

The Pace Chronicle

VOLUME VI, ISSUE IV

PACE UNIVERSITY, PLEASANTVILLE

WWW.PACECHRONICLE.COM

Thursday, October 13, 2016

Eternal Setters Memorial Held for David Wood IV

JOSEPH TUCCI

Managing Editor

Family and friends of Junior Accounting Major David Wood IV, who passed away in a car accident May 17, gathered at an Eternal Setters Memorial that was held to celebrate his life in the Butcher Suite last Tuesday.

The memorial began with an invocation from Campus Chaplain Sister Susan Becker.

Associate Vice President and Dean for Students, Lisa Bardill Moscaritolo, then presented a certificate of achievement from the Lubin School of Business to David Wood IV's family.

After receiving the award David Wood IV's father, David Wood III, spoke about his son's life, including his love of cars, high grades, and his friendly nature.

"David Wood IV found the good in everyone, and wanted good for everyone," David Wood III said.

He also spoke about his son's struggle with bipolar disorder and how he feels that society should drop the stigma and do more to recognize those affected by mental illness.

"If you get cancer in our society right now you get a pink ribbon, you get all kinds of attention, fundraising walks, and all these great open arms to help you. Unfortunately, and we're

going to change this, when mental illness kicks in, everybody hides, nobody knows what to do, everybody is scared," David Wood III said.

In order to raise awareness about mental illness David Wood III wrote an article in the Dartmouth Alumni Magazine called Losing the Lottery, which he gave out copies of to the audience. He also encouraged the attendees to reach out to quiet people they see who might be struggling with mental illness.

"No more tables for one, if you see someone dining solo, invite them over for crying out loud. Just say hello to people, you're in a special environment where you can do that. But you can also keep doing that the rest of your life," David Wood III said.

Moscaritolo promised that she would help prioritize mental health issues at Pace. She plans to work together with Director of the Office of Sexual Assault Prevention and Education, Mary Breen, to incorporate the non-profit organization Active Minds, which works to raise awareness about mental health issues among college students, into the effort.

Members of the community than shared what they remembered about David Wood IV, starting with graduate student

Joseph Cairo who was his Week of Welcome Leader and was a member of Accounting Society with him.

"The first semester he didn't miss a single meeting [in Accounting Society] and was eagerly trying to get involved. The second semester he became the Vice President, we worked together that semester, and it was a great semester," Cairo said.

His former Resident Assistant, Destiny Perez, shared how David Wood IV's kindness impacted her life.

"He was one of those people who truly cared about other people. When I was in the office [on duty] I couldn't leave so he would always ask me if [I wanted him to get me something] he was one of the only residents that did that for me," Perez said.

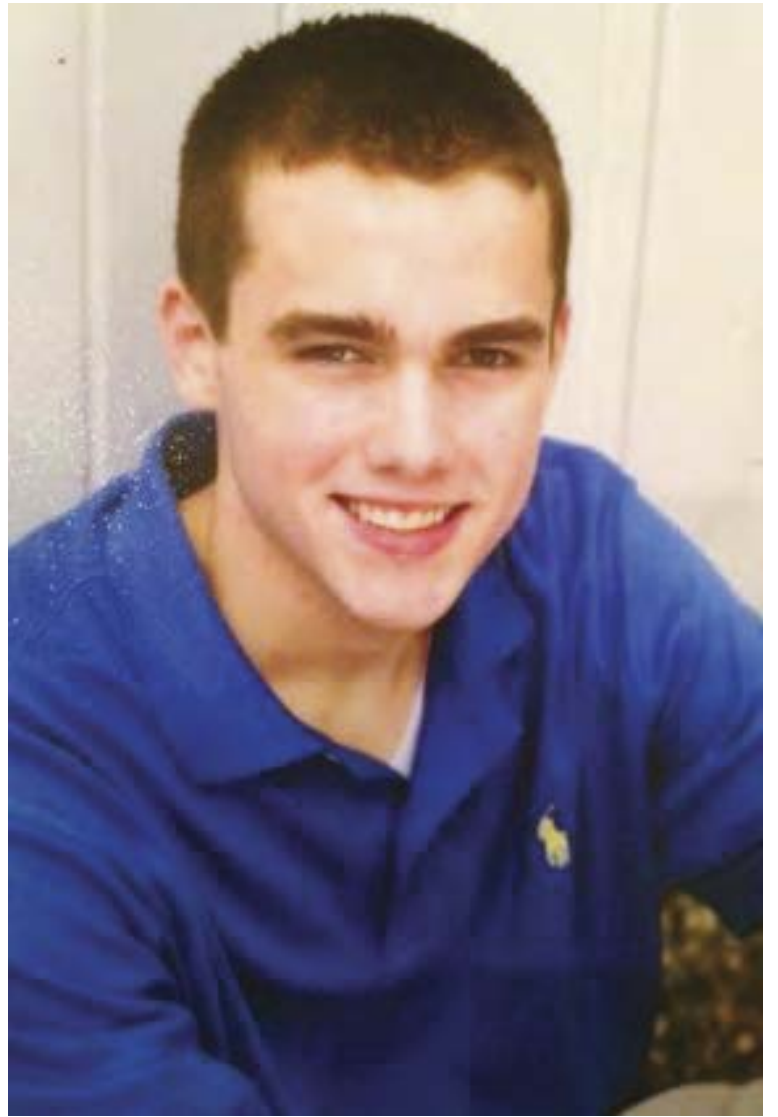
David Wood IV's sister Elena Wood recalled how much her brother loved video games – especially Roller Coaster Tycoon – and music, with his favorite artist being Justin Bieber.

"He snuck into a Justin Bieber concert last summer. Because he was watching from Jones' Beach from the side, and a security guard saw him and just thought he looked really polite. He was well dressed and quiet, he wasn't pushy or shovey, and I think the guard said 'Do you want to just come on in,' and

they just let him in," Elena Wood said.

Becker closed the service by reciting Mary Oliver's poem The Song of the Builder.

Find the article Losing the Lottery by David Wood III here: <http://dartmouthalumnimagazine.com/articles/losing-lottery>



The late David Wood IV. Photo courtesy of Student Development & Campus Activities.

Cultural Organizations Boycott Stroll Competition

JAMES BEST

Featured Writer

Pi Lambda Phi (PLP) became the first organization from the Interfraternity Council (IFC) to participate in Pace's annual Step and Stroll competition, causing cultural organizations on campus to forfeit participation.

In past years, only members of NALFO or the National Pan-Hellenic Council (NPHC) have participated strolling competitions, including Sigma Lambda Upsilon's (SLU) national performance team, Blacklisted.

Blacklisted member Ashley Alahakoon explained the culture behind strolling and why it means more to cultural organizations than "just a competition."

"We participate here because it is part of our history. We bring it back to African American dancing, that's why we stroll," Alahakoon said. "It is a part of our heritage, we don't do it just to dance. It's really part of our culture."

Alahakoon said that

there were other organizations that were going to compete in the stroll competition as well but the inclusion of PLP them made them choose not to because they viewed it as "disrespectful."

"I know there were a couple of organizations that wanted to [participate] but there was a lot of drama that happened," Alahakoon said. "It's just a different competition this year, they decided to not do it because [PLP's inclusion] is a little disrespectful in a way. We work so hard to get to the point of strolling, for other people to just think that they can do it kind of hurts us."

However, PLP alumnus Edwin Rodriguez said that his organization wanted to start something new and be the first non-cultural organization in the event.

"This year [the organization] came together to agree upon [participating] and it was very challenging to do it because none of us are choreographers, none of us have a lot of dancing experience or background so this

was a whole new process for all of us to do," Rodriguez said.

Rodriguez believes that PLP did a great job and that the event was a learning experience for him and his brothers.

"I can definitely say that it was a lot of work and a time commitment, maybe some other organizations don't have the numbers to do it because for us it was difficult getting all of our brothers to participate because we weren't knowledgeable in this and other organizations, I don't know how much time could be dedicated to something like this. So it's a lot to do in only two weeks," Rodriguez said.

Alpha Kappa Alpha, the first historically black sorority, led the act of strolling on college campuses in the early 1900s, according to the J. Thomas Brand Journal of Strolling.

The journal states that the history of strolling goes all the way back to the times of slavery, and that getting in a line and being bonded together physically as a unit is part of the initiation



Courtesy of Pixabay

process into the organization. It represents a bond and brother and sisterhood that cannot be broken.

Historically, black Greek organizations would line up one after another and begin to move forward in the same dance motions, or many times alternating dance moves.

Alahakoon believes it's important for cultural organizations to stroll because the act of strolling represents their culture and history as a minority group.

"We're an organization based on culture. Everything

that we do, our events, our philanthropy, what we stand for is based on certain culture. My culture is Latina, everything I do is based on our struggles and the NPHC is based on African

American people and their struggles so strolling comes from that and always draws us back to our roots," Alahakoon said.

The future of the stroll competition on the Pace campus is unknown at the moment as the number of students in cultural organizations are slowly dwindling down as members graduate.

Pace Funds to Find a Cure

TABATHA GONZALEZ
Feature Writer and Photographer

National Breast Cancer Awareness Month (NBCAM) was founded 31 years ago in October, and since then has made a traditional mark in societies working to find a cure for the disease. Many college institutions, including Pace, have joined the Colleges Against Cancer (CAC) organization and have collaborated to fundraise money to donate to the American Cancer Society.

In the past, Pace's CAC group held events like "Believe in Beauty" in which they embraced women's beauty by providing manicures, hair extensions and tie dying in their events. The group found that they needed to relate the events to not only women, but men alike, so they have decided to change the activities this year.

Every Wednesday in October, the organization planned activities for students to participate in. There, students will also be able to make donations to fund the research project to find a cure for breast cancer-

-they call the series of events "On Wednesdays We Wear Pink."

On October 5th, the organization held a t-shirt tie-dyeing event in Wilcox in which they accepted donations but did not require students to pay. They plan to move their activities to Kessel Student Center during common hour to allow more students to participate and be aware of the events.

This upcoming Wednesday, Oct. 12, they plan to hold activities for a small charge to fundraise money. Planned activities include bra-pong and dart popping balloons.

"We also run Relay for Life every year. We have multiple events throughout the year to raise money for the American Cancer Society. That's where all of our funds go. [We fundraise] for all types [of cancer], but we're doing breast cancer awareness events this month because it's breast cancer awareness month," Junior Ariana Pietaro

Professor Profile: Brian Centrone

SEAN BROWNE
Sports Editor

Originally his senior thesis at Fordham University, Centrone brought his thesis turned novel to graduate school in Manchester so he could get feedback from his fellow students.

"The other students did not really get it and that bothered me," Centrone said. "The feedback was not helpful, and I felt I like I was not progressing here because people either didn't get it, or they were trying to turn it into something that it wasn't."

But that was not going to stop Centrone, he journeyed back to America with the intention to publish his book, and in 2013 his dream came true.

The novel was called An Ordinary Boy, but Centrone's experience of publishing the book was bittersweet, due to his publisher having the same intent as Centrone's classmates in Manchester.

"The publisher tried to cut corners throughout the book," Centrone said. "He did all the editing and he did not know what he was doing, so he printed the books with a bunch of errors and typos."

Centrone believes that his editing caused his book to have a poor critical response, and to not be available for print anymore.

Nonetheless, Centrone was not about to give up on his dream, he followed his novel with a short story collection called I Voted for Biddy Schumacher: Mismatched Tales from the Mind of Brian Centrone.

Following that, he then published his third book called Erotica, which was again another collection of short stories.

"I think short stories are a really great genre to work in," Centrone said. "They are snapshots of little ideas that you want to work in."

Given the freedom



Courtesy of Tabatha Gonzalez.

said.

As a month of awareness, Pace not only holds these kinds of activities but also fundraises through its athletics program. Teams like field hockey, soccer, and football hold games in which they sell Pace Goes Pink t-shirts for five dollars. In these games, fans and visitors

are allowed to donate money or purchase a t-shirt--in which the profits go to research to finding a cure for breast cancer.

In these games, athletes also wear pink accessories to support those who are battling with, or who have passed from breast cancer. Football players often wear pink socks, compres-

sions, or gloves. Soccer and field hockey players tend to wear pink ribbons or headbands to support the cause.

Together, the Pace community supports and works with the American Cancer Society to find a cure for the near future to end the fatal disease.

The Pace Chronicle

861 Bedford Road, Pleasantville, N.Y. 10570
Phone: (914) 773-3401 pacechronicle@pace.edu pacechronicle.com

EDITORIAL STAFF

EDITOR-IN-CHIEF MICHELLE RICCIARDI
MR02133P@PACE.EDU

MANAGING EDITOR JOSEPH TUCCI
JT81331P@PACE.EDU

COPY EDITOR JANINE JONES
JJ81864P@PACE.EDU

OPINION EDITOR NIHAL AL QAWASMI
NQ20258P@PACE.EDU

PHOTOGRAPHER TABATHA GONZALEZ
TG50702P@PACE.EDU

ARTS & ENTERTAINMENT EDITOR SUSAN ARACENA
SA80853N@PACE.EDU

SPORTS EDITOR SEAN BROWNE
SB27610P@PACE.EDU

LAYOUT EDITOR ELISE ADAMS
EA43628N@PACE.EDU

SOCIAL MEDIA EDITOR LIA TASSINARI
LT95247N@PACE.EDU



Meet The New King: Delaney Wallace

JOSEPH TUCCI
Managing Editor

Pace football captain, Delaney Wallace, has made it his goal since his freshman year to change the culture of the team by carrying himself well on and off the field.

Coming into a team that has consistently lost, he aims to change the image of the team through exemplary leadership. One way he does this is by neither drinking nor smoking.

"It's hard when you're coming into something and the guys that were there before you can't show you the way," Wallace said. "You have to create a new path and hope that in turn, even if you don't reap the benefits of it, that the people behind you and the people after you will be able to grow from it."

The most difficult part of changing the campus culture, to him, is getting the entire team to function as one unit. If one part fails, the entire team suffers.

"The biggest thing is getting ninety people to do one task all at the same time," said the five-foot-seven-inch running back. "[The team is like] families who have three members who can't even decide what they want for dinner."

He also wants the team to have

the mentality to come back when they are down.

The Moorestown, NJ native has been playing football at Pace since his freshman year after being brought in by then-Head Coach Chris Dapolito. He has played multiple positions including running back, quarterback, and wide receiver.

"I'm a pretty simple laid back guy. I just love life," said Wallace. "Pretty much everyone I come in contact with [always has a good vibe with me] I try my best to make sure I'm the best person I can be to everybody, and set a good example for all the younger kids who are looking at me."

Since becoming captain he has seen improvement in the team, with members improving physically, and more joining to play football because they love the game, not just for the fame.

Wallace wears a custom pair of breast cancer awareness gloves he had made for him to show support for retired professor and cancer survivor, Dr. Ellen Mandel.

"[Mandel and I] still stay in touch here and there," said Wallace, who plans to give her the gloves at the end of

the season. "She's a real cool teacher. She always liked me. She even called my mom to brag about me."

Wallace has been dedicated himself to his studies, off the field, and will graduate this fall a semester ahead of his class with around a 3.5 grade point average (GPA).

Wallace has added Homecoming King to the list of accomplishments he will have under his belt when he graduates this semester. He ran with Bakhoya Mangoli, who was crowned Homecoming Queen, and received \$500 for winning.

He credits his friends and team for getting the word out to vote for him.

After graduation Wallace plans to try to get into the National Football League (NFL) using the spring semester to train for the NFL Scouting Combines.

Wallace plans to become an entrepreneur and own a business, if he doesn't succeed in getting into the NFL.

"If plan A doesn't work, I still have plan B," Wallace said. "I still have a good GPA, a good degree from a good school, and I will keep on working to be the best I can be."



Delaney Wallace was voted Homecoming King Sat., Oct. 8. Photo from Pace Setters Facebook page.

Pi Lambda Phi Combats Domestic Violence

MICHELLE RICCIARDI
Editor in Chief



Pace's Pi Lambda Phi (PLP) chapter hosted their first "Walk a Mile in Her Shoes" to eliminate prejudice and discrimination against women and to increase gender equality and raise awareness of issues such as sexual assault and domestic violence.

The fraternity raised more than \$200 for Hope's Door, a local charity for women and

children affected by domestic violence, by walking around campus in high-heels. PLP brother Jonathan Vargas said that the significance of the event is for the men to try to empathize with the pain that domestic violence victims endure and the overall discrimination of women.

"We're getting an understanding of how it is to walk in heels for long periods of

time and the double standards of [the treatment of women]," said Vargas. "We're raising money for battered women and abused children in the process."

Domestic violence happens on college campuses, too. According to a study from the National Domestic Violence Hotline, more than half, or 57%, of all college students experience dating violence and abuse

while in college. Nearly half, or 43%, of dating college women report experiencing violent and abusive dating behaviors. These behaviors can include "physical, sexual, verbal or controlling abuse," as well as psychological abuse and sexual coercion.

"As a [Residential Assistant] I've dealt with possible domestic violence cases," said Vargas. "It's everywhere, it's

inside of our community and it affects men and women. We need to bring awareness to it."

One PLP brother, Hugo Salazar, traveled from Adelphi University in Long Island, where the "Walk a Mile in Her Shoes" event originated, to support the fraternity in their cause.

"Our Pi Lambda Phi chapter at Adelphi originated this event in 2010," said Salazar. "Our mission as a fraternity is to eliminate prejudice, which is not just about race. We like to address different inequalities but not a lot was being done to help women so our brothers decided to take a step and feel that pain that these women go through in domestically abusive relationships."

Salazar said that the lightheartedness of the event through the act of each fraternity brother wearing high-heels helps raise awareness of domestic violence in a "less awkward" manner.

"It's a fun event that our brothers love participating in," said Salazar. "It's just a funny thing to watch college men walk around their campus in a ridiculous fashion. It's a fun way to raise awareness and it's not as stressful to talk about such a serious issue."

5 Perks of Going to a Small College

NIHAL AL QAWASMI
Opinion Editor



Courtesy of Pace.edu

My entire life growing up, I always imagined I would spend my college years “in the city” – considering my field of study is very media/communications based and NYC is the ultimate media hub. Well, we all know how that dream

ended up – in Pleasantville, NY. However, I’m going to talk about why I actually stayed up here for almost 3.5 years and counting. No, not because they don’t have my major on the city campus. (I’m lying – because that’s literally how I ended up here. I never

thought the Media, Communications and Visual Arts department would be nestled in Pleasantville, NY, but here we are.)

During my first few weeks at Pace, I was a little disappointed that I wasn’t experiencing my undergraduate days in the city like I always planned. I did contemplate transferring – but there was something about the Pleasantville community of Pace that just felt good. It wasn’t hard to settle in and find my place after that first semester. And now as I look back as a senior, I’m glad I stuck around.

Here are the absolute perks of going to a small college:

You Are Not a Number: You are a valued member of the community, and everyone makes you feel that way. Not only do professors know who you are, but so do the higher-ups, admin, staff, etc. It’s very easy to build rapport with the individuals around you because a smaller campus means more time to meet, build, and maintain crucial relationships. The university invests a lot of its time in you.

Professors are More Accessible and Class Sizes are Great:

According to U.S. News and World Report, the student

to faculty ratio at Pace is 14:1. And 48.9% of Pace classes have fewer than 20 students. Some of my favorite classes so far are the ones that have had 10 students or less, because they were the ones I gained the most from. Sure, it might not be as easy to skip class – but if that’s your priority when registering for classes, then maybe reevaluate.

Overall, small classes generally cue a more “laid-back” yet effective learning environment. Class discussions are productive, the professor knows your name, and it’s easier to work with other students. Not to mention, your professor’s office hours are actually useful because they’re not rushing you along. They have the time to meet with you.

You Have Decent Advisement Sessions

The same goes for advisors. I think we really overlook the accessibility of our advisors at Pace. Take for instance, students at public or larger private universities. They don’t always have the time and resources to address all student concerns. Advisement meetings are usually rushed if they have time to meet you at all. For example, at Pace, we have the ability to call some of our professors our advisors,

and we can also have general school advisors.

That’s not the usual for a lot of students. My sister goes to a much bigger school, and she has only been able to visit one advisor – and the meeting was crap. Meanwhile, I’m meeting with two to three advisors a semester with complete ease. Thanks, Pace.

Campus Feels Like Your Second Home

You might not know every single person on campus, but there’s a good chance you know a lot of the individuals that make up our little community. It’s hard to go somewhere on campus and not run into someone you know. Yes, this probably isn’t the best situation if you’re trying to avoid someone or something, but overall, it’s not that bad. This also makes getting involved way easier. There are opportunities for everyone and they’re all over the place.

Small Campus = Everything Feels Nearby

Except if you’re going to Willcox Hall. Which feels like it’s on the other side of everything.

No. I was not forced to write this article nor was it paid for. You all know you’re Setters for life, too.

The (Not-So-Secret) Secret Menu at Starbucks

NIHAL AL QAWASMI
Opinion Editor

As you all know, I am not shy about my love for coffee. If you don’t believe me, I wrote a whole piece about why coffee is a college must-have. I have the word coffee in all my online bios, I even have pjs with coffee cups on them. Needless to say, you all saw this particular piece coming, didn’t you?

Maybe I’ll even turn it into a series - since only true coffee lovers drink more than just Starbucks. However, Starbucks is relevant, everyone knows Starbucks, and Starbucks becomes 10x more popular during Fall and Winter. So, why not start with America’s (sweetheart) coffee shop?

*All drink recipes are for a grande sized cup.

To start off the list, I will tell you about the golden, all-star -- and my personal favorite -- Fall drink. Cue the drum rolls, please.

Pumpkin Spice Latte: Yep, I am totally aware this is not a part of their secret menu, but I decided to mention it anyway. Thanks, free speech. This drink is literally Fall in a cup. Summer ends for me the minute I get my hands on this warm drink during the first week of September. It’s the perfect combination of sweetness mixed with Fall spice flavors, and topped with whip cream if you’re in the mood. I

usually skip the whip and ask for an extra shot of espresso!

Chile Mocha: Oops, yet another non secret menu item. Don’t worry people, I’ll get to them! I had to include the Chile Mocha drink since it is the newest addition to the Starbucks Fall family. Here’s my honest review: it’s about 2 spicy notches up from the Pumpkin Spice Latte. They claim it to be a mix of vanilla, cocoa, cinnamon and cayenne chile spices. Personally, it’s a good drink, really gives you that extra “kick,” but it’s not my favorite or go-to. However, if you’re feeling adventurous, try it and let us know how you liked (or disliked) it!

Purple Drink: Finally, an actual “secret menu” item. For those that don’t know, the famous secret menu at Starbucks is just a combination of ingredients that make different drinks that are not on their standard menu. You’re basically only making alternatives to drinks that already exist. For example, this super pretty lavender-colored drink, is a take on the Passion Iced Tea drink. Once you walk up to the Barista, order a Passion Iced Tea with either soy or coconut milk, a little vanilla syrup, and a scoop of blueberries. Refreshing!

Caramel Brulee Latte: This is another holiday drink at Starbucks that is only available



Flickr.com

between November and January. So this recipe is for those that want this drink all-year round. No one should feel limited with their coffee intake - you’re welcome. Personally, this drink was not a favorite of mine because it was more “light” on the coffee side. But to make the drink, order a grande caramel latte, with 2 pumps of white mocha syrup, and 2 pumps of toffee nut syrup.

The Roasted Chestnut: I haven’t personally tried this one, but I’ve heard about the rave and thought I would include it considering it’s the appropriate

season. To get this drink, order a grande hazelnut macchiato with extra hazelnut syrup, add 1.5 pumps of toffee nut syrup, 1.5 pumps of white chocolate mocha syrup, topped with whip cream and a hazelnut drizzle. Sounds really sweet! If that’s your thing - go for it.

Spiced Apple Pie: Since not everyone is a coffee drinker, I thought I would be nice and include this seasonal secret drink. I have not tried it because it has a tea base. Not my thing. However, I’ve read great reviews! Here’s the breakdown: order a cup filled

with half hot passion tango tea and half steamed apple juice, with 4 pumps of cinnamon dolce syrup, topped with whip cream/ graham crackers, and cinnamon dolce syrup. It is said to taste somewhat like Apple cider.

That’s all for now folks. Check back in when the weather gets colder for the Winter edition of Starbucks drinks!

Some recipes are courtesy of starbuckssecretmenu.net.

Rondeau's Failed Fake Punt Costs Setters in 35-16

Loss to Owls

JAMES BEST
Featured Writer

The Pace Setters football team (0-6, 0-5 NE-10) lost 36-15 against the Southern Connecticut State University Owls (3-3) (3-2 NE-10) in front of a sold out crowd of 1,605 fans in Pleasantville.

In a tightly contested game, momentum swung in the Owls favor after a decision by Pace Head Coach Andy Rondeau to run a fake punt from his own 23-yard line failed with three minutes' left in the third quarter.

With the score 21-16, Punter Niko Fountis faked a punt and threw an interception to Owls RB Vochan Fowler who ran untouched into the end zone to put the Owls up scores.

Rondeau explained his decision to run a trick play in such a critical time in the where his team was within one score of tying up the ball game.

"That's the way we roll. At that point in time the momentum and the drives had shifted. We were down a couple of defensive players based on injury and we haven't stopped them in the second half and were at the end of the third quarter and we make a call that we've practiced," Rondeau said.

Pace had already had a number of successful trick plays

throughout the season, including the first half when QB Jason Habash and WR Tyler Mason perfectly executed a 73-yard touchdown pass on a flea flicker trick play to put the Setters up 9-7 late in the second quarter. Mason also converted a fourth down on a fake punt and direct snap for a 33-yard gain.

"We decided that we were going to exhaust our resources in that area, and it didn't work and there was a chance to but there was a communication issue and it's my fault," Rondeau said.

Rondeau wouldn't specify what the communication issue was but did say that it was important that his team be aggressive at that moment. Rondeau believed that statistically the Setters had a better shot at converting that play than punting the ball away.

"The statistics say that when you punt from your own 23 yard line, with the rate of scoring when you start at the 50 yard line, your odds are extraordinarily low," Rondeau said. "The momentum was such that I said 'I have faith in this.' With a defensive group that's been out there for a number of extended drives at that point in time, there

was no sign of stopping the Owls offense. Our offense had shown signs of productivity and we tried to get them another opportunity there."

Following the fake punt, the Owls took advantage of the momentum swing and Owls QB Raymond Catapano and RB Vochan Fowler gashed the Setters defense for another long drive. RB Eli Parks ran it in from 18 yards out to put the Owls up 35-16, all but sealing the game.

The loss did have some bright spots as the Setters used a variety of different formations to move the ball on offense including moving Defensive Lineman Ja'Sheem Martin and Linebacker Matthew Corrie to offensive line to block for RB Michael Scottman in the backfield.

Scottman totaled 53 yards on 19 carries and 1 td. Mason took home the Homecoming MVP after totaling 103 yards of offense (73 receiving, 33 rushing).

Defensively, Safety Myles Martin made an impact in the first half, flying around the field and making game changing tackles. Coach Rondeau spoke about Martin's performance stating that he's a difference maker on the football field and has a



certain aggressiveness about him that makes him a great player.

"He can affect the outcome of a game to the positive. He makes us better and he remind me of Jamir (Gee) in the way he is physical, a sure tackler, confident, and edgy," Rondeau said.

Martin finished the game making seven tackles, 1.5 for losses, and breaking up two passes but in the second half did not play.

After the Owls scored on the interception, Rondeau choose to move Safety Issac Eason to replace Martin and insert Freshman DB Isiah Williams into the game.

Rondeau said that the reason why Martin didn't continue to play is between him and

Martin although sources close to the team state that players were upset with the Rondeau's decision to call the fake punt leading to the team being down by two scores.

Nevertheless, Coach Rondeau is confident in his players and their ability to fight, battle every week and stay the course on their journey to become successful.

"We want them to compete, battle and fight. I would love for them to taste that success," Rondeau said. "We have so many area victories. We have to stay the course, have a good week in practice and put a plan in place that is manageable, comprehensible and productive."

ARTS & ENTERTAINMENT

Birth of a Nation Remake and Rape Culture

SUSAN ARACANA

Arts & Entertainment Editor

The remake of the movie *The Birth of a Nation* was released in over 1,500 theaters in America this past Friday. The director, the writer, and lead in the movie, Nate Parker, has been the source of controversy in the upcoming weeks.

Parker, while attending Penn State University nearly two decades ago in 1999, was accused and acquitted of raping a classmate. The alleged rape victim's sister, Sharon Loeffler, wrote about this incident wrote about the incident in the OP-ED of *The Variety* on Sept. 29.

Loeffler wrote with explicit detail the information about her sister's case and how Parker and a wrestling teammate of Parker, Jean Celestin, had ruined her sister's life.

In 2012, Loeffler's sister committed suicide. When Parker found out that his accuser killed herself in 2012 he was "shook."

"I was acting as if I was the victim," Parker said. "And that's wrong. I was acting as if I was the victim because I felt like, my only thought was that I'm innocent and everyone needs to know. I didn't even think for a second about her, not even for a second."

Gabrielle Union, an actress in Parker's *A Birth of a Nation*, wrote in the *Los Angeles Times* in response to the news.

"Rape is a wound that throbs long after it heals. And for some of us the throbbing gets too loud. Post-traumatic stress syndrome is very real and chips away at the soul and sanity of so many of us who have survived sexual violence," Union said.

Union in this Op-Ed opened up to the world about her own experience with sexual violence. sharing that she was once raped when she was 17 in the back of a Payless shoe store where she once worked. This was the reason why she accepted the role in the film but she also says that the information is not something to be taken lightly.

In the film, Parker included a rape scene of Nat Turner's wife. Nat, who is played by Nate Parker uses this rape to justify his rebellion.

"I think it's interesting if he did, in fact, rape the woman that he then moved forward with creating a movie centralized around rape. It seems that he would almost be desensitized or not understand the psychological toll that it takes on somebody

who is raped. Even if he didn't in fact rape the woman it's still interesting to think about how close it hits home to him," Pace sophomore Meredith Bowman said.

Parker has been very open about the incident and his past and made it an effort to apologized directly to those affected by sexual assault. He called his actions "insensitive" and "nonchalant."

"All I can do is seek the information that'll make me stronger, that'll help me overcome my toxic masculinity, my male privilege because that's something you never think about. You don't think about other people. I recognize as a man there's a lot of things that I don't have to think about. But I'm thinking about them now," Parker said.

When asked what if Loeffler will watch the movie, she said she would for a true version of this story to be told that respects history and does not re-exploit her sister.

"I don't think that I will ever see the movie. I don't want to contribute to rape culture in our society. Regardless if he actually raped this woman or not,



rape is something that is prevalent, and each time it is broadcasted on the big movie screen, it helps to desensitize and normalize the idea of rape," Bowman said.

Despite the controversy, some students still want to see the movie because of its history.

"I will most likely see

this movie especially being an African-American male in the United States of America. If you don't know your history, it has its way of repeating itself. This movie is a reminder of the oppression that the white man forced upon us," said junior David Grant.

The Heart of a Champion but the Stomach of a College Student

MICHELLE RICCIARDI
Editor in Chief

While college is infamous for sneakily helping students pack on the Freshman-15, the lifestyle of college athletes is vastly distinct from their “NARP” (nonathletic regular person) counterparts.

According to the NCAA, “Athletic performance and recovery from training are enhanced by attention to nutri-

ent intake. Optimal nutrition for health and performance includes the identification of both the quantity and quality of food and fluids needed to support regular training and peak performance.”

Assistant Athletic Trainer/Assistant Strength & Conditioning, Sports Performance/Rehab Coordinator, Phil Ryder, echoes these values when

it comes to Pace’s athletes.

“Fried foods are the worst. The more processed the food, the worse it is for you,” said Ryder. “But right off the bat we tell [the athletes] to make sure that they are taking in enough calories and nutrients to perform at a high level because during times like preseason they are practicing twice a day and

burning roughly three-thousand to four-thousand calories.”

However, finding high-quality and nutrient dense foods with minimal processed chemicals in a dining hall is no easy task. Many times, student athletes must find other ways to incorporate the proper amount of nutrients into their diets such as vitamins and protein supplements.

The NCAA says that, “In general, vitamin and mineral supplements are not required if a student-athlete is consuming adequate energy from a variety of foods to maintain body weight. However, the risk of micronutrient deficiencies is greatest in student-athletes restricting calories, engaging in rapid weight-loss practices or eliminating specific foods or food groups from their diet.”

Sophomore volleyball player Meilyn Atienza knows that it is difficult for any college student to get wholesome foods and says that her and many teammates take multivitamins to supplement the missing nutrients.

“A lot of us do take vitamins because you can’t really get [nutrients] a lot of wholesome foods,” said Atienza. “If

you want to get organic foods it’s extra pricey and we’re all college students.”

Ryder says that the majority of athletes are successful with their nutrient intake and calories consumed. However, newer players tend to under eat, and according to the NCAA, “Insufficient energy intakes (due to skipped meals or dieting) will have a rapid negative impact on training, performance and over time on bone, immune function and injury risk.”

“I think part of it is time management. With early classes a lot of them aren’t waking up and having a large enough breakfast,” Ryder said.

Despite the lack of dining hall options, the majority of athletes are successful in choosing foods that allow them to reach their highest levels of performance with the help of their teammates.

“The little things add up like having [a lot] of candy and in volleyball it can cost you a point and those points add up,” said Atienza. “We usually hold each other accountable and make sure everyone on the team is eating the right kinds of foods.”



How Music Affects Your Mood

JANINE JONES
Copy Editor

Music is a big part of our everyday lives, it gets us excited and makes us want to dance; it can bring people to tears or help them through a tough time. A song can bring back memories and emotions some of us may have forgotten we had - changing our mood within minutes.

Research shows that music affects our mood in many ways but the main reasons are rhythm and tone. Our heartbeat changes depending on the kind of music we’re listening to. For example in a study done by researchers at Pavia University in Italy, it was proven that louder and quicker tempos made people breathe faster, which increased their heart rate and blood pressure. Where slow and soft music did the opposite, lowered heart rates and blood pressure. As a result of studies like this, music is being used as rehabilitation medication for people who have problems with blood pressure.

The field of music and neuroscience is growing and indicating many beneficial ways that music can captivate and change the brain. Music engages the brain in four ways: emotion, learning/neuroplasticity, memory, and attention, but the effects music has on moods and emotions is the most studied.



Scientists at the University of Missouri found that under certain conditions, music can lift a listener’s general mood and increase happiness in two weeks. In the two studies authored by Yuna Ferguson, who was a doctoral student in psychological science at the university when she conducted them, the effect was both self directed and and

psychological: participants were told to feel happier while listening to either happy or neutral music. The upbeat listeners reported higher levels of happiness.

“Our work provides support for what many people already do – listen to music to improve their moods,” said Ferguson. “Although pursuing per-

sonal happiness may be thought of as a self-centered venture, research suggests that happiness relates to a higher probability of socially beneficial behavior, better physical health, higher income and greater relationship satisfaction.”

So the next time you’re bored and want to feel something, consider turning on some

music to switch your mood. Music is an underrated super power that can work wonders for any situation life throws at you. It stimulates and engages our emotions in many stages of our lives and it can take us on an emotional journey if we let it. If someone tells you that a particular song/album hit them right in the feels, believe them.

Setters Profile: Louisa Wegener

SEAN BROWNE
Sports Editor

Pace University defender Louisa Wegener has gone to school in three separate countries and while she has seen plenty of changes, the one constant has been playing field hockey.

Before coming to Pace, Wegener was a student in her native country of Germany. The problem she had with the schooling Germany was that she was very confined to her classroom.

"In Germany, I would have only been able to study one subject," Wegener said. "I was not able to do everything that I wanted to."

Knowing that she needed a change, Wegener used field hockey as a tool to play overseas.

"I went to an agency

called Sports-Scholarships and showed them my highlights," Wegener said. "They were then able to connect me to Pace."

Wegener began her studies at Pace this Fall and so far, she has been very pleased with the school. She notes a huge difference between Germany and Pace.

"I like the university system here because I can study more subjects," Wegener said. "I am in criminal justice, politics and microeconomics."

Aside from going to school in Germany, she also studied at a boarding school in England, where she played tennis and field hockey.

While Wegener has not had a hard time adjusting

schools, she has noticed the difference in field hockey. One difference, in particular, is the physicality.

"In America, it is much more aggressive and you have to be more athletic," Wegener said. "In Germany, we play a little bit more with our head."

Wegener is not the only one who shares this viewpoint. Her roommate, who is on the field hockey team as well, agrees.

"My roommate always tells me that I play so much smarter," Wegener said. "It's different than what she is used to."

The playing environment is also something new to Wegener. In Germany, field hockey is just played as a club sport, whereas now she is play-

ing for her school.

There has also been an adjustment for Wegener when it comes to playing with her teammates. In Germany, her team bonded like a family but that has not been the case here.

"I did not know them when I came here," Wegener said. "They all knew each other and I was completely new."

But as the semester progressed, Wegener became more accustomed to America's playing style, as well as bonding with her teammates.

To her, the whole process was quite easy because she had her parents for guidance.

"My parents try to keep me motivated," Wegener said. "I call them all of the time and they always try to keep me on track."



Pace Presents New Step Team on Campus

SEAN BROWNE
Sports Editor



High Definition joins Pace as the new step team added this semester, they were approved by the Center for Development and Campus Activities (SDCA) on Sept. 17.

"SDCA is very supportive of things like that," said the Vice President of High Definition Toni Henderson. "So when we brought the idea of a competitive step team on campus they were very open to the idea."

Since Henderson was a member of a step team for seven years, she wanted to bring her knowledge of step dancing to Pace.

Luckily for her, fellow Pace student and High Definition President Gariel Spears was a teammate of Henderson, so they both wanted to share their love of dance.

"We both knew each other for a very long time because of step, but we did not know our paths were going to cross here," Henderson said. "We both came in with the intent just to start something new and be

team leaders."

However, since there is another step team on campus called the 808s, High Definition has to prove to the university that they are different from the other step team.

"There are different styles of step, there is not one way to do it," Henderson said. "Our style of step will be different from the style of step that the 808s do. To the people who know step they will see differences."

Henderson also hopes that High Definition's style of step will bring excitement to its viewers.

"Gariel and I pride ourselves on precision and complexity," Henderson said. "We want to always have that wow factor."

High Definition will also be a part of the National Stepping Association (NSA), which means that they will get to compete against schools and step dance on a national level.

But before that, Henderson hopes to start competing

with neighboring schools.

"We want to go to places like John Jay and Fordham," Henderson said. "We want to go to city schools that host their own step competition."

The team hopes to start competing by the end of this year.

The response from students has polarized Henderson, with a portion of students being very supportive and attracted to High Definition.

"Gariel and I were not expecting such a big group of people to turn out," Henderson said. "So the fact that people were so interested in this was amazing."

Henderson has seen a fair share of backlash from students, particularly because students are not accepting of High Definition's concept. However, none of that backlash has come from the 808s, who have a mutual understanding with High Definition to coexist on campus.

"Basically, [the backlash] was because why would

Pace need another step team because the 808s were already here," Henderson said. "I expected people to be confused about it."

APPLY TO BE ON THE
CONFERENCE PLANNING BOARD

Women's
LEADERSHIP
CONFERENCE

APPLICATIONS DUE WEDNESDAY, OCTOBER 19

The 3rd annual Women's Leadership Conference will be a premier leadership experience and a continued campus tradition. Interested in joining the planning board?

Apply for one of the positions:

Logistics & Assessment Chair

Event & Hospitality Chair

Program & Presenter Chair

Volunteer Chair

Social Media & Marketing Chair

Don McPherson Challenges Masculinity, Language and 'Locker Room Talk'

JAMES BEST
Featured Writer

Former Syracuse College Football Hall of Fame Quarterback, Don McPherson, came to Pace University this Monday night to have an honest conversation with athletes about recognizing the truths of male behavior and men committing acts of violence in society and on college campuses.

He talked to students about the language they use to describe themselves noting that the language our society uses to define men and women creates gender inequality and promotes a culture of misogyny.

"What do we say men have to be? Strong, tough, brave, resilient, fearless and respectful," McPherson said. "If you refer to a guy as an inanimate object or an animal it's a compliment, but you compare him to his sister and it's the ultimate insult. That is the misogyny. When we say 'you throw like a girl' we respond with 'you have to man up' and that's the narrowness of masculinity, what it means to be a man."

McPherson explained that using a female comparison to insult men creates a generalization that females are less than males. He believes whenever athletes or coaches use misogynistic and homophobic language to encourage others to perform

better they contribute to the negative culture of our society.

"The language that we use is not loving or caring, it's abuse. When a guy steps out of his box we call him a faggot or we call him pussy or bitch. I had a coach come up to me one time and say 'I used that language today trying to motivate my players to be tougher.' If you believe that other people are less, then you're going to disregard their feelings and disregard their rights. That language is important because it creates an attitude," McPherson said.

McPherson used his speech as a platform to make a statement about the way society perceives male conversations, referring to Donald Trump's 2005 Access Hollywood comments off camera, reportedly bragging about kissing females and touching their genitals.

"This isn't about Donald Trump. This about the excuse that we make for the language that we use as being 'locker room talk'." McPherson said. "All these professional athletes are getting involved because he was using that excuse. What he described himself doing is sexual assault, you can not grab somebody without her consent and then he blamed it on the tired,

stereotypical narrative that in the locker room this is what goes on."

Pace male athletes spoke about their perspective of locker room talk and how it is reflected within the sports teams on campus.

Football Captain Delaney Wallace didn't agree with Trump's comments stating that conversations disrespecting women do not occur within the Pace Football locker room

"I don't think its locker room talk. I feel like that's really a matter of the type of person that you are and who you are. I'm in a locker room, and that's not necessarily what we talk about. Were talking about plays, were talking about funny things that have happened that are not necessarily to disrespect women. It's not 'locker room talk,' that's ignorant talk," Wallace said.

Basketball player Bryan Rivers said that acknowledging language is important for men to truly understand the ramifications of their actions.

"We as men don't really focus on what we say and, in certain situations, how we should [say something]. Its big especially in today's world that we just assume things. Guys need to respect women," Rivers said.



Rivers says his family roots have always taught him to be respectful to women but he will continue to work on his language when speaking about women.

"I have a mom and two sisters so, I'm very respectful to women but I feel language is huge. You don't really know what you say, you just say it because it's the 'lifestyle' of what we think we have to talk about," Rivers said. "If you [speak that way] in the locker room with guys that you're with every single day that respect you, they are going to take that and carry it

on to guys, and friends that they have back home, or on campus and so one little moment in time can have a domino effect and it will just spread and everyone will respect women."

McPherson travels to different campuses around the United States to speak to students about various social issues. He describes himself as a feminist and feels that although many men may not want to admit it, they are feminist as well.

FLUSH FLASH OCTOBER 4 - OCTOBER 10

10/4 TUESDAY **10/5 WEDNESDAY** **10/6 THURSDAY** **10/7 FRIDAY** **10/8 SATURDAY** **10/9 SUNDAY**

4:00PM
Career Services
Interview Workshop
Kessel Conference Room A/B



7:00PM
Remembering and
Celebrating David Wood
Butcher Suite

7:00PM
Women's Volleyball vs.
American International
College
Goldstein Gym



8:00PM
Black Cinema Movie
Night: Dope
Alumni Lawn

10:00AM
LinkedIn Headshot Session
Kessel Conference Room C/D

10:00AM - 2:00PM
Fall 2016 Internship Fair
Goldstein Gym

12:00PM
Pride Kick-Off
Miller Lawn

12:10PM
On Wednesdays We Wear
Pink
Wilcox Multipurpose Room

4:00PM
Career Services Interview
Workshop
Kessel Conference Room A/B

9:00PM
Anatomy Coloring
Kessel Multipurpose Room

9:00PM
NALFO Informational
Wilcox Multipurpose Room

11:00AM
Elm Hall Ribbon Cutting
Elm Lawn



3:30PM
Catholic Communion
Service
Butcher Suite



9:30PM
Step & Stroll Show
Goldstein Gym
Requires advanced registration

12:00PM
SGA Finance Meeting
Kessel Multipurpose Room

5:00PM
Crafting Your Pace Spirit
Boudreau Lounge

7:00PM
Women's Volleyball vs.
Adelphi University
Goldstein Gym

8:30PM
Pace Pride Parade
Goldstein Gym

8:45PM
Celebrate
Lot D

11:00AM
Tailgating Opens
Lot F

1:00PM
Football vs. Southern
Connecticut State
Pace Stadium

1:00PM
Football Viewing Party
Boudreau Lounge

6:00PM
Faces of Pace Dinner
Goldstein Gym

8:00PM
Trip to Blaze
Leaves from North Bus Stop
Requires advanced registration

12:00PM
Football for Futures
Miller Lawn

1:00PM
Women's Soccer vs.
Southern New
Hampshire
Pace Stadium

**10/10
MONDAY**

12:00PM
Raise Some Dough
Kessel Well



Register for Homecoming Events at <https://plvhomecoming2016.eventbrite.com>

**FOLLOW US ON
SOCIAL MEDIA**

Facebook: Student
Development and
Campus Activities - PLV

Instagram: @plv_sdca

Twitter: @plv_sdca