

The Pace Chronicle

VOLUME VII, ISSUE 2

PACE UNIVERSITY, PLEASANTVILLE

WWW.PACECHRONICLE.COM

THURSDAY, FEBRUARY 23, 2017

STUDY ABROAD



PACE STUDENT SPENDS JUNIOR YEAR IN ITALY. SEE PAGE 8.

GREAT EXPECTATIONS



2017 BASEBALL SEASON PREVIEW SEE PAGE 12.

ALSO INSIDE

NEWS

- PACE REACTS TO NEW SECRETARY OF EDUCATION
- PACE SUPPORTS SAVE THE ELEPHANTS LEGISLATION

FEATURES

- STEPHEN FRIEDMAN PASSES THE TORCH
- PROF. KLAGER LEAVES PACE AFTER 41 YEARS

HEALTH & BEAUTY

- APP CLAIMS TO BE JUST AS EFFECTIVE AS BIRTH CONTROL

OPINION

- PACE'S PENNY PINCHING PRIORITIES
- A CONSERVATIVE STUDENT'S OPINION

WWW.PACECHRONICLE.COM
LIKE US ON FACEBOOK!
@PACECHRONICLE
ON FACEBOOK & MESSENGER

Unanimous Vote Names Marvin Krislov Eighth University President

MICHELLE RICCIARDI
Editor in Chief

Pace's Chairman of the Board of Trustees, Mark Besca, announced Marvin Krislov as the president-elect of Pace University by unanimous vote on Feb. 14.

"On behalf of the entire Board of Trustees, I am pleased to welcome Marvin Krislov as the next president of Pace," said Besca in a press release. "Pace plays an essential role in the realization of individual dreams of achievement. Our mission is voiced in the motto, *Opportunitas*, and Marvin embodies it. He is the ideal person to lead Pace into a new era of growth and build on the renewal and revitalization that Pace has experienced under Steve Friedman. Marvin has demonstrated throughout his career the strong, effective, enlightened, and passionate leadership to propel Pace to a new level of impact and stature."

Krislov has been the acting president of Oberlin College in Oberlin, Ohio, since 2007 where he has overseen the expansion and renovation of Oberlin that includes environmentally friendly power resources and the addition of several new structures including a stadium and cinema studies "complex," according to an Ohio newspaper, The Plain Dealer.

However, Krislov plans to first evaluate Pace based on student and faculty feedback before implementing any major changes to the campus or student life.

"I want to understand a little bit more about [student life on campus] before I get into any ideas," said Krislov. "What



Pace University President-Elect Marvin Krislov addresses members of the university community.

I did hear from some of the students when I met with them was a desire for more interaction between the various campuses."

Krislov said that this could include more events that integrate the Pleasantville and New York City campuses.

"I think it is important to do what we can to create a sense of community and many times I have found that the best ideas are the ones that the students come up with," Krislov said.

The president-elect says that one of his main focuses is on increasing fundraising by reaching out to alumni and the surrounding community. During his presidency at Oberlin, Krislov helped raise \$318 million in fundraising for the school.

"People are most generous when they feel engaged and connected," said Krislov. "So I must figure out how to engage alumni and friends with students and faculty and



President-elect Marvin Krislov, center.

get to know them. If you can match potential donors to what is happening on campus that is usually the recipe for the most success."

Krislov would also like to target student success by increasing the graduation rate

and student satisfaction.

"I want to look at the reasons behind why students may not be graduating from Pace and what else we can be doing to support them," Krislov said.

Krislov will take office on August 1.

Environmental Museum Donor Concerns Answered; Community Livid in Response to Conversion

JAMES MIRANDA,
SEAN BROWNE, AND
JOSEPH TUCCI
Copy Editor, News, Editor,
and Managing Editor

While a notable donor to Pace University's Marty McGuire Museum confirmed that her concerns and questions regarding the conversion to a lab were answered during a conversation with school officials, many stu-

dents, faculty, and staff continue to voice their objection.

Lucy Waletzky, the daughter of Laurance Rockefeller and great-granddaughter of John D. Rockefeller, donated an undisclosed amount of money to the museum. Though she said she had concerns, she never elaborated as to what they were, issuing only a statement via e-mail.

"Most of my initial concerns and questions were

answered following a meeting with Dean [of Dyson Nira] Herrmann and Assistant Dean [Richard] Schlesinger," Waletzky said.

Campus reaction to the announcement of the conversion has been largely negative, however. Critics of the move believe that the whole proposal process was neither thought out well nor well-communicated, that environmental students do not need a lab, and that alter-

native spaces for a lab exist on campus.

"I wish the academic deans, Herrmann and Schlesinger, would have proactively got students, faculty, and staff actively engaged in the process of consideration as a proposal for the conversion of the museum," Chair of the Faculty Council David Rahni said. "I understand their point, but I think, had I been them, I would have

continued on page 2

Pace Reacts to the New Secretary of Education

SEAN BROWNE
News Editor

Pace University School of Education students and faculty members have voiced their displeasure in response to Betsy DeVos being confirmed as Secretary of Education.

Assistant Clinical Professor and Program Coordinator for Special Education at Pace, Dr. Jennifer Pankowski has taught in both public and private schools and believes DeVos lacks the experience to be Secretary of Education.

“I was concerned of her own background,” Pankowski said. “To imagine someone who herself been privately educated, her children have been privately educated, her grandchildren are currently being privately educated. She funds private education.”

DeVos is a former Republican Party chairwoman in Michigan and chair of the pro-school-choice advocacy group American Federation



Photo of Betsy DeVos courtesy of CNN.

for Children, in that role she was active in privatizing public education by working to create programs and pass laws that require the use of public funds to pay for private school tuition in the form of vouchers and similar programs, according to *The Washington Post*.

DeVos’ prioritization of private education worries Pankowski.

“[DeVos] is representing all of the American students, not just the ones in the private sector,” Pankowski said. “It would be very difficult for her to have an objective lens when

that’s all she’s ever known.”

DeVos was also an advocate of the spread of charter schools across Michigan, a trend that she would like to continue.

Pankowski taught in a charter school, but is a skeptic of them because of its ability to pick and choose children.

“If you have a severe disability, their argument will be that we can’t support you,” Pankowski said. “Or if your child speaks a language that no one is certified in, then your child will not be accepted. If your child has a significant behavior challenge, then they won’t be accepted.”

“In the United States, we are obligated to educate every child. Whether they are throwing a tantrum or have a very low I.Q. Whatever it is we are obligated to educate them, but charters are able to turn them away. So if charters are taking government funding which is supposed to be allocated for all children and then charters are saying you can’t go to this

school.”

Sophomore Jeremy Langdale, who studies Adolescent Education, shares the same doubts about DeVos that Pankowski does.

“I had always pictured my future that I will work at a public high school, teach history and it would be fun,” Langdale said. “After hearing her getting confirmed as Secretary of Education shifted all of that and it scared me. It kind of concerns me now because I have no idea what my future has in store for me in terms of being a teacher.”

But while Pankowski feels the same concern, she believes, now more than ever, the country needs qualified students who have a desire to teach.

“We are not going to be able to do away with public schools, it’s going to take the ones that are most passionate about education to stay in those jobs,” Pankowski said. “So I have been telling my students this all the time.”

Community Livid in Response to Environmental Museum Conversion

continued from page 1

from day one brought students, faculty, and staff on the same table for very transparent communication.”

Neither Herrmann nor Schlesinger was available for comment.

Student Government Association (SGA) President Mitchell Farrell was also disappointed by the lack of communication from the university and felt Herrmann’s official statement was reactionary.

“These rumors came out and were all over Facebook for an entire week, and Dean [of Students] Lisa [Bardill Moscaritolo] was aware for a week and she wasn’t even getting clear answers,” said Farrell, who issued a Feb. 4 statement supporting the museum’s preservation. “Then after SGA announced our statement last Saturday, it wasn’t until the following Monday that we had a statement from Dean Herrmann, but that was a whole week of it just being a giant rumor on campus and online. I felt like it was just done as damage control rather than communicating with the campus.”

Farrell said that a Feb. 22 meeting between SGA and student leaders will take place at 3 p.m. in the SGA Conference Room. There will be an open forum the following Monday during common hour where Schlesinger is expected to attend.

Students circulated petitions, both online and

physical, in an effort to voice their displeasure. Much of the student ire is directed at Herrmann’s claim that she received complaints that the enclosures in the museum were not “hospitable” for the animals.

“The animals are housed very nicely, they are always getting love and care,” said freshman Samantha Mayrose, who started an online petition on Jan. 31. “Pace students are making sure that they always get attention. I see students coming up to the animals and talking about their day, taking photos and petting them.”

The need for an environmental lab came into question as well and Lab 111 of Dyson Hall’s basement is a supposed alternative space for a lab, according to sources. Melissa Grigione, the Director of the Environmental Science Graduate Program, and Rahni currently use the space and claim it is used “regularly.”

Multiple anonymous sources claimed that environmental field kits provide enough for testing and analyzing data, therefore a lab isn’t needed.

“Fifty percent of [environmental work] is spent in the field and 50 percent of the time in a lab,” said Grigione, who has performed environmental field work. “You absolutely need a lab. If I’m collecting blood from a wild animal in the field, in order to study that data, I need a lab.”

Chris Petrella, the

museum’s animal keeper, and Mayrose spearheaded a Feb. 10 student gathering to show support for the animals and sign a petition.

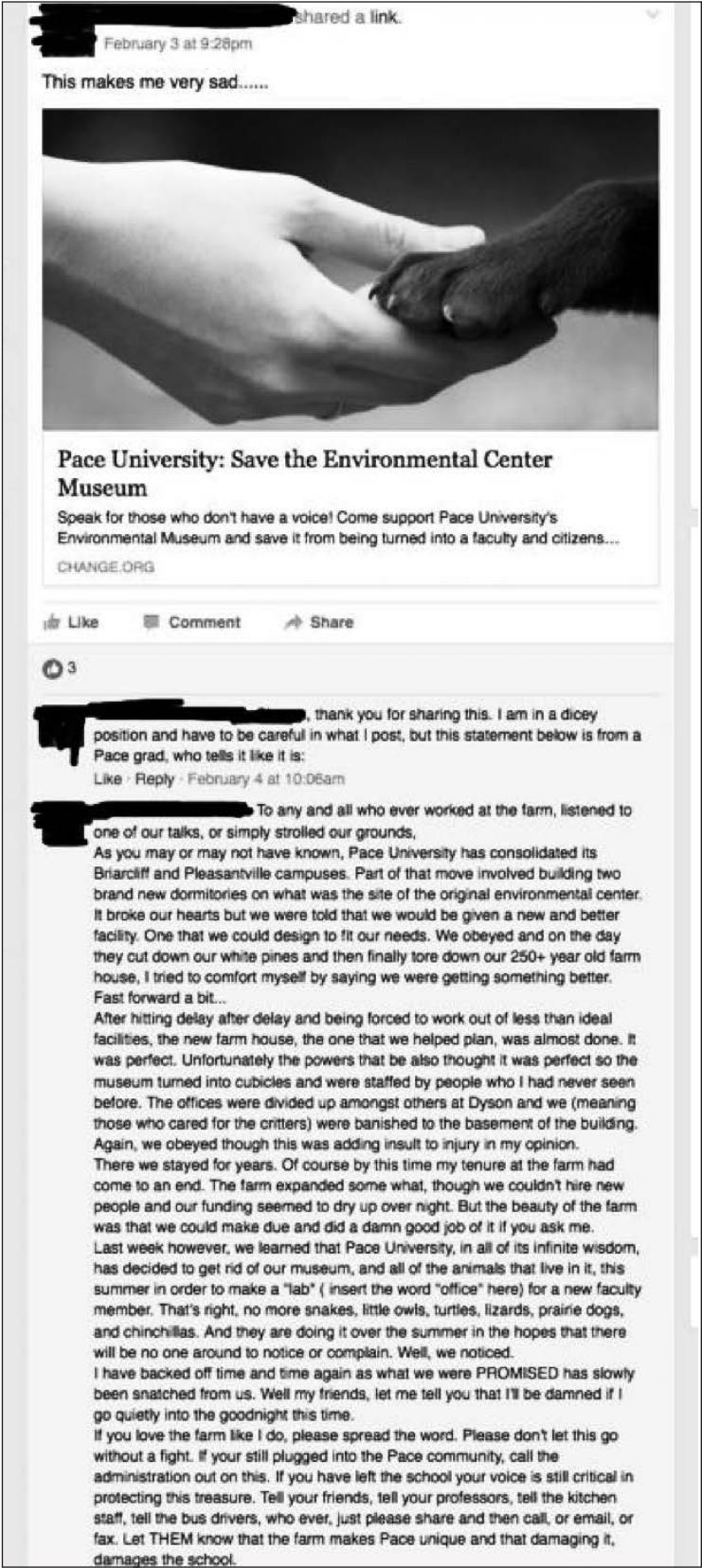
The animals in the museum have been relocated three times, twice to different rooms in the original museum building and when they were moved to the current space, according to Environmental Center Director Angelo Spillo.

Mayrose feels the constant moving is difficult for the animals.

She’s confident, however, that the animals will be relocated to a suitable location, but feels like the environmental museum is the best location for them.

The process of relocating the museum animals has not begun. Spillo and Jim Eyring, the Environmental Center’s assistant director, would not comment on the museum’s closure, referring any inquiries to Angela Nally in the Dyson office. Spillo did say that at least 10 students visit the museum daily between 11AM-3PM.

Right: A member of the Pace Westchester Family Association Facebook page posted and quoted an anonymous graduate who was very displeased with the decision to convert the museum into a lab. Photo from Pace Westchester Family Association Facebook page/Facebook.com.



Stephen Friedman Passes the Torch

JOSEPH TUCCI
Managing Editor

After serving 10 years as President of Pace, Stephen Friedman will be bidding farewell to his position and will be handing the presidential torch to Pace President-Elect Marvin Krislov come August.

Friedman first became involved with Pace after taking an interest in higher education and having a friend bring to his attention that Pace was having a Dean search for its law school, a position which he acquired.

“I loved being Dean of the law school. I was obviously on a very steep learning curve because I hadn’t spent a lot of time learning about higher education for the past 40 years, and the law school turned out to be a very good size to learn about Pace, and higher education generally,” Friedman said.

After being Dean of the law school for three years the dean was chosen to be interim president with full authority, by the Board of Trustees after former Pace President David Caputo stepped down when Pace was having financial difficulties and a falloff in enrollment in the fall of 2007.

“The board said you’re an interim president, but we’re not going to conduct a search [for a new president], and you have full authority to act, so I acted,” Friedman said.

Friedman was chosen to



Pace President Stephen Friedman, right, and Pace President-Elect Marvin Krislov. Photo by Joseph Tucci

be permanent president by the Board of Trustees after an accreditation visit by the Middle States Association where they expressed concern there was no one filling the position.

Since taking office the president has gotten great joy out of watching his students transform into different people during their journey through college.

“My experience as president has [overall] been wonderful. Nothing is wonderful every day and every moment, but the most satisfying, and satisfying is too weak a word, the thing I’ve just gotten [is the] incredible joy

out of watching our students from the time they enter to the time they graduate,” Friedman said.

Some of the things Friedman is also proud of the physical changes to Pace with the addition of the new dorms, new degrees, the Pace Path, being in an improved financial state since he took office, and the incorporation of technology into professions.

“The most important change is that technology is changing every profession and every discipline, so we have to [update] our curriculum to change what we teach so our students have some understanding

that technology is transforming the places where they are going,” Friedman said. “And that’s tough because many people have been teaching [a program for 25 years] and they have to make room for technology.”

However, Friedman feels as though there are things that his successor can improve on, including retention rates, branding, and marketing to the general population.

“[Communicating our story] is terribly important, because that public perception of Pace effects the way alumni feel about the university and they’re giving

and support, it affects enrollment, and the perception of our brand, our ability to attract faculty, it affects the way our students feel about being students here,” Friedman said. “I want people to feel very proud of having been a student here, and to get prouder over the next 20 years.”

Friedman plans to stay involved with Pace by aiding Krislov in his transition. While he will have no official role, he will be located in an office in the New York City campus for the next three years.

“I’d do anything that the new president or the board thinks will be helpful, but I will have no formal role,” Friedman said.

The retiring president has faith that Pace is in good hands with his successor.

“I’m sure he will make various changes, but I think Pace is in very good shape right now,” Friedman said.

After his retirement, Friedman plans to spend more time with his family, and become an executive coach for non-profit leaders. He says the reason for this is because of his love of helping people.

“I have always thought of my life as a combination of practicing law and public service. So I was in government three times, and I really thought my job [at Pace University] as a kind of public service. It’s not that I’m paid, I’m certainly paid, but I think the act of helping is separate from the act of being paid.

Environmental Policy Clinic Resurrects Bill to Save the Elephants

JOSEPH TUCCI
Managing Editor

Pace’s Environmental Policy Clinic along with Assemblywoman Amy Paulin and Senator Terence Murphy held a press conference to once again bring awareness to their “Elephant Protection Act” legislation that if passed would prohibit the use of elephants in entertainment acts in New York in the Environmental Center Classroom on Feb 17.

Should the bill pass, it would be illegal to display elephants in entertainment acts, including through exhibition, circus, trade show, carnival, ride, performance, or similar undertaking.

In order to gain the support of the legislators, the clinic showed them evidence of animal cruelty in circuses. This included the fact that elephants are chained for 22 hours a day, denying them positive mental health and physical stimulation, and that they are intentionally dispirited, through a process called “breaking,” where trainers use extreme physical restraint and infliction of harm, such as the hooking or stabbing of sensitive spots of the body, using a bullhook, in order to cause the elephants to submit to

their whims.

“[The treatment of elephants is] disturbing, unacceptable, and inhuman. [Paulin and I] are here to do the right thing. I’m here to thank you, the students and thank your professors for bringing this to our attention. Was there concern on our part about taking elephants out of the circus? Well you worry about the little kids, but when you see the evidence you presented to us, and the inhuman cruelty to these animals, it was a no-brainer,” Murphy said.

Last year the bill failed to pass because Paulin and Murphy were not able to gain enough support for the bill in both the senate and the assembly during the legislative session. They are confident the bill has a better chance of being passed this year.

“I think that we have an earlier start this year, last year the bill didn’t get introduced until pretty late in session, so it didn’t have a chance to build up the momentum, at least in my house I need a lot of time to build up the momentum and I didn’t have enough. So this year I believe we have a jump start, so we’re in a better place,” Paulin said.

According to Land, this year the clinic had more time for an educational outreach campaign, so the group can



Senator Terence Murphy, along with students at the press conference. Photo by Joseph Tucci.

make several trips to Albany to gain the support of other legislators, as well as give the public outreach materials, so they can pressure their elected officials to support the bill.

“The first steps we’re going to take are currently starting to get some Albany trips organized. Because now we need to go to Assemblywoman Paulin and Senator Murphy’s colleagues and sit down with

them and explain why this is so important to get passed,” Land said.

Even after the bill failed to pass last year Land, who has been working on this issue since 2009 and first introduced a bill in 2011, was not disheartened because she understands legislation takes time.

“You got to be in it for a long run when it comes to policy change, sometimes it can

take a decade. You just don’t know, it depends on when the stars align for you,” Land said. “I have a feeling it’s going to pass, I’m very optimistic.”

The group held the press conference in order to coincide with the Royal Hanneford Circus’ appearance at the Westchester County Center in White Plains over the Feb 17-19, which featured elephants as part of its show.

Senator Terrance Murphy Works to Pass Pace Legislation

DAVID PAULSTICH
Featured Writer

Senator Terrance Murphy (R-NY) has taken action and made progress to past legislation working Pace University Students since taking office.

Pace welcomed Murphy with open arms ever since the Elephant Protection Act was brought to his attention.

“I came down to introduce myself because now I represent this part of the district, which is what Pace University sits in, I wanted to make the connection here and it has been nothing but open arms,” Murphy said. “We want to be able to work with Professor John Cronin and Michelle Land on things from working on the Hudson River which is important to us.”

The Senator has been working with Cronin and Land on the Coast Guard wanting ten new anchorage sites from Yonkers to

Kingston.

“We have been adamantly opposed to the whole thing because of the lack of information, lack of transparency to letting us know what type of security is going to be going on in the environmental and the economic development,” Murphy said.

Professor Cronin and Land have also been working with Murphy on a bill that is well known to the Pace Community called the Elephant Protection Act.

Students petitioned for the bill to be brought up to Senator Murphy. Pace students received up to one thousand names on the petition and presented it to Murphy’s office for the bill to be passed.

“The bill has to pass the senate, the assembly, and then the governor signs it. The bill has passed the senate 62 to 0 last year,” the Senator said. “We are hoping Assemblywoman Amy Paulin can get it passed this year and we can get it passed

again in my house, then the governor signs it and have the official bill signed at Pace University.”

The environment has been an important topic for Pace students over the years, it has been a collaborative effort for these Pace students to work together to get this bill passed because it is the right thing for the animals.

“We need to remember these animals don’t have a voice we need to be there voice and knowing what these elephants go through it is inhumane and cruelty that is displayed to these animals. Murphy said. “From what you see in the circuses to what is actually going on it is a night and day difference.”

Elephants being saved from captivity have been the topic of concern but the circuses behind closed doors is an issue.

“Circuses have been completely inhumane, we have the Bronx zoo to see elephants and that is all we really need,” Murphy said.



Senator Terrance Murphy. Photo by Joseph Tucci

Professor Robert Klaeger Leaves Pace After 41 Years

LIA TASSINARI
Social Media Editor

Media, Communications, and Visual Arts Department Chair, Robert Klaeger, has recently announced his retirement after 41 years of teaching at Pace University.

After many times of contemplating the right time to retire, the chair said that he’s done everything that he’s wanted to do at Pace in terms of implementing new measures and overseeing the performance of the media, communications and visual arts department.

Thus, he felt that the best time to retire would be after the 2017 spring semester.

“I’ve been thinking about [retiring] since last summer,” Klaeger said. “[Teaching] is a profession where people tend to hang on and sometimes [professors] can hang on for too long. I wanted to make sure that that wasn’t the case with me.”

Before Klaeger began teaching at Pace, he also was a Pace student in 1965 to 1969 where he earned his Bachelor’s degree in English language and literature. However, he always had a passion for film, thanks to his father.

“The first toys I ever had were film cores,” Klaeger said. “My father, who at the time was a motion picture editor, brought home cores and that was my first toy.”

Klaeger became involved with the film industry at 14-years-old, where he would bring equipment back and forth to laboratories. He also worked



Robert Klaeger will be retiring this spring semester. Photo courtesy of Joanna Straub.

as a film editor at his father’s film company, R.H. Klaeger Associates, as well as other companies.

However, the film lover didn’t move forward with his passion.

“I wasn’t particularly successful [as a film editor],” Klaeger said. “I’m not creative. I’m as creative as a pile of gravel. But I’m fast, accurate and neat, which sometimes, in film editing [are] very good things.”

The next profession that Klaeger considered was teaching, where he quickly found fulfillment.

The aspiring professional maintained relationships with his previous professors after graduation, but the person who granted him his full-time position at Pace was Dr. Richard Podgorski, former chairman, and English professor.

“I owe an awful lot to [Podgorski],” the film professor said. “I knew that he had this idea that you could combine the liberal arts with the technical aspects of communications. He started a new degree called Literature and Communications, and he asked me if I wanted to teach the course and I said,

‘Sure.’”

Dr. Podgorski hired the young educator as an adjunct professor at first before he granted him a full-time position three semesters later.

Pace has been a home for the long-time professor ever since.

Yet, there have been many ups and downs for the media professor over the last 41 years. For instance, the biggest challenge for Klaeger was earning tenure, which has a seven-year probationary period for untenured faculty.

However, there were many memorable instances that made the retiring professor experience at Pace something he will never forget. One particular 15-year-old memory made Klaeger chuckle as he spoke of it.

“It was August and I was about to teach a course in British film, which I really enjoy,” Klaeger said. “The phone rang... and I picked it up and identified myself. A male voice said, ‘Are you teaching British film?’ and I said ‘Yes,’ and he said ‘Well, I’d like to take it as an elective.’ And I told him that it was no problem at all. And he said, ‘Good! Let me ask you one question. Are the films in English?’ I was at a loss for words!”

Another laughable memory that he recalled had occurred in his class where one of his students fell asleep with her eyes open while she slowly shifted out of her seat.

It was recollections like these that the Pace Veteran treasured, which is what made his teaching experience enjoyable.

However, in all of these years, he believes that there is one thing that makes a good and successful student.

“Students don’t understand one thing that makes them good students in the eyes of a professor,” the chair said. “Ask a question. It doesn’t have to be complex or pretentious. But a student who asks a question is a student paying attention. If you ask a question to a professor, you’re asking a question about that person’s life work and professors remember that.”

As Klaeger leaves the Pace community, sometimes he catches himself wondering whether or not he made a difference in his students’ life. While there have been multiple students who have positively confirmed this, it will always be a question in the back of his mind anyway.

Nevertheless, the film professor looks forward to his retirement. As of now, Klaeger teaches film at Founders Hall, a senior center in Ridgefield, Connecticut, and will continue to do so.

In addition, he plans to read his way through a large stack of books and travel with his partner of 23 years, Elzelien, whom he refers to as the best thing that has ever happened to him.

In regards to returning to a university in the future, the communications professional said he will not rule that out just yet.

“You can’t do something for so many years and not be shaped by it,” Klaeger said.

Christina Manno Dances to her Dreams

AMANDA CUMMINGS
Featured Writer

For some, dancing on the field at the Super Bowl halftime show may be a dream, but for Pace University dance team coach Christina Manno, it was a reality. With Bruno Mars and the Red Hot Chili Peppers alongside, this performance was a part of her first of two seasons as a Gotham City Cheerleader, the professional dance team in support of the New York Giants.

With Bruno Mars and the Red Hot Chili Peppers alongside, this performance was a part of her first of two seasons as a Gotham City Cheerleader, the professional dance team in support of the New York Giants.

“It was so much fun. It was an unforgettable

experience,” Manno said.

Growing up in Peekskill, New York, and then moving to Carmel in the middle of high school, Manno only danced, with the exception of trying softball, but when her parents told her to pick one, she chose dance. She switched dance studios pretty often, before ending up at the Pulse Performing Arts Studio in Bedford.

After graduating high school, she went on to Manhattanville College in Purchase, where she was a dance and theatre major with a concentration in dance therapy, along with a minor in Psychology.

“I didn’t even think about majoring in anything else besides dance. Maybe education, because I like working with kids, helping people, and teaching,” Man-

no said.

After college, her first goal was to be a professional dancer, so she began working out and auditioned for the Gotham City Cheerleaders.

“I loved it so much, so I really gave it my all. I treat auditions as a dance class, and how you would work in a dance class. Now, being a coach, I want to see the person that’s asking questions, paying attention, and being focused. That’s the people I want on my team, so that’s how I want to be when I audition,” Manno said.

Callbacks were picked, and went through a three-week boot camp, with workouts and practices in both Bryant and Battery Park. The team was picked three weeks later and Manno had made it. In

addition to the Super Bowl, the Gotham City Cheerleaders opened up for Meghan Trainor and Nick Jonas’s concert at Nash FM’s The Ultimate Tailgate Party at the Best Buy Theatre in Times Square.

In addition to the Super Bowl, the Gotham City Cheerleaders opened up for Meghan Trainor and Nick Jonas’s concert at Nash FM’s The Ultimate Tailgate Party at the Best Buy Theatre in Times Square.

“Being on the Gotham City Cheerleaders was an unforgettable experience. I met so many people. I met players like Tiki Barber and Rueben Randle,” Manno said.

In addition to coaching the Pace dance team, Manno is in her seventh year of teaching lyrical,

ballet, jazz, and hip-hop at Cinzia’s Dance Studio in Eastchester, where she also co-founded their competition team. Among her favorite styles to teach are jazz and ballet.

“My favorite style to dance is hip hop, but with jazz and ballet, there is a specific technique that is passed on, so I love passing on that technique. Ballet is very rigid, while with hip hop it is up to your own interpretation,” Manno said.

She also works for a traveling dance program called the Little Dance Company, a “studio on wheels,” where she drives to different schools to teach kids from ages Pre-K up to the fifth-grade level.

Manno now hopes to continue following her passion for dance, with both performing and teaching.

Wayne Hoffman, Mentalist and Illusionist, Visits Pace

ABBY STUCKER
Featured Writer

Wayne Hoffman, a mentalist, and illusionist, performed a number of illusions and hypnotic tricks to a crowd of about 190 people in Pace’s Gottesman Room on Tues., Feb. 7.

Hoffman has performed his show to thousands of people on TV shows and broadcasts such as America’s Got Talent, The TODAY show, “Phenomenon” with Chris Angel, The Glenn Beck Show, TLC, Animal Planet on The Discovery Network, and The Ellen Degeneres Show.

“I started doing magic as a hobby when I was a kid,” Hoffman said. “And then I studied psychology in college, I combined psychology with performance mystery art, and I created the show I have today called ‘Mind Candy.’”

His passion for magic, psychology, and illusions combined became his professional life as well when he started making money from his self-proclaimed hobby.

Hoffman’s show consisted of reading audience members’ minds, demonstrating an alleged supernatural phenomenon by predicting the future, and “traveling” through time.

The show was an interactive production that is structured on audience

participation and every twist and turn involve the audience.

Hoffman warmed up the crowd by finding three volunteers. The first volunteer picked a random number and the second and third picked random words.

He stunned the audience and volunteers by being able to read their thoughts and accurately guess their random word and number choices.

In his next act, he set out to display the connection between twins.

Fraternal twins, John and Tia Fasano were in the audience and chosen as Hoffman’s next guests.

Hoffman said the twins were “experiencing a living dream,” and connecting through “electrical signals” in their bodies and Fasano was sold on Hoffman’s ability.

“I was very nervous to go up because I have stage fright, but I felt obligated to go up because I am a twin and it was a twin illusion,” John Fasano said. “He was definitely legit, he is very good at being an illusionist.”

Sophomore Jeremy Langdale enjoyed the show and connected specifically to the twin part of the performance.

“I got to say my favorite part was the twin segment, where the two fraternal twins went up [on stage] and they felt the same stuff,



Wayne Hoffman ‘links’ the twins together. Photo by Joseph Tucci.

it spoke to me because I am a twin myself,” Langdale said. “Hoffman then tried to pick on up the audience’s thoughts during this experiment and managed to amaze the people whose thoughts he was able to bond with.”

Hoffman then tried to pick on up the audience’s thoughts during this experiment and managed to amaze the people whose thoughts he was able to bond with.

“By being here tonight you have given yourself a chance to have your mind read while you’re sitting in your seat,” Hoffman said

during the show.

Lastly Hoffman “traveled through time” by making an empty crushed can of soda fill back up with just the help of his finger alone.

Amber Borrero, Vice President of the Programing Board, organized the event and found Hoffman through a conference called, Association for the Promotion of Campus Activities last fall.

Borrero said he did some unexpected tricks that he did not include in his conference act.

“Well, when I first saw him at the conference, I could not believe what he was doing,” Borrero said.

“I thought there has to be some trick to it, there has to be something behind it. People looked at me, they thought I was up to it, but I didn’t even know he was doing that.”

Universities and colleges are Hoffman’s favorite venues among his 100 show lineup per year because “Everyone comes in open minded and ready to party.”

Hoffman said that he hopes the takeaway of his show will inspire others and give them a sense that there are greater things out there in this world.

TV Shows to Watch Based on Your Interests

JANINE JONES
Copy Editor

The world is full of streaming services loaded with both acquired and original content. The real problems are picking a service and settling on something to watch. We’ve all had those moments where we spend more time searching for something to watch then we end up not really having time to watch it because we took too long to choose something.

Have no fear, these are some recommended shows for your preferred tastes and interests.

If you typically like your shows lighthearted and full of laughs try:

Bob’s Burgers: An animated sitcom that airs on FOX about a cook, Bob Belcher, who runs his burger joint with his wife, Linda, and three children Tina, Gene, and Louise. Be forewarned, if you have an aversion to joy and catchy songs and phrases, this show isn’t for you.

The Santa Clarita Diet: A new Netflix original starring Drew Barrymore and Timothy Olyphant as Sheila and Joel, a married couple and realtors from Santa Clarita, CA. They along with their teenaged daughter have to try and deal with Sheila’s transformation into a zombie that brings them

to do some pretty drastic things. The neighbor kid, Eric is one of the best parts of the show.

New Girl: A quirky comedy that airs on FOX about life, love, career, and friendships while living with roommates in a loft in Los Angeles. This show will have you in stitches with the amount of comedic genius that each of the characters display.

For those who like history and live for drama try:

Frontier: A new Netflix original starring the beautiful, Jason Momoa, who plays Declan Harp a half- Irish half-Native American fur trader who betrays his former employers and goes “rogue” by stealing from them and killing some of their men. It’s an interesting story that centers around settlers and fur trading in Canada during the 1700s.

Reign: A fictional retelling that airs on The CW about Mary, Queen of Scots and her struggles with her duties as queen to both France and Scotland. She also has to deal with her power hungry cousin, Queen Elizabeth in England who is trying to conquer Scotland. There’s love, death, extravagant parties and delightful accents - what more could you need?

Marco Polo: A Netflix original series that centers around the early years of Mar-



Bob’s Burgers. Photo courtesy of Google.

co Polo in the court of Kublai Khan of the Mongol Empire. It’s an extremely dramatic show that some weird stuff going on but you get hooked in. The show was cancelled after two seasons, but is still worth a watch.

For those who love a good mystery try:

Quantico: A drama that airs on ABC about young government agents as they go through training at Quantico to become specialized FBI agents. The main character is Alex

Parrish, who becomes the prime suspect of a terrorist attack on Grand Central Terminal, but believes she is being framed by one of her classmates. The show has been described as *Grey’s Anatomy* meets *Homeland*, and is the kind of show that gets your heart pumping.

Bones: A drama that airs on FOX and follows leading forensic anthropologist and author, Dr. Temperance Brennan, who also goes by ‘Bones’ and is partnered with FBI agent, Seeley Booth. The show has a healthy mix of science and love

between several characters on the show. The show is currently in its twelfth and final season, but you can binge it all on Netflix.

Bates Motel: This series is meant to be a prequel to Alfred Hitchcock’s *Psycho*, set in modern times. The show airs on A&E and portrays the lives of Norma and Norman Bates who move to White Pine Bay and run a motel together. It is a psychological horror that is currently in its fifth and final season where Rihanna has a recurring role.

ABC Finally Casts the First Black Bachelorette

JANINE JONES
Copy Editor

If you happen to be a fan of one of ABC’s popular *Bachelor/ Bachelorette* franchise, you may have already heard what Mike Fleiss, the show’s creator, called in a tweet “the history making historic announcement could be the most historic in the history of the *Bachelor* [franchise].” That announcement, made February 13 on *Jimmy Kimmel Live*, is that the next Bachelorette will be the first person of color in franchise history.

Yes, you read that right; this upcoming season’s Bachelorette will be Rachel Lindsay, who was a fan favorite from this season of *The Bachelor* with Nick Viall. She won over viewers hearts with her style, personality, willingness to dance whenever the mood hits her and when she won the first impression rose - the first black person to do so.

Lindsay is a 31-year-old lawyer from Dallas, Texas. She graduated from the University of Texas with a degree in Kinesiology and Sports Management and continued to Marquette University for law school. She now practices in Dallas, where her expertise is listed as insurance law on her firm’s bio page.

One of the confusing things about this announcement is that it’s coming while Lindsay is still a contestant on the show as part of the final four. In the past, Bachelors and Bachelorettes have been revealed after



Rachel Lindsay and Jimmy Kimmel share a funny moment on Jimmy Kimmel Live! (Courtesy of Lindsay’s Instagram)

the season’s ending - either on finale night or within the weeks following the finale. According to Bachelor and Bachelorette host, Chris Harrison, who explained the details on *Live with Kelly*, the announcement came earlier for Lindsay’s benefit.

“We named her the Bachelorette early because weird TV calendar stuff is that *The Bachelor* runs right up to when we start taping *The Bachelorette*. Like, we’re talking days. We’re done. And she goes further in the show, and we’re like, ‘Well we need to let every-

body know that Rachel’s our Bachelorette. We would like to cast the show for her,” Harrison said.

While Bachelor Nation doesn’t appreciate the spoilers, they are excited to have a change in the cookie cutter, monochromatic cast. Following the announcement, Lindsay has received positive feedback from former contestants of the show, as well as, viewers.

This isn’t all that surprising since it only took them 33 seasons to try and “make history”. Former Bachelor producer, Sarah Gertrude Shapiro, thinks that it will take more than one casting decision for the franchise to really claim to have made history.

The Texas native said of the opportunity in an interview with *People* magazine, “I’m obviously nervous and excited to take on this opportunity but I don’t feel added pressure being the first black Bachelorette, because to me I’m just a black woman trying to find love. Yes, I’m doing on this huge stage, but again my journey of love isn’t any different just because my skin color is.”

Though she is the first black Bachelorette, Lindsay is not the first minority because Juan Pablo Galavis was the first Latino Bachelor in 2013, but that season was kind of a disaster. One must wonder if the caliber of men will be different since Rachel is successful on her own and way too good for the show while many former bachelorettes were aspiring actresses and models.

Study Abroad Series: Featuring John Vito Powell

ELISE ADAMS
Feature Editor

Pace junior John Vito Powell’s lineage traces back to Italy, which is why it resonated as a study abroad location. Florence was his final destination because he loved the rich art and history that still represents the Renaissance.

Powell lived in Florence his spring semester of 2016 where he discovered things about himself he never knew before.

“My favorite memory is riding and off-roading on an ATV through the mountains of Corfu, and going to the mountain tops to see the whole island and water below us,” Powell said.

While in Italy Powell traveled throughout Europe, as well, to locales such as Budapest, Hungary; Vienna and Salzburg in Austria; Barcelona, Spain; Paris, France; Corfu, Greece, and Amsterdam in the Netherlands.

“It’s so easy to travel to other countries in Europe because they are so close to each other,” Powell said. “I got to go all over to a number of countries and see other places besides Italy, which is why I would recommend studying abroad in Europe.”

While in Italy, he was able to travel to Rome, Verona, Assisi, Perugia and Orvieto. Among sightseeing, he experienced seeing The Duomo, Santa Croce, Piazza Della Signoria, The Statue of David, Ponte Vecchio, Boboli Gardens and Palazzo Pitti.

The Arts and Entertainment Management major liked that Italian culture is not as fast paced as American culture and that everyone is always in a good mood and kind to one another.

“In Italy, there are never strangers yelling at each other for small things like in New York where everyone is in a bad mood,” Powell said.

The Pennsylvania native’s biggest challenge



Photo courtesy of John Vito Powell.

abroad was meeting new people and becoming comfortable making conversation with strangers, American or not. He also had to gain confidence to navigate foreign cities alone, which was often challenging.

The learning style in Italy was different than what Powell expected.

“My classes in Florence were less demanding than my classes at Pace, but the expect-

tation of what I needed to know was higher,” Powell said. “I needed to know more information already coming into class and all of my classes were lecture-based.”

The process of applying through the Pace Study Abroad Office was somewhat challenging for Powell, however.

“The study abroad office had all of the answers to my questions and helped me with

my application, but sometimes I had to send multiple emails to get a response,” Powell said. “Also, getting credits transferred from Florence to classes at Pace was not easy at all. A number of Professors gave me a hard time about it and seemed like they didn’t want to help me, which is my only complaint.”

Powell recommends that everyone should try studying abroad at some point, even if it’s

just taking a travel course.

“You learn so much, not just about where you travel to but also about yourself and your own potential and capability,” Powell said.

Powell would definitely study abroad again and he would either go to London because he has not experienced the United Kingdom yet, or Paris because it was so beautiful when he visited.

Study Abroad Series: Featuring Alexa Cozzoli

ELISE ADAMS
Feature Editor

Learning about the different cultures and traditions around the world interested Alexa Cozzoli the first time she left the U.S. on a trip to Greece with her family. Studying abroad in London, England in the Spring of 2016 opened Cozzoli’s eyes to what life is really like on the other side of the world.

“I had always wanted to study abroad and the application process was really easy at Pace,” Cozzoli said. “I chose London because I was going alone, and didn’t want there

to be too much of a language barrier wherever I went. I don’t speak another language, so England was the best place for me.”

Although London was Cozzoli’s new home for four months, she traveled throughout Europe to Italy, France, Hungary and Ireland.

“I took full advantage of the cheap flights around Europe. I especially loved going to Italy, Venice and Rome were so beautiful,” Cozzoli said.

The biggest challenge for the Long Island native, however, was finding a place to grocery shop near her dorm. She was surprised a big city like

London did not have bodegas on every corner like New York City does.

Cozzoli strongly recommends that students who have any urge to travel should study abroad.

“I had the best time going abroad, I wish I could go again. I think that studying abroad is an opportunity to explore part of the world in a way that you never will be able to again,” Cozzoli said. “When you’re a student abroad you have so much time to sightsee and explore, it was so much fun. For example, I’ll probably never be able to take a weekend trip to Budapest again.”

Comparing London to

New York, Cozzoli thinks people seem happier in England. She felt the students were friendlier and most people seemed to be outgoing, which helped her make friends quickly.

She also loves English accents and getting tea, so she fit right in.

“I also really liked the dorms at The University of Westminster; I had a single so it was nice to just have space for myself,” said Cozzoli. “The classes were also pretty laid back, we did a lot of group work and I never had too much homework.”

The advertising and integrated marketing major enjoyed

being legal to drink alcohol overseas and not stressing about if you will get into a bar or not.

“It was so nice going out to a bar and being legal, it’s way less stressful and I can’t wait for April when I turn 21,” Cozzoli said.

Seeing Big Ben, riding the London Eye, visiting Buckingham Palace, The Tower of London and the London Bridge were just a few things Cozzoli did while in England.

“If you’re thinking of studying abroad, do it! You won’t regret it and you’ll experience so much. If I could go again I would, to the South of Asia,” Cozzoli said.

A Letter a Day Kept Her Cancer Away

JAMES MIRANDA AND
JOSEPH TUCCI
Copy Editor and Managing
Editor

It was one or two days after her first chemotherapy session. She was tired, vomited, and couldn't lay down because of indigestion from the chemo. So, she decided to go check her email at her home office.

An email from a friend was in her inbox. She opened it and found a short comical snippet that made her laugh hysterically. Little did she know; a comedic flurry of emails for the next six months would cure her cancer.

Dr. Susan Maxam, Pace's Vice President for Student Success, underwent a double mastectomy two weeks after being diagnosed with stage two breast cancer in 2012. The surgery was successful, but a six-month

chemo treatment followed.

Her friend and Pace colleague Dr. Ellen Mandel was particularly determined to lift Maxam's spirits.

"I decided that since I have been known to be somewhere between Calamity Jane and Gracie Allen, and since I grew up as a baby boomer with a wonderful but somewhat crazy dysfunctional family, and since I've taught for 50 years—10 at Brooklyn College and 40 at Pace—I've had [a lot] of comical experiences that had happened along the way," said Mandel, who retired in 2015. "So I decided that when [Maxam] came home from her chemo and radiation, which took a very long while, that I would send her a little snippet telling of one of my misadventures."

The Brooklyn native emailed Maxam virtually every day throughout the chemotherapy about her dysfunctional family, her travel anxieties, and personal problems with weight and body dysmorphia.

Stories such as how a cop pulled Mandel over and didn't give her a ticket because she was a "mess" and covered in fudge from the brownies she was eating while driving, made Maxam forget about her stress.

These stories would come into the Long Island native's inbox four-five times a week and made the days in chemo worthwhile and made Maxam laugh, which she believes is what cured her.

"Laughter therapy" is what the two colleagues call it.

Laughter has scientifically been proven to help people physically by relaxing muscles, release of natural painkillers or endorphins, and balance blood pressure as well as mentally by reducing stress and improving sleep, according to Cancer Treatment Centers of America.

"[The stories] were so funny that I wanted to share



Dr. Susan Maxam (right) credits Dr. Ellen Mandel (left) with not only curing her from cancer, but aiding her as a friend and a person ever since they first met in 2000. Photo by James Miranda/The Pace Chronicle.

them with friends and family so I started, after the first month or so, creating a Word document and every time I got an email from her I'd put it into this Word document and then I would send them out to my friends and family," said Maxam, who's been at Pace since 1989. "A month or two into that, I said to her, 'you should really make a book out of this and let other people share in the joy.'"

Mandel hesitated initially, but after relating her writing struggles to the struggles students she's taught, she caved in and decided to turn the assortment of emails into a book in 2015.

"I was frightened because I'm not an author," Mandel said. "I write well, but I never entertained using that medium, I always used verbal expression, hence me teaching speech classes. My degree is not in public speaking, my PHD and

two of my three masters are in speech pathology. I am very much aware, for both adults and children, hardships and things that must be overcome."

Her book, *Letters to Dr. Wiggy*, became available this Jan. 17 and 300-plus copies have sold, as of February. Its sole purpose is to help give others going through hardships a laugh and uplift.

One-fourth of the proceeds garnered from the book sales go towards cancer research for the Susan G. Komen Foundation, which Mandel has belonged to for the past 26 years.

"This is not a book about cancer, it's a book about laughing," Mandel said. "It's a book about bringing humor to situations that need humor [like] illness, stress, addiction, depression or just an uplift for dealing with the world stage and seeing what has happened."

Maxam went into remis-

sion eight months after the initial diagnosis, the emails continued, and much like a book, a new chapter began for the two.

The book's final chapter, "Cancer: An Unwelcome Visitor," revealed Mandel's diagnosis of CML (chronic myeloid leukemia) in 2014.

The Relay for Life advocate admits she's not as funny as Mandel, but she returned the favor and keeps in constant contact with her friend of more than 16 years.

"I am eternally grateful to her for using laughter therapy to help me recover from cancer," Maxam said. "[She] made me smile when I was at my worst. What more can you ask for in life? That's the most beautiful gift anyone could ever give."

The two are similar in innumerable ways, but the countless letters between the two bind their friendship better than the spine of any book.

Laughter has scientifically been proven to help people physically by relaxing muscles, release of natural painkillers or endorphins, and balance blood pressure as well as mentally by reducing stress and improving sleep, according to Cancer Treatment Centers of America.

Drivers at Pace-Pleasantville Take Heed

JOSHUA SCHWARTZ &
BRANDO BRANDINO
Professor of Biology and
Environmental Studies Major

If you idle your vehicle on campus for more than a few minutes, you are breaking the law!

You're in luck, however. As part of the efforts of GreenPace (<http://www.pace.edu/sustainability/>) to reduce this practice as well as educate members of the Pace community, we have created a video masterpiece, in the style of those on the "Funny or Die" website, which you would be wise to check out (go to <https://www.facebook.com/GreenPaceSustainabilityCommittee/videos/> or a campus video monitor near you).

It stars members of the Pace University "Green Enforc-

ers." This feigned group of dedicated student volunteers keeps watch for those among us who, by their shameful actions, disregard the well-being of their schoolmates and thoughtlessly harm our beloved Mother Earth. We have also created and placed road signs and posters at select locations around campus.

Furthermore, the Security and Transportation Offices have been provided with idling policy tags that are clipped to the driver's visor of Pace University campus vehicles.

What's gives? Well, read on.

Trek around campus at almost any time and you're bound to see folks sitting in their cars, delivery or service vehicles while running their engines. They may be waiting to pick someone up, dropping

off a package or just killing time before class. If the temperature outside is below 60 degrees F, many people will run their engine and automobile heater to avoid, God forbid, suffering even the most minor real or imagined discomfort.

Unfortunately for them, and fortunately for the rest of us, we've got some very relevant news. In Westchester, idling one's vehicle for more than three minutes is illegal. That's right, ILLEGAL!!! You may feel this is just another example of government run amok or even government tyranny. However, there are many excellent reasons why the law was adopted.

Tailpipe exhaust is nasty stuff and can jeopardize the health of people in the vicinity of or inside the idling vehicle.

Some fumes may even seep into nearby buildings where they may compromise not only health but also possibly cognition. (Hey, now you know how to explain to your parents why you didn't ace your last organic chemistry test).

Individuals with respiratory ailments, including bronchitis, asthma, COPD, and sarcoidosis are especially vulnerable to components in exhaust but none of us are immune to their pernicious effects. The environment of the planet is harmed also when vehicles are idled. Carbon dioxide is released and this major component of exhaust is a powerful greenhouse gas that is warming our planet. For those readers who don't accept the evidence of human-caused climate change, ponder this:

you're wasting money.

The common belief that shutting one's engine off and then turning it back on just a few minutes later will waste fuel is factually wrong. After 30 seconds of idling, you'll save gas by rotating the ignition switch off and starting up later when you're ready to embark.

This will also avoid unnecessary wear and tear on your engine while simultaneously preventing an unwelcome visit, when on campus, from the Green Enforcers.

For those eager to learn more about the vehicle idling policy of Pace University and the negative effects of idling, Google "vehicle idling policy – Pace University" or enter the URL: <https://www.pace.edu/sites/default/files/files/university-vehicle-idling-policy>

‘Natural Cycles’ App Claims To Be Just As Effective As Birth Control

JENNA FEBBO
Health & Beauty Editor

Natural Cycles, a fertility app available on smartphones, was approved in Europe by German testing agency, TÜV Süd, as a form of contraception.

It is now the first fertility app on the market to be approved as a medical device for use as a contraceptive. It is a form of natural family planning (fertility awareness), which is reading the body’s natural signs to determine whether or not a woman is fertile. Clinical studies have shown that Natural Cycles is effective for contraception.

The app works with a special algorithm that tracks a woman’s ovulation. The Basal Body Temperature (BBT) and/or Luteinizing Hormone (LH) are used to determine which days a woman is fertile. BBT determines “a rise in temperature (0.2-0.45C) is observed after ovulation, as the progesterone is released” and “a surge in LH hormones occurs two days prior to ovulation and marks the most fertile days,” according to the Natural Cycles website. These two indicators confirm whether or not a woman has ovulated and if she is no longer fertile.

To figure out the BBT, a woman must take her temperature every single morning and record it in the app. A regular thermometer, one that detects fevers,



Courtesy Natural Cycles/Instagram

will not work for this – a two decimal basal thermometer is required. The BBT is an “indirect measure” of a woman’s hormonal levels and that information is needed for the app to analyze the cycle.

The app will then notify you if you are having a “red day” or “green day.” A red day means you are fertile and should abstain or use protection while having intercourse. A green day means you are not fertile and do not have to use protection while having intercourse.

“The range of how much your temperature changes is actually quite small, so for you to get the most out of Natural Cycles and receive more green days you will need the correct thermometer,” the Natural Cycles website says.

Natural Cycles takes a bit of time to really get to know a woman’s cycle so the app warns users that they may have more red days than green once they first start using it. Once the algorithm learns your cycle, 10 red days are expected on average per cycle.

The app was developed and co-founded by Dr. Elina Berglund, a particle physicist and current CTO, and her husband Dr. Raoul Scherwitzel, who is also a physicist and current CEO of Natural Cycles. They developed the app for personal reasons and after finding success with it, they decided to develop it for public use.

Berglund developed the algorithm herself and in a 2015 study done by her, Scherwitzel, and their team, the app was given a 99.5 percent efficiency rating. Over 4000 users took part in the study

and 143 unplanned pregnancies occurred within a year. These results are similar to those of the effectiveness of birth control pills.

The app also offers to option to help plan a pregnancy. In a calendar format, each day is highlighted in either shades of red or green. Dark red symbolizes the days a woman will be most fertile, while the lighter shades symbolize low fertility or that more data is needed to determine whether or not a woman is fertile. Days highlighted in green are non-fertile days.

Natural Cycles has listed a disclaimer on their website with the results of failed usage of the app, “During one year, 5 women out of 1000 get pregnant due to a falsely attributed green day. 7 women out of 100 get pregnant during one year due to all possible reasons (e.g. having intercourse without protection on red days or failure of the contraceptive method used on red days).” Natural Cycles notes that although the app can protect pregnancy, it cannot prevent sexually transmitted diseases (STI).

The app is free to download in a smartphone app store but a subscription will need to be purchased within the app. It offers a monthly plan for \$8.99 or a yearly plan for \$4.99 a month that includes their own basal thermometer.

Using the ‘Sworkit’ Fitness App

I Tried ‘Sworkit’ For A Week And Here’s What Happened

JENNA FEBBO
Health & Beauty Editor

Sworkit is a fitness app that allows you to build custom workouts to do anytime, anywhere. I am a second semester senior, I have tons of work to do, I am always busy, so working out and going to the gym falls victim to process of elimination.

As important it is to exercise, it is not on the top of my priority list. My friend, very animatedly, recommended Sworkit to me after sharing her experience with it. She said she saw results after just a few days. Almost instant result? Who wouldn’t want that? So, I decided to try Sworkit for a week and here’s what happened.

After downloading the free app in the Apple app store, I was asked to sign up with my email, Google+, or Facebook. It then asked for my birth date, current weight, and my workout goals. The workout goals options include, to lose weight, health and wellness, tone muscle, and build muscle mass. It then asks if you would like to choose individual workouts or use one of the built-in plans. I chose individual workouts, only because I was not sure how time consuming the built-in plans were.

I was then directed to the app’s main page, where I was able to choose what type of workouts I wanted to add to

my custom workouts – strength, cardio, yoga, or stretching. Out of the four, I was only able to choose three because I did not buy the premium version, which is \$4.99 per month. I chose stretching, cardio, and strengthening. Setting up the timing of your workouts is the next step – the shortest amount of time allowed is five minutes and the longest allowed is an hour. I figured since I was going to be exercising at home, I could fit a 30-minute workout in. I customized the timing for each of my workouts – five minutes for stretching, five minutes for cardio, and 20 minutes for strengthening.

The workouts are all body-weight based so additional equipment, like weights, are not required. All the exercises were done in 30 second intervals and I was guided by a trainer’s voice, which told me when a new exercise was about to begin or when to change sides during my current exercise. There is a short video of a person demonstrating each exercise to ensure you are doing it properly. It also gives you the option to pause the workout or skip a specific exercise if it is too difficult. 30 second breaks are awarded throughout, depending on the length of the workout.

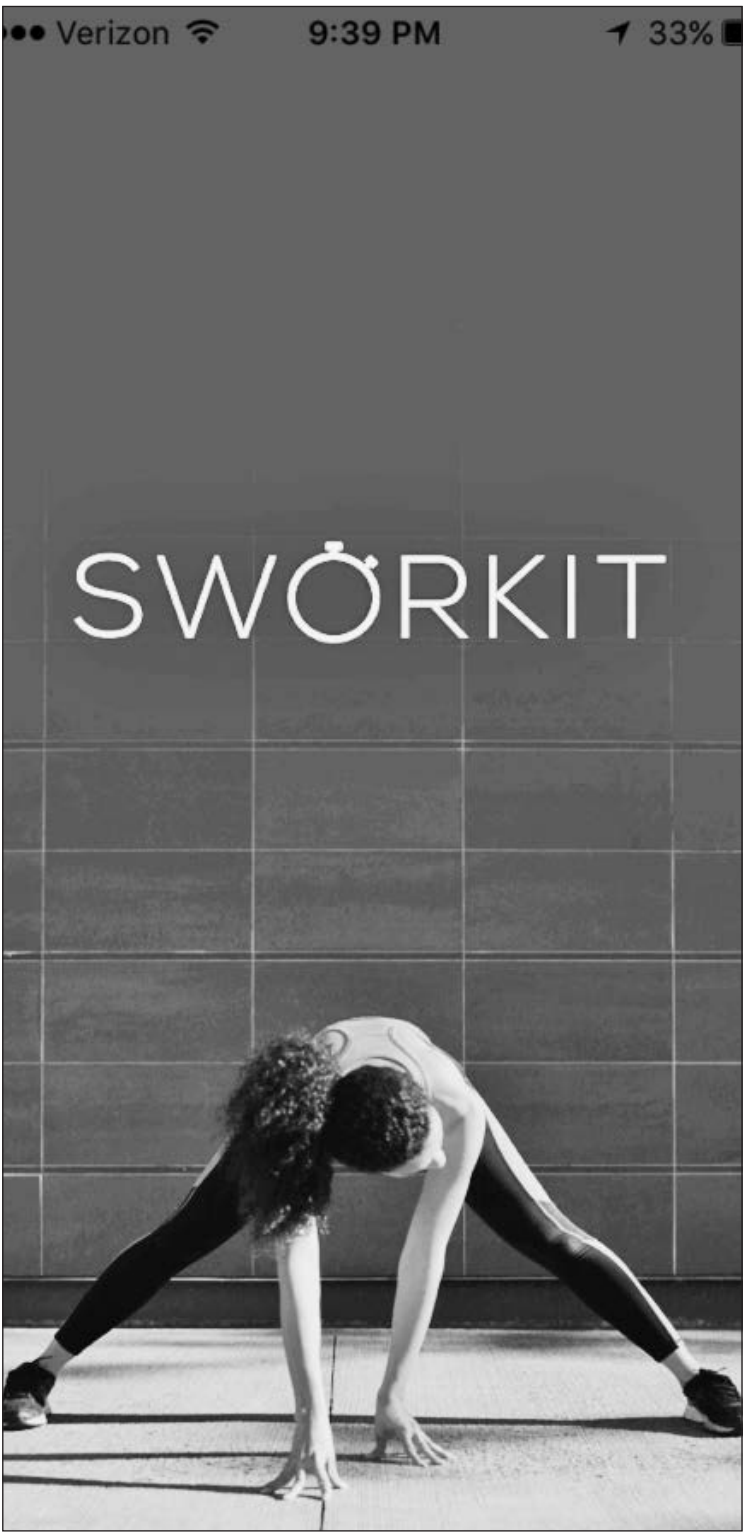
After following this workout for a week, with one off day, I was pleasantly surprised. I found that the 30 minutes fly by because the workouts are only done in 30 second intervals. The first two days were difficult, because of how much strengthening I included in my workout, but after the soreness subsided, I was able to fall into

the routine easily. My expectations were not high going into this so I was shocked that I felt and saw results just after three days. I felt that my core was much stronger, and there were light traces of “baby abs,” as I like to call them. After a week, I noticed that the workouts were a breeze for me to get through. As for physical results, my jeans were fitting a lot better. Whether I was standing up or sitting down, I did not have any “overhang.”

The app keeps track of how many calories I’ve burned, how many consecutive days I exercised, and how many minutes, collectively, I spent working out. For extra motivation, you are awarded a medal after each workout. A gold medal when you complete a full workout, a silver if you complete half, and a bronze when you complete under half.

I completely stand behind Sworkit. I think it is such an effective and convenient app that caters to you in whatever way it can. It is great for those who do not have time to get to the gym but want to exercises and stay in shape. Upgrading to the premium version, I find, is not necessary but if you choose to do so, you’ll unlock guided workout plans, the ability to save unlimited custom workouts, exclusive pre-built workouts, ad-free workouts, exclusive low impact exercises for beginners and older adults, program custom exercise intervals, and an ask-a-trainer feature.

Sworkit is available for free to download for iPhones, iPads, Androids, and even on the Internet.



PAO symbol on makeup product. Photo by Jenna Febbo.

Pace's Penny Pinching Priorities

JOSEPH TUCCI
Managing Editor

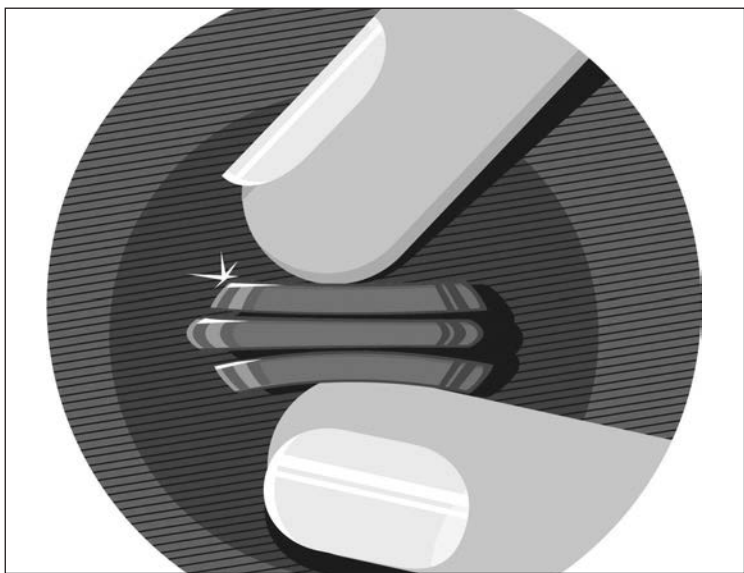
In the last couple of weeks, I have seen more outrage from students and faculty over the conversion of our beloved Environmental Museum into a lab than anything else this school has done in my entire four years of attendance.

Throughout the entire time of watching these arguments go down I have had one question burning in my mind:

How the hell can this school afford to spend millions of dollars on subpar athletic programs, but can't spare a couple thousand bucks to build a space for a new environmental lab so students can have a new work space and keep their museum to see beautiful creatures and appreciate nature?

Pace spends \$1,710,855 on the football program, out of \$9,032,310 for its total expenses annually, and the university only profited \$102 in 2016, according to PointAfter.

THAT'S AROUND



Graphic illustration by 123RF.com

ONE-FIFTH OF IT'S TOTAL FUNDS USED ON A TEAM THAT HAS A RECORD OF ABSOLUTE FAILURE. SINCE 2002 THERE HASN'T BEEN A SEASON WHERE THE TEAM HAS WON MORE THAN FOUR GAMES, AND YOU MEAN TO TELL ME YOU CAN'T SPEND A COUPLE OF BUCKS FOR A NEW SPACE FOR A LAB?

Watching football get crushed game after game literally gives me anxiety to the point I need to play with my animals to get over it.

I believe that the Deans of Dyson Nira Herrmann and Richard Schlesinger did not have ill intentions when making the decision to convert the museum and feel as though they're doing the right thing for the environmental pro-

gram.

I think that they are going about it the completely wrong way, however.

Instead of having to make sacrifices and cuts to improve the program I think they should be petitioning the administration at Pace to give them the funds to expand the program, citing all the fantastic work the program has done.

Just last week the students from the Environmental Policy Clinic presented a bill to New York Lawmakers to ban elephants from the torture they experience in circuses.

The museum is another shining example of this. It gives a safe haven to all kinds of animals who are too injured to be released into the wild. It shows that the environmental program actually cares about wildlife, and if anything it should be expanded to include more animals instead of removed.

It's not just the museum that has gotten pushed to the side, though.

I've watched the envi-

ronmental center as a whole become less and less relevant. I remember back during my freshman year when walking around the environmental center I would walk to Kessel and see the goats and pet them, but now with the addition of Alumni and Elm, I have to walk for what feels like miles in order to find them.

Being an animal lover I remember how exciting it was to have a "zoo" on campus during my freshmen orientation, it played a factor into what made me want to choose Pace over my other college choices.

Many students, myself included, enjoy relaxing at the Environmental Museum and would very much like to see it stay. It's part of what makes Pace great. I fear that unless we take a stand now our campus will be completely devoid of a nature center in a couple of years. I hope any administration reading this will take my words into consideration.

100 DAYS UNTIL GRADUATION

Class of 2017 closes in on last semester of senior year

NIHAL AL QAWASMI
Opinion Editor

Well, technically, now there are less than 90 days left. And as a senior on my way to commencement in just a few short months, I am anxious, terrified, but also pretty excited.

What better way to kick start the countdown than with senior-exclusive celebrations and activities for the next few weeks?

"Countdown to Graduation" is hosted by the Student-Development and Campus Activities office and lead by Nick Wang, their graduate assistant for campus-wide programming.

Last Wednesday, the official countdown began with a few tablings, t-shirts and more right in between the Dean's Lounge and Kessel's Multipurpose Room. Among the more popular activities was leaving handprints and signing names on the Class of 2017 banner hung up in front of the Dean's Lounge right now.

Seniors flooded the table that was lined up with different paint colors and sponge brushes. With a group of friends, they left their handprints next to each other and signed their names. Some even left notes and hashtags that only upperclassmen would understand and sympathize with, such as #RIPBressel. Props to whoever decided to give Briarcliff and Bressel their well-deserved tribute on the wall. We will never forget.

Another popular segment of the countdown were

the exclusive senior t-shirts that were given out to the first 50 seniors in line. The t-shirts symbolized the same idea that was presented to us as freshmen during orientation, which was beginning a new journey. The shirts were GPS-themed with printed directions on the back, such as "Turn left at Homecoming" and "Keep right at the Pace 4 Kids Dance Marathon."

Similarly, the all-black senior t-shirts had a final checklist imprinted on the back, with to-dos such as "Alumni Networking Roundtable" and "Senior VIP Room @ Midnight Breakfast." The final destination on the checklist was directions to take "EX 17" for commencement. They're cute and very cheesy, but I'm totally going to rock the shirt around campus.

Other tables at the countdown included cap and gown ordering and representatives from Career Services. A final component (and my favorite part) was the announcement of the senior hashtag: #SeniorSEX17 – a continuation of the t-shirt theme. If you use the hashtag on either Twitter or Instagram, you have a chance at being featured in Pace's Seniors Social Media campaign. Just make sure your accounts are public! You can also email pictures of your time at Pace to nwang_sdca@pace.edu to be part of the slideshow.

However you choose to celebrate, I hope you have a blast doing so. Make sure you soak up every opportunity and experience that comes your way. Cheers to the class of 2017!



Seniors leave their mark as they get ready for graduation. Photo by Nihal Al Qawasmi

Why You Should Start Looking for Summer Internships Now

NIHAL AL QAWASMI
Opinion Editor

It's winter, but we're in the spring semester, which obviously means you're looking for some summer internships now, right?

It might seem bizarre and confusing, but it's the truth. College is like fashion; you always need to be one season ahead of everything and everyone. Employers are looking for summer candidates right now – not last minute applications. The reason being is because internship processes take time. From the actual applications, to the reference letters, interviews and orientations – it's a tough market. However, if you play your cards right by being timely (which also shows dedication), you'll get a gold star in your potential employers' book.

Also, keep in mind that certain industries that have more demand (such as Corporate Finance) have earlier deadlines. For example, some applications for upcoming

summer internships were due during the fall semester. If that isn't enough to motivate you, here are two more reasons for you to pull yourself together if you want a coveted internship for summer 2k17:

You Don't Have To Do It Alone

That's right, I'm talking about Pace's Career Services Department. Did you ever wonder why Pace is rated as one of the top schools for connecting students with internships? You can thank our Career Counselors for that. I like to call them the fairy godmothers and fathers of the internship world. But don't think for a second that means they do the work for you. They don't. However, they'll help you craft a glowing resume, give you access to an endless database of opportunities, strengthen your interview skills and help you sharpen up your LinkedIn presence – which are all invaluable resources.

All you have to do is make an appointment with



Photo illustration by 123RF.com

their office. Career Counselors are just as important as academic advisors – because while you stay on top of your classes, you also need to be working on post-grad goals as well. College gets hectic very fast, there's no denying it, but it's completely manageable if

you tap into the right resources that are right in front of you.

Handshake

Remember that database of endless opportunities I was talking about earlier? Welcome to Pace University's Handshake – your one stop

for internship matchmaking, job opportunities, career fair information and lots more. Unlike other internship sites – employers and companies on Handshake have a direct relationship with Pace University. From ESPN to MAKE UP FOREVER, corporate to non-profit, Finance to Public Relations -- the postings are extensive and the industries are diverse. The only catch is, you need to make an appointment with Career Services and have them upload your approved resume – which only makes filling out applications that much easier. So do yourself a favor and get to it!

--
Luckily for all of you, Career Services is partnering up with SDCA's Commuter-Life to bring you an entire resume and Handshake workshop next week. Come down to Gottesman in Kessel Student Center on March 8th during Common Hour (12:15-1:30pm) for some vital tips and an introduction to crafting a stellar application.

THE ELEPHANT IN THE ROOM:

A Conservative Student's Opinion

MICHAEL LETIZIA
Featured Writer

Not that I'm a Republican (I'm an independent), but I am part of a minority of students with conservative/libertarian views on an overtly liberal college campus, or should I say just a college campus in general.

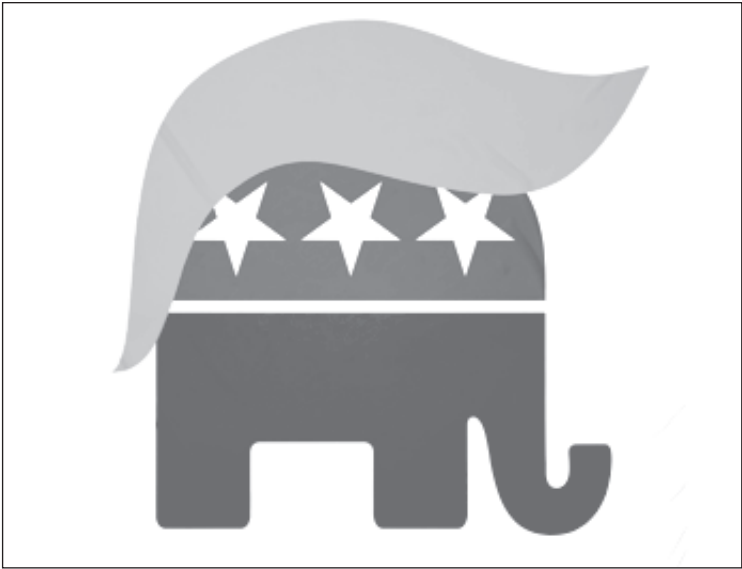
Now, of course everyone is entitled to his or her own opinions; I could care less if most of you believed Bernie the communist was going to save you from those evil one-percent-ers.

I also understand that millennials are overwhelmingly liberal, but why is that? Could it have something to do with the indoctrination by professors in the classroom? Notice I didn't say "teachings."

From what I've seen, just about every professor I've had either flat out said they were liberal, or sure seemed like one. Don't get me wrong, I've had some great professors and have learned things in those classes but everything, including the curriculum, seems very one-sided.

A good indicator of this is the irrational hatred towards our new president (yes, he is in fact your president). About half of my classes are just anti-Trump narratives at this point.

Again, you're more than free to loathe Trump (just as I did Obama), but to spew your philosophies and opinions on



the class as if they're fact is not teaching, its propaganda. If I wanted propaganda I would watch "fake" news CNN (thanks for coining that one, Mr. President).

Of course, this is not limited to just Pace; it's hundreds if not thousands of universities in America, and it's a real issue to those directly affected by it. I've read horror stories of conservative college students being failed by leftist professors because they had a dissenting opinion on an essay.

I've heard of Trump supporters having had their property vandalized just for being seen with a "Make America Great Again" hat on (but Hillary attire was socially acceptable).

I've heard of instances where conservatives don't want to participate in class discussions because they're afraid the "tolerant" liberals

in their classes will beat them into submission. The double standard is appalling. I certainly wouldn't go so far as to call it oppression; it's just an unfortunate fact (in my opinion) about our academia.

Furthermore, what kind of message is this saying about our institution of academia in general? Colleges love to champion the idea of "diversity" but I guess not diversity of thought in many cases.

I just read an article about an elementary school teacher who gave an assignment forcing her students to use words to fill in the blanks describing President Trump; as you can guess, they were not positive adjectives. One father complained and told this teacher to keep her political views to herself, and leave them out of the lessons. She responded by saying that she has "freedom of speech."

What kind of answer is that? Of course you have freedom of speech but not to impose your opinions on students and present them as fact.

So what can be done about this? Well, for one thing, it is important to speak up if you're a conservative/libertarian. Let your presence be known in class; you're entitled to your opinions just as much as they are to theirs, even though your views are very unpopular (just be prepared for all the accusations of being a sexist/racist/homophobe/xenophobe and whatever other -phobe/-ist remarks they can come up with hurled your way).

It actually has its advantages: One is that you're constantly around dissenting opinions, so your view is always being challenged, allowing you to grow intellectually. They live in an echo chamber of like-minded people who keep reaffirming their views to each other. It also shows that you don't subscribe to what many of your peers believe and are being indoctrinated into. You can think for yourself and aren't drinking the Kool-Aid.

Even though we conservatives/libertarians constantly have to fight for our views on a daily basis, just remember we have this going for us: we won in this election, and they didn't. The Clinton monster was defeated, hopefully for good.

We know Trump is doing

a great job, whether its getting us out of TPP (which even Bernie would have done), getting rid of stupid regulations, putting a freeze on government jobs, or meeting with our closest allies such as Israeli Prime Minister Benjamin Netanyahu to seriously discuss the Middle East situation, not tip-toe around it like the last administration.

There are powerful forces, like all the low-life bums in the media or the "deep state" holdovers from the Obama administration, trying to bring him down with sabotage and fake news, but we're still rooting for him; maybe things are starting to shape up for us.

“It is important to speak up if you’re a conservative/libertarian. Let your presence be known in class; you’re entitled to your opinions just as much as they are to theirs, even though your views are very unpopular.”

2017 Pace Baseball Season Preview

TJ COMBS
Featured Writer

The Pace Setters baseball team has big expectations to thrive this season with a more united team and key roster additions, but have a hole left by experienced pitching.

Baseball finished 30-22 overall (12-12 NE-10) in 2016, which was their best season since 2013 where they went 33-17, and clinched a Northeast-10 Conference (NE-10) playoff spot for the fourth time in the last five years.

The College of St. Rose Golden Knights eliminated Pace in the play-offs, however, which has left the team with a chip on their shoulders going into this year.

They plan to stop no shorter than the World Series in Texas come June.

"It's our season to lose," said pitcher Anthony Criscione, who was 1-1 with a 4.74 earned run average (ERA) in 2016. "Everyone is on the same page every single day. I've never met 33 guys who are so close, no one is outside of the bubble."

The big question this season seems to be pitching, however. The loss of strong upperclassmen pitchers from last season such as Dylan Moutzakes, Josh Garra, and Tim Deegan, who combined for 17-8, the team is coming in with a few unproven arms.

"We're not going to deteriorate," said pitcher Anthony Rocco. "Over the course of a season your body starts getting tired, but I feel like now



Photo from paceathletics.com.

that we have a very good strength and conditioning program that's not going to happen. I think we'll be more in shape over the course of the season and keep on producing the way we need to."

With a formidable batting lineup hoping to continue their hot streak that took them into the postseason last year, there is an expectation on the team for nothing less than being able to perform on a daily basis.

The handful of rookies and new additions present an imposing energy that can be the asset that puts the

team over the top this season, considering the team leadership provides the means to stop those new season nerves.

"I get pregame jitters" said outfielder John Kukura, who had the team's best batting average (.336) last season. "I know it's time to go its time to get ready, but as soon as the National Anthem is over and the first pitch is out, we're all focused all those jitters go away."

The team is hoping to stop some of the big plays that slowed them down toward the end of last season.

With a stronger and faster defense, they're looking to become a force within their division.

"[We're] hungry," Rocco said. "Hungry to win the championship we were snubbed out of Regionals and that was coming off beating the number one team in the nation a few games before. So we're definitely hungry."

Baseball will host the first two games of the 2017 season on Wed., Mar. 1 and 2 against the Bloomfield College Bears at Peter X. Finnerty Field.

**COMMENCEMENT
SINGERS & SPEAKERS
NEEDED**

EMAIL
PLVCOMMENCEMENT@PACE.EDU
BY MARCH 6 FOR MORE INFORMATION

**CONGRATS,
CLASS OF 2017!**

PACE UNIVERSITY

This Week in Sports February 12-19

BASKETBALL – MEN'S: 7-20 (4-15 NE-10)

Guard/Forward Ryan Peterson scored 16 points in Men's basketball's 70-49 loss to the College of Saint Rose Golden Knights Wed., Feb. 15 at the Daniel P. Nolan Gymnasium in Albany, NY.

Men's basketball's final home game a 98-74 loss to the University of New Haven Chargers despite guard Christian White's 26 points on Sat., Feb. 18 at the Goldstein Fitness Center.

BASKETBALL – WOMEN'S: 13-14 (7-12 NE-10)

Center Kirsten Dodge and guard Jackie DelliSanti combined for 39 points to help Women's basketball edge out the College of Saint Rose Golden Knights 76-75 on Wed., Feb. 15 at the Daniel P. Nolan Gymnasium in Albany, NY.

Women's basketball defeated the University of New Haven Chargers in a 79-52 rout in their final home game of the season on Sat., Feb. 18 at the Goldstein Fitness Center.

SWIMMING AND DIVING MEN'S: 3-4 (2-1 NE-10) AND WOMEN'S: 3-4 (1-2 NE-10)

Setters Men's and Women's swimming and diving teams finished fourth and fifth in the four-day Northeast-10 Conference Championships between Feb. 16-19 in New Haven, Conn.