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# the matthew

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RICCARDO VITALONE AKA "ROAMAN" IN THE LEMON TREE COURTYARD

BY CRISTINA DI LEVA

## VEGAN *in Rome*

BY FRANCESCA DE SMET

Roman gladiators: healthy, muscular, and powerful men. One would think they were fuelled by piles of protein-rich meat, but the opposite is true. They owed their bodybuilding physique to a traditional plant-based diet consisting of ancient grains, beans and drinks made from plant ashes.

Dishes like spaghetti alla carbonara or all'amatriciana first come to mind when thinking of Roman cuisine. Both these pasta dishes are served with pork and a generous amount of grated cheese. However, there's a plethora of naturally vegan dishes that are often overlooked and make Rome a wonderful place for healthy and eco-conscious diners.

Good vegan dishes consist of fresh, tasty vegetables. Under the bright sun and in the rich Italian soil, an immense variety of food grows every single day of the year. In the winter, farmers proudly display their freshly harvested artichokes and in the summer, juicy tomatoes turn the market stalls into shades of green, yellow, and red.

Almost 3% of the Italian population class themselves as "vegan" and 10% as "vegetarian", ranking the highest in Europe. According to Lucia from the restaurant Ops!, Rome offers a great variety of plant-based foods: "from risotto to gelato: there's always a vegan option."

Ops! is one of Rome's 40 vegetarian restaurants, which focus on different aspects of plant-based cuisine. The endless buffet of Ops! overflows with healthy dishes, in which meat and dairy are replaced with seitan, tempeh, and nutmilks. Their lasagne exceeds the traditional version, with delicious layers of homemade pasta sheets, tomato sauce with a mushroom ragout, and creamy soy cheese.

Out of all these restaurants, Romeow has the most unique concept. The cat bistrot's menu lists seasonal gourmet dishes, such as cabbage rolls filled with pumpkin and almonds, drizzled with a sweet-and-sour sauce of raspberries. This colourful dish can be devoured while cats comfortably curl up to the diners' legs.

Legumes are an important source of plant protein and Rome offers some of the best options. Beans seem to come in every shape and colour, either dried or fresh in their moon-shaped pods. Zuppa di lenticchie, one of Rome's most simple but extremely tasty soups epitomises Romans' use of legumes. Dried lentils are cooked in a broth of tomatoes, garlic, and parsley until they are tender. Cannellini beans are at their best when served on a slightly toasted slice of ciabatta with some pepper, salt, and a drizzle of extra virgin olive oil.

There is also the ancient "gladiator chickpea", an ugly shaped

predecessor of the round bean used in hummus. The poorest citizens of Rome ate this instead of the more expensive meats, and for the gladiators it was a fat-free form of protein. With only four ingredients, pasta e ceci is still served in many traditional roman restaurants. "A simple dish of timeless flavours," confirms Franco Fioravanti, owner of the 60-year old restaurant San Calisto in the Trastevere district.

Italian food is basic, and therein lies its beauty. Recipes contain very few ingredients, yet their impressive quality turns the dishes into something extraordinary. In Roman restaurants, one will never have to sacrifice taste when choosing a vegan dish. Carciofo alla romana, steamed artichoke in garlic broth, is a dish completed by putting the vegetable in the spotlight. The same vegetable transforms with a different preparation: carciofo alla giudia, deep-fried artichoke with coarse sea salt and a squeeze of lemon juice.

Organic products are also gaining popularity: restaurant Geobiondo uses only local and biological products – even for the wine list. La Città dell'Altra Economia, a supermarket in Testaccio; and near the Vatican, sells products free of pesticides and additives and focuses on plant-based cheeses, milks, and much more.

Most traditional supermarkets still choose corporations over small-scale farmers, leading to less fresh products on the shelves. The Food Assembly, an award-winning French organisation, has opened its first assemblies in Rome, and successfully fights for a better connection among nature, farmer, and consumer. Farmers deliver their fresh produce to hosts, where customers can pick up vegetables, fruit, and other local products. Paola Tamma, business developer at The Food Assembly, believes this rising farmer-to-table movement is "the catalyst for a fresh, nutritious and well-rounded vegan diet."



BY FRANCESCA DE SMET

SAVOURING SEASONS

## BEING ROAMAN

BY CASSIDY SLOCKETT

John Cabot University graduates often go on to become journalists, entrepreneurs, and tech experts - but 2013 communications and political science graduate Riccardo Vitalone, 28, is becoming well-known for his work in a more unconventional field: folk music.

After graduation, Vitalone found himself stuck in a typical 9-5 desk job. He became bored and began to feel that there was more to life than just working to make money. He felt like his life was the equivalent to running on a treadmill. When his job ended, Vitalone moved to London with only 300 euros, and began the process of discovering what he was meant to do.

In the music world, Vitalone goes by 'Roaman.' The name is a hybrid between his self-proclaimed nomad, or roaming, lifestyle and the fact that he was born and raised in Rome. This singer and songwriter taught himself to play guitar by watching YouTube videos in 2008, and decided to pursue music only after he had graduated from university. Currently, he spends the majority of his time on the road. Vitalone's journey has not been easy. In fact, more often than not, trying to build a successful career in the music industry is an uphill battle.

Between puffs of a cigarette, he reflected on his early days as a musician. "When you find yourself in the place you are afraid to be, it's not as bad as you thought." Positive thoughts like these have helped Vitalone continue to follow this dream. Before landing a gig at a vegan cafe in London, Vitalone used to play his music on the streets, even in the dead of winter. Sometimes, his fingers bled from playing

the guitar in below freezing weather. At one point, he was making only enough money to buy one meal a day.

Still, Roaman refused to give up. He continued to perform in front of more audiences and save his money. Eventually, he was able to release an album titled, "Free at Last" on Spotify.

This album features songs which are aimed to share a message of peace, love, and unity through uplifting and encouraging lyrics. One of the songs featured in this album is called, "Be a Friend." The lyrics in this song even inspired Vitalone to have this message permanently engraved on his arm in the form of a dark green tattoo. The tattoo serves as a reminder that "without the support of our community, we are nothing," he explained.

On a recent trip from Rome, Italy to Los Angeles, California, Vitalone was detained in the LAX airport and promptly sent back to Europe. The reason: customs agents found evidence that he had been paid to perform at two concerts in the United States on a previous visit. Unfortunately, this is illegal with a tourist visa. Still, this incident did not stop Vitalone from continuing to follow his dreams. He later explained that, "Now all my energy is focused on getting another visa, making some more money and heading back to California."

As for Vitalone's plans for the future, he will keep singing, traveling, and spreading positive messages. By the end of this year, his goal is to make enough money to record an album in an actual studio in the United States. He describes the airport incident at LAX as, "a little speed bump," reassuring himself that, "it will all be ok in the end."

## WHAT YOU CAN LEARN BY VOLUNTEERING ABROAD

BY ADRIANA DE NOBLE

Complacency is ignorance. Feeling comfortable while the world continues around you is a blessing to many people: being complacent means that you can afford it. Unfortunately, even though complacency is too expensive for many people, that does not mean you have a civic duty to do anything about it.

I learned how complacent I was two summers ago when I signed up for a mission trip to Port-au-Prince, Haiti (that my parents funded) and in that time I was unaware how little my life was in comparison to the rest of the world. This phenomena happens to a lot of people, Americans in particular: the illusion of being comparable in size and importance as the rest of the world.

When I arrived at the Port-au-Prince airport, I was unprepared for what I saw. The poverty and desperation in Haiti have does not exist where I grew up. I was taken to the compound where I would stay for the next week, and in the moments that passed, I realized how miniscule I was compared to everything else. I realized that all of my priorities had very little weight.

One of the first people I met was a boy my age named Michael. He was a local,

his living situations were similar to the rest of the Haitian population, but he had a joy and passion that I have not seen in many people since. We were alike in more ways than we were different; we liked the same music, we liked reading, we liked soccer, we both wanted to be doctors in the future. One difference though, which still haunts me, is that I would eventually become a doctor, while he wouldn't: I would return to the U.S., receive financial aid to obtain a degree, and go to a medical school; and he wouldn't. This boy: with my same age, intelligence and capability, would not be guaranteed the same opportunities. The circumstances within his country would not be able to accommodate these.

As Americans, we feel that the well-being of others is not our responsibility. We are not responsible for the futures of others, when we look at each other without the marks of society, without our possessions, with what is consistent in all of us as opposed to what is different, we want to do something. When we see people united as opposed to divided, that "responsibility" turns into desire. When we take ourselves off a pedestal next to each other, being an advocate for others becomes a passion instead of a burden.

# 2 JOEY REVIEWS

## THE ACADEMY AWARDS

BY JOSEPH ARMENIO



Some people say the Oscars doesn't matter, and for the most part, they're right. But once in awhile, it's actually pretty noteworthy. Though it had one of the lowest ratings in recent years, it was no doubt a significant edition. But damn, paint me green and call me a cucumber cause that finish was insane. I haven't seen an ending like that since *The Sixth Sense* when Bruce Willis was all like 'I'm dead or whatever'. Or that other movie *Seven* when Brad Pitt got the wrong delivery from FedEx. Oh yeah, spoiler alert. Basically, what I'm trying to say is that it was pretty crazy. The producers of *La La Land* must have felt a little like Derek Zoolander standing up there holding some award that wasn't theirs. Fun fact, that actually happened to me once - but enough about my middle school karate championship. I deserved that award, Sensei, and everybody knows it!

A lot of people have been telling me that I should do my review on *Moonlight* and I mean I probably should, considering it just pulled off the upset of the century. But I won't, and here's why: you should watch it on your own regardless if you want to see it or not. It's an important movie about important stuff. The coming of age story by Barry Jenkins speaks for itself. There isn't too much to analyze. The film is set up in such a way that you're basically just witnessing key moments in this guy's life. Sorta like *Boyhood*, but a little more deliberate in what was shown.

The movie I do however wanna tell you about is *Manchester by the Sea*. Did it win Best Picture? No. Was it anywhere close to winning? Debatable, but probably no. But was it just a good, solid movie? Yeah, it was. So good, actually, that I'm gonna convince you to watch it. Now, this wasn't your average film - and I mean that in the sense that it was no doubt statistically way sadder than anything you've seen in recent history. I mean we're talking *The Lion King* Mufasa dying sad. No spoiler alert - you should have seen it already. But much like *The Lion King*, it was also extremely good. Parts of the movie had me crying, and that almost never happens. I mean, I didn't even cry in *The Notebook* nor did I cry in *Titanic*. Do I have a soul? Am I secretly a ginger? I'll get back to you on that.

*Manchester by the Sea* was no doubt a sad movie, but it was also a very funny one. I was laughing through a lot of it. It becomes very apparent as you watch why it won Best Original Screenplay. Plus, the performance by up-and-coming actor Lucas Hedges added a whole new comedic, yet serious element to it. Plus, Casey Affleck was just spectacular. I mean, there were some Best Supporting Actor nominees who had more lines, but every single movement he made seemed like it was an effort for his character. He displayed this man's intense internal grief without saying a single word on the subject.

But in the end, was it a better movie than *La La Land* or *Moonlight*? No, because they're completely different. Not everything's a competition, man. Why can't they just be equally good for different reasons, ya filthy animal?

To be honest, I enjoyed most, if not all, of the Best Picture nominations this year. *Fences*, *La La Land*, *Manchester by the Sea*, and *Moonlight* are all still available to watch here in Rome. Go to [www.romereview.com](http://www.romereview.com) to see the listings.

# STUDENTS FIGHT ACCIDENTAL PLAGIARISM

BY ALICE BIDETTI

A former visiting student at JCU (who wishes to remain anonymous and will be called Tom for the sake of comprehension) returned home, after doing good for an entire course, only to find out he had failed the course due to plagiarism. When he asked about the grade, Tom was told that he had improperly cited a source in his final paper, an error which compromised the course altogether. As Tom is a May 2017 expected graduate, failing a class would delay the process, potentially costing him additional time and thousands of dollars.

Of the many obstacles and fears that college students are on the look out for, plagiarism is the one that hides waiting for them in the dark. Like Tom, hundreds of other students suffer great distress and frustration because of the P word. Often, students fall into the trap because of honest mistake, as they don't have external tools to check the citing protocol - the same tools professors employs to check students' works. Tired of this, JCU students are reacting, taking the problem in their own hands and coming up with initiatives to fight it. Francesco Collacciani, current JCU student, developed an app called GPA Paper, to specifically help students to format errors that will come back to bite you after you've handled in the paper. "Papers shouldn't be obstacles," says Francesco, commenting on the disorienting set of rules for academic writings, "but as things look now, they are."

Tom's mistake was to cite a book he had accessed through a website instead of citing the website directly. In the academic lingo, this would translate into "citation of indirect sources," one of the big elephants in the room when it comes to MLA guidelines. It would appear, in fact, that everyone approaches this type of citation differently, from those who skip it altogether - rumor has it that MLA does not require you to cite indirect sources - to those who, like Tom's professor, support it wholeheartedly. Referencing indirect sources falls into the same broth as citing one's own work, or paraphrasing, and each member of student body and faculty has a different perception of what exactly constitutes plagiarism and what does not. Besides lacking clear and uniform criteria for MLA citing, what complicates the life of a paper-writing student is being negated access to online checkers.

"I believe students' performance should be evaluated with the same tools available to them," states JCU student Anna. If professors use online databases to check for plagiarism, in fact, students either have poor access to or can't afford them. Grammarly, Turnitin, and many other professional online systems demand a monthly subscription of \$30 minimum. While institutions and educators might have a free access, students are denied discounts or affordable prices.

The extremely pricy requests of these systems are what drove the creator of GPA Paper to come up with an app that is first and foremost student-oriented. "I didn't see it as a business, I just thought it was a good initiative to help students" tells Francesco, who asks for 4.99 € for unlimited submissions of a paper. He's also working on discounts for students who submit multiple papers at once. "The university's policy against plagiarism is fair, but they should give students some tools to prevent accidents as it has happened in the past."

# FAR FROM EQUAL

BY FEDERICA BOCCO

John Cabot's Women's Leadership Initiative (WLI) hosted a discussion about the gender gap in the workplace on February 24 in collaboration with the Business Club and Student Government.

Kiriko Mechanicus, President of John Cabot University's WLI, opened the discussion "Far From Equal" and talked about how important it is to define ourselves as feminists. She said, "People are afraid to admit that they are feminists, or some don't know what it means. Some think that battles have already been fought by our mothers and grandmothers and there's no need to identify as a feminist," she said.

The gender gap in Italy is tangible. Over 30% of women who work are in part-time positions because they feel they have more domestic responsibilities. In Italy, until 2007, many women had to sign the *dimissioni in bianco*, meaning the companies could fire a woman once she became pregnant.

Student Government Vice-President, Katie Kehoe, was the brilliant moderator during the discussion with the three speakers. The first question Kehoe asked was for the three panelists to share a mistake that they had made in the past when it came to equality in the workplace, and what they would do differently.

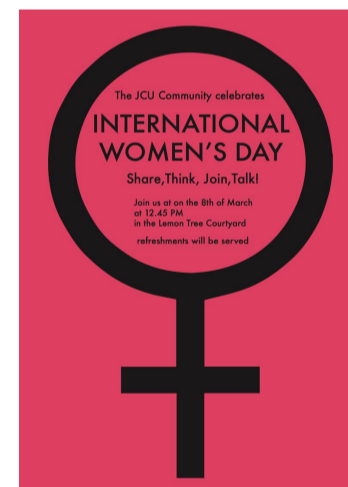
Nicoletta Denticio, a board member of Banca Popolare Etica, talked about her previous job as director of Doctors Without Borders, while also trying to mother three children. At one point, she realized her babysitter knew more about her children than she did. She gave up her "perfectly tailored" job for her family, but regrets not trying to find a compromise.

"Men are usually more competitive [in the workplace]," said Valerie Baxter, president of the Professional Women's Association in Rome. She went on to explain that, "Women can be more insecure, and don't apply for certain positions because they feel they are not good enough. There are so many women who need help, but don't accept it."

Martina Romanelli, representative of the Young Women's Network, talked about the need for an open-minded approach to the workplace. "Equality should embrace and value all kinds of diversity, and take the strength of each of them," she said. One woman in a male-dominated working space will most likely adapt and become "like a man" but it takes many women to change the culture.

"As a Catholic, I also fight my battles in church every week," Nicoletta Denticio said. "If we can still be Catholic and feminist, I think we have learned some resistance by now."

Valerie Baxter reminds the audience that we should not take our freedom for granted. She tries to encourage people by telling them that, "the road is yours, and we are here to help you get there."



Come join many the JCU community in the Lemon Tree Courtyard to talk about womanhood.

**International Women's Day**  
**March 8, 2017**  
**Guarini, 12.45 pm**

Refreshments will be served!

# SHATTERING STIGMAS GLASS PEOPLE

BY ENRICA BARBERIS

Alex feels nervous while walking to school on Monday morning but she doesn't know why. She talks to her friends about it over a study break and they try to reassure her: "It's probably just stress." When she goes home that night she struggles to fall asleep because she keeps going over tomorrow's schedule in her head. The next day she can't get out of bed. She feels like hiding under the covers all day so she sends an email to her professor saying she is sick. When she reaches out to her parents about it they say to her: "Don't worry honey, it's normal to get stressed around midterms week. It will pass." Alex is not stressed. She suffers from anxiety.

According to a survey from the Anxiety Disorders Association of America (ADAA), universities and colleges have seen an increase in students seeking services for anxiety disorders. According to the National Institute of Mental Health, 75 percent of all individuals with an anxiety disorder will experience symptoms before age 22. Yet, this disorder is still grossly misinterpreted and, for the most part, surrounded by paralyzing stigma. One of the main reasons anxiety is so problematic is that, to an untrained eye, it can easily be mistaken for stress.

We all experience stress. Stress is a natural physiological response to a perceived threat, or stressor. It is what we sometimes refer to as the "fight-or-flight" response. Yes, stress can be challenging: things don't always go as planned, bad grades happen, and missing the bus on your way to an important meeting is bound to raise your cortisol levels. However, that is not anxiety. Anxiety is stress that continues after the

stressor disappears. Anxiety is your body reacting as if there was a stressor when there isn't one. Anxiety is being constantly scared, it is missing out on events, having to talk to yourself and calm yourself down every second of your day, overthinking the simplest task or overcomplicating the simplest thoughts. Anxiety is a constant struggle.

"Come on, it's a simple: be more joyful," "Why don't you ever come out? You are such a nonno/a." The stigma surrounding this mental disorder is the reason why many people who suffer from it feel they have to hide it. On the surface, most people with anxiety are "high-functioning" and look perfectly fine. In many cases their achievement, busyness, perfectionism, and forced smiles hide some real pain. It is extremely difficult for a "high-functioning" person with anxiety to admit to suffering from a mental illness because it is likely that they worked very hard their whole lives to build that facade of normalcy. If they finally do ask for help and are met with rejection, judgment, lack of understanding and empathy, it can be devastating.

The first step needed in order to break the stigma is to talk about it. So, here I am, loud and proud: I suffer from anxiety. Yes. As I type I am terrified about what you are going to think of me when you read this article. I fear you may laugh, roll your eyes, and declare me to be *pesante*. But chances are that you too suffer from anxiety and feel lonely in this struggle, and maybe you will find relief in my coming out. Or maybe you do not suffer from anxiety but you know somebody who does, and maybe you will learn something from my sharing this experience.

People have an impression of me based on the pictures I post on my social media, where it looks like I am always having fun. They see me through

the lense of my success: Chief Editor of the university newspaper and winner of a prestigious writing contest; but, what people do not see is how many times I cry every day, how many times I feel like a failure in what I do, how many times I get scared about the smallest everyday things.

If you don't know what anxiety feels like, I will tell you. It feels like "not enough." It is a voice in your head that says: *you're not good enough. You're a bad friend. You're not good at your job. You're wasting time. You're a waste of time. Your boyfriend doesn't love you. You're so needy. What are you doing with yourself? Why would you say that? What if they hate it? Why can't you have your shit together? You're going to get anxious and because you're going to get anxious, you're going to mess everything up. You're a fraud. You're letting everybody down. No one likes you.* It feels like losing all your friends, like the world is crashing down around you as you are dancing alone in your room in a meticulously rehearsed routine of desperation. So, when someone opens about their anxiety, don't respond "I'm stressed too". Listen.

If you struggle with anxiety and you feel like you are not being taken seriously, my advice to you is to trust yourself. My mantra is: conquer yourself, not the world. You know yourself so much more than anybody else can. Nobody has the right to undermine your difficulties. Keep looking for the person who listens to you and takes your feelings into account. There are others out there who feel the same way. You are not alone. Always remember that. There is professional help: I got it. Your feelings matter and are valid. If you feel like there's something wrong, talk to a counselor and find out what is not ok. You deserve to be ok.

And cry if you feel like it. Cry a lot. It is 'perfectly' fine.

# Theatre Society Presents ...

BY CASSIDY SLOCKETT

JCU Theatre Society members have been working to prepare for their next performance, "A Night of Shel Silverstein." The show is a combination of the comedies *Shel's Shorts* and *An Adult Evening of Shel Silverstein*, which are made up entirely of ten minute scenes and sketches.

Unlike most university plays, this one is anything but censored. Scenes revolve around subjects such as prostitutes, dead animals, murder, and traces of bestiality. If you're expecting a stage adaptation of *The Giving Tree* or *Where The Sidewalk Ends*, you're in for a surprise. This is a brazen and shameless adult comedy. Joel Hashop, assistant director and actor, reflects on American children's book author, Shel Silverstein, "It's really fun to see him express his genius and creativity without the restrictions of being PG."

While the cast may be made up of only seven actors, the show itself features nearly thirty characters. This means the actors must master the art of quick costume changes and learning multiple characters. "The cast is small, so we're pretty close, which is super great because no one minds trying crazy,

silly things," says Sierra Wharton, actress and Social Media Coordinator, "That's especially important for these scenes since their content is unconventional."

AJ Boughner, who plays a rather grouchy woman in the one scene, describes her character as an "unnecessary b\*\*ch". She says that this role is her favorite in the sixteen years of her performing arts career because, "it's letting me vent out all my anger."

The Theatre Society is directed, produced, and performed entirely by John Cabot University students, meaning they all must balance time between studies and extracurriculars wisely. "These guys have been working their a\*\*es off," said Theatre Society President Joey Armenio, "Three times a week for two to four hours each time." Rehearsals include many a late night. "I know it will all pay," Armenio later noted.

Ready for an entertaining night of adult jokes? John Cabot University Theatre Society will present "A Night of Shel Silverstein" in the Aula Magna in Guarini on March 29<sup>th</sup> at 7:00 p.m. Admission is free.



JCU THEATRE SOCIETY REHEARSALS

TAKEN FROM @JUCUTHEATRESOCIETY INSTA-



## Meet Deanna

BY ENRICA BARBERIS



DEAN OF STUDENTS - BY NADEEM RIFAI

Have you ever felt like you needed someone to talk to? Maybe you needed a little guidance in a moment of struggle but didn't want to talk to a counselor. Or have you had health problems and had to talk to a doctor, but had no idea how to in Italy?

All your questions are answered at the Dean of Student's Office. Deanna Mayer, our Dean of Students is a star. Her office is made of a great team: Valentina Di Blasi, Assistant Dean of Student Life and Marta Canigiola, Coordinator for Student Health Services and Wellbeing. The team collaborates with the counselors,

doctors, and all other health related services on campus, and even organizes meditation classes.

As the dean, it's Mayer's job to respond to students' needs and plan campus life events. In other words, Mayer is a point of information for students and responding to students' needs. Her office is located in the Gianicolo Residence and is open to students who wish to just walk in with a quick question, as well as to students who are dealing with more serious problems.

If you are a study abroad, a freshmen, or a JCU housing resident you will certainly remember the extensive amount of work on security and alcohol awareness during orientation week. The safety sessions, first day curfews, and the new 'after eight' alcohol policy events were all organized by the Dean of Students' office.

These events and policies were quite successful. "Students get it. They follow the rules, are back by the curfew and later are appreciative," Mayer said.

CS, a JCU student, told us about her first days in college. "I went to Deanna's office during my first semester here just to ask where a classroom was located. Deanna was so nice that she walked me to the building, and struck up a conversation with me. She noticed that I was much younger than

most people at JCU and literally acted as a mother figure during my first semester - just until I was able to get on my feet and make friends," CS said.

"A few weeks later, when Deanna found out I was having problems with my roommates, she immediately arranged another housing option for me. She was super adamant on the no bullying policy. She even gave me her cell phone number and would occasionally send a text and check on me. I don't think I'd still be at JCU if it wasn't for Deanna's support," CS admits.

Mayer is in fact a mother - of four - and a true resource of JCU. Since she began working here in August of 2015, the student support group has significantly improved. The main word Mayer repeats many times throughout the interview is "support". As CS said, supporting students and helping them through their struggle may just be what she does best.

"The favorite part of my job is working with students and with the staff in JCU. I hope students realize how special staff and professors are," Mayer said, "I like dreaming with them and see what we can achieve."

As a matter of fact, 'dreaming' as Mayer said is the key to making progress. Many improvements are happening at the Dean's Office. The counseling office is growing, and group sessions will be organized.

## CULTURE BOOM: Art & Business

BY CULTURE QUOTA GIRLS

In romantic comedy meets cute style, Beatrice and Allison met in an elevator at the Fiumicino Airport, just minutes after arriving in Rome to attend the Spring 2015 semester at JCU. While navigating the orientation circus at the airport's Hilton, they found out they would be sharing a room in Scala A of the Gianicolo Residence. The two of them were an unlikely pair of friends: Beatrice studied Art History and Allison studied Business.

Two years later, after many nights of gelato, microwave popcorn, and of course, Tony's Pene alla

Vodka, they are still best friends. After traveling to Italy and France together, an idea sparked in their small Gianicolo room, which has now come to life. Since Allison was clueless when it came to art, Beatrice became her own personal art historian while the two gallivanted around Rome. Always obsessed with new business ideas, Allison told Beatrice that she had a "gift" in how she explained art. Beatrice's focus wasn't to bore you to tears with dates and names, but rather to explain why you should care about what all the guidebooks suggested you to see. Subsequently, with this idea in mind, the girls started an Instagram account called @culturequota. This account provides art history facts and trivia

for the everyday person, who wants to know more about famous art, but doesn't have the time to take an art history travel course abroad (to possibly impress a few people at their next cocktail party).

Two years later, Beatrice and Allison are based in Chicago, working to bring their content from @culturequota to everyone; making art and its fascinating history accessible. They are in the process of setting up a website, developing talks for university students, and working with local museums to join their cause. To keep up with their adventures and maybe learn some fun facts follow @culturequota on Instagram today.

## 4m2 GALLERY

BY CHIARA TRAVERSARO & CRISTIANA CORDOVA

If you thought the library hosted only books, you'd be wrong. Hidden among the bookshelves, there is a little gallery: the 4m2 Gallery.

The name refers to the dimensions of space behind the info desk in the Aurelian Wing of the library, where this project first developed. The gallery was born from the ideas of Dean Merva, Professor Rutt, Professor Hansen, the Art History Club and the Library, and it quickly blossomed.

Today, the Art History Club curates the space and selects new artists to display their work. Currently on display are four photographs by Professor Schoneveld, belonging to the Memory and Etruscan Landscape, in which the theme of nature is intertwined with language and memory. The photographs aim to express the quintessential quality of Etruscan landscapes in Lazio in black and white. They were taken in analogic photography and printed using coffee. Belonging to the Professor are also three pictures in the back of the library which capture Roman instances in the same way Dutch artists who came to Rome in the 16 - 17<sup>th</sup> century drew Roman landscapes. These photographs create parallels between Rome of the past and the present, as well as Romantic Dutch artists and contemporary photography.

The gallery received a gift by one of its former artists, starting its permanent collection. The piece is Vanguard by Professor Serafino Amato and it is installed on the first floor of the Aurelian Wing. It is a black and white photograph representing a man in working clothes bended inside a container, looking for something. The image captures the atmosphere of a place like a library, where students spend their time digging into books, researching and discovering.

The 4m2 Gallery is a way to keep our library always warm and welcoming, and to enrich our JCU environment with works by the people who inhabit it. It is the result of the combined and creative relationship that binds the JCU community.

If you are curious about the Gallery, its projects and artworks, find info on the JCU website under the Library section. To get an idea of all the other activities the Art History Club organizes, visit ahcjcu.tumblr.com.

## FINDING HOME in ROME

BY STEPHANIE QADIR

The "study abroad experience" is one that more and more students are taking advantage of each year. The experience itself boasts impressive benefits, including global internships, meeting international friends, and increased job opportunities. The event is an eye-opening and exciting experience. However, many students who go abroad find the aspect of immersing in a new country's culture to be difficult.

The phenomenon of "culture shock" is widely found throughout people who go abroad, especially college students who study abroad for a prolonged period of time. According to health professionals, some instances of culture shock can be so severe as to lead to temporary depression and anxiety. Transitioning from an American to an international university can be overwhelming and lead students feeling homesick.

"You're supposed to be doing something exciting every day. People at home don't realize that I'm just trying to live my life here and adjust to the new culture. It takes time," said Madison Krigbaum, a Spring 2017 study abroad student.

Akum K. Singh, a visiting sophomore from Rutgers University, says JCU's programs have helped her feel comfortable in her new surroundings. "Coming to Rome from New Jersey was really difficult at first," Singh said. "But meeting other students who are abroad, and also getting involved has made me feel more at home."

John Cabot University has offered services to ameliorate these concerns before they start. Study abroad students are required to attend a mandatory 4-day orientation session prior to the start of the semester when they first arrive. The program covers academic information and areas of abroad life including travel tips, budgeting, and guided tours of Rome. Additionally, the school provides counseling and psychiatric services and organizes a variety of field trips around Italy, whether visiting or degree-seeking.

Along with JCU's efforts to curb culture shock, becoming more familiar with the city has proven to be a remedy. Visiting students list exploring the city, using public transportation, and learning to speak some Italian as ways to cope with the feeling of being lost in such a large and cultural city.

Krigbaum hopes that soon enough, with the help of staff and newfound friends, she will be able to take full advantage of her time abroad while she still can. Regarding her culture shock, she said, "It's getting better every day, little by little."

# ASK Ms Cabot

Dear Ms. Cabot,

**It's midterms week, I am overwhelmed with papers and tests. What are some good ways to relax, take care of myself, unwind, and rest?**

Sincerely,

**Overwhelmed-college-student**

Dear Overwhelmed-college-student,

Between midterms, papers, and extra-curricular activities, I feel like my cortisol levels are through the roof! Two things to help you stay balanced during a stressful week: food and sleep. I know you feel like you have no time to eat because you have to study for that killer exam, but make sure you to give your brain nutrition to function!

Many people sacrifice sleep the night before big midterms, but sleep is linked to your performance on exams, and your brain needs it to process the information you read. It's a scientific fact: getting sleep is linked to memory recall, so don't feel guilty about getting a good night's sleep before an exam.

Self-care is incredibly important. If you're feeling stressed, two things that might help are meditation and keeping a journal.

Meditation is a great way to keep your mind centered, and journaling can help you keep track and process how you're feeling from day to day. Netflix is a great way to unwind between study sessions, but I would recommend watching movies rather than that new TV series you heard about during midterms week. You don't want to go on a Netflix binge the week of midterms; I've done it many a time and always regretted it.

Also, do not go out. Avoid alcohol during midterms! You may want to keep your mind off of exams, but they're not going anywhere. Be responsible and stay focused on your studies. You are a student first and foremost, and doing well should be your first priority!

Be well and good luck on your exams.

You've got this!

Yours Truly,  
Ms. Cabot

## Multicultural Club

Come to the 2017  
Spring VIP Event!

March 16th, 6pm  
Lemon Tree Courtyard

food from all around the world, and performances.

3€ entry fee until March 7,  
5€ afterwards,  
which will be collected for donations to a charity of your choice.

[multiculturalclub@johncabot.edu](mailto:multiculturalclub@johncabot.edu)

## Business Club

Foosball Tournament  
March 25,

Play against Professors!

[business-club@johncabot.edu](mailto:business-club@johncabot.edu)



**CHECK THE NEW MATTHEW BROADCAST.**

COMING SOON ON EVERY SOCIAL MEDIA PLATFORM



## Doctor On Campus

TUESDAY  
from 10 a.m. to 1 p.m.

FRIDAY  
from 1 p.m. to 6 p.m.

email [health@johncabot.edu](mailto:health@johncabot.edu)  
for more information

Going somewhere cool during Spring break? Post pictures on social media and tag @themattewnewspaper or hashtag #jcuspringbreak.

The best three will be featured in the April issue.

## Student Government

Mental Health Workshop

March 10, 9.30-12.30  
Aula Magna

Please email  
[stugov@johncabot.edu](mailto:stugov@johncabot.edu)  
to sign up

Have you ever been roofied, or do you know of someone who has been?

email [newspaper@johncabot.edu](mailto:newspaper@johncabot.edu)

## ERRATA CORRIGE:

In regards to the February edition of The Matthew, there was an article titled CLUBS SPOTLIGHT: STAND. Within said article, there was a reference to the "Jordan Refugee Center."

The refugee center to which STAND actually donated towards is called "Nashama Alwatan." STAND organized the donation of heaters and blankets last winter for the center and a few orphanages.

Quinlan Davenport

# KURDISTAN WHAT?

BY GIULIA PRIMO

"Kurdistan what?" This is response uttered from the majority of people when they hear of this new fashion movement in the middle east.

Kurdistan is an autonomous nation completely isolated from Iraq, but is still under its laws and not recognized as an independent country. This isolation caused an immense amount of tension, which contributed to a civil war. The country had an overall feeling of hopelessness and opportunities were few and far between. This chaos was patched up in 2003 when the US ousted Saddam. Business and foreign investments flourished and many jobs and companies began to flood the region.

In February of 2016, 22 Kurdish (Iraqi) "peacocks" gathered together in the Iraq's Kurdistan capital, the Citadel of

Erbil, with the help of social media. Since this gathering, twenty-somethings Omer Nihad, Goran Pshtiwan, and Ahmed Nauzad formed a social movement called Mr. Erbil. This group is Iraq's first gentlemen's fashion club, characterized by men wearing three-piece suits, tight trousers, aviator glasses, wingtip shoes and carefully trimmed beards. The three were determined to create a better life, to improve the country's image and develop the region. Since then, four "Gentlemen's Gatherings" have taken place, and there are plans for the fifth one in the making.

With this new globalization, Nihad became frustrated that everyone dressed the same way. He chose to instead buy his clothes from local tailors instead. Mr. Erbil was formed during a time of war against Isis. Kurdish youngsters were presented with a completely different situation from the one which characterized the years after Saddam and

before Isis. In these years, the region was actually thriving economically and full of opportunities. peacocks are transforming the image of Iraq and Kurdistan to promote an optimistic view to the world.

Mr. Erbil was inspired by Pitti Uomo, a fashion gathering in Florence, Italy, which is well known for its extravagant male participants and mainstreaming modern day dandyism since the 1970's. That being said, Mr. Erbil stress that they are putting this style into the traditions of educated and well-respected Kurdish men.

Now that Mr. Erbil is becoming well known and respected, the group has become a catalyst for bigger changes in our society. They now promote women's rights and women in the workplace. In the future, they plan to arrange etiquette classes, a gentleman's club house, a model agency, barber, tailor and boutique fashion line.



A TASTE OF KURDISH STYLE

PHOTO TAKEN FROM THE @MISTERERBIL FACEBOOK PAGE

# FROM THE EDITOR

Ciao, John Cabot!

I am happy to say that warm weather is on its way! We are halfway through the semester and spring break is just around the corner! Coraggio, JCU!

Thank you for your support and feedback every month. In the March issue, I decided to concentrate on three themes: internationalism, feminism, and mental health. In these pages you will find articles about a fashion resistance group, vegan restaurants in Rome, volunteering abroad and a profile on our amazing Dean of Students, Deanna Mayer.



Last Friday I came across an article on the Guardian about mental health and the stigma in academia. I found myself deeply involved in the article and thought that with midterms week, and the first Mental Health Workshop on Friday, March 10th, it would be important to talk about it.

"We are not talking enough about mental health," says Darcy Gruttadaro, the director of advocacy and public policy at the National Alliance on Mental Illness in the US, NAMI. "By refusing to talk about mental health, conversations are relegated to the level of hearsay and rumour. This language also explicitly equates mental health problems with weakness." I read in the article by the Guardian, "This type of language also accomplishes something else; it takes the problem of mental health and places it squarely upon the shoulders of the sufferer, rather than seeing it as a responsibility of any wider system."

For this issue I would like to thank Valentina Di Blasi, who has been my "guardian angel" in the writing of the Shattering Stigma article. I'd like to thank the writers for their contributions, the Dean of Student's office, Counseling, our amazing advisor Elizabeth Macias Gutierrez, and Allie Folino for being my light.

As always, send us comments, and please do not hesitate to stop us around campus to chat or send us an email.

Yours,  
Enrica Barberis

**WANT TO BE FEATURED IN THE MATTHEW? WE GET IT. WE'RE PRETTY COOL.**

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RICCARDO VITALONE AKA "ROAMAN" IN THE LEMON TREE COURTYARD

BY CRISTINA DI LEVA

## VEGAN *in Rome*

BY FRANCESCA DE SMET

Roman gladiators: healthy, muscular, and powerful men. One would think they were fuelled by piles of protein-rich meat, but the opposite is true. They owed their bodybuilding physique to a traditional plant-based diet consisting of ancient grains, beans and drinks made from plant ashes.

Dishes like spaghetti alla carbonara or all'amatriciana first come to mind when thinking of Roman cuisine. Both these pasta dishes are served with pork and a generous amount of grated cheese. However, there's a plethora of naturally vegan dishes that are often overlooked and make Rome a wonderful place for healthy and eco-conscious diners.

Good vegan dishes consist of fresh, tasty vegetables. Under the bright sun and in the rich Italian soil, an immense variety of food grows every single day of the year. In the winter, farmers proudly display their freshly harvested artichokes and in the summer, juicy tomatoes turn the market stalls into shades of green, yellow, and red.

Almost 3% of the Italian population class themselves as "vegan" and 10% as "vegetarian", ranking the highest in Europe. According to Lucia from the restaurant Ops!, Rome offers a great variety of plant-based foods: "from risotto to gelato: there's always a vegan option."

Ops! is one of Rome's 40 vegetarian restaurants, which focus on different aspects of plant-based cuisine. The endless buffet of Ops! overflows with healthy dishes, in which meat and dairy are replaced with seitan, tempeh, and nutmilks. Their lasagne exceeds the traditional version, with delicious layers of homemade pasta sheets, tomato sauce with a mushroom ragout, and creamy soy cheese.

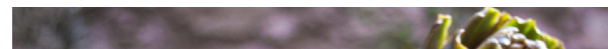
Out of all these restaurants, Romeow has the most unique concept. The cat bistro's menu lists seasonal gourmet dishes, such as cabbage rolls filled with pumpkin and almonds, drizzled with a sweet-and-sour sauce of raspberries. This colourful dish can

est citizens of Rome ate this instead of the more expensive meats, and for the gladiators it was a fat-free form of protein. With only four ingredients, pasta e ceci is still served in many traditional roman restaurants. "A simple dish of timeless flavours," confirms Franco Fioravanti, owner of the 60-year old restaurant San Calisto in the Trastevere district.

Italian food is basic, and therein lies its beauty. Recipes contain very few ingredients, yet their impressive quality turns the dishes into something extraordinary. In Roman restaurants, one will never have to sacrifice taste when choosing a vegan dish. Carciofo alla romana, steamed artichoke in garlic broth, is a dish completed by putting the vegetable in the spotlight. The same vegetable transforms with a different preparation: carciofo alla giudia, deep-fried artichoke with coarse sea salt and a squeeze of lemon juice.

Organic products are also gaining popularity: restaurant Gecobiondo uses only local and biological products – even for the wine list. La Città dell'Altra Economia, a supermarket in Testaccio; and near the Vatican, sells products free of pesticides and additives and focuses on plant-based cheeses, milks, and much more.

Most traditional supermarkets still choose corporations over small-scale farmers, leading to less fresh products on the shelves. The Food Assembly, an award-winning French organisation, has opened its first assemblies in Rome, and successfully fights for a better connection among nature, farmer, and consumer. Farmers deliver their fresh produce to hosts, where customers can pick up vegetables, fruit, and other local products. Paola Tamma, business developer at The Food Assembly, believes this rising farmer-to-table movement is "the catalyst for a fresh, nutritious and well-rounded vegan diet."



# BEING ROAMAN

BY CASSIDY SLOCKETT

John Cabot University graduates often go on to become journalists, entrepreneurs, and tech experts - but 2013 communications and political science graduate Riccardo Vitalone, 28, is becoming well-known for his work in a more unconventional field: folk music.

After graduation, Vitalone found himself stuck in a typical 9-5 desk job. He became bored and began to feel that there was more to life than just working to make money. He felt like his life was the equivalent to running on a treadmill. When his job ended, Vitalone moved to London with only 300 euros, and began the process of discovering what he was meant to do.

In the music world, Vitalone goes by 'Roaman.' The name is a hybrid between his self-proclaimed nomad, or roaming, lifestyle and the fact that he was born and raised in Rome. This singer and songwriter taught himself to play guitar by watching YouTube videos in 2008, and decided to pursue music only after he had graduated from university. Currently, he spends the majority of his time on the road. Vitalone's journey has not been easy. In fact, more often than not, trying to build a successful career in the music industry is an uphill battle.

Between puffs of a cigarette, he reflected on his early days as a musician. "When you find yourself in the place you are afraid to be, it's not as bad as you thought." Positive thoughts like these have helped Vitalone continue to follow this dream. Before landing a gig at a vegan cafe in London, Vitalone used to play his music on the streets, even in the dead of winter. Sometimes, his fingers bled from playing

the guitar in below freezing weather. At one point, he was making only enough money to buy one meal a day.

Still, Roaman refused to give up. He continued to perform in front of more audiences and save his money. Eventually, he was able to release an album titled, "Free at Last" on Spotify. This album features songs which are aimed to share a message of peace, love, and unity through uplifting and encouraging lyrics. One of the songs featured in this album is called, "Be a Friend." The lyrics in this song even inspired Vitalone to have this message permanently engraved on his arm in the form of a dark green tattoo. The tattoo serves as a reminder that "without the support of our community, we are nothing," he explained.

On a recent trip from Rome, Italy to Los Angeles, California, Vitalone was detained in the LAX airport and promptly sent back to Europe. The reason: customs agents found evidence that he had been paid to perform at two concerts in the United States on a previous visit. Unfortunately, this is illegal with a tourist visa. Still, this incident did not stop Vitalone from continuing to follow his dreams. He later explained that, "Now all my energy is focused on getting another visa, making some more money and heading back to California."

As for Vitalone's plans for the future, he will keep singing, traveling, and spreading positive messages. By the end of this year, his goal is to make enough money to record an album in an actual studio in the United States. He describes the airport incident at LAX as, "a little speed bump," reassuring himself that, "it will all be ok in the end."

## WHAT YOU CAN LEARN BY VOLUNTEERING ABROAD

BY ADRIANA DE NOBLE

Complacency is ignorance. Feeling comfortable while the world continues around you is a blessing to many people: being complacent means that you can afford it. Unfortunately, even though complacency is too expensive for many people, that does not mean you have a civic duty to do anything about it.

I learned how complacent I was two summers ago when I signed up for a mission trip to Port-au-Prince, Haiti (that my parents funded) and in that time I was unaware how little my life was in comparison to the rest of the world. This phenomena happens to a lot of people, Americans in particular: the illusion of being comparable in size and

his living situations were similar to the rest of the Haitian population, but he had a joy and passion that I have not seen in many people since. We were alike in more ways than we were different; we liked the same music, we liked reading, we liked soccer, we both wanted to be doctors in the future. One difference though, which still haunts me, is that I would eventually become a doctor, while he wouldn't: I would return to the U.S., receive financial aid to obtain a degree, and go to a medical school; and he wouldn't. This boy: with my same age, intelligence and capability, would not be guaranteed the same opportunities. The circumstances within his country would not be able to accommodate these.

Some people say the Oscars doesn't matter, and for the most part, they're right. But once in awhile, it's actually pretty noteworthy. Though it had one of the lowest ratings in recent years, it was no doubt a significant edition. But damn, paint me green and call me a cucumber cause that finish was insane. I haven't seen an ending like that since *The Sixth Sense* when Bruce Willis was all like 'I'm dead or whatever'. Or that other movie *Se7en* when Brad Pitt got the wrong delivery from FedEx. Oh yeah, spoiler alert. Basically, what I'm trying to say is that it was pretty crazy. The producers of *La La Land* must have felt a little like Derek Zoolander standing up there holding some award that wasn't theirs. Fun fact, that actually happened to me once - but enough about my middle school karate championship. I deserved that award, Sensei, and everybody knows it!

A lot of people have been telling me that I should do my review on *Moonlight* and I mean I probably should, considering it just pulled off the upset of the century. But I won't, and here's why: you should watch it on your own regardless if you want to see it or not. It's an important movie about important stuff. The coming of age story by Barry Jenkins speaks for itself. There isn't too much to analyze. The film is set up in such a way that you're basically just witnessing key moments in this guy's life. Sorta like *Boyhood*, but a little more deliberate in what was shown.

The movie I do however wanna tell you about is *Manchester by the Sea*. Did it win Best Picture? No. Was it anywhere close to winning? Debatable, but probably no. But was it just a good, solid movie? Yeah, it was. So good, actually, that I'm gonna convince you to watch it. Now, this wasn't your average film - and I mean that in the sense that it was no doubt statistically way sadder than anything you've seen in recent history. I mean we're talking *The Lion King* Mufasa dying sad. No spoiler alert - you should have seen it already. But much like *The Lion King*, it was also extremely good. Parts of the movie had me crying, and that almost never happens. I mean, I didn't even cry in *The Notebook* nor did I cry in *Titanic*. Do I have a soul? Am I secretly a ginger? I'll get back to you on that.

*Manchester by the Sea* was no doubt a sad movie, but it was also a very funny one. I was laughing through a lot of it. It becomes very apparent as you watch why it won Best Original Screenplay. Plus, the performance by up-and-coming actor Lucas Hedges added a whole new comedic, yet serious element to it. Plus, Casey Affleck was just spectacular. I mean, there were some Best Supporting Actor nominees who had more lines, but every single movement he made seemed like it was an effort for his character. He displayed this man's intense internal grief without saying a single word on the subject.

But in the end, was it a better movie than *La La Land* or *Moonlight*? No, because they're completely different. Not everything's a competition, man. Why can't they just be equally good for different reasons, ya filthy animal?

To be honest, I enjoyed most, if not all, of the Best Picture nominations this year. *Fences*, *La La Land*, *Manchester by the Sea*, and *Moonlight* are all still available to watch here in Rome. Go to [www.romereview.com](http://www.romereview.com) to see the listings.

already been recognized by mothers and grandmothers and there's no need to identify as a feminist," she said.

The gender gap in Italy is tangible. Over 30% of women who work are in part-time positions because they feel they have more domestic responsibilities. In Italy, until 2007, many women had to sign the *dimissioni in bianco*, meaning the companies could fire a woman once she became pregnant.

Student Government Vice-President, Katie Kehoe, was the brilliant moderator during the discussion with the three speakers. The first question Kehoe asked was for the three panelists to share a mistake that they had made in the past when it came to equality in the workplace, and what they would do differently.

Nicoletta Dentico, a board member of Banca Popolare Etica, talked about her previous job as director of Doctors Without Borders, while also trying to mother three children. At one point, she realized her babysitter knew more about her children than she did. She gave up her "perfectly tailored" job for her family, but regrets not trying to find a compromise.

"Men are usually more competitive [in the workplace]," said Valerie Baxter, president of the Professional Women's Association in Rome. She went on to explain that, "Women can be more insecure, and don't apply for certain positions because they feel they are not good enough. There are so many women who need help, but don't accept it."

Martina Romanelli, representative of the Young Women's Network, talked about the need for an open-minded approach to the workplace. "Equality should embrace and value all kinds of diversity, and take the strength of each of them," she said. One woman in a male-dominated working space will most likely adapt and become "like a man" but it takes many women to change the culture.

"As a Catholic, I also fight my battles in church every week," Nicoletta Dentico said. "If we can still be Catholic and feminist, I think we have learned some resistance by now."

Valerie Baxter reminds the audience that we should not take our freedom for granted. She tries to encourage people by telling them that, "the road is yours, and we are here to help you get there."

Of the many obstacles and fears that college students are on the look out for, plagiarism is the one that hides waiting for them in the dark. Like Tom, hundreds of other students suffer great distress and frustration because of the P word. Often, students fall into the trap because of honest mistake, as they don't have external tools to check the citing protocol - the same tools professors employs to check students' works. Tired of this, JCU students are reacting, taking the problem in their own hands and coming up with initiatives to fight it. Francesco Collacciani, current JCU student, developed an app called GPA Paper, to specifically help students to format errors that will come back to bite you after you've handled in the paper. "Papers shouldn't be obstacles," says Francesco, commenting on the disorienting set of rules for academic writings, "but as things look now, they are."

Tom's mistake was to cite a book he had accessed through a website instead of citing the website directly. In the academic lingo, this would translate into "citation of indirect sources," one of the big elephants in the room when it comes to MLA guidelines. It would appear, in fact, that everyone approaches this type of citation differently, from those who skip it altogether - rumor has it that MLA does not require you to cite indirect sources - to those who, like Tom's professor, support it wholeheartedly. Referencing indirect sources falls into the same broth as citing one's own work, or paraphrasing, and each member of student body and faculty has a different perception of what exactly constitutes plagiarism and what does not. Besides lacking clear and uniform criteria for MLA citing, what complicates the life of a paper-writing student is being negated access to online checkers.

"I believe students' performance should be evaluated with the same tools available to them," states JCU student Anna. If professors use online databases to check for plagiarism, in fact, students either have poor access to or can't afford them. Grammarly, Turnitin, and many other professional online systems demand a monthly subscription of \$30 minimum. While institutions and educators might have a free access, students are denied discounts or affordable prices.

The extremely pricy requests of these systems are what drove the creator of GPA Paper to come up with an app that is first and foremost student-oriented. "I didn't see it as a business, I just thought it was a good initiative to help students" tells Francesco, who asks for 4.99 € for unlimited submissions of a paper. He's also working on discounts for students who submit multiple papers at once. "The university's policy against plagiarism is fair, but they should give students some tools to prevent accidents as it has happened in the past."

# SHATTERING STIGMAS GLASS PEOPLE

BY ENRICA BARBERIS

Alex feels nervous while walking to school on Monday morning but she doesn't know why. She talks to her friends about it over a study break and they try to reassure her: "It's probably just stress." When she goes home that night she struggles to fall asleep because she keeps going over tomorrow's schedule in her head. The next day she can't get out of bed. She feels like hiding under the covers all day so she sends an email to her professor saying she is sick. When she reaches out to her parents about it they say to her: "Don't worry honey, it's normal to get stressed around midterms week. It will pass." Alex is not stressed. She suffers from anxiety.

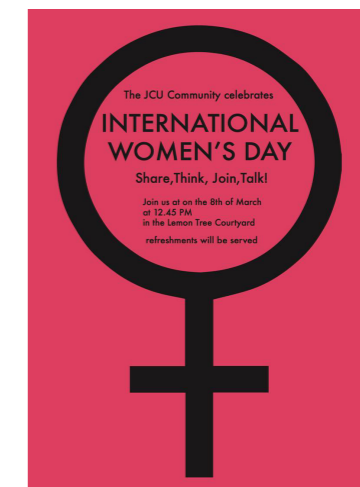
According to a survey from the Anxiety Disorders Association of America (ADAA), universities and colleges have seen an increase

stressor disappears. Anxiety is your body reacting as if there was a stressor when there isn't one. Anxiety is being constantly scared, it is missing out on events, having to talk to yourself and calm yourself down every second of your day, overthinking the simplest task or overcomplicating the simplest thoughts. Anxiety is a constant struggle.

"Come on, it's a simple: be more joyful," "Why don't you ever come out? You are such a nonno/a." The stigma surrounding this mental disorder is the reason why many people who suffer from it feel they have to hide it. On the surface, most people with anxiety are "high-functioning" and look perfectly fine. In many cases their achievement, busyness, perfectionism, and forced smiles hide some real pain. It is extremely difficult for a "high-functioning" person with anxiety to admit to suffering from a mental illness because it is likely that they worked very hard their whole lives to build that facade of

the lense of my success: Chief Editor of the university newspaper and winner of a prestigious writing contest; but, what people do not see is how many times I cry every day, how many times I feel like a failure in what I do, how many times I get scared about the smallest everyday things.

If you don't know what anxiety feels like, I will tell you. It feels like "not enough." It is a voice in your head that says: *you're not good enough. You're a bad friend. You're not good at your job. You're wasting time. You're a waste of time. Your boyfriend doesn't love you. You're so needy. What are you doing with yourself? Why would you say that? What if they hate it? Why can't you have your shit together? You're going to get anxious and because you're going to get anxious, you're going to mess everything up. You're a fraud. You're letting everybody down. No one likes you.* It feels like losing all your friends, like the world is crashing down around you as you are dancing alone in your room in a meticulously rehearsed routine of desperation. So, when someone



Come join many the JCU community in the Lemon Tree Courtyard to talk about womanhood.

International Women's Day  
March 8, 2017  
Guarini, 12.45 pm

Refreshments will be served!

*The Sidewalk Ends*, you're in for a surprise. This is a brazen and shameless adult comedy. Joel Hashop, assistant director and actor, reflects on American children's book author, Shel Silverstein, "It's really fun to see him express his genius and creativity without the restrictions of being PG."

Cabot University students, meaning they all must balance time between studies and extracurriculars wisely. "These guys have been working their a\*\*es off," said Theatre Society President Joey Armenio, "Three times a week for two to four hours each time." Rehearsals include many a late night. "I know it will all pay," Armenio later noted.

While the cast may be made up of only seven actors, the show itself features nearly thirty characters. This means the actors must master the art of quick costume changes and learning multiple characters. "The cast is small, so we're pretty close, which is super great because no one minds trying crazy, silly

Ready for an entertaining night of adult jokes? John Cabot University Theatre Society will present "A Night of Shel Silverstein" in the Aula Magna in Guarini on March 29<sup>th</sup> at 7:00 p.m. Admission is free.

Today, the Art History Club curates the space and selects new artists to display their work. Currently on display are four photographs by Professor Schoneveld, belonging to the Memory and Etruscan Landscape, in which the theme of nature is intertwined with language and memory. The photographs aim to express the quintessential quality of Etruscan landscapes in Lazio in black and white. They were taken in analogic photography and printed using coffee. Belonging to the Professor are also three pictures in the back of the library which capture Roman instances in the same way Dutch artists who came to Rome in the 16 - 17<sup>th</sup> century drew Roman landscapes. These photographs create parallels between Rome of the past and the present, as well as Romantic Dutch artists and contemporary photography.

The gallery received a gift by one of its former artists, starting its permanent collection. The piece is Vanguard by Professor Serafino Amato and it is installed on the first floor of the Aurelian Wing. It is a black and white photograph representing a man in working clothes bended inside a container, looking for something. The image captures the atmosphere of a place like a library, where students spend their time digging into books, researching and discovering.

The 4m2 Gallery is a way to keep our library always warm and welcoming, and to enrich our JCU environment with works by the people who inhabit it. It is the result of the combined and creative relationship that binds the JCU community.

If you are curious about the Gallery, its projects and artworks, find info on the JCU website under the Library section. To get an idea of all the other activities the Art History Club organizes, visit [ahcju.tumblr.com](http://ahcju.tumblr.com).



JCU THEATRE SOCIETY REHEARSALS

TAKEN FROM @JCU THEATRE SOCIETY INSTAGRAM



# Meet Deanna



BY ENRICA BARBERIS



DEAN OF STUDENTS - BY NADEEM RIFAI

doctors, and all other health related services on campus, and even organizes meditation classes.

As the dean, it's Mayer's job to respond to students' needs and plan campus life events. In other words, Mayer is a point of information for students and responding to students' needs. Her office is located in the Gianicolo Residence and is open to students who wish to just walk in with a quick question, as well as to students who are dealing with more serious problems.

If you are a study abroad, a freshmen, or a JCU housing resident you will certainly remember the extensive amount of work on security and alcohol awareness during orientation week. The safety sessions, first day curfews, and the new 'after eight' alcohol policy events were all organized by the Dean of Students' office.

These events and policies were quite successful. "Students get it. They follow the rules, are back by the curfew and later are appreciative," Mayer said.

CS, a JCU student, told us about her first days in college. "I went to Deanna's office during my first semester here just to ask where a classroom was located. Deanna was so nice that she walked me to the building, and struck up a conversation with me. She noticed that I was much younger than

most people at JCU and literally acted as a mother figure during my first semester - just until I was able to get on my feet and make friends," CS said.

"A few weeks later, when Deanna found out I was having problems with my roommates, she immediately arranged another housing option for me. She was super adamant on the no bullying policy. She even gave me her cell phone number and would occasionally send a text and check on me. I don't think I'd still be at JCU if it wasn't for Deanna's support," CS admits.

Mayer is in fact a mother - of four - and a true resource of JCU. Since she began working here in August of 2015, the student support group has significantly improved. The main word Mayer repeats many times throughout the interview is "support". As CS said, supporting students and helping them through their struggle may just be what she does best.

"The favorite part of my job is working with students and with the staff in JCU. I hope students realize how special staff and professors are," Mayer said, "I like dreaming with them and see what we can achieve."

As a matter of fact, 'dreaming' as Mayer said is the key to making progress. Many improvements are happening at the Dean's Office. The counseling office is growing, and group sessions will be organized.

# HOME in ROMIE

BY STEPHANIE QADIR

The "study abroad experience" is one that more and more students are taking advantage of each year. The experience itself boasts impressive benefits, including global internships, meeting international friends, and increased job opportunities. The event is an eye-opening and exciting experience. However, many students who go abroad find the aspect of immersing in a new country's culture to be difficult.

The phenomenon of "culture shock" is widely found throughout people who go abroad, especially college students who study abroad for a prolonged period of time. According to health professionals, some instances of culture shock can be so severe as to lead to temporary depression and anxiety. Transitioning from an American to an international university can be overwhelming and lead students feeling homesick.

"You're supposed to be doing something exciting every day. People at home don't realize that I'm just trying to live my life here and adjust to the new culture. It takes time," said Madison Krigbaum, a Spring 2017 study abroad student.

Akum K. Singh, a visiting sophomore from Rutgers University, says JCU's programs have helped her feel comfortable in her new surroundings. "Coming to Rome from New Jersey was really difficult at first," Singh said. "But meeting other students who are abroad, and also getting involved has made me feel more at home."

John Cabot University has offered services to ameliorate these concerns before they start. Study abroad students are required to attend a mandatory 4-day orientation session prior to the start of the semester when they first arrive. The program covers academic information and areas of abroad life including travel tips, budgeting, and guided tours of Rome. Additionally

# CULTURE Boom: Art & Business

*Sincerely,*

**Overwhelmed-college-student**

Dear Overwhelmed-college-student,

Between midterms, papers, and extra-curricular activities, I feel like my cortisol levels are through the roof! Two things to help you stay balanced during a stressful week: food and sleep. I know you feel like you have no time to eat because you have to study for that killer exam, but make sure you to give your brain nutrition to function!

Many people sacrifice sleep the night before big midterms, but sleep is linked to your performance on exams, and your brain needs it to process the information you read. It's a scientific fact: getting sleep is linked to memory recall, so don't feel guilty about getting a good night's sleep before an exam.

ing from day to day. Netflix is a great way to unwind between study sessions, but I would recommend watching movies rather than that new TV series you heard about during midterms week. You don't want to go on a Netflix binge the week of midterms; I've done it many a time and always regretted it.

Also, do not go out. Avoid alcohol during midterms! You may want to keep your mind off of exams, but they're not going anywhere. Be responsible and stay focused on your studies. You are a student first and foremost, and doing well should be your first priority!

Be well and good luck on your exams.

You've got this!

Yours Truly,  
Ms. Cabot

**Multicultural Club**

Come to the 2017  
Spring VIP Event!

March 16th, 6pm  
Lemon Tree Courtyard

food from all around the world, and performances.

3€ entry fee until March 7,  
5€ afterwards,  
which will be collected for dona-  
tions to a charity of your choice.

multiculturalclub@johncabot.edu

**Business Club**

Foosball Tournament  
March 25,

Play against Professors!

business-club@johncabot.edu



**CHECK  
THE NEW**

**Doctor On Campus**

**TUESDAY**  
from 10 a.m. to 1 p.m.

**FRIDAY**  
from 1 p.m. to 6 p.m.

email health@johncabot.edu  
for more information

Going somewhere cool during  
Spring break? Post pictures on  
social media and tag  
@themattewnewspaper or hash-  
tag #jcuspringbreak.  
The best three will be featured  
in the April issue.

**Student Government**

Mental Health Workshop

March 10, 9.30-12.30  
Aula Magna

Please email  
stugov@johncabot.edu  
to sign up

Have you ever been roofied, know  
someone who has  
email newspaper@johncabot.edu

**ERRATA CORRIGE:**

In regards to the February edition of  
The Matthew, there was an article  
that was misspelled and should be

still under its laws and not recognized  
as an independent country. This  
isolation caused an immense amount  
of tension, which contributed to a civil  
war. The country had an overall feeling  
of hopelessness and opportunities  
were few and far between. This chaos  
was patched up in 2003 when the US  
ousted Saddam. Business and foreign  
investments flourished and many jobs  
and companies began to flood the region.

In February of 2016, 22 Kurdish (Iraqi)  
"peacocks" gathered together in the  
Iraq's Kurdistan capital, the Citadel of

were determined to create a better life, to  
improve the country's image and develop  
the region. Since then, four "Gentlemen's  
Gatherings" have taken place, and there  
are plans for the fifth one in the making.

With this new globalization, Nihad  
became frustrated that everyone dressed  
the same way. He chose to instead buy  
his clothes from local tailors instead.  
Mr. Erbil was formed during a time of  
war against Isis. Kurdish youngsters  
were presented with a completely  
different situation from the one which

is well known for its extravagant male  
participants and mainstreaming modern  
day dandyism since the 1970's. That being  
said, Mr. Erbil stress that they are putting  
this style into the traditions of educated  
and well-respected Kurdish men.

Now that Mr. Erbil is becoming well known  
and respected, the group has become a  
catalyst for bigger changes in our society.  
They now promote women's rights and  
women in the workplace. In the future,  
they plan to arrange etiquette classes, a  
gentleman's club house, a model agency,  
barber, tailor and boutique fashion line.



A TASTE OF KURDISH STYLE

PHOTO TAKEN FROM THE @MISTERERBIL FACEBOOK PAGE

# FROM THE EDITOR

Ciao, John Cabot!

I am happy to say that warm weather is on its way! We are halfway through the semester and spring break is just around the corner! Coraggio, JCU!

Thank you for your support and feedback every month. In the March issue, I decided to concentrate on three themes: internationalism, feminism, and mental health. In these pages you will find articles about a fashion resistance group, vegan restaurants in Rome,



volunteering abroad and a profile on our amazing Dean of Students, Deanna Mayer.

Last Friday I came across an article on the Guardian about mental health and the stigma in academia. I found myself deeply involved in the article and thought that with midterms week, and the first Mental Health Workshop on Friday, March 10th, it would be important to talk about it.

"We are not talking enough about mental health," says Darcy Gruttadaro, the director of advocacy and public policy at the National Alliance on Mental Illness in the US, NAMI. "By refusing to talk about mental health, conversations are relegated to the level of hearsay and rumour. This language also explicitly equates mental health problems with weakness." I read in the article by the Guardian, "This type of language also accomplishes something else; it takes the problem of mental health and places it squarely upon the shoulders of the sufferer, rather than seeing it as a responsibility of any wider system."

For this issue I would like to thank Valentina Di Blasi, who has been my "guardian angel" in the writing of the Shattering Stigma article. I'd like to thank the writers for their contributions, the Dean of Student's office, Counseling, our amazing advisor Elizabeth Macias Gutierrez, and Allie Folino for being my light.

As always, send us comments, and please do not hesitate to stop us around campus to chat or send us an email.

Yours,  
Enrica Barberis

# WANT TO BE FEATURED IN THE MATTHEW? WE WANT YOU!