



THE MONITOR



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MARYMOUNT MANHATTAN COLLEGE'S STUDENT NEWSPAPER

November 12th, 2019

STAND UP AND SPEAK OUT

By Madeline Nortz
Staff Writer

Stand
Up, Speak
Out Film

Festival took place on Monday, November 18 in the Commons West and showcased creative works formed in collaboration of Marymount students and students of the Bedford Hills College Program. The Bedford Hills College Program offers 14-16 college courses of all levels each semester to the women currently incarcerated at the Bedford Hills Correctional Facility, a maximum-security prison. While the program also includes college-prep courses in writing and math, Marymount is the sole degree-granting institution of the BHCP. Marymount also provides students of the program with textbooks and other school supplies.

The Bedford Hills Club on campus serves as a means of communication with the students and faculty involved in the BHCP. President of the club Viviana Metzgar says, "The creation of the club was to support our fellow classmates over at the Bedford Hills Correctional Facility but has grown into much more...This year we have created a broader definition for ourselves as a club that supports prison reform and accessible education." To support those ideals, the club donates to and volun-

teers with 'Books Through Bars' and promotes the Stand Up, Speak Out Film Festival, and any other on or off-campus event that relates to their values.

Stand Up Speak Out featured films, performances, writings, and art pieces created by Marymount students in conjunction with ideas and screenplays written by Bedford Hills students. The classes involved were "The Politics of Human Spaces" taught by professor Julia Gardiner PhD, and "Reading and Writing: The Poetry of Communication" taught by professor Suzanne Gardinier. Topics discussed in the films and other art pieces involved The Evil Eye, Tattoos, Gendered Spaces, Deportation, and more.

The festival introduced a new topic by showing a video of a Bedford Hill student discussing the topic and explaining their screenplay ideas and what they were trying to convey. A film created by Marymount students was then premiered following the screenplay created by the Bedford Hills student. In addition to original films, monologues, poetry and visual art was also presented. Some films were created in collaboration with the MMC dance company.

Cyrus Adams, a senior majoring in playwriting and stage management who performed an original monologue

at the festival, was made aware of the event after receiving an email from Kenny Finkle, assistant professor of theatre arts. "...it had been a while since I participated in a festival, and I loved what this one does in particular in connecting with Bedford Hills, so I agreed to it. Finding how I could connect to these pieces, "Deportation" specifically, made me feel connected to this larger community of artists I would have otherwise not gotten the chance to connect with," said Adams. "As Bedford Hills shared their stories and creations, so we shared our own, all inspired by each other. It reminded me why art works best when it's collaboration, and as artists, it's integral to find inspiration in each other."

The collaboration between Marymount students and Bedford Hills students is crucial to the success of the program, and is a key part of what The Bedford Hills Club strives to foster. "This is why the club is so important. We hope to ignite and maintain an inclusive and supportive community within Marymount and the best way we feel we are able to do that is by supporting our fellow peers both on and off campus," says Metzgar.

For more information about the BHCP or The Bedford Hills Club on campus contact BHCPC@mmm.edu

LETTER from the EDITOR



Dear Readers,

Welcome to another year at Marymount, and if it is your first year, I hope you are enjoying your time in the Upper East Side. Thank you for taking the time to read The Monitor, we appreciate your readership and the discussions that may come from our articles. This year we have welcomed many new faces and I am excited to introduce their talents to print. Speaking of new faces, we have also welcomed a wonderful new advisor, Professor Tatiana Serafin, and her amazing talent and knowledge within journalism realm. We are incredibly lucky to have both Professor Serafin and Professor Tropp advising us this year, and I hope you all get to experience a class with either of them during your time at Marymount.

This issue we discuss the Climate Strike in NYC, the new ID system that has revolutionized how we get in and out of school/dorms, and much more. Make sure to follow us on Instagram, Twitter, and Facebook by looking up MMC's The Monitor. Our new website will be up and running within the following weeks, and we hope you choose to take a look. I hope you enjoy reading this issue and I wish you luck this year with your studies. If you have any questions, comments, or concerns for The Monitor, please email us at marnold@mmm.edu.

With Love,

Chief



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NEW HISTORY MAJOR OFFERED TO STUDENTS

—THE “REDESIGNED” MAJOR TAILORED TO YOUR INTERESTS—

By Seamus Fallon
Staff Writer

On Friday, November 8th, Dr. Laura Brown, Associate Professor of History and Dr. Brad Herling, Chair of the Humanities and Social Sciences Department announced the resurrection of the History Major at Marymount, which is available for students to declare now. In said email, the program is “designed to be its own major” however can be made a double major or even a minor. Further, the major is “ideal for students who might be thinking about an Interdisciplinary Studies major”. The program does not keep you grounded in one single department, the program is designed to draw from the many different historians stationed within the various departments already established at Marymount.

Incredibly passionate about history, Dr. Brown currently teaches a broad range of classes at Marymount, from surveys of US history and courses in historical methods to classes on Civil Rights, or American Women’s History, or

Cold War Cultural Diplomacy, or a NYC Seminar on Urban History, or American Foreign Relations sat down to speak to what prompted the resurrection of this major back into the classroom and who holds a doctorate in History from Harvard University. “History provides the necessary frame by which to understand life,” when asked how accurate the cliché “history repeats itself” is, Dr. Brown answered the question while pounding her fist on her Townhouse office desk saying it is “horribly accurate! Terrifyingly, disturbingly accurate! Sometimes I sit there and watch the news and say: ‘I’ve seen that before.’” Brown added “[i]f you want to change what is happening in the world, whether it be artistically, socially or politically, you’re not going to be able to do it if you don’t have the historical context. I think that’s what studying history provides you.”

Originally, Marymount offered History as a major until 2013 when it was cut by the administration at the time. Seeing that it was instrumental towards a liberal arts education, Dr. Brad Herling,

who holds a doctorate from Boston University with a specialization in Philosophy of Religion. nonetheless had the vision of bringing the History major back from the grave. “There’s a principal commitment to liberal arts and the idea of a school like ours not having a history major really struck many of us [faculty] as kind of wrong” Dr. Herling added.

However, in 2015, History began to start its comeback. “[President] Kerry Walk was very supportive and instrumental in looking at that decision [to cut history] again,” over the years Dr. Herling and his colleagues had been working on offering this program yet again saying “there were a lot of fits and starts - we tried a lot of different models to make this work”. Dr. Herling additionally cites Dr. Sharon Meagher, Dean of Faculty, as a catalyst in getting the program up-and-going. “[Dr. Meagher] had all these really interesting ideas about interdisciplinary studies and programs where the student is really at the center.” Dr. Herling exquisitely expressed that a History major teaches students crucial analytics

that can be applied in the real world “the skills it imparts allows students to be able to contend with complicated data, text, interpretation and argumentation.” Dr. Herling added that it was the leading undergraduate study at Yale University.

In a world of narrow, career-specific majors, a Bachelor of Arts in History at Marymount is designed to take a broad subject like history and narrow it to an “area of inquiry”. Dr. Brown said that “a traditional history major like we used to have here, it’s pretty structured. You would have to take classes in American history, European history, etcetera; there’s a set of classes that you must do.” however Dr. Brown and Prof. Herling have “redesigned” the traditional into a major to let you tailor the major to your interests. According to the B.A., History webpage on mmm.edu, there are 24 areas of inquiry offered currently ranging from Media History, Legal History, History of Religions to History of STEM, History of Costume and Design as well as History of Gender and Sexuality.

C O R E C O U N C I L G R A N T

—A WAY FOR STUDENTS TO GAIN LEADERSHIP EXPERIENCE—

By Gabrielle Fiorella
Staff Writer

The Core Council Professional Development Grant is a new grant created this year by Core Council. It is designed to help students alleviate financial hurdles and encourage them to further their student leadership skills. The grant funds students to attend a conference or workshop of a professional association that relates to academics, fields of higher education or career aspirations they are aiming for. Any degree seeking student of any year is able to apply and the conference you are applying for must be within the time period that you are still attending MMC. Students that apply may receive up to \$150 that would fund the conference of the students choice that fits the requirements listed above. Any general attendees have the opportunity of receiving up to \$100, but students that decide to present while at the conference could receive up to \$150. Applicants, however, are not guaranteed to receive funding of any amount. Students that have decided and accepted to present at the conference or workshop receive funding priority. Students that are actively involved in RSO’s (Registered Student Organizations) or other student organizations through Student Development and Activities, and/or Division of Student Affairs will be given preference. The grants are utilized either on a reim-

bursement or cash advance basis. When students apply, they must specify which basis is preferred. All the required paperwork is to be submitted to Ben Giuliana, the Core Council Advisor, within 10 days of the conference/workshop conclusion. Proof of attendance, reimbursement (all original receipts for any cost). Paperwork that must be turned in includes a proof of attendance, all receipts that must be stapled to a blank piece of printer paper, and any change remaining from the original cash advance. The amount of change returned must be equal to the original amount of money awarded, only without the amount of applicable expenditures noted by the receipts stapled to the blank piece of white printer paper. The registration for the conference/workshop has the possibility of being paid for by a member of the Student Development of Activities team before the program, upon the acceptance of the grant. The total fee of registration, which includes additional fees, will then be deducted from the total amount of money awarded for the grant. The grant money can be used for the conference/workshop registration, meals up to \$20 a day during the program. The purchase of alcohol is not included in the \$20 meal fee. Grant money is not to be applied towards rental cars, mileage, airfare, or any other travel expenses. The professional development grant

can not be requested for community service trips, required academic experiences, or other MMC-based requirements. Once all the appropriate paperwork is given to Ben Giuliana in the Student Development Suite, the reimbursement process will commence. If the reimbursement is greater than \$75, then the process will go through the Business Office. Student Development and Activities is not to be held applicable for the delay in payment in this instance. The application/selection process is as follows: All applications will be reviewed in the academic year that the application is received. Applications must be submitted 6 weeks prior to the conference/workshop that students wish to attend. Applicants must be in good standing with the College, the Division of Student Affairs, and Student Development and Activities. Students must also maintain a 2.70 GPA or higher, and demonstrate a strong academic standing. Accepted applicants will be notified via their MMC email when a decision has been reached, and will be prompted with further instructions. Students can find the grant application on the MMC website under Student Life, then click Student Development and Activities, followed by Clubs and Organizations, to Core Council. At the bottom of the page is the link to the application for the grant. Good luck to all applicants!

GLEN THE SECURITY GUARD

— THE SECURITY GUARD THAT HAS LEFT HIS MARK ON CAMPUS —

By Ariana Contreras
Staff Writer

Working 80 hours weeks would absolutely drain the vibrancy out of most people. Yet somehow local Marymount superstar and beloved security guard Glenn Boyette shines brighter than anyone you will come across at Marymount Manhattan. Boyette has been working for our institution since 2014 and has made quite an impression on the student body here. Ask anyone about him and the automatic response tends to start with a smile and continues with a small antidote about an interaction with Boyette.

“He just takes notice of us. I think that’s the big thing. He sees the people behind the angsty college kids and believes in us. It seems like it’s not just a job to him. He shows kids that they matter in some of the hardest years of their lives, and he does it in the simplest ways.” Said junior Willow Samu.

Boyette works the morning shift at the Cooper Square Residence Hall, 7 a.m. to 3 p.m. Typically posted at the front door, Boyette tends to be one of the first faces that many students start their day off with. So, it only felt right to profile Boyette in order to get to know him beyond just Glenn the Security Guard. “I’m a lot of different things. At Marymount, I’m a security guard but out of life I’m basically just a low even-keeled kind of laid-back guy that just hangs out with his kids,” said Boyette.

Growing up and currently living in the same city, neighborhood, down to even the same apartment building, Boyette is a native of New York City and resides in the Washington Heights area. “It was great because it was like your own kind of net group of people which back in the days was famously known as Sugar Hill. A lot of black celebrities used to migrate there and live there and some of the great people like Sidney Portier used to live in my building and Count Basie and a lot of different jazz musicians.” Boyette continues, “So, we had our own little type of group of people who I grew up to know and live with. It was like growing up in a little world of your own

up in Washington Heights. It was a very tight-knit community where everybody knew each other, and everybody looked out for each other.”

To be a part of a tight-knit community within such a massive city is thing that both Marymount students and Boyette have in common, “When I got to Marymount, I was like this is different this is a community this is a family. We have our own little piece of Manhattan that is just ours.”

So, it comes as no surprise that when Boyette finally got the job working here he felt right at home. He even managed to repeat history and became a beloved figure or local celebrity just as he was back in his youth.

“I was kind of like a celebrity growing up even though I was an only child so I knew how to have fun by myself and I was very shy but a friend of mine who I grew up with and is my best friend now he put me out there and made me like a celebrity in the neighborhood even though I was the complete opposite. So, everybody knew my name so maybe that’s why I make sure to know everybody’s name here.” Said Boyette.

Attributing his neighborhood celebrity status to his friends that surrounded him and gave him that recognition, Boyette somehow managed to carry that status with him all the way down South every summer. Being from New York was an instant hit with the girls according to Boyette. The guys, however, weren’t too fond of him for that very same reason. It was during those summer trips in which Boyette also found his passion for working and working hard.

“I always liked to work. When my mother used to take me down south in the summer as a city kid, it was great. The people were so nice. Maybe that’s where I got the personality that I have with you guys. But I remember I used to cry because I couldn’t get on the truck that the kids would get on to go pick tobacco and they used to look at me like why is this kid crying? Doesn’t he know we’re going to be in this hot sun for like 10 hours or more doing back-breaking work and he wants to go and work?” Stated Boyette.

In fact, not many know that

Boyette actually works more than one job throughout the week. That how he accumulates so many hours, 80 or so to be precise, and yet somehow he still gets it all done with a giant smile. “I work two jobs. I work here and I work at Rockefeller Center, and I get to see you guys there once and a while. I love to work I’m a workaholic. I had my first job when I was around 11 years old but unfortunately, they had to let me go because that’s when they changed the guidelines and laws for working age.” Said Boyette.

If Glenn is not working you can find him spending quality time with his kids. Another passion that he said he realized he had later on in life. Whether they are his by blood or by choice Boyette made sure to treat those that he took in, as his very own.

“I always liked kids. So that’s why when you asked how many I said 5 because I was raising other people’s kids until I had my own kids. I didn’t have my daughter until I was 49 but she’s 12 now and my son is 23, but Justin who I consider my son is 29 now and he’s like an older brother to my kids now.” Said Boyette, “So, my son has a sister and my daughter has a brother who I raised. I raised them since they were small so it’s like whoever raised you that’s your parent.”

It is so clear and noticeable that Glenn Boyette isn’t just your average security guard. The man with a big smile and an even bigger heart is one of the most important people in our community. He helps make an impact on the many students here at Marymount Manhattan with something as simple as asking about our day. To Glenn, this is more than just a job. It’s a chance to connect with the leaders of tomorrow.

“You guys are the future and the fact that I can interact with you guys on a daily basis and the fact that you guys are such nice people I find just inspiring. I reach out to you guys, I like to mingle with you guys for the overall fact that I think it’s good for us to interact with different races, different age groups, different genders, to be able to see each other and understand each other.”

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WHAT IS MEANS TO B

Well, Thanksgiving is coming up, and even though the origins of the holiday may be slightly controversial, it is undeniably a time to give thanks and bring family together. Also, it's a time to eat food. Lots and lots of food. Every family's Thanksgiving traditions are different, and every individual is grateful for something different. We asked ten students what their favorite Thanksgiving foods are, and what they are most grateful for this year.



My favorite Thanksgiving food would be filet mignon because my family is unconventional; for Thanksgiving we go get Japanese Hibachi instead.
I'm very grateful for the opportunity for an education many people are denied.
-Parker Rising, freshman, Psychology Major

My favorite Thanksgiving food is pumpkin pie.
I'm most thankful for my roommates.
-Emily Angellilo, freshman, Psychology Major

My favorite Thanksgiving food is either stuffing or butter-nut squash mac n' cheese.
I'm grateful for my mom, real people, humanity, good food, Florence and the Machine, the opportunity to be here, friendships, face masks, essential oils, water, and how theatre and dance allows me to escape.
-Mattson Williams, sophomore, Musical Theatre Major

Favorite Thanksgiving food? I guess corn... I don't know, I like corn.
I'm grateful for my friends and family.
-Joey Lohr, freshman, Musical Theatre Major

Favorite Thanksgiving food: mashed potatoes
Most grateful for: my family.
-Grace Webber, freshman, Musical Theatre

E THANKFUL

BY ELENA MALDONADO-DUNN

My favorite Thanksgiving food is either pumpkin pie or lefsa, which is kind of like a crepe except not sweet, and you put butter and sugar on it and roll it up.
I'm grateful for my family, my friends, and being able to live in New York and go to an awesome school.
-Naomi Sprague, freshman, Business Major

My favorite food is mac n' cheese for sure.
I'm thankful to be surrounded by people that motivate me to be the best version of myself every day!
-Harrison Mootoo, senior, Musical Theatre Major

My favorite Thanksgiving food is the vegan corn and avocado salad my mom makes every year! Traditional food though, my favorite is mashed potatoes, especially the kind the Irish side of my family makes.
I'm most grateful for my roommates who I couldn't be surviving my first semester without.
-Maggie Salko, sophomore, English Major

My favorite Thanksgiving food is pumpkin pie or mashed potatoes with gravy.
I'm thankful for my girlfriend.
-Sierra Rasheed, freshman, Psychology Major

They're called funeral potatoes, they're like scalloped potatoes. I'm grateful for the lives that surround me, whether they're friends, family, etcetera, because they not only lift me up when I'm feeling low, but also because they constantly inspire me. And I'm grateful for a healthy body that gets to work every day to do what I love!
-Sophia Aste, freshman, Dance Major



Design made by Greta Bergin

REVEAL OF THE NEXT MET GALA THEME

ABOUT TIME: FASHION AND DURATION



Surreal, David Bailey, 1980 Photo: Courtesy of The Metropolitan Museum of Art, Photo © David Bailey

By Gwen Attridge
Staff Writer

Institute has been bathed in the luscious pink of Camp: Notes on Fashion for the past five months. The Met Gala this past May churned out some of the best looks the event has ever seen. While we are still taking in all of the amazing content that Camp had to offer, it is the time of birth for a momentous new Costume Gallery theme, one that must pay tribute to the 150 years the museum has been standing.

On November 7th, the announcement was released first by none other than Vogue. The theme is called About Time: Fashion and Duration. In honor of the 150 years of The Met, there will be an array of 160 garments stretching the length of about a century and a half. It will be displayed in a “disruptive timeline,” as the museum puts it, that will demonstrate how clothes form patterns that connect the past, present, and future. It is inspired by French philosopher Henri Bergson’s theory of la durée or duration, who concluded that time is beyond description, and is only visible through images and physicalities. It will show the everlasting bond between time and fashion, as duration is visible through garments and how they develop, change, and revert over time.

Famed British writer Virginia Woolf is casted as the “ghost narrator” of the exhibition. Andrew Bolton, the curator of

the Costume Institute, was greatly inspired by a screen adaptation of her book Orlando. The time-traveling aspect of the movie gave Bolton the idea to curate an exhibit that is “a reimagining of fashion history that’s fragmented, discontinuous, and heterogeneous.” Woolf’s role in the exhibition will reflect that of Susan

trasting white pieces. The purpose of this, as said by the Met, is to showcase “the progressive timescale of modernity, and bringing into focus the fast, fleeting rhythm of fashion” while also showing how the white garments “predate or postdate those in black, but relate to one another through shape, motif, material, pattern, technique, or decoration.” The

outfits shown will also display pieces from two different time periods, a dress from the 1870’s with be paired with a skirt from 1995.

These are the standards we will hold until May 4th, 2020 for the outfits we see from celebrities on the Met Gala red carpet. The Gala is an event that both stars and fashion lovers await, as the celebration of the exhibition’s opening also serves as a benefit for the Gallery. This year, the Met Gala will be co-chaired by “Hamilton” creator Lin-Manuel Miranda, Louis Vuitton artistic director Nicolas Ghesquiere, actresses Emma Stone and Meryl Streep, and of course none other than Vogue’s editor-in-chief Anna Wintour.

Until then, we must wait anxiously until that awaited first week of May, as we prep to experience an event that defines the fashion industry in New York almost as much as Fashion Week itself. And while we sit on the edge of our seats waiting to see what

will grace the corridors of the Metropolitan’s Costume Institute and the Met Gala Red Carpet, the teams behind the looks we see on celebrities and in the museum will be hard at work, preparing for yet another big debut.



The Clock, 1999.
SARAH MOON, COURTESY OF THE METROPOLITAN MUSEUM OF ART

Sontag’s in Camp, as words from her iconic novels will be dispersed amongst the exhibition, further portraying the theme of time.

The garments that will be exhibited will be all black attire, interspersed with con-

A NEW EXHIBIT AT THE MET

A REVIEW OF THE LAST KNIGHT EXHIBIT AT THE MET

By Neil Gunnion
Staff Writer

When most people think of a medieval European king, they probably picture something along the lines of Henry VIII of England: a portly man in frilly clothing, who rarely leaves his castle. However, Maximilian I was not that kind of king. Famous for his reputation as a fearless combatant and honorable knight, who hosted tournaments, fought in duels, and engaged in jousting regularly. As Holy Roman Emperor, his singular passion (other than being king) was curating a collection of the finest arms and armour in the realm.

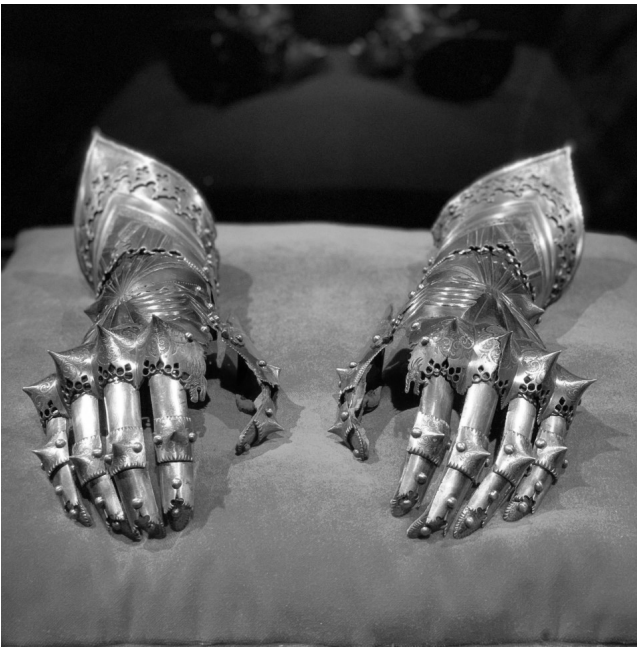
The Metropolitan Museum's latest exhibit: "The Last Knight: The Art, Armor, and Ambition of Maximilian I" exhibits the fabulous armors, swords, and artworks owned and given to Maximilian over his life.

Although the collection itself is beautiful, and at times mesmerizing, the exhibit really shines in the idea it tries to convey: that Maximilian I was one of the first heads of state in history to effectively utilize media and propaganda to cultivate an image that made him trusted and admired by the people. For Maximilian, that meant the image of a bastion of honor; a knight.

The exhibit presents biographically, starting at his marriage in 1477 to Mary, Duchess of Burgundy and progresses through his life until the time of his death as Holy Roman Emperor in 1519. Maps and text on the walls explains the political situations of the era, and makes an atmosphere that feels like an early season of

Game of Thrones. Throughout, interspersed with cases of armor, barding (horse armor), and assorted helmets are works of art and propaganda depicting the various jousts of peace and war, tournaments, and duels held by Maximilian.

Altogether, "The Last Knight" tells the story of a man who gained control of a dy-



This photo is a set of gauntlets for Maximilian from 1499 courtesy of the writer

ing kingdom, and consolidated land and power through alliances and public support. Maximilian I utilized his identity as a valorous knight to gain popular favor. As one of the first heads of

state to take advantage of the new technology of printmaking, he greatly expanded the role of a ruler as a "public figure"--a paradigm that still exists in modern politics all around the world. "The Last Knight" is interesting not only because of the fascinating history lesson it imparts, but also because of how relevant that lesson is.

The Holy Roman Empire was abolished 213 years ago, but the legacy that Maximilian I left behind; the image of a ruler beloved and respected by the people became something that many monarchs and elected leaders saw as a necessary political advantage. On the wall to the right of the exhibit's entrance, an introduction and dedication reads: "Should leaders care what people think of them? Emperor Maximilian I (1459-1519) believed so, and this conviction shaped the way he reigned... Maximilian proved to be a masterful self-promoter. Not only did he care about his subjects' opinions of him, he manipulated them to his advantage." If that sounds familiar, it's because history teaches us again and again about how rulers use propaganda to manipulate public opinion. Maximilian is simply the first to have figured that out. Even in a world with few kings and even fewer empires, leaders still recognize the importance of public opinion. Just replace the word "subject" with "constituents", and you can make that quote on the wall summarize several American presidencies. "The Last Knight" is a demonstration of the idea that the lessons of history are still relevant today, and that we don't need to learn them from reading a textbook. Often, the past is preserved in studio lighting, within the halls of a museum.

REOPENING OF THE MOMA

A RENOVATION MAKING THE MOMA EVEN MORE MODERN

By Cross Nelson
Staff Writer

On the brink of a new decade in history, the Museum of Modern Art has just reopened its doors to reveal a renovation fit for a modern age. In June of this year, the MoMA closed their doors and began a five month long, \$450 million dollar renovation that has made the modern museum even more modern. For decades, the MoMA has been heralded as one of the finest art museums in the world, known for its unrivaled collection of modern art that includes renowned works by Van Gogh, Picasso, O'Keeffe, Pollock, and Kandinsky, to name a few. Despite the museums already remarkable collection, the major initiative of the renovation was to not only renovate the architecture of the museum, but also to renovate the collection to present a more complete and current story of modern and contemporary art to the public. While visitors can still come to the museum to see highlights such as The Starry Night by Van Gogh, or The Females d'Alvignon by Picasso, they will also be met with numerous new works that will allow them to experience modern and contemporary art in a modern way. With in the reworked collection visitors will see

a newly focused attention on works from overlooked and underrepresented groups and cultures from all around the world, in order to present a wider scope of the modern and contemporary art world that is continuously expanding beyond just Western art. In an ever-evolving world, the museum's curators are beginning to realize that their collection must evolve as well, and the current director of the museum, Glenn D. Lowry states that "the usual gets now supplanted by the unexpected." Walking through the new gallery spaces, visitors will be met with the unexpected in both the content of the galleries and the way that this content is exhibited. Perhaps the most unexpected change that viewers will experience is the museum's choice to abandon a discipline-based system of displaying their art. The gallery floors are still arranged chronologically, but now, curators have put mixed media in conversation with each other, displaying sculpture, painting, photography, architecture, performance and design all in one cohesive space. This connective arrangement of artforms will now allow visitors to experience this art in a way that they never have before and open up con-

versations about the powerful interactions between mediums that are otherwise displayed separately. Along with this change, the museum will continue to keep the galleries feeling fresh by rotating a selection of art every six to nine months. Not only were the galleries designed around this idea of the unexpected, but rather the museum as a whole. Newly added spaces around the museum have created more opportunities for the public to interact directly with art installations, performances, conversations, and even opportunities to create their own art. Together, all of these elements support the museum's efforts to create a space where people can not just view art, but immerse themselves in it as well. Overall, the new MoMA is a place that opens a door to a new way of experiencing modern and contemporary art, that invites you in and allows you to interact openly with a collection of works in a way that the old MoMA did not. The Museum of Modern Art has truly grown into its own modernity, and it has done it in a time when the modern and contemporary art world needs it the most. Experience the new MoMA for yourself today.

CUFFING SEASON AND MENTAL HEALTH

WHAT TO KNOW BEFORE GETTING CUFFED

By Averee Nelson
Staff Writer

As the summer comes to an end, the dawn of fall is in the air. When the leaves turn from a bright orange to a crinkley brown, and every person nearby is adorned with turtlenecks and scarves, that is the signal of the new season. Although, this season is not just about the chilly weather; this is the beginning of cuffing season.

Cuffing season is the socially manufactured time of year where the lonely people of the world choose a mate to call their own on a strict schedule from October to March. This term first came into existence on November 5th, 2011 by the popular, zany website, Urban Dictionary. A user on Urban Dictionary describes it as “When it is winter and you are single and ready to mingle.” Cuffing has been thought of as a dating phenomenon where people ease out of their busy summers and decide to settle for a warm and cuddle-filled winter with a partner- however, this relationship has a shelf life and that is a standard these individuals know before getting cuffed.

At the root of cuffing is loneliness. It lurks in the background of the fantastical, charming idea of a cuff. The real reason why so many college students are taking out their phones at the beginning of fall and swiping right is because of the detrimental emotional and social transition after moving from home to life on their own in college.

“Cuffing season starts right around now and it’s so that you can have a boo for Halloween, Thanksgiving, and usually goes till like Valentine’s Day, but it’s solely just for people to, like, get cuffed - to be with someone,” Katelyn Cannon, a sophomore at Marymount Manhattan College explains. Cannon has dabbled in dating ever since moving to the city from Utah, using mostly Tinder, as well as Hinge and Bumble to find dates. However, she deduces that the issue behind cuffing is that, “The city is so big that I am not even meeting people that I think are attractive or have the traits that I would want to date in somebody- it’s just people.”

For college students, it is even more difficult to adjust to the fall season because of the detachment of moving away from home for the school year. Seasonal depression is living underneath the seemingly exciting season of pumpkins, hot chocolate, warm food, and the scent of pine. According to a 2013 study from the National Center for Biotechnology Information, google searches over 5

years have been linked to seasonal shifts; typically, these shifts occur in the winter as the “keyword searches related to sex and mating behaviors” increase. It is because of the cold weather that people are naturally influenced to seek a mate. Particularly, in social environments, people want to have someone to relate to and feel comfortable around in moments of waning and waxing loneliness.

Cuffing can even be dangerous for those who are not immune to dealing with living on their own for the first time and learning how to take care of themselves. Insecurities are at an all time high during a student’s freshman year of college and dating might only exploit that trait. Cannon highlights that “College can be lonely” because



of the “freshman mentality where they’re out of the house for the first time and they feel lonely so they want that person, but it can lead to unhealthy habits.” In these times, there might not be anyone who has the student’s best interests at heart, so the idea of cuffing can be romanticized to deal with sadness or loneliness.

In another study from the National Center for Biotechnology Information, psychologists found after testing a group of 689 students, that during the transition from high school to college, there are detectable “social, structural, and behavioral changes.” They found that 32.4% of the students tested were moderately lonely and 3.2% were found severely lonely. The mental health effects of transitioning to college are immense, but adding a short term relationship on top of that would be an emotional breakdown in itself.

“The idea that you need to be with somebody is very negative for mental health,”

Cannon explains. It has become a societal norm to cuff because social media platforms and dating apps use the winter as an advertising ground for young people to get out and date. Alain Breton, at first year at MMC, comments how “For the time being [cuffing is healthy], but in the long run, no, because you are wasting your time and your youth, so to speak, on temporary experiences.” When someone goes into cuffing, they might not realize that they will be breaking their own heart in the aftermath of short term dating.

Although, cuffing is not all bad for some college students because it is often very overwhelming to live in a new environment, balance a job, go to school, while also figuring out what path to take in life. Breton considers that “It’s just a lot going on and sometimes people can’t handle that and a relationship on top of that, so they just want comfort during the months of loneliness.” By dating a person whose sole purpose is to comfort, it can actually ease the stress of some students. But for others who “love love” as Cannon puts it, she “can’t just go and try to hit on people or seek them out” because she believes that some things only happen for a reason.

Dating culture in society has shifted from the idea of courting to swiping on dating apps and going on casual dates that usually do not lead to long term relationships. Cuffing allows for people to “Embrace the fact that you can go on dates and meet new people and not expect to be swept off your feet at the end of the night,” as Breton describes it as. The goal for cuffing is to have someone to do holiday related activities with, as well as having a person that acts as an emotional brace. Plus, this style of dating might lead to a healthy long term relationship because it initiates from a goal, as opposed to casual dating.

Morelia Robles, another first year at MMC, explains that “It doesn’t always have to be a romantic connection,” and that there are healthy alternatives to succumbing to cuffing. “I know they (college advisors) say a lot during freshman year to just get involved by finding your community,” she recognizes, so it might be just as simple as “joining a club or going on a Facebook group and trying to find people with the same interests.”

Instead of staying glued to your phone through the season of lights and joy, finding a person or a group of people with similar interests to spend time with might save a soul from breaking their own heart this cuffing season.

Photo from esquire.com

SELF DEFENSE WORKSHOP

STRATEGIES TO PROTECT YOURSELF IN TIMES OF DANGER



Photo courtesy of the writer

By Rayiah Ross
Staff Writer

For three days of November, Marymount Manhattan College joined Director of Residence Life and R.A.D certified instructor, Michelle Quock, in teaching students, faculty, and staff basic self defense techniques. The self defense workshops took place on Monday Nov 11th at Cooper Square, Wednesday Nov 13th at Nugent Hall 457, and Thursday Nov 14th at the 55th residence halls.

Rape, Aggression, and Defense, or R.A.D., is a self-defense program originated by Lawrence N. Nadeau, using techniques taught in police work that are simplified for basic understanding.

While R.A.D. was originally designed for women, they also offer courses that are geared more towards men, children, and seniors. This program is designed for the average person with no previous experience in self defense.

A usual R.A.D course lasts nine hours and costs 25 dollars per session, but Quock has graciously offered a one hour service for free.

“Crime does not discriminate, no matter how safe an area seems.” Quock ex-

plained during her training at Nugent Hall.

Much of her training revolved around quick and essential tips at defending yourself when approached by an attacker in enclosed spaces and in open spaces. To start, she had the group practice using our strongest weapons, our voice.

“When you panic, you usually hold your breath” Quock reiterated. “Attackers look for a target what is easy, so that their attack can be fast and draw little attention.”

After the group went around practicing their loud and indicative “no’s,” Quock specified how to protect yourself using your attackers vulnerable areas: the eyes, throat, torso, top of the foot, fingers, knees, and abdomen. Some of these defences being straight kicks, knee strikes, snap kicks, head buds, and elbow strikes.

“I’ve been meaning to take a self defence class for a while -- even before I went to college -- but I never got around to doing it,” Explained Rachael Wooley, a 1st year student at MMC. “Especially being in New York, I’m always walking places and I’m not always with someone, so I think it’s important that I know how to protect myself.”

Wooley’s concerns are justified consider-

ing murder rates in New York City are up 55 percent in 2019 compared to the same time frame in 2018, according to NYPD statistics. In addition, reports of rape are up with 239 cases reported city-wide compared to 198 in the same time last year.

“I think it is really helpful that this is being put on at the school. In other places you would have to pay for this kind of thing, so it’s great that we have the opportunity to take a free self defence class.”

Michelle Quock also expressed her appreciation for R.A.D and hopes to teach more classes like this in the future. Ideally, she wants to expand the course so that is is available three days, three hours each, in order for students to obtain the full experience. The nine hour sessions deal even further than basic defence mechanisms, and dive deeper into defence against violent attacks involving the people you know, people with weapons, kidnapping simulations, and much more.

To can contact R.A.D, you can reach them at their phone number, (225) 791-4430, or email, radsystems@rad-systems.com. To contact Michelle Quock for more information regarding future defense courses or how to become more involved, email her at mquock@mmm.edu.

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