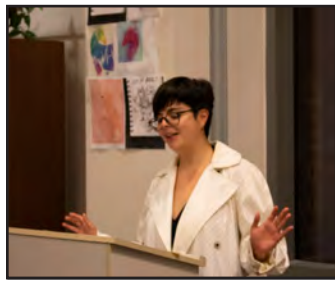




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SOUTHERN NEWS

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SEPTEMBER 18, 2019

VOL. 57—ISSUE 3

New website brings criticism and controversy

IT department addresses concerns surrounding the development of newly unveiled Southern website



Website Administrator Jian Chan.

PHOTO | IZZY MANZO

By Jackson Volenec
Reporter

Southern's Information Technology Department held an open forum in Jennings Hall Thursday, Sept. 12 for students, staff and faculty members to discuss the four months of progress made to the SCSU website.

"We have been improving aspects of the site, from content to performance, and we're seeing how the site is functioning since its inception," said Trevor Broliar of the Southern IT Department. According to Broliar, the department has been making major improvements on how the website manages and organizes its content.

Faculty and staff members voiced questions and concerns they had regarding the development of the website. The IT department said they

had responded to these concerns in an open conversation setting, encouraging any and everyone to voice their opinions.

According to the department, they are currently in the process of migrating the Southern's online content from the old website to the new one. "For every department that we've launched, we have every page from the old site that will be integrated to the new site," said Broliar.

This migration process has resulted in a few minor errors with the site, particularly with links not working the way they should.

The department is also prioritizing proper organization of all the information being carried over. They said they are saving the information from the previous websites and reorganizing it onto the new website for a better

user experience.

"There have been fewer [dead links] now compared to, let's say, six weeks ago. You're getting a noticeable difference now," said Christopher Perugini of IT department. IT has been working daily for the last nine months to actively fix and improve any issues that are reported or discovered, and the site is always in the process of improvement.

IT also discussed their reviewing process that they use while taking all requests and trouble tickets into consideration.

With the migration of the new site, much of Google's search results for SCSU show the outdated results before they show the new and updated. IT explained that this is a result of search engines favoring content that has been up for a longer time, and that they were fixing this issue as well.

"We have been forcing

the removal of old content on Google and other search engines. We also do scan every Monday to make sure that there are no broken links on the website," said SCSU Web Administrator Jian Chan.

Although the forum was not exclusive to faculty and staff, there were no students at in attendance. According to Broliar the department will also be holding forums in the future directed towards students exclusively.

The department will continue improving the school's public site, optimizing the functionality of the overall website and tending to the Southern community, taking all feedback regarding how to improve the site.

"Everyone has their own concerns that we've been working on for the site, and we are trying to make the site perform as well as possible," Broliar said.

New trash cans promote sustainability on campus

By Jackson LaMar
News Reporter

The Adanti Student Center received five new trash cans designed to help the university better sort out trash from food waste in hopes of then converting it into gas, electricity and mulch.

According to Recycling Coordinator of the Office of Sustainability, Heather Stearns, Southern implemented this system two years ago at Connecticut Hall for the workers, and it has saved the university money.

"The cost of composting is minimal compared to what waste hauling is," said Stearns. "We are looking at 92 dollars a ton to get rid of trash, then these 32 gallon toters we have [are] five dollars a toter."

During this program at Conn. Hall, the trash collection went from four days a week to only two days, and Stearns believes she can reduce that number even further.

"We're trying to get to one [day for trash pickup]. I'd like to see us at zero waste in that building," Stearns said.

The original idea was that if students sorted trash, then the export from the Student Center would decrease, as it did in Conn. Hall.

With that being said, the situation now falls on the

students and the biggest problem becomes clear.

"The problem is trying to get students to understand that you can't contaminate something," said Brad Crerar, director of the Adanti Student Center.

Throwing food or trash in the wrong bin contaminates the whole bin. If the bin gets contaminated, it cannot be converted to energy or mulch.

To get Southern students more involved with sorting their trash from Adanti Student Center, the Office of Sustainability hired more workers to stand by the cans and educate students as much as they can about the process.

"We're trying to spread the word, cause it's a little foreign; people aren't that familiar with it," said environmental systems and sustainability major Derek Faulkner. "It's excellent, easy and an easy way to reducing the amount of stuff that's going to a landfill."

This program with the garbage cans was well received by most of the student body. Communications major Nathalia Curi, a sophomore, credits Southern for tackling these issues.

"We are a woke campus," Curi said. "We care about a lot of things that most people don't think about."



One of the several new trash cans placed in the Adanti Student Center food court dining area.

PHOTO | IZZY MANZO

Pending construction calls for renovations



PHOTO | SOFIA ROSITANI

Inside view of tints placed on a window in the fifth floor common room of Natalie B. Wilkinson Hall.

By Sofia Rositani
Reporter

Wilkinson and Chase Hall have implemented tints on their residence hall windows in preparation for the upcoming construction from the second floor and up. The construction is in result to the falling of bricks from numerous residence halls. Numerous months after the workers put tint on the windows in question, work still has not started.

According to Director of Residence Life Robert DeMezzo, construction has not started because it is such a major project. They are, "making sure all the contractors are set and have the materials they need," said DeMezzo.

"It's just a matter of all the logistics that go into a project of this size."

DeMezzo said construction should start in "the next week or two." While construction is going on, the workers are said to be making sure the students who reside in either Wilkinson or Chase do not have their lives interrupted by the process.

According to pre-nursing major Tamara Miller, a sophomore and resident in Wilkinson Hall, the tints have added a new sense of security to the residence hall.

"I honestly think the tints are the best thing to happen in my two years of living here so far. I feel more private in my room with the tints," said Miller.

Although the tints

grant a sense of security according to Miller there is a downside to the new renovation.

"It doesn't let the sun in, it darkens the room a lot," said Miller.

English Major Jonell Bailey, a sophomore, and Wilkinson Hall resident

advisor said the tinted windows did not cause any inconvenience to residence as the process was done prior to move in day. "For our students, [there was no problem] because when they moved in, it was

See Tints Page 2



Tamara Miller, Wilkinson Hall resident.

PHOTO | SOFIA ROSITANI

Part-time job fair brings opportunities

By Mia Bonadies
Contributor

The Office of Career and Professional Development hosted their first part-time job fair of the semester for perspective students in the Adanti Student Center Ballroom.

The event took place on Thursday, Sept. 12

The Young Men's Christian Association or better known as the YMCA, Sherwin Williams, and Scribe America were just a few of the dozen employers looking for students interested in part-time work during the school year.

Students were able to provide businesses with their resumes as an opportunity to meet potential employers.

According to a Georgetown University study, more than 70% of

college students hold a job while attending classes.

Kaitlyn Aarons, a freshman collaborative education student attended the job fair in hopes to find a job in her field of study.

"I'm interested in The YMCA table because I want to work in child care," Aarons said, "Plus, I would like to make some cash."

The YMCA offers a variety of jobs for students based on what they are interested in. They range from child care, fitness instructors, and life guarding.

Donna DeVito, the Human Resource Director for The YMCA which oversees 14 different locations in Connecticut and Massachusetts. DeVito said that

The YMCA employs a lot of part-time work, but there is always the opportunity to have a career with the Y.

"I started my first job as

a life guard in high school with the Y," DeVito said, "And now I run the HR department."

DeVito graduated with her MBA from Southern and said she knows the high standard the Owls are held to.

"We are really determined and driven, DeVito said, "That's something that a Southern student will succeed well in, especially working for the YMCA. We have a mission and a purpose and we need people to drive it forward."

Susan Steiner, district recruiter for Sherwin Williams, believes Southern should continue to host similar events.

"It's a really positive event," Steiner said, "For Sherwin Williams, we hire a lot of students and these events really get our word out to bring them on board."



PHOTO | MIA BONADIES

Students speak to Yale Conferences and Events representative at the part-time job fair.

Tints

Continued from Page 1

said Bailey.

However, being a resident advisor and moving in prior to the completion of the installment, Bailey said it was a bit uncomfortable having workers in her room.

"Because I was living here, it was a problem having the men in our

rooms doing the windows," said Bailey.

She acknowledged that she played a major role as a resident advisor, and playing the role of an escort during the installment process. Resident advisors were responsible for ensuring that construction employees did not break anything and that student rooms were not vandalized.

Although the tints do stop people from seeing in during the daytime, they

actually do the complete opposite at night almost becoming transparent.

According to Miller she does not feel comfortable knowing the tints become transparent at night she simply closes the blinds at night for privacy so no one can see in.

During construction there will be tents set up around the buildings. The tents will make sure students do not accidentally walk into construction zones, for safety reasons. Due to

safety precautions and state fire codes, the construction workers will not block the fire exits unless absolutely necessary. The only reason a fire exit would be blocked would be in the case that bricks were to fall in the front of the building.

The renovation process will take place from 9:30 a.m. until sunset. The workers will not be working at night, but late-risers must be cautious of early morning construction.

New program introduced to tackle procrastination

By Anna DeSimone
Contributor

As part of the new SCSU University Community Hour program, the Academic Success Center kicked off their first-ever Fri-YAY event on Friday, Sept. 13 with an informational Bingo workshop.

The event was an opportunity for students to engage in a conversation regarding how to develop effective study skills and avoid procrastination when it comes to completing schoolwork. Attendees participated in a game of Bingo where each of the slots on the card included a study tip, leading to the following topic of discussion.

Political science major, Jose Vega, junior was among the eleven attendees. "I wish they would've come up with more interesting ways to get the points across. But I felt like the Bingo tactic was definitely an interesting way to do it," said Vega.

University Access Programs graduate intern Kyle Augustine, and Academic Success Coach and Developmental Specialist Samantha Barrett, a Southern graduate, co-hosted the event. Augustine said he develops programs that students will attend and benefit from.

Three main takeaways that Augustine said he wanted attendees to keep in mind throughout the

remainder of their student careers were: "To be better students, to have more effective time management, and to utilize the Academic Success Center."


A study skill that Daniel Brennan, a junior physics major, said he would consider applying to his courses this semester after participating in the workshop is "Definitely the sit close to the front if you're more shy because I'd definitely say I'm more of a shy person."

"I wish I had more students to attend," said Augustine. He said he sent emails, posted the event on Owl Connect and Instagram, printed and hung a promotional poster on his office door, and advertised the event on Southern's digital screens. "I probably could've promoted it more than I have."


According to an American Psychological Association study, between 80% and 95% of college students procrastinate on their schoolwork. Vega said college student procrastination is caused by one factor: The current generation is too close to technology and social media. "There's just so many options to escape from doing work," said Vega.

According to Augustine procrastination is a big issue for students, but talking about it will definitely help students accomplish more.

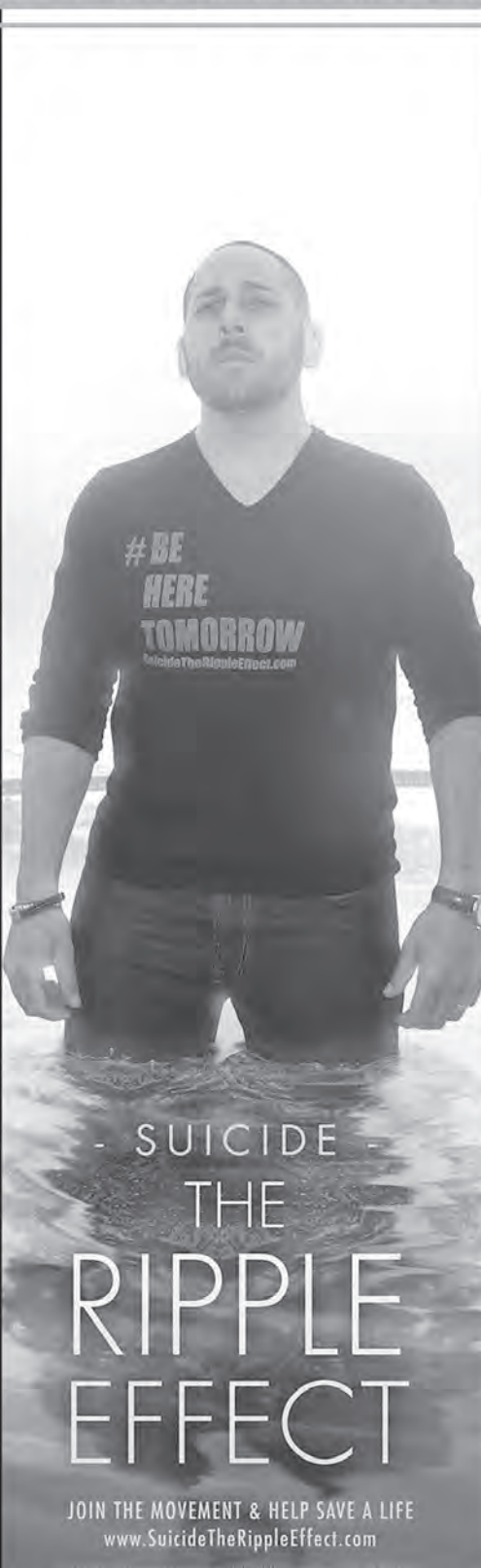
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PHOTO | ANNA DESIMONE

Students have a discuss with academic success coaches.

Looking back: Fall of 1998



Southern looks for new professors

After a new state program, the Early Retirement Incentive Program, was enacted, 42 members of Southern's faculty took advantage of. State employees had the opportunity to either retire three years before their original retirement date or to retire with greater benefits. According to J. Phillip Smith, Interim vice president of Academic Affairs, over 300 people were interviewed in a search to hire 55 new faculty members.

September

- The Lyman Center celebrated its 30th anniversary after it was dedicated to campus on Oct. 18, 1968. Cynthia L. DiSano, the director, said "My main goal over the years was to build performing arts center into a space that students, faculty, and staff could come to see."
- Southern formed a partnership with A Step Ahead Preschool on Pinerock Avenue to help parents finish their education with the help of the university. University President Michael Adanti allocated \$48,000 from the annual budget to the care of Southern students' kids

October

- Online classes made their debut after Nursing 302, Theoretical Foundations of Professional Nursing, became available online. Twelve courses were offered online through the CSU system.
- Reverend Jesse Jackson visited Southern to educate students about their right to vote. He spoke of the turn of the century and the hard fight for freedom in the country by women, blacks, and the LGBTQ community.
- For the first time, students had an opportunity to graduate as music majors. The major was designed to teach music history, theory, reading, writing, and understanding of the music profession.

November

- A series of campus thefts lead police to warn Southern's community about protecting their belongings. Seven thefts had been reported from motor vehicles within a month along with nine burglaries.
- Southern's graduate school was ranked top 10 nationally for the amount of students enrolled. An open house was held in the Lyman Center for students who wanted to learn about the 30 programs offered

December

- Southern broke ground on a new project with a \$230 million master plan to expand and improve facilities on campus.

Compiled from the Southern News archives by Jessica Guerrucci, Managing Editor

Trading in old gear for new owl wings

By Jessica Guerrucci
Managing Editor

Transfer students got to decide between tumblers, sunglasses and T-shirts after trading their old university shirt in at the Swap for Success and SCSU Swag event hosted by New Student and Sophomore Programs on Wednesday, Sept. 11.

Communication major Mike Jaurez-Sartillo, a senior who transferred from Gateway Community College in New Haven, Conn., said he liked how it gave him a chance to represent his institution. Since coming to Southern, he said he prefers it over Gateway.

"I think one of the differences I would list is the warmth of the student community,"

said Jaurez-Sartillo, "meaning, if you talk to somebody else they'll talk right back to you; if you ask for help, they'll help you out."

The event was hosted on the third floor of Hilton C. Buley Library outside the Academic Success Center. According to Yarelis Canales, Graduate Intern for New Student and Sophomore Programs, it was held so transfer students could also get information about the success center.

"I think definitely getting them to the area where support systems are is super crucial," said Canales. "I hear a lot of transfer students say that they wish they had known this was here during their first semester, so I feel like just getting them up here so they know

where resources are."

As for the shirts that students swapped, Canales said they would be recycled. Communication advertising major Alessandra Lupo, sophomore, who transferred from Lesley University in Cambridge, Mass., said she needed to get rid of everything associated with her old school.

"I really wanted more Southern stuff because everyone here wears Southern stuff, like, all the time," said Lupo. "I felt like I only had a few pieces, so this was really cool to just recycle the old shirts and get new ones."

Lupo said the two reasons she chose to transfer to Southern were that she wanted a school that was closer to home and more affordable. Since

transferring, she said one of the differences she noticed was that Southern really cares about its students.

"It's reflected in how many things are available to us as students," said Lupo. "Like, the buildings are all updated, they have a lot of events, like, every week, and it's just a bigger sense of community compared to my old school."

Jaurez-Sartillo also said how the environment at Southern is welcoming and that it is easier to talk to and meet people than it was at Gateway.

"In my community college, it was kind of going there, doing your classes, do your work and get out," said Jaurez-Sartillo. "You don't really have time, or maybe you have time to make friends

and you don't really want to, whereas here there are a lot of people that are open to friendliness."

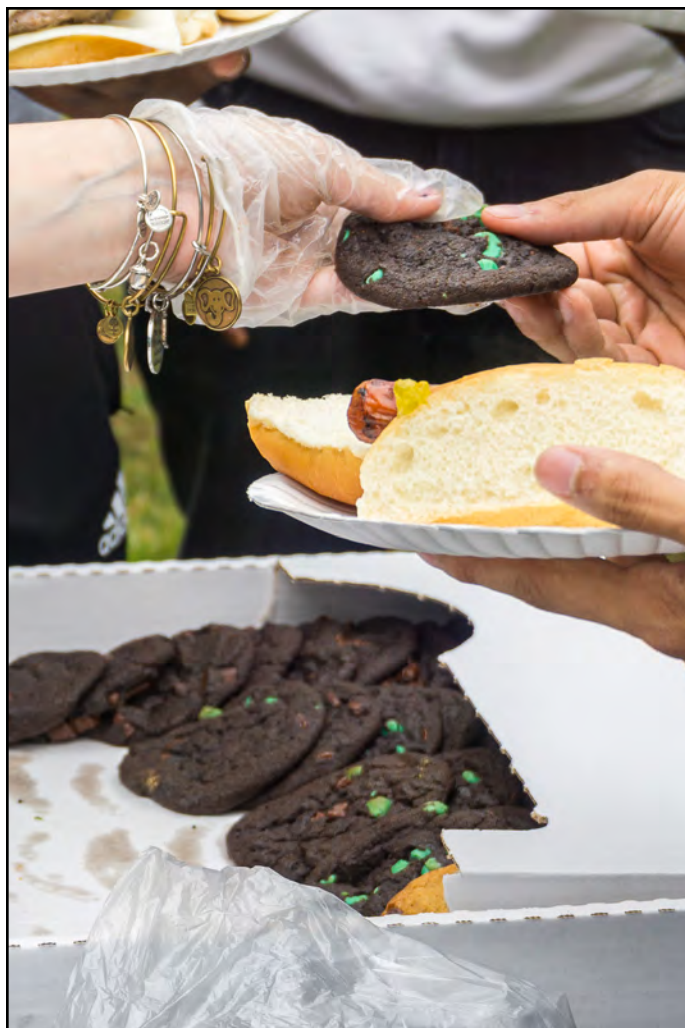
According to Sal Rizza, Director of New Student and Sophomore Programs, there are roughly 750 transfer students for the fall 2019 semester, compared to 681 in fall 2016, according to Southern's University Factbook. With over 700 transfer students, Kendall Manderville, Transfer Student Assistant for New Student and Sophomore Programs, said it is important they ensure the transition to Southern is easy.

"Success isn't always just academically, but also its transitioning," said Manderville. "We want them to have the smoothest transition as possible they can have."



Mike Jaurez-Sartillo at the Swap for Success event going on while he looks at what can be traded in for new Owls gear.

Programs Council hosts Student Success BBQ



A volunteer giving an attending student a cookie at the Student Success BBQ event that took place on Tuesday Sept. 10.

By Erin Foley
Contributor

Southern students were able to connect with each other through a barbecue on the Academic Quad. Students who attended the event on Tuesday afternoon from 1 p.m. to 3 p.m., said they enjoyed the burgers, hot dogs and cream puffs that were being served. Some even accredited the food as to why they attended.

"Free food always sounds good," said biology secondary education major, Becky Sabetta, freshman.

Some students, like Sabetta said they came for the free food, but others, like communication major Kayla Light, a sophomore, said she came for a different reason.

"I came [to the barbecue] to meet new people, and just have fun with my friends,"

Light said. "Southern has helped me become the person that I am today, and definitely guided me in the right direction."

Other students enjoyed the yard games out on the green, or crafting trail mix bags with representatives from the Academic Success Center to eat on their way to class.

"An event like the barbecue caters to two different components," said Eric LaCharity, Associate Director at the Office of Student Involvement and Leadership Development. "It's essentially a time to have fun, but also learn more information about Southern success."

The barbecue was originally scheduled to happen during the Week of Welcome, but the on-campus success staff said they felt it was imperative that they combine forces to create one master-

week for students to find resources. This can fall anywhere from getting involved on campus with Programs Council to learning about tutoring at the Academic Success Center.

LaCharity said the collaboration with both organizations was the "best of both worlds" "Southern helped me find success through help from my classmates and professors," said recreational therapy major, Rebecca Lee, a senior said.

iHeart Radio with KC101.3 was in attendance as well, giving away prizes to a few lucky students and playing music throughout the event.

LaCharity said he defined the success of the event as "effort into an initiative or program."

"As long as the effort is there, that's a win to me," he said.

F.A.C.E. casting call brings fashion and creativity

**By Sofia Rositani
Reporter**

Self confidence, a positive body image, modeling skills and fashion statements are only a few of the benefits gained at F.A.C.E. Models organization.

Psychology major, Briana Kline, a senior, and the president of F.A.C.E., said it stands for 'Fashionable Artistic Creative Elegance.'

"I want people to know that even though we do fashion shows that's not the only thing we do on campus," said Kline.

Tryouts were last Wednesday, Sept. 11, for any and all interested students in the Adanti Center Ballroom. Students were asked to wear no shorter than four inch heels for their auditions.

According to their club page on OwlConnect, F.A.C.E. promotes entrepreneurship of local designers and artists, as well as self-confidence and diversity amongst Southern students. They said no matter your size, body type, race or gender, they want students of Southern to feel confident and showcase their talents.

Kline said she hopes to have more study sessions during the semester and be more recognized on campus as a separate club. She said she wants to make the organization more well-known throughout the campus and spread awareness of the events they hold on campus.

"I want to come

out more with being recognized in the [multicultural center] as well because this used to be under BSU [Black Student Union]. We weren't our own organization."

Kline said the best part of being president of the club is getting to be creative with the fashion shoots and fashion shows along with seeing the end process of their work. Kline credits her leadership role for bringing out her "the creative side." She said a lot of random ideas pop into her head and she gets a "vision of the bigger picture."

She also said the group is also involved in the community and they get clothing for fashion shows and shoots from local designers the members know.

"A majority of [local designers] do it for free so it's kind of like you scratch my back, we scratch your back," said Kline.

Currently, F.A.C.E has more than 40 members. The group continued to expand this year, they have more than thirty students trying out to become a model.

Students joined the club for different reasons, but many of those trying out said they want to achieve self-confidence and a higher self-esteem once if they have the opportunity to become a member.

Psychology major Kessiah-Ali Powell-Keyton, a junior, said she wants to "have a better self-esteem and kinda build a network because modeling has such a vast

media network."

"You can find connections and there are a lot of designers who work with F.A.C.E so I think that's pretty cool," Powell-Keyton said.

Communication major Alexander Rice, freshman, said he decided to try out because it was a new opportunity for him.

"It seemed fun and I wanted to put myself out there," said Rice.

Sociology major Krysta Alverio, a freshman, said she wants to become more confident in her body and said she would definitely do modeling in her four years at Southern and possibly continue outside of college.

Alverio said she has done modelling before and would like to continue after her years at Southern.

According to the club page on OwlConnect, F.A.C.E.'s mission statement is "It shall be the purpose of this organization to further members' knowledge about fashion, self-esteem, and togetherness. The goal is to show students that they are beautiful and they don't need to look like unrealistic fashion models in order to feel confident."

The goal for F.A.C.E models is to create beautiful photos and fashion shows with beautiful people on it no matter size or shape, color of skin, sexuality, or disability. F.A.C.E will have their first runway show for the fall 2019 semester on Nov. 16.



PHOTOS | SOFIA ROSITANI

Psychology major Kessiah-Ali Powell-Keyton, junior, at the F.A.C.E auditions.



PHOTO | SOFIA ROSITANI

Communication major Alexander Rice (left), freshman, and computer science major Mark Oladapo, a freshman, trying out for F.A.C.E modeling on Sept. 11.

Folio reading welcomes all types of artistic expression

**By Sydney Peacock
Contributor**

Kat Shoberle, the art editor of Folio's literary magazine, describes the Folio community as "open and accepting" and "a judgement free space for all people to share."

After its first initial open mic session during Southern's "Week of Welcome," Folio's second event of the year on Sept. 12 was packed full--the room overflowing with that same open-minded and accepting community.

The event began with

the introduction of the night's two featured artists, Andrew Gentile reading his short story "Stuck In Between," and Tere Perkins reading her two poems "How do I Help the Man on the Street?" and "When I Walk."

After reading her pieces, Perkins said it was nerve-racking at first but she enjoyed it and encourages everyone to try it once.

"I kinda had to calm myself down, but you're just sharing your art basically, it's not that big of a deal," said Perkins.

Anyone is welcome

to sit-in on the event, however, sharing work is strongly encouraged.

"Everybody feels the exact same way you do," said Folio Editor-in-Chief Natalie Rogers, "so you are going to be welcomed with open arms by a bunch of strangers."

She said diversity is the key to help this organization continue flourishing.

Rogers described the event as "People being able to share in a free open space, no judgment, to share personal creative work with us and just

being able to create that environment."

During a short intermission, which occurred after the featured readings, raffle tickets were handed out along with a signup sheet for the official open mic portion of the night.

Everyone engaged one another in conversation, old and new comers alike. The welcoming environment Folio's community creates really came to light.

Continuing throughout the night, Folio hosted hands-on activities in

addition to the open mic reading, with this past Thursday's being collages. Shoberle said Folio will continue to have hands-on activities "to keep things more dynamic."

Shoberle said the importance of undergrad recognition within the program is key to its success.

"We have a really good amount of diverse creative writers in this program which we want to showcase them, especially the undergrads," said Shoberle.

Although Folio's events are currently more writing

focused, the club is looking to add a wider variety of art. The club welcomes poetry, fiction, creative non-fiction, traditional art such as sculptures and paintings and is looking to incorporate film as well.

For all those looking to showcase their work, Folio's featured readings is an environment in which to do so. The group is dedicated to the arts and the openness that comes with it.

"Here's a whole room waiting to listen to you," said English secondary and special education major Katie Doyle, a sophomore.



PHOTO | JACOB WARING

Interdisciplinary studies major Molly Flanagan, senior, reading last Thursday.



PHOTO | JACOB WARING

Biology major Rebecca Sabetta, freshman, reading at Folio's event last Thursday.

Field hockey loses first home game

Miscommunication between players leaves Owls shut out against AIC

By Hunter O. Lyle
Sports Editor

The field hockey team played NE10 matchup American International College for their home opener, losing 4-0 in a closely fought game that quickly slipped through the Owl's hands.

Coming into this game having lost their two previous matchups, head coach Kelley Frassinelli said the team's main struggle early in the season is playing together.

"We talk about a lot of lack of communication that's happening," said Frassinelli. "It was a very crowded game, I'm going to say; AIC plays a very tight game. For us, we practice getting into those spaces and trying to really find those good touches, and I think sometimes we get a little lost in that without having that good communication around us."

The game started off slow for both teams. The Owls and the Yellowjackets stretched their legs on

offense but failed to capitalize close to the goal.

With less than three minutes left in the second quarter, AIC eventually broke the stalemate off a rebound near the crease.

After the halftime break, the Yellowjackets came out aggressive and started to pull away. AIC had a total of three shots on goal in total for the third quarter, one of which went in, whereas Southern came out flat, tallying zero shots.

Goalkeeper Brianna Craft, a senior and new team captain, said AIC overwhelmed the defense throughout the game.

"We had the ball in our circle a lot, so we were working on marking the most dangerous player, and it turned into numbers up in our circle," said Craft. "We were doing lots of work to find the most dangerous spot to stop that ball. I think we did a really good job of getting it out most of the time, but there were a couple times where they



Forward Jessica Maier, junior, talking with her teammates during the halftime against American International College.

just outnumbered us."

A new factor has been added to the game this year: a rule-change during the offseason now allows for the game to be played in 15-minute quarters rather than just two 30-minute halves. This change was something Craft said the team was "dying for."

"I think [the rule-change] helps us a lot because we can regroup on that two-minute break we have in between the 15 [minutes of play]," said Craft. "Sometimes we get let down by fatigue, or not even fatigue, but our mental state. So, we get that two minutes to regroup, talk, and we can go back on the field fresh."

Despite the extra resting time, Southern seemed to be tired on both offense and defense for the rest of the game. AIC scored twice more in the final quarter, sealing the Yellowjacket victory.

Forward Jessica Maier, a junior, said the team needs to come together for the rest of the season.

"I think we started to play an individual game, so I think if we are able to work better as a team [we would be more successful]," said Maier. "Our word for this season is 'united,' so we just have to continue to do that together and play that way," said Bivona. "It's the small things that we have to fix and next week we're going to come out, fix those and get the [win]."

The field hockey team went on to play fellow NE10 matchup Stonehill College on Wednesday, Sept. 11, losing 5-1, and will face American International College again on Tuesday.

Frassinelli said the team looks forward to their upcoming games, and sees them all as future victories.

"We are looking forward to every game," said Frassinelli. "Every game is a new game, and there's challenges. Certainly, they're winnable games, but it's a matter of who's got the strength."



Quarterback Matt Sanzaro, senior, during a game against Elm City rival University of New Haven last season.

Kept patiently waiting

Sanzaro lives in limelight

By Sam Tapper
Sports Writer

Waiting one's turn is something taught to children, and something so simple, yet so hard to do in certain circumstances. However, Southern's senior quarterback Matt Sanzaro did just that.

Sanzaro came to Southern from Wethersfield, Conn., and during his time there, Sanzaro earned several all-conference and all-state selections as well as an all-courant honoree, an accolade given to high school athletes in the Hartford area. For Sanzaro, football has been his passion "since birth."

"I was kind of born into a football family," said Sanzaro. "I fell in love with the game when I was young. I would say, as long as I can remember, I was into football. I just love the discipline you need; I love

the team game."

Sanzaro led his Wethersfield squad to an undefeated season and two conference championships. His older brother also played at Wethersfield, and eventually at Central Connecticut State University, but never saw much more than a .500 season. Sanzaro, however, said he was always confident that he could lead his town to the top.

"I told him when I was younger, 'when I get to high school, it's going to be the year,'" said Sanzaro about his brother. "I played with all my best friends; we just had a connection I've never really felt before."

Things changed for Sanzaro once he arrived at Southern. He dealt with some injuries and was buried on the depth chart, and subsequently would end up redshirting his true freshman year. Once he suited up, he only saw time as the Owls' holder.

Despite not taking a single snap under-center at the collegiate level, Sanzaro stuck with it and was named the Owls' starting quarterback in 2018.

"He's definitely been a guy who's waited patiently for his turn," said head coach Tom Godek. "There were some good quarterbacks here with him before; they were all talented guys, but you could see Matt was going to work his way in."

Even though it is not easy for one to constantly wait for their turn on the sidelines, Sanzaro said he was never discouraged and saw each day as an opportunity to get better.

"I knew it was a process, I knew my time would come," said Sanzaro. "I just had to wait on it - work as hard as I could in the weight room, studying film, studying the playbook and when it was my time, it was my time."

See Football Page 6

Ex Patriots player returns to finish degree as an Owl

By Hunter O. Lyle
Sports Editor

After spending a decade in the National Football League, alumni and three-time Super Bowl champion Joe Andruzzi returned to Southern to finish his degree.

There has been a new trend throughout the world of professional sports and former professional athletes coming back to college to finish their degrees.

In the past years, major household names like Michael Jordan, Shaquille O'Neil and Troy Polamalu have completed their degrees.

Along with Andruzzi, Southern has also had some other notable athletes come back to campus, such as former San Diego Chargers defensive end Jacques

Cesaire and defensive tackle Ike Igbinosun, who played for multiple teams during his three-season tenure.

While some do it as a landmark in their careers while others return to college to explore another sector of business, Andruzzi said he wanted to earn his degree to help those in need.

"I love working with special needs children and adults. Not so much in the teacher aspect, but more or less in the homes and Special Olympics type of stuff," said Andruzzi, who officially graduated with a degree in liberal arts with a concentration in wellness. "I love being a part of that and seeing the smiles on their faces. It goes a long way. It's extremely rewarding to be a part of that whole world."

Andruzzi attended

Southern from 1993 to 1996, where he played for the football team. Eventually, he wound up on the Green Bay Packers roster as an undrafted free agent. Andruzzi spent three years with the Packers before leaving for the New England Patriots, where he won three championships alongside superstar quarterback Tom Brady.

Towards the end of his professional football career, Andruzzi's life took an unsuspected turn that forced him out of the NFL.

"I ended differently than everybody else usually. I was diagnosed with cancer after ten years [in the NFL] and I was forced to battle for my life," said Andruzzi. "It was pretty tough to go day in-and-day-out, very intense chemotherapy I was on."

See Andruzzi Page 6



Joe Andruzzi, now a Southern graduate, accepting his degree in liberal arts at a mini-graduation ceremony over the summer.



More face-to-face needed for teams

By Hunter O. Lyle
Sports Editor

As part of the Week of Welcome, the women's soccer team held a meet-and-greet event outside of Moore Field House to kick off the academic year, as well as the 2019-20 season.

On a rainy, and otherwise gloomy day, the pizza, music and crowd of enthusiastic athletes convinced students to take part in the celebratory festivities.

This event, which on the surface was aimed at welcoming students back to school, could also be seen as a brilliant act of subliminal advertising – something more teams should participate in.

As touched on in the past, Southern has a large majority of commuter students, which diminishes the size of crowds at sporting events. The fact that most students do not stay on campus means there are typically not a lot of sold-out games – except during the playoffs.

Meeting students, and putting faces to the team in the way that the women's soccer team did this past week, could really accentuate the fandom that surrounds each team.

Besides the coaching and the skill of the athletes, the fans and the atmosphere are the most impactful, and arguably most important, factor on gameday. Surely, a team, regardless of sport, will do better when they are playing in front of a booming ocean of passionate and electrifying supporters.

This school has seen the Blue Crew in full action, and the results are pretty concrete.

Last season, when the men's basketball team made the NE 10 tournament and secured a first-round home game against Stonehill College, Moore Field House was crammed with cheering and jeering students.

That night, which resulted in the Owls winning 80-75, then-senior guard Kealan Ives fed on the crowd's energy and dropped 37 points in just under 40 minutes, over double his regular season average for points (16.4 in 34 minutes).

Assuming that a larger crowd results in a better performance, every team at Southern should follow the women's soccer team's footsteps, attracting as many fans, both old and new, as early in the season as they can.

It is not out of the realm of possibilities that this strategy could produce a circular effect, where the team wins because there are so many fans, and the fans come to the games, because the team wins.

Either way, this way of thinking benefits both the teams and the students.

Dawson's hard work and dedication pays off

In the case of many collegiate athletes, the sport they are playing is the sport they grew up loving. However, for graduate student and Southern volleyball captain, Jenn Dawson, volleyball was something new to her.

Dawson, a graduate student who comes from The Morgan School in Clinton, Conn., was a three-sport varsity-letterwoman in high school as she played basketball and softball in addition to volleyball. Though she is the captain of the Owls now, she did not start playing volleyball until her freshman year of high school.

"Volleyball was a new experience for me coming into high school," said Dawson. "My sister started playing it her freshman year, she's 16-months older than me, so then I went to her games and was like, 'that looks like an awesome sport; I want to hop on that bandwagon'."

Once she did hop on, she quickly thrived. As a high school athlete, Dawson was a two time all-conference and all-state selection. She helped lead her school to three conference

crowns and one state championship, where she was named MVP.

"Obviously, they're pretty cool to get," said Dawson, regarding her high school accolades, "but in reality, I think what I learned most from high school was just that whole team dynamic aspect, and it really shows when a team plays as a team."

When it came to college, however, Dawson had some uncertainty. Before she decided on a school, she needed to figure out what sport she was going to play, as she had fielded multiple offers to play college basketball elsewhere.

Once she had chosen volleyball as her collegiate sport to pursue, her relationship with Southern and head coach Lisa Barbaro began to form.

"I actually reached out to [Barbaro], ironically," said Dawson about her recruitment process. "She did go to my high school, so I've known about her for a long time. I have looked up to her in a lot of different ways, and when I came here, I felt like I could really be a part of the team. I felt at home."

Once Dawson arrived, the road got much tougher. Despite all the talent she showed in high school, she was, after all, still relatively new to the sport. From that experience, Coach Barbaro said she believes she has grown "tremendously."

"Jenn came in as someone a long way away from being what I saw to be [a] division two caliber volleyball player," said Barbaro. "Not having a long history of playing experience for volleyball, she was kind of behind the curve as far as an understanding of the game; she was a great athlete, but there was just a lot as far as skill-development. That and knowledge she needed to gain."

As Dawson showed improvement, so did the Owls. When she first arrived, the Owls were a team that won just seven games. During her time here, the Owls would go on to make their first NCAA Tournament in 2017 and win their first ever NE10 Conference title last year.

"It's been a long journey but a really fun journey," said Dawson. "It's been a lot of problem solving and



PHOTO | SOUTHERNCTOWLS.COM

Outside hitter Jennifer Dawson, senior, hitting during a game against Felician University earlier this season.

work along the way, but I think it has paid off."

Her teammate and current co-captain, Jillian Chambers, has been through most of this journey with Dawson. Chambers says she and Dawson intend to remain involved with the program.

"I can just see us Facetimeing, watching the games," said Chambers, with a smile. "I can still see

us talking about the games, staying involved with the younger players. I definitely see her as a lifelong friend."

Dawson has made a mark on the program throughout her journey, and her coach has a lot of high praise for her.

"I don't know that I would have done it," said Barbaro regarding Dawson's career. "I have so much respect; I'm really proud of her."



PHOTO COURTESY | JASON EDWARDS

Joe Andruzzi, former NFL lineman and now Southern graduate, posing with President Joe Bertolino during a small graduation celebration over the summer.

Andruzzi

Continued from Page 5

Andruzzi said he had been diagnosed with a rare form of non-Hodgkin's lymphoma called Burkitt lymphoma.

According to the Lymphoma Research Foundation website, Burkitt lymphoma is an aggressive, fast-spreading cancer that can, "affect the jaw, central nervous system, bowel, kidneys, ovaries, or other organs."

His battle with the disease forced the former lineman to spend over 50 days in the hospital on a brutal chemotherapy regimen. However, after entering remission, Andruzzi said he wanted to help people in

similar situations.

"Since getting better, my wife and I started the Joe Andruzzi Foundation to help cancer patients and families with financial distress," said Andruzzi.

The Joe Andruzzi Foundation helps fundraise money for families as well as cancer research through events across New England, such as the 2019 Mount Desert Island Half Marathon taking place in Maine on Oct. 20.

Despite making it to the NFL and winning multiple titles, Andruzzi did not originally go to college to be an athlete.

"I promised my grandmother before she passed and my parents," said Andruzzi. "I didn't go to college for football. Football was the added bonus for me."

Football

Continued from Page 5

When his time came in 2018, Sanzaro would go 65-124 passing on the year with 833 total passing yards, four touchdowns and four interceptions.

Sanzaro would also collect 228 rushing yards with four rushing touchdowns.

"Matt's definitely an

athlete; he can definitely move when he needs to move," said Owls offensive coordinator & quarterbacks coach Chris Bergeski, regarding Sanzaro's game. "Even when we were recruiting him, we saw he had the ability to do some things on the run."

Sanzaro will graduate in May with a degree in communications and business administration.

Under the senior are five other quarterbacks, all underclassmen. Sanzaro says he wants to teach them all he can before he leaves.

"We're like a little family, honestly," said Sanzaro of the QB's. "We all talk every single day; they're all great kids. The one thing I harp on them is to find something every day to work on, and just get a little better at it each day."

In that group of quarterbacks is sophomore Joe Bernard out of Nashua, N.H. Bernard is just one of those guys looking to learn all he can from Sanzaro.

"He's a great guy; he's very vocal," said Bernard. "He holds each player accountable and he's a guy to look up to for all positions on the team."

Sanzaro hasn't been perfect, but Coach Godek

said that he does indeed have what it takes to be the leader at this level.

"You have to have that charisma, that makeup, to be a quarterback," said Godek. "We can't say enough about him, and we're hoping that he continues to pass his abilities on to our younger guys and the chain keeps rolling in a positive manner."

Cross country seeks another national appearance

By Sam Tapper
Sports Writer

Coming off a 2018 season which featured NCAA appearances for both the men's and women's cross-country teams, both squads are ready to get back and continue the success in 2019.

In 2018, the men's cross-country team were able to win their first ever NE10 conference crown. Four Owls were able to finish in the top-15 with four separate athletes, as current juniors Christopher Lebeau and Terrell Patterson finished third and fourth, respectively.

The Owls wrapped up the NE10 tournament with a final score of 50 points, beating out second place Stonehill College by seven.

After their conference crown, the Owls made it all the way to the NCAA

Championships, something they had not achieved since 1999.

This year, there is optimism among the coaching staff and the players that the team can get back there again, but it will be a challenge.

"We have a lot of experience on the team this year," said senior captain Connor Shannahan. "I think that's our biggest contributing factor to how we'll do. We'd like to build off of last year and definitely continue that success."

On the women's side, the Owls are coming off an appearance in NCAA regionals, where they placed 15th on the field. Meghan Delaney, currently a senior and the captain of the women's team, placed the highest of the participating Owls at that event.

This year, Delaney is the lone senior on her squad. Of the seven runners on the team, five freshmen and sophomores, and Brittany Post, a junior, is the only other upperclassman alongside Delaney.

With that said, Delaney will have increased responsibilities mentoring and leading her young teammates as a captain, something she said she was nervous for at first but is now taking pride in.

"At first, when I thought about it, I thought it was going to be a lot of pressure," said Delaney, "but I make sure that the girls trust me and that there's more mutual respect than for me to be above anyone. I try to make myself at their level and I like to guide the girls, especially because they're younger, with things outside of cross-country."

This year, the Owls' young season is off to a good start. Both squads participated in the Adelphi Panthers Invitational on Sept. 6. The men's team placed first in the field with four runners occupying the top five and the captain, Shannahan, placing first overall.

Of the other top five finishers, sophomore Jake Mattei placed third, Patterson fourth and Lebeau fifth.

The women placed third out of 13 total participating schools on their side of the invitational. Sophomore Emilie Noreika led the way for the Owls placing 11th with a time of 20:34:00 and Delaney finished 13th with a time of 20:42:10.

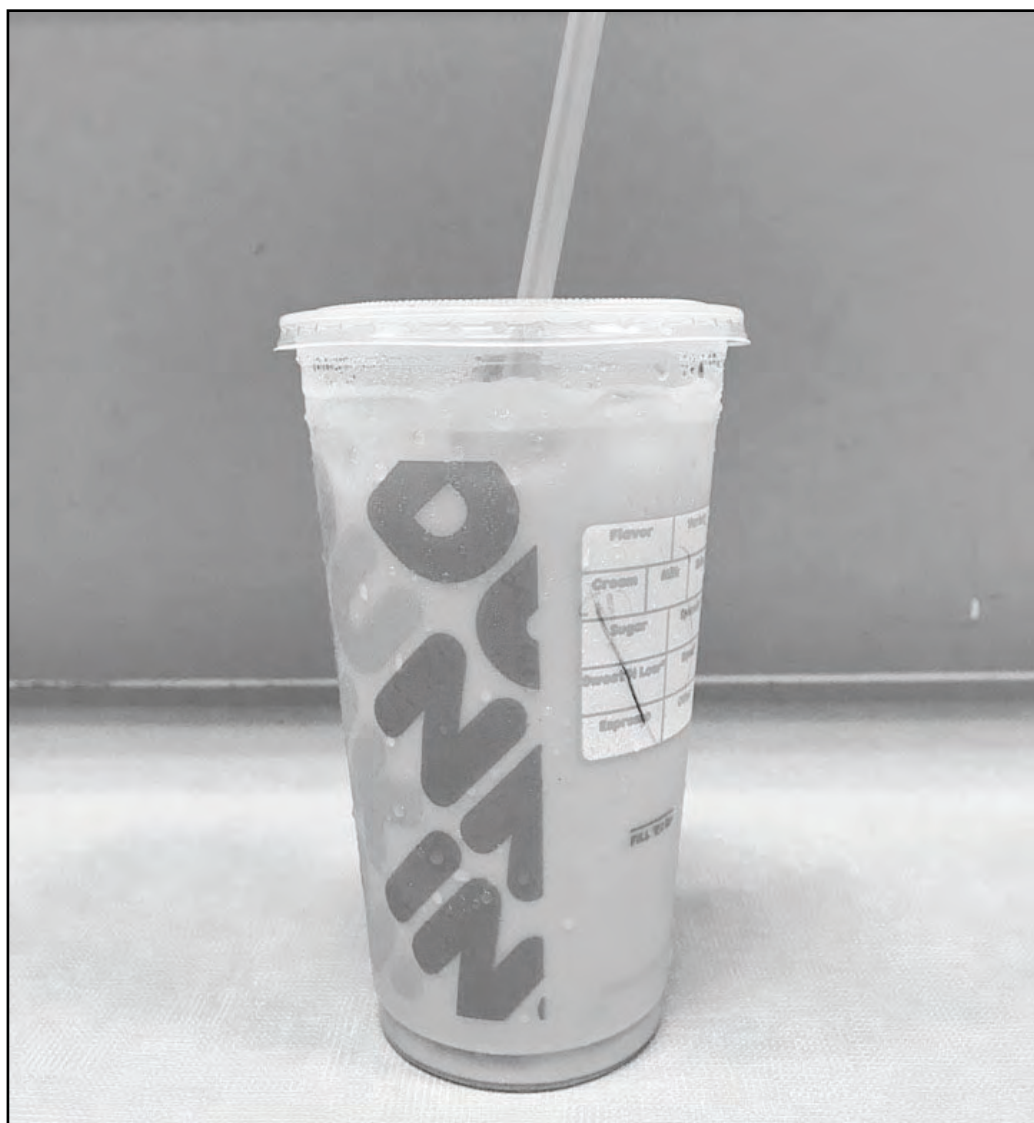
"It's going well so far, [for a] relatively young team," said assistant cross-country coach Brian Nill. "We're looking forward to the year

to come and just continuing to build the program, but it's off to a good start, everyone's healthy and everyone's training well, just got to focus on keeping. Everybody healthy going forward and just competing well."

The Owls have a multitude of athletes on the cross-country squad that also participate in track and field as well. Nill, who serves as an assistant coach on both the cross-country and the track and field team, says that the added training goes a long way towards boosting an athlete's potential.

"Being able to train year-round, you just keep growing as an athlete," said Nill. "If you can keep a kid training year-round, that kid's probably going to be double as good the following year and is going to keep on growing."

Pumpkin spice overhyped or nice for the season



A photo of a Dunkin' Donuts pumpkin spice coffee sold at the on-campus shop.

**By Ellie Sherry
Reporter**

Pumpkin spice has been an ongoing trend since its creation in 2003, according to Forbes, a global media organization. Since the origination of the pumpkin spice latte, there has been a large influx of pumpkin spice flavored and scented items, but how much is too much? Has pumpkin spice become a thing of the past, or is it still a classic seasonal drink?

“People come in everyday wanting pumpkin spice drinks,” said social work major Amber Drobnak, a junior and barista at Dunkin’ Donuts. “As soon as it gets close to the season, people start to ask if we have it. It seems to be very popular seeing that a majority of customers who come tend to get Pumpkin Spice.”

Starbucks stated it had sold over 200 million pumpkin spice lattes by Aug. 2018, gaining \$1.8 billion in sales between 2003 and 2018, according to Forbes.

However, in 2015 the number of sales fell by 5.2% from the previous 12 years of the pumpkin spice existence, despite Starbucks still increasing profits made.

The latte went up in price, so while the numbers dropped, they still made more money than the previous year, according to a 2015 CNBC article.

As a barista, one may get tired of making the same drinks over and over again, however, on a busy day, it might be easier for them to make and give the drinks out to people in a timely manner if so many people want the same drink.

Drobnak said, “I don’t get tired of making the same drinks since it makes my life a little easier.”

Even though it may not be her favorite seasonal drink, she said she thinks the drink signifies a changing season bringing the fall weather.

“I’m not a huge fan of pumpkin spice, but I love the fall season and all the other flavors it brings with

it, like butter pecan,” said Drobnak.

As for the students of Southern, some think that the seasonal pumpkin spice trend is overdone and they are not that into it anymore.

“I do not really like pumpkin, so I am not a fan of pumpkin spice, but I do see it everywhere,” said history major, Nicole Healy, a senior. “I think it is blown out of proportion; everything is pumpkin spice.”

Each year it seems there are more pumpkin spice items for consumers to choose from. These items range from cereals to alcohol to bagels – there seems to be a variation of pumpkin spice for everything.

Some get excited and look forward to the season, including sport management major Stephen Iovanna, a junior.

“It reminds me that fall is coming, and it makes me excited for the upcoming season,” he said, “even if I am not the biggest fan of the drinks and other pumpkin spice things.”

PHOTO ILLUSTRATION | IZZY MANZO

Mental health absences should be available for students

**By Izzy Manzo
Photo Editor**

N.Y. legislators are considering passing a bill that would file mental and behavioral health issues as excused absences; should it pass, they will join Oregon and Utah as states that allow students to take off school in the name of mental health.

N.Y. senator Brad Hoylman, who is sponsoring the bill, said, “We need to recognize suicide and self-harm among young New Yorkers as the major public health crisis

that it is, demolish stigma around mental health care and do everything within our power to help kids who are struggling [to] seek treatment.”

As a person who struggled to seek treatment as a kid as well now as an adult I really appreciate this. While I am not here to advocate on behalf of every mentally ill person out there, I do not think I would be the only one to say that often, depressive episodes and anxiety attacks are handled alone.

Explaining the emotions behind

and the reason to, for example, leave class to take a ten-minute bathroom break runs the risk of being told it is all made up.

My first therapist ever, after all, chalked up my mix of mental illnesses to not being outside enough. She told me to get some fresh air. I did and unsurprisingly, was still depressed.

I am embarrassed to tell my professors about my mental illnesses. I have no way to get a note from a psychiatrist and no therapist to vouch for me; all

I am armed with is an excuse and a sliver of hope that my teacher will not immediately dismiss me as someone trying to weasel their way out of class for the day. To my immediate memory, out of all my professors I have ever had, only three of them know I am mentally ill.

Of those three, only one took me seriously and offered me help and accommodations when I needed it. The entire time, I felt like a fraud.

I do not know why — clearly, I am

not lying. I think it boils down to the fact that society essentially chalks up taking mental health days as taking the easy way out. People spend their entire lives being told mental illness is just in their heads and that they will not be ready for the pressures of the “real world.” Having schools — and not only schools, but entire states — recognize sometimes people need mental health days to recuperate is revolutionary.

People are not faking mental illness under the

guise of a personal day to get out of class; people need mental health days because there are days when they cannot get out of bed. Sometimes, having breakfast or brushing your hair is too much of a strenuous task. For some people, these laws might be the first time in their lives that they feel validated for not having the energy to brush their teeth.

Some days are better than others. Statistically speaking, that also means some days are worse than others.

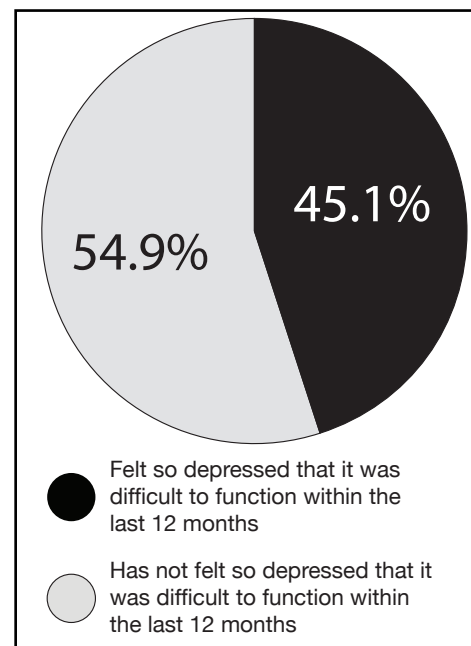


PHOTO ILLUSTRATION | SAM FIX

A photo illustration based off a study done by American College Health Association, National College Health Assessment.

SOUTHERN NEWS

Advisers: 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
Adanti Student Center Room 225
New Haven, CT 06515

Issues printed by: Valley Publishing, Derby, CT

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Chinese Student Association hosts festival

By Izzy Manzo
Photo Editor

The Chinese Student Association held its annual Mid-Autumn Festival in Engleman B121 on Sept. 16. The festival, which

was attended by multiple Chinese professors and scholars, as well as several students. It began with Peter Callahan, CSA secretary presenting videos about the festival's various traditions and myths.

According to the videos, in China the Mid-Autumn Festival, or Moon Festival, is often celebrated during a full moon when the moon is brightest. Another Chinese myth also involves Chang'e, a lunar goddess.



Library assistant June Cheung divides mooncakes into sections for students to eat.



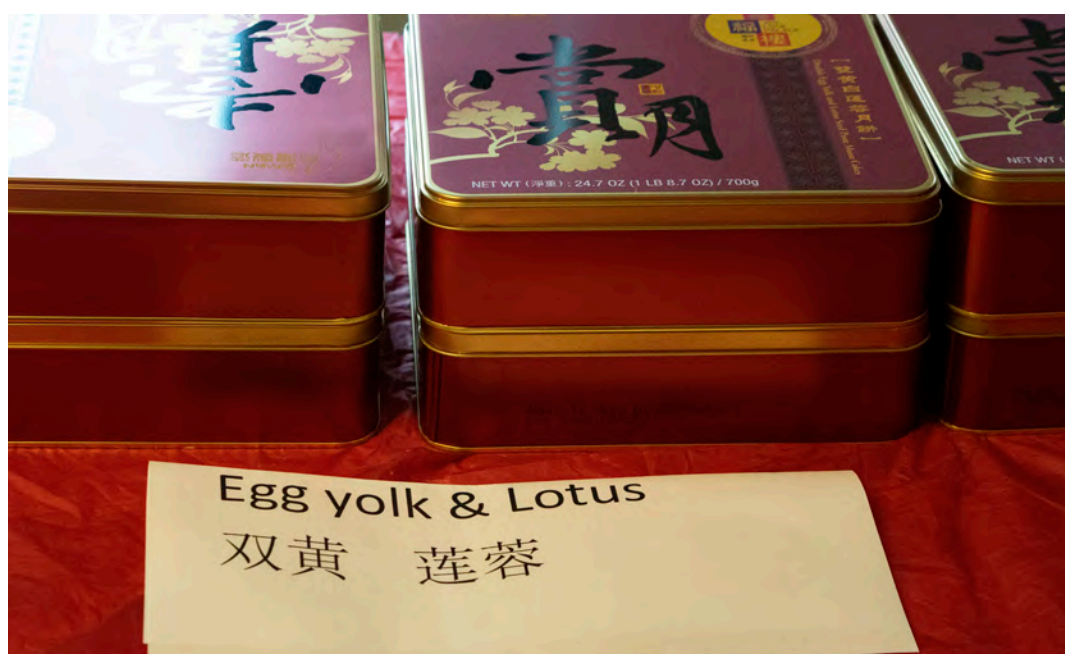
Chinese Student Association secretary Peter Callahan teaches students how to pronounce and spell "Happy Mid-Autumn Festival" in Mandarin Chinese.



Open boxes of mooncakes, a traditional Chinese dessert typically made with sweet bean or lotus seed paste divided into fourths laid out on a table for awaiting students.



Communication disorders major Alexis Zhitomi (left), senior, and environmental systems and sustainability major Brooke Mercaldi, senior, enjoying mooncakes.



A sign translating in English and Chinese the ingredients of the mooncakes guests could have enjoyed during the celebration.



Xin-Rong Cindy Sung talks to political science majors Varsha Jorawar (left), and Alissa Pena, sophomores, about the traditions of the festival.



A box of un-opened mooncakes and a partially eaten mooncake on display on a table.



June Cheung talks with Peter Callahan at the event.