SCCC Joins Other Schools in Nationwide Walkout

By Dylan Ramsay | Sports Editor

February 14, 2018- 17 were killed by a gunman at Marjory Stoneman Douglas High School in Parkland, Florida. March 14, 2018, students from all over the United States walked out of their classrooms not only for the respect of the fallen students, but for gun control.

Here at Suffolk County Community College’s Ammerman Campus students partook in the walkout, walking from their classrooms to the front of the Huntington Library for these beliefs. About 100 students (some faculty) gathered in front of the library, where Librarian Jennifer Farquhar, Student Organizer Joseph VanderWaag and Student Dexter Simmons rallied the students, protesting gun violence, and honoring the victims of Parkland.

Mrs. Farquhar encouraged the everyone in front of the Library to vote, she even provided paperwork by the Library’s entrance, so students can register to vote. “Change starts with you, Enough Is Enough!” Mrs. Farquhar cried out to the crowd, a thunderous applause from the crowd and Dean Charles Bartalotta, who was in attendance.

Joseph Vaander Waag took the platform to thank the students and faculty for coming to the event. He opened with a speech, letting those in attendance know that change starts with each individual, and that the first step in the process is to vote political officials who favor change for the betterment of the students, and teachers.

Librarian Jennifer Farquhar organized the walkout. Two days after the Parkland incident Mrs. Farquhar contacted faculty across the campus to participate in the national walkout, and that the students should be involved. One of the Students who was heavily involved with helping organize the walkout was Joseph VanderWaag.

Joseph is a student organizer on campus and became involved after he met Grant campus student organizer Sabrina Spotorno. Sabrina got involved with the walkout, just a day after the Parkland Incident.

“Every mass shooting hurts to hear about it, students and their teachers are dying when we (students) can be doing something to prevent it, I can’t help but want to be a part of these walkouts. We as college students have a particular responsibility to be part of a movement that will show graduating high school students moving up to college that we care about them, and model for them how to be a part of the democratic process.” said Ms. Spotorno.

Sabrina has been a huge advocate for gun control, pushing students from all of Suffolk County Community College campus to join the movement and let their voice be heard. So much, that she continued at the marching protest in New York City on March 24.

Not only was Sabrina in attendance, but a handful of students from SCCC attended the protests. They joined thousands of other students in a march for gun control. There hasn’t been a major student protest since 1960 when students in the country protested the Vietnam War.

“Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world...would do this, it would change the earth.”

- William Faulkner

SCCC walkout photo spread is on page 2
Writing is a skill that ceaselessly evolves throughout one’s life, very much like the creative art platform of Evolution — a club that, semester after semester, publishes creative writing stories, poems, photographs, and illustrations. The club was founded on a mission of encouraging young writers, photographers, and artists to get their work recognized and published, as well as giving these artists opportunities to peruse the work of their peers.

The staff is headed by the Editor-in-Chief Alyssa Roth, Staff Readers Caterina Freites and Ausma Palmer, and Outreach/Treasurer Taylor Drenzyk. Despite its size, this small staff is extremely self-motivated, creative, and has plans to reach more young artists for published work and consistent members. The Evolution issue comes out once a semester filled with tasteful stories and art from all genres. Last semester, the issue contained 17 poems, five short stories, and a mix of 13 photographs and illustrations, with the front cover also coming from a student submission. The fall semester Evolution issue can be found across all buildings on the Ammerman campus on racks near the front entrance.

The criteria to submit art to Evolution is fairly simple, with a 10-page limit for stories and poems and a school appropriate criterion for both the artwork and written work. Evolution does allow vulgarity in language and semi-nude illustrations, but draws a fine line when art goes over the edge into a realm of inappropriateness that cannot be published. The club’s creative platform is for creative and original work and will not publish English essays, analyses, or critique pieces.

The club is filled with a young and creative staff starting with Editor-in-Chief Alyssa Roth who has taken on the role of the face of the club. She encourages students who have work they want help with in grammar, structure, or context to come down to the club meetings, for Roth uses this time to help edit stories for future publications. Roth is an aspiring author and hopes to use the skills she learns as writer and editor to accomplish her dream of owning her own publishing company one day.

The Evolution club is not like your typical common-hour-only club as it meets almost every day of the school week (Monday - Thursday) to help aspiring writers in their work. On Mondays and Wednesdays, they meet from 11:00 a.m.-12:00 p.m., and Tuesdays and Thursdays from 2:00 p.m.-3:00 p.m., all taking place in Room 21 of the Babylon Student Center.

This opportunity to get your work looked at and published is also offered through the 11th annual Creative Writing Festival on Friday, April 20, as Evolution will be running writing workshops and an open mic for all those poets out there. This event is run through English Professor Tom Caulfit. If you are interested in attending for editing help or wish to submit your own work, the professor can be contacted at caulfit@sunysuffolk.edu Work for the publication Evolution can be submitted in the following ways: emailed to evolutionmag@gmail.com, handed into Room 21 of the Babylon Student Center, or dropped off in one of the many boxes located at the entrance of the many of the buildings across campus. Evolution also maintains an online presence with an archive of previous stories and art. This all can be found on their website which, besides the archive, is being further developed and designed. The website is evolutionlitmag.wordpress.com.

In full, Evolution represents a rousing outlet for aspiring artists to publish work for experience and to build a resume, as well as hang out with likeminded artists. However, it should be noted that Outreach Representative and Treasurer Taylor Drenzyk will be the only staff member staying on post-spring semester as the rest of the staff intends to graduate this spring. Evolution desperately needs motivated writers to continue on the club’s mission in creating a space to breed and foster creativity. Are you interested in writing, drawing, submitting photos or running for an office position at Evolution? Come down to room 21 of the Babylon Student Center during the designated times above to talk with Editor and Chief Alyssa Roth or email Evolution again at EVOLUTIONMAG@GMAIL.COM.

“In full, Evolution represents a rousing outlet for aspiring artists to publish work for experience and to build a resume, as well as hang out with likeminded artists.”
By Paula Schultz | Editor-In-Chief

The hilly walks. The congested parking lots. The $100 meal plans. The student togetherness during common hour. Those are just some of the things that resonated with me during my time at SCCC. This is my last semester as both a student and Editor-In-Chief of this remarkable newspaper. Although there have been some ups and downs, SCCC overall has been an experience I will always cherish. I have learned great life lessons, met some lifelong friends along the way — including a wonderful man that has shaped me into a better person — and I learned to be more cautious when driving and walking in parking lots. As much as people enjoy complaining about this school, we must remember how much our experience here has shaped us and prepared us for what's ahead.

My experience as Compass Editor-In-Chief has been nothing but valuable. I had the honor of working with managing editor Michael Guido at first — who happens to be that man I mentioned earlier — and the wonderful Bethany Weniger the last couple semesters of my run. Both of them have demonstrated the utmost dedication, kindness, and hard work towards me and this paper. Faculty advisor, William Burns, has been a wonderful advisor and friend to all of us at Compass News and I am so glad I had the honor to work with him. The editors and staff writers have been by my side every step of the way as well; I will cherish them for a lifetime. I wish all of my coworkers the utmost happiness and success in the future. Thank you to the students, professors, and people along the way that have strengthened me. Have a wonderful summer and best of luck to all of you!
Fight Ignorance, Not Immigrants

By Vincent Cavallino | On-Campus Editor

The epidemic of ignorance is a disease that festers among us all — young and old, men and women, rich and poor — for we may think we know it all, and through this omniscient belief, derive seemingly rational solutions to our problems. This is most candidly accomplished through blaming and fighting others in ways that may be harming us and our society. Of course, as Americans, this theory of ignorance is applicable in many ways — most notably and currently in our view on immigration.

In Suffolk County Community College’s recognition of this human downfall, the school hosted a week of informational programs from March 19 - March 23 on immigration. The college collaborated with speakers from a myriad of backgrounds, to share at each of the three campuses on “how recent decisions concerning immigration policies impact our neighbors, and how you can make a difference.” Their tagline “Fight Ignorance, Not Immigrants” represents exactly the kind of mindset we should have as Americans — and especially as students.

On Monday, March 19, legislator Monica Martinez of the 9th legislative district spoke on behalf of the local county legislation on what the impact of repealing TPS and DACA status could have on Suffolk County. The statistics and information she provided undeniably stated all the financial effects a deportation of these legal immigrants would have on our economy.

To preface, TPS and DACA citizens are citizens who have come to this country legally, abide by the laws, work here, and own houses here but are not technically considered American citizens, and therefore, must pay for the annual renewal of their status, as well as face harsh legislation towards becoming an American citizen.

To start, TPS stands for Temporary Protected Status. According to the department of Homeland Security “these individuals [with Temporary Protected Status] are unable to return to their home-country due to unsafe environmental disaster, political conflict, and/or extraordinary conditions (civil war, epidemics, etc.).” There are a few requirements for those to be put under TPS status — such as being present in the United States at the time of a TPS designation and having no criminal record. Currently, there are over 340,000 immigrants from 10 countries with TPS status and many of them are being threatened to leave. These are law-abiding citizens who pay taxes working good jobs, potentially being forced out.

The country of El Salvador has the most TPS members — with a mere 171,000 in the labor force — and is on track for termination of TPS status in 2019. That means those 171,000 workers will become illegal in 2019 and those 171,000 employers will have to find 171,000 new employees. This alone will cause an estimated $164 billion loss in GDP over the next year and a $6.9 billion reduction in Social Security. That is absolutely frightening — especially since the U.S. government has not commented on how it plans to level off this drastic loss in GDP.

Those numbers just tell a chapter of the economic mess that could be with all these new immigration legislations. The second group of people affected, colloquially known as the “Dreamers” and more formally referred to as “DACA,” represent a younger crowd and one whose populace — just like the TPS citizens — economically benefits the United States.

The requirements for DACA status are similar to that of TPS in that the applicant must be in the United States when applying and not be convicted of a felony. Also, they must be under 31 as of June 2012, and have first come to the United States as of their 16th birthday. There are currently over 800,000 DACA status citizens scattered across the United States and their presence is felt everywhere. According to the Center of American Progress, over the next decade, DACA recipients are projected to add $460 billion to the American economy, a figure that could be threatened due to the current regime in Washington. This past June, the Trump administration requested intent to repeal the program, but as recently as of February, this intent’s been blocked by the Supreme Court.

In final, these numbers should be acknowledged with fear, for if the American economy does not continue to support these programs, our economy will falter.

So, you may ask: what can you do as a student who wishes to see the continuation of these programs? The number one thing that can be done is in voting for representatives on the local, state, and federal level that support these proponents. If you are not currently registered to vote, do not fret, you can register on campus by visiting the Center for Justice and Human Understanding office in the Huntington Library Room 102 and meet with Jill Santiago. For any further questions regarding voter registration her email address is santiaj@sunysuffolk.edu.
The Controversy of Trump’s Nominee for C.I.A. Director Explained

By David Osorio Jr. | Contributing Writer

Respected C.I.A. veteran, Gina Haspel, had been nominated by President Donald Trump to become the new director of the Central Intelligence Agency. With over 30 years of experience, Haspel holds a long resume for her activities of working as an undercover operative. It seems likely that Haspel will be approved for the position by the Senate, becoming the first woman to be a C.I.A. director.

Trump announced Haspel as his pick to replace Mike Pompeo as C.I.A. director, as Trump had fired Rex Tillerson from his position of secretary of state and appointed Pompeo to replace Tillerson.

A concern from critics grew when Trump announced Haspel as the nominee for the C.I.A. director by human rights activists, as Haspel’s resume also holds traits of her overseeing and even partaking in the torturing of political prisoners and covering the act up by ordering the destruction of video footage of the interrogations.

From 2003 to 2005, Haspel was administering the first overseas secret C.I.A. black site that held dozens of political prisoners in Thailand. The site saw various uses of torture methods including confining people into coffins, depriving them of sleep, forced nudity, and waterboarding.

It was during this period that she had participated in the interrogation process of Abu Zubaydah, a Saudi Arabian citizen who was detained in Pakistan in 2002 by the C.I.A. and Pakistani officials for being an alleged senior adviser for Osama Bin Laden and an Al Qaeda recruiter.

The Bush administration often echoed its statement that Zubaydah was an important member of Al Qaeda, even claiming that he was one of the coordinators of the 9/11 terrorist attacks and “wanted to see the death and destruction of America.”

Zubaydah became one of the first targeted suspects to be subjected to Bush’s approval of enhanced interrogation, known as the Detention and Interrogation Program

Consortium News reported in 2010 that the Justice Department had retracted its statement that Zubaydah was even an Al Qaeda member and found no evidence that he had any involvement with the group or that he had any knowledge of the planning of 9/11.

While Zubaydah was held in captivity, he was subjected to cruel torture – to the point that he appeared to be dead and discussions had to be made with his interrogators to possibly cremate Zubaydah’s body to prevent anyone from knowing that they had killed him, according to The New Yorker.

In 2005, Haspel issued an order to destroy 92 videotapes that depict hundreds of hours of interrogation footage of Zubaydah and another inmate, Abd al-Rahim al-Nashiri. 12 of the tapes contained footage of the two men being tortured.

Soon after the infamous Abu Ghraib scandal struck the world in 2004, discussions were made with White House lawyers and C.I.A. officials over whether they should destroy the tapes of their enhanced interrogations or not.

White House lawyers told the C.I.A. that they shouldn’t destroy the tapes, but they have no legal obligation to keep them. Chief of Directorate of Operations, Jose A. Rodriguez, held the authority to destroy the tapes if he wanted to, but he was assured that he should at least listen to what the White House had to say.

Rodriguez then issued a cable to C.I.A. operatives stationed in Bangkok that they can discard the tapes they stashed in the Thailand black site safe. Rodriguez never made a separate copy of the cable outside of his staff records, which is a violation of standard protocols.

Haspel received the cable in November and made her own order to destroy the tapes which prompted federal investigations into the matter.

The tapes Haspel ordered to destroy entered public attention in 2003, when the lawyer of Zacarias Moussaoui, a French immigrant who was faced with charges for conspiring to commit acts of terror, had requested to view Moussaoui’s integration footage to prove he had no involvement in 9/11.

The C.I.A. wouldn’t release the footage, causing the Senate Judiciary Committee to get involved.

After two years and repeated requests for the footage from the federal government and the September 11 Commission, the C.I.A. responded to the pressure they were facing by stating they didn’t have the tapes, according to The Washington Post.

It wouldn’t be until the December of 2007 that the public would learn that the tapes were destroyed. An investigation quickly went underway as a criminal investigation, led by Federal Prosecutor John Durham.

Durham’s investigation concluded on Nov. 8, 2010, and he had recommended that no criminal charges should be filed, as the C.I.A. had informed the government that they would destroy the tapes and that the footage held no valuable information. The C.I.A. also claimed that the footage would expose the identity of undercover operatives.

Haspel never faced any charges and continued to work with the C.I.A. after the controversy. Trump appointed Haspel as Deputy Director of the C.I.A. this February, with much backlash by government officials and human rights activists. Now, Haspel is awaiting Senate approval to become the C.I.A. director.
Stephen Hawking, renowned physicist and champion of Lou Gehrig’s disease – otherwise known as ALS – has left behind the material earth and moved into the greater unknown among the cosmos, his endless love and fascination. Dr. Hawking passed away on March 14, 2018, early in the morning at his home in Cambridge, England.

Born on Jan. 8, 1942 in Oxford, England – exactly 300 years after the death of Galileo, another brilliant innovator and revolutionary – Dr. Hawking was the oldest of four children of Franz Hawking and Isobel Walker. He attended St. Albans School in London, graduated from University College, Oxford, and then moved on to study at Cambridge. There, right before he was able to begin his research, at the age of 21 in 1963, Hawking was diagnosed with Amyotrophic Lateral Sclerosis. After suffering from a variety of symptoms for several years, doctors were finally able to determine the exact illness he had succumbed to. He was given only a few years to live.

In 1965, he married Jane Wilde, a linguistics student. She gave him, in his words, “something to live for,” and since he had to get a job, this motivated him to work diligently towards achieving his doctorate.

Black holes were the main focus of Dr. Hawking’s studies, as he looked to discover and understand their existence, actions, and implications. He made use of geometric techniques that were previously developed in the 1960s by Robert Penrose and Brandon Carter, a former Cambridge colleague, to study Einstein’s theory of gravity. Utilizing their work, he looked at the ways black holes could develop – a result of too much mass and energy in a single spot, ultimately collapsing in on itself and dragging the surrounding space along with it. This would demolish the regular laws of physics and, according to Dr. Hawking, produce a black hole. According to the New York Times, “As part of his Ph.D. thesis in 1966, Dr. Hawking showed that when you run the film of the expanding universe backward, you would find that such a singularity had to have existed sometime in cosmic history; space and time, that is, must have had a beginning.” Dr. Hawking also went on to study traits of black holes such as temperature and entropy, and in 1988, he wrote his infamous book, “A Brief History of Time: From the Big Bang to Black Holes,” which sold over 10 million copies.

Dr. Hawking was elected a Fellow of the Royal Society and appointed to the Lucasian chair of mathematics at Cambridge – a position Isaac Newton once held. And, surprisingly, despite his many accomplishments and accolades, Dr. Hawking declined honorary knighthood in the late 1990s to protest the lack of funding for science in the U.K.

But besides academic achievements, Dr. Hawking also took advantage of every opportunity granted to him, living a full life in every way possible. He visited every continent including Antarctica, married twice, had three children, three grandchildren, and appeared on “The Simpsons,” “Star Trek: The Next Generation,” and “The Big Bang Theory.” For his 60th birthday, he went up in a hot air balloon, and after his 65th birthday in 2007, he participated in a zero-gravity flight on board a Boeing 727. According to the New York Times, Hawking took so many risks because he wanted to “show that people need not be limited by physical handicaps as long as they are not disabled in spirit.”

So perhaps what is most remarkable about Dr. Hawking’s story is not the fact that he lived but how he chose to live. And though his time on earth has come to an end, the legacy he is leaving behind is far from fading. His achievements will continue to affect the world and his story will continue to inspire. His life was a journey among the stars, a grand perusal of many of the consequences and privileges of living. With an infinite curiosity, Dr. Hawking once said: “Remember to look up to the stars and not down at your feet.”
These days it’s easier than ever to get involved in local and national politics – networking with fellow activists and organizing events can be done with the click of a button on Facebook, and politicians can be contacted through Twitter and email. Young people are leading the way, starting movements, planning marches, and making their voices heard in a way the country hasn’t seen since the Vietnam War years.

A critical part of enacting change is calling up your Congress people and letting them know how you feel about certain issues so they can best serve the public. However, many millennials seem to share a fear of talking on the phone – most of us prefer texting to calling, even with our closest friends. This fear is understandable, as with a telephone conversation, face-to-face contact is removed and thus, many social cues are difficult to pick up on. Calling your representatives makes the matter all the more complicated, as the purpose of the phone call is confrontational: you want to make demands of them, and perhaps even threaten not to reelect them if they don’t take proper action. Of course there are scripts people have drawn up online that you can simply parrot so as not to get tongue-tied, but even if you eventually work up the courage to make the call, you’re still likely to have to wait on hold to speak with a Congressional aide. Especially when the nation is polarized about a particular issue, representatives’ switchboards are going to be overloaded, and while that in itself sends a message, you will struggle to make your voice heard. Luckily, there’s an app that solves all of these problems.

Stance is a free app, available for iPhone and Android, that makes calling your Congresspeople quicker, easier, and less stressful. Instead of calling and waiting around to speak with an aide, you can record a message that goes directly to your representative’s voicemail. This is accomplished in three steps: first, record your name and address; second, express your opinion on an issue and any actions you would like your Congressperson to take on that issue; finally, explain why this issue matters to you – personalize it and discuss how you may be affected by it. This takes only a few minutes, and after you’ve done it the first time, it will save your recording for the first step so you don’t have to repeatedly state your personal information. Not only is Stance a timesaver, but it’s helpful for those of us with phone anxiety; by recording your message, you’ll never have to be in direct contact with another person, and you can re-record it as many times as you want.

Stance was developed by Nathaniel Teichman in 2016, who got the idea from activists at a political rally bemoaning the difficulties they encountered trying to call their Congresspeople. They were concerned with how important it is for constituents to let their representatives know their opinions on certain issues, yet it was so difficult to accomplish that simple task. Thus, Stance was born.

The app is especially great for busy college students who’d like to get involved but either don’t have the time or live somewhere with few opportunities to participate in marches or rallies. Whenever a political issue comes up that you feel passionately about, you should let your Congresspeople know your opinion on it – after all, their job is serving you. By taking just five minutes out of your day to record and send a message to your representatives, you can be sure you are making a difference.
A Guide to Macro Tracking Part 2

By Vincent Sparagna | Staff Writer

STEP 4: SET A GOAL WEIGHT/
BODY COMPOSITION

Reaching your goal weight is associated with successful weight loss maintenance. Once you’ve established your average body weight and successfully tracked your macros for weeks, you can then adjust your calorie intake to induce weight loss/gain. However, it may be difficult to assess your energy needs based on body weight changes.

ESTIMATING ENERGY BALANCE BASED ON CHANGES IN WEIGHT:

Researchers once determined that the energy density of adipose tissue is 3,500 kcals/pound, thus many have concluded that a 3,500 calorie reduction results in one pound of weight loss. The rationale suggests: one pound of adipose tissue contains ~3,500 calories, so if you gained a pound of adipose tissue (on average), then you ate roughly 3,500 calories over maintenance for that time period and vice-versa. Unfortunately, this rationale is flawed. Though the scale is useful, changes in energy balance are difficult to predict based on weight changes alone. This is because fat free mass (water + protein + glycerogen + mineral)/lean body mass (body weight-body fat) or muscle mass (protein, ~2,135 kcals/pound) is (often, though not necessarily) lost in concert with fat mass (~4,280 kcals/pound). People can lose bodily organ mass, bone mass (rarely), connective tissue, body water, and/or glycerogen stores (~1,907 kcals/pound) during weight loss. Adipose tissue is ~87% triglyceride, so it actually contains ~3,725 kcals/pound (rather than 3,500). The rest of the adipose tissue is mostly water. Water (zero calories) can account for ~58-84% of your initial weight loss. Further, fat free mass can account for ~13% of weight loss after seven months (in the highly active obese). It is difficult to predict how much lean mass you’ll lose (or gain) when dieting. Changes in lean mass depend on your diet, physical activity level, body fat level, sex, and even metabolic health. For example, resistance trainees in this study gained 9.04 lbs of muscle mass in 12 weeks, despite losing 6.17 lbs of body weight. Taken together, this means that if you lose ~1.5 pounds of body weight this week, the composition of this weight loss could be ~35-84 percent water, 16-75 percent fat mass, 0-6.7 percent muscle mass, and 0-33 percent glycerogen. However, long-term (three to seven months) weight loss can consist of up to 80-100+ percent fat mass, or conversely up to 12.2+ percent lean mass (in bed rest). Since all bodily tissues (of varying energy densities) are being gained/lost with changes in body weight, it is difficult to quantify changes in energy balance based on weight.

Further, metabolic adaptations to dieting involving (perhaps persistent) adaptive thermogenesis, changes in spontaneous physical activity, and hormonal shifts present another dilemma for determining energy balance. As you lose body fat, your body responds by changing hunger levels, food cravings, movement efficiency, satiety, the thermic effect of feeding, and energy expenditure. Additionally, weight loss/gain inherently changes your metabolic rate because a bigger body burns more calories than a smaller one. Most people. Many of these changes promote weight (primarily fat) regain/loss by reducing/increasing energy expenditure, thus need be accounted for when setting fitness goals (Note, these changes are not strong enough to halt weight change).

WEIGHT LOSS (“CUTTING/DIETING”) CONSIDERATIONS:

To lose body fat at the approximate maximal rate (without losing muscle mass), aim to lose between ~1 and .5 percent of your body weight per week. For somebody who weighs 150 pounds, this means losing between 1.5 (.5 percent) and 75 (5 percent) pounds of body weight per week. A leaner individual should lose closer to .5 percent of their body weight per week because the leaner you are, the more likely you are to lose muscle mass when dieting. An overweight individual should lose closer to one percent (if strength training; slower weight loss seems better if not) of their body weight per week because they are less likely to lose muscle mass given a higher body fat level. The first ~10 days of dieting entail more weight loss than predicted because you also lose water when dieting (especially if you cut carbohydrates). Water may account for ~30-60 percent of the initial weight loss. This water loss will eventually stabilize if you stick to the diet, then weight loss should proceed roughly as planned. Again, it is important to track average daily weight-ins and make adjustments accordingly over time, as energy expenditure will likely decrease when dieting. I think it is prudent to wait at least 14 days before making nutritional adjustments. Your planned weekly calorie deficit can be achieved with any daily calorie distribution, so long as the average calorie target is reached. You can distribute calories however you want to fit your preferences and promote compliance. This may entail five low calorie days and two higher calorie days, the inverse, fasting (for one year), seven days at equal calorie intake, or any other combination of daily intakes, so long as the weekly calorie goal is met (though, fasting for 20+ hours can decrease anabolic signaling, plus a skewed protein intake reduces muscle protein synthesis). It is also fine to take breaks in between periods of dieting as diet breaks/slower weight loss can lead to better outcomes. You need not lose all your undesired weight in one continuous diet. Research suggests that planned deviations from your diet can enhance progress, motivation, and adherence. Additionally, protein needs are higher when dieting than maintaining. A protein intake of 1.5-1.54 g/lb of body weight should maximize muscle growth and help reduce hunger for most.

WEIGHT GAIN (“BULKING”) CONSIDERATIONS:

If you want to gain weight and put on muscle mass, then gain roughly one to three pounds of body weight per month while progressively strength training. You can gain closer to three pounds per month as a novice (given greater potential to gain muscle), though gain closer to one pound per month as you accrue years of weight lifting experience. If you want to gain muscle and lose fat, then you should eat in a calorie deficit (or maintenance/slight surplus for a lean novice) while lifting weights. It is very possible to gain muscle and lose fat simultaneously (even at a low body fat percentage or in the elderly), especially as a novice weightlifter. Muscle gain is likely optimized in a caloric surplus because a higher calorie intake is associated with greater lean body mass gains (and rapid weight loss impairs protein synthesis; as do 10 days of ~20 percent energy deficit). I don’t recommend aggressive weight gain unless you are comfortable gaining body fat because a faster rate of weight gain doesn’t induce much faster muscle gain despite much greater fat gains. I recommend consuming roughly the same amount of calories each day (~200 calories) when gaining weight, but feel free to eat more calories on training days and less calories on rest days if you prefer. Just as your metabolic rate can decrease with weight loss, it can increase with weight gain, so you may need a higher calorie intake than anticipated to gain weight as planned. Overfeeding on ~2.3 g/kg (~1.36 g/lb) protein per day produces less fat gain than an intake of ~1.18 g/lb, despite similar muscle growth. It is thus prudent to consume ~1.36 g/lb protein per day when bulking. If this protein intake is not feasible, then consume closer to 0.80 g/lb and fewer total calories for similar results. Come back next month for this guide’s final installment: determining your macronutrient ratio and final considerations!
Beyond Tinder: China’s Dating Culture and Its Effects on the Economy

By Bethany Weniger | Managing Editor

China’s notorious one-child policy, which was enacted in 1980 and officially phased out in 2016, has long affected the country in a variety of ways, and it seems that the consequences are now reaching a crucial peak that could greatly impact the future course of the nation. As a result of the strict but now rescinded policy, the ratio of males to females in the country is drastically unbalanced, leading to fewer marriages and in turn, fewer offspring and an overall decline in the population. Though at first glance the issue seems insignificant and perhaps trivial, the problem has strong roots in the country’s culture and could potentially lead to cracks in its foundation. This decrease in marriages not only affects people’s social and familial lives, but also ripples outwards to shape economic progressions. In a New York Times article titled “In China, an Education in Dating” by Sui-Lee Wee, as of 2016 there were “33.6 million more men than women in China,” which results in a heightened competition among the males to secure themselves a female. This increasing of the stakes places more pressure on the men to find someone to marry, making the act of initiating a relationship that much more intense and important.

This emphasis on learning how to properly date is not merely a Chinese conundrum but seems to be a widespread problem in the United States as well. In the article “Why College Students Need a Class in Dating” by Olga Khazan, published in The Atlantic, she outlines the issues among people in their 20s who are struggling to pursue, attain, and develop deep relationships in the dating sector. She attributes the lack of real relationships to the increased focus on degrees, resume-building, and careers – not unlike the young Chinese. Khazan also notes the fact that many today lack the ability to interact face-to-face but instead conduct most of their “social” interaction via technology like texting or social media. In China, Sui-Lee Wee writes that “getting to know a person takes place almost exclusively on WeChat, a popular social media tool,” and that “many women form their impressions of men based on photographs on WeChat’s “Moments,” a Facebook-like tool.” This dynamic drastically changes the way people are able to get to know each other, affecting the potential ways their relationship could go.

Besides impacting the social aspects of Chinese culture, the decrease in marriages also affects the way the economy evolves. If fewer people are getting married, then fewer children are being born. This lack of children means that fewer domestic items and toys are being bought, as well as houses and appliances to furnish and use in the home. Some companies are adapting with this shift, manufacturing smaller rice makers for singles and jewelers are now offering cheaper options for dating couples who are less serious, according to the New York Times article “Marriage Falls in China, Transforming Families and Finances” by Amie Tsang and Zhang Tian tian. These businesses notice the changing economy and are moving to change along with it, marketing to the younger, unmarried demographic – a percentage of the population that seems to be increasing each year.

These articles mark a clear change in the evolution of Chinese culture, signifying a drastic shift for the country as a whole. And ultimately, Sui-Lee Wee poses an important question that should be considered: will the future of the dating culture rely on the help of dating coaches and schools, and if not, what other remedies exist and are ready to step forward?
Lao Tzu wrote the Tao Te Ching thousands of years ago, but many of its lessons hold today. Tzu is oft regarded as a master of being, thus the Tao Te Ching is a book on mastering life. For a book written in ink on silk manuscript, I think this literature has immense value and has therefore withstood time’s rigors. The following is one of my favorite excerpts from the Tao Te Ching: “Those who know, do not speak. Those who speak, do not know. Close your mouth. Shut the gates. Be soft. Untangle your knots. Soften your brilliance. Become one with the dust. This is the profound union. No one can get close to you, yet they cannot be distant either. No one can help or harm you. No one can honor or disgrace you. Thus you achieve the highest state of humankind.” Those who establish unity with being are free of judgment from others. He who focuses on action only regards the task at hand. The master is attentive, and in paying attention, embodies the way of the world; becoming one with dust. Do not underestimate the present moment’s significance. The past irreconcilable and future unattainable; what to value if not the present moment? Or so one might wonder. It is surprisingly easy to lose yourself in thought; concerned with the future, reflecting on the past, or bored with your present state of being. A key to virtue is the capacity to be one with the present moment, because you never know when your last arrives. To engage with your actions such that thoughts of past or future disappear; this is how to be. The actor needs neither help nor honor in this condition, because he is one with the present. His focus on action saves him from disgrace or harm. Further, this signifies nobility in autonomy. The ultimately autonomous individual is the conceptualization of “God” and as such, identifying with this omniscience is reaching man’s highest state. The strongest possible individual can withstand the most debilitating tragedies and as such, can reach man’s most powerful state. “Be soft. Untangle your knots. Soften your brilliance. Become one with the dust. This is the profound union.” One achieves relaxation in finding peace with the present moment. Embracing the beauty in every moment fulfills you. This is profound union; unity with existence attained through close attention. Attention’s power is also apparent research. Multiple studies indicate that meditation and mindfulness can reduce symptoms of stress, depression, and anxiety. This suggests that attention can improve your state of being. Bliss is realized in paying attention now. Finally, this highlights the power of renunciation and sacrifice. Those who abstain from transient pleasure achieve great meaning in life. He who sacrifices in the present to generate a better future is a hero. These acts in which you serve a higher purpose than yourself enable the profound union; to be one with existence and the sacred. Live in this way and you create the ultimate balance between yin and yang, fire and water, or chaos and order. This ensures peace, but not so much to result in boredom. This allows for just enough dismay to keep life interesting. You achieve this by establishing meaning in life.

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36 Questions for Closeness

By Bethany Weniger | Managing Editor

“Do you have a secret hunch about how you will die?”

That’s question number seven of Dr. Arthur Aron’s 36 questions study said to create intimacy, bond people, and perhaps even “make you fall in love.”

In 1997, psychologist Arthur Aron conducted a study at Stony Brook University exploring whether “intimacy between two perfect strangers could be accelerated” by having them ask and answer a specific set of 36 questions. These questions range from fun, intriguing ones like “Given the choice of anyone in the world, whom would you want as a dinner guest?” (question number one) to deeper, more vulnerable questions like question number 21: “What roles do love and affection play in your life?”

The quiz is dependent on the two participants being completely honest with each other, taking the time to actually consider the questions and their answers. With the idea that mutual vulnerability will bond people deeply, Aron compiled the questions and began his studies. Pairing together random students, using guests in an on-camera experience for NBC’s Today Show, and close friends or couples who were already together, Aron conducted his study and observed them all.

In the summer of 1967, before this all began, Aron met and kissed Elaine Spaulding, a fellow student at UC Berkeley. They fell in love, married, and – both graduate students in psychology – set out to study “the mysteries of attraction and intimacy.”

Since then, they’ve conducted numerous studies to observe and evaluate the psychology and sciences behind relationships and their many facets. One of his most notable and successful studies consisted of the 36 questions. Though it was originally published in 1997, it was recently made popular by the New York Times featuring it in their Modern Love column, and the experiment has taken off, making it the hot new topic of Reddit threads, YouTube videos, articles, and more. The long-running CBS hit sitcom “The Big Bang Theory” even did an episode where two of the principle characters conduct the experiment on themselves after a dinner discussion about it.

Many who have taken part in this experiment agree that it does indeed foster intimacy – both newfound and refreshed. For some, the challenge has helped them to gain a new friend or understanding of someone they never knew. For others, they have been able to reconnect with a friend or loved one, rekindling the closeness they once shared.

However, whether the experiment can instill long-lasting intimacy is another matter. “There’s been not much study of long term impact,” Aron said. “Most of our studies have looked at the effect in the lab. After doing this procedure, an hour later people report being very close to the other person, but what that would be six months later, we don’t know.”

But maybe with the increasing popularity of these 36 questions, his next study will take a look at more lasting, long term impact.

The questions are broken down into three sets of 12, each set more intense and vulnerability-inducing than the last. “If you say too much too fast, it puts the person off.” Aron said. “But if you start with something that’s not too personal and then gradually move to personal, both are comfortable, and it develops a great deal of closeness.” The professor also added that “[O]ne of the main things is self-disclosure. Revealing things about yourself, and going both ways, and it has to be gradual.”

And perhaps this study prompts new thoughts and questions concerning how we should be going about interacting in our relationships – will our activity foster or freeze the acceleration of intimacy? Do our conventional ways and conversations help to bond us, or are all our relationships in need of these 36 questions?
The old nursery rhyme “Sticks and stones may break my bones, but words can never hurt me,” is one of the oldest lies in existence. While the first part is certainly true, that physical objects can render physical consequences, the second half is a falsity. Words, though not physical, can result in horrible, painful injuries. People often will come to forget how breaking a bone or scraping a knee felt, but the way someone’s words can make you feel have vastly deeper impressions. They have power and how, when, where, or why something is said can often make all the difference.

Poland’s parliament passed a bill on Thursday, Feb. 1 that imposes jail sentences on anyone who implies, suggests, or accuses the Polish people of being anything other than a victim during the World War II Holocaust which resulted in six million Poles – half of which were Jews – being killed. Additionally, those three million made up nearly half of all the Jews killed in the Holocaust.

Specifically, the new law has two components, with the first outlawing the phrase “Polish death camps” due to its misleading nature. Though the camps where the Jews died were indeed in Poland and contained Poles, they were not built and run by them, but rather, the German Nazis. The second part of the bill makes it illegal – punishable with time in jail or a fine – to accuse Poland’s government of any collusion or participation in the horrors of the Nazis’ crimes and the Holocaust. And according to the New York Times, some historians say that this is the more troubling element of the bill, as it seems like “the nationalist government is trying to whitewash the role of Poles in one of history’s bloodiest chapters.”

This new bill is a clear example of hindering and restricting free speech. By attempting to change the narrative around the Holocaust in Poland, the government also changes the freedoms allowed to the people. According to the New York Times, “Secretary of State Rex W. Tillerson criticized the law, saying that it “adversely affects freedom of speech and academic inquiry.” Prime Minister Benjamin Netanyahu of Israel has gone further, likening the law to Holocaust denial.”

Not only does the law affect the people in Poland at the present, but, perhaps more importantly, it disgraces the memories of those who actually went through the atrocious event. Those who died in the Holocaust deserve to be remembered in light of the truth of what happened, and those who survived should have the freedom to speak of and remember it honestly and vulnerably. By preventing the people from using certain words and insinuations, the perspective of it changes, ultimately disrespecting all those who suffered in it.

Pretending as though the past didn’t happen or shifting the blame and editing out the bad parts doesn’t change what occurred. The injuries cannot be forgotten, and the words people use have power. By refusing to speak of the Holocaust in any other way than what is prescribed, then the Polish government is dishonoring the ones who have words to say and things to share. So while spoken words have the power to hurt, they also have the power to heal, and words left unsaid can often do more damage than those let out. The Holocaust already robbed people of so much – why should it also now, decades later, take away their voices?
The County's single use bag law has a good premise. Stop the littering and protect the environment. It was a law that had all the potential to be an immense success. But like many other laws it sounded better on paper, then how it performed in reality. One of the biggest problems with the law was its poor enacting. Almost nobody knew, how to make heads or tails of the law, and this has led to much confusion. The biggest problems are how it’s affected the businesses. Many local businesses have found problems with the law. One of the biggest is security. Many in Loss Prevention have found it far more difficult to spot thieves due to their reusable bags. It’s important to note my source wanted to remain anonymous because of his job in Loss prevention. The name he’s chose to go by was Mike. Mike works in Loss Prevention and he confirmed one criticism which is that people can, in a shopping center claim they bought stuff from another store and make off with the products. If Mike goes after someone and he’s wrong, what will follow he described as “a nightmare”. Mike had trouble adapting to the law. One solution he and many others considered was standing at the exit “like a Walmart greeter”. During this time Mike feared for his job and whether he is seen as necessary any more.

Another issue is the fact the push to reuse bags has resulted in people reusing bacteria infested bags. Reusing is a sanitary issue. For example, somebody buys meat and some blood in that bag leaks out into the bag. That person goes home unpacks the meat and maybe rinses out the bag briefly. They return to the store and reuse that now bacteria infested bag. Eventually someone will get sick or some food will be contaminated with a foodborne illness. Assuming they will rinse out the bag is generous. There are some who just hand people bags filled with disgusting liquid to the cashier and tell them to bag.

People are also very stingy when it comes to the law. Many would rather try to carry a cart full of groceries than pay five cents for one bag. This in turns slows down business and add frustration to the once easy task. For low income residents who use E.B.T. it has been inconsistent as some places count E.B.T. toward the bags and some don’t. Again, adding frustration to a once easy task. It also doesn’t help that in low income some resorted to stealing bags or getting them out of the garbage so they don’t have to pay.

The bag law may have also contributed to a decline in business. Many businesses have seen a drop from last in sales compared to last year. It’s speculated the bag law may have contributed to this. Overall the new law was implemented poorly. It has done nothing but complicate and potentially hurt local business and our community. The law has not stopped littering of plastic bags you can travel anywhere and still find bags littered all over the ground. In this regard the law has taken convenience, thrown it out the window for a cause it has contributed nothing to.

A version of this article first appeared on www.SuffolkSentinel.com
By Bethany Weniger, Managing Editor and Vincent Cavallino, On-Campus News Editor

Like Umm Kulthum and Omar Sharif, "The Band’s Visit" floated in on a jasmine wind, making a soft but powerful entrance to Broadway’s stage. Katrina Lenk and Tony Shalhoub lead a striking cast comprised of the Egyptian Alexandria Ceremonial Police Orchestra and the Israeli townspeople of “nowhere” Bet Hatikvah who are brought together after a translation mistake. Forced to spend the night in the town and wait for tomorrow’s bus out, the band scatters, staying with various citizens and bonding through shared experiences. Told in alternating vignettes throughout the night, writer Hanan El-Halwani and musician and lyrist David Yazbek tell a story of fortunate mistakes, hope, and ultimately, how the power of music can transcend all barriers and reveal to us the commonalities of our souls.

"The Band’s Visit" – one of the original new musicals of this season – is set to be a big contender for June’s Tony awards, certain to have a shot at Best Musical and perhaps even Best Original Score. From the start, the show has that je ne sais quoi – with understated visual effects, minimal scenery, and a calming color scheme of beige and baby blue, the focus is greenlighted towards the unique music and nuanced characters.

Since the story takes place in Bet Hatikvah, Israel, the casting reflects this, making it one of Broadway’s more diverse plays, as Israelis and Egyptians are often represented in entertainment and especially on stage. This makes it one of the few shows this season that doesn’t have predominantly Caucasian characters. It also means that it is one of the only shows with a cast that can boast racial diversity. “The King & I,” “Hamilton,” “Madame Butterfly,” and “Miss Saigon” are among the others on this short list of shows with a range of ethnicities and colors. However, the fact that “The Band’s Visit” is one of the only shows this season that doesn’t have predominantly Caucasian characters does not mean that it is used as the crutch and instead lets the subtle movements of the characters reflect their personalities and highlight the unique beauty of their voices and the songs. In a startlingly intense finale number, Adam Kantor leads the cast through a harmony-layered song full of desire and anticipation and a hint of something like desperation. Kantor plays a young man who, night after night, stands by the only payphone in the town, waiting, waiting, waiting, for his love to call. The final, haunting cry of the cast’s plea with the lines: “Will you answer me? Answer me” digs into the audience’s souls, unearthing something unatypical, inside each person one of the most universal of commonalities – the constant longing and searching for an answer. This intentional seeking can be seen clearly in all of the characters and scenes gracing the stage, from the widowed band leader to the weary wife and mother to young Papi reaching hesitantly for a chance at love. And while the show does not offer a definitive answer to any one of the questions posed within it, that sort of anti-fairytale ending makes it all the more powerful. Instead of tying it up the loose ends in silk ribbons and a bow, the show leaves room for thought, inspiring others to continue on their quests for the answers they wait for, long for, and hope for, no matter where their journey may take them.

Photo courtesy of From The Grapevine
C REVIEWS

Review: “Jessica Jones” Season 2

Michael Fuzie | Reviews and Arts and Entertainment Editor

“Jessica Jones” is a show that managed something incredible. Like “Game of Thrones,” it managed to start on a high note with its first season. However, unlike “Game of Thrones” which felt a dip in story telling in its seventh season, “Jessica Jones” manages to do fall upon itself with its second season.

Season two picks up months after the Defenders and a few years after its previous season. This season felt very disconnected from its first season, with characters forgetting their key lessons from the first season.

The characters feel completely different. The only ones who felt unchanged were Jessica Jones (Krysten Ritter) and Jeri Hogarth (Carri-Anne Moss). Unfortunately, the other characters are given way too much to do, and their story arches go nowhere and only hurt the plot. A big character who suffers is Jessica’s adopted sister Trish (Rachael Taylor). Her character seemed to have learned nothing from the last season. Her actions also felt completely foreign and out of left field. The same can be said about her motivations which would make sense, provided the first season didn’t occur.

Another of the issues in the season is the theme that hurts most of the stories. There is a constant theme of desperation that drives the plot. Almost every character acts out of desperation. This doesn’t work for every character. The only character it works for is Jessica and Hogarth. Their dilemmas worked for this theme while the rest felt unnecessary and foreign to the characters.

In the end, “Rule of Two” is a great book. Bane is still great, but he takes a back seat to Zannah who is extremely well written. Watching Zannah grow from a small 10-year old girl to a 20-year old Sith corrupted by Bane is fascinating to see. Zannah faces dilemmas similar to Bane’s in the first book. Like the first book, these show us Karpyshyn’s skill to create truly wonderful characters.

Karpynshyn’s writing shines here. Like the last book, the amount of detail he writes doesn’t bog down the story but instead makes it better. The best part of the book is a fight scene which is incredibly detailed where characters face off, and we can see each side’s view along great writing. The book isn’t perfect though and has some issues. These all have a common problem – the Jedi characters in the book feel like a way to extend the book. Whenever the book followed Johun Orthone, the book felt worse. Johun’s story didn’t feel necessary. However, his role in the story does pay off. He, like the Jedi characters in the “Path of Destruction,” grants more perspective, and this serves the book well in the end. In the end, “Rule of Two” is a great book. Karpyshyn delivers yet another fantastic book with incredible writing, characters, and extremely well-done detail. Bane and Zannah are wonderful and manage to carry the story. The book has its issue with some of the Jedi characters, but their roles pay off. “Rule of Two” is well worth reading. The audiobook is also fantastic and fully adds to the experience. It gets eight potatoes out of 10.
Resilience, Truth, and Attention: Lessons from Letters for Emily

By Vincent Sparagna | Staff Writer

I enjoyed reading Camron Wright’s “Letters for Emily.” Henry’s letters teach multiple valuable lessons through engaging stories. Despite the book’s simplicity and ease, it delivers valuable, practical life advice. I recommend this book. This article addresses its messages on resilience, attention, and truth:

Resilience:

One powerful story describes a fallen mule that stomps down dirt such that he can stand upon it to escape from a well. Wright details: “The mule was injured and [the farmer] decided [...] to bury the old mule [...] Each time a shovel full of dirt fell onto his back, he shook it off and stomped it into the ground beneath him.” This signifies that the “dirt” life throws may discourage you. Tragedy or evil is almost certain to manifest at your peril, as it did for the mule. Fret not. The mule survives his fall down the well because he kicks away the dirt as it hits him. The mule prevails because he stomps the dirt beneath his hooves, rendering it useful rather than harmful. This suggests that you overcome adversity by turning tools of life’s obstacles, enduring your suffering, and continually striving toward your goals. Life is challenging, but you are strong.

Truth:

The story of a king and his sons delivers a second lesson. The king asked his three children to individually remove a large tree from the highest peak of a mountain. The king knew there were no trees atop the mountain, yet requested each of his sons to retrieve the largest available branch (in display of their fitness). The first two sons brought back large branches to impress their father, but the third son returned destitute. Wright details: “Tears welled up in the king’s eyes as he spoke softly [...] ‘You are right, my boy. There are no trees at the top [...] the kingdom is yours.’” Only the third son ever reached the mountain’s peak, thus found no trees. The father saw past the first two sons’ lies and granted his kingdom to the honest third. This quote indicates that you achieve virtuous pursuits in seeking the truth. Without truth, social constructs (such as a kingdom’s government or father’s trust) inevitably deteriorate into corruption. The third son earned his father’s kingdom because he was the only son that did not lie, thus demonstrating his potential for competence and righteousness in leadership.

Attention:

A final line that struck me is “Turn back to your garden and enjoy the beauty before you.” The garden symbolizes consciousness and its contents. This quote highlights that you may miss out on the valuable opportunities (that make life worthwhile) in worrying about problems. This also underscores the benefit of paying attention to the present moment. Savoring “now” reveals beauty. The past is history, and the future is mystery— the present is all you ever have. Your worst thoughts may divert your focus, but great peace lies directly before you. Pay close attention.

My Most Anticipated Movie of March 2018

By William Hiner | Staff Writer

As we are entering the month of March, most of the movies being released in that month sound mediocre. Some of the movies being released don’t sound that good. There’s an unnecessary remake of a 1970s cop movie (“Death Wish”), a horror movie sequel that no one wants to see (“Strangers: Prey at Night”), (“Death Wish”), being released don’t sound that good. There’s some of the movies being released in that month sound mediocre. Some of the movies being released don’t sound that good. There’s a horror movie sequel that no one wants to see (“Strangers: Prey at Night”), (“Death Wish”), being released don’t sound that good. There’s some of the movies being released in that month sound mediocre. Some of the movies being released don’t sound that good. There’s a comedy that looks unfunny (“Gringo”), and a video game where people can be anything or anyone they want to be and where they can play video games with other gamers online.

The founder of this popular video game, James Halliday, dies and leaves a video message for everyone. He says that he has hidden an “Easter Egg” in his game—three collectible items, which are actually keys. All three of these keys lead to finding a golden egg. The first person to find the egg will not only own “The Oasis” but also inherit James’ fortune of $245 billion. Our story follows 18-year-old gamer, Wade Watts, as he attempts to find the egg himself, while dealing with the struggles of friendship and love at such a young age.

The reasons as to why I am anticipating this movie so much is because virtual reality after this movie will most likely become mainstream— or at least become a starting point to becoming mainstream. It also is the perfect time for this movie to be released in late March of this year.

Today, we are constantly bombarded with politics and natural disasters and school shootings and it’s very sad today to live through something as scary as this. The world we live in today is scarier than ever before because of such things that I have previously mentioned. But with this movie, this movie is THE MOVIE for everyone. It is based on the bestselling book of the same name, and this movie, just by watching the ads, has been very fun to watch. It looks exciting, it’s said to be an adventure story, and it’s also an underdog story. So when you really think about it, this is the movie that you have to see to escape from the horrible things that have been happening here.
Obscure Horror Cinema

By William Burns | Faculty Advisor

One of the most important movements in cinema was the Italian Neorealist movement. Stripping film (and film making) back to its rawest elements, Neorealism was just as much an aesthetic choice as it was a result of the social, economic, and political realities of post WWII Italy. Reeling from a catastrophic defeat, Italy needed to not only rebuild its infrastructure but also its culture, which was an essential platform in the Fascist agenda. Directors such as Roberto Rossellini, Luchino Visconti, and Vittorio De Sica made emotionally wrenching films on shoe string budgets that examined the horrors of struggling to exist in the rubble but also displayed a cautious optimism for the new era dawning for Italy. The subject matter of Neorealism focused on the day to day lives of the working class and poor in the slums of urban Italy, trying to survive and keep their dignity. The journalistic, verite approach to these films and their social realistic themes didn’t lend themselves well to the Gothic style and supernatural concerns of the then contemporaneous horror films, but if you ever wondered what an Italian Neorealist horror movie would look like, check out “El Demonio.”

This 1963 film is the story of Purif, a poor young woman living in rural Southern Italy. Because of some odd behaviors and occurrences, her ignorant neighbors declare her a witch and are determined to exorcise her soul even if they must destroy her body to do it. Deliah Lavi (who also starred in Mario Bava’s Sadean treatise “The Whip and The Body”) gives an unbelievable performance as Purif: her body, mind, and soul crushed under the weight of superstition and fear. There is even a spider walk sequence way before William Friedkin and William Peter Blatty even dreamed of contorting Linda Blair’s body. Director Brunello Rondi’s camera captures these cruelties in an objective, documentary manner using the tropes of Neorealism to highlight the fact that evil can originate in any social class. Unfortunately, there is not an English friendly version of the film so break out your Italian dictionary and experience “El Demonio” in all its demonic glory on YouTube.

The J-Horror craze of the 2000’s burned brightly but soon became a victim of its own success. For every “Ringu,” “Ju-On,” “Uzumaki,” “Marebito,” or “Audition,” there were a string of sequels and cookie cutter copycats that quickly watered down the hauntingly strange and startlingly graphic traits of Japanese horror. The sight of a female ghost with stringy hair in front of its face or of a waifish little boy with large black eyes have become objects of parody rather than achieving the iconic status these originals deserve. One of the most innovative J-Horror creators is Kiyoshi Kurosawa, director of such terror classics as “Cure,” “Pulse,” “Loft,” and “Retribution.”

Kurosawa’s films mix Hitchcockian obsessions with the frenzied modern savagery of early Hooper and Craven. Although Kurosawa was in the vanguard of the J-Horror movement, his first horror film predated the trend by 10 years. “Sweet Home” was Kurosawa’s first foray into horror and its story of family secrets, a vicious, veneful revenant, and ghostly possession are terrifyingly realistic. While filming a documentary in a mansion, the film crew experiences paranormal events instigated by the presence of a poltergeist. When one of the filmmakers is possessed by the infuriated ghost of Lady Mamiya, the rest of the crew discover a makeshift grave where an infant is buried. The boy is Ichir and Lady Mamiya’s son, who fell into the house’s incinerator one day and burned alive. Since then, Lady Mamiya’s ghost haunts the mansion, killing any trespassers. Though Kurosawa would later refine his approach to horror, “Sweet Home” takes a kitchen sink approach to the haunted house theme, throwing one ghastly effect at the audience after another until the surprisingly happy ending.

“Sweet Home” was co-released with a video game based on the film (or was it the other way around?). While I can’t comment on its video game incarnation, check out the unfairly ignored “Sweet Home” on YouTube.
Compass News has always been a club -- and a family -- that highly encourages student involvement. We encourage everybody to join the team and have a place to let their creativity shine.

Below is a short survey with a set of response questions about the overall performance of Compass News. We take student opinions and ideas very seriously here and hope to hear what you all think so we can become a bigger and better paper.

Please fill out the corresponding survey below. You may submit the survey by emailing your responses to compassnewspaper@hotmail.com, or by cutting out the completed survey and sliding it under the door of Room 20 in the Babylon Student Center basement.

Thank you for your support and we hope to see more students involved in Compass News!

-Paula Schultz, Editor-In-Chief

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COMPASS NEWS SURVEY

Please submit this survey to compassnewspaper@hotmail.com, or by sliding it under the door of Room 20 in the Babylon Student Center basement.

1. How often do you read this newspaper?

_______________________________________________________________________________________________

2. What changes could Compass News make to get you to read it more (besides making a website, which will be out soon)?

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3. What do you think of the overall writing in this newspaper?

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4. Do you have any content ideas for the paper (such as specific columns, articles, art, etc.)?

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5. Interested in being a part of Compass News? Please provide your name, email, and writing interest.

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6. Would you like to add any additional comments?

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