

The Pace Chronicle

VOLUME VII, ISSUE 5

PACE UNIVERSITY, PLEASANTVILLE

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FRIDAY, APRIL 21, 2017

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BLENDER HYGIENE
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MASTER FALCONER



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New York City Campus Fire Causes Pace to Cancel Class

ELISE ADAMS
Feature Editor

Pace's New York City campus was billowing smoke from its windows as a result of an electrical fire from the Con Edison electrical vault which was experiencing malfunctioning equipment on April 9.

The fire started on the west side of 1 Pace Plaza in the basement level and was contained by the Fire Department of New York (FDNY) before spreading through the rest of the city campuses main building. Everyone in the building and the residence hall attached- Maria's Tower, was evacuated at 3:15 pm.

The primary power source of Pace Plaza was shut off by Con Edison and the building was running on limited auxiliary power. There was no electricity in students rooms and only emergency lighting in the halls of the dormitory.

Students were encouraged to travel home if they lived locally or stay with friends in other dormitories until the problem was resolved. Students were allowed back into their dorms at 6 PM when FDNY reported the



Photo courtesy of the New York Daily News.

building was safe.

"I was coming up from the Brooklyn Bridge subway station that's right by Pace and when I came out I just saw a bunch of smoke coming from the building," Pace student Kaitlynn Brady said.

Brady stayed by Pace to see what was going on.

"At first I thought it was a dorm fire but then I overheard an RA say it was in C level, which is the basement where the gym is. And then I heard him say that Pace would probably be closed on Monday," Brady said.

Pace sent out an official statement to students on Sunday night stating that all classes held

in the 1 Pace Plaza building would be closed on April 10.

Administrative offices in the building were also closed. Classes were still held on regular schedule in other Pace buildings as well as the Midtown center. Primary power was restored to the building and residence hall early morning on April 10.

David Rahni Announced as One of the Provost Candidates

SEAN BROWNE
News Editor

With Pace University Provost Uday Sukhatme stepping down on June 30, Chemistry Professor and Chair of the Faculty Council David Rahni has been named as one-of-three final candidates to succeed the Sukhatme, according to a faculty email from President Stephen Friedman.

The provost position was something that Rahni was not intentionally considering having just been reelected as the chair and co-president of Joint Faculty councils in February.

"Almost towards the end of the deadline for submission, a few faculty members and one key administration member reached out to me," Rahni said. "I am a very frank and forthright speaker and most of the faculty appreciate that."

Rahni believes that he will succeed as provost because he has a prior history with that sort of work as well as having faculty support.

"Believe it or not, when the last provost arrived, I went

to two national searches and served as the Associate Provost for Academic Affairs," Rahni said. "In the two searches, I turned out to be the only viable finalist and at that point the Provost appointed me on a interim basis."

Rahni stepped down as associate provost, however, because he acknowledged that it was having that job was the equivalent to two or three full time jobs.

But now that Pace will be welcoming Marvin Krislov as the eighth president, Rahni feels like he can do a sufficient job acclimating Krislov to Pace.

However, Rahni also has new ideas that he wants to bring to Pace. The biggest one being more hands-on with the faculty and students—something he felt that Sukhatme did not do well.

"Today, I met with all the [school] deans and I told them that even if I were to be elected I will still be teaching," Rahni said. "That's the best part about my career, being around youths with promising potential, so I have a much more hands-on approach."



Photo Courtesy of David Rahni.

For Rahni, this means making his presence very well known on campus. He wants to spend time in places such as Mortola Library and Kessel as well as touching base with the faculty members.

"I will see to that no less than 35-40 percent of my time will be spent in Pleasantville,"

Rahni said. "Being around campus is my style. I do not like being in closed doors."

Another topic that Rahni would like to address is prioritization of faculty research, which Rahni believes to be important but not at the expense of the students getting a proper education.

Edward Mortola's Centennial Celebrated

JAMES MIRANDA
Copy Editor

The Pace University community congregated and celebrated Dr. Edward Mortola's (1917-2002) centennial by reminiscing and honoring his life and service to the institution in Mortola Library on Fri., Apr. 14.

A series of speakers who were either close to or knew Mortola—the third president of Pace and the library's namesake—or knew his story through research and association were called upon to reminisce about who he was, his life, and what he meant to Pace's history.

President Stephen Friedman was among the approximate 30-plus people in attendance and was called upon to speak about Mortola. Doris Mortola, Edward Mortola's wife, and their daughters Doreen Mortola LeMoult and Elaine Mortola-Clark were also in attendance.

"[Mortola] really built the modern Pace University and he created the special blend of liberal and professional education that makes us so distinctive," said Friedman, who plans to retire at the end of the semester. "The commitment to creating opportunity and better lives for students, that's what Pace is all about and that's what's so impressive about what he built. I never knew Ed Mortola, but I've lived with his legacy for the last thirteen years, so it was a very important event for me."

Pace Historian Marilyn Weigold spoke next and gave a historical account on his life.



Pace President Stephen Friedman (standing behind podium) never met Dr. Edward Mortola, but very much looked up to his success for his own career here at Pace. Photo by James Miranda/The Pace Chronicle.

Pace Archivist Ellen Sowchek followed suit and presented a 20-minute video tribute to Mortola displaying who he was and what he did. The video included soundbites of Mortola from a series of interviews he did towards the end of his tenure at Pace.

"He was a highly intelligent, very dynamic man who was totally involved with this institution seven days a week," said Weigold, who knew Mortola. "He was a people person and I think that really was a key factor in his ability

to transform this university into the great institution that it became during his tenure."

Mortola started his Pace career as an assistant dean in 1947, served as president from 1960 to 1986, and he established the schools of business administration, arts and sciences, education—nursing and law—and computer science and information systems under his term. He was also responsible for moving the City campus to 1 Pace Plaza, acquiring university status, and expanding to the Pleasantville,

White Plains, and Briarcliff campuses.

The Edward and Doris Mortola Library was named after them in 1983 for their commitment to the university. He died at his Rye, NY home on Oct. 21, 2002.

Library Director Steven Feyl and Sowchek organized the event initially in February to align the event with his actual birthday, but the scheduled day was canceled due to a snow storm.

"Besides the Paces, [Mortola's] most likely the

most important person in terms of the university history and its development," Feyl said. "I'm in charge of the building in which he's named after and to sort of have that connection with the family, what he did, and what his family did is important to me."

Doris Mortola was called upon lastly and thanked the people in attendance for coming and sharing their memories. Feyl gave her a bouquet of flowers as a gift as a token of appreciation for her and her late husband's service to Pace.



Doris Mortola (standing behind podium), Edward Mortola's wife, and their daughters Doreen and Elaine were in attendance. Photo by James Miranda/The Pace Chronicle.

Nature Center’s Earth Month Banner Allegedly Stolen

JOSEPH TUCCI
Managing Editor

One of the Pace University Nature Center’s Earth Month banners was allegedly stolen, according to the center’s Director Angelo Spillo.

The banner—a yellow sign with a picture of the sun wearing sunglasses and text saying, “April is Earth Month,”—was located on an adjacent patch of grass on the roundabout between Martin, Alumni, and Elm Halls. It was used to advertise a the Center’s series of Earth Month throughout April.

“It was right there on the corner [of Elm Hall before it went missing], where the stop sign is,” Spillo said.

The ropes that held the banner were left cut and untied and the sign costs approximately \$250, according to the Nature Center’s Assistant Director James Eyring.

Spillo filed a report stat-



A identical banner to the one stolen found near Entrance 2. Photo by Joseph Tucci.

ing it had gone missing with Pace Security on Sun., April 10.

Campus Security and Safety Director Vincent Beatty was not available to comment at this time.

Eyring and Spillo are not completely sure of the exact time the sign went missing before they filed the report because they didn’t initially

notice it was gone.

“I didn’t notice it was missing until after [Eyring] said something,” Spillo said. “But I notice it every day coming into [work] and say, ‘Oh, that’s a great place for it. You can’t miss it.’”

Eyring and Spillo are willing to let the alleged thief return the banner without consequences, no questions asked, and can keep it the whole year with the exception of Earth Month.

“If they want to take it they can have it, they can keep it in their room and do whatever they want with it, just bring it back, so I can put it up,” Eyring said.

A banner identical to the one missing can be found near Entrance 2.

Anyone with more information can contact Eyring through his email at jeyring@pace.edu or phone at 914-773-3169, or Spillo through his email at aspillo@pace.edu or phone at 914-773-3530.

This is an ongoing story and will be updated as information is made available to the Chronicle.

OPINION

Coachella: The Opinion Editor’s Verdict

NIHAL AL QAWASMI
Opinion Editor

I’m sure many of you have heard the word “Coachella” splattered across your social media platforms this past weekend. The Coachella Valley Music and Arts Festival is a massive, weekend-long music festival that takes place in Indio, California – specifically, the Colorado Desert. The festival takes place every year in mid-April and attracts a young, music-loving crowd from all over the country.

Everything about the festival so far might seem fun and harmless, and in truth, it could be. I am a huge fan of live music and discovering new artists, and I am sure most college students are too. However, Coachella is notoriously known for hosting a sea of insensitive and culturally appropriating young adults and teenagers.

Now before anyone gets offended at my previous sentence because you might be an avid Coachella fan – just note that I do not believe in generalizing, but in this case, I happen to be speaking about the majority of attendees here. And had it not been a common issue – I probably would not have dedicated an entire piece on the topic.

Almost every year during this time, a million opinions sprout surrounding Coachella and the lack of sensibility and respect some individuals at the festival show. I guess I’ll add my two cents to the conversation as well because I still do not believe it is taken as seriously as

it should be. Moreover, college students are at the forefront of the issue – and not in a good way.

The topic of cultural appropriation is a controversial one for many; those that appropriately do not see it as a “big deal” nor do they believe they are doing any harm, while those whose culture is being appropriated feel otherwise – for obvious reasons. For example, when you attend the festival with glitter on your face and a Native American headdress – you are actively disrespecting a very sacred aspect of Native American culture. A culture and people that were silenced and colonized on the very same land you are carelessly jumping and dancing on at Coachella.

A Native American headdress is not a trend nor is it a costume – it has spiritual significance. This might be difficult for someone with zero culture to grasp – but it’s not an excuse. Headdresses, feathers, bindis, dashikis, cultural embroidery, and the like are not up for the taking. They are not “hipster” nor are they the latest fashion craze you can slightly adjust and get away with. You are not a trendsetter.

Whether or not you care about Coachella, this is crucial life advice: educate yourself on the difference between cultural appropriation and cultural appreciation. It’s ok to ask questions – wouldn’t you rather be socially conscious than have your latest Instagram picture at Coachella as the feature image of an article that is totally going to drag you for your callous wardrobe choice? Think about it.

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Pace Drama Alliance Performs ‘Club Conspiracy’

JOSEPH TUCCI
Managing Editor

The Pace Drama Alliance performed their newest original production “Club Conspiracy” on Apr. 10 and 11 in the Kessel’s Gottesman room.

“Club Conspiracy,” is a comedy that tells the story of a college book club disguised as an alien conspiracy club, that ends up becoming an actual conspiracy club over the course of the play when they realize the debate team may be aliens.

“The play is about this college club, known as Club Conspiracy, which is an alien conspiracy club, but in actuality, they are a book club and they only front as an alien conspiracy club,” said Jeremy Langdale, who played Peter in the play. “But they become an actual alien conspiracy club when they begin to suspect the debate team on their campus is actually aliens.”

Director/screenwriter Alex Franciosa’s inspiration sprouted from her interest in aliens and watching “The X-Files.” Brandon Caridi, also a director/screenwriter, went along with the idea and expressed some of the characters were loosely based off of Pace Students, but their personalities are amplified.

“I dig the whole alien thing; half of the time I feel like an alien so it kind of was



The cast of Club Conspiracy. Photo by Alex Franciosa.

fitting,” Caridi said in a joking matter. “We would take someone’s personality and triple it, and take all of the worst aspects of them and [amplified them times ten].”

Both directors admitted they had no idea what they were doing at first, so during the process of putting the play together they figured out what worked through trial and error. When directing they had to find a balance between being stern and encouraging with their cast

so the play could be as good possible.

Auditions were held in February and the directors were surprised with how well the actors filled their roles.

“The actors just kind of appeared out of the ground,” Caridi said metaphorically. “I’m pretty sure Jeremy just came on a chariot of light and was like, ‘I can be your Peter.’”

Langdale said the casting was spot on and that he enjoyed playing a character that was his

polar opposite.

“[Peter] is essentially like John Belushi in animal house where he’s obnoxious and makes a lot of d— jokes because he’s an overcompensator and he gives big ass speeches that are ripe with historical inaccuracies, and being a huge student and fan of history and just being a character that’s the complete opposite was a lot of fun,” Langdale said.

One of Franciosa’s and Caridi’s favorite scenes was

during the play’s climax when the actors spray each other with water guns.

“The climax of the play had everyone dripping wet, which is how I think most climaxes should be,” Caridi said in a joking manner.

The play was advertised by the directors who made alien-themed posters and dressed up in morph suits and handed the posters out to people in Alumni Hall.

“Probably five percent of people were terrified [because of the morph suits] and we felt really bad,” Caridi said. “The rest [of the reactions] were kind of humorous.”

The posters ended up having the unintended consequence of convincing some that there was an alien club on campus.

“One of the greatest effects of this play and its long lasting legacy on Pace is accidentally creating the extraterrestrial club on campus. Apparently one of the tour guides saw that it was a poster, and didn’t read that it was a play and told incoming students that we now have an alien club,” Franciosa said jokingly.

The directors are extremely happy and amazed with how the play turned out. Around 70 people came the first night the play, which is more than most of Pace Drama Alliance’s plays get, according to Franciosa and Caridi.

Pace Students See ‘Anastasia’ on Broadway

JANINE JONES
Copy Editor

Pace Drama Alliance sponsored a trip for students to see the new Broadway play Anastasia on Monday, April 3. Tickets were released to students on March 23 for \$15 and quickly sold out the same day. The price included tickets to for the play and the train.

For those who aren’t familiar, Anastasia is based off the 1997 film of the same name and tells the story of the legend of Grand Duchess Anastasia Nikolaevna of Russia, which claims that escaped the execution of her family since, at the time, her body was not found with the rest of her family.

In the film, the Romanov family is attacked during a ball in the palace by the sorcerer, Grigori Rasputin, but Anastasia and her grandmother escaped thanks to a young kitchen boy who lets them out through a secret passage in the wall. While fleeing on a moving train a young Anastasia misses her grandmother’s outstretched hand and falls on the tracks.

Then we meet an older Anastasia, who is an amnesiac orphan named Anya, with a necklace that says ‘Together in Paris’ which serves as proof that she has someone in Paris that is looking for and missing her. She

turns 18 and has to leave the orphanage to start work in a fish factory, but instead, she goes on a “journey to the past” to St. Petersburg to try to get to Paris and figure out who she is. Anya meets two con men, Dmitri and Vlad, who see her resemblance to the lost Romanov and take advantage to later find out she is the real thing and reunite her with her grandmother.

The story in the play is a bit different because there is not evil sorcerer Rasputin, just Bolsheviks who invade the palace and kill the royal family. While trying to retrieve her music box, Anya gets caught by a bomb, and the whole family is confirmed dead. Ten years later, St. Petersburg is now Leningrad and under Communist rule. There is now a rumor that Anastasia may have survived the attacks and con men, Dmitri and Vlad (played by Derek Klena and John Bolton, respectively) plan “the biggest con in history” by trying to find an Anastasia impersonator to get money from the Dowager Empress (Anastasia’s grandmother, played by Mary Beth Peil).

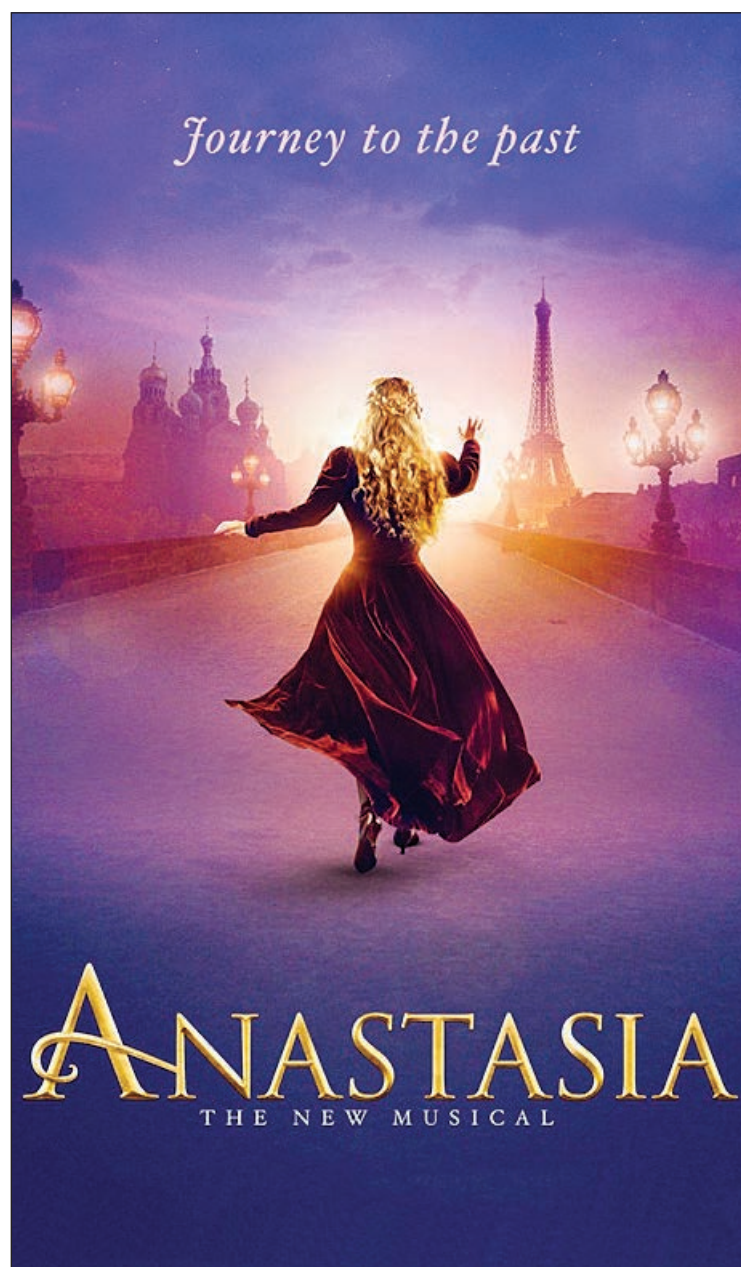
Anya (played by Christy Altomare) has been living on the streets and working several odd jobs since being released from the hospital after the attack. She comes across Dmitri and Vlad who convince her that

she could be the missing Grand Duchess because of her striking resemblance and the fact that she has no other memories. They groom Anya to become the perfect Anastasia by giving her history, dining and dancing lessons.

The play has an added character, Gleb (played by Ramin Karimloo), who is a general for the Bolsheviks and after meeting Anya is convinced that she may be a Romanov and reports her. He is given orders to follow her to Paris and kill her. When he finds her, Gleb finds that he is incapable of carrying out his orders and leaves Anastasia to be reunited with her grandmother.

While different from the movie we loved as children, it’s still an amazing story but maybe now a bit more believable. There are 16 new songs added to the six original songs from the movie. “In the Dark of the Night” isn’t one of them, but it was sampled and turned into a beautiful farewell song to Russia called “Stay, I Pray You” – not the same, but still incredible.

Ten out of 10, would definitely recommend for people to see it, but I would suggest watching the film before going as a refresher or just for fun because it’s available on Netflix.



Anastasia the Musical poster.

The Adam Sandler/ Netflix Deal Explained

JANINE JONES
Copy Editor

Adam Sandler is a well-known household name in the world of comedy movies. He has an impressive resume full of box office hits and between the years 1998 and 2011, almost every movie that Sandler produced and starred in made over \$100 million dollars. Exceptions to this statistic are Jack and Jill, That’s My Boy, Pixels and Blended, not because they are any less than, but because not everyone can comprehend comedic genius.

Back in 2014 when Sandler signed a four-movie deal with Netflix, people didn’t really know what to expect other than good comedy. From the deal, so far we have The Ridiculous 6, The Do-Over, and Sandy Wexler.

Netflix chief content officer, Ted Sarandos, said that they decided to approach Sandler with an offer because his appeal “spans across viewers of all ages – everybody has a favorite movie, everyone has a favorite line – not just in the U.S. but all over the world.”

Two and a half years after signing the first four movie deal, with one more movie left in the first agreement, Sandler signed another four movie deal at the end of March. Which could mean that he’s done with doing movies he doesn’t really like doing. The contract renewal might also mean that from here on out he’s doing it his way, no more trying to appeal to the

masses.

“Love working with Netflix and collaborating with them,” Sandler recently said in a statement via Variety. “I love how passionate they are about making movies and getting them out there for the whole world to see.”

It seems as though Sandler has found a happy home because there are no obligations or expectations. Now he just creates content for his fans, which isn’t a real problem since Netflix recently accused its users of watching over 500 million hours of Adam Sandler films since the release of The Ridiculous 6 in 2015. This number is both exciting and deeply offensive – exciting because it shows people truly do love Adam Sandler, offensive because it shows people don’t pay to see him in theaters anymore. Don’t believe it, check the box office for his last few movies, not including the glorious piece of comedy gold that is Grown Ups 2.


Though the streaming giant doesn’t usually reveal their numbers, they did reveal that The Ridiculous 6 and The Do-Over are two of its most watched original films. This deal made Adam Sandler the first major film star to bypass theaters in favor of at-home viewing. Netflix may be gearing up for a whole collection of films that will premiere with them instead of in theaters.

Do you think that more big Hollywood names will agree to make movies with Netflix? If so, who could be next?



Sandler at premier for his Netflix Original movie The Do-Over. Courtesy of Entertainment Weekly/WireImage.

Posh Pets Rescue

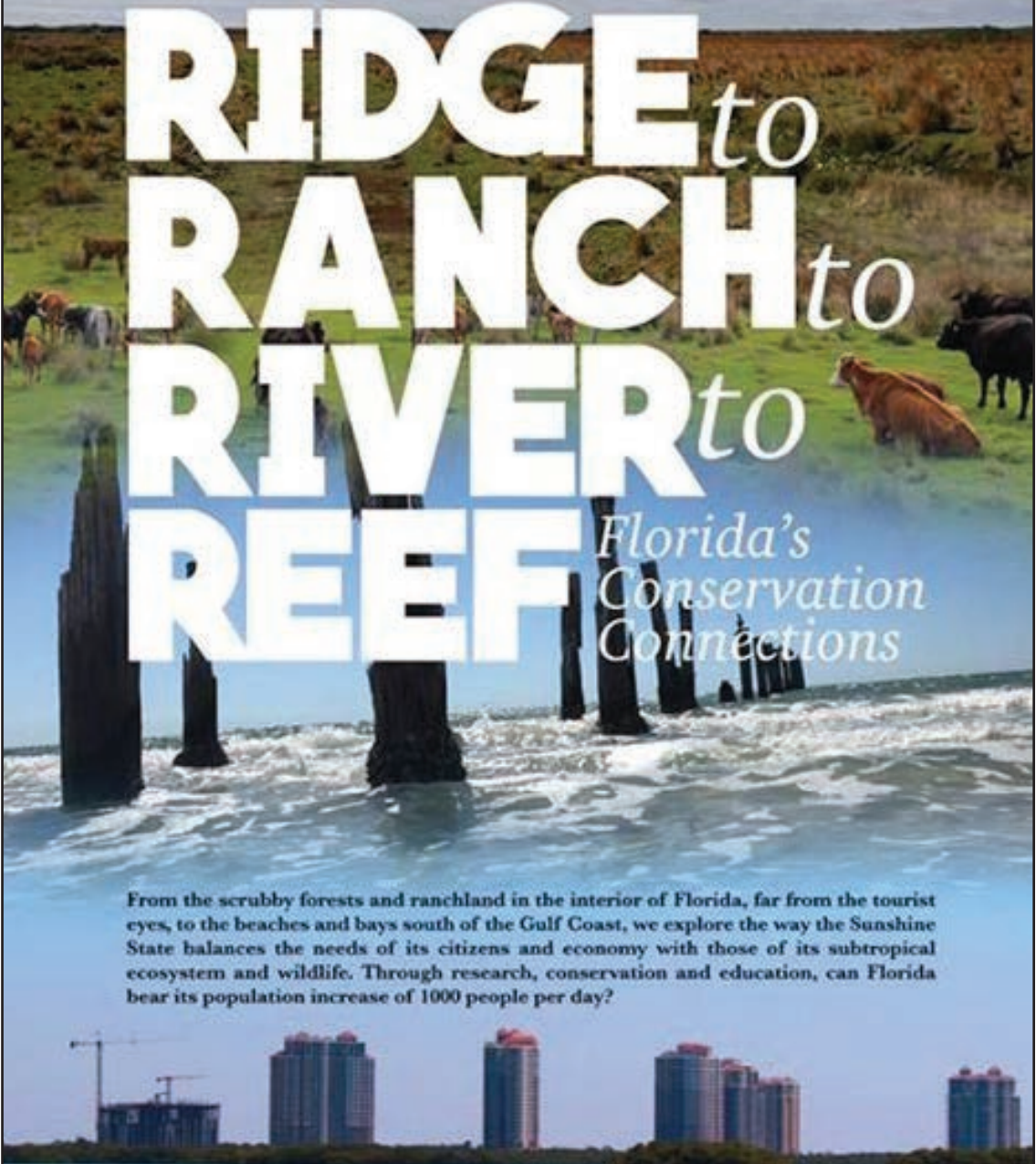


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RIDGE to RANCH to RIVER to REEF *Florida's Conservation Connections*

From the scrubby forests and ranchland in the interior of Florida, far from the tourist eyes, to the beaches and bays south of the Gulf Coast, we explore the way the Sunshine State balances the needs of its citizens and economy with those of its subtropical ecosystem and wildlife. Through research, conservation and education, can Florida bear its population increase of 1000 people per day?

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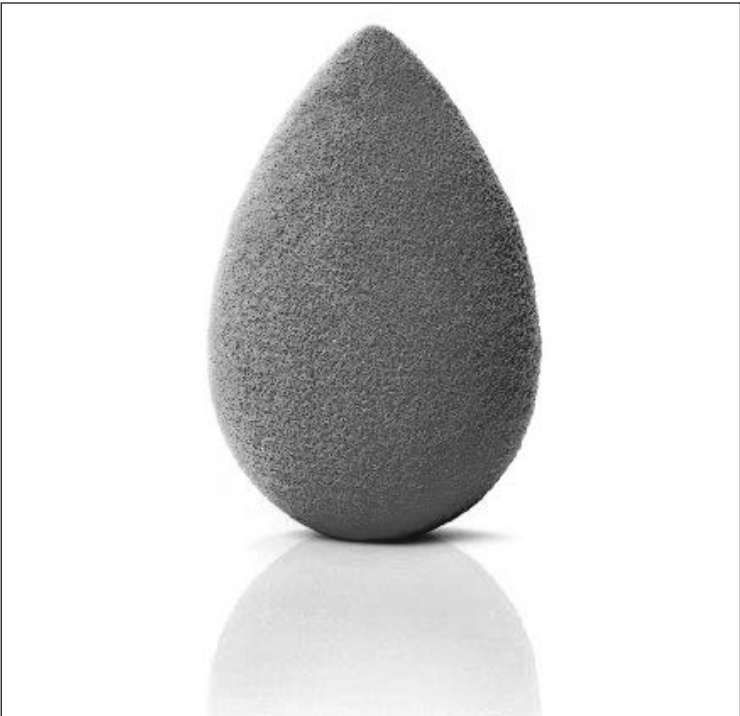
Time To Step Up Your Beauty Blender Hygiene Game

JENNA FEBBO
Health & Beauty Editor

I think any person who wears makeup on a regular basis agrees that the beauty blender is a game changer. It is versatile, it applies makeup quickly, easily, effectively, and it allows you to achieve whatever type of coverage you want. There is really only one problem with the beauty blender, it is a pain in the butt to clean.

I will be the first to admit that I do not clean my beauty blender, or any of my brushes for that matter, as much as I should be. As soon as you apply product to it, it becomes dirty and just running it under water will not to the trick. I let the hygiene take a backseat. That changed for me when I saw one of the most disturbing videos on the planet – a woman cutting open her beauty blender to find bugs inside. It still haunts me to this day.

I get it now; the beauty blender needs to be properly cleaned. It is an ideal home for



Courtesy of beautyblender.com

bacteria and I do not think any of us wants that on our skin. The bacteria can lead to break-outs and blackheads, as if we did not have to worry about those enough. Not only that, but an unclean beauty blender can cause uneven application and discoloration. For such a

holy grail product, us beauty blender lovers should probably start treating it right. Beautyblender, the original makers of the beauty blenders, sells a cleanser but it is pretty pricey. For those who are a big fan of home remedies and cheaper alternatives, I got

you covered. You can clean your beauty blender with a cup of warm water and olive oil, baby oil, baby shampoo, coconut oil, or antibacterial dish soap. Giving the beauty blender a nice massage in the oils/soaps will really allow for a thorough clean.

After giving it a little massage and a few squeezes, leave the beauty blender in the cleansing mixture for a few hours or overnight, if possible. The longer you allow your beauty blender to cleanse, the cleaner, and more germ-free, it will be.

Considering the beauty blender is used daily for many of us, cleaning it everyday is preferable. There are other steps that should be taken though when using a beauty blender so often. For starters, beautyblender recommends that the blender is replaced about every three months. Even if you are cleaning it everyday efficiently, it can still be prone to actual damage, like little rips and tears. For primal bouncing and best results for your makeup,

replacing your beauty blender every three months is ideal.

Something else you might not have considered – where you are storing your beauty blender. I usually just throw it into my makeup bag but apparently, that is the opposite of what I should be doing. The beauty blender is commonly used damp and throwing the blender into your makeup bag after use is exactly what the bacteria wants you to do. Bacteria loves dark places and combining that with moisture creates the perfect place for bacteria to develop and live on your beauty blender. And then you apply that to your face the following day. Super gross. Storing your beauty blender in a dry and well lit place would be in your best interest.

Next time you use your dirty, old beauty blender, remember that there could be bugs living in it. If that does not scare you straight, I do not know what will. Treat your beauty blender right and your makeup will reap the benefits. Bounce cleanly, my friends.

Dissecting The Coconut Oil Obsession: What Are The Uses?

JENNA FEBBO
Health & Beauty Editor

Coconut oil has quickly become a staple amongst people for basically anything. It is probably the most versatile health food on the planet and is classified as a “superfood.” Heck, I even use it to clean my beauty blender (see my other article, shameless plug).

The benefits of coconut oil stretch from skincare to diseases to fat loss. It can be used in cooking, baking, and even as creamer inside your coffee (if you are into that type of stuff). Considering its many uses and benefits, it is no wonder coconut oil has risen in popularity over the past couple of years. So, what makes it a must have?

Let’s start with the most popular uses – hair, skin, and cooking/baking. Coconut oil is a godsend to dry skin. If you ever noticed that your favorite moisturizer or primer contained coconut oil, it is because the skin does not react badly to it, mak-

ing it ideal to put in skincare and cosmetics. Coconut oil can also prevent the appearance of wrinkles and saggy skin. It also helps to treat skin issues, like eczema and psoriasis.

Coconut oil is also a friend to your hair. It helps to grow hair by getting deep into the follicles while making your hair shiny and soft. It also prevents dandruff, split ends, and hair breakage. It is most effective in helping dry and damaged hair. It contains the essential proteins that help to nourish, grow, and heal the hair. A great way to utilize coconut oil is to use it in the shower as a hair mask. Letting the coconut oil melt from its (somewhat) solid form into a liquid, applying it over the hair, and then leaving it on for five minutes before rinsing will give your hair the love it deserves.

Many people use coconut oil in place of butter, cooking oil, and shortening because it is a healthier alternative. It is best to keep in mind that coconut oil will solidify if added into cold ingredients, such as milk and eggs. There is also no need to worry about coconut oil changing the flavor in whatever you are cooking and baking because the flavor is extremely subtle. However, coconut oil is more common in baking than cooking because of its sweeter tendencies.

The health benefits are arguably the most important and interesting. Coconut is jam-packed with saturated fat. Saturated fat is notoriously known for being a bad fat but that is not the case here. Coconut oil contains Medium Chain



Courtesy of Pixabay.

Triglycerides (MCTs), which is metabolized differently. It quickly travels from the liver to the digestive tract and is turned into a quick source of energy. It can also be turned into ketones, which have been proven to be beneficial to brain disorders like Alzheimer’s. The ketones in coconut oil can also help fight cancer and prevent it.

Coconut oil can prevent heart disease and high blood pressure because it is mostly made up of saturated fats, which increases “good” cholesterol and helps to turn “bad” cholesterol into the good. It also helps to treat Urinary Tract Infections

(UTI) and kidney infections and also helps protect the liver because the medium chain fatty acids in the oil work as a natural antibiotic.

Coconut oil also works to give your immune system and endurance system a boost. The oil contains lauric acid, which is known to fight off bacteria and viruses. This, in turn, boosts the immune system. It can give your endurance system a nice boost, as well as increase your energy because it speeds up your metabolism and produces longer, continuous energy.

The increase in energy and faster metabolism also helps you

to lose weight and burn fat. They can also help in building muscle. Since it is easy to digest, it can help improve the good bacteria in your stomach because the omega-3 fatty acids become more effective and help fight off stomach ulcers and ulcerative colitis.

Some other health benefits of adding coconut oil into your diet include osteoporosis prevention, gum disease prevention, and helps alleviate the symptoms that come along with type 2 diabetes.

You can buy coconut oil in your local grocery store and costs around \$10 to \$20.

Coconut oil is a godsend to dry skin. If you ever noticed that your favorite moisturizer or primer contained coconut oil, it is because the skin does not react badly to it, making it ideal to put in skin-care and cosmetics.

James Eyring's Food for Thought

JAMES MIRANDA
Copy Editor

James Eyring's dyslexia made academics difficult growing up, but the bird feeder that hung outside his kitchen window made him the naturalist he is today.

Eyring, Pace's Nature Center's assistant director, would watch a plethora of birds that flew into a black bird feeder, which hung a foot outside his six-over-six pane kitchen window while looking at pictures of them in a 1934 leather-bound copy of the Audubon Field Guide to the Birds that sat right next to the sugar on the kitchen table.

He couldn't read at an efficient level because of his dyslexia, so he would just look at the pictures while his mother or father would point out which bird was which. It sparked his inner naturalist at seven-years-old.

"That bird feeder is probably as instrumental as anything in making me who and what I am today because it was something I enjoyed—the birds coming to the feeder—and learning about the birds," said Eyring, who graduated from SUNY Morrisville in 1979. "Birds have been a mainstay in my life. They've been kind of my totem for as long as I can really remember."

Birds and nature became a totem because he wasn't a gifted student, but Eyring was always looking at any nature-related books despite this impediment.

The inability to differentiate 15 from 51 but effortlessly identify birds such as a male downy woodpecker by the length of its beak or the red patch on the back of its neck perplexed his parents and often frustrated his father, Allan, especially.

Allan Eyring, a harsh-voiced NYC firefighter, played as much of a role as the bird feeder did in precipitating Eyring's passion for birds and nature, however.

If it were not for his father, the 5-foot-8-inch naturalist would have never been thrust into rural North Salem, NY or discover his chance to falcon birds of prey.

He came across a red-tailed hawk one day when he was younger with jesses—leather straps signifying ownership—around its ankles, used a retrieving dummy from his father's basement, and tried to catch the falcon. He failed, but discovered a man named Paul Kupchok, who was in a town five miles away, was the falconer.

Kupchok wasn't willing to sponsor Eyring, however, which is required to become a falconer in New York.

"He wasn't willing to do that, well he was, but he wasn't willing to do it unless I really hounded him, and I did," said Eyring, who Pace hired in 1980. "He was my sponsor for my two-year apprenticeship and from there I became a general falconer after I guess three or four people wrote letters saying I was doing good things, I was educating people. Years later, I became a master falconer."

Eyring mastered how to falcon and much like the bird feeder taught him, Eyring—like any naturalist—wanted to teach and share this with everyone.

The Nature Center never considered animals like the birds of prey



Jim Eyring owns a bird feeder like his childhood one and uses it to teach his five-year-old daughter, Layla, about birds just like his parents did for him. Photo courtesy of Jim Eyring.

before Eyring was hired, according to the Nature Center's Director Angelo Spillo, because no one could handle them. Eyring's expertise of falconry and wanting to share and teach about nature brought the Birds of Prey program to Pace in 1981.

"I always say in [my] class that [Eyring's] a true naturalist because what he does for work he does on his free time," said Spillo, who's worked with Eyring for 35-plus years. "The animals are as close to his children as

they can be. On the weekend, doesn't matter. On Christmas day, doesn't matter. Jim comes in to [take care of the animals]."

The Birds of Prey program wasn't just a way for Eyring to share his passion with the university, but it was also used—and still is—as a recruiting tool that both Eyring and Spillo see invaluable.

Eyring's childhood bird feeder is in his possession today, but he doesn't use it because it's slightly damaged.

He does, however, use bird feeders at home and at Pace to teach his five-year-old daughter, Layla, and students about birds, respectively.

"Being a naturalist, I'm constantly learning new things, I'm constantly putting new things in the data bank because I'll never know it all," Eyring said. "People say [to me], 'when are you going to retire, you've been here forever,' and I'm like, 'I've got another 35 years in me.' I'm nowhere near done yet."

Wyatt Barfoot’s American Dream

TJ COMBS
Featured Writer

Pace Men’s lacrosse’s Wyatt Barfoot trekked all the way from the great white north of Ontario, Canada to follow his American dream: lacrosse.

Lacrosse is where he shines out of all the sports he’s played and it’s the sport he considers his passion.

“Lacrosse was always my passion,” said Barfoot. “I played football because I thought it was awesome and wanted to try it, but even when I was playing football my focus was always on lacrosse. I t was always my goal to go somewhere with lacrosse.”

The 5-foot-11-inch mid-fielder stands out from most Pace students being from Canada, which is a bit far from the field. While there has been some adjustment to culture and lifestyle, it was always his goal to play lacrosse competitively in America.

“It’s a lot different than I’m used to,” Barfoot, 20, said. “This has always been my



Wyatt Barfoot. Photo courtesy of Pace Athletics.

goal. The Canadian Universi-ties have lacrosse, but not on the same level as the NCAA. [America] takes it way more seriously.”

Barfoot says he has his

parents to thank for his love of athletics as he comes from a home with a mother and grand-father who played softball as well as a dad who played hockey, baseball, and lacrosse.

“I barely remember [when I started] my dad put me into it around the age of three,” Barfoot said. “It’s the first sport I remember. My parents come to a lot of games actually, so when they’re here, I always think that I have an opportunity to show my par-ents why they drove 10 hours to come watch.”

Barfoot hit the field his rookie year in 2015 and imme-diately found success scoring 29 goals, had a shooting per-centage of .429, aided Men’s Lacrosse’s to 9-7, 6-5 NE-10 record, and won the North-east-10 (NE-10) Conference Rookie of the Year.

His dream suffered a set-back, however, as he suffered a dreadful knee injury, which required surgery. This benched Barfoot his entire sophomore season. But the devastation taught him to be grateful.

Barfoot returned at the beginning of this season and wants this year to be a great comeback story.

“All summer I couldn’t wait to get back into

[lacrosse], then I had my sur-gery so I was kind of just side-lined all season,” the red-shirt sophomore said. “I thought to myself that I better take advan-tage of every opportunity I get to be out on that field.”

Barfoot explained that last season left him fired up to get back to the sport, back into his groove, and this season is going as excepted.





Men’s Lacrosse is 6-2, as of Apr. 9 and Barfoot has scored five goals, a total of 14 points, and a shot percentage of .333 in seven games played.

“I’m slowly getting there,” said Barfoot, who’s an accounting major. “[The team] has had high expectations. I thin the season will [continue to] show a lot. We’re about to get into our NE-10 play, so it’ll all come together very soon.”

Barfoot’s favorite word is “opportunity,” and after watching from the sideline, he’s taken advantage of the opportunity to be back on the field and continue his Ameri-can dream of playing lacrosse.

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Submit using link in emails that are circulating Pace MCVA's listserv
and Facebook. Don't see one? Email Professor La Rosa.

This Week in Sports

April 17-April 21,
2017



BASEBALL

4/18 Setters Baseball was defeated in Garden City to Adelphi University with a final score of 1-5

SOFTBALL

4/19 Pace Softball took on Adelphi at Briarcliff, taking a victory in the first of two games, 10-8. Game two has been postponed



LACROSSE

4/18 Women’s Lacrosse Fell to New Haven at home 10-7

4/19 Men’s Lacrosse won a rainy night game against Bentley University by a whopping 13-6