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Students Vandalizing Homes on Bedford Road

SEAN BROWNE
Sports Editor

Students have been vandalizing homes and disturbing neighborhoods on Bedford Road in recent weekends.

According to the Mount Pleasant Police Department, eight Pace students were charged with various charges, including underage drinking/open container, disorderly conduct, possession of a forged instrument, unsafe driving, and driving with a suspended license. Most of these violations occurred around 3 A.M on on Sept. 25th.

On Oct. 9th, the police department released a statement on their Facebook page stating: "Numerous summonses were issued in the area of Pace University by officers detailed to the area."

Paces Executive Director of Safety and Security, Vincent Beatty, explained that students have been walking home from local bars belligerently and causing damage to the area.

"A mailbox was vandalized by a student at four in the morning," Beatty said. "It's also just loud noises that start in between one and four o'clock in

the morning."

Beatty also acknowledged that students have been littering all over these homes. There was one instance of students picking up pizza and hot-dogs at 7/11 and then throwing the food on people's front lawns.

One victim who lives on Bedford Road, who wishes to have their identity and exact address to remain anonymous for privacy reasons, said that this has been a common occurrence.

"Every year when the students come back to school there is a trail of garbage from the seven-eleven all the way to here," the anonymous resident said. "This goes on practically after every night they walk up here."

This resident also said that the students leave a lot of beer bottles over the neighborhoods, which is a hazard because of broken glass.

Aside from the littering, there have been also been fights occurring. There was one instance a few weeks ago where a large fight unfolded on the anonymous resident's front lawn.

These offenses are



Photo Courtesy of the Mt. Pleasant Police Department Facebook page

increasing in frequency and have left this resident worried of what's going to happen next.

"The volume has been much higher the past couple years," the resident said. "I have lived here thirty years and I have never seen it like this. We always had a night here or there, but not like this."

Mount Pleasant Police Department Detective Justin Jacobsen says that the reason for

more student disturbances has been the fact that Pace is increasing its enrollment.

"Obviously [Pace] has more students now because they moved all students from the Briarcliff campus to the Pleasantville campus," Jacobsen said. "So we understand that call volume will go up, just based on more students being there."

In order to combat these high number of crimes, the

police have been increasing their patrol on Bedford Road during the overnight shift.

Punishment for the offenses can vary from a verbal warning to a town summons or an arrest.

Students could also face discipline from the university, such as fines, probation, or suspension from the resident halls, depending on the level of offense.

Provost Holds Luncheon to Address Concerns on Campus

JOSEPH TUCCI
Managing Editor

Pace's Provost and Executive Vice President for Academic Affairs, Uday Sukhatme, hosted a Brown Bag Lunch event for students to network and discuss changes they want to see to the campus with Pace administrators Friday afternoon in the dining area of Choate House.

Freshman Ally Rodriguez said she wanted to see Pace have more activity in the town

of Pleasantville and that she currently feels uncomfortable there. Associate Vice President and Dean for Students, Lisa Bardill Moscaritolo, suggested that the University should introduce students to the town during orientation.

Moscaritolo also mentioned that the university has been holding community meetings with the village to ad-

dress concerns, particularly with the behavior of students in the town's bars.

"We try to have meetings with the community leaders and some of the bar owners too because we do get concerned with some of the drinking, with some of our students being over served," Moscaritolo said. "We also have meetings because unfortunately, there is sometimes behavior that is inappropriate from our students."

Student Government Associate President (SGA), Mitch Farrell, spoke about how SGA is working on a contract with the ride-sharing service, Lyft, to provide a safer means of travel in Pleasantville.

Farrell also wants to create safer pathways in town, since often times students walk in the middle of roads and get \$50 tickets for jaywalking.

Sukhatme then spoke about Starfish, a new program that Pace is implementing this semester so that professors can give feedback to their students through online notifications. The program is shared with the stu-

dent's advisor so they can reach out to the student if they detect issues.

"Starfish is an opportunity for your professors to indicate how you're doing in class. They can say things like 'great job', 'really doing well', or they may be some concerns [like attendance, poor grades on assignments, and tardiness]," Associate Provost for Academic Affairs Adelia Williams said. "It gives you an opportunity to see how you're doing throughout the semester in an informal way. It's not a grade."

A student then raised a concern about there not being enough transportation between Pace's campuses, especially when it comes to students getting from New York City (NYC) to Pleasantville. Farrell said that this is something that the NYC's SGA had asked Pleasantville's SGA to look at implementing.

The forum then moved into a discussion about how students feel unsafe because the campus has poor lighting in certain areas, like Townhouse Hill, Martin, and North. Moscaritolo

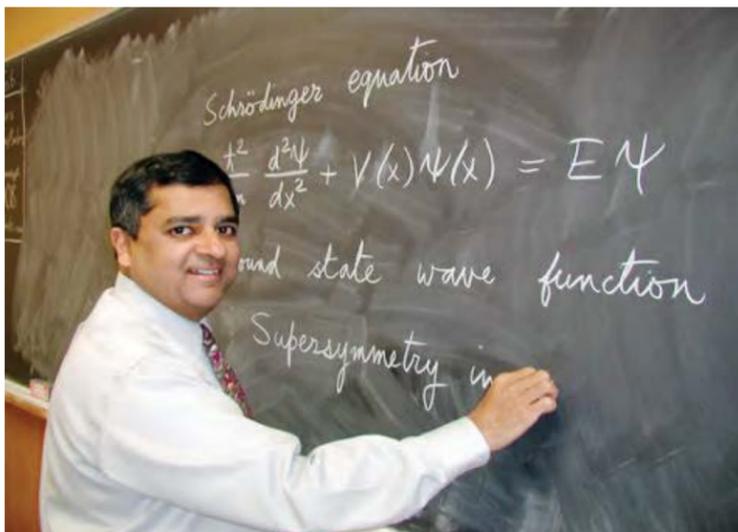
said the administration is looking to improve the lighting.

"I feel like the bus stops are kind of dark. [Walking back to my dorm in Alumni] can seem kind of terrifying," Rodriguez said.

Finally, when the Pace IOS application (app) was mentioned, Sukhatme discussed how the administration is going to work with the Information Technology company EAB to create a new app that has more functionality than the current one. However, this process is not going to start for at least six months.

Rodriguez felt like this meeting was highly beneficial for her.

"I think openly discussing issues with multiple people [was beneficial]. For example, the lighting and bus issues. I didn't even know people got ticketed for jaywalking," Rodriguez said. "Just to be aware is really important. Not just for me, but anyone that I know. You have got to be careful."



Pace's Provost and Executive Vice President for Academic Affairs, Uday Sukhatme, who held the luncheon. Photo courtesy of Pace University.

Greek Organization Gets Candid About College Loans

TABATHA GONZALEZ
Feature Writer and Photographer

National Breast Cancer AwareneThe sisters of Sigma Lambda Upsilon (SLU) hosted their “I Am Not a Loan event,” where they discussed the financial loans college students borrow and the rules and regulations that come with them, last Wednesday in Kessel’s Butcher Suite.

SLU sisters Madeline Barrios and Amber Borrero presented an informative PowerPoint which included statistics about the amount of students who borrow loans and the amount of students who are still paying their debts back. American students are over \$1.3 trillion in debt from loans.

To help students understand real-life scenarios of how people deal with loans, SLU members had exercises for the attendees. Students were handed a card with a given economic class: lower class, middle class, and upper-middle class. With this, was their income

and monthly dues including mortgage, car payments, food expenditures, and miscellaneous bills.

Participants were then given three colleges their “children” were accepted to. The groups had to make their best financial decision based off of the hypothetical lifestyles they were given.

Some students had a different perspective on loans. They claimed that loans just accumulate with other bills that adults would normally have to pay for; like mortgage, car, and electric bills. They made the point that loans may seem like a lot to pay off at once, but students will never have to pay them in that way. They will be given the opportunity to pay them throughout time in small portions.

Often, students do not understand the terminology behind loans and just accept them when offered from financial aid, which can lead to loan debt.



Courtesy of Creative Commons.

To avoid this, SLU informed the students who attended about common loan terms they might have been familiar with such as subsidized and unsubsidized loans.

Many attendees did not know that subsidized loan mean that the loan’s interest does not apply while in school, whereas, an unsubsidized loan does have interest while the student is in

school.

“We believe that students don’t really know much about student loans or debt so we wanted to educate our peers about this topic. Iamnotalooan.org is an organization that pledges to take action to reduce student debt. We want students to know there is something you can do about this,” Borrero said.

SLU then encouraged

the attendees to go out and vote in the upcoming presidential election. They stated how Donald Trump wants to fix the student debt problem in the country but has not yet stated a plan on how to do so. On the other hand, Hillary Clinton wants to implement a student loan forgiveness plan which allows students to lower their payments and refinance loans to current interest rates.

Media Professor La Rosa Teaching Students To Make Films About Their Passions

LIA TASSINARI
Social Media Editor

It wasn’t until her study abroad as an undergraduate student that Melanie La Rosa’s life was changed.

La Rosa, a filmmaker, producer, and media professor at Pace University, attended the University of Michigan as an undergraduate student and graduated with a Political Science degree. However, when it was time to choose an internship, La Rosa chose one in Costa Rica, where she would have to make a video in a coastal town. It changed her

life from then on.

“[I used] a very old VHS camera. It’s what you got on an internship in Costa Rica and I made a documentary on ecotourism because it was a coastal town where there was a lot of surfing and new hotels being built,” La Rosa said. “It was very rural and there was an influx of people coming for Eco-tourist hotels. So, they were going through a lot of changes.”

This project became an inspiration for La Rosa to create

more films. After she graduated, she moved to San Francisco to work at human and civil rights organizations, such as the American Civil Liberties Union and a Native American empowerment organization.

Around the time she was working at these organizations, one of her friends was in the midst of a gender transition from female to male. To La Rosa, this was the perfect opportunity to make a serious documentary for the world to see and so she

created the film, “Sir: Just a Normal Guy.”

The young producer began to film her friend, Jay Snider, and his transition process by herself. Although La Rosa admitted that she wasn’t fully equipped when it came to the audio aspect of filmmaking at the time, this documentary caught the attention of many around the world.

“I had a cut [of the documentary] and I sent it to the New York Gay and Lesbian Film Festival and they premiered it,” La Rosa said. “I sent it to a lot of festivals but I got it into the New York one. I was super excited and then I started getting invitations from other film festivals around the country and there were a bunch of international ones, like Australia and Canada.”

At that point, La Rosa knew that film school at Temple University was the next step in her life. There, she became more advanced at making films and created the documentary she is most proud of “The Poetry Deal: A Film with Diane di Prima.”

di Prima was a prominent writer of the beat generation, an era where writers challenged literary norms. La Rosa was fascinated with di Prima and even read her autobiography twice.

“One of the fun things to do with a documentary is that you can randomly introduce yourself to people and say, ‘Can I make a film about you?’” Amazingly, in this case, [di Prima] said yes,” La Rosa said.

The documentary took seven years to complete.

“[di Prima] wasn’t the easiest person to work with,” La Rosa said. “But she’s kind of a revolutionary. The things you love about them are also the things that frustrate you. She just didn’t operate on a very normal person schedule. So it just took a long time for me to get all of the footage and also to get the money.”

Once it was complete, the documentary was shown at 13 different screenings around the country. Not only was this one of her most successful films, but it was an experience that has taught La Rosa about the most valuable concepts of filmmaking: raising money and finding time.

“Because I didn’t know so much about the technology when I made my first film, I became a little obsessed when I learned everything,” the media professor said. “Now I know I can just go out and shoot, edit, and make a film. But, for me, it’s just finding time now. It takes a lot of time.”

La Rosa is currently working on a new film, “How to Power a City,” which is about renewable energy in New York City and New Jersey. She hopes that her new film will be completed in one year. In the meantime, she continues to teach at Pace and advise its film club, Film Appreciation Program of Pace.



Professor Melanie La Rosa. Courtesy of Melanie La Rosa.

OSA Innovations Increase University's Student Retention Rate

MICHELLE RICCIARDI
Editor in Chief

The retention rate at Pace University has increased by more than 1% according to Assistant Vice President for OSA, James Curry, and he says that the innovations at OSA are driving this change.

"It's about engagement and keeping the student connected," said Curry. "That's what we're trying to do and that is what advisors and housing and athletics is trying to do. I think we're getting to the student better and it's all a part of the educational process."

OSA's innovations began in 2010 and have included getting rid of "old formats" and updating their processes to enhance communication with Pace students.

In order to increase efficiency, the department continues to decrease waiting time by taking the initiative to contact students, simplify forms, advance technology, measure staff accountability, and even decrease or reassign staff.

"We've made a lot of progress since [2010]. Student service is our number one priority. Speed and efficiency and accountability is also a top priority," said Curry. "The goal was to understand where we went wrong [during contact with students], how to fix the process, and then how we can change it for the future so we can capture students before they get to that situation."

Curry says that he values the university's relationship with students and was inspired to create change because of his own experiences as a student.

"I came into higher education as a CUNY student. I was that student who hated the bursar/registrar," said Curry. "My foundations are motivated because I know what the student is going through not only academically but also the complexities of managing other inefficiencies that compound this negative feeling that [students] have for both the institution and



Office of Student Assistance (Courtesy of Pace University's Homepage)

its divisions."

According to Curry, OSA collects student feedback about their experiences with the department through surveys and recordings. These student responses are then analyzed and used to create a better relationship between the students and the department.

"[Before newer processes] we had no way of accounting for student contacts, no way of knowing who had that contact, or the quality of conversation and

it was all hearsay," Curry said.

"So we built a tool internally that manages all of that by tracking and recording every single student interaction. We then look at the data and try to figure out why the students are falling [into a certain level of satisfaction]."

Curry says that Pace's "standard of best practice" includes having high quality of relationships with students, high volume of contact, and knowledge about each student so OSA can fully understand who a stu-

dent is before they approach the department with any questions or problems.

"Loyalty is really important to me. I'm a big believer in making sure that students understand that we are here for them and that we take them seriously," said Curry. "That also kind of shows students that they can be loyal to the university. We are building relationships with them and that has been one of the foundations [of change]."

OPINION

An Ode to Media, Communications, and Visual Arts Majors

NIHAL AL QAWASMI
Opinion Editor



Immanuel Pasaka via StockSnap

No offense to English majors - keep doing your thing. If only people know how drastically different our two majors are.

In an effort to break the stereotypes and educate the masses, I will give you all the breakdown of what it's actually like to be a member of the Media, Communications, and Visual Arts department. (Represent!)

Communications is not a skill that everyone has, yet it's needed everywhere. Every single industry, job, and career rely on communicational skills, one way or another. Our degree can be applied anywhere - because as mentioned before, it's not a skill

that many know how to navigate effectively. And more often than not, companies rely heavily on internal and external communications - and it usually makes or breaks them.

Contrary to popular belief, MCVA majors are not "easy A's" nor do we only spend our time "writing papers." In fact, it's probably one of the most hands-on departments that do an excellent job at getting students ready for their careers.

Heck, one of my Public Relations classes right now is a simulation of the "real world." News flash: the real world is not easy. It's a slap in the face. But come graduation in May,

I'll be two steps ahead of other candidates, and it's all because of classes like this.

MCVA students are media experts. We possess exceptional analytical research, writing, and visual skills. We're persuasive, passionate, engaging, and we know how to tell a story on a variety of platforms using different mediums. Meanwhile, other students can barely write a decent term paper.

I'm in no way saying our major is the be-all-end-all (or am I?), but I am saying that those who criticize it wouldn't last a day in our fields. So here's to us, the (underestimated) MCVA majors. May our creative energy (and pride) live on.

Pace Professor to Appear in Big Apple Film Festival

Pace University Professor of literature and music and author, Dr. Nick Catalano, will appear in a Big Apple Film Festival 2016 movie.

Catalano will be featured in a new jazz film titled, *They Died Before 40*. The film will open November 1 at Village East Theaters in Manhattan before screening at other international festivals and nation-wide release. Students and faculty are encouraged to attend.

JANINE JONES
Copy Editor

Still Trying to Figure Things Out—A “Thought” Piece

DIANE CYPKIN
Featured Professor



Courtesy of Pace.edu

Sometimes when I have a moment “between the busys,” I still think about those BIG questions like, “Why am I here?” “What’s my purpose?” “Why?” Oh yes, I know it would seem absurd to many—especially young people—if they knew I had such thoughts. After all, I’m not twenty! I’m not even forty! But I’m still thinking about them . . . and I have a feeling that others like me, from the “boomer”

generation, do too! For, the truth is, we may seem old to many, but we’re all still just kids in “wrinklier skin.” We still get hurt by the same things. We’re still afraid of the same things. We still love the same things. We just don’t tell!

Anyhow, at this point, unfortunately, I really haven’t discovered any BIG answers to those BIG questions. But I have come to some smaller conclu-

sions which I’d like to share . . . and have my reader consider. In sum, I do believe that when we were “evicted” from the Garden of Eden, we, with great forethought and compassion, were given three things the BOSS (the one who created and then evicted us) knew would stand us in good stead on the oftentimes difficult road we would travel: a sense of humor, a love of music, and Toto. Why these three?

Well, for example, let’s take humor. When we laugh we are actually looking at a problem from a new and objective perspective. Indeed, we are “standing back” and seeing this treacherous skyscraper of a “mountain” we’ve made turn into a lowly “nothing much” of a “molehill.” In consequence, our ability to cope with it—whatever the “it” is—magically and instantaneously appears. We suddenly feel strong. We begin to believe we can conquer whatever the problem is. No, it’s no wonder at all that in the worst of times people MUST laugh! If not, the pain, the weight of anguish, would be too great! Thus laughter is a vital, life-giving escape, a safety valve, a NECESSITY! I’m sure it keeps us all SANE! (I’ve never seen people who suffer from mental illness laugh!) Think about it!

Then there’s music. Have you ever noticed how when you listen to music, I mean REALLY LISTEN, it takes you to another place! It can make you happy when you are sad, helping you leave behind a world “too much with us” to soar beyond it! Then again, if you like, it can allow you to “explore” your sadness. (There’s nothing wrong

with that. In fact, it’s probably good to “investigate” the “why” of your feelings. What’s psychiatry all about anyway?) In short, music helps us dream . . . and, according to those in the know, dreaming is important! We don’t know why exactly yet . . . but there’s lots of research going on about it. Meanwhile, I’ve also read that for those truly troubled, music is the only thing that can still reach out to them . . . wherever in their minds they’ve gone to. Yes, music is truly a gift that helps us continue “being.”

Finally, there’s Toto. Who’s Toto? It’s that little dog that came out of the forest to be with us. It’s our most faithful companion who will NEVER leave us. It’s the one who is happy with us . . . and when nothing else helps, it’s that little dog that will kiss your nose and lick your cheek telling you in your sadness, “I understand. I’m with you for always . . . We’ll play again, you and I. Just wait and see. I’m waiting . . . see . . .” (P.S. My little dog’s name is “Momele.”)

Nu Zeta Phi Fashion Show Goes Pink for Breast Cancer Awareness

SUSAN ARACANA
Arts & Entertainment Editor



Think Pink Fashion Show 2017 (Courtesy of Nu Zeta Phi’s Instagram)

Nu Zeta Phi’s “Think Pink” Fashion Show for Breast Cancer Awareness took place in Kessel’s Gottesman Room last Friday night. Breast Cancer Awareness is one of Nu Zeta Phi’s philanthropies and October is Breast Cancer Awareness month.

The show featured three contestant rounds - Sleepy Pink, Sexy Pink, and Professional Pink - where each contestant was asked a different question and had a chance to walk the runway. Each contestant was escorted to the runway by a Nu Zeta Phi sister.

The show began with a breast cancer awareness video, which was about five minutes long. The informational video highlighted important facts like one in eight women in the U.S. will develop invasive breast cancer over the course of her lifetime and that men can also

have breast cancer.

There was a five dollar entrance fee, and all proceeds will be donated to the Breast Cancer Research Foundation.

“It’s for a good cause and you get food so, it’s a win-win,” sister of Sigma Iota Chi Ali Idzinsk said.

During the first “Sleepy Pink” round, contestants were asked, “What’s your perfect date?” Answers from contestants included, “anything in Manhattan,” “long walks,” and “Kessel”.

During “Think Pink’s” second round, “Sexy Pink”, contestants were asked, “What’s your favorite pickup line?” The audience loved the answer, “Are you Google? Because you’re everything I’ve been looking for.”

To finish off the last “Professional Pink” round, contestants were asked, “Where do you see yourself in fifteen years?”

In between rounds, there were performances by the 808 step team, Annie Alfiero, and Joseph Kelly with Mitch Farrell. The first performance were covers performed by Mitch Farrell and Joseph Kelly.

The 808 step team performed perfectly choreographed step moves and interacted with the crowd. Following the 808s, Nu Zeta Phi sister Annie Alfiero sang and played the guitar.

Brother of Alpha Phi Delta, Lopergolo, said he entered the event because he, “enjoys participating and watching my pledge brothers walk the runway alongside [him].”

At the end of the “Think Pink” Fashion Show, Kirstin Capasso won first place, Brother of Delta Kappa Epsilon Simon Driver finished second, and brother of Alpha Phi Delta Erik Bono took third.



Feminism Redefined During The International Day of the Girl Festival

NIHAL AL QAWASMI
Opinion Editor

Pace football captain, Delaney This week, I want to talk to you all about a subject that I am surprised I haven't brought up earlier: feminism. Now, before you all roll your eyes to the back of your head, ask yourself, "Do I even know what feminism means?" If you're annoyed at the thought of the word, chances are you don't know. So let me give you the breakdown.

Feminism: (noun) the advocacy of women's rights on the grounds of political, social, and economic equality to men.

And in case you didn't know, feminism goes beyond equal pay.

On October 11th, International Day of the Girl took place - declared by the United Nations. This observance is meant to raise awareness about not only the inequality girls face worldwide, but also the straight up injustices. From educational rights to legal, nutritional, and even medical rights - girls everywhere, to some degree, are still not protected and face severe

discrimination because of their gender.

However, it's not all bad. The day is also meant to celebrate and support girls and young women all over - and encourage them to reclaim their space and implement themselves fully into society.

I could sit here for hours and talk about all the issues girls and women face on a daily basis. But, I'm going to try and not make this article super lengthy, so I'll only talk about educational rights (for now).

According to a speech by Michelle Obama, more than 62 million girls around the world have no access to education. In many places around the world, a lack of education for girls puts them at absolute risk for sexual violence, child marriages, etc.

In an article released by the United Nations Children's Relief Fund (UNICEF), giving girls an education helps break the cycle of poverty, makes girls less likely to marry young or die in childbirth, and they become



Girlrising.com

more likely to send their own children to school.

Does that make education the key to all the problems girls face? Maybe. However, I believe it goes deeper than just sending girls to school. I think it also begins by educating young boys in an effort to prevent them from internalizing patriarchal or misogynistic values. We have to break the cycle from every angle.

On the topic of education, I'd like to do a tiny plug for one of my favorite movies:

Mona Lisa Smile. Starring Julia Roberts and set in the 1950's, this film is centered around a free-thinking professor that tries to challenge the traditional social roles of women at an all-girls institution: Wellesley College.

In the film, the young women attending the college - who are labeled as some of the smartest women in the country - have one goal. It includes finding an appropriate suitor and getting married. Getting married was seen as an absolute accomplish-

ment. It also meant they could slack in school and not further their education because they now have other "duties." The professor - Julia Roberts - pushes for the girls to see a new perspective.

As the African proverb goes: "If you educate a man, you educate an individual, but if you educate a woman, you educate a nation."

That's right. Who run the world?

ARTS & ENTERTAINMENT

The Man Behind the Microphone: Marion Stafford

"Blame the Comic"

JOSEPH TUCCI
Managing Editor



Marion Stafford, also known as "Blame The Comic". Photo courtesy of Gigsalad.

"You had one character who had an African Accent in the whole [Lion King], Rafiki. The goddamn monkey. So you mean to tell me that this is the only character with an African accent and [the Africans] still have to be bamboos and monkeys with the big red ass," Stafford said.

Stafford started his comedic career in 2002 after being inspired by other stand-up comedians in his area. The Houston native experienced his first success in 2004 when he won a competition with The Kings and Queens of Comedy show.

"My three minutes [At The Kings and Queens of Comedy] won me three thousand dollars, a jacket, and got me on a thirteen-city tour," Stafford said. "I never quit, I just kept moving forward and now stand-up comedy is my full-time job."

In 2004, Stafford got his first television appearance at Black Entertainment Television's Coming to The Stage during its second season. There, he felt like he lost due to the network wanting to target certain ethnicities for viewership.

"Towards the end of the episode, when things were working out, they kept people

of certain ethnic backgrounds for viewership. I didn't fit their puzzle so I didn't get to move on in the comedy competition," Stafford said.

This year, the comic has seen growth in his social media, with his Facebook account growing from 5,000 followers to over 224,000 after he started releasing comedic videos on the platform. He sees this expansion as the key to future success.

"I know a guy who has three million followers on Facebook and he goes around the country getting five to ten thousand dollars [performing for the weekend,]" Stafford said.

Stafford has also used his comedy for charity work, hosting a show for the Keep a Child Alive Foundation.

Before becoming a full-time comedian, Stafford worked as a certified special-education teacher, however, he stopped teaching because he has seen more success as a comic.

"Anytime you work for yourself you have your ups and downs. I will say that since I've stopped teaching, I've made more money than when I was at my job. So, it wasn't a bad move," Stafford said.

In the next five years, Stafford hopes to get his own sitcom or movie.

"I'm definitely on my way to doing bigger and better things," Stafford said

The comic booked his show at Pace through the Association for the Performance of Campus Activities. This was the furthest he has ever been from Texas.

"Pace hit me up and said 'Hey we would love to have you' and I guess my show was clean enough and wasn't too raunchy [that it was appropriate]," Stafford said.

Although Stafford felt that his brand of comedy didn't always connect with Pace, because he is older than his audience and he is from Texas, he still felt it was a successful event.

"He was terrible. You couldn't understand him at all," Junior Joseph Gonzalez said.

The Hazardous Effects of Taking Caffeine Pills

ELISE ADAMS

Layout Editor

Caffeine is a stimulant of the central nervous system that provides energy and alertness. Caffeinated beverages, such as coffee, tea and sodas, are common among most people to provide energy throughout the day. Recently, caffeine pills have emerged as a popular trend and are preferred over caffeinated beverages.

Caffeine pills are around the same size as an Advil, or Ibuprofen capsule, and contain 200mg of caffeine per pill. This is equal to about two cups of coffee. It is not recommended to consume more than 400mg of caffeine per day for men or women. Two caffeine pills are equivalent to four cups of coffee, which is the maximum recommended daily dose.

"I love the taste of coffee and will still get a coffee probably once a week, just for the taste, but I like taking caffeine pills," Pace junior Josie Lovallo said. "They are more cost efficient than buying a cof-

fee every morning and are easy to take when I wake up or before I leave for class."

A bottle of caffeine pills ranges from eight dollars to ten dollars, at CVS or Walgreens, and contains 40 to 60 pills.

According to Julie Boehlke of Livestrong, "Popping an additional caffeine pill to get more energy and stamina can be easy, but doing so can be dangerous. Consuming over 500 mg a day is considered heavy use. You may begin to experience extreme nervousness, insomnia, rapid or irregular heartbeat, muscle tremors, nausea, irritability, and restlessness."

The side effects of caffeine pills are dependent on the dosage consumed and the person's tolerance to caffeine.

"One pill of around 100 to 300 mg of caffeine will generally feel like you have consumed between two to four cups of coffee," Boehlke said. "At this point, you will begin to feel alerted and more aware of your



Courtesy of Terapeak

surroundings and will be able to focus and concentrate better."

The sudden rush of energy provided from a caffeine pill may tempt consumers to take more than the recommended dose. Overdosing on caffeine can cause dizziness, insomnia, headache, fever, irritability,

hallucinations, confusion, chest pain, irregular or fast heartbeat, uncontrollable muscle movements, and convulsions. Caffeine pills should be taken with caution at all times.

Are You Washing Your Towels Enough?

JANINE JONES

Copy Editor

The efforts people will go to for perfect skin knows no bounds, whether it's purchasing expensive lotions and serums or having specific beauty regimens. Despite all that hard work, could there be something sabotaging your journey to perfect skin? As a matter of fact, there could be.

Towels are a bathroom necessity, everybody knows it. No matter what you're doing, if it involves your body and some water, a towel will more than likely be in the midst. But towels are the perfect places for bacteria and germs to cohabitate. More specifically, bacteria that can cause breakouts and other health issues. There are a lot of disgusting things that can be found in face, bath, and body towels. For example, bacteria is all around - and on - us, it flourishes in moist places (i.e. used bathroom towels). Also, the looped fibers found in the towels are perfect places for bacteria to hide and set up camp, so have fun with that fact.

According to New York dermatologist, Dr. Whitney Bowe, using an unclean and possibly infected towel can cause problems like bacterial infections, fungal infections, and minor breakouts, but in more serious cases MRSA and staph infections can spread through unsanitary towels. Even the most unlikely viruses like a cold, the flu, and pink eye, can hide in towels. Those who are prone to breakouts an unclean bath towel can be a catalyst for acne.



Courtesy of Pixabay.

"If makeup is on the towel, then rubbing it into the skin can exacerbate acne," said Bowe. "And if the prospect of bacteria isn't enough, simply rubbing your face or body with a towel can also cause acne because of friction against the skin."

After all that, one might

ask, "How often should I be washing my towels?" The answer is quite simple, you might want to wash your towel after it has been used three times. It's important that you think in uses and not days when it comes to your clean towel needs because some people shower more than once a day, where some do not

bathe everyday. But if you don't have an abundance of time to do laundry a few times a week, you can stick to washing your towels every three to six days.

When you wash said towels, make sure you are using hot water and use bleach, or a bleach substitute, and dry for 45 minutes. If you are using

detergent, go for one that says "free and clear", meaning sans fragrances and perfumes, which will help with eliminating acne-causing skin irritants.

African Swimmer Standing High Atop The Podiums At Pace

SEAN BROWNE
 Sports Editor

One of Pace's most successful men's swimmers this year, Andresious Cyprianos, has received multiple awards and honors, something he would have never dreamed of growing up in Zimbabwe.

Swimming has been a passion of Cyprianos since his childhood in Bulawayo, Zimbabwe. Growing up in a third-world country, however, was enough for him to realize that he needed a change.

When the opportunity to swim at the collegiate level in America arose, he didn't pass on in.

"Pace offered me a

great opportunity to succeed here so I could not turn it down," Cyprianos said. "I have also always wanted to live here in New York."

Cyprianos loves competition at Pace and being a part of a team sport that he competes on a regular basis, but this was not the case back home.

"I went from a club where I was the oldest by three years so there was no competition," Cyprianos said. "Here at Pace, it is just competition everywhere."

Training regimens have also been different. The swim team has access to the pool year round and has off-season training eight hours a week, unlike Zimbabwe.

"When I was home, there was no heat in the pools so we could only swim in the summer," the sophomore said. "So in the winter there was no swimming at all."

Helping lead workouts was Cyprianos' head coach Dan Allen, something that Cyprianos did not have back home.

"Back home when I swam I actually did not have a coach," Cyprianos said. "I would just have to pick up things that I saw other coaches do."

But there was definitely a learning curve that Cyprianos had to adjust to when he came to Pace.

"I was not used to being told what to do when I swam," Cyprianos said. "I would just



Photo Courtesy of www.chronicle.com

literally get into the pool and do what I wanted to."

However, after adjusting to the routine at Pace, Cyprianos saw success in his game.

At the 2016 Northeast-10 Conference Championships, he clocked in at 49.61 in

the 100-yard butterfly, earning him a silver medal at the competition. This year he hopes to win a gold medal in that competition.

Cyprianos was also named on the 2016-17 Preseason All-Conference Team by CollegeSwimming.com.

HIGHLIGHTS



@PaceFieldHockey

1-14				MONDAY, OCTOBER 17 PLEASANTVILLE, NY PETER X. FINNERTY FIELD					
	0	0	0	PACE STAT LEADERS					
P	1	1	2	ROSE - 2 GOALS (7)					
7-7				WEGENER - ASSIST					
						McGOWAN - ASSIST			
W: SANCHEZ-ALVAREZ (7-7) - L: STEWART (1-11)									
NEXT GAME: WEDNESDAY, OCT. 19 VS #5 LIU POST PLEASANTVILLE, NY									

(n/URL/rGz00A0Pv/?taken-by=paceathletics)

Study Spots

TABATHA GONZALEZ
Feature Writer and Photographer

Sooner than realized, midterm season is around the corner. With math formulas to remember, essays to write, and terms to remember, a quiet study spot will be ideal for the Pace student. Several locations around the campus offer a variety of studying atmospheres depending on what students prefer.

Mortola Library is the obvious go-to when it comes to a studying spot. The first floor offers a group study area in which people can study with others and discuss topics for future exams. Here, is also the spot that students who need a little bit of busyness to study go to. The second floor is for more quiet-oriented studiers. The third floor is ideal for students who need help from tutors. The tutoring center offers assistance from professor leveled help to peer review help. For those who need a fresh environment with not too much noise, the outside of the library offers seats and tables for students to read or use their

laptops on their own.

Other buildings, like Elm, Alumni, North and Martin Hall, also offer study spots for their residents. In the halls, study rooms are provided for those who want it. It's a first come, first serve area with several seats, outlets, a television and a close-to-sound proof room. In Elm and Alumni, they are often found either in the middle of the buildings or off on the ends.

Kessel Student Center also offers a group study area upstairs in the lounge room. It's more of a socializing spot, but some students find it useful to study in t=groups there. Many like it because of its proximity to the cafeteria, where they frequently buy brain food and snacks.

So whoever students choose to study, they must know that a variety of places are offered on campus. It all depends on the study habits of the student, and their preferred setting.



How Water Helps Your Skin

ELISE ADAMS
Layout Editor



Hydration. Hydration. Hydration. This is the key to healthy skin.

Water is used by your body to help flush out toxins and waste products and is an important element of clearing up your skin from acne and blemishes. Water also hydrates and plumps up your skin causing wrinkles and pores to minimize on the surface. It increases blood flow and helps to maintain the balance of your body's fluids. The functions of these bodily fluids include helping with digestion, absorption, blood circulation, transportation of nutrients, creation of saliva and maintenance of body temperature. After all, your body is composed of about 60% water. You need to replenish that water

daily to help your body do its job.

Water may also fend off breakouts by decreasing the concentration of oil on your skin. "It is critical to have a stable balance of water to oil on the surface of skin. If the skin is too heavily covered in oil relative to water, this can lead to clogged pores with acne breakouts and blemishes," says Dr. Julius Few, a clinical professor at the University of Chicago.

H₂O also helps to control your calories and energize your muscles. Substituting water over high calorie beverages such as soda, minimizes your caloric intake and helps speed up digestion. Water also distributes throughout your muscles during

exercise and helps restore electrolytes.

You should be drinking at minimum, eight glasses of water a day, which is equivalent to a half gallon. If you exercise regularly, you should drink about one gallon a day, to replace water lost from sweat during exercise.

Water is essential to having healthy skin and a healthy metabolism. You only have one body, so do everything you can to keep it in good shape.

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