the real world, according to Bonyai. She said that sometimes social media inhibits mindfulness, in the sense that it hides a lot.

"You can look at somebody's Instagram page and see all pictures of them smiling and laughing and having a good time," Bonyai said, "and meanwhile they're not even being present where they are."

After a final meditation, the meeting came to a close, and students shared thoughts on their experience.

Haileen Sosa-Chacon said, "I'm a nursing student, so stress is definitely something I've been feeling. I'm also here because I want to

learn to stay focused."

She said that she never knew the effect that meditation and mindfulness has on productivity and happiness.

Zack said that the workshop was not designed to fix every problem in somebody's life, but to inform students on how to understand what is going on in their brains. The psychology she outlined is that when somebody is feeling stress and anxiety, and they tell themselves the pain is unbearable, that is what it is going to be.

The series continues this week and will focus on mindfulness. The reason Zack said mindfulness is so important is because "Every thought you have dictates your life."



Chris Fraser, Eileen Bonyai, Lorette Feivelson, Haileen Sosa-Chacon and Denise Zack.

PHOTO | AUGUST PELLICCIO

Participate in our
**Halloween
Writing Contest**

Presented by the Southern News

Submit your most chilling, spine-tingling Halloween horror stories to the Southern News and three winners will be featured in

Stories must be 500 to 600 words.

Must not include profanities or obscenities.

Must be submitted to SCSU.Southern.News@gmail.com before October 21.

Be sure to include your name, year, major, and best form of contact within the email submission.

Communication disorders department offers free services on campus



PHOTO COURTESY | AUGUST PELLICCIO

Hearing aids and audiological tools in the Center for Communication Disorders.

By August Pelliccio

Davis Hall is home to the department of communication disorders, but on the first level, one wing of the building stands out. In the rooms surrounding the department office, there are clinics that offer free services.

Kevin McNamara, the clinical director for the department, said they have run a speech and hearing clinic in one form or another on campus for the last 40 years. He has been director of the clinical program since 1998, and he explained exactly what the clinical services offered now are.

"We actually have three separate clinics, all that address the needs of people who have some type of communication disorder," McNamara said.

The three clinics, according to McNamara, are the Center for Communication Disorders, the Access Network and Southern Connecticut Audiology Services. The Center for Communication Disorders is the longest standing clinic, and it offers speech language pathology services to the general public at a nominal fee. The Access Network is focused on adults with acquired communication disorders, which as McNamara explained, can stem from strokes, traumatic brain injury, or progressive neurological disorders.

There are no fees charged by the Access Network, for anyone in the community.

McNamara said, "There are complications with certain types of Medicare insurance that we can bypass by simply giving that service away for free."

Lastly, there is the Southern Connecticut Audiology Services clinic.

McNamara said, "in that program, we provide hearing assessment, audiological evaluation, we dispense hearing aids, and we do oral rehabilitation."

The evaluations and screenings are free of charge, but the hearing aids are distributed at a price, which McNamara said is reduced from the regular market value.

Graduate students, who are supervised by credentialed and licensed speech language pathologists and audiologists, perform the services in each clinic. The department chair, Deborah Weiss, says this is because the clinics have a dual purpose.

"We have a purpose to serve the community," said Weiss, "but also to provide our students what they need in order to get the experience to graduate the program."

Weiss said that UConn and Southern are the only two schools in the state with communication disorder clinics that are run this way.

"We're not a typical clinic," Weiss said. "We're very

different from a medical clinic, or an outpatient clinic you would find in a hospital, because we're a teaching clinic."

One result of this, according to McNamara, is that every service is free to any member of the student body, faculty or staff at Southern.

Another result is the unique educational experience for students, according to Rachel Ludden, a graduate student who works in the clinic.

Ludden began her work for the clinic in January, and said, "There are so many things I've learned in the past six or seven months that I didn't have any experience with before."

Ludden said that students can learn a lot by simply listening to their professors, but the experience of actually working with clients has helped her gain a lot of her knowledge.

"There are things that you don't even know to ask questions about until you're working with your clients," she said.

McNamara said the clinics are advertised at Southern's health and wellness fairs, and in the undergraduate and graduate catalogs, but he said that not enough is being done to make students aware of the clinics' services.

"I think this is a hidden resource, because frankly lots of people don't know about it," said McNamara.

Jose Gonzales inspires at the Empowering Lives event

By Micaela Valentin

Jose Gonzalez, the keynote speaker at the ninth annual Empowering Lives: Celebrating the Hispanic and Latino Culture event, not only celebrated National Hispanic Heritage Month with the students and faculty at Southern, but also empowered them to be courageous and to embrace diversity.

The audience was drawn to Gonzalez's ability to captivate the room. He did not use flashy tactics, he did not have to compete for anyone's attention, he told his story unapologetically.

"I came from the projects and I'm not ashamed of that," said Gonzalez. This is a story that many have endured, a difficult struggle one can relate to and was an inspiring story of perseverance, strength and staying true to yourself.

At eight-years-old, Gonzalez immigrated from El Salvador to New London. Both his father and his mother dropped out of school in the second grade to enter the workforce. He immediately had the cards stacked against him, and because of his background and where he came from, others thought that he was very unlikely to succeed. To outsiders, he was just another stereotype; someone who would not amount to much.

Gonzalez did not let others' perceptions of him hinder his growth or his success. Instead of being defeated, he crushed his obstacles and overcame adversity. He worked even harder when he was told that he could not do something. He went



PHOTO COURTESY | MICAELA VALENTIN

President of the Spanish Club, Karla Vega on the left, keynote speaker, Jose Gonzalez in the middle and Spanish Club Treasurer, Mercedes Valentin on the right.

from not being able to speak English to getting his Ph.D. in English. He now teaches at the United States Coast Guard Academy in New London, and continues to perfect his true passion: writing.

His poem "Autobrownography," which he recited at the event, was originally about education, written for a panel discussion. However, he revised it later on because it was not just about education.

"This poem wasn't just about education but about my life," said Gonzalez. "I couldn't separate one from the other. Being brown and being educated came together. Both of these things affected me in one way or another."

This poem highlighted the importance of overcoming adversities in order to foster growth and success while staying true to yourself.

"We should advocate for what we want in life, rather than considering what others want," said Gonzalez. "We should make life about what we think, not about what others think."

By staying true to himself, Gonzalez was able to achieve a different kind of success. Not one that thrived on superficiality, but one that soared even higher because he never forgot where he came from or how his struggles shaped him.

Gonzalez encouraged the audience to strengthen their voices in order to use them to empower themselves, and to empower others.

"Think about how your own story could inspire, motivate, and educate others," said Gonzalez. "Tell a different story than what's on the news. Tell with your heart."

Gonzalez did exactly that. He told stories with his heart. There were moments of deep silence when his words provoked even deeper thoughts, and there were moments of laughter when he was unafraid to reveal things about himself that made him who he is now.

President of the Spanish Club, Karla Vega said after watching Gonzalez's speech, she felt no matter where someone comes from, everyone is capable of achieving greatness.

"The story of Jose Gonzalez really meant to me that no matter the struggles that are presented to you in life from being Hispanic, you can achieve so much in this world," said Vega. "No matter how deeply your roots run, your branches can grow to reach the sky. Gonzalez reminded me that every step I take leaves a mark of where I come from but also points in the direction of where I am going and there is nothing that can stop me from reaching my goals."

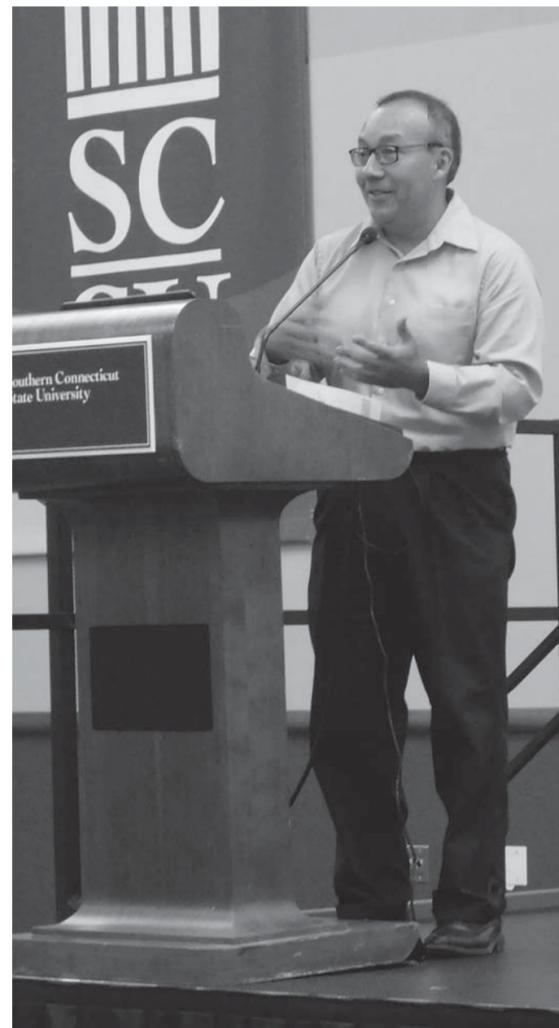


PHOTO COURTESY | MICAELA VALENTIN

Keynote speaker, Jose Gonzalez.

What students cannot come to campus without

By Jenna Stepleman

Students come to campus with their everyday supplies and books, but some students come to Southern with items they cannot be without that help them through their long day on campus.

Alison Nelson, a senior commuter and studio art major with a concentration in photography, knows she will be spending long hours in Earl Hall this semester.

"I bring a protein shake and a bunch of water bottles everyday. I'm always here late at night and food is expensive, let alone adding the cost of buying water bottles all day," Nelson said.

After Conn Hall closes at 9 p.m., students working in the art department classes that stay late to finish up have to either buy food or rely on what they packed.

Megan Saunders, a freshman social work major, said she always brings an assortment of makeup with her in her bag.



PHOTO COURTESY | JENNA STEPLEMAN

Elsinai Xicohtencatl, a freshman pre-nursing major.

"When I moved onto campus this year I knew I couldn't come without my makeup, obviously, but I also take it to class with me," Saunders said.

While people like Saunders bring somewhat everyday objects to campus, not everyone follows suit.

Some people opt for more sentimental things or even just something outside what is traditionally used in a school environment.

Elsinai Xicohtencatl is one of those people. Xicohtencatl, a freshman pre-nursing major, moved to campus knowing she could not live without her "little religious figurine."

"It represents something to me, so I like to carry it around and have it in my dorm to feel more confident," Xicohtencatl said.

Similarly, Trevon HomeWard-Bennett, a junior graphic design major, brings something interesting to SCSU everyday during his commute: a ping pong paddle.

"I like to play for fun and have been on teams before," said HomeWard-Bennett. "I try to play in the student center everyday to improve my skills."

To HomeWard-Bennett, it is more of a personal hobby but he said it really relieves stress and allows him to know he has an opportunity to take a break at some point in his day.

Hobbies like that can have many commuters and resident students packing unusual things to bring on campus, but Sarah Riley, a sophomore nursing major, as well as a commuter, likes to keep it more simple.



PHOTO COURTESY | JENNA STEPLEMAN

Liliana Ramirez, a freshman communication major

"I like to just take my coffee to campus everyday, I have a pretty heavy class load and it's a good pick me up, especially since it costs so much to buy one cup of coffee here let alone multiple throughout the day," Riley said.

Liliana Ramirez, a freshman communication major, said, "I can't leave home without my extra phone charger. It's basically in use all day." She also mentioned she takes her phone and headphones, as well as other phone accessories.



PHOTO COURTESY | JENNA STEPLEMAN

Megan Saunders, a freshman social work major.

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Presented by the Southern News

Submit your most chilling, spine-tingling Halloween horror stories to the Southern News and three winners will be featured in the October 25 issue.

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Must not include profanities or obscenities.

Must be submitted to SCSU.Southern.News@gmail.com before October 21.

Be sure to include your name, year, major, and best form of contact within the email submission.

Good luck and happy haunting, Owls!



PHOTO COURTESY | MELISSA NUNEZ

Madison Csejka, a junior English secondary education major.

Spotlight Student Research: Madison Csejka

By Jenna Stepleman

Madison Csejka, a junior English secondary education major, was given a research grant for her collection of poetry papers, originally from her final project in ENG 366.

"I got involved with this project through professor Charles Baraw, who I have had classes with for a couple semesters. I've always been a good student in his classes," said Csejka.

The grant is run through SCSU for undergraduates only.

Csejka said, "It's one of those things we all get a mass email about but probably ignore—including me."

Luckily, this time Csejka did not gloss over the opportunity.

"I was so interested in a final project for one of his classes that I wanted to expand it beyond what the assignment asked for, and professor Baraw proposed that I apply for an Undergraduate Research Grant," said Csejka.

"I encouraged Madi to apply and helped her design a very interesting and innovative project that combines literary historical research, practical critical interpretation, and a real-world application," said Baraw, an English professor.

This grant strives to "promote high quality research and creative activity at the undergraduate level by having students work closely with a faculty mentor during one of these academic sessions," according to Southern's website.

This grant does not come easily; the workload is intense and extends beyond the spring or fall semester's normal class length and coursework, said Csejka.

"While it was extremely stressful

and time-consuming, I'm really proud of my final product. I now have an academic paper to possibly publish," Csejka said.

This grant does not award college credits; according to Csejka, it was a \$3,000 grant that could be used for any expenses relating to the project. The remainder is for student compensation.

"I did get paid, so students might be able to work less in order to pursue this research," Csejka said.

The process began with a proposal. By working off past students' prompts, Csejka said she created her first draft.

"Once I had my first draft done, professor Baraw helped me to revise it and refine my ideas," said Csejka.

After that, the work began over the summer months.

"It was a huge commitment. I spent at least a couple hours nearly every day reading or writing," Csejka said.

In addition to all of the writing and reading, many trips to the library were made; Csejka said she took more than 30 books out of the library over the summer and read the majority of them through.

However, despite all the work and stress, Csejka said it was worth it and she would recommend the program to any undergraduate at Southern, as long as they have "a strong work ethic and motivation. Otherwise, it just won't get done."

"My proudest moment was realizing I was wrong. I went into this project with a set idea of what American poetry is, and I found my definition was changed and expanded through my research," Csejka said.

Csejka said she will present her project at Southern on Oct. 19 at 5 p.m.

Party playlists: students share their favorite music



Chance The Rapper performing at Wireless Festival Birmingham 2014.

PHOTO | DANIEL GREGORY

By Lynandro Simmons

Parties are nonexistent without music. Whether it is a chill holiday party or an upscale event, the music sets the mood. However, everybody has different tastes and approaches to crafting a playlist for celebrations.

"I wouldn't say I'm a good DJ for parties," said Samantha Gudis. "I'm moreso for bonfires."

Gudis, a sophomore communications major, said her playlist for a party would consist of Chance The Rapper, Mac Miller and J. Cole amongst others. Gudis said she is not the biggest fan of typical party music herself.

"I don't know a lot of music that pops up on the radio," she said. "I feel like party music comes in trends."

In addition to Chance, Gudis said she would play songs from Migos and more specifically "Broccoli" by D.R.A.M. and Lil Yachty.

Gudis said her favorite music is not really the party type and that she enjoys going to parties to

hear a different selection of music. Her own personal playlist consists of a lot of rock music like Twin Peaks and psychedelic rock band Tame Impala.

Adrian Lamothe, a freshman computer science major, said his playlist would consist of a lot of rap. Lamothe named artists like Drake, J. Cole as well as newer artists such as XXXTentacion and Lil Pump.

"I'd play songs that get people hype," said Lamothe. "You definitely have to play songs girls can dance to."

Lamothe said songs like "BabyWipe" by Ski Mask the Slump God and "Look at Me" by XXXTentacion would be on his party playlist. To balance out high energy songs, he said he would have more mellow songs in his mix. This could keep the party balanced, he said.

"If the crowd gets too hype, you can put on some chill music," said Lamothe.

"Blem" by Drake is a song that can be played to bring the energy back down, he said. Overall if he created his playlist it would consist of newer artists since that is what he is currently listening to.

"I definitely like to listen to what's new out there,"

said Lamothe.

Jaquan Brown, a senior mathematics major, said crafting a perfect party playlist could be difficult due to his diverse music tastes.

"I can do rap, I can do death metal, country or even hardcore," said Brown.

The music Brown liked most at parties was mainly dance music. Instead of turn-up music or a more trapped-out vibe he liked bachata. Brown said if he was forming a playlist for a party he would make sure to pay attention to his audience.

"I would go with the vibe or energy of the crowd," he said.

His large music collection - he said he has a Soundcloud with more than three days worth of music - allows him to transition better than most. If the party was for his friends he said he would play more popular dancing jams.

"I'll put on some dance hall or rap to have a good time," said Brown, "anything people can really dance to."

The appeal of hit TV series 'Rick and Morty'

By August Pelliccio

It is no secret that Justin Roiland and Dan Harmon's science fiction animated sitcom, "Rick and Morty", has become popular in its three seasons on the air. Students at Southern have given mixed reviews of the show.

"Rick and Morty" first aired on Adult Swim in December, 2013. There are some students that have watched every episode since then. Some students, however, have not watched a single one, and do not intend to.

IMDB, who rates the show at a 9.4 out of 10, describes the show as "An animated series that follows the exploits of a super scientist and his not-so-bright grandson."

Freshman Sam D'Amico said she has never seen the show, and has little to no interest in ever watching.

"It's just another cartoon, like 'Family Guy,'" she said.

"I watched the first couple of episodes," said another freshman, Kaitlyn Johnson, "but I stopped."

Then there are the

students who have watched the show in its entirety, one of whom is Tyler Kopeck, a junior graphic design student. He said he binge watched every episode of the first two seasons in just three days, early this year. He is currently invested in season three, which is on the air now.

"I like it for its existential humor," said Kopeck. "There are dumb jokes which are made funnier by smart jokes."

For this reason, he said he thinks that quite a lot of students like "Rick and Morty." "There are people who haven't even seen it who like it," Kopeck said about the series' fan base.

This fan following is the reason Johnson said she does not watch the show. She said she does not enjoy a show after it has been hyped up too much. For example, she said she also does not watch the show Supernatural, for that reason.

"I would watch Rick and Morty just for the show itself, but I wouldn't want to go to a meet up and watch new episodes," Johnson said. "It's not a community I want to associate myself with; it's

a bunch of people who act immature."

Even though some students feel this way, freshman Michael Orifice said he still has watched every episode.

"The humor of the show, I feel like, would be frowned upon by most people," he explained.

Orifice said he does not watch "Rick and Morty" in spite of the fact that the humor is frowned upon, he watches it because the humor is frowned upon.

"The character development is also really awesome to see," Orifice said.

Kopeck said that while the show is enjoyable to a variety of people due to its constant topical references to pop culture; intelligent people can really appreciate "Rick and Morty." "Despite the humor, there's a real serious meaning," Kopeck said.

He explained that the show has a theme that can be seen in the risky, yet care free adventures that the two main characters go on. Kopeck said the theme is, "nothing matters, so just enjoy life."



Main characters Rick and Morty.

PHOTO COURTESY | PASCAL

Theater student looks towards a career as a law librarian



Kevin Redline, a theater student at Southern.

PHOTO COURTESY OF REDLINE

By Jenna Stepleman

There are many amazing students at Southern. Some are heavily involved in extracurriculars, others are in interesting or specific majors; but one student named Kevin Redline has all these features.

Kevin Redline, a senior interdisciplinary studies major, is aiming toward a highly unusual career goal. He concentrates in information management services, computer science and theater.

This all adds up to a career as a law librarian, according to Redline. "I wanted to be in library science since I was young. I spent a lot of time at the public library," he said.

From research support to online legal research instruction and strategic planning, law librarians serve as reference specialists and hope to meet the information challenges facing law firms, corporations and law schools.

"Since law is so common in our world but still so difficult to understand, I wanted to pursue a career that would keep me and others informed," Redline said.

Redline is also involved in

many extracurricular activities, including the SCSU Pre-Law Society, the English Honor Society, Bookmarks English Club and The Crescent Players musical group.

Redline explained that he felt interdisciplinary studies and all these clubs allowed him to have the freedom to explore all his interests fairly. He went on to speak about his interest in theater.

"In high school I found the show 'The West Wing.' I loved it, it showed the intricacies of the fictional president played by Martin Sheen. A lot of theater has influence in social or political themes," Redline said.

Redline has been in three theater productions here at SCSU. One of those shows, "Almost," was taken on the road to the Kennedy Center American College Theater Festival which encompasses most of New England.

"Last year I served in the Crescent Players board of control, as well as serving as the costume crew manager," Redline said.

In order to serve in so many groups, time management is key, Redline explained.

"Theater students are on par with student athletes with

the amount of work, time and dedication they put into their craft," said Redline.

Redline understands people may see his interests as disjointed, but said, "even though I don't want to go into professional theater, it has definitely instilled many life skills and values that I carry with me."

He is also an RA on campus and works at the Office of Interdisciplinary Studies.

Standing out in a crowd for both jobs and other opportunities these days is harder than it ever has been.

"I think my interests are what sets me apart because people are surprised when they see how interdisciplinary I've tried to make my studies here at Southern," said Redline.

Interdisciplinary studies have really helped Redline narrow down his interests. He is currently preparing to do his senior thesis and graduate this spring.

"Interdisciplinary [studies] is a great program that allows us to make our degrees match what we want to study," Redline said. "Without it, I couldn't have taken all the classes I wanted and explore all the things I was interested in."

Rapsody Album Review



North Carolina female MC Rapsody.

PHOTO CREDIT | DESHAUN CRADDOCK

By Lynandro Simmons

Since rap's inception, women have always held a place in the art form. From international stars like Queen Latifah to regional legends like Trina and underground icons like Jean Grae, women have always been an important component of rap. Now, Rapsody is the next woman to continue this important legacy of women in hip-hop.

The North Carolina rapper's newest album "Laila's Wisdom" arrives during an important time in rap, finally women are getting more representation. However, to put Rapsody into any one category would be a disservice to her truly amazing talent. "Laila's Wisdom" is not just the best album from a woman rapper in a lengthy time, it is also in the argument for the best rap album this year.

The album - which gets its name from Rapsody's grandmother - is a 14-track trip into the mind of a young black woman in today's society. To assist her on the album Rapsody also enlists a star-studded lineup including Kendrick Lamar, Busta Rhymes, Anderson .Paak, BJ the Chicago Kid and Black Thought. Some would think this list of stars could take the focus of the album away from Rapsody, but regardless of who is featured she owns every track.

More importantly, every song on the album adds to the artistic image Rapsody paints with each bar.

The production on the opening track alone lets listeners know they are in for a treat. The record has a soulful choir sampled in the back and plays a heavenly background for Rapsody's vocals. This song smoothly transitions into the standout track "Power" which features a verse from who

many consider owns the other contender for album of the year: Kendrick Lamar. The chemistry between the two talented rappers is evident as their lyrical prowess is on full display.

Rapsody has worked on the album for two years and it is evident in the final product. On many of the songs, the production jumps from up beat drums to smoother instrumentals. The group of producers who assisted Rapsody are decorated veterans. Two men were integral in helping Rapsody put her idea together: 9th Wonder, her mentor from the legendary underground rap group Little Brother, and Young Guru, the famed engineer for Jay-Z and numerous other Roc-A-Fella acts.

In an age of short attention spans and even shorter memories, Rapsody's strength lies in putting together a short and focused effort.

Throughout the project she tackles police brutality, southern life, social media and love amongst other topics. She also manages to talk about these topics without sounding preachy or condescending. Instead, the music is more of a conversation piece, something listeners can hear and spark new thoughts on age-old dialogues.

Stories, metaphors and punchlines are all throughout the album in abundance. The project is filled with elements of funk, R&B and even a little jazz. However, the true foundation of the album is soul - a testament to 9th Wonder's classic sound and large role in the production.

After years of grinding, Rapsody is proof that staying true to one's image can provide success. "Laila's Wisdom" places Rapsody where she truly belongs: amongst the elite of the rap game.

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Album Review: The World Is A Beautiful Place...



PHOTO | ZACK GOMEZ

Members of The World Is A Beautiful Place | I Am No Longer Afraid To Die

By Gary Scaramella

The World Is A Beautiful Place & I Am No Longer Afraid To Die released their latest album "Always Foreign" on Sept. 29.

For an underground band in the Connecticut music scene, TWIABP has been around for a long time. The group has been at the helm of the emo-revival movement since the release of their 2010 EP "Formlessness" and finally reached a wider audience with their 2013 break-out album, "Whenever, If Ever." Since then, TWIABP has enjoyed mild success and critical acclaim for their atmospheric, emotional take on alternative rock.

With all that time and experience under their belts, it would not be too much to expect "Always Foreign" to have a unique, developed sound when compared to the band's older works.

Unfortunately, that is not the case. "Always Foreign" seems to rely heavily on the band's tried-and-true style without ever reaching any new musical or lyrical territory.

The 11-track album opens with the

song "I'll Make Everything," a two and a half minute long song in which one of the band's vocalists croons over a slowly building crescendo of guitars, heavy drums and synth, "I'll make everything look like it's happy. I'll make everything look like it's rad. I'll make everything. I'll make everything a story of love." The lyrics, seemingly meant to be a mission statement for the album, are vague, but at least the music is nice.

The second song on the album, "The Future," is a much more energetic, pop-punk inspired track. I wanted to get into it, but it was difficult – the vocals seemed lackluster, once again delivering platitudes that did not have much of an "oomph" factor behind them.

The next song, minor-key "Hilltopper," is a much more satisfactory song lyrically than the first two. It is bitter, rife with themes of betrayal and anger. "I wish for you to suffer like I had wished that we had not," sings David Bellos, the vocalist for this track.

"Faker," the album's fourth song, is a collection of accusatory questions for a person referred to as "Faker" that are asked

over a slowly building musical background of softly picked electric guitars for the first three minutes of the song, before climaxing in a swell of lightly distorted guitar riffs and intricate drumming. At this point, the lyrics turn inward to reflect on the damage the faker has done to the singer.

The album picks up in energy again with the sixth song, "Dillon and Her Son," a peppy, energetic Crying-esque jam. The track – my favorite on the album – starts with a driving drumbeat and a prominent bass line, before the band's typically favored guitars and synths come into play. At a concert, this would definitely be the most danceable song from the album.

After track seven, "Blank #12," gives the listener a brief interlude of ambient noise, the heartfelt track "For Robin" somberly begins. The song is a lament on the loss of a fellow artist. The track's musical focal point is an acoustic guitar which, despite the song's sad nature, is a pleasant change from what feels like an album that is saturated with heavily-produced, electric sounds.

After this, the album carries on with

business as usual: the last three tracks, "Marine Tigers," "Fuzz Minor" and "Infinite Steve" stick to familiar territory: introspective lyrics achingly sung over a slowly building arrangement of electric guitars, drums and synths, occasionally complimented with a chorus of background vocals.

"Always Foreign" is not necessarily a bad album. It does suffer from overly sentimental, vague lyricism and, while listening, I never got the sense that TWIABP was trying anything new. That being said, the musical arrangements are enjoyable and well-produced; it is obvious that the band is made up of talented musicians who know what they are doing. Fans of the band and of the emo genre will likely enjoy this album, but those who are searching for something that has not been done before may want to look elsewhere.

"Always Foreign" is available for streaming on Spotify and Apple Music, or for purchase on iTunes and the band's Bandcamp at theworldis.bandcamp.com.

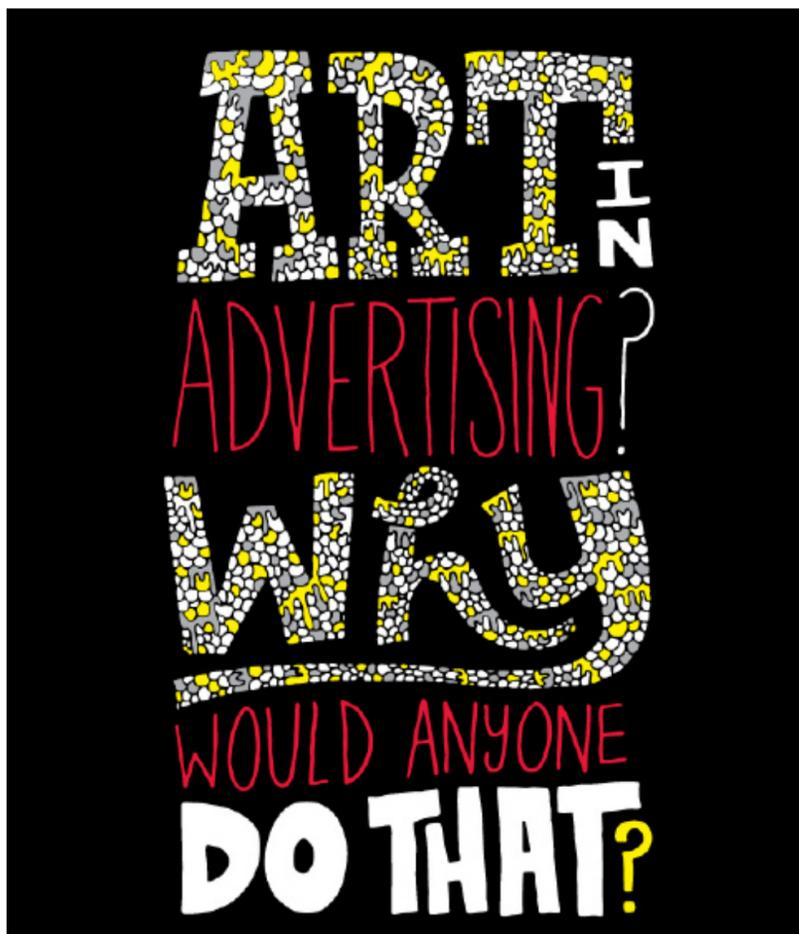
Editor Picks: Essential Contemporary Television Shows

By Greg Gagliardi

1. "Mad Men," available on Netflix, is about the human experience. There is money, there is power, and there is evil. Mad Men encompasses all things human. The period piece takes place in 1960s New York and is about a prestigious ad agencies' talented, but conflicted executive Don Draper. Draper is a fascinating character. Layered with twists and turns his full identity comes across in short but revealing flashes. Draper's presence alone captures the audience, but it is the cunning Roger Sterling and misunderstood Pete Campbell that provide more perspective into a turning point of American history. Many companies we have grown accustomed to seeing were born in this period. "Mad Men," along with developing character arcs, shows the birth of today as played out in the 1960s. For those wanting an action-packed show, skip "Mad Men". For those wanting a show with quick hits, this series is for you. The 1960s was a revolutionary period. Shows like this transport us back in time. The series shows values that still exist today. Many characters will come to resemble those in your life. Working at an ad agency is not an experience everyone is familiar with. "Mad Men" showcases human growth with mistakes and errors that amount to seven seasons of brilliance.

2. "High Maintenance," is a series available on HBO Go and HBO. There is a character called "The Guy" who delivers people weed. That is what this show is about. "High Maintenance" is a quirky comedy drama series created by husband-and-wife team Ben Sinclair and Katja Blichfeld. The Guy is a local weed deliverer living in Brooklyn. The show, six episodes in length, is about how weed affects his customers' lives. Through its thought-provoking dialogue and neatly curated shots this series does not overstay its welcome.

3. "Red Oaks," is available on Amazon Prime. "Red Oaks" is scarily accurate. Having worked at a country club, I can tell you from first hand experience this show nailed it. "Red Oaks," an Amazon originals, takes place at a New Jersey country club during 1985. David Meyers, a college student, begins working there during his summer break. Ironically, this happened to me. What appears as a simple show actually cuts deeper and characters start to become complex. Each seemed to fit in another's life nearly perfect, but there is a catch. Nothing is as good as it appears. For many "Red Oaks" characters, there life is falling apart or will fall apart. Each is dealt a rough hand, some rougher than others. But through friendship and unique bonds, they make it work. If Caddy Shack were a television show, it would be be this.



Mad Men Season 4 Episode 4 promotional advertisement

PHOTO | CHRIS PIASCIK



PHOTO | PALMER PIANA

Ray Catapano (left) getting tackled by a University of New Haven player during Southern's 31-17 loss on Friday.

Varonier earns Athlete of the Week honors



PHOTO | SOUTHERNCTOWLS.COM

Varonier looking up at a ball during Southern's tie with Franklin Pierce.

By Michael Riccio

Noah Varonier has played soccer since he was 4-years-old, he says the memories of winning and appreciating it with his teammates will last a lifetime.

Southern has won many big games since Varonier arrived to play goalie since 2014. Not only has the team made the NE-10 Conference Tournament every year since, they also advanced to the NCAA Tournament in Varonier's freshman season.

"Winning big games and enjoying it after with your teammates, making NCAAs my freshman year, it's a really good memory to hold," Varonier said.

Varonier's soccer career has seen him accumulate numerous accomplishments. To go along with the NE-10 and NCAA Tournament appearances, he started all 20 games as a freshman and was named to the NE-10 All-Rookie team in 2014. At Miller Place High School in Long Island, New York, he was an all-county and all-league selection.

Varonier says his gives a lot of credit to his father, and that he has had the biggest impact on his soccer career.

"He played when he was young," Varonier said. "Ever since I've been young he's always been coaching and teaching me how to play the game right."

While being recruited to Southern to play soccer, he said it was an easy process, mainly because of head coach Tom Lang, who has been the men's soccer coach since 1997.

Season on the brink

Football has now lost three games in a row and are in danger of digging themselves a hole they cannot climb out of.

By Kevin Crompton

Southern football was defeated by the University of New Haven Friday night with a final score of 31-17 in a battle for the Elm City trophy.

The UNH Chargers jumped out to a 7-0 lead on their first possession of the game. After receiving the opening kickoff, UNH marched down the field consistently moving the chains, picking up first down after first down. On fourth and goal from the one yard line, UNH quarterback Ajee Patterson took advantage of the one-on-one coverage and threw a fade to the corner of the end zone, hitting

receiver Justin White for the early touchdown.

After some back and forth, Southern was finally able to come up with three points in the second quarter. After a failed attempt at going for it on fourth and goal on an earlier possession, The Owls brought out their field goal unit and freshman kicker Jose Conde drilled the chip shot from 21 yards out.

"They made a play and we didn't."

— Tom Godek, head coach

In the second half, down 10-3, the Owls came out

passing. Senior captain and quarterback Raymond Catapano found Isaiah Docket on the play action pass over the middle planting their offense in the red zone. On the same drive, Catapano kept the ball on a read option, made a defender miss and scampered to the pylon for a 15-yard touchdown, tying the game up at 10 a piece.

Late in the third quarter with Southern trailing UNH 17-10, Catapano's pass over the middle was slightly overthrown and intercepted. The Chargers' offense was then able to turn the take away into six points on a five-yard run by their sophomore running back Ryan McCarthy.

"We didn't really go to the right spot on that play unfortunately but that's football," said head coach Tom Godek, reflecting on the pivotal interception. "They made a play and we didn't."

The Owls' last score of the game came with just under 12 minutes to go in the fourth quarter. Catapano managed to find the end zone again by using his legs on a two-yard, designed quarterback run off tackle. Catapano lead his team in rushing and passing. He finished the game with 300 yards passing, 51 yards on the ground, and two touchdown passes to his one interception.

SEE FOOTBALL PAGE 11

SEE VARONIER PAGE 10



PHOTO | SOUTHERNCTOWLS.COM

Junior Juliana Santos (right) during a scoreless tie against the University of New Haven earlier in the season.

Women's soccer searching for answers

By Matt Gad

Adam Cohen's team has not had the greatest run at things so far this year. The Owls are 2-7-1 after last Saturday's 1-0 win, their first goal since scoring two at Saint Michael's Sept. 9.

But on Sept. 27 a goal never came. The women were shut out. Adelphi won 3-0 and improved to 6-0 in the Northeast-10 and an 8-0 overall mark.

"We're focusing on ourselves and we have high expectations for our performance," head coach Adam Cohen said. "We certainly

wanna improve on this one."

The Adelphi Panthers relied on one goal in the first and two in the second to put away the Owls. Kerianne Scorce, Jeanine Nunez and Jessica Petry each netted a goal and, for Petry, it was the first of her career.

Adelphi shot 18 times, 16 of which were on-goal. Southern was mightily defeated with three total shots, two of them on-goal. The only part of the game where the Owls dominated was in the saves column; they picked up 13 of Adelphi's scoring chances.

"The team isn't happy with our performance," said senior Hannah Bodner. "We have a

lot to work on but the potential for success is there so we are focusing on the next game and what we can improve on between now and then so that we can get the result we want."

The Panthers won again since their contest with the Owls and are now 9-0. They took on Le Moyne College and won by the same result of 3-0. This time it was two first-half goals and one in the second that the Panthers needed. And the goals were scored from the same trio: Scorce, Petry and Nunez. Adelphi looks as if they might have the most dominant team in the Northeast-10 conference this year and it is not very close.

SEE WOMEN'S SOCCER PAGE 11

Varonier

CONTINUED FROM PAGE 9

"The coach will talk to you and come see you play and if he likes you and enjoys what he's seeing then he keeps talking to you and you just go through the admissions process," Varonier said.

Even with all the success that Varonier has had growing up, he said the biggest obstacle came coming into college.

"Playing in a bigger environment with better teams," Varonier said, "you're just trying to match up your skill level to that skill level."

Varonier, along with Louis Greenway Tambini, were named captains of the soccer team prior to this season. Varonier said being named captain after being at Southern for four years is a testament to the work that he has put in and calls it a big honor.

Varonier said last years captains Christian Samaniego and Alex Soriano had a big impact on how he wants to lead the team this year.

"They just showed you the way and how to act as captain," Varonier said. "The way they acted and how they went about their business is how I want to go about my business."

Varonier's main responsibility as captain is to bridge the gap between the coach and team. He says he has to be a



PHOTO | SOUTHERNCTOWLS.COM

Varonier posted two more shutouts last week and is a big reason why the team is 6-1-2 this season.

mediator to the team if anything arises in the locker room or if a player wants to bring something up to the coaches.

As his career as a soccer

player at Southern winds down, Varonier said he has no regrets as an athlete and soccer has had the biggest effect on his life.

"It's gotten me into school,"

Varonier said. "It's been a great learning experience throughout my entire career."

A business management major, Varonier said after he graduates, he hopefully can

get a job in that field, but he is not completely shutting the door on soccer.

Betts off to a hot start for women's cross country



PHOTO | SOUTHERNCTOWLS.COM

Betts was named Chick-fil-A SCSU Athlete of the Week last week for her performance in the Ted Owen Invitational.

By Matt Gad

Ashley Betts, a redshirt sophomore, has had a successful go at things so far this fall. She recently ran a 23:37.5 6K at the Paul Short Invitational.

"It's been a good season so far," Betts said. "We're training right now through the races but we have our eyes on the conference and regional meets."

Betts said her first race of the season, the Adelphi Panthers 5K Sept. 1, was more of a tempo performance as opposed to a natural race. She ran a 21:17.2 time and placed 16th overall.

"She is very hard-working. If she wants to get something done she will," her teammate, Claudia Marsh, a senior, said. "She comes to practice to do whatever coach tells us to do and she puts her best effort into whatever that is. She is always ready on race day and really knows how to hunt down her opponents."

At the Fifth Annual Bruce Kirsh Cup Sept. 16 Betts ran 24:40.5 in a six-kilometer race and the following week, at the 15th Annual Ted Owen Cross Country Invitational, she ran a 19:47.7 5K.

On how she is performing this year, Betts said: "My workouts

have been good; I'm usually faster in the workouts [than the races] and we're a small team but we're all close. The chemistry's always been good."

This is Betts' second year competing in cross country. A recruit from Weymouth, Massachusetts, she was a Bay State Conference All-Star and was also named to the Patriot Ledger's All-Scholastic Team.

"We haven't had any big performances yet this year," Marsh said. "but we are all still working towards a PR. We are really looking forward to competing at conference and showing other teams what we

have. Cross country is so important to me so I'm really sad this is my last season; I'll really miss the team."

Marsh has raced in two meets so far this fall, the Bruce Kirsh Cup and the Ted Owen Invitational. At the first of the two meets, a 6K, she raced 28:49.5. At the Ted Owen Invitational, a 5K, she ran 23:00

"We're all close," Betts said. "both teams are really close and get closer every year. I feel a lot stronger this year and my goal is to just be in the top-pack in the conference meet. If that goes well I want to go to the regional meet and get in the top half there as

well."

The cross country season is a short one. After completing the Paul Short Invitational Saturday, the women are not scheduled to compete again until New England's Oct. 7. The NE10 Championship is Oct. 22, one day after Southern's Bob Corda 5K, which is part of homecoming weekend on campus but not a part of their schedule due to NCAA regulations.

"It's a long season but we don't have many meets," Betts said. "In high school I'd have meets twice a week. We would run in dual meets and then also have invitationals [on the weekends]."

WFAN is not the same

By Matt Gad

It has been a few weeks since Craig Carton announced his resignation from WFAN amid his FBI arrest and multitude of gambling issues. And his legal troubles are likely just beginning as his case has barely been unpacked so far.

But, in terms of a WFAN perspective, once he resigned, which, do not get me wrong, was clearly the smart thing to do, he left his former co-host, former NFL quarterback Boomer Esiason, to do a one-man show.

Boomer has a vast experience in broadcasting in addition to WFAN, working for Showtime, Westwood One Radio and CBS' The NFL Today but he is never been on his own. Now he is on his own. WFAN scrubbed the formerly-referred Boomer and Carton Studio from all things Craigie the night he resigned. Now they call their morning drive program "The Morning Show With Boomer Esiason." It is missing its spark.

While Boomer has an extreme knowledge of football from his playing days and hockey

from the fan's seat, as well as the knowledge and interest in discussing other trending topics in relation to Major League Baseball, the NBA and what have you, he's the so-called play-by-play man. Craig did color.

What made Boomer and Carton so great was that they messed around (not referring to Craig's legal miscues). Craig brought life into the show, interrupting update anchor Jerry Recco's "20/20" sports flash, having a day with WFAN regular callers and newbies alike and just annoying the heck out of Boomer. But the chemistry was

there. It was amazing.

Boomer is not really on his own as they have found people to come in and co-host but obviously, right now, it really just is his show. WFAN had Jerry come into the co-host's chair and have Chris Lopresti, one of Mike Kobylanski's Quinnipiac friends, take over the morning updates and it was hilarious because Jerry is probably as close to Craig as they have at the station right now. Jerry even interrupted "C-Lo's" updates. Classic.



Matt Gad - Sports Writer

Football

CONTINUED FROM PAGE 9

Redshirt junior defensive end John Strezo lead the Owls' defense with a career high 12 tackles. He also recorded three tackles for a loss, and half a sack.

New Haven had no empty trips when entering the red zone, as they came away with four scores out of four opportunities. Southern was three for four on their chances inside the 20-yard line.

Southern has lost their last three games falling to 1-4 on the season. The team has a bye this week allowing them to regroup and recover before they take on LIU Post.

"I wish we could play next week. I really do," said Godek. "But we're a little bit banged up ourselves, just like everybody is probably right now. It's probably going to be good just to get away for a couple days and start getting a hard look at LIU Post in a couple days, who's going to be another challenge for sure."



Paris Crawford (right) makes a catch next to a New Haven defender on Friday night.

PHOTO | PALMER PIANA

Women's soccer

CONTINUED FROM PAGE 9



PHOTO | SOUTHERNCTOWLS.COM

Victoria Buonanni has scored one of the Owls three goals of the season.

"We finished third in a 15-team conference last season," Cohen said. "Over the years we've set high standards for ourselves and what we wanna do so we have a lot of work to do to live up to [those standards]."

"Adelphi was a good and tough opponent but we feel as a team we have more to show and give than the performance we gave," said Junior Mikaela Magee. "Every game we have been trying to fix issues to make each game better and that's what we plan to do now. We will regroup and learn from our mistakes so we can keep improving and moving forward."

Southern has seven games left. One came last night at Pace University and the others come Oct. 7 at Stonehill College, Oct. 14, 17 and 20 at home with Bentley, Merrimack and Southern New Hampshire, respectively, and then at both Le Moyne College and Franklin Pierce University Oct. 25 and 28.

"We've got to score," said Cohen. "We've got to make it much more difficult for other teams to get chances against us."

Baseball holds Alumni game



PHOTO | SOUTHERNCTOWLS.COM

Head coach Tim Shea has been the head coach at Southern since 2002.

By Matt Gad

After winning 27 games last season and claiming a postseason berth, the Owls are ready for more. They recently held their annual alumni game and are prepared to face some outside competition this fall.

"Our alumni game and golf tournament are held every year. We had about 30-something alumni come back, and we play a little game on Saturday morning and then we head over to the golf course for our annual tournament," head coach Tim Shea said. "It's always a good weekend to get those guys back and they reminisce about old times. We have a really good turnout from the guys that have graduated within the last handful of years."

Shea said alumni who have been graduated for more than 10 years also show up. In addition to the alumni game and golf tournament, the Owls also play a Halloween game later in October where the players are able to play in Halloween costumes.

"We're able to play some outside competition to give our guys a chance to play against outside teams, and then we also do some intersquad [games] and we keep the stats so we can have a good base of data to evaluate our guys on," Shea said.

Last Saturday, the team took on

UConn-Avery Point at The Ballpark and will also take on Yale University this Saturday and The Community College of Rhode Island, or CCRI, Oct. 21. Since Yale is in Division I and UConn-Avery Point and CCRI are both members of the National Junior College Athletic Association the teams and not part of Southern's regular-season slate of games.

The Owls get each season underway down south in early February, with games typically in Florida and South Carolina due to the cold weather in the northeast. Last year, the Owls opened up with Bentley University, in Winter Park, Florida, and won 9-0. A strong regular-season of more than 25 wins brought them back to the postseason for the first time since 2014.

"I think we need to be able to finish the season," senior Jim Palmer, who played high school baseball at Jonathan Law and previously attended the University of Rhode Island, said. "We kind of fell apart at the end there; lost that series to Pace and then lose the first round of the playoff and then 0-2 in the regional and just after a great year it's like throwing it away because we didn't do anything with it."

As Palmer said, Southern hosted a Northeast-10 conference game but lost to Pace University 5-2. With their record, they were still able to

qualify for the NCAA's Division II Tournament - but at regional play in Manchester, New Hampshire., the Owls lost to Saint Thomas Aquinas 8-3 and then Dominican College 5-3. The second loss eliminated them from the NCAA Tournament, ending their season under double-elimination rules.

"We have seven new freshmen that are getting accustomed to being college student-athletes. We're learning a little more about them and they're learning about our program and the university," Shea said. "And then there's the veterans coming back, many with very good years last year, and a couple that are recovering from injuries."

Included in the injury bug was pitcher Brandon Rentas, who underwent Tommy John surgery to correct an issue in his elbow, and is starting to throw again.

"It's good to be out here," Palmer said. "The alumni game and the golf tournament are fun and then we play Avery Point, Yale and a community college from Rhode Island."

For a majority of the guys, Avery Point was not the first game they played since regionals: "A lot of our guys are playing in the Futures League, the New York Collegiate League," said Palmer. our guys are playing with kids from all over the place."

Carmelo Anthony deserved better

By Phil Zoppi

The Carmelo Anthony era will look like a failure to some but the seventh all time leading scorer in Knicks history should get much more respect than that.

Anthony brought life to Madison Square Garden and Knicks basketball during a time when it was completely dead. Sure, the Knicks were only able to win one playoff series during the Anthony era and that is what he will ultimately

be judged for but that was not his fault.

The Knicks have not had a good roster since 2012 and the reason for that is the front office. Former Knicks President of basketball operations, Phil Jackson, never believed in Anthony and that was made abundantly clear by some of the comments he made about him this past season.

Jackson continually made comments during his tenure about how if Anthony left the Knicks both parties might benefit. Is that really a way to

talk about your face of the franchise player? No, it is not and that is one of the main reasons why Jackson is no longer apart of the Knicks.

Instead of looking back at the failures the Knicks fans should really applaud Anthony for what he did. Anthony easily could have left the team when his contract was up but he decided to stay because he wanted to bring New York a championship.

New York media and Knicks fans always wanted to put the selfish tag on Anthony but

when it comes down to it he was part of the solution, not the problem.

Anthony has averaged 24.8 points per game, 6.6 rebounds, and 3.1 assists over his career and apparently he was the problem on the Knicks. I do not buy it.

The coming seasons will not be fun for Knicks fan and I bet a lot of those who wanted Anthony gone will wish for him back.



Phil Zoppi - Sports Editor

SCSU Football vs. University of New Haven



PHOTO | PALMER PIANA

Quarterback Ray Catapano (left) rolling out to the right against New Haven.



PHOTO | PALMER PIANA

Catapano (middle) looks over the field before snapping the ball.



PHOTO | PALMER PIANA

Running back Vochan Fowler (left) running up field on Friday night.



PHOTO | PALMER PIANA

Tight end Ryen Griesenauer tries to haul in a pace near the sideline.

Northeast-10 Standings

MEN'S FOOTBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
ASSUMPTION	4	4-0	1.000	5	5-0	1.000
NEW HAVEN	4	3-1	0.750	5	4-1	0.800
BENTLEY	4	3-1	0.750	5	3-2	0.600
LIU POST	4	2-2	0.500	5	3-2	0.600
PACE	4	2-2	0.500	5	3-2	0.600
STONEHILL	4	2-2	0.500	5	3-2	0.600
AMERICAN INT'L	4	2-2	0.500	5	2-3	0.400
MERRIMACK	4	1-3	0.250	5	1-4	0.200
SO. CONNECTICUT	4	1-3	0.250	5	1-4	0.200
SAINT ANSELM	4	0-4	0.000	5	0-5	0.000

WOMEN'S VOLLEYBALL

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
NEW HAVEN	4	4-0	1.000	15	8-7	0.533
ADELPHI	3	3-0	1.000	14	7-7	0.500
SAINT ANSELM	5	4-1	0.800	16	10-6	0.625
BENTLEY	4	3-1	0.750	16	11-5	0.688
AMERICAN INT'L	3	2-1	0.667	17	9-8	0.529
FRANKLIN PIERCE	3	2-1	0.667	14	4-10	0.286
SO. CONNECTICUT	4	2-2	0.500	16	12-4	0.750
PACE	3	1-2	0.333	15	5-10	0.333
STONEHILL	3	1-2	0.333	13	4-9	0.308
SAINT MICHAEL'S	3	1-2	0.333	8	1-7	0.125
SO. NEW HAMPSHIRE	4	1-3	0.250	12	4-8	0.333
ASSUMPTION	4	1-3	0.250	13	3-10	0.231
SAINT ROSE	2	0-2	0.000	16	8-8	0.500
MERRIMACK	2	0-2	0.000	15	3-12	0.200
LE MOYNE	3	0-3	0.000	14	7-7	0.500

OPINIONS

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A Student's take on the NFL protests

By Lynandro Simmons

During the 2016 NFL preseason, Colin Kaepernick sparked controversy when he decided to sit during the national anthem. Originally the former 49ers quarterback went unnoticed during his protest. It was not until the third preseason game on Aug. 26, 2016 that his protest gained attention and the backlash began. Now, over a year later the situation surrounding the protest and flag has become exacerbated with the help of President Donald Trump.

The comments made from the president that NFL players who kneel should be fired has started a league-wide reaction. Not every player opted to kneel during the anthem this past Sunday, some locked arms and some knelt before the anthem was played. However, as these protests go on the very conversation Kaepernick hoped to spark has been lost.

From the beginning this protest was never supposed to be seen as disrespect to the military. Kaepernick even went as far as to speak to Nate Boyer, a retired Green Beret and former NFL player, to find an appropriate way to protest. This went from Kaepernick outright sitting during the anthem to kneeling, something usually seen as a sign of respect in sports.

The most difficult part about this entire situation is separating what some consider disrespect to the country from the issues Kaepernick spoke out against. According to a new CNN poll, 49 percent of the people polled said NFL players are doing the wrong thing to express their political opinion when they kneel during the national anthem. Being angered at the perceived disrespect to the flag is understandable. However, what is head scratching is some of the people outraged do not appear to even want to know why Kaepernick knelt.

People say players could have protested other ways, but would a more comfortable protest receive attention? Who is to say, but protests are not meant to be comfortable. They are meant to disturb the harmony of whatever is going on. Protests are meant to be an inconvenience to those unaffected by the issues being represented. Unfortunately, these recent NFL protests against Trump's comments are overshadowing Kaepernick's original stance against racial inequalities and police brutality. So the hardest question has become what is next?

Kaepernick is doing his job. After kneeling last season he pledged to donate \$1 million to organizations working in oppressed communities. As of Sept. 7, Kaepernick has almost reached his goal with a total of \$900,000 donated. As people continue to argue on both sides of this topic, Kaepernick quietly continues to show where his heart lies.

Though numerous players have reiterated their point they mean no disrespect to the flag and love their country some people continue to run with this narrative. Understandably the flag is a symbol that means different things to different people. For some it clearly represents the military, for others it represents freedom and justice for all. But it is becoming painfully clear, some people never want to address the elephant in the room.

When riots broke out in Ferguson after Michael Brown's death and in Baltimore after Freddie Gray's death, people called for peaceful protests as an alternative. Now people are angered at a peaceful protest and think there are better ways for it to be done. At some point or another the uncomfortable conversation about inequality in America is going to have to be had. If not NFL Sundays may never return to what they once were and no one wants that.

The proposed higher education budget flops



PHOTO COURTESY | PALMER PIANA

The Hilton C. Buley Library.

By Jenna Stepleman

In this politically tumultuous time, it seems nothing can be agreed on. The recent Connecticut State budget is no exception. At the time of the writing of this it's nearing 90 days without a budget and they seem to be making little headway.

The largely Republican state budget would cut UConn and UConn Health by \$309 million over the next two years. This budget, which Gov. Dannel Malloy has vowed to veto, would mean more cuts for the state university systems as well.

"Spending cuts will be triggered on Oct. 1 if no budget is passed and the governor has expressed doubts that legislators will make that deadline," according to NBC Connecticut.

Seemingly, the idea of the budget cuts aims to reduce taxes and eliminate waste. University President Susan Herbst's salary of nearly \$200,000 has been called into question. While it is a valid point that university officials possibly should not be making such a high salary, it feels like more of the same diversionary tactics.

The question does not boil down to if the school could make it without the \$300 million. It matters if the students can live without the \$300 million. Current instate tuition at Uconn is \$11,998. Tuition would need to be significantly increased to make up for the loss of nearly 15 percent of the current total budget which already wasn't enough to keep tuitions from rising.

Uconn has gained the most attention because of their national sports presence but other universities will be affected as well. Southern's budget would be cut \$30 million.

It is unfair of the GOP to say the education of the students should suffer because taxes are too high, and while it is hard to choose where to cut corners, straddling the future workers and contributors with more college debt while simultaneously demanding they do not use government aid programs or live at

home is cruel.

This budget cut would also force the close of many satellite and off main campus locations. It would literally uproot thousands of students and leave them no school, no housing, and no degree. Yes, it would take place over time but it would push back and throw off many students degree plan.

Yes, colleges do cost a lot to run, but they also have a non monetary value. It is not often in this day and age you can climb higher than a physical labor or wage worker without a degree. Many republicans are calling for Uconn and state school systems to try to work out their deficits from within, often saying there is a way to fund it if you take away from something less important.

Well ironically enough, I would have the same advice for these GOP leaders calling for of all things education cuts. There are plenty of other ways a state/government can cut back, it just so happens education is not high enough on their list.

If they want to take a look at how much the Uconn and state school presidents are paid that is a great start, but what about what their paid? The average salary earned by U.S. associate justices was \$151,142. We could defund that by say, \$7,000 a person. With the logic they tried using on this one you just know they would say anything to bring taxes down and keep with the current radicalized Republican presidency.

It is truly is unfortunate as well, this is another case where there is no clear cut answer, and it seems Dan Malloy is in a place where he could be making grand gestures, as he is not up for reelection and his popularity rates aren't particularly high in the first place.

"A recent poll found that Dannel Malloy is among the most unpopular governors in the country," according to The Hill.

The way his legacy among the younger voters could be salvaged is if he salvages what we have left of the educational support system, stays strong and follows through on his promise to veto this misguided budget proposal.

SOUTHERN NEWS

Advisors: Cindy Simoneau
Frank Harris III

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

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

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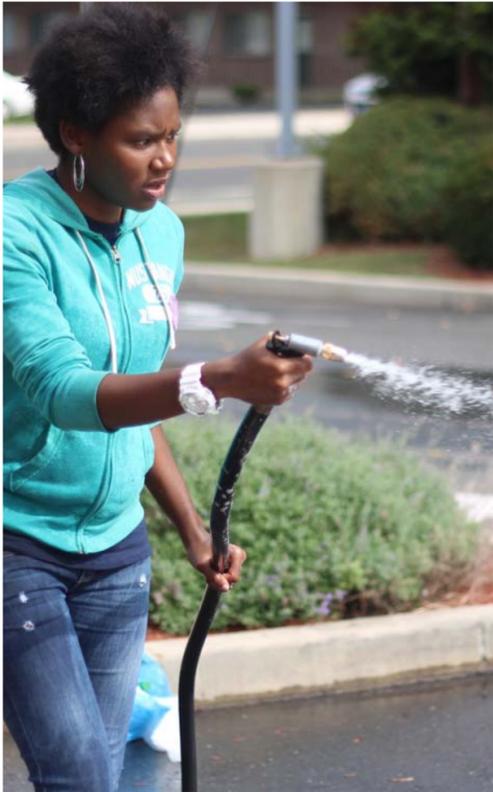
PHOTO



Tagari Turner, a graduate advisor for the Caribbean Student Association, cleaning a car at the club's car wash fundraiser.

Caribbean Student Association hosts car wash

Photos: Palmer Piana



Ashley Raymond, a junior nursing major, hosing down a car.



Chauncey Roberson, a sophomore exercise science major, holding up a sign advertising the club's car wash in front of McDonald's on Whalley Ave.



Soap being applied to a rag used to clean the cars.



Ashley McNaughton, a junior exercise science major and vice president of the club, drying the window of a washed car.



Ashley Raymond scrubbing a car with a soapy washcloth.



Members of the Caribbean Student Association at the car wash in the McDonald's parking lot.