Wagner College

Friday, February 5, 2016

Staten Island, N.Y.

## Construction on campus: What's the deal?

#### By KATHLEEN THIEME Staff Writer

While students were away for winter break, the Office of Campus Operations was busy with many different construction projects that were all geared at enhancing the campus. With both large scale and small scale projects, Wagner began making steps toward being more energy efficient and cost effective.

Some of these projects were introduced in order to conserve water, energy and gas, while other, smaller, projects were aimed at simply improving the quality of campus life for students.

The economically friendly plans included the water conservation project, which began at the end of last semester. It involved the replacement of aerators in several hundred sinks, 215 shower heads, 70 kitchen faucets, and 600 bathroom faucets. These new aerators will help to conserve water by putting more air into the water.

With the LED conversion project ,all lights that operate for 18 hours or more are being replaced with LED lighting—which will greatly reduce the school's electrical usage. Because LED lights last on average 5-7 years, there will be less maintenance.

"Using LED lights will save about \$100,000 annually, and with better quality lighting," said Christian Miller, director of Campus Operations.

One of the biggest changes in lighting was in Towers: the central bathrooms went from having a total of 24 lamps to just 8 LED lights.

The gas conversion project has just begun, but by the time it is finished there will be a new gas line that will allow for both dual fuel or just gas.

As for the smaller projects, the field behind the tennis court was cleared out and restored with new





Before (top) and after (bottom) pictures of the renovations done in the Dining Hall kitchen.

lighting, and it will be open for student use in the spring. There is also a new lighting lab in the basement of the Spiro Communications Center.

The Harbor View basement has been revamped with a cleaned out and restored multipurpose room for student use, serviced washers and dryers and newly installed tracks for all the machines. The first floor of Harbor View is also getting a makeover, with retiling and newly renovated bathrooms.

Towers also had some exciting changes in addition to the new lights. The D5 lounge was cleared out and

restored with new paint and new floors.

However, the changes do not stop here. Campus Operations is working to get internet service for a laundry software installed in the Harbor View basement, in Guild and in the C tower laundry rooms.

This laundry software would be entirely online and accessible to students, allowing them to know when their laundry is done, what machines are open to use and even what day is the best day to do laundry.



Workers dig behind Cunard Hall to locate all gas, water and electric lines to make a map of the campus.

## SGA update: Accomplishments and goals for the future

#### By CASSIDY MILLER Staff Writer

The Student Government Association has some serious updates for the student body. At their first meeting on Jan. 26 in the Manzulli Board Room, the SGA discussed their goals for the coming semester.

"We want to be seen as a solid group of student leaders who can advocate for probable change while taking the external elements of a proposal into consideration," said SGA President Dillon Quinn. They held events to promote awareness and support for diversity, sexual assault and mental health, and submitted proposals concerning issues

important to the student body.

In November, the SGA submitted proposals about college affordability and rise of tuition costs, winter break and summer housing, and adding a student trustee to the Board of Trustees.

## College Affordability and Financial Transparency

Since 2009 there has been a tuition increase every year. The SGA's proposal requests that the college implement a tuition freeze, during which they will analyze this issue to see how to resolve the rapidly rising cost of tuition.

This proposal also addresses the issue of lack of transparency about our tuition. The SGA hopes that a website will be created that could ac-

curately break down how our tuition money is spent. The college has since responded that this issue will be discussed during the January budget meetings.

#### Student Trustee on the Board of Trustees

The Board of Trustees makes major campus decisions that affect the student body without any input from us. Many colleges and universities have a student trustee on the board to give a voice to the students.

This proposal is suggesting the same thing. A student representative could provide input from the students to the Board, and help them understand how every decision would impact the students. The administration seemed to support this idea, but ulti-

mately this will be decided by the Board of Trustees.

#### Winter and Summer Break Housing

The Wagner Plan emphasizes the value of internships, yet many students who wish to intern over break cannot, because of the 20 hours a week requirement in order to obtain free housing.

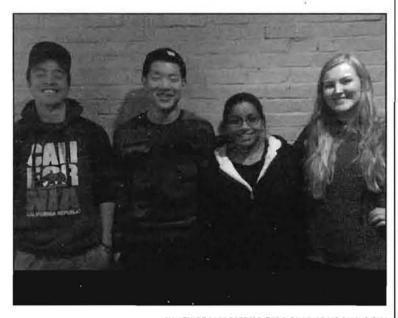
The hope is that Wagner could develop a program that would let student interns live on campus over breaks at a reduced or no cost. An alternative plan would be that students planning on interning over breaks could work the required hours over the course of the semester and still receive housing during their internship

The administration has responded to the SGA that this issue will be considered at the upcoming budget meetings as well.

Going forward this semester, the SGA works to implement these previously submitted proposals, as well as new ones. They are looking to propose more diversity legislation, mental health awareness and support programs, and sexual assault policies.

"We can only hope that the institution will value their students' voices and concerns, understand why we are all here and do what they can to maximize the student experience in the most enriching way," said Quinn.

## Welcome Back Social brings big smiles



WAGNERIAN PHOTO BY DOMINIQUE LANDEW

Freshman Wayne Lin, left, freshman Keisuke Anzai, junior Lukshmi Asirwatham and junior Kelsey Gwynne.

#### By DOMINIQUE LANDEW Staff Writer

The semester started off with a bang for international students as they gathered in the Faculty Dining Room for a Welcome Back Social on Jan.

During the social, there was dining, mingling, smiles and laughter as the students got to know one another. One of the activities was an icebreaker where students got to ask different questions to each other, Kelsey Gwynne, a junior, described it as "a nice way to get to know the international students."

The international students had different responses as to why they chose Wagner. Wagner Lin, a freshman, stated, "Wagner was closest to the city." Keisuke Anzai, a freshman, stated, "Wagner had the Arts Administration program and having the visual of New York was perfect." Oskar Sundberg, a freshman, stated, "I am

on the men's golf team and like working with my teammates; also, the campus has friendly people." The students also feel right at home here at Wagner. Keisuke stated that, "I like to go to the Intercultural office for help; they are very helpful and really sweet."

When asked what they thought of the social, Keisuke stated that, "I had fun eating with people who I never ate with before." Lukshmi Asirwatham, a junior, added, "it was a wild time."

Ninah Pretto, the assistant director of campus life and the Center for Intercultural Advancement, stated, "This is our third social that we had and I believe that the social is a good opportunity for new students to met new friends."

Mrs. Pretto also added that the Center for Intercultural Advancement will have a lot of different events throughout the semester. There will be themed months, which include black history month, women's month and social justice month.

## Look out for these events

As we begin the spring semester at Wagner, it is easy to become swept up in assignments, but there are plenty of fun events planned if you need an

If you are new to Wagner, some of these events may sound foreign, but they are traditions that continue to unite the student body year after year, whether you are a participant or an audience member. Below are some of the events that will be taking place, and a little bit about them, for those of you who may be new to Wagner.

#### Songfest

This event is scheduled for Saturday April 2 at 7 p.m. and will take place in the Spiro Gym. During Songfest, clubs, Greek life, and teams put on separate dance routines set to music.

Each team has its own theme ranging from film, to amusement parks, to camp, to Broadway. These groups practice and rehearse for weeks, and the show never disappoints. They are judged by a panel of selected individuals from the Wagner community, both past and present. If you are look-

ing for a good night, Songfest is the perfect remedy.

#### Wagnerstock

Scheduled for Saturday April 30 from noon to 4 p.m. Wagnerstock will be held on the Sutter Oval. This outdoor event is filled with music, food, and art: The perfect way to welcome spring. As the end of the semester approaches, Wagnerstock is a good way to unwind, hang out with friends and get some much needed sun before finals.

### Big Name Act

This event is scheduled for Saturday April 30, at 8 p.m. (doors open at 7 p.m.) in the Spiro Gym. Big Name Act is one big party for anyone into music and dancing. It is a concert that is presented for the Wagner community by big musicians. This year, the headlining act is CASH CASH, and the show is free to all students. For outside guests, admission is just \$10. This event is definitely one of the most popular of the year, so don't miss out.

Reported by Meaghan Darwish

## Faculty attends seminar in Israel

#### By MARISA PETRARCA Life & Style Co-Editor

Over winter break, sociology's department chair, Dr. John Esser and Stephen Greenwald, director of film and media initiatives in the provost office, traveled to Israel, where they attended a seminar on Media Promise and Performance.

With the growing occurrence of crises around the world, it is necessary for the media to optimize their response and performance in the midst of emergency situations.

#### Crisis, Emergency and Risk: Communication in 21st century

Dr. Esser and Greenwald each contributed to the seminar, which was formally titled, "Crisis, Emergency, and Risk Communications in the 21st Century" and was held at the Hadassah Academic College in Jerusalem. The seminar was co-sponsored by Wagner, Hadassah and the Minerva Institute for the Rule of Law under Extreme Conditions in the University of Haifa.

Through this cross-cultural conversation, participants were able to offer significant contributions about how to optimize the role of media in emergency situations.

#### An impressive group

The seminar consisted of academics, media industry professionals and government officials. There were approximately 20 people who participated in the seminar. Joining Dr. Esser and Greenwald and representing Wagner was Stephen Beschloss, an award-winning journalist and filmmaker.

## The responsibility of media professionals

Lasting over a day and a half, from Jan. 10 to 11, the main topic of discussion was the responsibility of the media in crisis situations, such as terrorism. Dr. Esser explained how government officials and media professionals often have different ideas about the construction of the media.

"Academics were concerned about how the reporting of emergencies are framed, and the government officials and media professionals admitted there was framing going on," said Dr. Esser.

In fact, even media professionals for the prime minister admitted that their job is to shape the media. A huge goal for the media is for there to be a unanimous understanding of the role of the media in crises; however opinions vary among people.

"Much of the conversation centered on how Israel has been in a state of emergency since it was founded in 1948," Greenwald said. This crosscultural examination on crises and the media demonstrated the different roles that media plays around the world.

#### The importance of media

In the United States, there is no pre-censorship, but in Israel there is. In Israel, there is a better relationship between regulators and the broadcasters than in the United States. It is important for academics and officials to have these conversations about the different ways in which they treat the



WAGNERIAN PHOTO CONTRIBUTED BY DR. JOHN ESSER

National journalist Steven Beschloss, left, with Israeli Supreme Court Justice Salim Joubran, Director of Film and Media Initiatives Stephen Greenwald, Greenwald's grandson Sam Tunnell and Sociology Professor John P. Esser.

media in order for actions to be taken to strengthen it.

Something that surprised Dr. Esser and Greenwald was that many Israelis do not know or understand American history or politics because it is simply something that is not taught to them.

Dr. Esser and Greenwald are considering speaking to someone who is willing to take the initiative and undertake an American studies program to solve this issue.

### Bridging the gap

"This is one of the first of a series of cooperative activities with Hadassah Academic College. The next will be in the fall for a class where their students and our students take a class at the same time where they are connected through Skype or something similar. This will present some challenges but we are going to try and overcome those problems," said Dr. Esser. Also, Wagner may also host a similar seminar on our campus and get the media involved next spring.

Wagner also has collaboration with Kibbutzim College of Education in Tel Aviv. Dr. Esser and Greenwald met with the president of the college on their visit to discuss research collaboration and to talk about a book that is being written by our respective faculties.

Wagner and Kibbutzim College share a similar philosophy that allows each respective college to learn from each other and work together.

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## BLIZZARD TAKES WAGNER BY STORM

With a whopping 27 inches of snowfall on the North Shore of Staten Island, the 2016 blizzard ended up being the second largest snow storm to hit the city since 1869.



WAGNERIAN PHOTO BY MEGAN FRITZ

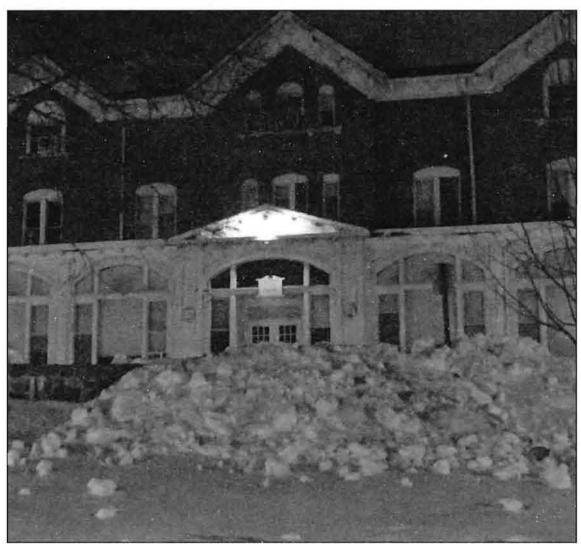


WAGNERIAN PHOTO BY PROFESSOR CLAIRE REGAN

Junior Megan Fritz's car in Stadium Lot was stuck in the snow after the blizzard, along with other cars who shared the same fate. "I'm never getting it out," said Fritz.

Seniors Duncan DeFino of Cleveland, left, and Darius Moulton of Australia, right, as they walked back up Grymes Hill after visiting the bagel store on Clove Road. Moulton wasn't wearing a winter coat, but he kept his face warm with a Santa-Con beard and ski goggles.





WAGNERIAN PHOTO BY MEAGHAN DARWISH



WAGNERIAN PHOTO BY RYAN MONAGHAN

The stairs near Main Hall and Horrmann Library were almost impossible to walk up.

Cunard Hall was overrun with snow to the point where the entrance was blocked.

# the OPINIONS

editorials, campus critiques, and more...

section

## Are the Oscars still golden?

#Oscarssowhite

#### By MEAGHAN DARWISH Staff Writer

It is that time of year where films the Academy board deems worthy are awarded with that little gold statue named Oscar. But it has come to light that this year's nominees represent a lack of diversity in Hollywood that has become increasingly obvious over time.

When the nominees were announced in mid-January, most could not help but notice that all acting categories were filled by white nominees. This revelation has led to an outcry for change, similar to the one that was seen this past year for women in Hollywood with the wage gap.

The Academy, which is composed of seasoned film industry workers, has an application process and certain requirements for entry and duration of membership. This makes it easy for members to remain in once accepted, and over time accumulate cimilar views. And it should have noted that they are also all white.

It is easy to take aim at them this award season specifically when there



Will Smith, lead actor of "Concussion"

were many strong performances by black actors that were well received on the 2015 big screen. Some of these performances include Samuel L. Jackson for "The Hateful Eight," Will Smith for "Concussion" and Idris Elba for the critically acclaimed and thought to be contender "Beasts of No Nation," which premiered on Netflix.

The problem actually starts with the lack of roles available to nonwhite actors. Their chances of being nominated for Oscars are very limited. So, the root of this problem does not single-handedly belong to the Academy, so much as to the film industry as a whole. When casting begins to show more diversity, more equal opportunities will be presented.

It has been over two years since



Idris Elba, lead actor in "Beasts of No Nation

any actors of color were nominated in lead or supporting actor categories, and those nominees were primarily from the film "12 Years a Slave." It was also the last year that a person of color won in an acting category, Lupita Nyong'o for Best Supporting Actress.

Some celebrities such as Will Smith and Jada Pinkett Smith have publicly chosen to boycott the ceremony. Others such as George Clooney call for changes, but this cry for equality has not gone unnoticed by the Academy, either.

The president of the Academy, Cheryl Boone Isaacs, issued a letter to the public on January 18 acknowledging the issue and their hope to create the change that all seem to want.

"In the coming days and weeks,"



Samuel L. Jackson, leading actor in "The Hateful Eight"

she wrote, "we will conduct a review of our membership recruitment in order to bring about much-needed diversity in our 2016 class and beyond." She went on to talk about how the Academy has intended to diversify for the last few years, but its lack of progress has become unacceptable.

On January 21 the Board of Governors of the Academy of Motion Picture Arts and Sciences approved many changes in order to take steps to diversify their membership. Their hope is to double the amount of women and non-white members by 2020, allowing for a more fair evaluation of performances.

It is changes like these that lead us in a better direction, but it will take more than the Academy to fix the diversity problem in Hollywood.

#### Statistics of the Academy Awards

- Best actress winners are 99% white, 1% person of color.
- Best actor winners are 91% white, 9% of color



- Best director winners are 99% male, 1% female
- Of the Academy Board voters, only 6% are of color
- In the last ten years there have been no winners of acting Oscars of Latino, Asian and Native American decent

## Too hot, too cold and never just right



Freshmen Tillie Kayton, Erica Hardy, Abby Irving and Sarah Limanni, residents of Harbor View, use a fan to cool off.



Juniors Hana Gilbert and Gina Masaro, residents of Towers, sit for a staged photo to exaggerate their conditions.

#### By AMANDA SUTHERLAND Opinions Editor

Since students have returned from winter break, the weather has averaged sub-freezing temperatures and campus has endured a historical snow monstrosity. Although we consider this a mild winter for New York, it is still easy to say that temperatures have been downright cold. And Towers residents can attest to that.

There has been a constant stream of complaints coming from Towers. Something along the lines of, "It's freezing in our room," "Is the heat even on?" or, "I think my window is letting in more cold air than the heater is letting out hot air."

The students of Towers who seem to be getting the worst of the frigid room temperatures are those on the top level floors, such as A6, B6, C6, and D6, but also those rooms which face to the outside and are furthest away from the main entrance in C Tower.

Towers is an old building, and all of the towers, except for C tower, cannot control their own heaters. If you ask me, Towers' heating generator must be old, outdated and incapable of projecting necessary heat to all corners of the building. I am no technician, but when I am sitting in my room bundled under three blankets and with a winter coat on, I know there is a problem.

One night I contacted maintenance because I could not bear cold fingers

and toes any longer. Fortunately they responded to my distress right away. I was issued an electric space heater to combat the poor quality of my actual heater, and they also re-cocked all of my windows so that cold air would stop seeping through the cracks

Thankfully, accommodations were met and the temperature of my room did improve (still below my standards), but I was left wondering if every cold room was being accommodated for. Surely Wagner doesn't have enough space heaters to issue to every dorm room, right? That would be lot of space heaters, and lot of extra electricity usage. The fact is a few space heaters does not solve the issue of Tower's insufficient heating.

Ironically, students living in Har-

bor View seem to be having the opposite effect. Students say their rooms are "too hot" and "uncomfortably warm," especially for those living on the top floors.

Harbor View underwent renovations this past summer. One of the new features built into each room is the ability to adjust the room temperature to a specific setting. Students loved this, especially when New York was sporting high temperatures at the beginning of last semester, but now, when the whole building seems to be running on extreme heat, it is less than ideal.

Students who live in Harbor View say they put their heaters on the lowest setting or turn them off, and still the rooms seem to cook like an oven. I recently visited Harbor View for a meeting in one of the common areas, and after sitting for about 10 minutes. I began to strip all of my winter layers and even took off my boots because I was so hot.

If life were perfect, we would all have thermostats to be able to control our room temperature to the ideal heat. But of course we go to a college where life isn't perfect; dorms will be dorms and problems will always persist.

Of course, realistically Towers could update their heating system with better ventilation and Harbor View could turn down their master temperature a few notches. But again, I am no technician, so what do I know, right?

WAGNERIAN PHOTOS: MADDIE LYON



# Refusing to use the new 'F' word



#### By KIMBERLY WATSON Staff Writer

ABC Family has officially changed its name to Freeform. As of Jan. 12 the TV channel, which broadcasts in roughly 94 million households regularly, has re-branded their classically beloved name. The reason behind these actions is not so apparent to its viewers. The network made the decision last October that a new name would go with a new year, although many fans seem unhappy with this change.

Millennials have grown up watching ABC Family, as it has been around since 1977. Their holiday specials, such as "25 Days of Christmas" and "13 Nights of Halloween," have been a part of every college kid's childhood. We have grown up with the ABC Family name. Now, with a name change, it feels as if a part of our childhood is disappearing. Our TV show memories no longer represent what we used to know.

ABC Family or... the other 'F' word – which I refuse to use – explained that the reason they have changed their name is to expand their audience.

The president of the network, Tom Ascheim, explained that the network was stuck between the decision of following the millennials that grew up with the ABC Family name or growing with a new target audience that he calls "becomers." Ascheim defines becomers as those who are younger than millennials but old enough to be interested in ABC Family's top-rated shows, "Pretty Little Liars" and "The Fosters."

Ascheim said that having "Family" in the network's name has limited their target audience and not completely representative of the shows they air.

I do agree that older shows such as "Sabrina the Teenage Witch" possessed a type of innocence that you can not find in current ABC Family shows. For example, today's shows such as "Recovery Road," which de-

picts the life of a teenage alcoholic and drug user as she suffers through rehab, and "Pretty Little Liars," which is uncovering the mystery of a so-called murder, does not have that same kind of innocence.

However, as the old saying goes, "if it ain't broken, why fix it?" The network says ratings are not down and that actually the channel is doing better than most in the new age of Netflix and Hulu streaming.

For us college kids, ABC family is a pop-culture icon that makes us feel happy and warm inside. Maybe we don't show it anymore, but I know every college kid still gets excited when they hear the words "Harry Potter Weekend." But with the name swap the channel seems foreign and un-relatable.

I am an ABC Family fan and forever will be. In my mind, the name cannot be replaced which is why I will continue to call it what I know. Be smart, be a voter,

Letter from the Opinions Editor



So election year is upon us and currently in the running for president there are 11 Republican candidates, two Democrat candidates and the small possibility of an Independent candidate. But who's counting, right?

Well, I'm here to tell you, you should be.

One of the biggest problems I find in our country is the large amount of uninformed, uneducated people who go vote, and then the lack of educated people who don't – and I'm talking about college students here.

In college, a time where students are at the prime of their learning, it astounds me how many college students couldn't care less about the election and the importance of voting.

Sure, students may talk casually about the election, but how many say they are prepared to go vote next November? Probably not many. Statistics say that the largest voting group that comes out to the polls every four years is senior citizens and one of the lowest numbered groups is college students.

The problem is a lack of interest in the race itself. Millennials are so absorbed in social media, Netflix, and reality TV that the last thing on their todo list would be watching a presidential debate.

Maybe you find politics dry or boring or outright ridiculous, but I can't stress how much they affect you in every capacity; way more than how many Instagram likes you are receiving.

If you don't know anything about politics, great, take a Government class next semester. The beauty about being at a liberal arts college is every student at Wagner is required to take at least three Social Science courses, so there is no excuse. Take a Government 101 course, check off a gen-ed and be informed just in time for the election.

Knowing politics needs to become a priority, people. Beyond that, taking action needs to become a priority. Do yourself and your country a favor and before next November make sure you are registered to vote. If you are not a New York resident you can still register by mail, but make sure and look up your respective states' procedure on "absentee voting" – voting system by mail – so that you can still cast your vote when hundreds of miles away from home.

In the next 10 months, I urge you to research each candidate, figure out their platform and proposed policies, watch a debate, and follow the primary elections. Come July when the Republican and Democratic candidates are selected you will thank yourself. Then, come November you will be prepared to make a difference with your vote.

Be informed. Be a voter.

By Amanda Sutherland

**RACE** 

# Advice from a student: How to be organized this semester

February means it's time for change. Now that it's a new semester, it's time to start fresh and leave your old practices from last semester behind.

With a new semester comes the opportunity to become more organized and, subsequently, more successful.

There are many simple practices that can have a huge impact on one's performance. Here are a few of my favorite organizational techniques to try out this semester:

## Invest in a personalized planner



There are so many different planner options out there based on what style works best for you. By committing to frequently updating your planner with due dates and important events, I guarantee this will make you less stressed and more prepared for life's daily challenges. Some students remember homework assignments and test dates better when they write it down in their own handwriting, as opposed to seeing it in print on a syllabus.

## Schedule, schedule



It is very easy to let the day slip away without getting your work done. At the beginning of the day, try to create a schedule of important things you need to do throughout the day and set a time for yourself to do these activities. By writing them out and seeing everything you have to do on paper, you will feel more obligated to do them and it will be harder to slack off.

## Motivate yourself



If you're not motivated to become organized, you are not going to become organized. Dedicate one day to being as organized as you can possibly can and see how great you feel at the end of the day. I guarantee that by the end of the day, you're going to be motivated to keep yourself organized. Based on this experiment, make necessary adjustments that fit your lifestyle, and that you can commit to doing every day.

## Try organization applications



For some individuals, technology works better for them than traditional ways. There are thousands of apps that can be searched in "organizational apps" to find one that works best for you. In additional to apps, use technology to your advantage. Consider organizing all of your documents and files on Google Drive in different folders based on your different classes. Try using virtual sticky notes on your desktop with important reminders for the week.

### Encourage one another to succeed



Have a friend take on the challenge to become more organized with you. That way, you can encourage one another throughout the day to stay motivated and active towards reaching your organizational goals...and motivate them to continue when they're slacking, of course. Sometimes all you need is a friendly reminder and encouragment to continue down the right path. Accountability is key.

## LIFE & STYLE







## How to be a healthy seahawk

By DOMINIC **ZMARLICKI** Staff Writer

The dreaded "freshman 15" has haunted college students for so long, so what can we do to fight it? Everyone knows it is great to have unlimited food in the dining hall and be able to talk with your friends.

That kind of environment can get unhealthy very quickly. What can we change to keep ourselves healthy? The simple formula is eat less food and exercise more. Before you put any food on your plate, consider the

Start at the salad bar. There is no better way to eat healthy than to start out with a salad. According to Livestrong.com, eating a salad will help satisfy your hunger with far fewer calories than any unhealthy choices.

Another great idea is to not load up your plate. Eat a little at a time and you will not feel bad because your plate is still full. That will also help prevent food waste.

Foods like pizza, burgers, fried chicken and mozzarella sticks may taste great, but if not eaten in moderation they can hurt anyone's goals to get healthy.

It does not mean to never eat those kinds of food. Everyone needs a cheat day. You may start off eating healthy and then think "Eating salad every day is getting pretty boring."

To prevent yourself from getting bored and going back to your unhealthy ways, try to spice up your plate life. Try a different vegetable such as red beets, or add seeds to what you are eating. It will keep your chow fun and still good for you. Good food can taste great too!

Think about other options like the sandwich bar where you can get quesadillas, wraps or paninis with turkey and lettuce. There is also Outtahere

where there are salmon salads, Greek yogurt, baked chips and other tasty

All these options available, but I'm sure many of you still really want your Hawk's Nest, right? Don't worry, Hawk' Nest has some nearly guilt-free scrumptious options too. From soups, grilled cheese to burrito

Along with healthy eating, with less unhealthy desserts and chewy granola, getting some exercise in there is just as important! Lucky, for us Wagner has a great, well-equipped gym for everyone to use every day.

There is also the track, and the

campus itself, where you can walk around to burn a few calories throughout the day. The six-lane pool in Spiro is also open, along with the aerobics studio for exercise and fitness classes.

From the D-Hall to Hawks, Starbucks to Outtahere, everyone has lots of opportunities to eat new and interesting food.

The gym, aerobics studio, pool and track also offer great fitness opportunities for those looking to work out. So get out there, eat, train and get healthy!

## Snowed in do's and dont's

It's that time of year again when it seems like a new snow storm is barreling through every day. Some students deal with these yearly storms by silently praying the snow will hit just in time for Monday morning classes to be cancelled; others prepare by stocking up with food, warm clothes, and other necessities. It is the time of year when there is constant contrast between those who love the look of the world covered in white and those who dread below freezing weather at all costs. Whether you love or hate the snow there are definitely do's and don'ts to each snow storm, which can help you not only enjoy your time locked in the house, but also save your life!

Reported by Melissa Calato

DEFINITELY get started on that "to-do" list which has been lingering over your head the past few weeks. Since you'll be snowed in, there is no reason why you'd be too busy not to put a dent in it. So stop making excuses and clean out that closet, do your report and pay your bills!

DEFINITELY pamper yourself. Once you're finished working hard and knocking tasks off your list, take time to yourself. No one is around to bother you, so why not spend the entire night binge watching Netflix and painting your nails. Watching the snow fall is peaceful and can be a therapeutic way to relax.

PROBABLY SHOULD spend some time reconnecting with your friends or family. If you're at home, invite friends over before the blizzard hits and spend the storm together. If you are on campus, hide out in someone's room and spend the night playing games or watching movies.

PROBABLY SHOULD bake or cook something comforting. There are three times in a person's life when they can eat unhealthy food without feeling guilty: birthdays, finals week and snow storms! So treat yourself and try something new!







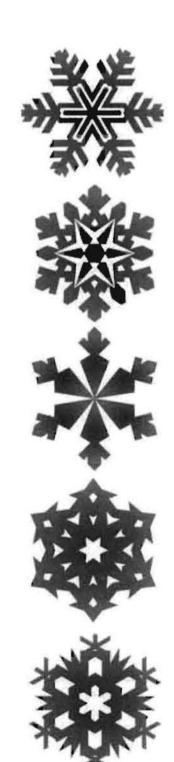
## Dont's

NEVER start a car without shoveling it out first. If your exhaust pipe is blocked by the snow, it can lead to very dangerous effects. Because the car's fumes cannot disperse into the air when blocked by snow, they are forced back into the car creating the deadly consequence of carbon monoxide poisoning.

NEVER go ice skating on frozen lakes. Unless clearly marked with official signs, skating on frozen lakes are illegal. Regardless, that frozen lake you've been eyeing all throughout the winter probably isn't safe. Naturally frozen ponds and lakes are usually too thin to skate on and may break.

PROBABLY SHOULDN'T jump into the snow in a bathing suit. We all saw the videos of those swimmers who dove into the snow half naked and this probably isn't the smartest move. However, if you really want to take on the challenge, get in and out quickly. You don't want to get frostbite!

PROBABLY SHOULDN'T run outside. Even though the streets may be shoveled and it looks like the worst is over, sidewalks and streets can still be icy, especially if not salted. Black ice has caused many people to fall; don't be one of them!





# Be creative this Valentine's Day

By ALEX STANCO Assistant Editor

#### Couples

- 1) Be traditional: Go out to a nice dinner, dress the part nicely, and have the evening revolve around the two of you as a couple.
- 2) Be romantic: Stay in and transform a room of your choosing by decorating with rose petals, hearts and other symbolic representations of Valentine's Day. Order from your favorite takeout place and stay cozy and warm with each other!
- 3) Be risky/fun: Go ice skating! Couples ice skating is beyond cute and is sure to add some much needed fun to your Valentine's Day with the one you love.
- 4) Be memorable: Say you have been with your special guy/girl for a while now. Take him or her down memory lane. Let Valentine's Day serve as a reflection of what makes you happy together. Look through old pictures, find some cute stickers, and construct a scrapbook page or collage that embodies your favorite memories as a couple.

#### Singles

- 1) Be caring: Valentine's Day is not always about showing how much you care about that special someone. It is also about spreading the love among your family members and friends. A tiny gesture, such as a card or some candy, can show your other loved ones just how much they mean to you.
- 2) Be indulgent: Have Valentine's Day be all about you. Focus on yourself for the day and what makes you happy. Do something that you haven't had time to do in a while, like catch up on that TV show you love, or finish that book you've been eyeing.
- 3) Be fun: Spend the day with some of your closest friends just having some fun. Watch cute/funny movies, find easy recipes online to make some Valentine's Day treats, and enjoy the day with friends who matter to you.
- 4) Be spontaneous: Fall in love with something new. Whether that be taking up yoga for the first time, cooking something you never have before, or learning a new dance, challenge yourself to something that you haven't done before and discover something you may not have known you're passionate about.



## Annual fashion show: 'It's On Us'

#### By KATHLEEN THIEME Staff Writer

Wagner students are bringing the runway back to campus with the annual Fashion Show, held this year on Saturday, Feb. 20. With this year's show, "It's On Us," all proceeds will go to that campaign to help stop sexual assault.

With popular and well-known brands such as Francesca's, Foxy Lady, and New York & Co., a live musical guest and a short half-time show, students will have the opportunity to see clothes on the runway, purchase any items they like and give to a wonderful cause, while having a great time!

Inside the lobby of the Spiro Sports Center, there will be a Bazaar of fun clothes and accessories from the participating brands where students can browse and buy anything they liked on the runway.

There will also be tables where students can donate money to the cause; with a donation of \$5 guests will receive a white rose with a black ribbon, and with a donation of \$15 guests will receive a t-shirt with the "Wagner It's On Us" slogan.

Co-chairs Kaitlyn Barden and Stephanie-Anne Thomsen will begin the show in the gym with a brief introduction of themselves, the committee hosting the event, and the campaign. Then, the show will begin with various Wagner students modeling the clothing lines. After about three brands, there will be a brief intermission to allow the guests to browse through the Bazaar, and the musician will play a set. The hosts will then introduce a guest speaker to open the second half of the show, and the runway will continue with a few more lines to be shown.

Once the runway is over, the Bazaar and donation stations will stay open to allow people to help the cause, and get a great new look along the way.

The show will begin at 7 p.m. and will wrap up at around 10 p.m. Tickets are free, but donations to the organization are encouraged.



# Will you be celebrating Valentine's Day?





Ariana Palmieri and Steven Storniolo have been together for two years. They met in one of their classes and realized how much they had in common.

Steven always gives Ariana roses and chocolate on Valentine's Day. Last year they went to dinner and a movie and this year they plan to go to dinner and ice skating.



Samantha Peckham and Khaled Mekki are pretty romantic when it comes to Valentine's Day.

Last year they walked the Brooklyn Bridge and put a lock on it with both of their initials. They both have a copy of the key for it.

This year they plan to go to a cat cafe called "Meow Parlor" and stop by the Central Park Ice Festival.



Melanie Trinkwald and Riley
Magner met in study hall, but
Melanie couldn't really stand Riley.
Luckily they met again a semester
later and have been going out for
about two years.

Valentine's Day is just like any other day to them, and restaurants are too busy. Last year they cooked dinner together and this year they plan to go to iHop to avoid the crowds.

# ARTS & ENTERTAINMENT }

## Leonardo DiCaprio's Oscar journey

#### By RYAN MONAGHAN Staff Writer

"What's Eating Gilbert Grape," "Titanic," "Catch Me If You Cand "The Aviator," "The Departed,"
"Blood Diamond," "Shutter Island," "Inception," "The Wolf of Wall Street," just to name a few of the most successful movies of the past two decades.

That is also an excerpt of a longer list of movies starring Leonardo DiCaprio. He's been nominated for over 150 awards. 40 of which he's won...but none of those 40 were Oscars.

With his nomination for Best Actor in The Revenant, DiCaprio has now been nominated for six Oscars over the course of his career: one for Best Supporting Actor, one for Best Picture (as a producer), and four for Best Actor.

He is part of a group who has became pretty thin. been nominated for Best Actor three times without any wins, and if he does not win for The Revenant, he will join an even more elite group, who have been nominated four times without a

So, why hasn't Leonardo been able to get his hands on one of those gold bald statues that every actor is chasing?

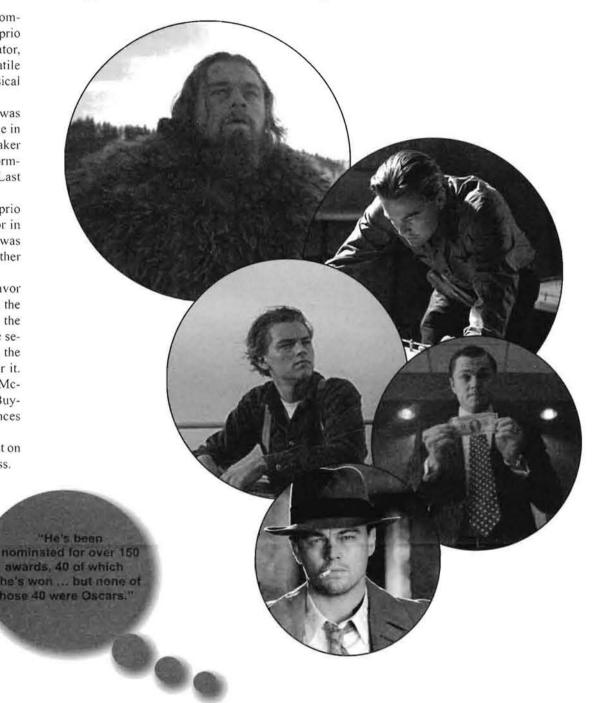
For some years it was the competition. In 2005, when DiCaprio was nominated for The Aviator, Jamie Foxx delivered a versatile performance as the blind musical star Ray Charles in Ray.

In 2007, when DiCaprio was nominated for his performance in Blood Diamond, Forest Whitaker came up with the best performance of his career in The Last King of Scotland.

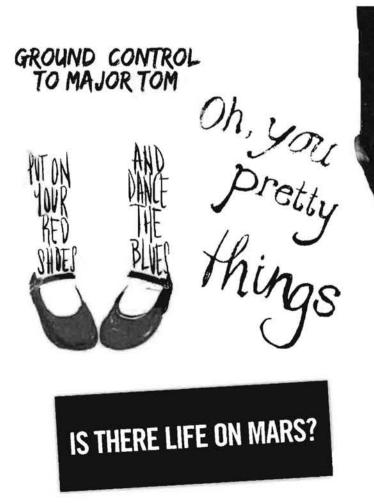
Then in 2014, when DiCaprio was nominated for Best Actor in The Wolf of Wall Street, it was more about the nature of the other movies nominated.

The Academy tends to favor "Oscar-bait" movies: usually, the stronger people feel about the topic of a movie and the more serious the nature of that topic, the more the Academy will favor it. So in 2014, when Matthew Mc-Conaughey starred in Dallas Buyers Club, DiCaprio's chances

This year the jury is still out on his performance as Hugh Glass.



## A tribute to David Bowie





#### By DOMINIQUE LANDEW Staff Writer

Through the decades, many of the world's best singers and songwriters took the stage and turned into the legends we know and love today. One of these legends is David Bowie, Bowie, an English musician who, as critics say, was an innovator in visual presentation, stagecraft, and music has passed away on Jan. 10.

Bowie was originally born as David Robert Jones in South London and became interested in music in his childhood. Bowie's interest in music led him to a career that lasted over five decades, and he has managed to sell 140 million records worldwide. Bowie also had multiple hits over the course of his career.

Some of Bowie's hit songs that are considered classics include, "Starman," "Oh! You Pretty Things," and "Life On Mars?" Two of his hits, "Fame" and "Let's Dance", went to number one in the U.S. In addition, "Space Oddity," which was released in 1969, is one of the finest tracks of Bowie's career.

Spencer Kaufman, the editor-inchief of Loudwire, stated that, "The song was revolutionary for its time, musically and lyrically, and helped introduce the masses to one of the most dynamic and creative music acts we will ever know."

By the end of the 1970's, Bowie began his acting career. Bowie's first film appearance was in the film "The Man Who Fell to Earth," which is considered a cult film. He also starred in movies such as "Merry Christmas, Mr. Lawrence," "Labyrinth," "The Last Temptation of Christ" and "The Prestige." Later, Bowie did musical experimentation, which involved "Heroes" in 1977 and "Lodger" in 1979.

As David Bowie states in his song "Fantastic Voyage," "Remember it's true, dignity is valuable, but our lives are valuable too," which is true for the rest of

## Blood, lies and alibis: The search for truth in 'Making a Murderer'

#### By REBECCA MARTIN Advising Editor

Netflix has had its share of hit series — namely "Orange Is the New Black," "House of Cards," and "Narcos" — but its newest blockbuster, "Making a Murderer," has drawn national attention for shedding light on the flaws of the American justice system and exposing the potential for corruption among law enforcement officials.

The 10-episode docu-series focuses on the true story of Steven Avery, a Wisconsin man who was wrongfully convicted of sexual assault and attempted murder in 1985, and served 18 years in prison before DNA evidence finally proved his innocence.

Following Avery's release, however, evidence began to emerge that the Wisconsin Manitowoc County Sheriff's Department had knowingly sent an innocent man to jail.

Avery subsequently filed a \$35 million civil lawsuit against the county and some of the officers involved in his case.

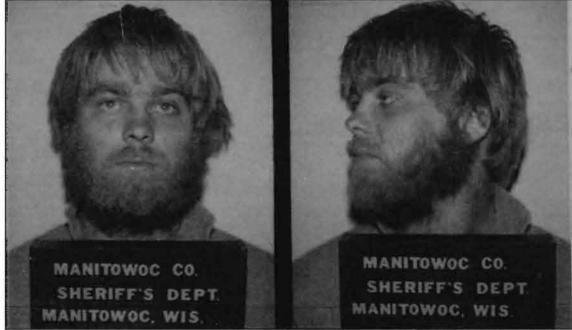
Just as members of the Sheriff's Department began to realize that they were in hot water, however, a young woman goes missing from Manitowoc County and her charred remains are discovered in Steven Avery's backyard.

Is Steven Avery guilty of murder? Or is he being framed in order to cover up internal police corruption during his previous case?

The series follows Avery's second murder trial and its subsequent outcome. The docu-series has led to petitioning for Avery's release from prison, in addition to national outrage at the failure of our American justice system.

Although those involved in both of Avery's cases hold that there was no wrongdoing on the behalf of law enforcement officials, Avery maintains his innocence.





Netflix's docu-series' main subject, Steven Avery's mugshot after his first conviction.

# XOX

## The Grammys: A big night for music

The Oscars may be getting a lot of attention, but its music equivalent, The Grammys, will be airing on February 15 at 8p.m. on CBS. The televised event will be hosted once again by the always entertaining LL Cool J and will feature a slew of performances from some of the best in the music industry. Some artists will be making a welcome return while others will be making their Grammy stage debut. Among the newcomers is the wildly popular The Weeknd, who has seven nominations. Kendrick Lamar, who is nominated for the most awards this year, eleven, will make his return to the Grammy stage as well.

The performances will also include some country flair when Little Big Town performs. They are up for two awards. Adele will also make her return to the Grammys with her first performance at the awards since 2012, although she is not currently nominated since "25" was released past the acceptance date for nominations. These are the only confirmed artists set to perform, but there should be more announced before it airs on television, and if any prior awards are an indication, surprises are sure to be in store.



Among the previously mentioned performers and nominees, there are plenty of others who will likely make appearances because they have been nominated. Taylor Swift is nominated for a number of awards, recognizing her album "1989" as well as her song "Blank Space" and her collaboration with Kendrick Lamar for her "Bad Blood" video. Both Nicki Minaj and Drake are nominated for Best Rap Album, alongside Dr. Dre. One of the most popular songs of the past year, "Uptown Funk" by Mark Ronson and Bruno Mars, also has its fair share of nominations. Wiz Khalifa and Charlie Puth's "See You Again", written for the "Furious 7" film, is also up for a few awards.

The re-emerged Justin Bieber is also up for an award with his collaborators Skrillex and Diplo for their song "Where are Ü Now". Ed Sheeran is also nominated for a few awards, including Song of the Year, Record of the Year, and Best Pop Solo Performance. Fetty Wap's "Trap Queen" is also getting some love in way of nominations. No matter your taste in music, the Grammys are always a good watch, and this year is sure to be the same, so if you are free, you can catch the show February 15 at 8p.m. on CBS.

Reported by Meaghan Darwish

## SEAHAWK SPMRTS

## Catching up with the winter sports teams

#### By MEGAN FRITZ Sports Editor

#### Women's Basketball

Women's basketball faced an inordinate number of injuries over the winter break that put them down to just 8 players able to play for the team over break. With injuries looming over them, the team did not win a game over the break. Contributing to their struggles is the fact that their number two and number three scorers, Jordyn Peck and Alexis Smith, have each been out for a month due to injuries. Once students returned back to school, the women have added another win to their record defeating St. Francis Brooklyn and moving their overall record to 3-17. Junior Jasmine Nwajei set the NEC record for points in a game scoring 53 points against Sacred Heart.

#### Men's Basketball

The Seahawks captured six victories over the winter break. Their winning momentum was fueled by a 7-1 record at home at that time. Some of their wins this break include a three game streak against Robert Morris U, Bryant U, and Sacred Heart U in early January. Powerhouses Dwaun Anderson,

Romone Saunders, and Corey Henson have been important players in the success of the team. Since returning to school the team has improved to a 14-7 overall record and 7-3 conference record. They currently are in a three-way tie in the NEC and will face the other first place teams Mount St. Mary's and FDU in their next two games.

#### Swim and Dive

In the pool over break, the Seahawks battled against University of Rhode Island and Bucknell University. Against University of Rhode Island, the Seahawks captured a win with 170 points over Rhode Island's 126. During this victory, junior breaststroker Katja Claesson set a new pool record at home. In the 100 meter breaststroke Claesson took first place with a record 1:06.04. Bucknell took home a win over the Seahawks 178-117. Against Bucknell Claesson grabbed first place in the 100 meter breaststroke for the second day in a row. For her performance that weekend, Claesson was named NEC Swimmer of the Week. The second weekend back from Christmas break, swimming and diving defeated LIU Brooklyn, moving their record to 7-3 on the season. The 200 medley team set a pool record of 1:46.85. Senior Maggie Shaw set a pool

record in the 1,000 freestyle swim, junior Anu Nihipali set the 100 backstroke record, and junior Claesson set another record in the 200 breaststroke.

#### Indoor Track and Field

Men's and Women's Track and Field continued their indoor season this break with a new improvement to their training ability. They spent their break training in the indoor Ocean Breeze Complex on Staten Island, less than three miles from campus. The coaches preseason poll was released over the break . Both the men's and women's teams were predicted to finish 5th in the NEC this year. A record was broken over the break by Wagner's Zhane Stone in shot put with a distance of 13.70 meters. Stone grabbed an NEC Women's Track and Field Athlete of the Week nod. Recently both the men and women competed in the Gotham Cup. At the event, Stones eclipsed the record she set over break and improved her distance to 13.94 meters. Freshman Kenya Hyman set a 400 meter record coming in at 56.79 seconds. The men were led by senior Darius Moulton who ran the 800 meter in a time of 1:56.94



Sophomore Aaren Edmead. The Seahawks are currently first in the NEC.



Junior Katja Claesson has set multiple records this season in the 100 meter and 200 meter breaststroke.

## Schedule of home sport events in February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 MBB v. FDU 7 p.m. T/F: Metropolotian Championships	T/F: Metropolotian Championships	6 MBB v. Mount St. Mary's 4 p.m. WBB v. FDU 1 p.m. S/D v. CCSU 2 p.m.
7	<b>8</b> WBB v. Mount St. Mary's 7 p.m.	9	10	11	12	13 ML v. Manhattan 12 p.m. WL v. Bucknell 4 p.n
14	<b>15</b> WBB v. St. Francis University 4 p.m.	16	17	18	19 T/F: NEC Indoor Championships	<b>20</b> T/F: NEC Indoor Championships
21	22	23 ML v. Monmouth 3 p.m.	24	25 MBB v. St. Francis University 7 p.m.	26	<b>27</b> MBB v. Robert Morri U. 4 p.m. * WBB v. Robert Morri U. 1 p.m. *
28	29					

February holds many opportunities for students and fans to support Wagner's athletic teams. Both basketball teams complete their home game competitions and both lacrosse teams open their home seasons. Track and field hosts the NEC Championships in the new indoor track on Staten Island. Swim and Dive strives for success to break more Wagner pool records. Get out and support the Seahawks!

Key: MBB: Men's Basketball

WBB: Women's Basketball

ML: Men's Lacrosse

WL: Women's Lacrosse

S/D: Swimming and Diving

T/F: Men's and Women's Track and Field

\* Indicates Senior Day for both the men and women basketball teams. Come out and celebrate the success of the dedicated Seahawk seniors.

By: Megan Fritz

## All the talks in the NFL world...

## Super Bowl 50: What to know and what to expect

By RYAN MONAGHAN Staff Writer

Super Bowl 50 was bound to be filled with headlines, but it's hard to imagine a more fitting scenario than the matchup between the Denver Broncos and the Carolina Panthers. It will take place on Sunday, Feb. 7 and feature two big name quarterbacks and the two toughest defenses in football.

The Panthers defense creates turnovers better than any team in the NFL, leading the league with 39 takeaways, 24 interceptions and 15 fumble recoveries. They feature the best linebacker in the league in Luke Kuechly and one of the best defensive backs in the league in Josh Norman.

Peyton Manning will lead the Broncos offense despite failing to produce the astronomical numbers fans are accustomed to seeing from him. In his 18th season, he only threw 9 touchdowns versus 17 interceptions and dealt with injuries and questions about his deteriorating arm strength.

This is his first season other than 2011, which he missed with spinal fusion complications, that he has not started in all 16 regular season games.



Leading the Panthers offense will be Cam Newton, who finished this season with 35 passing touchdowns, 10 rushing touchdowns and only 10 interceptions. He will be carrying a heavy load against a topnotch defense who intercepted Tom Brady twice and held the Patriots to only 44 rushing yards in the conference championship game.

Peyton Manning is a football icon, a classic pocket passer who rewrote the record books with his tireless preparation in the film room and on the practice field. The Den-

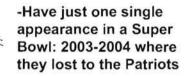
ver Broncos have been around for more than half a century and are known for the likes of John Elway and Ed McCaffrey.

Conversely, Cam Newton represents the new age of quarterbacks, with unbelievable versatility shown in his size, speed, and throwing ability. The Carolina Panthers have only been a franchise since 1995. On top of everything else, the age difference between these two quarterbacks is the largest between starting quarterbacks in Super Bowl history.

## Know the teams of Super Bowl 50

## Carolina Panthers

- -Season record 17-1
- -Never won a Super Bowl in franchise history



-Quarterback: Cam Newton

-Head Coach: Ron Rivera

#### -Season record 14-4

-Have won two Super Bowl titles: 1998, 1999

 Have appeared in 8 Super Bowls

-Quarterback: Peyton Manning

-Head Coach: Gary Kubiak

### Denver Broncos



## Super Bowl 50 Facts

- Held at Levi's stadium in San Francisco on Feb. 7
- -"Super Bowl 50" will be the first to not use Roman numerals in its logo
- -Halftime entertainment is led by Coldplay with appearances by Beyonce and Bruno Mars
- -First Super Bowl in which two quarterbacks that were No. 1 draft picks will face off
- -Newton and Manning have only met once before in their careers
- -Both coaches are making their Super Bowl head coaching debuts

- -Steelers have the most Super Bowl wins of any team
- -There has never been a Super Bowl that has gone into over-time
- -On Super Bowl Sunday it is estimated that Americans will eat 1.25 billion chicken wings and drink 325.5 million gallons of beer
- -The Super Bowl is broadcast in 34 languages
- -Super Bowl rings cost around \$5,000. A team usually gets around 150 rings for a win
- -The Lombardi trophy cost \$25,000 to make and is made by Tiffany & Co.

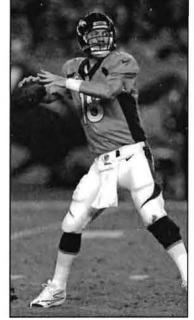
Facts provided by CBSSports

Step forward for women in the NFL



Kathryn Smith has become the first female to be named to a full-time coaching position in the NFL. The Buffalo Bills have named Smith the quality control special teams coach. Smith joins the team after 13 years in the NFL in various administrative positions.

## AFC Championship 2016: Another Manning versus Brady matchup



Peyton Manning: Broncos quarterback

#### By RYAN MONAGHAN Staff Writer

Peyton Manning and Tom Brady are two of the greatest players in NFL history. After last Sunday's game, a Denver Broncos win in the AFC Championship, the head-to-head record between these two quarterbacks is 11-6 in favor of Brady.

But despite this dominant lead by Brady, Manning now leads the series in playoff matchups 3-2. Of the past 14 Super Bowls, either Manning or Brady has been the quarterback of the AFC team in 9 of them.

Throughout the last decade and a half, Peyton Manning has dominated the regular season every year, statistically speaking. He is widely regarded as "the best regular season quarterback of all-time" and he currently holds 15 individual records.

His most impressive records include most single-season touchdowns (55), most single-season yards (5,477), most passing touchdowns in a single game (7), and most seasons passing for 4,000 or more yards (13).

Although Tom Brady hasn't rewritten the record books like Peyton Manning has, he has had a much more prolific post-season career.

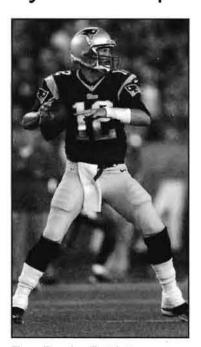
Manning has won five league MVPs, one Super Bowl MVP and one Super Bowl. Brady has only won two league MVPs, but he has three Super Bowl MVPs and four Super Bowl victories.

Brady also holds the records for most playoff wins (22) and starts (31) while Manning holds the record for playoff losses with 13. Both players missed one full season with injuries: Brady in 2008 with a knee injury and Manning in 2011 with a spinal injury. In 2008, the Patriots went 11-5 without Brady. In 2011, the Colts went 2-14 without Manning.

Even though Peyton and Brady constantly reiterate that they never face each other and only the other's defense, this rivalry will go down as one of the best in sports history.

The only individual rivalries in one of the four major sports that can possibly compare to this one are in the NBA: Bill Russell vs. Wilt Chamberlain and Magic Johnson vs. Larry Bird.

It is safe to say that in the last decade and a half, sports fans have witnessed the most epic football rivalry of all time.



Tom Brady: Patriots quarterback

## Wagner as told by: Will Ferrell

When you are trying to write your Senior thesis.



Fraternity boys working out in the gym.



Orientation week with your freshmen LC.

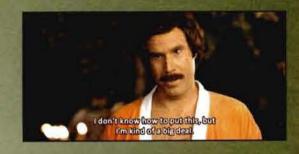


Actor, comedian, producer and writer Will Ferrell has played a part in over 50 productions. This just means that there is a Will Ferrell quote for every situation.

When the Professor tells you the final exam will not be hard.



Athletes.



When you move into Towers Hall in August.

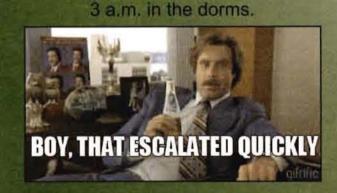


YOU STAY CLASSY WAGNER COLLEGE

When the sandwich line gets your order wrong.



When you get a good grade on an exam you didn't study for.



When a fire alarm goes off at

By the beard of Zeus!

When you need a homemade meal.



Theatre majors.



When you try to justify getting ice cream in the Dining Hall.



Dorming in Harbor View freshman year.

