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Environmental Policy Clinic Fights Coast Guard Proposal

JOSEPH TUCCI

Managing Editor

Pace's Environmental Policy Clinic is petitioning a proposal by the United States Coast Guard docket number USCG- 2016-0132, for a rule to place anchorages along Hudson River.

Should the Coast Guard's Advanced Notice of Proposed Rulemaking (ANPR) proposal go through, the shipping industry will add 43 anchorages to 10 locations on the Hudson River between Yonkers and Kingston in order to store oil until the price rises.

The Clinic wrote a letter to Coast Guard Admiral Paul Zukunft expressing their grievances with the proposal.

"The students sent a letter that basically said 'here are the ways you guys basically [ignored] your own procedures and because of that you should withdraw the proposal and start all over,'" Director of Pace Academy for Applied Environmental Studies Michelle Land said.

The Coast Guard violated their own procedures, according to the Clinic.

According to the Coast Guard's Waterways Management: Anchorage Management

Tactics, Techniques, and Procedures (TTP) (CGTTP 3-71.2 July 2015) (WWM) document they are supposed to seek feedback from the community they are affecting and conduct studies to gauge the impact the anchorages will have on the environment, which they did not do.

"We looked at each other and said 'wait a second, [the Coast Guard] didn't do any of this.' The public wasn't aware of this was going to happen, they just published it," Clinic student Christina Thomas said. "So essentially by doing that they prevented any outreach to the public because if they did talk to anybody they have to make it public, and they had to publish everything they were talking about. It pretty much prevented them from working with the public."

The Clinic also fears that the anchorages will pose a threat to the health of the Hudson River Valley by putting it at risk for an oil spill and destroying wildlife homes through damage done to the seafloor by anchors.

"The risk of an oil spill in addition to the ecological damage done by the barges themselves is what makes the

Coastguard proposal dangerous for all those interested in the health of the Hudson River Valley," Clinic student Lee Allen said.

The Clinic presented the petition and asked the Coast Guard to withdraw the proposal at a press conference alongside New York State senators Terrence Murphy, Sue Serino, and David Carlucci, and Westchester County Executive Rob Astorino on Dec. 5.

"How embarrassing is it that it took students from Pace University, to shame, expose, and embarrass the federal government on a situation like this," Astorino said.

The proposal is unpopular with the local residents and it has been difficult for lawmakers to get in contact with the Coast Guard over this issue, according to Land. The Coast Guard's federal notice about this proposal received 10,206 comments on regulations.gov before being closed.

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"All the communities



The Environmental Policy Clinic fights against a proposal to add new anchorages. Photo courtesy of WAMC.

along the Hudson are totally against it, even Bedford, which isn't even a Hudson River town signed a resolution against it, the county government is against it, nobody wants it," Land said.

Coast Guard Spokeswoman Chief Petty Officer Allyson Conroy disagreed with the Clinic's assertion and said that if the proposal moves forward the Coast Guard will hold public meetings to gather feedback in 2017, according to Northeast Public Radio.

"If indeed there is an actual proposed rule, once that rule is going to be proposed, an environmental impact study will be conducted," Conroy said. "And that is all part of the process of proposing any sort of rule."

Thomas said that the petition was well received by residents who have had issues with the anchorages but had no backing to oppose them until being informed that the Coast Guard didn't follow protocol.

"What this letter did was make sure that these citizens know that not only are these anchorages going to be hideous to look at, not only is the Coast Guard not reaching out to them, but the Coast Guard actually circumvented its own process, it didn't follow its rules word for word, which gives more strength to their argument that they want the Coast Guard to stop the process and re-engage the public," Thomas said.

Pace's Prospective On The Dakota Access Pipeline

JOSEPH TUCCI

Managing Editor

After months of protesting from environmental activists, Native Americans, and United States Army veterans, work on the Dakota Access Pipeline (DAPL) was denied easement to drill by Army Corps of Engineers on Dec. 4, while they explore alternative routes, halting its construction until future notice.

Protests occurred from April onward after the last section of DAPL was planned to be built under the Lake Oahe, which would disturb the Native American Standing Rock Sioux Reservation Tribe's sacred burial grounds, as well as put their drinking water at risk of being contaminated by oil according to the tribe.

"The body of water under which the pipeline will traverse is very close to [the tribe's] land, if something goes wrong their land will be affected, and obviously the oil isn't just going to stay in one spot, it's going to move and drinking water will be affected," Director of Pace Academy for Applied Environmental Studies Michelle Land said. "They didn't have to get their permission since it's adjacent to [their land], but the right thing to

do would be to engage them."

Easement to drill was denied two days after approximately 3,000 veterans joined protesters, who they saw as being abused when law enforcement sprayed with them mace and blasted with cold water guns.

Pace sophomore, Native American, and Marine Corps Veteran Dayvon Smith said he supports his fellow veterans for pushing back against an abusive government.

"As a veteran, I swore and oath to protect this land [against threats] foreign and domestic, whether that be fighting ISIS overseas or a group of police officers with water guns and tear gas in order to keep the land sacred, that's technically not our land," Smith said.

Smith also said that the way the government has handled the protests is similar to the Civil Rights Movement.

"There is no reason it should get to the point where people are getting [sprayed with mace] and water gunned at freezing temperatures with no possible threat," Smith said. "If you look at the photos from [Standing Rock] and you look at

the photos from the time of the Civil Rights Movement, it looks kind of the same. So it's like 'are we taking steps forward, or are we taking steps backward?'"

Smith questioned why the government would be fine with an initiative that could hurt Native Americans after the United States' abusive history with them.

"As a veteran, the first question that pops into my head is 'who is in charge, who decided to make this decision?'" Smith said. "Looking back at history, don't you think enough has been done?"

Former Environmental Policy Clinic student and Pace alumna Jessica Alba said that the \$3.8 billion spent on DAPL should have been put towards green energy initiatives since she feels that the fossil fuel industry will become obsolete.

"The money spent on pipelines could be better used for creating and implementing renewable sources of energy, which would be better for literally the whole planet, including people, the environment, and the economy," Alba said.

Land questioned why



Lake Oahe, where DAPL's construction was set to take place. Photo courtesy of <http://sdmissouririver.com>

the pipeline initially did not undergo a review by the National Environmental Policy Act (NEPA) since federal projects are supposed to be reviewed when they might significantly impact the environment.

"[NEPA asks the government to] stop, think about it, let's look at all the alternatives and decide 'is this the only way to do it or is there a better way, a different way.' NEPA doesn't usually completely stop a project, but it makes the project better," Land said.

Land fears that once the protests no longer have the attention of the media the pipeline construction will be restarted.

Land also fears that

President-elect Donald Trump and his choice to lead the Environmental Policy Agency [EPA] Scott Pruitt, who is a climate change denier, may push for DAPL completion. She has faith, however, that professionals who spent their entire careers in the EPA will serve to protect the environment from Trump's administration.

"It's only the [Presidential administration] that comes and goes, career EPA professionals can do a lot to screw up what the administration wants. They can slow things, not get things done, they can wait it out and make it hard for his agenda to get accomplished," Land said.

President Friedman's Support of DACA Welcomed

LIA TASSINARI
Social Media Editor

Pace President Stephen J. Friedman signed his name to a petition urging President-elect Donald Trump to keep the Deferred Action for Childhood Arrivals (DACA) program active on Dec 5.

DACA, which was implemented in 2012 by the Obama administration, allows immigrants who came to the United States illegally as children can volunteer themselves for deferred action consideration. This enables them to work and/or attend school in the country despite the broken law.

"My cousin is a part of that [program]," said senior psychology major Kalpani Dharmadasa, whose cousin emigrated from Sri Lanka. "She goes to school in Chicago [and] because of it, she's allowed to have an education. Without it, [she would have to] work part-time jobs here and there and she wouldn't be able to get anything accomplished."

Dharmadasa was the only one of 10 Pace students surveyed who are aware of the DACA program. The other nine students agreed with the program

after they were informed of its purpose.

Senior psychology major Christina Basso is another of the ten students who likes the DACA program but believes that U.S citizens should be prioritized before illegal immigrants.

"I think everyone deserves the opportunity of education whether you're legal or illegal, as long as you can pay for it because college is expensive," Basso said. "I think citizens should be the priority but I don't think that illegal citizens shouldn't be receiving aid as well because if a citizen can't afford school how can an illegal immigrant afford school?"

Multiple Pace faculty members also agree with Friedman and other university presidents and chancellors in the country who added their name to the pro-DACA petition.

Director of Multi-cultural Affairs and Diversity programs Cornell Craig believes that universities should not limit educational access for anyone.

"I think that a student who wants an education

shouldn't be denied it," Craig said. "As a university, our primary focus is to educate. We shouldn't limit that access. I know there are a lot of opinions as far as illegality but I'm often careful with that language of legality when we're talking about human beings."

Similarly, political science professor George Picoulas agrees with DACA's purpose.

However, he believes that Trump may install a database of names and addresses of illegal immigrant parents for their children to be allowed to go to school and/or work.

Pace is a tuition-based university that depends on the Federal Student Aid program. Therefore, Picoulas questions what Friedman would do in this scenario should certain illegal immigrants not comply with the hypothetical reformation.

"If [illegal immigrant children] are illegal, their parents are illegal," Picoulas said. "Suppose President-Elect Trump says, 'Give us their names and addresses so we can at least go out and get their parents who are actually the ones who violated the law and brought their kids in.



Photo courtesy of WBUR.org.

And if you don't do that, we are not going to guarantee student loans and grants or anything."

"What is Friedman going to do if the federal government says that [it is] not going to guarantee any loans? I agree with Friedman's position, but it's more complicated than just signing a piece of paper because we would lose a lot of [illegal immigrant] students that come to Pace on loans that are guaranteed by the federal government."

Trump said that he will "work something out" for illegal immigrants who were brought to America at a young age.

Until then, it is unclear as to what specific plans Trump has install for DACA.

FEATURE

Therapy Dogs Calm Students Before The Finals Storm

AMANDA CUMMINGS
Featured Writer

Pace took a pause for paws on Wednesday afternoon to enjoy the comfort provided by therapy dogs provided by The Good Dog Foundation.

The pooches were part of the school's program to help students deal with the stress and pressure of final exams. So when Ronan, the Australian Shepherd, Mayla, the Black Lab, and Riley, the English Cream Golden Retriever, popped into the Mortola Library's Birnbaum Room on Wednesday, their tail wags were met with smiles from students who were eager to pet the dogs and forget about school for a few moments.

Pace library director Steve Feyl decided to bring in therapy dogs after seeing a similar program succeed at Yale University.

"I thought it was a great idea and that Pace should try something like it," Feyl said. "All I did was search local therapy dogs on Google and found The Good Dog Foundation. They are a volunteer organization, so it is free to have them come. They were very open to coming in."

The Good Dog Foundation has 1,800 teams of owners and their dogs who provide therapeutic services to people in health care, social service, educational, and community facilities in New York, New Jersey, Connecticut, and Massachusetts, as well as disaster sites around the country.

Ronan was one of the dogs that visited people affected by the Boston Marathon bombing and the Newtown, Connecticut school shooting.

"The kids in Newtown calmed down with him. They whispered secrets in his ear about what was bothering them and what scared them," Ronan's owner Lucian Lipinsky said. "It's funny because Ronan seemed like he could understand that something somber had happened."

Each dog in the organization is tested and certified to join and must be re-certified once a year. The dogs must prove they have the capability to do well and be obedient. They must sit, stay, and even be able to walk past food on the floor. They also

must not get F, so the tester will drop a cane behind them to see if they jolt.

Dogs that pass that initial test move on to a therapy class, where they learn tricks and how to treat people. They are then eligible to make visits.

The dogs only stayed an hour or two on their first visit to Pace but the program has been so successful that it has become a two-day event during which two different dogs are available every hour.

"The therapy dogs are my favorite things ever. I love it. I would come to every single session if I could," freshman Lindita Kulla said.

As to whether the therapy dogs alleviate student stress, the answer seems like a yes.

"I think it's so adorable. I came to it last semester too," senior Sarah Blanco said. "It's just crazy right now so it definitely helps my stress. Dogs are just so sweet and innocent that they do just chill me out."



Good Luck on Finals and Have a Great Winter Break!

Pleasantville Police Chief is as Local as Local Gets

JAMES MIRANDA
Copy Editor

The Pleasantville Police Department's Chief of Police Erik Grutzner has spent his whole career in Pleasantville, which is why he looks to improve it.

The Putnam native never contemplated police work when he was younger. He wasn't quite sure what he'd be doing, rather, and he didn't find the answer while he attended SUNY Brockport.

"I had fun, I had a really good time [in college], but I was not prepared for the academic requirements and I wasn't mature enough to realize I'm not prepared for this," said Grutzner, who was asked to leave Brockport after his first year. "The first summer I came home from school, I was back with all my high school friends, we're having a great time, it's great and I said I'm going to get a job and still have a great time.

"As soon as everybody else went back to school and I was left at home, I was like, 'I need to go back to school, this isn't working.' That's when I started to get serious."

The answer, however, lied at home with his father—Paul Grutzner, a now-retired detective sergeant in Westchester County—whom recommended he apply to a Summer Special, which is a summer internship of sorts where he policed parks, Playland specifically.

The program exposed him to how fun police work can be, but his coworkers and the

community made the job more pleasant, which spawned his affinity towards local work.

It impacted him so greatly, he attended the Westchester County Police Academy for 18 weeks, graduated in 1993 and joined the Pleasantville PD in 1994.

Becoming a cop was tenuous, however, because Grutzner didn't know how ready he was. He was eager and always looking for something to do.

"They say it takes an officer about five years to really be able to handle anything that comes their way and I probably took close to five years," the father of two said. "What I did over the summers was a hobby, this was a career and all the changes that goes on when you're basically doing a hobby and make it your job."

Part of figuring it out, however, was just being himself and not being a tough guy or a something he wasn't at all. And much like how the community in Playland molded him initially, so did Pleasantville.

"I started to meet and really like the experiences I was having, the people I was dealing with, and to be honest police work is fun," said Grutzner, who was promoted to sergeant and lieutenant in 2006 and 2012, respectively. "You get to talk to people you never had an opportunity to talk to and so, a few years in a kind of looked around, thought maybe there's a place



busier I could go, and realized [Pleasantville] sort of fits."

The 22-year veteran took over for Ex-Chief of Police Richard Love—who retired due to a non-job-related injury, according to Examiner News—on Nov. 1.

The responsibility is greater, but the personal approach he carries.

"He's someone I can see [being chief] for 20-years," said Dr. Joseph Ryan, Chairman of Pace's Department of Criminal Justice and Security and one of

Grutzner's professors. When he was the lieutenant you'd always see him walking around the neighborhood in his uniform talking to people."

"[Working at the local level] you're getting into a more personal level where you can actually solve problems. They always talk about the helicopter view, what can you do to help a situation on the ground from a helicopter? A good detective knows the people he deals with."

Grutzner expressed that Pleasantville has its negatives

and positives and Pace, which he graduated from in 2012, is definitely a part of the community. The campus isn't his jurisdiction, but he openly looks out for it on terms of policing and outreach.

Pleasantville isn't Grutzner's home, but its community made it the place he has sworn to protect and serve.

OPINION

Kessel Eat Fresh!

JOSEPH TUCCI
Managing Editor

Even though I don't have the same hatred for Kessel food that many of my peers do, I have one simple request for the great workers of Chartwells. PLEASE FOR THE LOVE OF GOD MAKE SURE THE FOOD YOU OFFER IS FRESH.

A couple of weeks ago when I was reporting on Pace 4 Kids (P4K), I decided to pick up some sushi from Kessel because it's always been my go-to option for a quick meal, and I think it genuinely tastes pretty good.

But not this time. On this Saturday of all Saturdays, the sushi for lack of better words tasted like dried up horse s***.

The rice was dry, the salmon was old and nasty, and it was cold to the point where it was frozen. No amount of soy sauce packets could save it. It was the worst sushi I ever had in my life.

It was like I ate nasty-tasting ice cubes. I couldn't

finish it, I could only eat around four of the eight rolls before throwing it out and warning my friends not to buy sushi that day.

I was left still hungry, disappointed, \$8.59 poorer and questioning if I would ever eat sushi from Pace again.

Now I know that sushi isn't even normally offered on the weekends and the sushi box I picked up was left over from the Friday batch, but in that case, you need to make sure that there are people removing the old food that hasn't been sold from the stations.

This is not the first time I've experienced less-than-fresh food from Kessel.

Often times when I get pizza, especially macaroni pizza I would find that the macaroni and cheese would be dry and hard. It wasn't nearly as bad as the sushi, but still pretty bad.

The base cost of tuition at Pace without financial aid



Dear Chartwells, please make sure these are fresh. Photo by Joseph Tucci.

is \$39,697, and with room and board, it can reach \$58,415 that's A LOT OF MONEY. The food here is expensive and every time I go to Kessel I end up spending at least \$10 just for a meal that will fill me. So I deserve it to be decent quality.

I'm lucky that I have

a car and it's easy for me to leave campus, however a lot of my friends don't have cars, so I worry about their health.

Selling old food is unacceptable and it can be dangerous if it's spoiled. So please Chartwells, I don't hate you, but put some kind of system in place

where you regularly check the freshness of what's available.

It will make both our lives easier and will avoid lawsuits in the future.

Five Productive Activities to do during Winter Break

NIHAL AL QAWASMI
Opinion Editor

Alright people, we made it (kind of). Winter break is officially right around the corner and we are in the home stretch of finals. I know we're all day dreaming about what we're going to do (or not do) during our month long hiatus from school - sleep in forever, binge watch all day, live in the same pair of sweatpants, etc. But I want you all to hold that thought for uno momento.

Instead of engaging in your own form of hibernation next month, have you ever thought about possibly trying to be productive during winter break? Before you all make me resign from my editorial position for encouraging such a thing, hear me out.

Productivity goes way beyond college and school work. It's a lifestyle. And it's triggered anytime you put in a conscious effort to complete something that will positively advance you - but this obviously also depends on context. Basically, you're not only productive when you do homework. You're being productive when you go to class, when you do your dishes, when you read this very article. All I'm asking is you make a conscious effort to be productive during winter break because it's really not that difficult and it will make transitioning into the

spring semester/real world that much easier.

1. Update Your Resume

This is something you should try to do every few months anyway - but since the semester is hectic enough, we tend to forget this important little detail. Even freshman and sophomores should get into the habit, because ultimately, continuously editing your resume means it won't take you long to update. However, if you leave it untouched for 6 months or more, then you're going to find this a tedious task. Especially as college students since we experience so much in very short and concentrated time frames. Bottom line: update your resume. You're welcome.

2. Apply For That Job You Didn't Have Time For During the Semester

On a level of 1-10 regarding productivity, I would say successfully applying for jobs and internships (cover letters and all) is a solid 9. It feels so good to hit that submit button. Unfortunately, a lot of opportunities fall through the cracks when you're juggling 6 classes, a job, and extracurriculars. I get it. So take all this extra time you have

now to apply for some really cool spring opportunities. Truly commit yourself to this task and you'll be amazed at the results.

3. Schedule Workouts... For Real This Time

I am pretty sure I mention something about exercising in at least 80% of my pieces, but I promise these tips are for myself first. Winter break is a great time to start something you didn't have time for before and couldn't fit in your schedule. Finding time to workout on a regular basis during break should be a walk in the park. Ultimately, the goal is to get so "in routine" that it will become a staple in your schedule next semester - not just something you do when you have the time for it every 10 years. Productivity points: a lot!

4. Volunteer

Giving back to your community is an incredibly productive way to spend winter break. And not just because you can update your resume. It's also not a full-time job - so please don't complain. Just block out a few hours during your weekly schedule and go on your own time. Most people tend to be in giving back mode during the holidays, which is wonder-



Flickr

ful, but try to carry on with this habit post-holidays as well. Food banks, hospitals, animal shelters, creating care packages for the homeless in your city - the options are endless. You can even narrow it down to your own major or interests. For example, if you like to write, then partner with your local school and host writing workshops.

A great place to find opportunities that fit your skill sets is the Center for Community Action and Research (CCAR) right here on campus - especially if you live locally. Other resources include VolunteerMatch.org which pairs you up with related opportunities in any location. Usually, your city's official web-

site highlights needed-volunteers as well. Now go be the change you wish to see in the world.

5. Visit Friends in Your Hometown

And finally, social circles can also be productive and essential for your overall well-being. You've been away for months, now catch up with your favorite homeboys and girls. Unless you're a commuter like me - and nothing about your life has really changed that dramatically during break. Either way, make time for friends and loved ones, plan some catch-ups, and enjoy your break. You did it. You deserve it.

ARTS & ENTERTAINMENT

Audrie & Daisy Reveals The Reality of Sexual Assault

JOSEPH TUCCI
Managing Editor

A screening of Audrie & Daisy was hosted by NYS Assemblywoman Amy Paulin, Scarsdale High School PTA, Scarsdale Edgemont Family Counseling Services, and the Scarsdale Coalition on Family Violence, and showcased the reality of sexual assault at Scarsdale High School's Little Theater on Nov. 30.

Audrie & Daisy is a documentary that tells the story of Audrie Pott, a high school girl who hanged herself after she was sexually assaulted.

She passed out from drinking at a party, was stripped naked, people drew on her breasts and vagina with a marker, was fingered, and pictures of her naked body were taken and circulated on social media.

It also featured the story of Daisy Cole who was raped after drinking from a tall shot glass, which held five combined shots and was labeled the "b**** cup," passing out and being left outside in the snow by her attackers.

In both of Pott and Coleman's cases, their attackers were interviewed, said they viewed their respective situations

as jokes that got out of hand and then received little punishment.

Panelists discussed what could be done to prevent similar cases after watching the film including changing the culture so that children do not become sexually active and view pornography at an early age, bystander intervention, and being careful with technology and social media.

"This is starting in middle school, if you think back to when the first time in your life someone sent a nude [it was at an early age,]" author of SLUT: A Play and Guidebook for Combating Sexism and Sexual Violence Katie Cappiello said. "I have sixth-grade students who are being asked to send semi-nudes, and they're doing it because it's really hard to say no."

Board Chair of Students Active to End Rape Jennifer Snow spoke about a double standard for women as oppose to men in terms of being blamed for sexual assault because often times people feel sympathetic towards men who misbehave when drunk but will question women when they do the same.

"Women are asked 'why

did you get so drunk, why did you wear that, why did you do this," Snow said. "It's just a very interesting example of how we have such a double standard in the way that men and women are supposed to behave, and how it is women's responsibly to protect themselves from sexual assault, rather than someone's responsibility not to sexually assault them."

Paulin, who was sexually assaulted as a minor, used her own experience as motivation to pass legislation. She is currently working on a bill requiring to educate children in K-12 grade about sexual assault.

Paulin also said that these kinds of events are important because it gives victims a voice and allows them to heal when they might not have had the courage to be open about it before.

"The person who victimized me, I know I wasn't the only one. I was fourteen years old and he was an adult male. If I had come forward I would have prevented potential victims down the line. Not that that's the victim's responsibility, but it would be an outcome



The panel at the screening of Audrie & Daisy. Photo by Joseph Tucci.

of the victim coming forward," Paulin said. "[Speaking out] is very healing, even as a grown woman that I finally said 'I was a victim, and it wasn't my fault' I finally reckoned with that, and I blamed myself, and I didn't know I blamed myself for all those years."

At Pace less than five percent of all crimes, including sexual assault, are reported, according to the Director of the Office of Sexual Assault Prevention and Education Mary Breen.

Confidential resources for those affected by sexual assault include the Office of Sexual Assault Prevention & Education and Pace F.I.R.E. Peer Educators, the Counseling Center, the Center for Spiritual Development, and University Health Care.

How Recreational Marijuana Use Affects Your Health

JANINE JONES
Copy Editor

Since it's a possibility, how would legal recreational marijuana use affect your health?

Marijuana is a mind-altering or psychoactive drug that comes from the cannabis plant. The plant's primary psychological effects come from the chemical delta-9-tetrahydrocannabinol (THC). The concentration of THC in cannabis has increased over the past couple of decades meaning effects like hallucinations and psychomotor impairment may continue after the perceived high has stopped.

There are about 22.2 million marijuana users in the U.S., according to the 2014 National Survey on Drug Use and Health. About 7.5 percent of those users are 12 years and older.

Short term effects marijuana are impaired judgement, coordination and memory, paranoia, and time distortion. Physical effects may include bloodshot eyes, dry mouth, slurred speech, and increased heart rate. These results can last up to four hours after inhaling marijuana smoke or up to 12 hours if consumed.

Long term use can irritate the lungs and lead to breathing problems like cough,

excess mucus, bronchitis, and worsening conditions like asthma and cystic fibrosis. The biggest health risks appeared in those who started using as teenagers or young adults when their brains are still developing.

A Proceedings of the National Academy of Sciences (PNAS) study showed that deterioration in the learning and cognitive thinking persists into adulthood, even after they have stopped using.

Like most things in life, there are both, positive and negative sides. The non-medical benefits are more tied to medical marijuana and how it has been used to help cancer patients with chemo side effects, reduce epileptic seizures, decrease anxiety, and slow the progression of Alzheimer's.

If you use marijuana products, be careful about doing so before driving or operating machinery or dangerous equipment.



Photo courtesy of Pixabay.

What You Should Know About Ear Candling



Courtesy of WikiHow



ELISE ADAMS
Layout Editor

One of the latest beauty trends that is on the popularity rise with beauty bloggers and health gurus is ear candling. This is an interesting way to get all of the ear wax out of your ears.

Ear candles are hollow tubes made from cloth that are usually soaked in paraffin or beeswax. At one end is a narrow funnel, which you stick in your ear, while the other end of the funnel is the candle that is lit. The heat will begin to travel down the funnel and melt the

earwax that is in your ear. Once it is melted, your body begins to excrete it naturally.

The practice of ear candling dates back to 2500 B.C. and was used in the ancient cultures of the Mayans, Aztecs, American Indians, Chinese and Egyptians. It has been passed down through generations of families and is believed to promote general health and wellness for your body.

"Although I don't know if ear candling actually gets any

earwax out, I always feel better after doing it," Pace student Alexa Cozoli said. "I feel like my ears are more clean, but I'm not sure if they actually are. A lot of people think the wax that is left in the tunnel is what has come out of your ears, but it's not. It's just the candle wax that has dripped down from the top and hardened."

Websites and ear candle packages will often say that the heat will create a vacuum like suction in the funnel and pull out

the earwax that has been melted in the ear, but this is not true.

"Research shows that ear candling is ineffective at removing earwax and is also not an effective treatment for any other conditions," Dr. Charles W. Beatty said. "In fact, the technique can actually push earwax deeper into the ear canal. Ear candling can also lead to deposits of candle wax in the ear canal, burns to the face, hair, scalp, ear canal, eardrum and middle ear and puncturing of the eardrum."

Ear candling should be done with caution and with assistance from a friend or family member if done at home. Some doctors and dermatologists perform ear candling, but it is slowly decreasing in popularity. Ear candling kits can be bought online or at a local drugstore.

Athletics Hosts First Ever LGBTQ Pride Hoops Night

SEAN BROWNE
Sports Editor

Pace Athletics and the Office of Multicultural Affairs and Diversity Programs hosted its first-ever LGBTQ Pride Hoops Night for the men's and women's basketball games against Southern Connecticut State University on Dec. 7 at the Goldstein Fitness Center.

The purpose of the event is to show appreciation to LGBTQ members and its community at Pace.

"This is an opportunity for us as a department to illustrate our appreciation, support, and celebration of students, faculty, and staff who identify as LGBTQ," said Athletic Director Mark Brown. "That is one of the beautiful things about Pace, we are so open and supportive of all of our students and faculty."

Brown acknowledged the importance of support for different groups of people, especially after the presidential election a month ago.

"Lately with all the negative rhetoric going around

the election, talking about deporting people and retracting laws, it just felt like the right time for our institution to make a stand about the celebration of people regardless of how they identify or worship," Brown said.

Numerous organizations were in attendance co-sponsoring the event including the LGBTQA Center, Multicultural Affairs and Diversity Programs, Pride @ Pace, The Loft LGBTQ Community Center, Jacob Burns Film Center, and Center Lane LGBTQ Youth and community Education Center.

A portion of the proceeds from ticket sales went to Center Lane.

Assistant Director of Multicultural Affairs & Diversity Programs and LGBTQ Coordinator Rachel M. Simon was very pleased with the student turnout.

"We were nervous when we ordered all the t-shirts, but we were out in the first

quarter of the first game," Simon said. "I expect a supportive embrace from the Pace community and I am pleased to see it happen."

Simon believes that over the years Pace has done a better job in showing support of the queer community.

Pace graduate student Edwin Rodriguez agreed as he has seen much more support over his six years at Pace.

"I have seen the growth over time in support for the LGBTQ community here at Pace," Rodriguez said. "I am really pleased with the direction the school is heading in."

The Athletic Department and Multicultural Affairs claimed that this will be the first of many events co-hosted by the two.



Ian Whitman during Pride Hoops Photo by Joseph Tucci.

Does Pace Need a Football Team?



Courtesy of Pace Athletics

SEAN BROWNE
Sports Editor

The costs of operating Pace football and their effectiveness on the field poses a legitimate question: Do we need a football team?

Football failed to win a single game this season, have a negative record of 4-78 (.049 winning percentage) over the last eight seasons, and haven't had more than one win since 2008 (4-6 overall).

The Pace Chronicle website ran a survey in September if Pace needs a football team. Of the 34 who answered the survey, 18 people voted to get rid of the team, 12 voted to keep the team, and four voted that they do not care about Pace athletics.

Student Alondra Castro has grown frustrated with the team's poor performance since she came to Pace.

"I hate how they can never win a game," Castro said. "I have never even been to a game before just because they can't even win a single game."

Besides from not winning, the athletic department still has to finance this team and no other team at Pace spends as much as the football team.

Athletics spent \$1,710,855 on the football program in 2014. Pace's total expenses for that year were \$9,032,310, so the football team accounts for more than any other sport at Pace, according to ed.gov.

Athletic Director Mark Brown believes this spending is a necessity due to the traveling expenses for the team.

"The travel budget ends up what really drives the majority of the budget," Brown said. "Transporting 80 football players to New Hampshire for a game is a lot more expensive than the cross country team to run in a race."

Football has the biggest roster than any other program and the amount is also a factor in the team's spending, according to Associate Athletic Director for Operations Mike Winn.

With all the spending done for the team, the athletic department makes a profit on the



team.

In 2014, the team's revenue was \$1,710,957, so the profit for the athletic department was \$102.

The year before that the athletic department broke even with the football team.

But the profit is irrelevant to the athletic department. The goal of the athletic department is to engage athletics with the Pace community.

"It is a way to engage alumni, a way to create school spirit, and create events on campus," Winn said. "Three of the five biggest events on campus are the home football games."

Despite another losing season, Brown is still confident

that Head Coach Andrew Rondeau can guide the program in the winning direction.

Brown also has not entertained the idea of dropping down to Division III because they would not be allowed to recruit kids on scholarships, and it would be very difficult for Pace to join a D-III conference in the area.

