

The Pace Chronicle

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Local Police Suspect Arson in Martin Fires

JOSEPH TUCCI
Managing Editor

Arson has been suspected as the cause of a series of fires that occurred in Martin Hall Oct. 26 and 27.

On Oct. 26 the fire alarm in Martin went off at around 1:30 PM due to a fire being started in a garbage can. A second fire was then started by someone lighting a curtain on fire in the second floor women's restroom, leading to the evacuation of the building and causing the hallway to be filled with smoke, according to Martin residents.

"I walked out of my room and there was a foot of white smoke on the ceiling, and then we were walking past the girl's bathroom and it turned into black smoke, and then we were like 'oh this is real,' and we ran out," resident Cassidy Caroselli said.

On Oct. 27 another fire was started in the second floor women's restroom at around 5 PM, leading to the evacuation of the building, according to Martin resident Rosie Marrone. Before Martin was reopened at 7:30 PM, residents were sent an email by Resident Assistant, Anika Wilson, saying that they were allowed to stay overnight in another dorm. The Pace Perk cafe was closed due to the events.

The fires were put out by the combined efforts of the Pleasantville, Millwood, Thornwood, and Ossining Fire Departments. The buildings were investigated by the fire departments and the Mt. Pleasant Police Department using an arson dog.

Due to the events security has been heightened

around campus. Three members of Pace's security staff have been stationed in Martin for 24 hours a day until further notice, according to a statement released by Westchester Housing.

"In Martin initially I would see one security guard walk down the hall like every three days at 2 AM and that would be it," resident Noah Brennan said. "Today I woke up and saw a security guard, went to the bathroom and saw a security guard, and went to class and saw a security guard. And I thought 'okay that's fine, I appreciate it. It's a little bit uneasy to think they needed that much security, but at the same time I really appreciate what they're doing.'"

Pace Security has also installed 15 additional cameras in Martin and there is no guest policy permitted until further notice, according to a statement released by Pace's Associate Vice President Adelia Williams.

Brennan felt uneasy about the lack of information released about the incidents from Residential Life since they did not specifically say that the fire was caused by arson before letting the residents go back into Martin.

"It's terrifying to think that [Residential Life] put us back in a building, where they suspected intent and let us sleep there overnight," Brennan said.

Marrone suspects that the alleged arsonist may be the same person who vandalized Martin's second-floor women's restroom a week and a half ago.

"A week and a half ago in the same bathroom where the fires were someone was drawing

with lipstick all over the stalls and all over the walls," Marrone said. "The cleaning lady cleaned it, and the very next day the [perpetrator] did it again."

The fire is currently still under investigation by Pace Security and the Mt. Pleasant Police department. There were no injuries according to a statement released by the University.

"We're currently working with Pace Security and I have several detectives working to get to the bottom of this, obviously we've had an arson investigator there and [the fires] have been intentionally set, so we're taking it very seriously," Mt. Pleasant Police Chief Paul Oliva said.



Fire fighters rush to Martin Hall after it was the subject of alleged arson. Photo by James Miranda.

Professor Apologizes For Sending Racially Charged Email
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Professor Helps to Guide First-Generation Students

LIA TASSINARI
Social Media Editor

If anyone knows the struggle of being a first-generation college student, it's Heather Novak.

Novak, a Political Science professor and Associate Director of the Center for Community Action and Research at Pace University, faced a difficult time while she was pursuing her undergraduate degree at SUNY New Paltz. Because there was nobody at home with any college experience, Novak was forced to deal with her college transition alone.

"Not only did I not have some place to go for advice but I also didn't really have some place to go for money either," Novak said. "Not knowing what you don't know [was] the biggest obstacle, I feel, for a first-year student. People just assume you know and then you just sort of play along and say, 'Of course I knew that!'"

During her freshman year at SUNY New Paltz, finding people to talk to about the college transition was a difficult experience. However, during her sophomore year, Novak received a phone-call from her father say-

ing that he and her mother could not afford to pay for her college tuition anymore.

That single phone-call caused Novak's world to become significantly more challenging. Almost immediately after that call, Novak drove back to her home in Rockland County, NY. Determined to return to school, she took on a job at a card and gift store and submitted the Free Application for Federal Student Aid (FASFA) form.

It took Novak five months to finally be able to go back to New Paltz. Although she was able to return, she was burdened by student debt.

"Once you go to school, you start [accumulating] debt," the associate director said. "So I worked the rest of the time I was in school. I'd have two or three jobs sometimes to pay for it."

It took five years for Novak to graduate with a Sociology degree. Though, in spite of her challenges, she strongly feels that making mistakes and learning from them is what helped her through college.

"I think when you fail and then you pick yourself up

again and you keep going for it [is my proudest moment in college]," Novak said. "Failing is not a negative. When you have something that happens in your life that you overcome, that makes you a stronger and better person. I've learned way more from my failures than I've ever learned from my successes. It's taking those chances that help you grow as a person."

Novak now dedicates her time to helping Pace students connect to the community and is currently instructing the "Revolution and Reform" and "Leadership and Advocacy" political science classes.

Because of her tough experience as a first-generation college student, she also co-created the "Are You First" event, with Associate Director for Orientation and Transitions, Niki Fjeldal, to give the assistance and support to first-generation Pace students that she never had.

"Sometimes you feel like another person [as a first-generation student]," the political science professor said. "You don't have any idea about simple things [in college], and

so it makes you feel separate. I know how difficult it was for me when I was going through that transition and I want to support students here at Pace who are going through a similar thing to know that they're not alone in that process."

Nonetheless, Novak

feels blessed to be a part of the Pace community with efforts to help Pace students in any way she can.

"When you like what you do, you're not doing it for a paycheck," the Associate Director said. "I feel lucky that I'm here."



Pace Professor Heather Novak. Courtesy of LinkedIn.

The Psychology Behind the National Clown Epidemic

JOSEPH TUCCI
Managing Editor

People dressing up as clowns and causing unrest has become a national epidemic over the course of the past few months.

Clown sightings were first reported in South Carolina in early Sept., and since then have spread across the United States according to The Guardian.

The outbreaks are an event of mass hysteria being caused by people thinking irrationally due to high-stress situations, including the 2016 presidential election, according to Pace neurology professor Terence Hines.

"These types of mass hysteria break out from time to time, often during times of stress, and this is a time in this country of stress, because of the asshole Donald Trump," Terence said. "Who knows why they get started, some random thing happens and they get started."

Terence said the clowns do not pose a threat, and compared the situation to other cases of mass hysteria, like people in 1947 thinking that pits in their car windshield were caused by radiation—that were actually caused by pebbles-, and the Mad Gasser of Mattoon in 1930 where people in Mattoon, Illinois, thought a phantom broke into their houses and gassed them unconscious during the night.

"I'm sure that a lot of people are pranking, and I'm sure a lot of the reports are completely bogus [with kids thinking that they see a clown when it's actually not one], and they get freaked out. I think there is currently nothing to worry about," Terence said.

Pace sophomore Jeremy Langdale feels as though the activity is just a trend that will stop within the next month.

"Whoever started this had a very sick sense of humor, which I can appreciate, and then everyone else was like, 'This guy is doing it, we should do the same,'" Langdale said.

While Langdale has yet to encounter a clown he says that he might be shocked if he saw one.

"On first instinct, I might be like, 'What the [explicit] is this.' It is just something you would never expect to see in your daily life, you're walking or driving home and all of a sudden, there is a clown holding a machete in the middle of the road," Langdale said.

Since dressing up as a clown is not illegal, Terence says the only way for the activity to be stopped is for people to come to their senses and stop dressing up.

"[Banning clown costumes] is just bullshit, it's also almost certainly unconstitution-

al," Terence said. "People have to come down to earth and go, 'There is nothing here, nothing to be worried about, move on with your life'."

The outbreak has caused concern in some school districts. Locally, the Mt. Pleasant Police department investigated a threat made on Instagram by "Jackson The Clown" to Valhalla. The threat was found to not be credible, however the police are still taking it seriously, and The Westchester County District Attorney's Office said the suspect will be prosecuted if a case can be made against them, according to Daily Voice.

"Jackson the clown... coming for you Valhalla be ready," the Instagram post read.

As of now, there are no reports of the clowns causing physical harm to anyone, however there have been incidents of clowns getting assaulted by the people they were attempting to scare as reported by the Daily Mail.

"I would love to say that [I would fight a clown] right here and right now, but it's all about instinct at the time. If a clown came at me with a machete, as if it was ready to [explicit] strike I would probably [run], unless I had a weapon of equal caliber," Langdale said.

The Pace Chronicle

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Why Students Should Cast Their Vote on Election Day

TABATHA GONZALEZ
Feature Editor

For the majority of students at Pace, this year's election will be the first general election they will participate in. While the experience may be exciting for some, others may be confused or nervous for what is to come.

Pace has a variety of students from different states including many from the northeast area. Students from New Jersey, Connecticut, Massachusetts, Pennsylvania, and other northeastern states are choosing to drive home for Election Day. The issue many students have is that they would probably need to skip class in order to drive home to vote. For those who ordered their

ballots ahead of time, absentee voting was their alternative option to vote and not miss class.

Absentee ballots offer students who are out-of-state to be able to cast their ballots via mail. Though many out-of-state students will drive home on November 8, others don't have this option if they live too far. Students from California, Colorado, Montana, Florida, Maryland, Virginia, Louisiana and other farther away states are the primary absentee voters of Pace that will send their ballots through mail.

"I think it's good that people are able to vote when they are away from home and still

have an impact on the decisions that are made in their counties, states, and country," junior Jakub Lewandowski, from Colorado, said.

Lewandowski mentioned a key factor that many students don't take into account which is voting for, not only a president, but local officials and Congress, too.

Due to the controversy behind the presidential candidates, some students have claimed they will not vote in the general election. However, candidates for president are not the only people who need to be elected. Students must consider

that Congress plays a significant role in the president's ability to execute plans. For example, Congress passed a bill that allowed family members of 9/11 victims to sue Saudi Arabia for their terror attacks. President Obama tried to veto the bill due to the issues in foreign relations that it may cause, but Congress was able to overturn the veto.

For students who are not aware of who is running for their state's political positions, they are always able to look up information online to see what candidates support certain issues and back other politicians. It is important to know this informa-

tion because with America's political system, either a lot can be done in the government, or little can be done depending who is in control of different offices. If students only vote for the president but not other politicians who will support him or her, there may be conflict between parties and decisions.

With almost a week left until the election, a lot of action will be taken amongst the students who are voting. Research will be conducted, ballots will be sent, and eventually political figures will be elected

Minority Report Multicultural Organizations Address Diversity on Campus

TABATHA GONZALEZ
Feature Editor

The Organization of Latin American Students (OLAS) held, "Minority Report: Minorities in the Media," to share with students how each ethnic group, gender and sexuality was portrayed through a variety of platforms such as movies, television and social media.

"We had a [presentation] with examples on how a gender, race, ethnic group, or sexuality were presented. For example, we did a slide based on how races were portrayed in television shows. One that caught the audience's attention was the That's So Raven example. Her best friend was presented as a ditzzy, vegetarian young lady," hostess Heaven Bautista said.

OLAS wanted to hear students' perspectives about different minorities.

"One student said something along the lines of 'there are some truths behind the portrayals but it's just the extent of the portrayals that make it a problem,'" Bautista said.

Based on who is asked, Pace University students and faculty view diversity on campus and the idea of it being an "issue" very differently.

A minority is not just the smaller number of a population. A minority group is defined as a subordinate group with less power over their lives than others in a majority group. This lack of power may be due to societal factors like race, gender, or class. Minority groups often face challenges in society like discrimination in the workplace including but not limited to unequal pay and positional rights.

"I think too often the conversation gets stuck on people of color, when it needs to go beyond just the skin color," Director of the Multicultural Affairs and Diversity Programs

Cornell Craig said.

Pace University consists of a student body that is 59% female and 41% male. According to Pace University's 2015 census, of 3,556 students on the Pleasantville campus, 513 are African-American, 209 are Asian, 544 are Hispanic, 11 are American-Indian/Native/Alaska Native, 96 are multi-racial, 157 are unknown, and 142 are Non-Resident Alien. Of the 3,556, 1,884 are Caucasian. That's more than 50% of the school's population.

Craig feels that Pace University is diverse based on student numbers compared to other peer institutions. However, he feels that Pace could improve a lot as far as curriculum, faculty, upper level management/executive positions, racial diversity, and women in management positions.

"Coming out of the Bronx and everything, it really isn't that diverse... now coming here this school is very diverse and I see a lot of different people from different backgrounds," Pace University Freshmen Jeremy Santana said.

Students, especially freshmen, have said that the university is very diverse based on their residence hall interactions and their hometowns. Santana said that being from the Bronx, he was constantly surrounded by people of his own ethnicity which prevented him from learning about other races and cultures. He enjoys being at Pace and having the opportunity to live with people of different backgrounds because it's allowed him to learn from those in his community. Other first-year students also explained that they feel that Pace does a good job integrating and implementing diversity programs.

"I feel that it has changed back from when I was an undergraduate, there was a lot more people of color and nationalities. Everyone was representing themselves and their culture," Pace University Graduate student Luis Flores said.

Flores feels that people of color at the university today have to go "above and beyond" to make themselves known. He said that the decrease in diversity visibility on campus has affected the minority involvement in student organizations and Greek Life. As a brother of Lambda Upsilon Lambda Fraternity, he is experiencing the consequence of losing diversity by facing the possibility of his organization diminutioning.

Flores also said that the National Panhellenic Council (NPHC) is "dead," that included the majority of black organizations on campus, which he views as an issue. The National Association of Latino Fraternal Organizations (NALFO) are at a point where student involvement is needed before it is "completely eliminated from campus," which would result in the loss of one of the main sources of cultural diversity on campus.

Flores believes that one of the factors effecting this issue is that Pace University faculty, staff, and advisors have told athletes not to go Greek because

they won't have time and they would have to choose between athletics or Greek life. He said that having someone tell minority students that they are not capable of doing something should give minorities the initiative to prove that they could handle it.

However, Flores is confident that organizations will benefit from getting the first-year students involved by going to meetings/events and participating on campus because it shows that "the environment's mentality is changing." Students will be able to continue to see that organizations like NALFO and NPHC represent a different side of culture and students on campus. He feels that the presence of organizations on campus like Black Student Union (BSU), NALFO, NPHC, and other multicultural organizations are being "drowned out" from the idea that those organizations are only for minorities. He believes that organizations must figure out how to eliminate the stereotypes that if students are not of certain race or culture they can't be a part of that organization.

"We do want people from different backgrounds, walks of life, sexual preferences, and obviously women and men. We want everyone to be comfortable. We also want to promote that you don't have to be a minority to come to OLAS,"

Organization of Latin American Students Vice President Renee Glover said.

OLAS has also implemented strategies not only focusing on one type of minority, but different minorities including "gender and disabilities" to ensure diversity in attendance. OLAS' goal is to educate the public on different cultures and what it means to be a minority. They want the public to be aware that not only Hispanics are minorities but that people with disabilities or different sexual preferences can also be considered minorities.

Glover said that without having organizations that aim for diversity like SOCA, BSU and OLAS there would be "less student involvement" and less opportunities to have open dialogue about controversial topics.

If the Pace community continues to see the minority population decreasing and mostly being represented in sports teams but not in areas such as faculty and staff, the outcome could damage the University's sense of community. Diversity on campus is important for students to feel heard, welcomed, and understood despite their differences.



Courtesy of Pace Multicultural Affairs

Mock Election Seeks to Help Inform Potential Voters

ARIANA GAVRIILIDIS
Featured Writer

A Mock Election held in Pace University's Dean's Suite last Wednesday allowed students and faculty to answer seven multiple choice questions where results will be compare to the national outcome of the 2016 Presidential Election.

Three computers imitated a voting booth where individuals voted for the four candidates featured on this year's election ballot, though Hillary Clinton of the Democratic Party and Donald J. Trump of the Republican Party have been in the forefront.

The two-minute survey included questions, 'How accurately the candidates relate to me?' and 'Do you have the abil-

ity to make a difference in the issues facing your future in your community?'

Phi Sigma Sigma, Student Development & Campus Activities, and Student Government Association initiated #PACEVOTES16 on social media, allocating more participants as over 120 signatures were acquired on Monday and Tuesday within the first hour and a half

Cecilie Barmoem, a senior and member of Phi Sigma Sigma, created the questions with Student Government Association for the ballot and volunteered to keep the tradition alive.

"One of my sisters started this four years ago," Bar-

moem said. "When she graduated in the spring she asked if anyone wanted to take this on and since I'm very interested in politics, I said 'I would love to do that.'"

Barmoem volunteered hoping to express to students and faculty that their vote matters.

"I'm not an American citizen. I'm actually from Norway," Barmoem said. "The election that you get from the United States affects the whole world. It's not like having an election in Norway in that kind of sense. I feel like everyone who can vote, should go vote because it matters so much."

Clinton would have Barmoem's vote if possible

yet Barmoem is excited for the outcome of Pace's election due to the variety of supporters on campus.

As voting remained anonymous, junior Chey-Ann Coleman found the questions to be an accurate representation and proudly stated her vote for Clinton after her submission was sent.

"We are making history," Coleman said. "Voting is our most important voice that we have in America."

Meanwhile, junior Anthony Criscione believes the outcome from the Mock Election will lean towards Clinton due to Trump's passionate beliefs, but

stood by his vote for the Republican nominee.

"I like his ideas even though he's a little crazy with his speeches and sayings," Criscione said. "I agree with a lot of stuff he's been saying and even though he's been saying it in the wrong manner, it's better to have him than Clinton."

Finally, Barmoem intends for Mock Election to provide students time to read about the candidates and be prepared for the actual election on November 8th when they can vote using their knowledge.

NEWS

Professor Apologizes For Sending Racially Charged Email

MICHELLE RICCIARDI
Editor in Chief

A Pace and Fordham University professor is currently being investigated after a Fordham student reported a racially biased email to the university's Title IX Coordinator.

Junior at Fordham University at Lincoln Center, Tristen Dossett, reportedly emailed Professor Heide Jonassen, also known as Morgan Jenness, requesting an extension on an assignment. According to Dossett, though he was not the only one to ask for an extension, he was the only one who received what he called a "racially charged" response.

According to Jonassen's email, which Dossett posted on social media, she wrote, "it is really disappointing to see you fall into a stereotype narrative the dominant society expects... your lateness, non attendance.. now this. You are better than that Tristen.... please do not do this narrative..."

Jonassen is currently Creative Director at This Distracted Globe Consultancy and a member of the board of the Network of Ensemble Theaters and has worked at the New York Shakespeare Festival/Public Theater, the New York Theater Workshop, and the Los Angeles Theater.

"I was trying to galvanize a student whom I thought was not living up to his enormous potential and did it in the worst, most insensitive, inappropriate way. I had no intention of causing him pain," said Jonassen. "I learned that even for someone with my extensive history of activism and championing of diverse voices in the theater, I am not immune to a bad case of E-W-L-A-P-A-, Entitled White



By Howchou (Own work) [CC BY-SA 3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>)], via Wikimedia Commons

Liberal Assumptive/Presumptive Arrogance."

Dossett reported the email to Fordham's Title IX Coordinator, stating that, "this remark made me feel invalidated and useless as a student, let alone as a black male. I was already struggling with the assignment, hence my request for an extension, and her comment that I am becoming a (what I have interpreted as) racial stereotype deeply affected my subconscious in many different ways, as well

as saddened me."

Dossett also stated that the claims that Jonassen made in her email about his attendance and promptness were exaggerated.

"I believe that it is extremely inappropriate for a white professor to tell a black student that they are becoming a stereotype," Dossett wrote. "...I have missed 3 classes, emailing about my case each time, one of which was a medical emergency. My lateness as well could not

possibly account for her perception of me as a student considering the latest I have ever been is 5 minutes (I am a commuter)."

While Pace professor and Associate Director of the School of Performing Arts, Grant Kretchik, says that Jonassen's response was not the best way to handle the situation, he feels that Jonassen should not be judged based on this "isolated" incident.

"The road to hell is paved with good intent," said Kretchik. "I believe the goal was

to try to challenge the student and I think as educators we have a responsibility to do that but I think the vehicle in which she used to challenge [Dossett] was sensitive."

Kretchik also says that the faculty at Pace and Jonassen's student are supporting her.

"They love her, she's an extraordinary human being and professor. She has mentored and supported and encouraged a variety of our students, a diverse group of students, through projects and endeavors outside of the school like plays and storytelling and productions that they've wanted to use for social change and awareness," says Kretchik. "While we're disappointed by the [situation], Morgan [Jonassen] is worth standing by. It's so difficult to look at one incident unless you fairly evaluate the record of someone's career. You must look at [Jonassen's] whole record, she is out marching and advocating for all kinds of issues and people. I think it's terribly unfair to take this situation and let it cloud her whole record."

Jonassen apologized to the student via email, stating that she regrets having offended him and that, "[I] personally feel not holding everyone up to the same high standards is disrespectful to someone's capabilities..lowered expectations for people to me is the worst kind of bigotry."

However, Dossett told that Title IX Coordinator that he "simply cannot imagine" continuing on in Jonassen's class.

"It's been a painful lesson to learn, but one I hope that will be useful in opening up a deep dialog about intent and impact," Jonassen said.

Dossett was contacted but did not respond for comment.

Halloween Movie Classics to Make You Feel Nostalgic

NIHAL AL QAWASMI
Opinion Editor

One of the best parts of Halloween are the classic films you can watch over and over again every year. No matter how many times we see them, it’s as if we are watching them for the first time. And is it really Halloween if you don’t sit down with a cup of hot chocolate and a bucket of candy to watch these films

Here are my personal Halloween movie favorites, in no particular order:

Halloweentown

This Disney Channel classic is a must-see. Remember seeing Marnie find out she s witch? Or the grandma (Aggie) with the bag of never ending gifts? Or.. oh wait, the other side of the world where witches and monsters live in peace??? The second universe was called Halloweentown if you’re not catching on. Hands down, one of my favorite childhood films that I will keep re-watching until I no longer can.

Halloweentown II: Kalabar’s Revenge
Duh.

This is the one where

everyone in Halloweentown was infected with the “grey spell” and spent their days living in a black and white world. Marnie and Aggie to the rescue!

Halloweentown High

I promise this is the last Halloweentown installment I’m going to talk about. Mostly because the final film in the serie sucked, since Marnie was played by a different actress. Really? Ya’ll just couldn’t let us end on a good note?

Anyway, this is when tensions between the mortal world and Halloweentown rise. Remember, Halloweentown is where monsters, demons and witches live in peace. But of course, humans have to ruin everything. We can’t let anyone live in peace.

Hocus Pocus

Siiiiiiiiisters! This is another childhood classic. It creeped me out so much as a kid but I kept watching. No regrets. A trio of witches, an immortal black cat, and the power to absorb youth - all set in Salem, Massachusetts. If you had to pick one film for Halloween night, I



Youtube.com

would definitely recommend this one.

The Nightmare Before Christmas

My favorite thing about this movie is that I can watch it during both Halloween and Christmas. We’ll never know which one makes more sense. I like it that way.

Any movie with Casper the

Friendly Ghost

There are so many versions of this family friendly classic, but I think my favorite is Casper Meets Wendy. Obviously because it starred a tiny Hilary Duff! Spooky, fun, adventurous.

That concludes our spooky little list, but there’s still so much more... Goonies, Ghostbusters, Harry Potter, Beetlejuice etc. We could sit here for hours, but I really want to go finish

watching the Halloweentown series.

I promise these films are way more exciting than I make them sound - but honestly, it’s your problem if you’ve never seen them before. Where did you spend your childhood? However, if this list was filled with epic nostalgia for you, then rock on beautiful people. May we continue the tradition for years to come. Happy (belated) Halloween!

The Top 6 Most Predictable Halloween Costumes

NIHAL AL QAWASMI
Opinion Editor

With the end of October comes many holidays. The season is in full swing. And although I’m Muslim and only partake in 1 of the upcoming holidays (Thanksgiving) - this is still my favorite time of year. The air is crisp. The lattes are

endless. And we kick start it all by dressing up and eating lots of candy for Halloween night.

Today, I’m going to talk about the most predictable Halloween costumes. This article will be published the day after Halloween - so let’s see if my

predictions come true. Disclaimer: The following is based off of my own assumptions of trendy costumes - google did not help me.

1. Harley Quinn

Just because google didn’t help me doesn’t mean my editor-in-chief, Michelle, didn’t. She happened to tell me that this was the most googled costume. And that’s kind of what inspired this piece. Who doesn’t want to be a badass female villain with colorful hair? Clearly no one.

2. Clowns

I truly hope this prediction is incorrect because I believe given the current climate, that costume is wrong on several levels. However, because there’s an idiot in every neighborhood, I’m sure someone will pull out a clown costume as a “prank.” Just know, if you mess with fire, you’re going to get burned.

3. Hillary Clinton or Donald Trump

This prediction is also because of the current climate. I’m sure there will be lots of Clintons and Trumps running around - either out of admiration or the complete opposite. Even my neighbor has Clinton and Trump Halloween decorations on his front lawn. Quite frankly, I don’t know how people aren’t sick of those two names by now.

4. A Cat

You all know I’m right about this one - it happens ever

year. Given the stereotype, please note that I’m in no way including this to be judgmental. Heck, even I drew “cat makeup” on my face one year. It was fierce

5. Any Game of Thrones Character

I love Game of Thrones. You love Game of Thrones. We all love Game of Thrones. And I’m positive someone will dress up as Khaleesi or one of the Starks. Which I definitely encourage.

The North remembers.

6. Snapchat Filters

I don’t know why, but I have a hunch someone will dress up as one of the many snapchat filters we all know and love. I wouldn’t be surprised if I saw someone walking around with dog ears and a fake dog tongue.

That concludes the list. Did you dress up as any of the above mentioned costumes? Was I totally off or totally on point? Whatever scenario, I hope you all had an extra spooky and safe Halloween night!



Public Domain Pictures

Which Streaming Service is Right for Your Taste?

JANINE JONES
Copy Editor

Do you even binge-watch, bro?

As college students and as millennials, there are quite a few things that we are known for, but binge-watching is the most widely accepted. Whether your poison is Amazon Prime, Hulu, or the almighty Netflix, binge-watching is a common occurrence. The key is finding the right streaming service for your binge-watching needs. If you still haven't joined the streaming game, let this article be your guide.

The newest contender in streaming services is Amazon Prime Instant Video. It's not as popular as its counterparts but that could be because

it's also way more expensive. Amazon Prime Instant Video has an expansive buffet of TV shows, movies and original programming like Mozart in the Jungle, Transparent, and older HBO shows. Thanks to a deal with Viacom - which controls Nickelodeon, MTV, and Comedy Central - it definitely has a great selection of comedy and children's programming, compared to its competitors.

At \$99, this service is recommended for those who wipe their tears with hundred dollar bills. Some other negatives are that they rarely get new content and it's an annual instead of monthly fee - so once the money's gone it's gone forever.

The second most popular streaming service is Hulu: Geared for those people who want to keep up with the latest and greatest on network television. The service provides access to most of the major network shows - aside from CBS, which has its own streaming services. It also has a solid selection of quality original programming like Difficult People, Casual, and The Mindy Project.

Hulu has three different levels of subscription: Hulu, Hulu Plus (with commercials) and Hulu Plus No Commercials. Regular Hulu is free, Hulu Plus (with commercials) has an eight dollar monthly fee, and Hulu Plus No Commercials has a \$12 monthly fee. The down-

side is that depending on which subscription you get, Hulu has commercials, and a lot of them - less than if you were watching regular TV, but still it's commercials.

Last but not least, Netflix, the OG of streaming services. As you probably know, Netflix provides unlimited streaming of movies, TV shows, comedy specials, and original programming like Unbreakable Kimmy Schmidt, Orange Is the New Black, and House of Cards. While many streaming services have come into existence, none of them truly compare (or compete) to Netflix. One of the greatest things about Netflix is that you can create up to five different profiles on one account,

so that your favorites don't get tainted or buried by whatever the rest of your family is watching.

Another plus for Netflix is their recent deal with Disney that gives them exclusive rights to Disney films (in the U.S.) this deal also includes Disney's Marvel, Lucasfilm, and Pixar branches. Netflix is great for everyone, and is reasonably priced at nine dollars a month. There are rumors that the price will increase to \$11 dollars, but it's Netflix, so it's worth it. Downside of Netflix, is that some titles come just as quickly as they go.

Which of these three streaming services deserve your cash?

How One Poet Connects With Victims of Bullying

SEAN BROWNE
Sports Editor

Caress Russell was the victim of countless bullying attacks while growing up in Atlanta, Georgia.

She didn't let those define who she was, though. Rather, she used them to fuel her poetry as she strove to make a difference.

"I have a voice," said Russell, who shared her poetry on Wednesday during Happy Hour in the Bourdeau Lounge. "I stand up for other people

in my poetry when it comes to different issues and topics. I fight for things that other people believe in."

Bullying is one of the issues about which Russell writes. Her experiences as a child were painful then, but serve as inspiration now.

"Growing up, I talked proper, and I wore thick glasses," Russell said, who added that she went to 13 schools in 12 years because of constant bullying. "So

I did not really relate to the other kids, and that really made me feel alone."

The tipping point came when she was in high school in Jacksonville, Florida.

"I was walking down a hallway and a guy yelled at me, '[expletive] go home,' and he threw a piece of glass at me and it cut my face," Russell said. "It was the first time I dealt with racism, and it really took the bullying to a whole new level, I

definitely became more reclusive."

Feeling the emotions of that attack, Russell started to write about it in her diary in the form of poetry.

However, it was not until she transferred to a high school in Georgia a year later, where she did something with her writing.

"A teacher noticed that I like to write and do a lot of poetry," Russell said. "[The teacher] invited me to perform in front of an audience after school."

"I was walking down a hallway and a guy yelled at me, 'go home,' and he threw a piece of glass at me and it cut my face."

-Caress Russell



Over the course of the next two years, Russell became more comfortable performing her poetry.

She eventually joined her school's speech and debate team, which she said earned her a scholarship to attend Mercer University.

Russell now uses her abilities as a poet to help her audience, as she feels many other people went through the same struggles she did and they all need a voice.

"I talk about those who have been battered, and bullied because they have no voice," Russell said. "I feel like I am

kind of being their voice on stage."

One instance that stands out to Russell involved a woman and her son.

"The son actually had to walk out during a poem where I talked about battery. The mom told me that she was battered and she did not realize how that could have affected him," Russell said. "My piece about the battered woman really resonated with this mother, and that was so impactful for me."

Russell hopes that her poetry can one day take her to Broadway where she can share her messages with the world.

Homeless Woman Defends Trump's Walk of Fame Star

SUSAN ARACANA
Arts & Entertainment Editor

Donald J. Trump has been in the news for quite some time. Being the Republican Presidential Nominee and notorious for being very blunt, there has been a portrayal of extremely polar reactions towards Trump.

So extreme, that early last Wednesday morning, a man who was dressed as a city construction worker carried a sledgehammer and vandalized the Ex-

Celebrity Apprentice host's walk of fame star in Hollywood.

"I think it's a bad representation of our country that our Republican nominee had his star vandalized. Mainly that the people of this country dislike Donald Trump so much so that they are willing to act out in this fashion, but also in that our Republican nominee has a celebrity star in the first place. He could

very well be our next President of the United States and he's viewed more as a celebrity than a politician," said junior baseball player Ryan Aquino.

The walk of fame star was vandalized by a man named Jamie Otis. Otis exclaimed in an interview with Deadline that his intentions were originally to remove the star completely. The star itself was intended to be auc-

tioned in New York. Its value, in which was determined in 2007, is \$30,000. Otis mentioned that it would have been a source of fundraising for the women who have come forward as victims of Trump's alleged sexual assault over the past decades. There have been 11 women who accused the GOP candidate, Trump. Otis was arrested and was set on \$20,000 dollar bail.

"It was pointless. It will be remade in a few weeks," said junior Marvin Jean-Baptiste.

Other students felt that Otis' actions were warranted.

"He should not be president. Anyone who supposedly treated women in that manner should be in prison," said sophomore Brandon Collins.

There have been multiple incidents of people defac-

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ing Trump’s walk of fame star. Last January someone drew a reverse swastika and in July a street artist made a small razor wire wall that surrounded the star.

“I think that [Trump] can be very rude and vulgar in the way in which he speaks and addresses different issues, but whether you support him or not vandalism is not the way to go about it. I feel as if it’s stooping down to a low-level and may be the type of behavior to add fuel to his ‘political flame. I think that behavior like vandalism, from people who may not support Trump, makes their party look bad,” said sophomore Galo Carrera.

In response to this vandalism that occurred last Wednesday, there was a video that was uploaded to social media of a homeless woman, who is a Trump supporter, protecting the walk of fame star. This unidentified woman carried alongside her signs that said, “Twenty million illegals and Americans sleep on the streets in tents,” and, “Obama threw our black a—under the bus.” Many people on social media have questioned the woman for her views. Yet even though she received backlash, the woman protected the star for over 24 hours.

“To me, homeless and Trump supporter is an oxymoron,” said Jean-Baptiste.

“Nobody should be treated the way this woman was. Throughout the campaign, we’ve seen people get black balled or mistreated for their political views, from both parties. I feel that all are entitled to their views and there should be no mistreatment due to strongly supporting your party in [peaceful or civil] protests,” said Carrera.

“This is a much better representation of our rights and our country as a whole due to this woman’s peaceful intentions. Both the person who vandalized the star and the woman who is protecting this star have their rights to say how they feel, but the protection of this star and her intentions, in general, are much more admirable,” said Aquino.



Photo by Peter Duke, Courtesy of Twitter

HEALTH & BEAUTY

The Dangers of Bacteria in Your Makeup Brushes

ELISE ADAMS
Layout Editor

Applying your daily foundation, concealer, powders and eye shadows with the same make up brushes builds up products and oils on the brush. Over time, if the brushes are not washed frequently this can cause irritation to your skin and lead to breakouts. If you take the time to wash your face only to apply makeup with dirty brushes, you are returning unwanted oil and bacteria to your skin. So, how often should you be cleaning your brushes?

If you use your brushes on a daily basis, you should be washing them at least once every

two weeks but ideally once a week. This will remove bacteria, oil from your skin, germs and a build of makeup from the brushes.

“Lots of people don’t wash their brushes, but it’s probably one of the main contributors to break outs on our face. You should really be washing them with a gentle soap every week. Never go over a month without washing them because all sorts of things can start to build up and the longer they call your brushes home, the harder it is to get them out,” Margaret Venturella, a Pace student who interns for the

beauty and grooming department at Nike said.

According to a board-certified dermatologist in New York City, Sejal Shah, M.D, in an interview with Women’s Health, the most common germs that contaminate makeup brushes after contacting your skin or makeup are Staphylococcus and Streptococcus, which are responsible for staph infections and strep throat.

“You can actually have a host of issues from dirty brushes,” said Shah in the interview. “Acne, skin irritation, rashes, bacterial skin infections, and eye

infections just to name a few. I’ve even seen fungal infections and herpes.”

To clean your brushes, you should start by running the bristles under warm water. Point the brush bristles downward under the water to avoid getting water in the handle, it will loosen the glue that holds the bristles together.

Then, put a small amount of gentle soap into the palm of your hand. Baby soap or hand soap will work.

Take each brush and rub it around the soap in your hand until the brush has a good

sudsy amount of soap on it. Massage the bristles with both hands to clean out the build up of makeup, do this for one to two minutes.

Thoroughly rinse the soap off the brush and lay them flat overnight to dry. Do not blow dry the bristles to speed up the process, the heat damages the bristles.

“It only takes about 10 minutes tops to clean your brushes and it’s definitely worth it for the sake of your skin. So take 10 minutes once a week and do yourself a favor,” Venturella said.

Group Exercise May Help to Keeping Your Fitness Goals

MICHELLE RICCIARDI
Editor in Chief

Sweat poured down their faces as they picked themselves up, their arms strong, for one last drill. A sweet sigh of relief and a smile flashed across their faces as the buzzer went off. They survived another round of their workout.

Twenty bags line the gym along the opposing brick and mirrored walls at iLoveKickboxing studio in Pleasantville. Music blasts while instructor, Patrick Consing, calls out various conditioning exercises and kickboxing combinations.

According to Consing, it’s the red walls, which he calls a “form language” and the vibrations of the music that keep the energy high during classes.

“This isn’t a strict boot camp program,” said Consing. “I get to play good music and it’s like being the conductor of an orchestra and controlling the energy of the room. When the instructor can connect with students this way it makes a big difference.”

The CDC recommends that adults get at least two and a half hours of moderate-intensity aerobic activity and two days

worth of muscle strengthening activities per week in order to combat obesity and prevent weight-related diseases.

According to studies on The Statistics Portal, the number of memberships at fitness centers and health clubs increased from 32.8 million to 54.1 million between the years 2000 to 2014.

However, this increase of gym memberships does not necessarily mean that Americans are getting more exercise. The International Health, Racquet and Sportsclub Association (IHRSA) Health Club Consumer Report says that although 52.9 million Americans ages six and older belonged to some sort of fitness facilities in 2013, only 23.2 million visited their health clubs at least 100 times per year. This means that 44% of Americans that belonged to a fitness facility went to the gym two days per week on average.

IHRSA also reported that 43% of Americans participate in group-exercise. According to the American Council on Exercise (ACE), group exercises today include yoga, Pilates, CrossFit, boot camp,

zumba, barre, and kickboxing. Statistics say that the number of participants, ages six and older, in cardio kickboxing in 2013 was 6.31 million.

There are more than 20 kickboxing studios in the Westchester county area, including iLoveKickboxing. Here, Consing teaches fitness kickboxing that incorporates “Western boxing” and kicking techniques from various forms of martial arts.

Kickboxing increases heart rate within the first 30 minutes and gets the body into the “fat burning zone,” according to Consing.

“Even after the one hour workout you’re still going to be burning fat,” said Consing. “It’s a total body workout. The combination of upper body, lower body, cardio, and midsection workout is definitely going to tone your body and get you stronger while shedding fat.”

The American College of Sports Medicine reported that a common reason that people quit exercise programs is from boredom. Music selection and social interaction with other participants in group exercise are

more likely to keep people interested in working out according to the research. They also found that this social atmosphere offers “camaraderie and accountability” among participants as well as with instructors.

This is true for one kickboxing student, Rita Malvagna, who has been working out at iLoveKickboxing for more than 14 years.

“I’m not good left up to my own devices. You have way too much room to slack off,” said Malvagna. “This is a totally different environment. There’s no hiding and the energy is always high with someone constantly telling you what to do. Your fitness level doesn’t matter and neither does your age.”

According to instructor Ricky Guerzon, the workouts are meant to be fun. If students look like they are taking the class too seriously, he will dance and sing to break their concentration. In other gyms this may be unacceptable. However, the instructors at iLoveKickboxing pride themselves on building strong relationships with their students.

Consing says that the

community built from having good relationships with students is what sets his studio apart from other gyms. It is a place where you walk in and everyone knows your name. Students are not just “another barcode” scanned at the door.

“The fitness program we provide and the relationships we build are life changing. The physical change of course comes first but then the mental and emotional [changes] come,” Consing said.

The most rewarding part of the experience perhaps is when students are grateful for the instructors helping them achieve their fitness goals. Consing says that he uses kickboxing as a tool to get people into shape but having a great team and a great community is what allows his students to see changes.

“This is a tribe. It’s deeper than a family because people that are on the same mission as you surround you,” Consing said.

While one person can get results on their own, according to the instructors’ philosophy, “with others [results] are limitless” because students feed

Goalkeeper Hayley Pascoal Propelling Women's Soccer

JAMES MIRANDA
Featured Writer

Pace soccer's goalkeeper Hayley Pascoal is nervous before every game, but that may be the reason why the team is in the playoffs.

The Freehold, NJ native began playing soccer at seven-years-old in recreational leagues, but didn't take it seriously until sophomore year of high school. She was recruited by Pace her senior year and was given a chance to play for the team.

The program made her nervous upon arrival because it was a brand new slate with brand new teammates.

"I was definitely nervous [coming into college and soccer], I didn't know what to expect, I didn't know how I'd fit in with twenty-five other people, but obviously it worked out," Pascoal said.

Soccer Head Coach Mike Winn switched Pascoal to midfielder in 2014, however, putting her in an unfamiliar position.

"Whatever I was told to do, I did it and I did it to the best of my abilities," said Pascoal, who's a goalie by trade. "I don't trade that for anything because it just teaches you to overcome adversity, work hard, and take one for the team. I wasn't mad about it; they asked me to do it and I said yes."

She had no problem switching positions and it was for the better because it erased any nervous predispositions and helped her overcome it.

Winn switched her back to her initial position in 2015 due

to injuries to other goalkeepers. It didn't necessarily put her back a year, but she had to relearn the fundamentals.

Pascoal relearned the basics and didn't falter when she was given a chance to perform this season.

The five-foot-six goalkeeper collected 31 saves and ranks second in the Northeast-10 (NE-10) Conference in save percentage (0.838) in the eight games she played this season. She was named Eastern College Athletic Conference (ECAC) Defensive Player of the Week twice between Oct. 9-23, as well.

"[Pascoal's] put in four shutouts and that's definitely helped us to get where we need to be for the playoffs," goalkeeper Sam Mitchell said. "She wouldn't put herself before anyone else. She wants what's best for the team."

Pace went 5-3 in their last eight games of the season, which included four shutouts and a playoff-clinching double overtime 2-1 win at Assumption College last Saturday.

"Yeah I was [nervous Saturday], it was a huge game for us and we needed this game to make playoffs," said Pascoal, who had two saves in the win Saturday. "It's a good nervous, it's a good feeling knowing that you hold your own destiny."

Good nervous is better than not being nervous at all for Pascoal and her success has shown it.



Courtesy of Pace.edu

A Near Death Experience Changed a Football Player's Life

SEAN BROWNE
Sports Editor

After almost dying in a car crash, Pace defensive back, Micah Hunter, never takes for granted life and football.

"I did not think I was ever going to play football again," Hunter said. "I thought I was done."

Upon graduating high school, the California native's plan was to play football at Culver Stockton College, where he would play for a year and transfer.

However, his plans changed one night while he was out driving with a friend.

"I was in the passenger seat with a friend," Hunter said. "I had a couple of drinks and I was unconscious. I was ejected out of the car and the car flipped over numerous times."

When he woke up the hospital with a mouth full of tubes, he found out that he was lucky to even be alive.

"The person who called the ambulance did not even know

if I was alive or not," Hunter said. "The doctor even said to me, 'There is no way you should even be alive.'"

Even though Hunter suffered a brain aneurysm, he did not do any damage to the rest of his body and would be able to play football again.

After redshirting for a year, Hunter was able to play for Culver Stockton.

"Everyone told me it was going to be a year or more before I could ever even think about playing," Hunter said. "[The doctors] suggested that I stop playing, but I could not do it."

After playing at Culver Stockton for a year, Hunter transferred to Pace.

Hunter knows now that he can never take football for granted and tries to preach this message to his teammates.

"I try to tell some of the younger guys on this team that you can't take this game for

granted because I promise it can be gone just like that," Hunter said. "I try to tell this to the younger guys so they can take this game more seriously."

Whenever Hunter takes the field, he says that he always plays like it's the last time he will strap up his helmet because he knows everything can be taken so quickly.

"I never want to take my situation lightly," Hunter said. "God had a plan, it could have all been gone. So when I came out alive, I knew if I stayed on this path I would be okay."

Hunter also feels as though this entire experience has made him a better player, as he now feels extra motivation when he steps onto the field.

"I am definitely became a much harder-working player after it happened," Hunter said. "I never wanted to lose the ability to play at a high level, and that shows through my play being a shut down corner back."

"I was ejected out of the car and the car flipped over numerous times... The person who called the ambulance did not even know if I was alive or not."

-Micah Hunter



Courtesy of Pace.edu

