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# SOUTHERN NEWS

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## A hashtag for food problems



PHOTO | ALEX PALMERI

Manager of Chartwells food, Juan Dominguez, said there is always room for improvement in their service. He said the hashtag can help in making improvements.

By Alex Palmeri

The hashtag #SCSUChartwellsProbs has been trending on social media for SCSU students to voice their opinions on particular concerns about Chartwells food services.

Using the hashtag, it sends student's thoughts via Twitter, Facebook, etc. If there is a problem with any type of food service that is provided by Chartwells, they want students to fight for change they would

like to see in Chartwells food service. Any sort of comments students have about the food, can be heard through the hashtag.

Juan Dominguez, resident district manager of Chartwells Residential Dining, said this was created by the Student Government Association. Though Dominguez did not make the hashtag, he said productivity regarding Chartwells can always be better.

"There is always room

for improvement," said Dominguez.

Dominguez has held his title for over three years. Before this, he was a director of retail, then a director of operation. Dominguez said this hashtag can help the overall efficiency improve, because students and consumers will now have a voice to say what is good with the overall service, and what can be better.

"It's always good to have a communication tool," said Dominguez. "As long as we

stay objective, that's good. I would love to see objective communication, always."

As an overall grade regarding the food, service and interaction, Dominguez said Chartwells employees do a pretty good job.

"Overall grade," said Dominguez, "I would give it a 7.5. We're here to serve you guys."

Trace Malone, a junior business major, said he eats Chartwells food a lot on campus. The hashtag seems

## SGA meeting discusses future

By Jeniece Roman

The Student Government Association discussed future events after a two week long hiatus last Friday.

The meeting was called to order by Katie Menders, president of SGA, the first topic discussed was the American Student Government Association's national conference and the possibility of restructuring a few things within Southern's student government to reflect that.

"We'd like to get more students involved and we like to get more of a focus on student advocacy," said Menders.

According to Menders, the notes that were taken at the conference were compiled into documents and will be made available to the members of student government.

"It was neat to be able to connect to the different and see how they run because they're all vastly different," said Menders.

Finalized applications for elections were made available for six representative at large positions within student government and positions for the class of 2020 officers.

"Election packets are out," said Nick Charnysh, vice president of SGA, which garnered few cheers from the meeting attendees. The packets contained information about campaigning and the mandatory meeting dates for all those running were announced. Voting will be available on Owl Connect Nov. 7.

Student government has been contacted by the New Haven Alders because they would like to hear input from students before finalizing the shopping plans.

"The alders are interested in revitalizing the area known as Westfield," said Menders. "They were interested in knowing potentially what resources students would be interested in having over in that area."

SEE #SCSUCHARTWELLSPROBS PAGE 2

SEE SGA MEETING PAGE 2

## A year later: smoking ban on campus

By Alex Palmeri

For over a year, Southern has developed a tobacco free campus. It is apparent that the number of smokers has gone down within this time period.

The recommendations to make this happen were supported by students, staff and faculty. Both smoking and tobacco use are prohibited by the campus with no exceptions.

Diane S. Morgenthaler, director of the Granoff student health services, said it was originally an initiative that was proposed to the Health and Safety Committee by then president of Southern, Mary Papazian. There were other campuses in the state that were tobacco free, and Morgenthaler said it was something that looked to be positive. A little over a year into the policy, she said the numbers have gone down.

"From my personal viewpoint," said Morgenthaler, "it seems to be much less. I think we've made some strides on getting people to quit, which is really the main goal for this whole thing."

Morgenthaler said the intention of the policy at first was not to be punitive, but more to educate students and get people to quit smoking. She added she thinks that the number of smokers on

campus has been cut down significantly.

"We've had a couple different programs in place to help students quit smoking, or even to begin to think about it," said Morgenthaler. "I think from a health standpoint, it has become much less of a problem."

Morgenthaler said most campuses that have put in a tobacco free policy into effect, have seen change. She said it becomes a part of the culture overtime. Morgenthaler added that results cannot be seen in just a few days.

"It's not something we expected to happen overnight," said Morgenthaler. "The new students coming in kind of accept that."

It is not uncommon to still see students smoking and vaping on campus. Morgenthaler said the university simply cannot stop everyone from smoking. But, she said, Southern is beginning to take ID numbers of those students that are frequent smokers.

"It's a community policy," said Morgenthaler. "So it's really up to everyone as a community to 'see something, say something.' It's not always easy for everyone to do, but police have more actively enforced the policy."

Dylan Willette said he thinks the amount of smokers has gone down since the policy kicked in over a year ago. Though there are still some students who smoke on campus, Willette said



PHOTO | PALMER PIANA

A year later, students can find pamphlets and signs around campus promoting a tobacco free campus.

since the rule has been put into place at the university, the number has dropped.

"To make students stop smoking on campus," said Willette, "make a designated smoking area just off campus. That way it's not on campus and there's a compromise between the smokers and non-smokers."

As a smoker, Willette said everyone has their own right to do what they please. However when it comes down to

a scenario of smokers and non-smokers, Willette said the non-smokers will win because of the massive amounts of health concerns smoking causes.

"I think new students coming onto the campus realizing that this is a tobacco free campus," said Willette, "they will integrate themselves into the rules. I think the number of students smoking on campus will absolutely drop."





Soon, non-gender specific restrooms on campus will have different signs indicating all gender bathrooms.

# Gender neutral bathrooms coming soon

By Jeniece Roman

Facilities Operations will install all gender signs on single use bathrooms on the Southern Connecticut State University campus.

“It’s important that the school is recognizing that it’s a separate need and with the need; the signage changed. We didn’t have a petition or anything, it just needed to happen and it happened,” said Eleanor Higgins, president of Prism Club.

The initiative began with a student affairs committee, with the Assistant Director of Student Conduct & Civic Responsibility, Jenna Retort, the Vice President of Student Affairs, Tracey Tyree, a former intern and a former hall director.

According to Retort, the Sexuality and Gender Equality (S.A.G.E.) Center has been working with the Office of Student Affairs to implement the sign change.

“We started exploring what other universities and communities were doing in terms of their signage on single use bathrooms,” said Retort. “So that’s where we’re starting cause that’s, you know, really easy to identify those spaces and make more inclusive signage to represent all genders.”

Higgins said students spoke about the request in the LGBTQ plus committee of the President’s Commission on Campus Climate and Inclusion, and going onto say it was important for the students that the school is recognized their need and make a change.

“We have trans members of our organization who have requested over and over again, signage that was appropriate for the bathroom,” said Higgins.

Tracy Tyree, vice president of Student Affairs, has been working with facility operations and has identified 28 single use bathroom spaces on campus. She said the Student Affairs office paid for the signs, the facilities operations office ordered them and will be in charge of distributing them.

“These are incremental steps toward creating a more inclusive community but none is insignificant. Each step that we take I think is important and it’s important that we recognize that we’re not done,” said Tyree.

According to Robert Sheeley, Associate

Vice President for Capital Budgeting & Facilities Operations, the change in signs from male/ female to all gender will occur on the 28 single use restrooms around campus; these signs will be installed over the next 15 to 30 days.

“I think some of it’s a matter of following up with kind of where we are in the process with facilities and acquiring funds for that. It’s kind of comprehensive and it takes a number of people,” said Retort.

Tyree said signs with the image of half man and half woman did not seem right and that it was not about not having a gender.

“It’s not really a change of policy,” said Tyree. “It’s really just a change in message because that’s always been true it’s just that the signage indicated a gender binary.”

Retort said the picture of a man and a woman on single use bathrooms is a gender binary and does not represent the breadth of how people identify.

“I think some of the biggest challenges, it takes a number of people to make these decisions and we’re always trying to work on a number of issues. We’ve come a long way as a center,” said Retort.

Tyree stated the major challenge in the initiative was to choose a sign that was inclusive to everyone and included students of all genders and capabilities. A wheelchair symbol, braille lettering, uniformity, facilities operations requirements– all are things that needed to be considered, according to Tyree. The next step, she said, once the signage is up, would be to have a map of where these restrooms are.

“As a queer individual I shouldn’t have to go searching for these little grains of rice. It should be made available to me; it should be in my face,” said Higgins.

According to the President’s Commission on Campus Climate and Inclusion: Sub Committee Year End Reports and Recommendations, Southern is working towards becoming an official LGBT-friendly Campus through the Campus Pride organization.

“It’s definitely about changing the dialog,” said Higgins. “Acknowledging the trans students and saying you deserve to use the bathroom for you.”

## #SCSUChartwellsProbs

CONTINUED FROM PAGE 1

like a good idea to Malone. He said people are entitled to their own opinion and they should be allowed to say what they want about the food and food service they are getting at the university.

“They’re paying a lot of money to come here,” said Malone. “They should be entitled to fast and reliable service.”

Malone said at times, the service can be a bit slow. If Malone is hungry, he said he wants to grab a bite to eat before his next class.

During this period, he said it can take a long time to get his food. He added the speed is the one thing he would use the hashtag about.

“I’m in line a lot longer than I should be

sometimes,” said Malone. “I would tweet the #SCSUChartwellsProbs,” said Malone. “But it would have to be pretty poor service that I would have to receive.”

With the hashtag, it allows students and faculty to have a voice in the food services on campus. Malone said he thinks the hashtag will make things better.

He said nobody likes to have a bad reputation. So if people happen to use the hashtag to say the service was not great, Malone said the workers will see it and it can make them work harder.

“They don’t want to risk losing the business,” said Malone. “So I think this hashtag will work in the end.”

# Top ways to enhance academics on campus

By Jeniece Roman

Maddy Causapin, a peer mentor, presented a workshop titled the Top Five Ways to Enhance Your Academics here on campus.

The Peer Mentor program seeks sophomore to senior students to mentor freshmen in inquiry classes.

Maddy was offered the peer mentor position and thought it was a great way to be involved and to connect with students.

As a part of the position, mentors must present a lesson or present resources for student success.

Most of the students who came to the presentation were freshmen from the INQ class she currently helps advise.

Peer mentor presentations were an impactful tool she too used in her freshman year.

“At a presentation I went to,” she said, “the presentation was about finding what kind of studier you are.”

Through that presentation she learned that she is more of a visual learner. Naturally, her presentation was visual in a Prezi format.

The first way to enhance academics she introduced was studying abroad.

“Studying abroad allows you to explore the world,” she said, “while making lifelong friendships.”

Taking classes in different countries, she said, is especially helpful for language majors, who would have the opportunity to be immersed in a language with native speakers.

Causapin said there are a lot of options students do not know about, like long-term semesters, short-term intersessions or even seeking programs outside of Southern, like a Semester at Sea.

Currently there are 23 approved colleges, she said.

Her other academic tips included internships, fieldwork, research with faculty and utilizing the library’s resources.

“Fieldwork,” she said, “gives you the experience to see if this is what you want to be doing with your life.”

Internships are also another way for students to get their feet wet, she said,

while possibly providing students with a little extra money.

“Internships give you hands on experience,” Causapin said. “It’s a huge resume enhancer that can get your foot in the door.”

This, she said, is because sometimes the place of the internship might ask a student to stay for a position or offer one as soon as it opens up.

To provide real life examples Causapin showed students a few words from a 2010 alum night of Southern’s journalism department, in which alum Brittany Galla and Mark Prokop shared their experiences.

Prokop, who interned at “The Connecticut Post,” eventually applied and received a position as a copy editor for the same company.

The biggest resource that is most accessible to students, Causapin said, is the library.

“I work here,” she said. “It has a lot to offer and everyone should utilize what it has besides books.”

The Academic Success Center, where she works, provides tutoring services, as well as workshops.

“It’s a big GPA booster,” she said, “when you use these tools your grades will reflect it.”

Besides the center, she said the library offers study rooms computer labs, and the IT desk.

Olivia Moreno, a freshman pre-nursing major, who attended the workshop said what really brought her here was a class requirement.

“In my INQ class we have to go to events that are social, athletic, academic and cultural. She said, “This workshop showed me we have so many options.”

Nika Ellis, a freshman computer science major, said she learned a lot.

Ellis said she plans on utilizing the library resources to a large extent now.

“I had to drop a class,” she said, “maybe if I would’ve gotten tutoring I would’ve done better.”



PHOTO | JENIECE ROMAN

The most recent SGA meeting discussed election packets and contacts from the New Haven Adlers revitalizing the Westfield area.

## SGA meeting

CONTINUED FROM PAGE 1

Becky Kurnich, secretary, said there would be having an open forum on food service in room CI12 in Engleman. Kurnich said there will be no Chartwells employees present because they do not want that to influence students’ speech.

“It’s an opportunity for the student body to come and talk with us their concern with the food service,” said Kurnich.

“There won’t be any management or administration from Chartwells in the room it’s just going to be us talking.”

They will collect the

information and hand it over to Chartwells to let them know what is happening but they want people to feel comfortable sharing.

“The reason we don’t want to have management in the room is that we don’t want it to be intimidating for students,” said Kurnich.

Other topics discussed were subcommittees are looking at the aspects of advising and how to improve it, feedback on LEP requirements, extending library hours and announcements of several other upcoming

events in the fall semester.

There will be a week-long campaign to promote Owl Connect as the social media go-to for Southern students. Charnysh said the hope is that it will be like a Facebook for student clubs and activities.

“We’re really looking to utilize it more and get more people on it regularly,” said Charnysh. “So like going on Instagram for some people is like kind of a necessity it’s what we do everyday. So we want Owl Connect to be that social media as well.”



# SART aiding transition from victims to survivors

Sexual Assault Resource Team coordinator Catherine Christy talks on the team’s responsibilities

By Alex Palmeri

The Sexual Assault Resource Team at Southern provides a collaborative victim-centered team response to sexual assault. On the Southern website, it says SART’s task is to provide services that ensure a transition from victim to survivor for every individual whose life is impacted by sexual violence.

If there are any concerns or questions regarding sexual harassment, they are asked to contact SART for guidance. These concerns can range from sexual harassment, sexual assault, intimate partner violence, stalking, sexual exploitation and consent.

Catherine A. Christy, SART coordinator, said being the coordinator is her passion. She gets to meet all kinds of students about any problems that students are encountering. Christy said there is a lot more interaction that goes into student engagement than just sexual harassment.

“We try to make it engaging for students to fit in and learn,” said Christy.

SART began in 2006 and Christy said there are two parts of the team. One part is it houses a crisis response team. If a student reports any incident, the team, including Christy, is contacted. The other part is the resource team. There are 25 members within this team. They are trained to provide survivors with tremendous amounts of support. Christy said it is located



PHOTO | SOUTHERN NEWS FILE PHOTO

SART coordinator, Catherine Christy, said part of the reason she and her team are on campus is for students to be comfortable to report anything that may happen.

on all different areas on the Southern campus. “We try to get students to get

comforted with all of our team members,” said Christy. “That’s the job of our team.”

Christy said stats show incidents on college campuses are high. But, the reporting stats

were low in the past. Christy said students can be hesitant to contact the SART team at times. But she added the more students that report, the more she, along with her team, can help.

“More students are reaching out and reporting,” said Christy. “It’s good because we are here to help them.”

Christy said her and SART are at Southern to help anyone who is scared, or having problems with any sort of sexual assault. Christy can direct students with these sorts of problems and talk about it, or send them to the appropriate counseling.

“This is my passion,” said Christy. “I get to meet all kinds of students. The work is not always crisis or intervention. Sometimes, it’s just for support.”

There is a lot more that goes into SART then just helping students. Christy said she loves the interaction with all students that she encounters. Christy lives for doing her job and does not see an end in sight any time soon.

“I don’t think like that,” said Christy. “Violence prevention is who I am; I’m in love with my job; I feed into all of my students.”

As long as students continue to keep Christy driven, she said she will enjoy her position for years to come.

“If I see the students interested,” said Christy, “then it keeps me motivated. It keeps me happy doing all of the work I do every day.”

## Women’s health resources lacking on campus

By Mary Rudzis

Women on Southern’s campus like Jessica Schreiber have expressed that they feel the school does not provide adequate resources for women’s health, even though free condoms are provided in both the student center and residence halls.

“I understand that Southern offers free condoms to promote safe sex,” said Schreiber, a freshman pre-nursing major, “but when the university has hundreds of them in multiple locations for free, it tends to upset women when it comes time to buy their own hygienic products like tampons.”

There are approximately five to ten dispensers for feminine hygiene products and about 75 public female restrooms on campus, according to Bill Cohane, director of custodial and grounds services at Southern. SCSU’s population is 61 percent women as of 2016 and 75 percent of those women are full-time students, according to the Southern fact book.

“Southern could make life more friendly by offering the same handouts to women as they do to men,” said Schreiber. “If the university realized that a majority of their population consisted of women, they should represent that accordingly.”

Cohane said the reason there are so few dispensers on campus and the fact that they are often not stocked is due to vandalism of dispensing units, as well as theft of cash from the dispensers. He also mentioned the “increasingly wide variety and quality of products available for use.”

Cohane also said that the university bookstore sells menstrual hygiene products, so they are available to students on campus.

The Southern bookstore sells tampons for more than the average drugstore. The common price for a 10-pack of Tampax tampons is \$2.90. The same product in the Southern bookstore is sold for \$3.79.

“Any woman who has purchased her own feminine products knows that it adds up pretty quickly,” said Schreiber.

Schreiber also mentioned tampon tax, meaning feminine hygiene products are not tax exempt. She said the tax is “unfair because women need these products to live a regular life.”

“We are basically being taxed for who we are—women,” said Schreiber.

Though the health center on campus does have feminine hygiene products in its bathroom, it is “unrealistic for

every girl on campus to go there to get free tampons,” said Katie Noske, a junior psychology major. The health center provides pads and tampons with their own budget, but only have enough to stock their building.

The Wellness Center at Southern provides free condoms in every residence hall on campus, and the bathrooms in the Adanti Student Center. 2,000 condoms are donated from AIDS Connecticut each month, according to Emily Rosenthal, coordinator of the Wellness Center.

While the condoms are donated and free, there is still a lack of options of places to purchase tampons and pads on campus and resources to get them for free. Cohane said that the menstrual hygiene product dispensers are not routinely stocked, so the only place they are guaranteed to be is the Southern bookstore.

“The dispenser’s obviously there for good reason,” said Noske. “But what’s the point of having them if they’re not stocked? Girls can rely on their friends if they need supplies in a pinch, but the machines should be stocked. Tampons are too expensive in the first place, but they should be available in more places than just the bookstore.”

Rosenthal said providing free tampons and pads would help in “reducing barriers” for women on campus.

“Even just putting dispensers where people can buy them whenever they need to, just so it’s there and it’s provided would be nice,” said Tatiana Lorenzo, a junior education major.

This year, Brown University made the decision to provide free tampons and pads on their campus. In New York City, the government now funds a program that provides free menstrual supplies to all public schools, prisons and homeless shelters.

Providing these items to students and people who cannot afford them is good, according Schreiber and she thinks it is a step in the right direction because students are often on a budget.

While she knows that SCSU doing the same would be unrealistic, Schreiber said the school could make it easier on students by “maybe extending bookstore hours, or having places on campus with extended hours sell menstrual hygiene products, or at least sell or dispense them in high-traffic areas.”

“It’s hard enough to be a woman,” said Noske. “Having tampons and pads accessible would make it a little bit easier.”

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Southern’s take on the Dakota Access pipeline

Stephan Amerman, a Native American History professor, said, while Barack Obama has not always pleased environmentalists, given his history halting the keystone pipeline, maybe he will intervene.

By Kaitlyn Regan

Stephen Amerman, a professor of Native American history, said the Dakota Access pipeline protests at the Standing Rock Sioux Reservation are alerting more people that Native Americans and their culture did not die out or disappear at the end of the 1800s.

“People are aware they were severely mistreated in the past, but then people don’t tend to go beyond the 1800s with them and think well then if that all happened, then now it’s sad and tragic, but their history is over,” Amerman said.

According to NBC, David Archambault, Chairman of the Sioux Tribe, attended the United Nations conference in Geneva, Switzerland. Archambault said the United States government has neglected two treaties from the 1800s that grant the Sioux tribe sovereignty of their land. One of the treaties is the 1868 Treaty of Fort Laramie.

Amerman said the treaty was supposed to set aside land for Native people. He said Union General George Armstrong Custer was

sent on an expedition for gold in the Black Hills and to fight the Indians, Custer helped pressure the treaty.

“Indians understandably retaliated and I think the United States used that as an excuse to say, ‘hey, we’ve gotta get these Indian people into line,’” Amerman said.

More fighting ensued from there, Amerman said, culminating in The Battle of Little Big Horn, where Custer was defeated by the Native Americans in 1876. In 1877, the army went back in and forcibly subdued the lingering resistors and took more land from the Lakotas, he said.

The Dakota protests are similar to 1973 activist protests at Wounded Knee, South Dakota, said Amerman. He added the protests drew national attention and a group called the American Indian Movement came to support them.

“In 1890 a massacre occurred and in 1973 they were able to use the deep symbolism of that place to draw more attention to ongoing issues facing Indians,” Amerman said.

Susan Cusato, an earth science professor, said

what makes this different from the Keystone Pipeline last year, is this pipeline is going through a reservation and protesters are concerned about their ancestral ground.

“There’s no concern about impacting the environment in which they live,” said Cusato, “and it is really, again, just another slap in the face from the federal government allowing the dollar to become the most important thing.”

Cusato went onto say that there are two dangers in pipelines.

“There’s dangers’ in the placement and doing the whole pipeline itself: it disrupts the whole ecosystem and everything,” Cusato said. “They always say they’ll maintain it and then when it’s in, it will start to leak and how much damage will it do to the surrounding environments before it gets caught? Those are the two biggest threats.”

Cusato said she would label the protest as a social justice and ecojustice issue. She said something that came up in one of her environmental classes is

that people do not respect everybody’s cultural traditions and heritage.

“I mean they wouldn’t put it through Washington D.C. They can still go around it, it’ll just cost more money,” said Cusato. “So this isn’t an ethical thing. This is about are they willing to spend more money to divert it around these lands?”

James Tait, a science education and environmental studies professor, said one of the environmental issues is the pipeline would cross under the Missouri River, the reservation’s sole source of water. Tait agreed that it is a social justice and environmental issue.

Amerman said he could see the Obama administration siding with the tribe and stopping the oil pipeline progress. Barack Obama has not always pleased environmentalists with all of his decisions, he said, but he has halted development of the Keystone pipeline.

“Maybe he’ll feel like, ‘I’m only president for a few more months,’” Amerman said. “I’d like to go out with this as my legacy.”

The Sexual Assault Survivors’ Bill of Rights was signed into law

By Melanie Espinal

A new piece of legislation, the Sexual Assault Survivors’ Bill of Rights, was signed into law by President Obama on Oct. 7.

The law pertains specifically to the documentation and preservation of rape kits for all states, as well as mandatory counselling services, according to the Risenow.us website, the organization responsible for proposing this law.

Connecticut has been ahead of the game when it comes to the rights of sexual assault survivors, said Catherine Christy, coordinator of the Sexual Assault Resource Team (SART) and the Victim Advocacy and Support Center (VPAS) director.

“Whether survivors have partial or full rape kits done,” Christy said, “now they’ll know the results and be given information in a timely manner.”

Christy said these changes have already been implemented in Connecticut, but will set a standard for other states.

“Knowing, as a survivor,” Christy said, “that your kit is being tested and that proper protocol is being followed shows support.”

The most frustrating aspect about providing rights for survivors, Christy said, is the court process.

“Brock Turner assaults a completely unconscious woman,” Christy said, “and gets three months.”

Another inconsistency with rape kits throughout the states is their maintenance.

Christy said often assault survivors would have to apply for extensions of their rape kits from being destroyed every certain amount of months.

Amanda Nguyen, a lobbyist for this law and founded the organization Rise after her own experience, said because she had not decided to press charges, the alternative, in the state of Massachusetts, was to destroy the kit.

Every six months Nguyen would have to go to Massachusetts to apply for an extension of her kit, even though the statute of limitations in Massachusetts is 15 years.

Christy said, to a survivor being, being reminded of an assault every six months, can bring up all the trauma and feelings associated with the assault. Nguyen agreed.

“Now,” Christy said, “states have to keep the kit until the statute of limitation expires.”

Another addition to this law provides kits at no cost to the victim, Christy said, although it is currently that way in Connecticut.

In terms of how the law affects state universities of Connecticut, specifically Southern, Christy said not much will change.

Graduate intern at SART, Elizabeth Brady, said it says a lot that Connecticut is ahead of what has been implemented at the federal level. She said, however, there is still a lot of miseducation in the court processes, as well as in the media.

“Asking victims, ‘what were you wearing,’” Brady said, “or ‘what did you have to drink,’ re-victimizes them.”

Right now SART and VPAS are focussing on making sure students know their Title IX rights and are provided with advocacy information and reporting options.

“We provide students,” Christy said, “with resources so they can make informed decisions.”

Besides the SART packet, Christy said, they also connect students with health services, counselling, or eve students want to call a prosecutor on their office phone.

While this law encourages other states to meet standards, Christy said, more work can always be done. Although she feels Southern has a strong administration who promotes a healthy campus climate, everyone needs to take ownership for rape culture.

This can be done by addressing things in daily life, Christy said, like acting as a bystander or questioning inappropriate victim-blaming language.

“There’s a lot of victim blaming,” Christy said, “It’s never anyone’s fault who has been sexually assaulted.”

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To submit a piece, email it to scsu.southern.news@gmail.com, or stop by the Southern News office on the second floor of the Student Center, room 225. Electronic submissions are preferred.

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.



# Southern reacts to the second presidential debate

Elaine Salinger said the prospect of either candidate running the country is a frightening one, but it is her responsiblity as a voter to choose one of them.

By Jeniece Roman

Last week, the second of three presidential debates generated different responses from the Southern community.

“It was pretty much everything I expected it to be: bombastic, dramatics, chaotic. If anything I thought it was going to be more so,” said Jonathan Wharton, a political science professor.

Wharton said, because of the town hall style debate, the candidates attempted to ask questions but, because of the format, it was more relaxed. He said that the final debate is going to be even worse.

“I got the sense that it was a very contentious, angry debate. Even compared to the first one. I definitely saw more doom and gloom,” said Erik D’Aguanno, a history major.

Maria Nahuatlato, a nursing major, said the debate was more of a sitcom or soap opera rather than a presiden-tial debate.

“There was a lot of negativity going on during that debate. I don’t [think] they discussed important issues,” said Nahuatlato. “I think they were just attacking each other. You know, not really saying any plans towards fixing anything. It was mostly negative things about each candidate.”

Nahuatlato said with Trump’s record of sexist comments and racist remarks and Clinton’s history, neither of them says what is actually true. She said, character wise, neither of the candidates are worthy of going after the presidential ticket.

“It’s not really who has better ideas but can they prove that what they said is right,” said Nahuatlato.

Elaine Salinger said nothing that was said at the debate surprised her.

She said Trump did not really answer the questions, but more rhetoric and that Clinton attempted to be warm and caring, but that is not really in her nature.

“I think overall, it’s a very sad state of affairs that these two particular individuals are our only choices,” said Salinger.

Salinger said she does not think Bill Clinton was such a terrible president but he is not running for president now and she thinks he is a terrible man and that Hillary Clinton’s response to what he did made Salinger not like her. However, she added she is not a supporter of Donald Trump.

“The fact that somebody who is as unqualified as Mr. Trump has gotten to this point and is supported by so many people,” said Salinger, “makes me think that we have a really dumb nation.”

Salinger said the United States is just governed too much by money and she thinks the U.S. looks foolish in the eyes of the rest of the world. She said the prospect of either candi-date is pretty frightening.

“It’s a process of elimination. I know who I’m not voting for, so because I feel it’s my responsibility to vote, I’m voting for the lesser of two evils,” said Salinger.

D’Aguanno said he thinks this elec-tion has gotten people very politically minded and that the nomination of Trump will affect the way the repub-licans vet their candidates and go through the primary process.

“I think you’re seeing now indi-cators of how political parties and certainly the debates have turned off many voters,” said Wharton.

Wharton said in the future, this election would be influential, not only

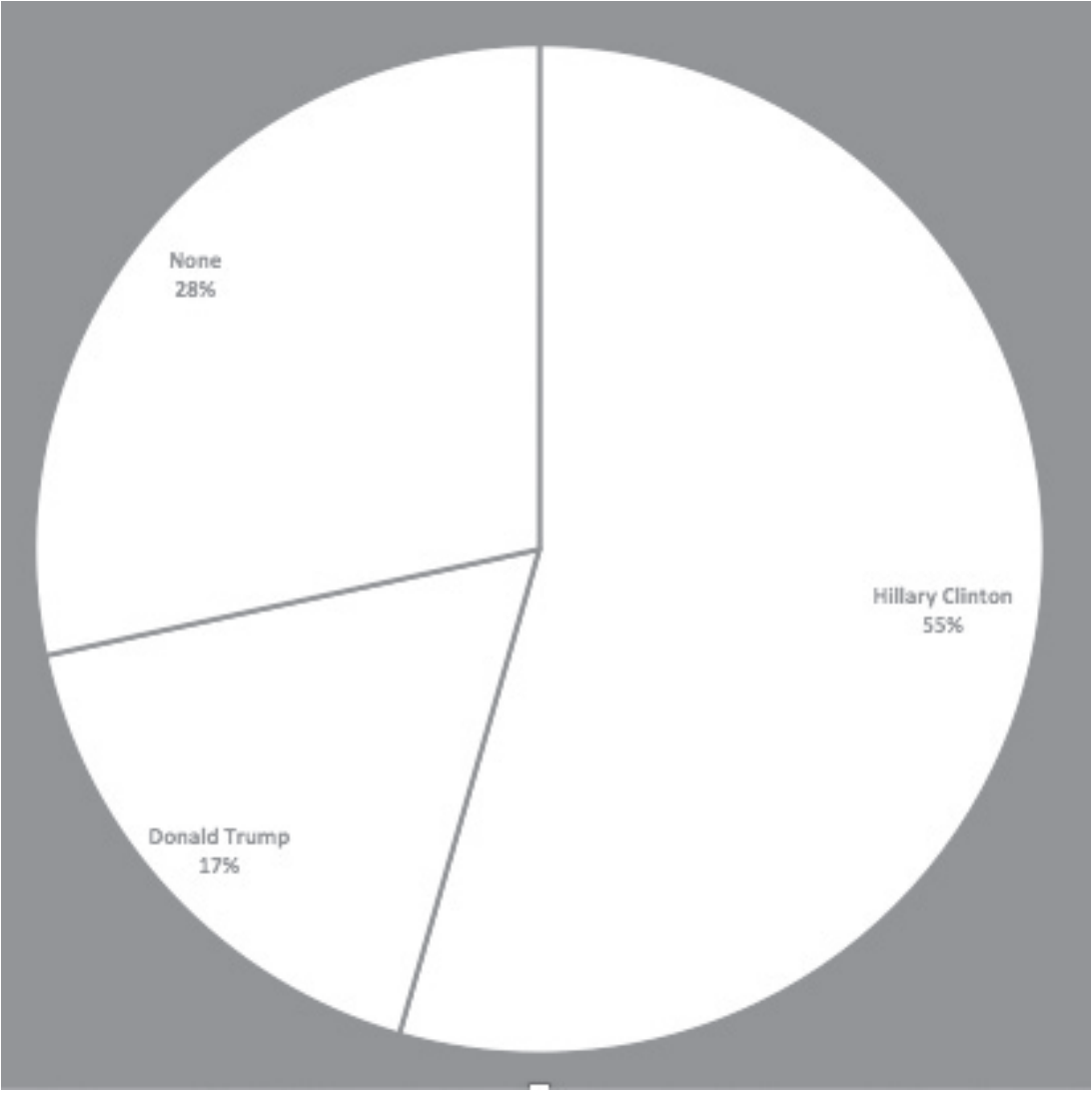


PHOTO | MELISSA NUNEZ

Out of 105 Southern students surveyed 55 percent agreed Hillary Clinton won the second presidential debate, 28 percent could not decide and 17 percent agreed upon Donald Trump.

for the 2020 election, but the elections afterwards. He said whatever tone is set in this election will have implica-tions down the road. Wharton said surveys have indicated that, not only have the parties have become more ideological, the voters have as well.

“We have gone to the affect where it’s almost an abyss here,” said Wharton. “One of the two and it’s an unfortunate consequence of our political system and reality our polit-ical parties.”

# Humans of SCSU: Ryan Meyer

By Melissa Nunez

When applying to Southern, Ryan Meyer, a senior English and media studies major, said what originally attracted him to the university was the combination of knowing people who graduated from the school and the prominence of their education program.

After enrolling, Meyer said he would soon realize secondary education was not for him and he became more interested in creative writing and discovered media studies, he decided that the mixture was perfect for him.

Within his first semester, Meyer said he heard of FOLIO and decided to attend one of their readings. He said after presenting one of his own poem, while it was exciting, he did not return right away.

A few months later, Meyer decided to attend his second FOLIO reading and was surprised when a former club leader complemented the poem he had read months before. He said, not only was the positive feedback refreshing, but the fact that he remembered his work from months back is what encouraged him to come regularly.

“I went back a couple months later and said hi to someone on the board,” said Meyer. “He was like, ‘You read at the one a couple months ago, I loved your piece.’ I was like, ‘They’re remem-bering what I’m writing and they’re liking it so I should keep coming back and honing my work.’”

Years later, Meyer said he would apply for a leadership position in FOLIO and became fiction editor from December 2015 to May 2016, went on to feature two of his poems, “Imperfect Fit” and “Some Things You Can’t Undo,” in the 2016 edition, and is currently the associate editor.

Meyer said Bookmarks is another club on campus he became passionate about, that he and other club leaders helped resurrect the club after fading away in December 2013.

Meyer said becoming Bookmark’s secretary had motivated him to become a leader in other places on campus and, overall, the club became a place for students of all majors to gather, talk about their love for litera-ture, and have a sense of community.



PHOTO | MELISSA NUNEZ

Ryan Meyer, a senior English and media studies major, working in the FOLIO office.

“Since I started at Bookmarks, I met people who have gone to other clubs,” said Meyer, “they’re presidents and on the boards of other clubs, they’re involved in so many things and a lot of newer members talk about how Book-marks provided a sense of community for them. If they were having trouble finding places to fit in, Bookmarks provided that for them.”

Meyer said he would later become president of Bookmarks between

December 2014 and May 2016 and, although he did not reapply for the leadership position, he is still an active member.

Meyer said he is also one of two English department interns managing their social media and alumni outreach and is also working on an independent study with Vivian Shipley, creating a book of 20 to 30 poems of life experi-ences through the horror genre.

Meyer added his poem, “Faulty

Wiring,” was published in Asnuntuck Community College’s 2015 spring edition of the Freshwater Poetry Journal and another poem, “Reassur-ance,” published in the first edition of the Beechwood Review in July 2015.

Meyer said, while he is excited to be accepting his diploma in December and for the opportunities to come, it is not without a heavy heart, as he will miss this campus as well as the people and the places that helped prosper here.



# Off-campus dining: places to eat in New Haven and Hamden

By Jeniece Roman

Jahnae Roscher said she mainly eats on campus but will go out on occasion. Sandra’s Next Generation, a soul food style restaurant located on 636 Congress Avenue in New Haven, is where Roscher said she likes to go. “I like both the food and atmosphere. The people there are very welcoming. They are a little pricey, but the food is really good,” said Roscher. According to Sandra’s Next Generation website: “Sandra’s inspiration and passion for traditional family-style recipes were born in her mother’s kitchen. Mary Harris, an Alabama native, taught her daughter all she knew about soul food, commitment and community.” Roscher said that though the menu items are a bit

pricey, it is worth the cost because the portion sizes are bigger than usual. She said in New Haven the more money you pay for a meal, the better the quality of food. Briauna Kline said she enjoys going to Ali Baba’s Fusion, an Indian/Pakistani Cuisine fusion style restaurant located on 986 Dixwell Ave. in Hamden. “They give you like a lot of food. I think it’s probably more pricey, but it’s worth it because they give you a lot of food,” said Kline. Kline said she tries to limit herself from eating out to do it only twice a week. Sometimes she will order food like pizza or she will by fast food and she sticks to what she knows. “When I’m in the mood for some good food, I’ll get like wings from Buffalo Wild Wings or I’ll go to Sandra’s if I just want like real food,” said Kline. Brianna Johnson, a commuter student, said she does not really go anywhere different to eat other than familiar places to her like Dunkin Donuts.

“Most of the time I stick to fast food places, mostly because I’m on the go,” said Johnson. Cynthia Ford said that because she is a commuter student, she usually brings food with her to campus. She said if she knew more about places to eat in New Haven she would be more likely to buy food in town. “I’d rather spend less, but it’s hard in New Haven,” said Ford. Ford said she went to Brazy’s, an Italian restaurant located on 201 Food Terminal Plaza in New Haven. She said that when she goes out to eat it is usually for a special occasion and not as a casual meal. Redha Patel said that she mainly eats at places like Chipotle, Subway and Panera. She said she might consider looking into places to eat if they are the same or less price of the places she normally eats. “Mostly,” said Patel, “I stay to things that I know and recognize.”

# JoJo’s highly anticipated album ‘Mad Love’ is available now

By Natalie Barletta

Fans have waited 10 years for JoJo’s third album release, and at long last, the wait is finally over, as “Mad Love” was released on Friday, Oct. 14, signaling the singer’s comeback. Since the release of “The High Road” in 2006, JoJo experienced legal troubles from her former label, Blackground records, which had spanned over eight years. In 2014, the singer signed to Atlantic Records, and released the EP “III” the following year as a predecessor to her long-awaited third album. “Mad Love” is compiled of ballads, such as “Music” and “Honest,” and upbeat club tracks to get listeners up and dancing, such as “Vibe” or “Like This”—all of which showcase JoJo’s superb vocal talent. The lyrics on the album were superb as well, as they discuss issues such as breakups, sexual liberation, friendships and just being yourself with “No Apologies” in a manner that is both honest and poetic.

The album also features cameos from singer-songwriter Alessia Cara on the song “I Can Only,” rapper Wiz Khalifa in “F\*\*k Apologies” and Remy Ma in “FAB,” all of which complement the singer’s vocals to create an amazing dynamic. The lead single “F\*\*k Apologies (feat. Wiz Khalifa)” is remnant of the singer’s previous hit singles “Too Little Too Late” and “Leave (Get Out),” with the theme of “get out, I don’t need you right now.” The single also shows that she has grown up, both literally and musically, since her “Leave (Get Out)” days, and stating proudly “she’s not apologizing for sh\*\*.” While there is no weak track on the album, some stand out tracks include the song “FAB (feat. Remy Ma),” which was released as a promotional single and discusses issues with friends who abandon you in the time of need. “Honest,” a song that discusses the double standards in the dating scene, as the singer questions why a guy would call her names when he is doing the same. Another great song is the opening track “Music,” which talks about the relationship JoJo has with music,

along with events that have occurred in the past ten years, such as her father’s death. Another standout track is the closing track “I Am,” which is a beautiful, stripped down track, in which the singer reminds herself that she is beautiful and worthy of love. The song also showcases JoJo’s vocal talent, as her abilities truly shine in this track, and hands down is the best song on the album. Overall, “Mad Love” is by far one of the best pop releases of 2016. This album is unique, real and honest, in both lyrics and in the music. JoJo is one of the few singers out there today that has natural vocal talent, belonging in the company of pop divas such as Adele, Lady GaGa, Christina Aguilera and Demi Lovato. “Mad Love” picks up where JoJo had left off back in 2006’s “The High Road,” and showcased growth from her previous efforts. Therefore, it makes it a must-listen, and by far is album of the year. Welcome back, JoJo. This album has been worth the wait, but hopefully we do not have to wait another ten years for your next release.

# A review of Kevin Hart’s latest movie ‘What Now?’



PHOTO COURTESY | MEMORIAL STUDENT CENTER TEXAS A&M UNIVERSITY PHOTOSTREAM

By Adrianna Rochester

The funniest man in America has done it again. Comedian Kevin Hart released another stand up show in theaters this weekend. Like all of Hart’s comedy acts, they are eye crying funny and his newest show, “What Now?” definitely left viewers laughing till tears fell. The performer sold out an entire football stadium in his home city of Philadelphia and put on a performance that delivered more than just laughs. The opening credits mimics that of a James Bond movie and leads into a casino scene where Hart meets his partner Halle Berry—similar to her role in the real 007 movies—except Berry and Hart cannot get along. The moment they are in each other’s presence Hart argues with her in a childlike way that is hilarious. The casino segment serves as the introduction to the show. It got the viewers laughing before the actual stand up show began. The set starts off with Hart complaining about a threatening raccoon prowling around his secluded home. Hart’s energetic style purposely masks a more timid, cowardly persona, but it is his admissions of vulnerability that generates the most laughs. His bit about his father using an iPhone is one of the funniest yet genuine comedic portrayals

of older people and technology that I have ever heard. Throughout the show, there are frequent cut aways to a very diverse audience that soaked up every second of the show. Hart’s comedy often times is drawn from his life, which explains why most of his jokes are centered on his family life or experiences he has faced in life. He made jokes about his parenting, how private school changed his children and his relationship with his wife. In one bit, he joked about a scenario where his wife is attacked by a shark while the two are supposed to be enjoying a date on a boat. When asked what he would do to save her, his response was more than heroic. Hart also used subtle visuals and sound effects during his show. This is something I have not seen him use before, but it did not take away from his overall performance. In fact, it seemed to serve as an interactive element, giving the viewers something to witness visually so they can connect it to his jokes. “What Now?” is a good representation of why Hart is now considered to be the first mogul of comedy. Like all his other comedy acts, this one is definitely a must see.

Corrections Oct. 12: The article last week, Tim Burton’s latest film sets a pace that will leave you wanting more, was incorrectly attributed to Melanie Espinal. The article was written by Maya Obeid.





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PHOTO | SHERLY MONTES

# Students share about their favorite activities to do in the fall

By **Melanie Espinal**

As the leaves change and temperatures cool, students are trading in their bathing suits for hoodies. With the seasonal change, students have to find creative ways to maintain a social life outside of academics.

Marisa Misbach, a sophomore English education major, said fall has the best temperature for going outside.

“I go outside in all seasons, but in the fall you can do a decent amount,” Misbach said. “It’s not too cold or too hot.”

There is also a lot to look forward to, she said, like Halloween and Thanksgiving break.

She went on to say that Halloween is celebrated all month like, much like how Christmas is celebrated all of December.

Some activities she has done in the past is go to pumpkin patches, carve pumpkins, as well as go on haunted hay rides.

A popular apple and pumpkin picking location for students has been Lyman Orchards in Middlefield, or Bishop’s Orchards in Guilford.

Some haunted attractions in Connecticut that are affordable for the average college student might be Shelton’s Legends of Fear, Wallingford’s Trail of Terror or Bristol’s Haunted Graveyard.

If students want to get haunted thrills at an even cheaper price, there is always five-dollar Tuesdays at local theatres.

“Halloween might not be fun this year,” Misbach said, “because it’s on a Monday I’ll probably be doing homework.”

In addition Hollywood will be producing the same

reworked horror and gore around Halloween.

This year students can get their cheap thrills at the showings of “Ouija: Origin of Evil” which comes out on Oct. 21, “Antidote,” or even “BOO! A Madea Halloween.”

Jasmine Browne, a freshman pre-nursing major, said she too studies a lot in the fall because of midterms.

Browne said the fall is her prime shopping time as well, when she shops before winter clothing gets more expensive.

“Halloween parties are big too,” Browne said. “This year I’m wearing a Wonder Woman costume.”

Brionne Cuban, a freshman biology major, said the best thing to look forward to is Thanksgiving.

“Eating [and] spending time with your family,” Cuban said, “it doesn’t get better than that.”



PHOTO | MELANIE ESPINAL

**Marisa Misbach, a sophomore English education major, talks about her favorite fall activities.**

# Finding Sunday night entertainment with a football game



PHOTO | PALMER PIANA

**Football season is back and students are ready to watch NFL Sundays.**

By **Matt Gad**

College students have a lot going on: classes, research papers, part time jobs. But a lot of students still have time to satisfy that football craze: NFL Sundays remain a sticking point.

Lyle Luth, a junior business major and member of Southern’s men’s rugby team, said that he still enjoys watching games and actively following a team or two.

“I like to watch the Jets and the Raiders,” he said. “When I was growing up I just thought the Raiders were cool. Oh, and my dad was a Jets fan so I just got brought up into it.”

Daniel Klein, a sophomore studying business management, said he goes to a local bar because he is a fan of the Cleveland Browns and they are not really on local TV much.

“Yeah, if they happen to play the Jets or Patriots I can watch the game at home on TV, but for the most part I have to go to

a bar or restaurant to tune in,” said Klein.

Klein, who mentioned earlier that he has to go find places to watch the Browns play, is not even from Cleveland. The Woodbridge native just likes supporting them because that is what he happened to grow up on.

“I can’t really explain it,” he said. “They’re just my team. my dad went to school up there, I kind of just got used to following them. They have been kind of rough lately so I don’t

go out and watch the games all the time these days, but it’s still just something that’s part of my routine.”

Noah Fleischer-Cerino, a junior business management major and one of Luth’s rugby teammates, said he supports the New England Patriots and frequently watches the games with his friends and teammates.

“I mean, when they are on and I’m around I wanna watch. The Patriots are my main thing and they are pretty good year in and year out so it definitely

keeps me entertained,” Fleischer-Cerino said.

Ryan Schwasnick, a sophomore physical therapy major, is a Giants fan and spends his weekends, when he is staying on campus, with friends, either going out or watching in someone’s room or residence hall.

“I have a lot of friends that live in West and I pretty much just hang out there,” said Schwasnick. “Some of them are Giants fans, some aren’t. We still have a good time.”





Jonathan Geraldino, sophomore art education major, stands next to his still life model while holding up his original painting of the still life.

PHOTO | SHERLY MONTES

## Sophomore tells about his artistic passion and future ambitions

By Sherly Montes

Jonathan Geraldino, a sophomore art education major, has been currently working in his art classes to draw and paint a still life portrait. Geraldino said that he has been creating art ever since he was about the age of two.

“This is actually my first painting class in college,” said Geraldino. “I’m still learning a lot.”

Geraldino said his favorite form of art is drawing because he loves to work with pencil and charcoal.

“I love the contrast with the two gradients, using black and white,” said Geraldino.

But aside from having a passion for art and drawing, Geraldino said he does not often have as much time as he would like to draw these days.

“It’s hard to draw because of school and work and family, so this painting and media techniques class is the time I enjoy the most because I can draw and paint and become one with my artistic self.”

Geraldino’s latest project consists of drawing and painting a still life portrait.

The subject of the art is a table with a fruit, a blue glass vase and a tall bottle at the center of the drawing, and behind

those to the left of the portrait are a yellow and brown vase. They are placed on top of what seems to be a red velvet sheet or blanket that works as the back-drop of the photo.

What is really incredible about this work is how the two glass vases in the painting look so realistic and glassy, almost as if you were able to see your reflection through the vase if you step

close enough to it and push your nose up against it.

Geraldino’s still life portrait also does a good job of showing the light and dark shadows of the objects that are in the painting. It seems so realistic, almost as if you could reach out and grab the vase or the fruit or feel the velvety fabric of the table cloth.

“This drawing is something I’m really proud of. I was working on it for two weeks,” said Geraldino. “I worked on it before class and after school, and it took time because it had so many little details and I care so much about detail in my drawings and my paintings. I like to draw it exactly how I see it.”

Aside from just drawing and painting for himself, the goal Geraldino has set for himself is to teach art to students. Geraldino has expressed a major passion for what he does and that’s why he decided to major in art education.

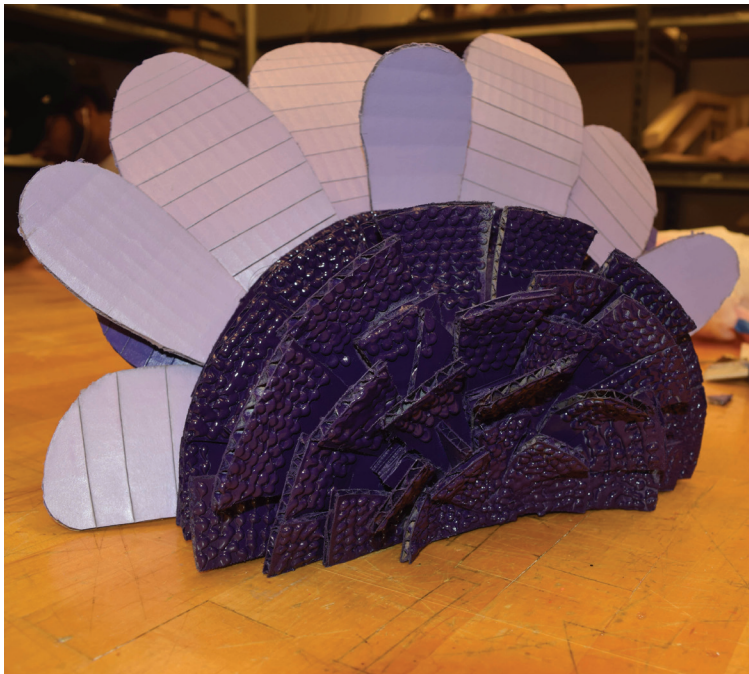
“I want to teach art to all ages,” said Geraldino. “I don’t have a specific age I want to teach to. I was thinking of starting maybe with elementary, then middle school, then high school, and I don’t know— maybe become a professor. I want to work my way up.”



PHOTO | SHERLY MONTES

Jonathan Geraldino’s detailed still life portrait shows his dedication to his talent.

## Student art of the week: Sydney Carter



Abstract flower created by Sydney Carter.

PHOTO | SHERLY MONTES

“My favorite thing about art is just all the different things that you can do with it. Like this is an abstract sunflower. I chose to do this because sunflowers are my favorite flowers.”



PHOTO | SHERLY MONTES

Posed photo of Sydney Carter, sophomore with an undecided major.

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





PHOTO | EDGAR AYALA

Redshirt junior Gavin Harley (with ball) returns a 45-yard interception return in Southern's 30-23 loss to LIU-Post Saturday at Jess Dow Field. The Owls drop to a 3-4 record overall.

# Owls shot

Southern football lost 30-23 to No. 14 LIU-Post, as the Pioneers scored 16 points in the final quarter and remain undefeated

By Edgar Ayala

The momentum shifted away from Southern Connecticut football after halftime, the Owls were committing errors and did not capitalize in crucial moments down the final stretch of the game. Head football coach for Southern, Tom Godek, echoed those statements in Southern's fourth loss of the season, as the Owls continue a loss-win pattern since the start of the season. "We just had a few breakdowns at some unfortunate times," Godek said. "But other than that I saw some true grit and determination. We just ask

that [our players] carry that through the remainder of the season."

**"We just had a few breakdowns at some unfortunate times . . . I saw some true grit and determination."**

— Tom Godek, head football coach

The Owls held the No. 14 team in the nation scoreless through the first 26 minutes of play, but could not hold off LIU-Post in Southern's 30-23 loss last Saturday afternoon. Not only that, but

Southern's biggest lead of the game was midway through the second quarter leading 13-0. Kayjuan Bynum made a diving interception, and on the ensuing play after the interception, Raymond Catapano would find Devante Jenkins for a huge 50-yard touchdown catch. "We definitely felt like we should of won the game," said Jenkins, "just a couple of things happened in situations where we needed it to go the other way. Everybody played good on both sides. We just need to make sure when we need to be up, we're up." With the loss, Southern drops to 3-4 on the season, while LIU-Post remain without a single stain on

their 7-0 record. "Knowing that they were undefeated, we were playing hard and we were playing well," said junior Kendall Thomas. "LIU just came up with the bigger game." After leading 13-7 at halftime, Southern had the momentum on their side. And in the opening minutes of the second half the Owls were still rolling, as Southern was forcing LIU-Post to turnover the ball on multiple occasions to start the third quarter. "They were very poised and on the ropes," said Godek. "They had three consecutive turnovers in the second half. We caused fumbles for them and were fortunate to jump on them,

SEE FOOTBALL PAGE 11

# Fitzpatrick leading women's cross country to glory



PHOTO | SOUTHERNCTOWLS

Natasha Fitzpatrick placed second at the Paul Short Invatational out of 300 competitors.

By Michael Apotria

In the midst of her final cross country season, senior Natasha Fitzpatrick has been flying her way to the finish line. Fitzpatrick, who is a transfer student from Dominic College and an Australian native, said she was coming off of one of her best finishes since becoming a Southern Owl. She finished second overall out of 300 competitors at the Paul Short Invitational on Oct. 1. "I had no idea how or what I was going to do in our seasons first 6k race," said Fitzpatrick. "I ended up getting a new personal record." On top of that, Fitzpatrick also recorded a 10th place finish at the New England Championships in the 5K event with a time of 18:08.9 on Oct. 8. She credits much of her success to her training and coaching staff. "The training this year is a lot more individualized," said Fitzpatrick. "It's also one of the first seasons where both the men and women cross country teams practice together. It brings out the competition and drives you." Coach Brian Nill trains Fitzpatrick daily, and said that he only expects her to improve as the season progresses. "I think moving forward she is going to get better and better," said Nill. "Natasha has

SEE FITZPATRICK PAGE 11

# Women's soccer defeats Le Moyne in last 39 seconds of regulation



PHOTO | PALMER PIANA

Senior Caroline Staudle scores the tying goal at the 87th minute to equalize the game at 2-2. She has netted seven goals in 14 games.

By Phil Zoppi

Senior Kieran DeBiase of Southern's women's soccer team scored a goal with 39 seconds left in regulation and propelled the Owls over Le Moyne College by a score of 3-2 on Wednesday, Oct. 12. "There was about a minute left and Le Moyne's center backs were kind of far apart from each other," said DeBiase on the game-winning play. "Maeghan Howard played the ball through and it hit off one of their defenders. I was about to go down with it for a foul, but there was only about 30 seconds left so I took it and shot it into the top right of

the net."

**"I was about to go down with it . . . but there was only about 30 seconds left so I took it and shot it into the top right of the net."**

— Kieran DeBiase, senior midfielder

Southern trailed for most of this game and had trouble converting scoring chances throughout. That changed with three and a half minutes left when Caroline Staudle, South-

ern's leading goal scorer, knotted things up at 2-2. Head coach for Southern's women's soccer team, Adam Cohen, was impressed with the way Staudle played all game. "Caroline has been awesome the past few games," said Cohen. "She's very good and has been dominating to the point where other teams really have to respect her." Staudle's goal may not have even been her best contribution to the team. Without her, the Owls' first goal at the end of the first half would not have happened. Staudle played a beautiful ball through defenders that set up freshman, Juliana Templeman, in

SEE WOMEN'S SOCCER PAGE 10



# Gareth Bale needs to break shell

By Edgar Ayala

He has been under Cristiano Ronaldo’s wing ever since he’s arrived to Real Madrid from Tottenham Hotspur in 2013. That’s right I’m talking about Gareth Bale.

The Welshman winger needs to step out Ronaldo’s shell and break lose. He needs to be that dominant force he was when he was at Spurs. Although he has been performing well for Madrid since his arrival three years ago, I need to Bale explode. And he has the capacity to do so.

There is only one problem. On the opposite end of the wing, lies the three-time and maybe even four-time Ballon d’Or winner come December, Cristiano Ronaldo. Since Ronaldo is obviously the face of Madrid and the player who is always scoring 50 plus goals a season, it was only natural for Bale to feed Ronaldo the ball when he arrived.

It was not a surprise to me that Bale turned to more of a playmaker for Madrid, than a goal scorer like he was at Spurs in his final season. Any player who joins a team with Ronaldo is going to pass the ball to

Ronaldo.

That is just the way it works. Even on the Portugal National team, teammates are always feeding Ronaldo the ball. Why? Because they know he can score goals, and due to his ego on the field.

Bale over the years is slowly and slowly making his way to be the face of Madrid, as he is commanding the ball more this season. And Ronaldo is not starting to see him as the player he was when he first joined Madrid.

Bale is a superstar player, and Ronaldo needs to step down and realize that. Ronaldo

is still playing at a very high level, but Bale is the next man up.

This is a future Ballon d’Or winner. Had Messi or Ronaldo not been born, I could easily see Bale winning one already.

This guy has speed, athleticism, power, good in the air, can score goals, create chances. Any team would be happy to have him. The only thing I ask is for him to step outside Ronaldo’s wing and be “the man” for Madrid.



# Football

CONTINUED FROM PAGE 9

but unfortunate not to capitalize on offense with them.”

Midway through the third frame, LIU-Post scored the only points of the quarter when the Pioneers’ Jeff kid ran down the middle of the end zone for a three-yard run, and take their first lead of the game 14-13.

In the final frame, the Owls ran down into the Pioneers’ red zone to collect three points from Joe Rice’s 25-yard field goal, and regain the lead 16-14 with 11:31 left in the fourth quarter.

However, LIU-Post would score 16 points in their next three drives. Kidd would connect with his receiver for a 45-yard touchdown. Followed by a 33-yard field goal by Joey Tolgyesi with 7:28 on the clock. And again Kidd would deliver a 16-yard touchdown pass to put the Owls down 30-16 with 3:32 left in regulation.

Two minutes later, Catapano would find Jenkins for the second time in the game off a 19-yard pass with 1:45 on the

clock.

Catapano completed 19-of-44 passes for a career-high 318 yards and two touchdowns. Jenkins finished the day with four catches and a career-high 137 yards. And Thomas would break Southern’s single-season kickoff return record with 51 return yards against LIU-Post.

Thomas has now tallied up 546 return yards through seven games, breaking the old record mark of 540. He is set to shatter that record with three more games left in the regular season.

Despite career-high days for those individual athletes, Jenkins said it’s not about putting up numbers.

“When it’s all said and done I just care about the wins,” said Jenkins, who had a career-high in yards. “Stats are going to come and go, but the wins that’s what we train for. Everything we do, we do it to win, not for individual accolades.”

Next up for the Owls is an away contest to Merrimack on Oct. 22.



PHOTO | EDGAR AYALA

Owls celebrate after Gavin Harley (#6) picks off an interception from LIU-Post.




PHOTO | EDGAR AYALA

Senior Corey Chaffee (#8) drops a catch in the end zone for a potential touchdown in the Owls’ 30-23 loss.



PHOTO | EDGAR AYALA

Southern and LIU-Post scramble for possession of the ball Saturday afternoon at Jess Dow Field.



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# Falcons are playoff contenders

By Phil Zoppi

The Atlanta Falcons have emerged as a serious contender in the NFC.

Going into the season no one saw this coming from the Falcons. Many experts questioned if their defense would hold up, and if they would be able run the ball against elite defenses. Atlanta has answered both of those questions in a big way.

Even though the Falcons sat at 3-1, after four weeks most of the national media still had not

considered them as a team that could play deep into January. But everyone’s eyes were opened to just how good this team can be in week five.

Atlanta absolutely dominated one of the best teams in football, the Denver Broncos. What was even more impressive was that the game was in Denver. I was not sold on their defense, until I watched them for a full four quarters against the Broncos.

I do not care who was starting as quarterback for Denver; they have elite talent on the offensive side of the ball

that had no answers for this Atlanta defense.

The Falcons have been searching for an edge rusher in Matt Ryan’s entire career. They finally found one in Vic Beasley. The former first round pick had his coming out party in week five, as he racked up 3.5 sacks on Paxton Lynch.

Anyone who watched this game could see that Beasley is a rare talent that can come screaming off the edge, as good as any defensive end in the NFL when he is on.

The best part about this Atlanta team is they do not

have to rely on their defense all that much.

They may have the best tandem of running backs in the NFL in Tevin Coleman and Devonta Freeman. No one has had an answer for Freeman and Coleman all year long. I expect that to continue with the way the Falcons offensive line is playing right now.

We have seen this before from the Falcons as they started 5-0 in 2015 only to finish 8-8 and miss the playoffs but this year’s team will not miss the playoffs.



# Women’s soccer

CONTINUED FROM PAGE 9

perfect position to put the Owls on the scoreboard.

Before this scoring spree by Southern, there was plenty of drama between Le Moyne’s head coach Carrie Bonus and the referees. Bonus continually berated the entire referee crew to the point where the referees had to stop the game and tell her to calm down.

The arguing became such a hindrance to the game that the referees gave Le Moyne a yellow card with just over seven minutes left in the game.

Cohen steered clear of arguing any calls or showing Bonus any attention. Cohen was more worried about the way the game was going.

“Officiating in any game is something that we can’t control,” said Cohen. “We just try to look at the things we can control, which is our performance. We tried not to get too involved with the officials.”

Once that yellow card was given to Le Moyne’s head coach, Southern began to control the ball and put a lot of pressure on the Dolphins.

DeBiase thought the energy of the team increased as the team started to run out of time.

“With five minutes left everyone was giving everything they had,” said DeBiase. “I think we just dominated the last five minutes and knew what to do when we came into their half.”

This was a big victory for Southern. The Owls sat at 5-5-2 after beating American International College last week and needed this game to get back over .500.

Cohen was pleased that his team was able to get a victory, but thought they could improve in certain aspects moving forward.

“I don’t know how they did it at the end,” said Cohen. “I give them a lot of credit but the truth is they’ve done it before. What I’d like to see moving forward is to be able to have more quality throughout the duration of the game. With that being said, the girls did an awesome job. They showed a lot of character and toughness.”

With the win over Le Moyne, and the draw to Merrimack on Saturday, the Owls now sit at a 6-5-3 record overall.

The women’s soccer team will travel to face Saint Rose on Oct. 22 in a key conference game.



PHOTO | SOUTHERNCTOWLS

The women's soccer team was down 2-1 in the last four minutes of the game. Seniors Caroline Staudle and Kieran DeBiase scored two goals in the remaining three minutes.

# Fitzpatrick

CONTINUED FROM PAGE 9



PHOTO | SOUTHERNCTOWLS

Fitzpatrick will compete at the NE-10 Championships on Oct. 22 in Boston.

improved drastically since her first day.”

Senior teammate, Grace Gothers, said Fitzpatrick has an incredible work ethic and it shows during races.

“She is a tough competitor,” said Gothers. “She’s extremely determined and works hard, we see it paying off every time she’s out there.”

Additionally, Gothers said Fitzpatrick’s second place finish at the Paul Short Invitational has really impacted the morale of the entire team.

“Having such a great race really boosted the team,” said Gothers. “I think it was very important. We’re all really starting to work together.

Although this is Fitzpatrick’s last season of eligibility for cross country, she’s still eligible for indoor track.

“We don’t even real have indoor track back at home. We never really need it,” Fitzpatrick said. “I’m sure glad it’s here though, because I don’t really love the cold.”

Now entering her second season running indoor track, Coach Nill said he expects Fitzpatrick to have more confidence and experience that she lacked in her first season.

“I think she struggled with amount of laps she had to run because she was used to running seven and a half laps outdoors, instead of 15 laps indoors,” said Nill. “Now that she has this year under her belt, it’s going to be seamless straight through.”

Nill holds his runners to high expectations. He said he anticipates Fitzpatrick to set new marks at SCSU.

“She’s a lot more fit now than at this point last year,” said Nill. “I’m looking to have her break the 3000-meter school record for indoors.”

The 3000-meter indoor track record is not the only school record Nill believes Fitzpatrick and his runners can break.

“As a group, I want to try to break the distance medley relay,” said Nill. “Natasha will be on that, Grace will be on that and two other girls as well.”

With only three meets left for cross country, Fitzpatrick said she is aiming to carry her success running outdoors to indoors.

“I just feel I am getting better after every practice and every race,” Fitzpatrick said.

# Sports Feature

# Hydration is key to overall performance



PHOTO COURTESY | THAD ZAJDOWICZ

Southern’s Robert Nittolo was raised up in Florida and takes hydration “extremely serious” during football.

By Michael Apotria

In order for a student-athlete to achieve the best results on the field, the body must be well maintained and hydrated, said sophomore quarterback Robert Nittolo.

“You have to take care of your body,” said Nittolo. “I walk around with a gallon of water from class to class just to make sure I drink enough.”

Nittolo said he was brought up at a young age to understand the importance of staying hydrated while playing sports.

“I’m originally from Florida,” Nittolo said. “As you can imagine, Florida is really hot, so they take football and hydration extremely serious down there.”

Southern’s assistant athletic trainer, Matt Almeida, said the average person will generally drink fluids whenever they feel thirsty, but that feeling of being thirsty is the first precursor to a water deficiency in the body.

“That feeling of being thirsty is your brain sending your body signals that is doesn’t have enough water,” said Almeida. “Athletes should be hydrating before, during and after workouts, and practice.”

According to PubMed Central (PMC), under mild levels of dehydration, athletes engaging in rigorous physical activity will experience a decrease in performance because of reduced endurance, increased fatigue, altered vision, reduced motivation and increased perceived effort.

While fatigue and endurance can hinder the level of play for an athlete, Almeida said it is the physical effects dehydration can have that can be painful and detrimental.

“If the body isn’t hydrated it won’t be able to keep itself cool,” said Almeida. “This can lead to headaches, dizziness, fever, vomiting, cramping, heat exhaustion and pulled muscles.”

These physical effects on the body can put an end to an

athlete’s season prematurely, which is part of the reason Nittolo said he’s so adamant about staying hydrated.

“I have to take hydration very seriously,” said Nittolo. “I have pulled muscles in the past and I know what that pain feels like.”

According to Almeida, dehydration can also lead to adverse effects on the brain, some in which could play tricks on the mind.

“Being dehydrated can make you disoriented and even feel a little cloudy,” said Almeida. “In the case of a quarterback, if he’s dehydrated he can get double vision or even be a little slower in decision making.”

However, dehydration does not only affect the athletes who run and are wearing equipment.

Southern’s head swimming and diving coach, Tim Quill, said swimming is one of the most demanding sports because of the amount of muscles used to perform inside the water.

“All the way from your neck to your triceps, abdominal, quadriceps, just about every muscle is used in every stroke,” said Quill. “There is a reason why swimming is the shortest even in a triathlon.”

Additionally, Quill said in swimming it is extremely important to remember to hydrate because sometimes even the swimmers do not realize how dehydrated they might be.

“In swimming it is hard to tell if someone is sweating because the water masks the sweat,” said Quill. “They should be drinking 10 times the amount of water the average person should be because they’re swimming up to four hours a day.”

Hydration is just as important for everyone, as it is important to an athlete. Whether it is water, Powerade or Gatorade, SCSU’s campus has many healthy options available and water fountains to maintain optimal hydration for the student-athletes performing on the field.



**Southern players celebrate after their wild comeback last Wednesday night at Jess Dow Field.**

	CONFERENCE			OVERALL		
	GP	RECORD	WIN %	GP	RECORD	WIN %
BENTLEY	5	5-0	1.000	19	8-11	0.421
NEW HAVEN	4	4-0	1.000	14	9-5	0.643
SAINT ANSELM	6	5-1	0.833	19	15-4	0.789
LE MOYNE	7	5-2	0.714	20	15-5	0.750
AMERICAN INT'L	6	3-3	0.500	21	16-5	0.762
SO. CONNECTICUT	6	3-3	0.500	22	13-9	0.591
STONEHILL	6	3-3	0.500	17	8-9	0.471
ADELPHI	5	2-3	0.400	19	11-8	0.579
SAINT ROSE	5	2-3	0.400	16	7-9	0.438
PACE	6	2-4	0.333	20	14-6	0.700
SO. NEW HAMPSHIRE	6	2-4	0.333	18	4-14	0.222
MERRIMACK	6	2-4	0.333	21	4-17	0.190
ASSUMPTION	7	2-5	0.286	15	3-12	0.200
FRANKLIN PIERCE	4	1-3	0.250	16	5-11	0.313
SAINT MICHAEL'S	5	1-4	0.200	10	3-7	0.300

**Tuesday – MSOC at Stonehill College 3 p.m. / VB at American International College 7 p.m. / FH vs Pace University**



## Campaign controversies: the fight over whose dirt is worse

By Melanie Espinal

It is hard to keep up with the scandals and controversies of both presidential candidates this time around.

On one hand, there is Hillary Clinton who posed a threat to national security when she used her private email for confidential government issues.

Plus the general shadiness in terms of the funding of her campaign.

Not to mention her back and forth stances on social issues, such as the policy she signed during the War on Crime, which contributed to the systematic imprisonment of young, black and Latino males for non-violent crimes. Also, her flip-flop stance on gay marriage.

Clinton is listening, to say the least, and people do change.

However, she is not alone in her scandals. Trump's tapes have surfaced, but he is no newcomer to scandals. He has had sexual assault allegations and racially charged housing discrimination allegations way before his campaign had even begun.

Let us not forget about his ongoing bashing of women, which includes

body shaming and lewd commentary. His comments on Mexican and Syrian immigrants seem racist and Islamophobic. His businesses, which were the precedent of his qualifications of presidency, are falsely succeeding, like Trump Stakes and Trump College.

We can just say we are looking at two very interesting candidates this November.

These candidates have even more baggage with their spouses -- Bill Clinton, the scandalous womanizer with many accounts of sexual misconduct throughout his career. Furthermore, Ivana Trump, Trump's former wife, was on the record saying Trump raped her during their divorce proceedings. She later changed her statement to say she felt "violated," and meant rape not in a literal or criminal sense.

Trump's current wife, Melania Trump, never really says anything of substance, as First Ladies usually do, but when she does her speeches sound a lot like Michelle Obama's.

A recent tape of Donald Trump was recorded in 2005 when he was going to star on "Days of Our Lives" with actress Arianne Zucker. The conversation he had in this recording was with television personality Billy

Bush before the show. It referenced Zucker in a sexually explicit manner.

In this tape, which made its way to YouTube on Oct. 7, Trump insinuates he can assault women and they would be okay with it because he is a star.

For him to dismiss it as his past self, or a private man talk, or locker room talk is extremely unacceptable. For someone with daughters, he should understand how hearing that might make women feel. This might be important as women make up a pretty big piece of the American population.

These tapes were were addressed in the second debate: Trump apologized, for what seemed to be the first time ever in his campaign. But instead of taking complete ownership for his actions, he brought Bill Clinton's allegations to the forefront and stated that Hillary Clinton harassed the women who came forward.

With that being said, Bill Clinton is not running for president. No one can neglect the alarming details of Bill Clinton's affairs, but Bill is not Hillary.

Want to join the campus media?

The following positions are looking to be filled for the Spring semester.

Folio:  
ASSOCIATE EDITOR

SCSU TV:  
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Southern News:  
NEWS EDITOR  
SPORTS EDITOR  
GENERAL ASSIGNMENT REPORTER  
COPY EDITOR

The application deadline is Oct. 28 and can be found at [www.thesouthernnews.org](http://www.thesouthernnews.org)

## Student's tips on getting through midterms

By Adrianna Rochester

The middle of the semester means cooler weather and getting ready for Thanksgiving break, yet it also marks the time to start studying for midterm exams.

With so much on your plate, it is easy for stress to pile up and cause anyone to get overwhelmed. However, before having a meltdown, there are ways to tackle midterms so that it makes it not so stressful.

Before sitting down to study any materials for exams, it is important to know exactly what you have to study for.

Before your professor mentions anything about exams, it is okay to mention it first: find out the format the exam will be in and what topics will be included on it. Knowing this gives you an idea on what to prepare for when the day of the exam comes.

Also, use the professor's office hours to your advantage. The more effort they see you put into your own education, the better the end results will be.

When it comes to studying, location is key. Everyone studies best in different environments. For some students, studying in the library is better for them, while others find it more comforting to study in their dorm rooms or in study groups. Regardless of where you are, at home or on campus, having somewhere to go is a good way to help you focus

and discipline yourself when it comes to preparing for midterms.

Since we live in a technologically advanced society it is a great idea to stay off of your cellphone while reviewing materials for exams. Even though our phones connect us to the world, they are also a constant distraction. During your study time, consider activating the "do not disturb" feature on your phone. Ignoring the outside world from time to time can be very rewarding, especially when it comes to studying.



PHOTO | ADRIANNA ROCHESTER

Putting down the smart phone and picking the right study location are just some tips to surviving midterms.

Creating a study guide is another useful tool. Sometimes professors allow students to use them on the exam and even if the professor does not, it can still be used as a helpful way to prepare.

No one can have a proper study session without food or snacks. Always have something to munch on close by because when you are studying, as you are using energy to concentrate and to retain the information, consuming foods refuels both your brain and body.

Another important tip is to also take

frequent breaks. While preparing for midterms it is important to take a step back and allow yourself to relax before resuming or moving on to the next topic. It is also important to pace and organize yourself.

Cramming for an exam is not a good idea. Your brain works better when it has had time to take in information, rather than forcing yourself to quickly remember a ton of material.

Many college students work either full or part time jobs during the semester. Adding the stress of midterms on top of when students are trying to balance in their lives is tough.

This is why it is always a good idea to request a few days or a weekend off from work. By taking days off from work you give yourself extra time that can be used to focus primarily on school and midterms.

One last important tip to remember is to get a lot of rest. Everyone functions best after a good night's rest.

Midterm grades are in the hands of the students, not the professors. There is no way around them. The only way to get through exams is to take them and the best way to go about doing so is preparation over procrastination. The longer you take to study, the more stressed out anyone may feel. Minimizing stress is possible by following these tips as well as discovering what study methods work well for you.

## Halloween and cultural appropriation

By Adrianna Rochester

College students may have grown out of trick-or-treating, but many undergraduates and graduates still dress up for Halloween.

Picking a costume is never easy and it gets harder the older the person gets. When people are younger, they go for cute costumes consisting of superheroes, funny cartoon characters, spooky characters and more. As people get older their costume choice is more tailored towards wearing outfits that are culturally relevant, attractive or over sexual, and sometimes funny or scary.

For college students, Halloween is a time to party and take part in various festivities. Every year, individuals seem to push the boundaries more and more with what they are deciding to wear on All Hallows Eve.

There have been incidents where students have worn costumes that are overly offensive or exhibit racial

notions, such as wearing black faces. Many college campuses have engaged in the debate over what the line should be between culturally sensitive costumes and free speech by making recommendations for Halloween costumes: aimed at fending off any hints of offense in students' choice of attire.

Pretending to be another racial or ethnic group for fun or profit has been an ongoing argument and on where this line should be drawn between what is considered an appropriate costume form and what is not. However, that seems to be an argument of judgement because what one person may consider to be appropriate another may consider to be inappropriate.

For example, for many years people have dressed up as Native Americans by wearing costumes relative to the culture. However, often times Native American women's costumes exude a woman's sexuality rather than

embracing the culture in its true light.

Such over sexualized costumes have become the norm amongst young adults. Regardless, if they are dressing up as a heroin, villain, a bunny or even a police officer, almost every costume is designed to showcase more of a sexual side to the character and the person wearing the outfit.

No matter what the costume, it is good to keep social justice in mind. Avoid costumes that mimic another culture, race or ethnic group because costumes then become a cultural appropriation that will further lead to oppression and more ignorance in our society. It takes away from the holiday and why college students or adults engulf themselves in Halloween.

Feel free to be yourself and use Halloween costumes as a form of expression, but keep in mind that the costume a person decides to wear is also a representation of the individual.

Have an opinion about the 2016 presidential election?

Share it with the Southern News!

Pick a candidate, then write short letter stating why that is your choice and it may be featured in the November 2 Issue.

Submissions must be sent to [SCSU.Southern.News@gmail.com](mailto:SCSU.Southern.News@gmail.com) before October 28.

Please include your name, best form of contact, and your student ID number.

Letters must not include any profanities or obscenities and must be 50 to 75 words in length.

Please contact the Southern News with any questions.





Red flags located outside of Buley Library.

# Red Flag Campaign



Flag with word “Pushing” written on it.



Red Flag Campaign sign and flags located in the center of campus.

By Palmer Piana

The Red Flag Campaign is in full swing. Students are creating their own red flags to promote healthy relationships. These flags are being displayed all over the center of campus. Messages like “Pushing” and “You can’t wear that” are being displayed as a means to educate what might be a red flag in a relationship. The next opportunity to take part in this campgin with be on Oct. 25, in the Adanti Student Center from 11:300 a.m. to 1:30 p.m. There will be a table for anyone to create their own flag.



Red flag placed in a bed of flowers outside Buley Library.



Flag with words “You deserve better” written on it.

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Caregiving is one of the fastest growing occupations. And one that makes a real difference in someone’s life. But more caregivers are needed. My Place CT helps potential caregivers like you find jobs in home care. Helping your neighbors live independently. Because there’s no place like in-home.

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