

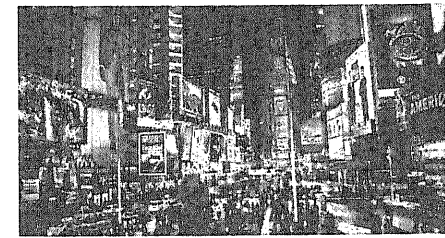
THE BANNER

The Official Newspaper of the College of Staten Island

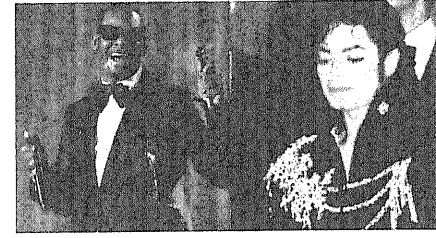
Established 1993

April 30, 2019

Issue #13



"Spring Break in NYC" pg 6



"Documentaries Aren't Enough" pg 8



"Disney/Fox Merger Done" pg 9



"Can the Knicks Survive?" pg 12

Student Expelled From CSI Keeps Going

CSI Takes No Responsibility After Mis-informing Graduate Student

BY: ANTHONY M. ACEVEDO

A former graduate student shared his experience with the mounting issues CSI is facing within their academic advisement

department after being abruptly dropped from his graduate program in Education.

Anthony Mulkay, 26, recently had success with the Christian Free Dating

application. His girlfriend, who lives in Oklahoma, flew out and over dinner they made a connection. They went on three dates through the application before the third time was the charm.

Mulkay shared that his faith in God has given him a new perspective on life. He has done services in nursing homes, public evangelism, and sermons in his current church.

When asked about this rewarding joy he has with God, Mulkay shared, "The Constitution says, 'The Pursuit of Happiness,' which I know at the time meant property, we all should pursue happiness, but true joy and satisfaction comes from God and through His son, Jesus Christ. If you seek Him, all these things will be added unto you."

Mulkay is considering becoming a

Continued on pg #5

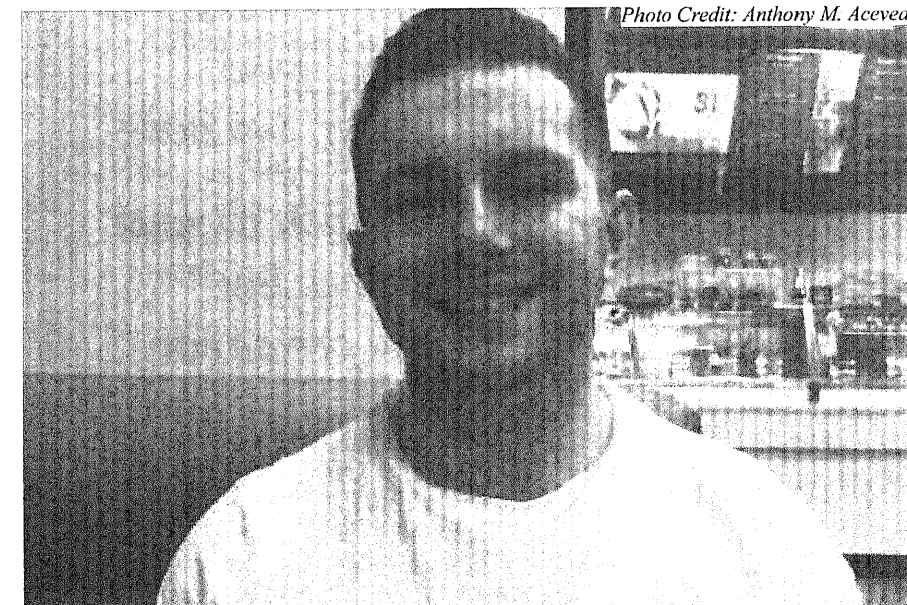


Photo Credit: Anthony M. Acevedo

With aspirations to be a full-time teacher, Anthony's passion is also for his faith in God.

The Oath And the Office Release at CSI

A Conversation With Corey Brettschneider

BY: SAMMY QUARRATO

CSI held an event in March 19th where a new book titled The Oath And the Office was released by Corey Brettschneider, a professor of Political Science and Public Policy at Brown University.

At this event, professor and author Brettschneider reinvents the civil law information that one learns in a Political Science course into a new, and relatable language.

The piece of literature's purpose is word for word in the front cover, "A Guide to the Constitution for Future Presidents."

This book's essential purpose is a guide for people who wish to be president and what to understand about the constitution. However, it isn't just for future presidents or future politicians in general, but those who wish to learn more about the country's constitution-the pillar that keeps our country up.

The reason why this book is also for history buffs is due to the many references and portions of the book where they look back into American history such as the 1910s about Woodrow Wilson to now where we have Donald Trump as President of the United States.

The event did not just have Professor Brettschneider speak the entire time without actually discussing it with the faculty, students, audience, etc.

I myself was able to ask a question: "How do we know if an action by the President or anyone

Continued on pg #4

Foreign Language Opens Doors To Various Career Paths

A Visit to CSI's Italian Open House

BY: OLIVIA FRASCA

There is no better way to connect with someone and understand their lifestyle than through language. On March 19th, CSI's foreign language department welcomed students to their Italian Open House.

The event introduced students to the Italian major and minor at the college.

New York contains the highest population of Italian-Americans in the country. Many of them live on Staten Island, so knowledge of the language and culture is certainly useful.

At the beginning of the event the department provided Italian foods. Students enjoyed bruschetta, tiramisu, and pastries while chatting with faculty about their studies.

The students then gathered in the language lab for a presentation about the curriculum. Professors Paola Ureni and

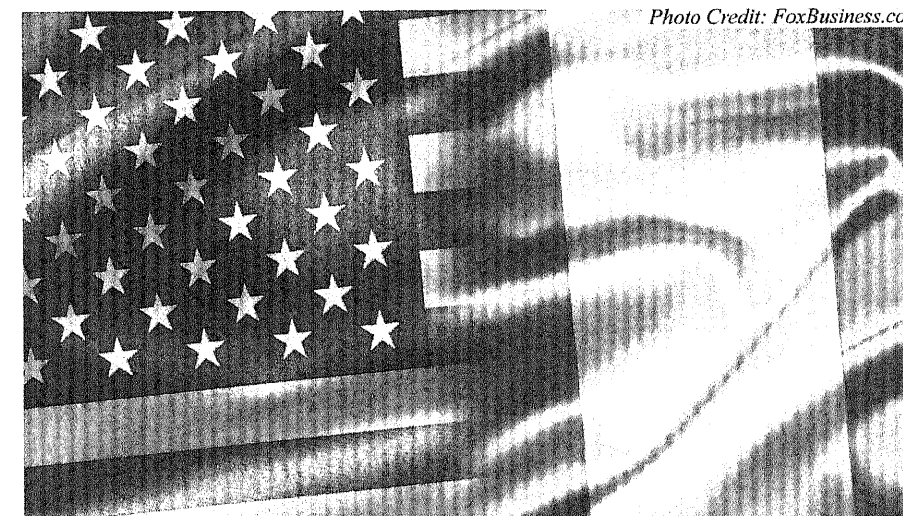


Photo Credit: FoxBusiness.com

Chiara Ferrari shared that knowledge of a foreign language is a lifelong skill.

Employers value a candidate that can speak a language other than English, as this allows them to reach a new demographic.

The Italian Studies major is 36 credits after the language proficiency require-

ment. It's easy to integrate the major into another field of interest, such as medicine, business, or government.

Students can double major in Italian Studies and another passion to diversify their coursework.

According to Masterstudies, "Be-

Continued on pg #4

STAFF

EDITOR IN CHIEF:
Veronica Pistek

Business Manager:
Michael Losi

Co-Layout Editor:
Cassandra Lane

Co-Layout Editor:
Lauren Silverman

Copy Editor:
Alexis Kateridge

Managerial Editor:
Lucia Elmi

Web Editor:
Steven Aiello

Politics Editor
Olivia Frasca

A&E Editor
Brooke Price

STAFF:
Kenny Velez
Anes Ahmed
Lauren Silverman
Olivia Frasca
Mark Deutsch
Brooke Price
Roseanne Cassar
Dominick Wojtas
Lucia Elmi
George Burket
Philip Sanzone
Valerie Gonzalez
Ubong Ekpo
Ruben Sibri
Dejon Virgo
Salvatore Cento
Maxwell Velikodny
Gabriell Kleydman
Sammy Quarrato

FACULTY ADVISOR:
Frederick Kaufman

College of Staten Island

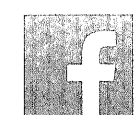
THE BANNER IS PUBLISHED BY THE STUDENTS OF THE COLLEGE OF STATEN ISLAND. ALL WORKS CONTAINED WITHIN THIS PUBLICATION ARE THE PROPERTY OF THEIR CREATORS AND ARE PROTECTED BY COPYRIGHT LAW. NO MATERIALS WITHIN THIS PUBLICATION MAY BE REPRINTED IN WHOLE OR IN PART IN ANY FORM WITHOUT THE PERMISSION OF THE EDITORS.

OUR OFFICE IS LOCATED AT 2800 VICTORY BLVD. BUILDING 1C, ROOM 228, STATEN ISLAND, NY 10314. OUR NEWS BUREAU CAN BE REACHED AT (718) 982-3116. OR BY E-MAILING OUR EDITOR (THE.BANNER.CSI@GMAIL.COM) OR BY FAXING US AT 718-982-3087.

FOR ADVERTISING INFORMATION DIAL 718-982-3116

OPINIONS EXPRESSED HEREIN ARE THOSE OF THE WRITERS, AND ARE NOT NECESSARILY SHARED BY THE BANNER STAFF OR THE COLLEGE OF STATEN ISLAND. THE BANNER IS NOT A PUBLICATION OF THE COLLEGE OF STATEN ISLAND AND THE CITY UNIVERSITY OF NEW YORK ARE NOT RESPONSIBLE FOR THE CONTENTS OF THE BANNER.

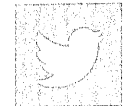
We're On The Web:



Facebook.com/TheBannerCSI



TheBannerCSI.com



@thebannercsi

BANNER ADVERTISEMENTS

THE BANNER

VOL. 1 NO.1

CSI'S STUDENT-RUN PUBLICATION

WWW.THEBANNERCSI.COM

BREAKING NEWS: NEW WRITERS WANTED!

HAVE A PASSION FOR WRITING? JOIN CSI'S TOP NEWS TEAM TO DELIVER THE LATEST CAMPUS NEWS AND NATION-WIDE BREAKING STORIES!



WRITE WHAT YOU ENJOY!
□ CHOOSE FROM A NUMBER OF NEWSPAPER COLUMNS TO WRITE FOR INCLUDING POLITICS, SPORTS, ENTERTAINMENT, AND MORE
DEVELOP WRITING AND TEAMWORK SKILLS!
□ PERFECT ADDITION TO YOUR RESUME
WE OFFER JOURNALISM INTERNSHIPS
□ STOP BY OUR OFFICE FOR DETAILS!
LEVEL UP AND BECOME AN EDITOR OR MANAGER!
□ SPECIALTIES INCLUDE WEB DEVELOPMENT, BUSINESS, FINANCE, WRITING, AND PHOTOGRAPHY

AND DID WE FORGET TO MENTION FREE FOOD?



THE BANNER OFFERS INTERNSHIPS TO CSI STUDENTS. INTERNSHIPS LAST ONE SEMESTER AND GIVE STUDENTS THE OPPORTUNITY TO LEARN ABOUT MEDIA. INTERNS WILL WORK A MINIMUM OF 12 HOURS PER WEEK, AND CAN FOCUS ON:

- BLOGGING
- EDITING
- PHOTOGRAPHY
- GRAPHIC DESIGN
- LAYOUT & PRODUCTION
- REPORTING
- WEB DESIGN
- FACT-CHECKING

VISIT US AND EAT FREE PIZZA ON THURSDAYS, 2:30-4:30, AT 1C-228 OR CONTACT US: (718) 982-3116 E-MAIL: THE.BANNER.CSI@GMAIL.COM

BANNER POLITICS

Prison Reform Bill Becomes Law

The First Step Act, Righting The Wrongs

BY: SAMMY QUARRATO

Negative news by the mainstream media is the focus of politics, especially in the Trump era where it is wall to wall coverage of how bad America is and how we may never come back from the depths of political hell.

Yet the mainstream media has ignored a bill that was passed by Congress months ago which states that it would release 53,000 prisoners in the next 10 years, specifically those who are in prison for low level, non-violent drugs offenses.

This has been something that Democrats especially have been focusing as one of the main issues of the prison system in this country, which puts people behind bars for unreasonably lengthy amounts of time.

The Trump Administration has also made it a goal to bring change into the broken system and the prison reform bill was an opportunity for both sides to do something that is beneficial to the little guys, the ones that needs help because they cannot help themselves.

The bill was passed with ease in both the House and Senate, with Democrats having a small yet noticeably larger majority of members who voted aye.

This prison reform bill is just the first step of a long and difficult road ahead for the US Government to right its wrong from the war on drugs that hasn't been fixed nor mitigated by many presidents since the Nixon administration.

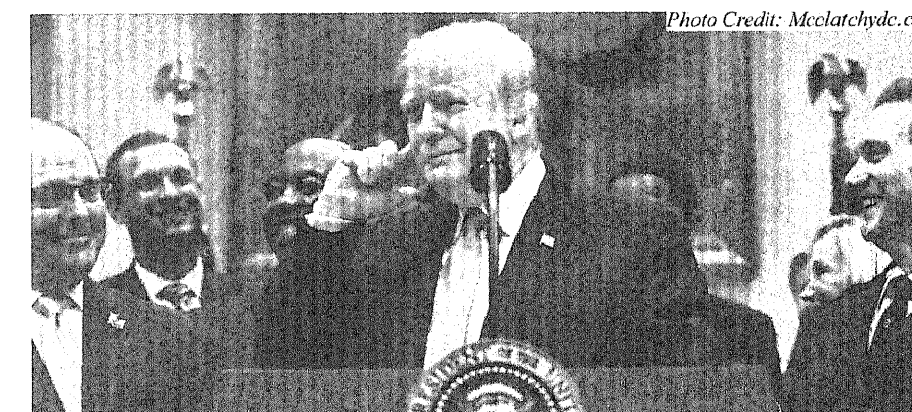
Only Obama and Trump seemed to have done anything worth mentioning. Obama pardoned hundreds of individuals in prison with harsh sentences and Trump signed the bill to do a good thing for the country as a whole.

4,000 to 6,000 prisoners were automatically qualified for a shorter sentence that would bring their lives back on track and have them return to their families, friends, and homes.

This is long overdue for the US Government and shouldn't be considered an accomplishment, but a necessary part of federal law that should have been there in the first place.

Yet the redeeming quality is that the Trump Administration, Republicans, and Democrats made it a goal to treat individuals that have harmed themselves as people that society and the government can aid.

This will cost taxpayers \$346 million, a service that American citizens are taking



A Unification for a Common Goal. Photo Credit: Mcclatchydc.com

part in funding. Though the question remains, now with a new Congress, will the Democratic House of Representatives demand more from the Administration when a second step to the prison reform comes?

The fact remains that any type of reform is needed for a system where profit is made from the suffering of prisoners that have made personal, not criminal, mistakes.

This may prove to be easily done due to the newly elected members of Congress. Representative Alexandria Ocasio-Cortez is a Congresswoman who has proven to be very difficult at times for both Democrats

and Republicans to work alongside with. This is in terms of reaching across the aisle and functioning as a government where not everyone agrees in politics but does in terms of how to figure out the best solution and compromise.

This is the first step for a prison system that is in need of repair due to being neglected for far too long. Forget about politics, profits, and news outlets: remember the men and women with families that are carrying the burden of a lengthy sentence for a fixable mistake.

Let's not allow politics as usual to prevent progress.

Tensions Between India And Pakistan Over The Kashmir Region Spark Again

When Will The Kashmiri People Live In Peace?

BY: DEJON VIRGO

On February 14, 2019 Indian forces were attacked by a suicide bomber in the region of Kashmir. 40 Indian soldiers were killed. The attacker was 19 year old Adil Ahmad Dar, a member of the Islamic militant group Jaish-e-Mohammed that's based in Pakistan.

A couple days later India produced airstrikes in north western Pakistan then Pakistan shot down an Indian aircraft. Tensions quickly flared between the two nations after years of relative peace.

The India and Pakistan rivalry goes back to when the borders were being drawn after India gained independence from the British empire in the late 1940s.

The area of Kashmir is the main problem between the two countries, as the region covers three countries: India, Pakistan, and China.

China invaded India, then Pakistan gave China more land.

India and Pakistan were left to argue about the rest of Kashmir because while the land is split between the two, both countries claimed more land.

According to Vox, in the 1800s India was controlled by the British empire and it was made up of states and provinces. When the British left in the 1940s they split some of the land into Pakistan and East Pakistan, which was mostly Muslim while the rest of the land was given to Hindu India.

The tensions didn't stop there and the era of Indian partition was very bloody and violent. The Hindus living in Pakistan fled to India and the Muslims living in India fled to Pakistan to escape the violence in both countries.

In the Kashmir region there was a king that tried to stay neutral in the conflict but

Pakistan feared that the monarch would join India so they rebuilt.

The local population did rebuild in Kashmir. Pakistan joined them so the monarch turned to India for help and that started the first Indo-Pakistan war.

The UN got involved and created a peace deal that split the region into two. They also tried to schedule a vote for the Kashmiri people but both countries refused to cooperate.

Pakistan said that the Muslim population belonged to them while India said that the region was given to them by the Hindu monarch. Neither countries came to any type of peace agreement but they doubled down on their "rightful claims."

India even added Kashmir to its constitution in 1965. The second Indo-Pakistan war broke out with both sides facing terrible losses in Kashmir.

A cease fire stopped the war but not the situation.

In 1971 the third Indo-Pakistan war broke out not in Kashmir, but in East Pakistan. India helped separatists fight for independence and Pakistan lost.

The region of East Pakistan became Bangladesh.

Vox mentions this loss for Pakistan made the region of Kashmir even more important for Pakistan, as it became one of the most militarized zones in the world. In 1987 it seemed like India rigged the election, making Kashmiris feel like they were denied the right to vote.

They took to the streets and India started to crack down on the protests with violence.

This became fertile ground for Muslim terrorists who recruited Muslim youth to attack the Indian military. Pakistan then created a new terrorist group that would fight for Kashmir to be more pro-Pakistan.

India responded by moving more troops and weapons into the region, cracking down on protestors.

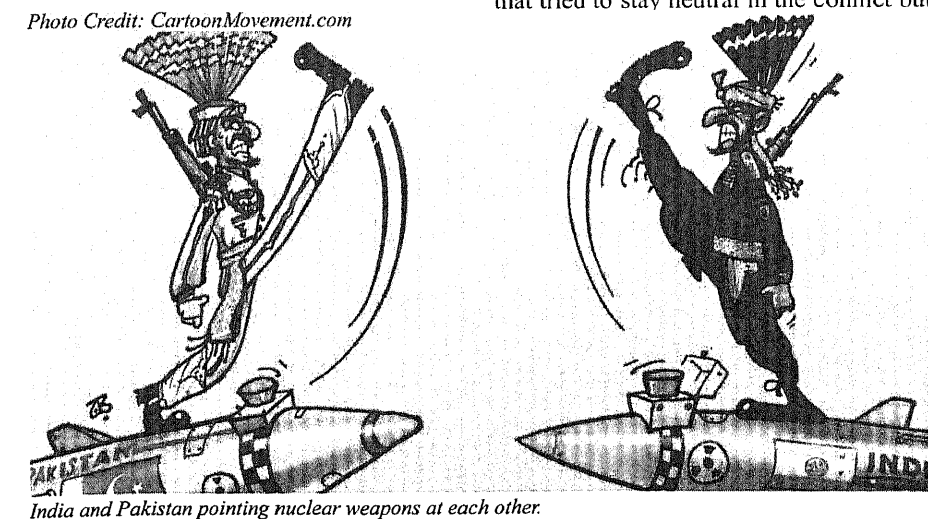
The stacks got higher when both countries started to conduct nuclear tests and later became nuclear powers. In 1999 the fourth Indo-Pakistani war broke out.

The war over Kashmir ended with another cease fire but the Pakistani-backed militia didn't stop and got more violent. One of the militias in 2001 bombed the Indian parliament building, killing 14 people. In Mumbai in 2008 a couple more people from the same group killed 174 and wounded 300.

India cracked down on protestors and created a cycle of events: a terrorist attack occurs, India cracks down on it, and the terrorist group recruits more suicide bombers.

This cycle hurts the Kashmiri people the most because they're the ones in the middle of this conflict that has lasted over 70 years.

After all the violence the Kashmiri people still did not get their chance to vote on their future, which many countries including India and Pakistan seem to forget.



India and Pakistan pointing nuclear weapons at each other. Photo Credit: CartoonMovement.com

BANNER NEWS

"Foreign Language Opens Doors"
Continued from Front Page

-cause mastering several languages isn't just about words; it's also about an underlying cultural understanding that is particularly sought after in today's workplace. This perspective can help you get ahead in a number of industries -- from medicine and marketing to teaching and technology. In short, language skills don't just open doors; they keep them open."

Organizations need employees that can communicate with people from around the world. A language major or minor sets an applicant apart from others, especially in the medical or business field where patients and clients may not speak

English.

The Italian minor at CSI is only three classes at the 200-level or above, one of which is already completed for students that reach language proficiency. Language proficiency is a requirement for most liberal arts majors at the college.

Students that have prior knowledge of a foreign language should take the Fast Track Language Proficiency test. The test will exempt students from either the 1st, 2nd, or 3rd level of a foreign language based on their score.

This is a great option for students that want to get ahead in their studies. The test is typically administered each semester after midterms.

Students can find a schedule for the

Italian, Spanish, French, and Mandarin Chinese placement tests on the CSI website. The test is held in the Modern Languages Media Center, Building 2S Room 114.

John Dunleavy from the Center for Global Engagement spoke about the life changing experience of studying abroad. Florence is the most popular destination among CSI students; the school's partner is Lorenzo de' Medici Institute.

The college also offers Rome, Venice, Tuscania, and a new Bologna program as destinations.

"Study abroad programs at CSI enable students to explore the traditions and modern realities of the world from another perspective. Program requirements

vary, with no previous language study required for most programs. A range of financial aid and scholarship opportunities are available," according to the Center for Global Engagement website.

Current students in the major encouraged undergraduates to pursue the same track and join the Italian Club. In the fall semester, the department is offering Continuing Italian II, Advanced Communication Skills, Italian Civilization and Culture, and Modern Literature as classes.

Knowledge of a foreign language provides a student with many career opportunities at home and abroad. Majoring or minoring in Italian Studies is a promising option as globalization is more prevalent than ever.

Photo Credit: Olivia Frasca



Students gathered in the language lab to learn about Italian Studies at CSI.

"The Oath And the Office Release"
Continued from Front Page

in the three branches of government does something truly unconstitutional due to the simple fact that the written law of the land by our founding fathers is up for interpretation for the changing times, and who are truly the ones to make that

judgement?"

His response was in simple terms, it being a case by case basis where depending on the circumstances of the situation and the era is where it may or may not be determined.

What that essentially means is that there isn't a clear and cut answer that is

the solution for all future situations and cases when it comes to potential violations of constitutional law.

The answer itself makes sense due to one of the points of the book and the constitution itself, which is that it is open ended yet clear on what can or cannot be legislated by the Government.

Another question asked was by Professor Paris which was if Barack Obama unconstitutionally brought us into war without actually declaring war such as us being in Syria, Libya, Yemen, etc.

The reason for the question was due to the point of views of Professor Brettschneider inevitably being a driving force for his criticisms of Donald Trump but not of other presidents who may have been more moderate or left leaning.

That being said, it does not damper the books points of views in principle but it's quite difficult to be 100% objective, as humans we have different ways of processing subjects such as politics and government.

The event ended with a conclusion of uncertainty of the future of the country yet a gleaming hope that puts some faith in our hearts toward the constitution which has been with us almost as long as we won the war against the British.

The Oath and The Office is an interesting read for anyone who wishes to learn constitutional law, American politics, or Trump's effect on how we as Americans view the law of the land.

Photo Credit: Pieswe.com

THE OATH AND THE OFFICE

A Guide to the Constitution for Future Presidents

COREY BRETTSCHNEIDER

A guide for anyone wishing to become President.

THE OATH AND THE OFFICE

A Guide to the Constitution for Future Presidents

COREY BRETTSCHNEIDER

An essential guide to the presidential powers and limits of the Constitution, for anyone voting—or running—for our highest office.

BANNER NEWS

"Student Expelled from CSI"
Continued from Front Page

pastor or deacon one day. He currently takes online seminary courses while finishing his MA in education with Touro College.

Anthony explained how Touro College makes sure he knows what tests and certificates he needs after he graduates to be a teacher. "I have to say the professors have been very good at Touro.

"They do in person classes and online courses so you get to experience both. Overall the professors are always very informal, always willing to answer questions."

Unlike Touro, Anthony confessed that CSI had him running around like a "turkey without a head." Anthony shared, "It doesn't matter how good your guidance counselor is if you cannot be informed by the administration and what the administration requirements are."

Anthony elaborated on his experience with CSI's graduate program during his Spring 2018 semester. His GPA as an undergrad was a 3.0, and his grad GPA was a 2.3 due to taking graduate classes before entering the education program.

"They told me I was on academic probation but the problem with that was they said just graduate with 3.0. I did exactly what they said, I averaged a B." Anthony

expressed with disappointment, "I was on my way to get a 3.0 about the time I was due to graduate."

"Two weeks before my finals, two years into the program, they told me I had to average an A- that semester, not overall." Anthony shared about the administration of the education department.

They failed to tell him clear requirements he needed before his semester began. "Two weeks before my finals, they told me they would terminate me from the program.

"I got two B's and I got kicked out for getting B's. I think CSI is disorganized in terms of how they inform." Anthony's experience is not uncommon with CSI's education department.

An anonymous student who was taking a Creative Non-Fiction Workshop with Professor Ava Chin during the Fall 2018 semester expressed dissatisfaction with the Education Department as well.

She was working full-time as a teacher and providing for her husband and child while going to school. In order to satisfy the administration's requirements, she had to leave her full-time job as a teacher and do a two-month unpaid internship as a teacher somewhere else.

She was outraged over the inepti-

tude of the Education Department. Why wouldn't the Education Department allow her to satisfy her internship requirement at her teaching job?

Advisement issues at CSI have such unsatisfactory reportings that General Advisement in 1A has snatched up Jennifer Durando from the English Department to oversee all of General Advisement. She went from being a full-time professor to being a full-time advisor for the English Department.

Jennifer Durando was and still is legendary among many English students who have gone to her for advice and advisement.

"The counselors in the education department are also professors, they're so overloaded with lectures and work that they neglect or don't know the information to give to the students." Mulkay added. "They should hire full-time advisors so the professors could focus on teaching and the students could be properly informed."

Mulkay also recollected his work as a part-time substitute teacher while pursuing his MA and doing online seminary.

"Being a substitute teacher is great, I wouldn't say it's a lifetime position, but it's a great job for when you retire or for

when you go to school for your masters." "When I first started subbing, the schools wouldn't give you work, you'd have to bring your own material and your own stuff." Mulkay explains that he always prayed that his students in these situations would do the work he brought for the day.

"Make sure you find the right schools that you would want to sub at. It is usually the disorganized schools that don't give you the material."

"The work is definitely worth the pay, because it's \$185 for one day of work and you usually work between 6 to 8 hours." Composed, Mulkay is content with his current job for now. "You need a bachelor's degree to be a substitute teacher, for an education dropout who got over 20 credits, I would say it is a great job to have."

Mulkay was asked for any closing thoughts or advice for anyone considering going into graduate school at The College of Staten Island. He was elated to offer help to anyone in such a situation.

"They have good professors there, but do your own research on their policies. I trusted my advisors too much. Make sure you check the paperwork on the policies, programs, and all that stuff on your own."



Photo Credit: TopImages.com

LIFESTYLES

Top 10 Things To Do In NYC for Spring Break

Who Would've Thought That Spring Break in NYC Could Be This Fun?

BY: VALERIE GONZALEZ

As the semester goes on, we have more homework, projects and if you're a senior you're worrying about your final presentations, but that shouldn't ever stop us from having some fun on spring break.

If you're staying at home for spring break and are on a budget, don't worry! The following list of events will fulfill your need for adventure, drinks and more than anything—fun!

So let's begin with our first weekend, shall we?

A free event on April 20TH is the "Night Glow Bike Ride" event, celebrating the beginning of spring with a 3.5 mile loop all around Prospect Park. This event is family-friendly and requires RSVP.

The "2019 Opening Day" is a remarkable event that celebrates the opening of the backyard season featuring DJs, live music, food and beer. This event is 21+ and requires RSVP as well.

There is also a free NYC boat party on April 20th celebrating spring break on the Hudson River. You can enjoy on the amazing views of the Statue of Liberty, Brooklyn Bridge and more iconic views in the city. You must be 21 years of age or older to RSVP.

Another event is on April 20th, called "Emo Night Brooklyn." This event will welcome you to the home of emo night,

and will be filled with music from the 2000's and DJ hits. The event starts at midnight and you must be 21 years or older to enter.

After a filled weekend of parties and amazing atmospheres we move on to a cultural week at the Tribeca Film Festival, which is full of classes, VIP packages and VIP experiences that will leave you speechless as soon as you walk in.

There are some amazing deals depending on what you want to experience, and also this year's Tribeca Film Festival is allowing regular people to get tickets for the award ceremony on April 28th. Leave the island one more time so you can develop your imagination and creativity with this amazing and innovative festival!

Get ready—the beer supplies are coming your way! Oh and of course, the food!

Kick it off with Spring's Best Beer Fest on April 27th. This year's craft beer festival will feature live betting on races, samples of over 100 local and national craft beers as well as wine tasting. Experience the VIP section with early entrance and amazing exclusives.

On the same day enjoy the biggest festival of colors in NYC, called "Holi in the City." It is an Indian festival that welcomes spring in an amazing way. This festival of color will feature local restaurants, drinks and amazing NYC entertainers. Celebrate friendship and love with this worldwide



The festival of colors is something you wouldn't want to miss.

celebration! No vegan people, I didn't forget about you. On April 28th, we celebrate the biggest Vegan Pop-up in Grand Bazaar. Discover and explore new vegan and plant based lifestyles, and remember to bring your non-vegan friends and show them what they're missing. Donations are going to public schools all over the NYC area.

On the last Sunday of spring break, there are two amazing family-friendly activities that will leave you fresh and ready to start the end of the semester with on right foot. The Arbor Fest takes place at the Queens Botanical Garden and promises to be an event that is fun-filled and a celebration of trees and environment, featuring local vendors, food and amazing gardening activities.

For the technology lovers, what better way to finish spring break than with an amazing Auto Show? Fill your Sunday with all the latest technology in cars and most futuristic concepts that will leave you and your family speechless. With more than 1,000 cars and trucks on display the Auto Show, NYC promises an unforgettable experience.

So, pack your friends and sense of adventure, because this year's spring break is sure to bring some fun!

Photo Credit: Onkartravels.com

Delaying Good Can Equal Great

Waiting For the Rewards Can Help With Personal Growth

BY: PHILIP SANZONE

Holding off on something to gain more over time can reap great benefits. This can work in a relationship, a job, or even in a diet.

Thinking more about future outcomes or waiting and knowing that things will turn out even better is hard in many respects and ultimately, it takes a lot of discipline.

In the aspect of dieting, holding off on unhealthy foods and portion sizes can really be significant in the level of gratification you feel. Besides, after losing weight those unhealthy foods taste even better!

Having control over impulses is an

other benefit that delayed gratification can offer. It can be hard and trying to control them isn't a walk in the park, but it can pay off in the long run.

Delayed gratification doesn't have to be just putting something off. Instead of just taking an easier or shorter route, the longer and more exhausting one can provide more reward than one might think. Incorporating this kind of concept into daily life is something that can definitely be done.

Using other means to refocus yourself, such as avoiding unnecessary distractions when you're trying to study, is one way to practice delayed gratification. After that,

you can take a break and do what you want like play video games, read, or watch T.V.

When buying things like games or books, you should buy things you really need instead of impulsively buying things that you don't. Bookmarking them and waiting for a cheaper sales price over time is a more satisfying buy.

An example is if a brand new hat costs \$25, but then it went on sale, which gave you the means to purchase two instead of one. In short, waiting for something to go on sale results in smarter purchases and more confident spending.

Taking the time to think about what might happen if you waited just a little bit longer can change your perspective on things and help with figuring out the best course of action.

There are many examples and reasons to try and hold off on instant gratification. Even with hobbies you can implement these practices. Holding off on buying collectables can lead to bigger fish or even a collectable that you might have really wanted over the other, less valuable ones. As they say, quality over quantity is what really matters.

Sales come around and go, and looking for them takes patience and willingness to wait. The overall consensus is that delaying satisfaction and holding things off

can lead to a better and more well-rounded person.

Could there be a downside? Not really based on overall studies, most of which refer to the marshmallow experiment. The study consisted of various kids who were given the choice to wait to gain an extra marshmallow by holding off for a few minutes or just take one anyway after the experimenter left.

Following these same kids into adulthood, it was observed that the kids who waited and gained the extra marshmallow had better mental and physical health later in life, as well as better academic performance. Holding off and savoring satisfaction for later gives more meaning to it.

Always ask yourself if taking some ice cream out of the fridge right away would be better enjoyed later.

Maybe later there will be sprinkles available or friends staying over who you can share it with. Also, instead of rushing a relationship, taking it slow and building it up sets a stronger foundation for it to last longer.

This is the beauty of delayed gratification, but how you try and make use of it is up to you. Using delayed gratification correctly can really do a lot for you. Patience is key.

Photo Credit: YourSmartMoneyMoves.com



Waiting instead of jumping the gun is more beneficial.

LIFESTYLES

Are You Secretly Insecure?

Signs You're Insecure and Don't Know It

BY: LUCIA ELMI

Insecurity is something we all experience from time to time, some more than others. It can have a debilitating effect on our lives in many ways, including socially, personally, and career-wise. However, some people are better able to hide it from others. They can turn on that charm and walk around like they can take on anything.

Being this kind of person isn't necessarily a bad thing per se, because after all, sometimes putting on a smile and pretending you know what you're doing is the only way to go about it. However, at what point is it fair to say that hiding behind a mask of your own choosing is just a form of unhealthy escapism?

Usually, the ones that supposedly 'know' how to hide it best are the ones that carry the deepest insecurities. In fact, you might be one of these people. There are some obvious signs people may tend to overlook when spotting out an insecure person.

One sign people may overlook is when an individual is prideful of their accomplishments. Of course, there is nothing wrong with having a little confidence but some people can take it too far.

Constantly feeling the need to brag

about your accomplishments and comparing them side-by-side with other people's lesser accomplishments is an obvious indicator that you're insecure. It indicates a fear that other people might outcompete you so the only way to prevent that from happening is by shooting down others by using your accomplishments as a weapon.

Photo Credit: TheZealLife.com



Insecurity can be louder than you think.

Another sign of insecurity is when you feel the need to take on too many responsibilities, leaving you no room for other things such as family and friends. Taking on a number of responsibilities to grow as a person can certainly be a good thing, but it can also hinder you from growing in other aspects. It could possibly put a strain on your social and family life.

In the end, finding a healthy balance between work and relationships is what makes life fulfilling. Don't sacrifice one for the other.

Being outspoken and assertive can also be an indication of insecurity. When you feel the need to come to a defense on what everyone says, it is not only incredibly ob-



Insecurity can be louder than you think.

noxious, but an obvious sign that you are not willing to respect other people's opinions, whether they are right or wrong.

Even if what the person is saying is wrong or unethical, you should not take it to heart because in the end, you decide who hurts you, not the other way around. A confident person knows how to direct their energy towards things that matter, the

irrelevant opinions of others is not one of those things.

People who apologize over every little thing are also blatantly insecure people. It is always healthy to own up to your mistakes, as it is a great indicator of having a sense of humbleness in your character, but apologizing too much can also be an invitation for others to step all over you.

It is a sign that you are always unsure of how your actions affect people. Additionally, more often than not, chances are you also struggle to assert yourself in times of adversity. Sometimes silence, such as in this instance, can also be an indicator of insecurity.

Even without these signs, the presence of an insecure person can be determined just by being able to pick up on and interpret certain feelings you get when you're around them. You might feel unwanted, uneasy or even anxious around them.

These are just a few tell-tale signs of spotting out insecure people. If you're one of these people, it might be time for you to take a hard look at yourself and develop a strategy to improve yourself as a person and rewrite how you impact other people.

The first step to fixing a problem is to recognize it.

Why do Baller's View Their Possessions as Toys?

The Meaning of a Baller's Pricey Possessions

BY: KYLE FORBES

There was a scene in the film, "Limitless," featuring Robert De Niro and Bradley Cooper. De Niro was offering Cooper a promotion and told him that he'll be wanting a few toys.

After watching the two wealthy businessman in a discussion, a question arose. The question was—why do ballers view their possessions as toys?

"More than mere tools, luxuries or junk, our possessions become extensions of the self. We use them to signal to ourselves, and others, who we want to be and where we want to belong."

Ballers who have possessions of their own artwork could view themselves as creative athletic dunkers in a basketball game. Their sights could be focused on dunking creatively at their next family basketball game in the summer.

The player could want to belong in friendships amongst other players who come up with new innovative dunks. So, the ballers artwork could be a possession viewed as a toy that comes with other rewards, such as new dunking tricks.

Christian Jarrett reported that Lan Chaplin and her colleagues interviewed participants aged between 8 and 18 and found that 'materialism' peaked at middle adolescence, just when self-esteem tended to be lowest.

In the same way a toy could make a child happy, ballers could view their ma-

terial goods such as their drawing pad of 70 sheets as something fun. Such a materialistic item could be the toy that satisfies a baller after a long work-out practice.

A self-esteem boost could come from owning a leisure art item that could be considered pricey for less fortunate people in their community. An example could be two sets of four-pack Micron pens.

Throughout adolescence, possessions increasingly reflect who people are, or at least how they would like to see themselves.

A baller doesn't necessarily have to own toys that focus only on basketball. A baller could own a sketch pad and still see themselves as a person who views their art object as their leisure item.

There are actual professional artist who live a baller's lifestyle and make a good living as an artist. A good example could be Damien Hirst.

Hirst is known for having a dead shark placed in a rectangular prism container-like tank. The name of the exhibit is, "The Physical Impossibility of Death in the Mind of Someone Living." Hirst's possessions could be something as simple as fancy glasses. The installation artist is worth \$300 million.

"My house is not 'just a thing,'" wrote Karen Lollar in 2010. "The house is not merely a possession or a structure of unfeeling walls. It is an extension of my physical body and my sense of self that

reflects who I was, am, and want to be."

A baller who has their own room or home could reflect on how their room or home contains many of their achievements such as college awards, retired professional basketball players jerseys, etc. As a result, the baller could view their room or home as a way to reflect on their self-satisfaction and sense of worth.

Their room or home not only holds their toys but also holds their moments to reflect on being the person they "was, am, and want to be."

Research by Derek Rucker and Adam Galinsky at the Kellogg School of Management reports that participants who felt less powerful after remembering a time when someone had control over them were more willing to purchase a silk tie and oth-

er high-status products.

Based on this information, ballers could view their possessions as toys because their material goods cause them to feel independent.

In 2010, Kyungmi Kim and Marcia Johnson found that, "extra activity was observed in the medial prefrontal cortex (MPC) in response to the sight of 'owned' items, compared with control items allocated to others."

Kim reports that parts of the brain that are known to be mentally active in thinking about the self also appear to be active when we make connections to external things and ourselves by owning something.

To have your own possessions could provide personal happiness because you could treat the object the way you want.



All these ballers have possessions.

Photo Credit: TheRinger.com

BANNER ARTS

Surviving Propaganda: Michael Jackson and R. Kelly Documentaries

Accusations Alone Can Ruin a Legacy

BY: UBONG EKPO

Beginning in January, Lifetime released a six part docuseries entitled "Surviving R. Kelly," which followed the testimonies of various women that claimed to have been sexually abused by the R&B singer while they were teenagers. The series addressed his controversial relationship with the late R&B singer, Aaliyah.

"Surviving R. Kelly" also addressed allegations of an alleged sex cult, where women were allegedly held captive by Kelly.

The docuseries brought renewed backlash to the R&B legend, who despite facing these same allegations in prior years, was never truly repudiated.

However, the manner in which the docuseries was produced and presented to the public can be questioned.

One story that was questioned was the case of Lizzette Martinez, who claimed the 1995 Michael Jackson song, "You are Not Alone" which was written by R. Kelly, was written about her in response to her allegedly miscarrying Kelly's child.

Martinez claimed to have met Kelly in 1995 at the age of 16. However, a piece from the Chicago Tribune that was written in December 1994, stated that Jackson and Kelly were working on this song since November and had completed it, which directly contradicted Martinez's claim since she said she met him in 1995.

"Surviving R. Kelly" set the precedent for documentaries to be used as fact.

This model was soon intensified by the documentary "Leaving Neverland," which debuted on March 3rd and 4th.

Wade Robson and James Safechuck alleged they were sexually abused by Mi-

chael Jackson for several years from childhood until their teenage years.

With "Leaving Neverland," there are severe credibility issues that need to be addressed.

Director Dan Reed has repeatedly maintained Robson and Safechuck do not seek a financial incentive for the film, they simply want "justice."

What Reed fails to mention is that

Photo Credit: People.com



The two musical icons face backlash, but are documentaries full on convictions now?

Robson and Safechuck filed a \$1.6 Billion lawsuit against the Michael Jackson estate in 2013.

Robson was the sole filer of the lawsuit originally and claimed he was abused.

Despite being cross examined and being asked in detail whether he was sexually assaulted by Michael Jackson several times, including by Jackson's lawyer in his 2005 trial, Robson claims he didn't understand he was abused. He maintains throughout the documentary, that he was "in love with Michael Jackson" as a result of Jackson's grooming.

It should be noted by 2013, the statute

of limitations expire on perjury charges one year earlier for Robson, in 2012 and if the accusers claim to not recognize the abuse, it is considered valid.

No one in the media seems to focus on the fact that Robson consistently defended Jackson of any wrongdoing.

Robson's accusations come coincidentally only after the Michael Jackson Estate declined him as a dance director for the

Safechuck also claimed to have been abused in a train station at the Neverland ranch.

The train station as proven by the building permits was not built until 1994, Safechuck claims his alleged abused ended in 1992.

Safechuck also claimed Jackson spent the Thanksgiving of 1987 with his family, when Jackson in fact was on his Bad Tour in Brisbane, Australia the very week of this Thanksgiving.

"Surviving R. Kelly" and "Leaving Neverland" are both dependent on the public to be emotionally outraged enough to want to erase the legacies of Michael Jackson and R. Kelly.

When Robson's emails were forced to be shown, which is documented in his own lawsuit, there were several emails which were found to show Robson emailing himself slanderous articles about Michael Jackson. There were also several drafts of his autobiography detailing his alleged abuse, with each draft containing contradicting accounts of abuse.

One of Robson and Safechuck's many allegations was that Jackson had trained them to hate women. This was immediately challenged by Jackson's niece Brandi

Robson and Safechuck filed a \$1.6 Billion lawsuit against the Michael Jackson estate in 2013.

Robson was the sole filer of the lawsuit originally and claimed he was abused.

Despite being cross examined and being asked in detail whether he was sexually assaulted by Michael Jackson several times, including by Jackson's lawyer in his 2005 trial, Robson claims he didn't understand he was abused. He maintains throughout the documentary, that he was "in love with Michael Jackson" as a result of Jackson's grooming.

It should be noted by 2013, the statute

"Captain Marvel" Isn't So Marvelous

This Origin Story Hits Right in All the Wrong Places

BY: SALVATORE CENTO

When all of the other origin movies that we've seen are released well before "Avengers Infinity War," it is quite surprising that "Captain Marvel" is released just a month before "Endgame."

Not only that, but the release of "Captain Marvel" was already on thin ice with Brie Larson voicing her opinion about "old white dudes" being the majority of critics in this medium.



Brie Larson takes to the screen as Captain Marvel on March 8th, 2019.

This is just the icing on the cake. Charisma was somewhat of a missing trait in our main actress in all of the promotional videos surrounding the release, which didn't help those questioning if she could fit the role of the main character.

But with all the stumbles that it took while making its way to the theatre for the release date of March 8, 2019, Captain Marvel regained her footing and stood out to be something more than what we were

originally sold. Not to discredit the main plot but the audience was not only served one, but three backstories. That's what saved this movie from being brushed aside.

The tried and true super hero formula finds a comfortable place in Marvel's latest release yet again. The hero, or in this case, heroine is fighting for something she doesn't fully understand.

She has powers that she doesn't understand. A climatic event during the middle of the film spurs the heroine to seek answers. She eventually finds these answers and also finds out how great her powers are on the way. By the end of everything, she saves the day by harnessing these talents to defeat the evil.

While that is what actually happens in "Captain Marvel," even if it looks new and shiny because of the sprinkling of flashback scenes and sides of nostalgic 90's flashbacks, what kept viewers' eyes on the screen was the inclusion of characters that fans of the Marvel Cinematic Universe already knew, such as Nick Fury and Agent Phil Coulson. At this stage of the game, people are quite tired of what we've already seen so many times over.

The viewer was finally able to see how Fury and Coulson's relationship first developed as well as how the Avengers Initiative was created. Seeing familiar faces on-screen mixed with a feeling of wanting to fill in gaps on their history, the audience

wanted more scenes about them than of Danvers herself. In a movie named "Captain Marvel," that shouldn't be the case.

Talking about the movie itself in a much wider aspect, as a superhero movie, Marvel's latest release does have a footing like previously mentioned but wears two different styles of shoes.

The scenes try to juggle between being a campy action as seen in the likes of "Thor: Ragnarok" but then we dash into emotionally brutal scenes like "Captain America." At times, this quick rotation will make the movie feel awkward and clunky to those familiar with Marvel movies.

What doesn't feel odd is the CGI. The special effects are really one of the highlights of this movie. When Captain Marvel lets her powers unleash for the first time, all of it comes out of a standard of excellence from Marvel Studios.

In summary, this movie has it's ups and downs. The sub plots are more interesting than the main one. The supporting characters hit the ball harder and stronger than the main protagonist. Comedy is present to balance to the drama, but it just doesn't execute very well.

While this is a pivotal movie to see if you are a long time fan of the Marvel Cinematic Universe, Captain Marvel will play an important role in the upcoming "Avengers: Endgame" movie. Expect it to be a little less than marvelous.

Jackson, who revealed she was in a nine year relationship with Robson, a relationship set up by Jackson himself.

Their relationship was not mentioned at all in the documentary, which directly contradicts Robson's story.

Several errors were made by Safechuck, that no one is reporting on, such as Safechuck claiming Jackson took him on a vacation to Euro Disney in 1988, when Euro Disney was not opened until 1992.

Safechuck also claimed to have been abused in a train station at the Neverland ranch.

The train station as proven by the building permits was not built until 1994, Safechuck claims his alleged abused ended in 1992.

Safechuck also claimed Jackson spent the Thanksgiving of 1987 with his family, when Jackson in fact was on his Bad Tour in Brisbane, Australia the very week of this Thanksgiving.

"Surviving R. Kelly" and "Leaving Neverland" are both dependent on the public to be emotionally outraged enough to want to erase the legacies of Michael Jackson and R. Kelly.

When Robson's emails were forced to be shown, which is documented in his own lawsuit, there were several emails which were found to show Robson emailing himself slanderous articles about Michael Jackson. There were also several drafts of his autobiography detailing his alleged abuse, with each draft containing contradicting accounts of abuse.

One of Robson and Safechuck's many allegations was that Jackson had trained them to hate women. This was immediately challenged by Jackson's niece Brandi

Robson and Safechuck filed a \$1.6 Billion lawsuit against the Michael Jackson estate in 2013.

Robson was the sole filer of the lawsuit originally and claimed he was abused.

Despite being cross examined and being asked in detail whether he was sexually assaulted by Michael Jackson several times, including by Jackson's lawyer in his 2005 trial, Robson claims he didn't understand he was abused. He maintains throughout the documentary, that he was "in love with Michael Jackson" as a result of Jackson's grooming.

It should be noted by 2013, the statute

BANNER ARTS

Disney/Fox Merger Officially Done

Disney Continues to Grow and Gain More Franchises

BY: GEORGE BURKERT

On Wednesday, March 20, the Disney/Fox merger was officially completed. Costing \$71.3 billion and considered the biggest film deal in history, Disney now owns assets held by 21st Century Fox.

The deal has lowered the number of big movie studios to five. Besides Disney, there is still Sony, Warner Bros., Universal, and Paramount.

One of the franchises owned by Fox that Disney will now have is the "X-Men" series. Marvel Studios, also owned by Disney, will now be able to integrate the X-Men into the "Marvel Cinematic Universe."

Fox will still release their upcoming "X-Men" film "Dark Phoenix" this summer with the cast that has been around since "X-Men: First Class," but it will most likely be the last "X-Men" movie with them. Fox is also likely going to release another completed "X-Men" film "New Mutants" in August.

It has been confirmed that the only "X-Men" property not being recast or rebooted as of now is the "Deadpool" series, which has become popular in the last few years. Ryan Reynolds currently plays the Merc with a Mouth and has expressed excitement in the deal, posting Deadpool coming to Disney jokes on his social media.

This is a reassurance to the fans, who were worried that deal would mean Reynolds would no longer play Deadpool and

the "Deadpool" movies would no longer be R rated due to Disney's family-friendly image. Disney CEO Bob Iger and President of Marvel Studios Kevin Feige have actually expressed excitement in continuing to make R rated "Deadpool" movies.

An "X-Men" film that will have an unknown future is "Gambit," which was supposed to be a solo movie on the X-Men character Gambit. "Gambit" has been in development for years and was going to star Channing Tatum as the title character, but it is looking promising.

Another Marvel franchise Disney and Marvel Studios will have access to are the "Fantastic Four." Unlike the "X-Men" series that has been mostly well received and successful at the box office, the "Fantastic Four" movies have been negatively received and have not done well at the box office.

Fans will be excited both franchises might eventually appear in the Marvel Cinematic Universe. For Fantastic Four fans, they may finally get a good "Fantastic Four" movie.

A Fox franchise growing that will now be owned by Disney is the Avatar franchise. "Avatar" is the highest grossing film of all-time and is scheduled to have many sequels in the upcoming years.

It shouldn't be a problem for Disney, who already has an Avatar section in their Walt Disney World park, Disney's Animal Kingdom. Also, with how successful "Avatar" was when it came out, Disney will

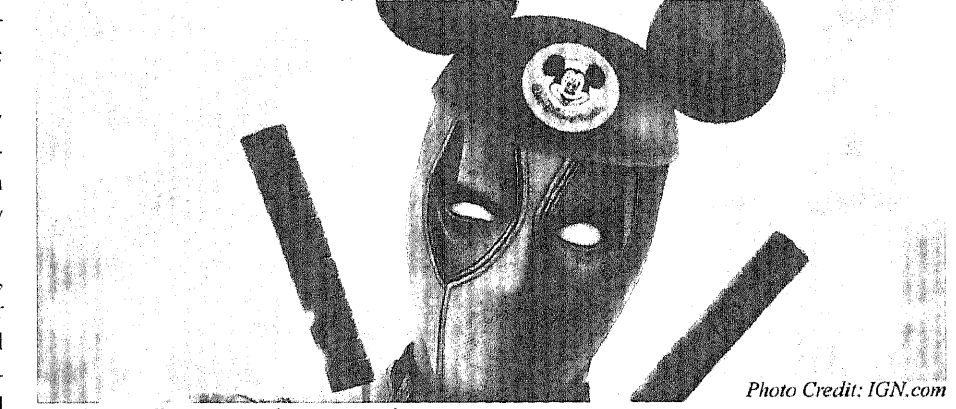
most likely welcome more "Avatar" movies, making a lot of box office money with the Marvel Cinematic Universe and "Star Wars."

Fox's animation studio, Blue Sky Studio, known for animated movies like "Ice Age" and "The Peanuts Movie," is still around, but it's unknown what their plans are or how much longer they are going to be around. Disney already has two animation studios with Disney Animation and Pixar that are more popular and well liked.

Another Fox franchise fans might be concerned about is the "Alien" franchise. The "Alien" movies have been known for being R rated science fiction horror movies that aren't for kids, but like "Deadpool," it might stay the same.

The deal will have no effect on Fox Corps. Fox Corps currently owns Fox Sports, Fox News, and Fox TV Network.

Disney, which owned a 30 percent stake in Hulu before the merger, will now



Deadpool will continue to have movies despite concerns.

Photo Credit: IGN.com

From the Streets to a Penthouse

"Pretty Woman: The Musical" Details a Different Type of Love Story

BY: BROOKE PRICE

Vivian Ward works on the streets of Hollywood as a prostitute, trying to make her ends meet. One day, she meets the rich and lonely Edward Lewis craving affection and emotional connection, in contrast to the typical services Vivian offers.

Edward pays Vivian for a week to be his escort and she stays at his penthouse with him. There, she learns proper etiquette and how to dress modestly.

She undergoes a transformation as she makes herself an educated and well-rounded person. She also develops a relationship with Edward, unlike her past clients.

As a prostitute, Vivian never kisses her clients on the mouth because she is afraid of relationships and commitment.

When she is with Edward, she is hesitant to be in a relationship with him at first. However, as the days go by, their relationship grows and Vivian begins to fall in love, a feeling she rarely has.

Their relationship grows and Vivian learns that there is more in the world that she can learn from.

She finds someone who genuinely cares about her and treats her right, unlike clients who used her body.

Now, the original film, "Pretty Woman" which starred Julia Roberts and Richard Gere has become a musical on Broad-

way. On August 16th, the Nederlander Theatre held its first show of "Pretty Woman: The Musical." The musical stars Samantha Barks and Andy Karl as Vivian and Edward.

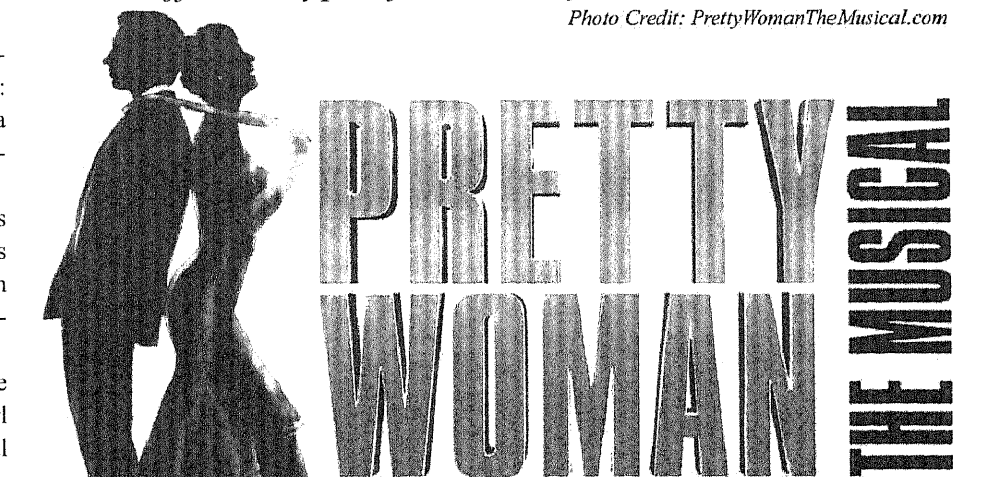
Samantha Barks plays the rebellious and kind-hearted Vivian. Andy Karl plays the wealthy Edward, who pays for Vivian to escort him to social and business functions for a week.

Barks previously played Éponine in the 2012 film "Les Misérables." Karl had played Phil Connors in the musical "Groundhog Day" and Rocky Balboa in "Rocky the Musical."

Banks had spoken with Vanity Fair about playing Vivian, a role that was played by Julia Roberts; "I'm trying to be true to the character—and trying to remove the pressure of Roberts, who obviously is so well loved for this performance, you have to try to do your own thing and use your own instincts to read the character like you're reading the script for the first time."

Unlike the film, the musical doesn't include the iconic car scene, where Vivian shows Edward how to drive his manual Lotus Esprit.

The play does include the scene where Vivian gets all dressed up in the iconic red



The cast of "Pretty Woman: the Musical" brings to life the renowned film.

Photo Credit: PrettyWomanTheMusical.com

dress for Edward.

Another popular scene is when Vivian goes to the opera with Edward. The irony of this scene is that the opera they see, "La Traviata," is about a prostitute that falls in love with a wealthier man.

Jerry Mitchell directed "Pretty Woman: The Musical" as well as the choreography. The music and lyrics for the musical is composed by Bryan Adams and Jim Vallance.

Garry Marshall and J. F. Lawton wrote the book "Pretty Woman." Lawton wrote the screenplay and Marshall was the director for the 1990 film "Pretty Woman."

Julia Roberts who played Vivian in the

film saw the musical. In an interview with Entertainment Weekly, she discussed how she felt seeing the play after Marshall's passing; "I was overjoyed for the cast because I think they did a really lovely job but I did leave there with such a bitter-sweet feeling in my heart. I missed Garry so much."

"I Can't Go Back" is a popular song from the musical. Vivian sings this song when she realizes that she has found herself, changed for the better and doesn't want to go back to a life of prostitution.

This musical will be sure to retell the classic heartwarming and feel good tale that we adored from the original film.

Despite the downsides and concerns for some franchises owned by Fox, it will be exciting to see what new direction Disney and Fox will go in.

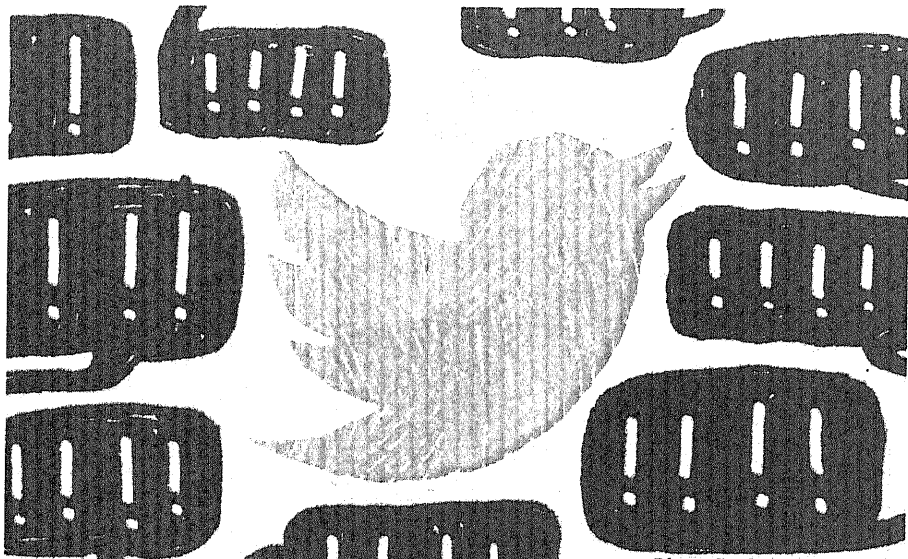
BANNER OPINIONS

Facebook and Instagram say Bye Hate Speech!

BY: VALERIE GONZALEZ

As we all know and most likely have heard, Facebook is trying a new policy that doesn't allow content supporting hate speech (more like content that supports white nationalism and white separatism), but hopefully by the end of the year just hate.

This new policy has grown into Facebook's plan for a long time after realizing that the rates of discrimination and violence online have increased in the past five years.



Twitter should follow Facebook's lead in denouncing hate speech.

Twitter Honey, What About You?

"Companies, along with governments, have a responsibility to make digital spaces safer for everyone." But the wakeup call for Facebook was after an attack in New Zealand on March 15th that was broadcasted live on Facebook.

What's going to happen to our posts on Facebook and Instagram? Well based in many factors like, provoking violence or induce attacks to religions and political opinions and or anything that violates "fakebook's" community standards your

posts can be deleted and depending on our past behavior you could be banned from both platforms- Instagram and Facebook.

Plenty of white nationalist groups spreading hate speech have been permanently banned from both platforms, but anyone supporting and representing white nationalism has and will be banned, too.

Facebook is also banning every single person who has previously violated the new community standards from the platforms, as well as improving software to quickly identify edited versions of violent videos or images to prevent them from being shared and posted from now on.

Thank you Facebook for starting this amazing wave of love and support rather than hate and violence as we've had over the past years.

The importance of this is huge. With all the misinformation memes and campaigns that have been posted on Facebook and Instagram, there have been tons of misunderstandings and social conflicts in every single city and or country that has access to both platforms.

On top of that, the youngest generations have access to this horrible and manipulative posts with just one click, allowing them to represent and support hate speech.

What can we do? Be aware that more than 50% of what you see on Instagram and Facebook is edited and will and has the purpose to cause an impact on you, also everyone's more than welcome to report every hate speech and or related accounts to help Instagram and Facebook to identify them faster.

As the hate speech increases and the two biggest online platforms try to fight it, I couldn't ignore the fact that we are in a constant "tweet war" with our president and representatives. Twitter has become a platform not just to make their voices heard, but to also spread hate into our society on a daily basis.

Either you support him or not, we all know that Mr. President Donald Trump has been abusing of the freedom of speech online. He has always been a recognizable figure for what he has tweeted or retweeted, and Twitter has not changed or announced new community standards of posting and or a way to ban this kind of hate speech.

The POTUS should and must have regulations of what and how to post in social media, as well as every single user.

Twitter honey, when is it your turn to change this war and violence era to a loving and supporting one?

Is an Open-Curriculum Worth it?

The Benefits of an Open-Curriculum

BY: MAXWELL VELIKODNY

College is meant to be a time of discovery, learning, enjoyment, and development. It is also perhaps one of the most critical years of our lives because our choices of study essentially dictate our future career paths—although not always.

The majors and minors students choose in college often coincide with their career path. For instance, future doctors may major in Biology or Chemistry, while future accountants major in Accounting or Business. Some careers do not necessarily have a major that is recommended, a field being law.

Law schools accept students that have unique fields of study because the law has a broad scope. Law schools also believe that law is meant to be taught in Law school. Thus, majoring in legal studies would not be as impressive as majoring in something unique or pertains to law, like Political Science.

Nonetheless, most fields of studies require courses or require the student to major or at least minor in something relevant. As a result, the student is constricted with their major requirements.

The issue here is that students are at times constrained from pursuing courses that interest them, stunting their growth as individuals. Is there a solution to such a predicament?

The short answer is yes. Some selective schools here in the United States have

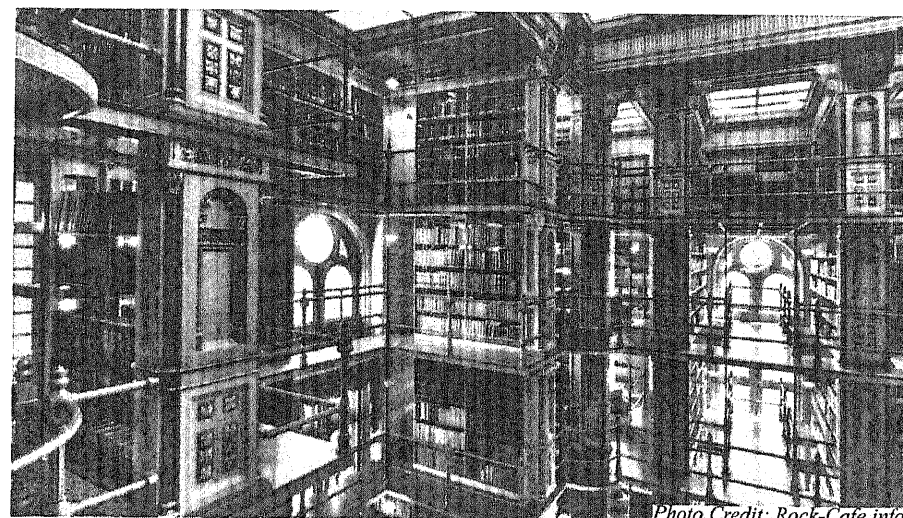
adopted a unique system that allows students to choose what they want to study without constraining them with arbitrary requirements called an Open-Curriculum.

Take Brown University as an example. Brown is an Ivy League Institution that has been around since 1764 and is one of the most selective colleges in America. Brown offers an Open-Curriculum that is looked upon favorably by its students and Alumni.

"Brown's Open Curriculum is based on three principles. The first is that students ought to take an active role in their education by assuming responsibility for the direction of their learning. Secondly, an undergraduate education is seen as a process of individual and intellectual development, rather than simply a way to transmit a set body of information. Finally, the curriculum should encourage individuality, experimentation, and the integration and synthesis of different disciplines" (Brown University)."

An Open-Curriculum allows students to take classes in fields that interest them that are not related to their major. Instead of having majors, Brown has concentrations. These concentrations give students the freedom of taking any class that revolves around the field of study they are interested in.

For example, a student studying Biology can skip a BIO 170 course and go straight to BIO 180 if they think they are ready or are more interested in it. The col-



A photograph of Riggs Library at Georgetown University. Open-Curriculum can allow for independent research of any kind no matter what major.

lege would essentially give the student total freedom on their education.

Students would no longer feel bogged down on classes that are not relevant to their majors like an English major taking Biology or a Math major taking a Shakespeare Literature class. Instead, students would be open to pursuing what they believe is beneficial to them, regardless of what the college recommends.

An open-curriculum can also allow students the opportunity to research in different fields no matter the major/concentration. The ability to enrich oneself in learning would be intensified.

The CUNY College of Staten Island, like most other colleges in the United

States, has a Core-Curriculum.

"Schools that have a core curriculum require students to take certain classes regardless of their major or school with a college or university. A core curriculum differs from distribution requirements, which mean students must take a certain number of courses in a department or designation, such as four math or science courses" (College Vine).

Implementing an Open-Curriculum in the College of Staten Island would prove to be very beneficial to students. Core-Curriculums constrict student growth and learning whereas Open-Curriculums advocate for student self-discovery and learning.

SEX AND RELATIONSHIPS

A Closer Look at the Colorful Spectrum of Relationships

There is Something for Everyone

BY: RACHAEL GATH

It's comes down to when we'll be having sex, how much sex are we having, or none at all.

Non-virgins seek relationships mostly for intimacy, love, and sensuality. They won't be in a relationship knowing they wouldn't have sex at all. Relationships are all about having that certain connection with a special person.

However, for non-virgins it isn't always about staying with one person only. It can go as far as having open relationships, one night stands, and friends with benefits.

Open relationships are about having a sexual encounter with your partner as well with others. Open relationships are common because people like to explore more experiences with different people. According to Hollywoodlife.com, Hollywood celebrity stars Angelina Jolie and Brad Pitt have been in an open relationship before.

One night stands are defined as having a sexual encounter with someone a person has just met. Normally, when one is in a relationship and both partners get into a fight, and one of them usually gives into having a one night stand with someone they meet in a bar or a club and has sex with that person, although it means nothing to them.

When one is at a club, they usually look

for somebody to have a good time with and try to hook up with them and that encounter usually turns out to be a one night stand.

Friends with benefits are about two



A guy casually leading a girl to his house to have sex.

people who are just looking to have sex and nothing more than that. They don't want to be in a relationship nor do they want to express their feelings for one another. For example, the movies, "Friends with Benefits" and "No Strings Attached" are great examples that show what friends with benefits actually means.

Most virgins want to be in a relationship, but sex is not there only goal. Some virgins wait for marriage to have sex while

others do not. Some virgins don't feel it's their time to have sex yet because they don't feel they're mentally ready for it yet.

Asexual couples are people who are in relationships but do not have sexual en-

This is due to one person realizing that they their sex life with that person just isn't the same anymore and the relationship has become unfulfilling.

Communication helps a person talk about their problems so that people can be there for each other. Out of all the things you could be apart of, such as friends with benefits, one night stands, open relationships, communicating what a person desires and needs is key.

Besides sexual activities, one can do fun activities with their partner such as going to the movies, the beach, or even going on a dinner date. They can even go on road trips and travel to new exciting places together. By doing these activities, a couple can get to know each other by learning new things about one another and developing a spiritual connection.

Generally, relationships can be boring if there is no sexual interaction going on. Sometimes, one of the partners in a relationship pressures the other into having sex when they don't want to. Also, relationships can go on without sexual intercourse if both sides are in agreement that not having sex is something they both want.

Overall, there are plenty of options out there and a relationship to satisfy almost anyone is possible.

Mutual and Ego-less Peacocking on a First Date

Connecting Through the Individualism of Outrageous Apparel

BY: SUMMER MARTINEZ

The dating game evolves generation after generation, but one thing has always remained the same—we generally tend to conform to dressing a certain way, a way in which we deem our date will likely find attractive.

The style clichés of the general population of millennials, for both men and women, are that we either dress sexy for a date or lean casual, or, more likely, some combination of both. What we don't do is go out in outfits that may shock our dates. Why would we?

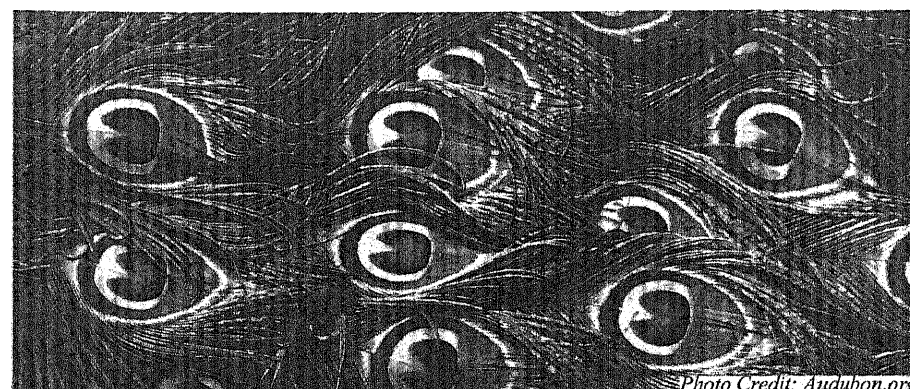
When dating, what we're aiming for is a mutual connection, and this hope for connection can be largely hindered if we startle someone away with a daring outfit before even saying, "Hi!" This is the general consensus.

But what if we challenged it? I propose that everyone should, at least once, make arrangements with a date to co-dress outrageously, as you meet for the first time.

This proposal works best with blind dates or meeting someone in person who you've only previously visually seen through dating apps.

In dressing outrageously, you may be surprised to find the ways in which it can be beneficial. If both parties are willing to take on this daring-outfit experience, it can ease tension by eliminating expectations and even be the perfect conversation starter.

Most importantly, it can be a bold expression of yourself and of your date as you avoid being pressed by social dress-code standards. Outrageousness isn't quantifiable.



The function of the ornate feathers in the train of a male peacock is to attract female peacocks for mating purposes.

Go at your own pace! Dressing in avant-garde apparel doesn't mean you have to wear, for instance, a fruit head-dress. You don't have to omit comfort or your own personal style in place of dressing differently than usual.

The point of this playful experiment is to dress without traditional limits, to be saucy and silly, comfy and edgy, or whatever other mix of styles you come across.

If you don't know where to begin, I encourage that in opposition of traditional harmonies, you seek to create some other sort of balance in which pieces you choose, whether its through pairing complimentary fabrics, implementing a theme, or other modes of stylistic symmetry.

If you want to chat with your date prior to meeting up in the efforts to coordinate and/or be somewhat on the same page for the outfit idea, go for it!

You might not want to wear a 19th century inspired transparent ruffle-sleeved blouse, while your date shows up in a satin gold gown and grunge boots. In fact, it can be a healthy choice to pre-chat about what you and your date might wear.

This could make for an honest and light-hearted conversation as you speak about your stylistic interests, especially if you're both into fashion and/or each have your own flair in the ways you dress.

Meeting up in this avant-garde way naturally expresses vulnerability and inti-

macy in that no one else is in on it except you and your date. You'd be sharing the same experience, just the two of you. If onlookers stare at you in curiosity or disapproval, it can serve as a push in developing a bond and connection between you and your date.

People experience enough critique and anxiety as it is, let's reduce it for a day as you meet your prospective lover boy or gal and actively co-encourage and co-explore each other's individuality.

If you're willing to give outrageousness a try, release skepticism. You should have as much fun with it as possible! It's a great immediate test of compatibility.

If all goes wrong, and your date makes fun of your outfit choices, then screw em'. For whatever ridicule they could give, it would show their lack of ability to have a good time and demonstrates their close-mindedness. You can at least say you were adventurous for a day and would have a story to tell.

Seek and present boldness, intimacy, and creativity in the ultimate exploration of yourself. It is good to also find this in the company of your date. You should wear side-fringed cowboy-esque pants with a white tee and neon bandana, or whatever else you outrageously please.

Besides, in fun and chance, you and your date might be smooching by the end of it all! Play well and strut your stuff!

SPORTS

Can the New York Knicks Get Any Worse Than This?

NY Knicks Hope for Success in the NBA Draft Lottery

BY: DANNY CACACE

The New York Knicks have just been served their 60th loss of the season by the Los Angeles Clippers, and cannot wait for this season to be already over.

The Knicks have been searching for some type of positivity for the past few seasons now and just cannot seem to find that beacon of hope. Yet the NBA Draft Lottery is coming up, and it looks like the Knicks have a chance at potentially having the #1 pick and getting the player that has been getting a lot of attention in sports media.

Zion Williamson who is playing for right now The Duke Blue Devils men's basketball team has taken the sports media's notice and let them know he deserves to be the number one pick in the NBA Draft. This is where the Knicks have to hope for that the lottery balls to go in their favor this time around to hope they get the number one pick in the NBA draft.

However, the 2019 NBA Draft has changed its rules for how it will work this season. The top three worst teams the regular-season all have the same chance at getting the number one pick which would be 14%. It used to be the worst team in the regular season had a 25% chance at the number one pick, the second had a 19.9% chance, and the third had a 15.6% chance at it.

At least, this gives the three worst

teams in the regular-season the same chance at obtaining the number one pick.

Yet, that is not what the Knicks want, since they need a potential NBA star player to draw in players to come to their team in free agency.

The NBA free agency market is also going to be filled with tons of talent this year with stars like Kevin Durant, Kyrie Irving, and Jimmy Butler who will all be free agents this year. Certainly, the Knicks have their eye on all of them and all the other

pick in the NBA draft this year.

One might say, "Well, what happens if the odds do not go in the Knicks favor of getting the kind of team they want?"

Well, the Knicks still got some pretty young talented player with the likes of an Emmanuel Mudiay who had a great game last night against the Clippers where he posted 26 points against them, and Mitchell Robinson who has been their young shot-blocking leading rookie.

There are other young gifted talent on this team where the Knicks can build a bright future around. These include the core group of guys along with whoever they get in the NBA draft and free agency.

However, the Knicks have to have hope and aim high this off-season, or else it can be another disastrous season ahead.

"The first few minutes I just told them to wake the hell up," the Knicks Coach David Fizdale said in last night's loss against the Clippers, as his team allowed them to have the game's first 8 points. "We were still in bed those first couple of minutes. And then the final four, we really had four defensive breakdowns and they capitalized on each one of them."

Well, the Knicks facing defensive breakdowns is nothing unusual, but only time will tell if they can get the team they desire and become the an offensive powerhouse.

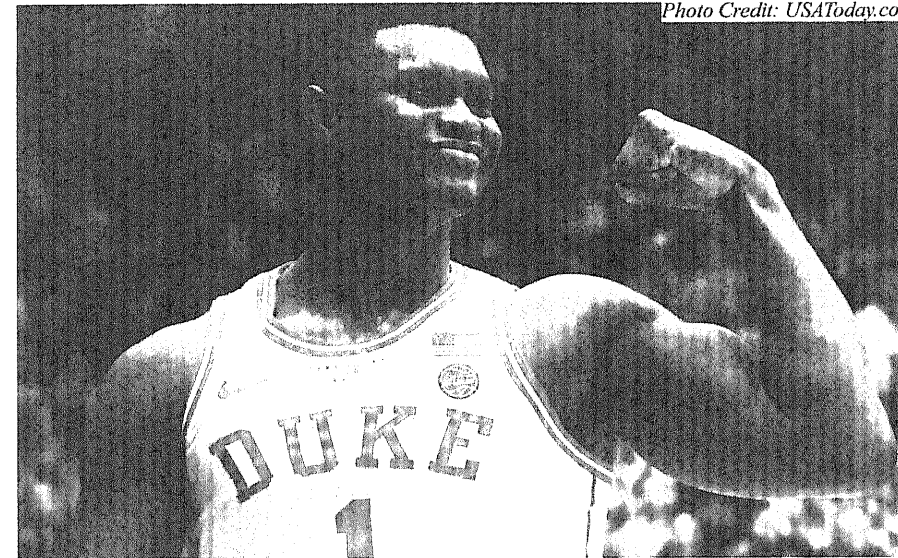


Photo Credit: USA Today.com

Here is Zion Williamson flexing off his biceps while smiling as he patiently waits to be called up potentially number one in the NBA Draft.

Luckily for the Knicks, the draft is expected to be filled with tons of players with potential soaring through the roofs such as college basketball stars like R.J. Barrett who just hit the game-winner for Duke last night against the UCF Knights and another star like Ja Morant who is projected to be the third pick in the NBA Draft.

talent, but its up to the players if they are willing to negotiate a contract with them.

The Knicks have two max contract slots open which means they have a chance at obtaining two NBA star players and can give them contracts worth the maximum amount of money they can receive along with having a chance at the number one

Rise of the Yankees

Potential for Success for the Yankees in 2019

BY: KENNY VELEZ

Last year, the New York Yankees got eliminated in the American League Division Series by the eventual World Series Champion Boston Red Sox.

This year, the Yankees have a new look and aspirations to win the AL East.

But at the same time, they are dealing with several injuries at the onset of their season.

Luis Severino will be out until May with right rotator cuff inflammation.

It is more a precaution than anything, to avoid anything more serious like Tommy John surgery. Aaron Hicks is going to be out until April with a lower back injury.

CC Sabathia, who will retire at the end of this season, is currently dealing with a degenerative condition in his right knee.

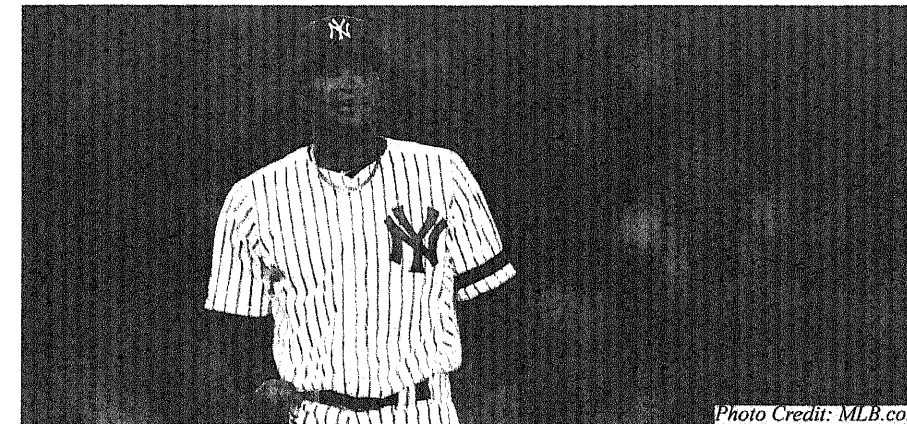


Photo Credit: MLB.com

Can the Yankees get it together this season?

When he returns, he will not start right away because he has been suspended for five games due to hitting a Tampa Bay Rays better.

Dellin Betances is dealing with right shoulder impingement, but could be back soon.

Didi Gregorius had Tommy John Surgery in the off-season, and will be out until at least June. These are among the injuries that the team are dealing with heading into the season.

Their 2019 season begins at home against the Baltimore Orioles.

Masahiro Tanaka was the opening day starting pitcher for the Yankees.

The starting lineup for opening day consisted of center fielder Brett Gardner, right fielder Aaron Judge, left fielder Gi-

ancarlo Stanton, Designated Hitter Luke Voit, third baseman Miguel Andujar, catcher Gary Sanchez, first baseman Greg Bird, second baseman Gleyber Torres and shortstop Troy Tulowitzki.

Another position player on the Opening Day roster is DJ LeMahieu, a new edition to the team who played for the Colorado Rockies last season.

The Yankees got him through free agency during the off-season.

The Yankees won the first game against the Orioles, but after the off day on Friday, they lost the next two games against them.

Not a good sign, as last year they went 12-7 against the Orioles.

In contrast, the Red Sox went 16-3 against the Orioles last season.

The Yankees finished 8 games behind the Red Sox in the American League East in 2018.

If they had won more games against the Orioles and other last place teams, they could have won the division.

Relief pitchers on the Opening Day roster include Aroldis Chapman, Chad Green and Jonathan Holder.

Among the off-season moves they made was the signing of Tulowitzki.

He missed all of 2018 after having surgery on both his heels.

The Toronto Blue Jays released him in December, and it was assumed that he

would never play in the Major Leagues again.

But to his credit, Tulowitzki worked hard to make a return to the baseball after having last played two years ago.

One of the players who left the Yankees during the off-season is Andrew McCutchen, who signed a three year deal with the Philadelphia Phillies.

Another is Neil Walker, who signed with the Miami Marlins.

The Yankees' top prospect from last year, Justus Sheffield, was traded to the Seattle Mariners along with Dom Thompson-Williams and Erik Swanson for starting pitcher James Paxton.

Paxton is among the members of the starting rotation to begin the regular season.

The others being Tanaka and J.A. Happ.

After the opening series, Giancarlo Stanton and Miguel Andujar were both placed on the 10-day injured list.

Stanton with a left biceps strain, and Andujar with a right shoulder strain.

Andujar's injury could potentially be serious and require surgery.

The Yankees have the pieces that they need in order to win, but they all need to come together and actually win games before they can think about getting to a World Series.