

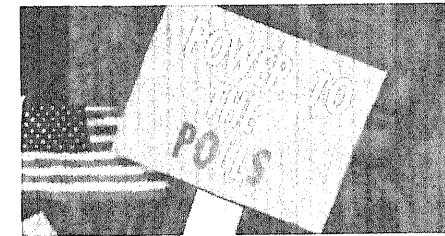
THE BANNER

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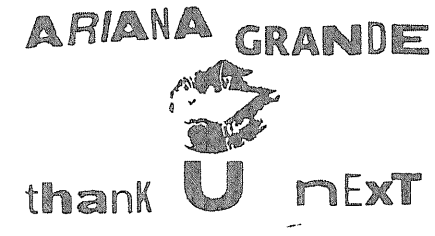
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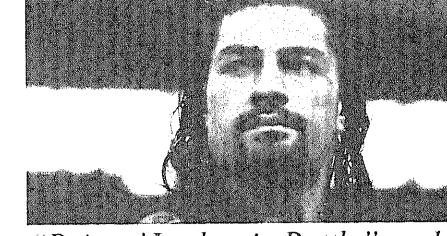
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The Effects of the CUNY-Amazon Collaboration

Amazon Moves Their Headquarters to NYC

BY: ANES AHMED

With Amazon moving their headquarters to Long Island City, Queens, CUNY has prepared for them a welcome present: a partnership.

Alongside SUNY, this development has been created to provide a pipeline and opportunities for CUNY alumni and graduates to compete for the available 40,000 new jobs that will come with Amazon's arrival.

However, this merger can be beneficial and problematic for numerous of reasons. While the intention on CUNY's end is an honest and hopeful investment, as expressed by CUNY Interim Chancellor Vita C. Rabinowitz, Amazon's coming can be quite damaging to New York citizens.

The company's arrival could potentially lead to exploitation of workers and the gentrification and displacement

of neighborhoods and people within the surrounding area.

This would have a negative effect on minority groups, colored communities,



Photo Credit: Twitter.com

and working class folk that make up a wide majority of CUNY's population.

This can also have a negative consequence on New York as a whole, espe-

cially in the the terms of subway commuting.

With Amazon being situated in New York, this can lead to heavy congestion within subway platforms and extend the travel time it takes for students to get to college, go to work, and arrive at home.

CUNY Board of Trustees Chairperson William C. Thompson Jr. stated that: "CUNY is America's largest urban university system, and we will commit our considerable college assets to ensure that Amazon has a strong pipeline for talent, ideas and innovation."

A strong statement, but there are further intricacies that need to be considered.

While it is likely that some CUNY students will be fortunate to nab a career working with Amazon, a large pool of applicants will be coming from around

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Deers Pose Public Health Risk: First Report of Lyme Disease Hits Campus

The Ongoing Issue of NYC's Deer Overpopulation Crisis

BY: LUCIA ELMI

A recent report circulating around campus has brought to attention the disclosure that a student allegedly contracted Lyme disease, and the source of the illness originates from the campus' very own grounds.

News of the rumor started back as early as September of the 2018 fall semester. It has raised a number of concerns as well as unanswered questions regarding the nature of the disease, its origins, and what the prospects are for the general safety of CSI's students and staff.

Hope Berte, Vice President for Campus Planning, Facilities Management and Operations, addressed the situation in hopes of putting people at ease.

As to the origins of its presence on CSI's campus, Berte said, "Ticks are an island-wide problem that is exacerbated by the increasing deer population."

SI Live made a shocking report in relation to this, quoting, "From 2012 to 2016, Staten Island saw a 250 percent rise in cases of Lyme disease—the sharpest jump in the disease of the five boroughs over the last five years, according to data the Advance compiled from the Centers for Disease Control and Prevention."

"Illnesses spread through deer ticks, and locally acquired cases of Lyme disease, are on the rise

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CSI's Library Archives History Day Highlights Importance of Archival Research

No Topic is Off-limits With Archival Research

BY: BROOKE PRICE

At the presentations on archival research given at CSI on Archives History Day, three speakers discussed how archives have improved their works. They have all agreed that reading through the archives of their field of research helped them to strengthen their works.

Archives enable writers to access information that they are unable obtain from other sources. They are also used to help writers back up their points of view or gather insight for their writing.

One of the speakers who discussed the benefits of archival research was Maryann Feola, a professor and a member of the English department at CSI.

In her speech, she discussed how she used archives for her works; "Geography



Photo Credit: CSI.CUNY.edu

of Shame: A Fictionalized Memoir" and "George Bishop, Seventeenth Century Soldier Turned Quaker." Feola wanted to gather research for her 2015 memoir "Geography of Shame: A Fictionalized Memoir" about her great grandmother, Angelina.

Her great grandmother was born in 1870 in Italy and came to the United States in 1892. Not many family members knew about great grandmother Angelina's story, so Feola decided to check the library archives.

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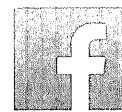
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BANNER POLITICS

Midterm Elections Bring About Historic Firsts in D.C.

Will a New Congress Shake Up The Political Agenda?

BY: OLIVIA FRASCA

The 2018 midterm elections were historic to say the least. 435 seats in the House and one third of the seats in the Senate were up for grabs. Voter turnout was roughly 49.3%, a level that hasn't been reached in a midterm election since the 1960s, according to Vox.

High voter turnout wasn't the only reason this election was considered historic. The 116th Congress will be the most diverse yet. Jared Polis was elected to be the first openly gay governor in Colorado.

Ihan Omar won Minnesota's 5th district, and Rashida Tlaib won Michigan's 13th district. They will be the first Muslim women to enter Congress.

In New Mexico's 1st district, Debra Haaland won. Sharice Davids also won Kansas' 3rd district. Haaland and Davids will be the first Native American women in Congress. Joe Neguse will be the first African American from Colorado to be elected to the House too, reported Vox.

The midterm elections were a victory for women, too. As of now, 107 women serve in Congress. In January, more women will be serving in Congress than ever before.

In the Arizona Senate race, women ran in both major parties: Kyrsten Sinema, a moderate Democrat, won the seat. Kristi Noem was elected the first woman governor of South Dakota, and Michelle Lujan Grisham became New Mexico's first Democratic Latina governor.

Democratic socialist Alexandria Ocasio-Cortez won New York's 14th district by 78%, Vox reported. The district includes parts of the Bronx and Queens. At 29, she is the youngest woman to be elected to Congress.

Ayanna Pressley is the first African American woman to be elected to Congress from Massachusetts. Pressley ran uncontested in the 7th district. Several veterans, women and men, were elected too. Mikie Sherrill, a former US Navy pilot and lawyer, will represent New Jersey's 11th district. Dan Crenshaw, a retired Lieutenant Commander, was elected to represent Texas' 2nd district.

On Staten Island and south Brooklyn,

Max Rose flipped New York's 11th district from red to blue. The 31-year old Democrat served as an active duty officer in Afghanistan. Rose won 52% of the election and defeated Republican incumbent Dan Donovan. Rose's campaign focused on ending gun violence, lowering healthcare costs,

worked in several public service positions, including as Chief of Staff for a non-profit healthcare organization and as a special assistant to a Brooklyn DA.

In New York City, Democrats won all House districts in this election. As expected, incumbent Andrew Cuomo and Kathy Hochul won the election for Governor and Lieutenant Governor of New York. Kirsten Gillibrand will be re-joining the Senate.

The Democrats have gained control of the House with 232 seats, while Republicans hold 199 seats. The GOP makes up for this loss in the Senate, where Republicans have 52 seats and Democrats have 47 seats.

In order for a bill to pass, it must be approved by a majority in the House and Senate. The elected Democratic House and GOP Senate may change the lawmaking process, as Congress is currently dominated by the Republican Party.

The House cannot stop any Presidential appointments, such as Supreme Court nominations. Such appointments are approved by the Senate. The House can conduct investigations, and the Democrats will likely use this power to investigate the Trump administration.

The 2018 historic midterm elections gave power to both major parties. Members of the 116th Congress will take office on January 3rd, 2019. Election season may be over, but changes in Washington are just getting started.



Newly-elected members of the 116th Congress gather in front of the Capitol. Photo Credit: NBCNews.com

American woman to be elected to Congress from Massachusetts. Pressley ran uncontested in the 7th district.

Several veterans, women and men, were elected too. Mikie Sherrill, a former US Navy pilot and lawyer, will represent New Jersey's 11th district. Dan Crenshaw, a retired Lieutenant Commander, was elected to represent Texas' 2nd district.

On Staten Island and south Brooklyn,

and reforming taxes for the working and middle class. On a more local level, Rose has promised to tackle the opioid crisis, improve public schools, and pass an infrastructure bill that will improve Staten Island transportation, as outlined on his official website.

The Staten Island veteran will use his House seat to fight corporate interests in Washington. After his military service, he

The Ongoing Crisis in Yemen

The Beginning and End of U.S. Support of Saudi Arabia

BY: CHERMO TOURE

Recently, the civil war and the humanitarian crisis in Yemen has garnered much attraction. Saudi Arabia, backed by the United States, is blockading and bombing the country. The world is finally paying attention.

The situation in Yemen dates back to the Arab Spring. When countries in the Arabian world started to move towards a more democratic form of government, Yemen did not.

In 2012, the President of Yemen, Ali Abdullah Saleh, was forced to give up his power to Abdrabbuh Mansur Hadi because of public pressure.

The transition between Saleh and Hadi did not go well. After Hadi took power, there were bombings, protests, mass unemployment, food insecurities, and a separatist movement in the south of Yemen.

With all of this going on, a civil war was sparked between Houthi rebels, people loyal to former president Saleh, and forces loyal to the Yemeni government.

The situation in Yemen was getting so bad that in 2015, Saudi Arabia formed a coalition with other countries that decided to step in.

The Saudi government feared that Iran might try to gain influence in Yemen, which the Saudis wouldn't like because Iran is a Shiite nation. Meanwhile, Saudi Arabia is a Sunni nation.

However, Iran has denied any involvement in Yemen and this claim by Saudi Arabia holds no substantial evidence. The Saudi government also feared that the conflict in Yemen might disseminate into Saudi Arabia since they entered the crisis in Yemen.

di Arabia.

With Saudi involvement in the crisis comes their western allies, which include the United States.

When Saudi Arabia got involved in Yemen, the Obama administration decided that taxpayers' dollars were necessary to help Saudi Arabia. U.S. taxpayers fueled Saudi's plans.

Also, the United States, along with other western nations, have made arms

are given to Saudi Arabia are not used to train troops, but rather used to kill people.

According to the Washington Post, approximately 50,000 Yemenis have been killed in combat. It can be argued that at least fifty percent of those killed in combat are killed by Saudi Arabia's "high-tech" western weaponry.

However, the deaths of combatants are not the most gruesome aspect of the crisis in Yemen. Just like any other war, innocent

To put the situation that Yemeni children are facing in better context, here's what the Director of Save the Children in Yemen, Tamer Kirolos, had to say about the humanitarian crisis: "For every child killed by bombs and bullets, dozens are starving to death and it's entirely preventable."

And Kirolos isn't wrong- these innocent children don't have to die.

Yemen has been sealed off from the rest of the world due to Saudi Arabia's blockade of the country. The blockade has also prevented humanitarian aid from entering the country. This has led to bigger problems for Yemen.

According to the Hill, at least twenty-two million people in Yemen are in need of immediate emergency assistance, while eight million people are facing starvation. This is all due to the civil war in Yemen and the Saudi blockade.

As Kirolos said before, this can all be prevented if western nations stop supporting Saudi Arabia in Yemen. Fortunately, this is what these western nations have started to do.

Recently, Britain, France, Finland, and others have vowed to end their arms deals with Saudi Arabia. The U.S. Senate has allowed for a full house vote on a resolution to end American support of Saudi Arabia in Yemen.

According to the Independent, all the Senators who voted against this resolution were, unsurprisingly, paid by a Saudi lobbyist firm.

This resolution is a sign of hope for the suffering people of Yemen.



Amal Hussain, a seven year old Yemeni girl, before she died from starvation. Photo Credit: NYTimes.com

deals with Saudi Arabia since they entered the crisis in Yemen.

According to Forbes, two thirds of all the 365 combat-capable aircrafts in the Saudi inventory are of U.S. origin, including the 171 F-15s. Furthermore, the U.S. also supplies Saudi Arabia with 3,000 armored vehicles.

These military planes and vehicles that

people have died.

According to a different Washington Post article, at least 85,000 Yemeni children have died from starvation since Saudi Arabia entered the conflict in Yemen.

To make matters worse, back in August of 2018 Saudi Arabia deliberately bombed a school bus filled with children. The bomb used was manufactured in the U.S.

BANNER NEWS

"CSI's Library Archive" Continued from Front Page

She also used the archives for research while working on her PhD at the CUNY Graduate Center.

This led to her writing "George Bishop, Seventeenth Century Soldier Turned Quaker". While writing her PhD dissertation, and later her biography of Bishop, she used archives from British libraries in London to aid her in the archival research needed to strengthen her work.

Another speaker who referred to the archives in their work was Marc Pitanza, an independent researcher and author of "Staten Island Rapid Transit."

Around the year 2000, while he was looking for sources to strengthen his work, Pitanza found an essay that discussed the Staten Island Rapid Transit Railroad from the archives. He learned about Staten Island's industrial history through the essay, leading to his book on the Staten Island Rapid Transit Railroad.

Pitanza felt that he was able to connect with the archivists who wrote about the Staten Island railroad in the 1950s and 1960s while he was working on his book.

Kristin Pitanza, a professor and a member of the English department at CSI found archives to greatly help her in her publication. She wrote "Speed My Way Up" which is composed of four short stories that are set in Staten Island.

Pitanza wanted to educate people about Staten Island's history, people, the hospital, as well as civil rights at CSI. She was inspired by the archives of Staten Island to write her book.

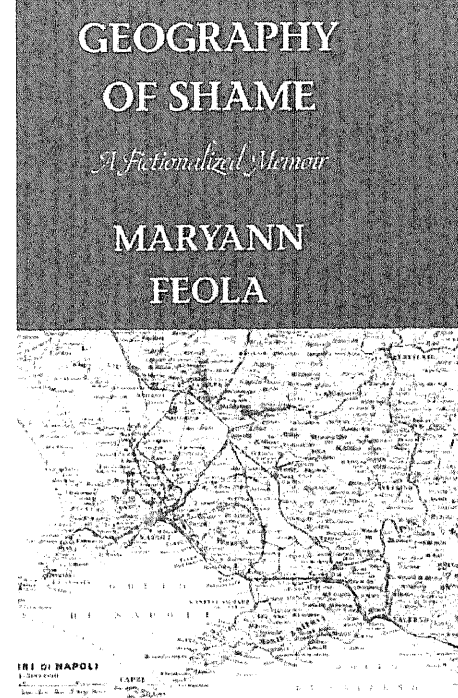
In her collections, she sculpts the Staten Island transit system as a character as

well as the backdrop for her short stories. Pitanza used the archives to research the hospitals on Staten Island, such as the Willowbrook State School to talk about hospital rights and the inhumane treatments of patients.

She also referred back to the archives to discuss how Staten Island changed after the addition of the Verrazano-Narrows Bridge, as well as how Staten Island has become increasingly popular as the years progress.

After listening to the three speakers, guests understood how beneficial archival research is. By including as much information as possible in your work while also getting your point across, your writing becomes more efficient.

Also, all of the speakers were able to research topics in the archives that some



people weren't familiar about.

After each speech, the audience learned that no topic is unable to be researched. No matter how much information there is about a topic, the archives can hold a bulk of the information that is needed to help with your research.

Incorporating information from the archives helps the readers to envision the concept more vividly since there is more information for the reader to analyze and understand. Archives can hold valuable information if you search hard enough.

The archives can be used to help researchers improve their writing. The archives can supply facts and information from years ago that might not be known by others.

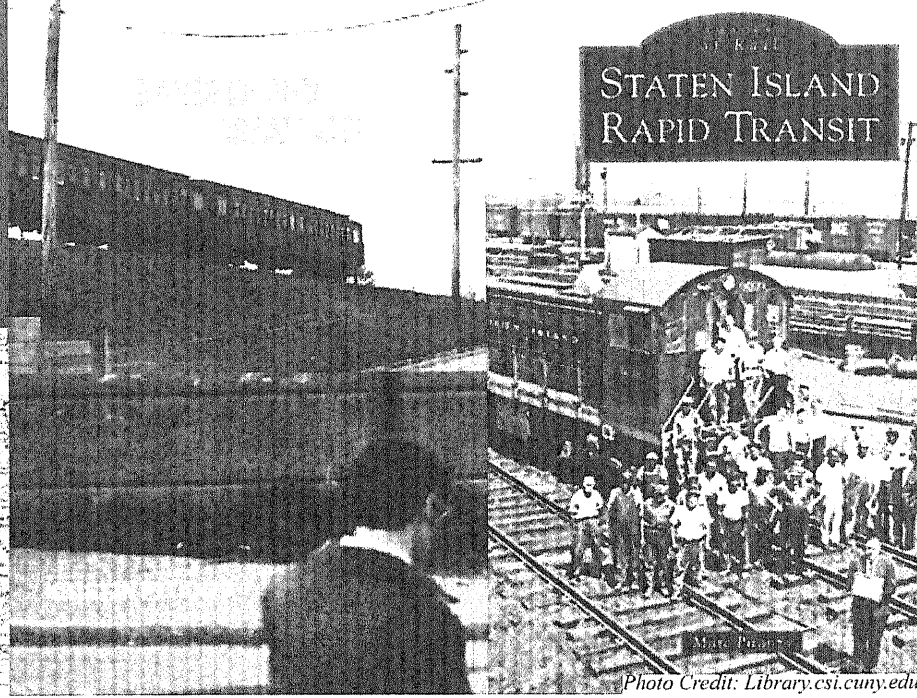
Archives can help people research many topics that might not be well known

while also containing important documents of past people that can be analyzed and put into writing.

The archives play a pivotal role in research. They are used to backup writers' voices and provide insight on historical aspects.

The three speakers, Maryann Feola, Marc Pitanza and Kristin Pitanza, were all able to relate back to their archival research when they were discussing their works. Each speaker was able to elaborate on how they used the archives to gain more information about the topic they were researching.

Archives are an important resource for writers to use that can enhance their writing and give the audience factual evidence about their work.



The works of the speakers at CSI's Library Archives History Day used information from CSI and CUNY's library archives.

"Deers Pose Public Health Risk" Continued from Front Page

on Staten Island. Deer ticks are invading the borough, as the Island's deer population has boomed."

The evidence is certainly compelling, as sightings of deer on campus is now more common than ever before. The scarcity of deer sightings seen by many roaming the open lawns has now escalated to full herds of deer sweeping the expanse of our campus, in numbers as high as ten in a single sighting.

There is no doubt that the dramatically increasing deer population across the five boroughs holds a large responsibility in the rise of Lyme disease incidences.

The student who contracted the illness was kindly invited to speak at a student government meeting, where he was determined to share his side of the story, but wished to remain anonymous.

Mohammed Bhatti, member of CSI's student government and board member of CSI Associations, was witness to this student's testimony and had much to say on the matter.

"This wouldn't have happened in the first place if the college was cutting the grass and keeping the college clean and

the campus maintained. They can't do that because of the budgeting problems they have."

When asked about how he would



Cute? Think again.

have handled this situation if he were in his shoes he replied, "I would sue them. I would sue the college."

So far, the student afflicted has wished to take no legal action against the college administration.

Bhatti hopes to improve CSI's finan-

cial situation to avoid further problems such as these in the future.

He said, "I've been trying to increase the operational budget for the college be-

cause Governor Cuomo has a bill on his desk that would increase the operational budget for all CUNY's, which would let us maintain the college. Hopefully it ends up working and he signs it. It's been on his desk for two years and he doesn't want to sign it."

As far as safety initiative goes, so far the college has taken no action to administer tick pesticides to its lawns or build up stronger fencing to keep deers off the campus. However, Berte assures that the college will do everything it can to ensure the safety of its students and staff from tick-borne illnesses.

She stated, "The college officials will review the Borough President's new tick control initiative and discuss the extent of the College's participation in his Spring 2019 Tick Control Initiative."

In the meantime, it is important that students and staff take extra precaution when encountering any kind of local wildlife.

Always maintain a safe distance from the animal and make sure to maintain a calm and collected composure so as to not disturb the animal. In the warmer seasons, make sure to put on bug spray if you know you will be entering an area that is high in foliage.

"Education is key; understanding the extent of this city-wide issue as well as how to protect yourself, your family, your pets and your home should be taken seriously. The same precautions you take off campus should be taken on campus."

BANNER NEWS

"CUNY-Amazon Collaboration" Continued from Front Page

the United States and the globe.

Consider this: the 40,000 available jobs will be extremely competitive and will provide no guarantee of priority to CUNY graduates.

sense and will be able to get a diverse workforce working under Amazon.

The statement made by the CUNY Board of Trustees, who are the people responsible of fiscal affairs is a vitally

CUNY will be committed to constructing a "10,000-square-foot onsite employment center to connect New Yorkers with jobs and training, and CUNY students stand to benefit from this welcome pathway to



Amazon is expanding their headquarters to Long Island City, Queens.

Some of the positive effects that will occur will be the transformative growth of the economy and employment within the coming years. It is undeniable that New York will prosper in a financial

important statement. It is basically saying that many of the funds directed by the Board will be used to help with ongoing projects.

The project under agreement is that

tech careers."

The estimated revenue that will come in support of this project is predicted to be 27.5 billion dollars in the course of 25 years.



Yet, students have their own opinions on this ordeal. A current response that has generated attention is the student-lead petition and protest that is being supported by students in CUNY colleges, Cornell University, and New York University (NYU).

The primary concern that is arising from students is that the funds being used in dedication of this partnership can be relocated to make college more accessible and affordable for students (such as reducing or removing college tuition), provide greater resources for campus bodies, and coincide their efforts with the needs of local residents and students.

Developments and details in regards to this partnership will be in further discussion at the CUNY Board of Trustees Fiscal Affairs committee meeting that will be posted on the CUNY website.

This partnership may very well affect the remainder of peoples tenure with CUNY and their residency in New York, so it is highly recommended for students to inform and update themselves on this ongoing advancement.



Photo Credit: Metro.us

LIFESTYLES

2018's Ultimate Holiday Savings Guide

Get a Bang for Your Buck This Holiday Season

BY: RUBIN SIBRI

With the holidays right around the corner, most people are bound to have some sort of spending they'd like to do for others and for themselves. Whether money is tight or in abundance, being frugal can help anyone be less stressed during the holidays.

First off, decide what the budget is going to be based on your income. Savings and bills are always the most important things. The 50/30/20 rule is highly regarded as an effective method to split your check.

You use 50% of your pay for necessities, 30% towards discretionary spending or non-necessities, and the other 20% goes towards savings.

However, this model might not be ideal for everyone, as expenses vary from person to person. But it serves as a good model to go off of. Adjust accordingly.

Once a budget is set, stick to it. The money for your budget should preferably be spread through multiple paychecks, so as to have a bigger budget or to not feel like that the entire part of your check is going towards the holidays.

Don't be afraid to get creative with your gifts. An expensive electronic isn't the only option this December. One can always spread their budget farther by being

creative. And family and friends will appreciate a well thought-out gift that comes from the heart.

The internet is full of DIY gift guides. YouTube, Pinterest, Reddit, Instagram are all places with communities and creators who can inspire some ideas.



Enjoy giving this holiday season without feeling guilty about spending.

The internet can also provide other ways of saving. Coupons are, quite literally, everywhere. Retailmenot.com, Coupons.com, and Groupon.com are places that offer a wide variety of retailer coupons. Many retailers will provide coupons

just for signing up for their email listings.

Already signed up for a specific email list? No problem, sites like 10minutemail.com will provide an email that expires after 10 minutes but allows to sign up for these lists and reap in the savings.

Expand the search for every item pos-

of retailers, so always check and recheck.

Keeping an eye on something for an extended amount of time isn't a difficult either. Camelcamelcamel.com will track items and show their previous prices in a chart and is always updating and offering alerts.

Price matching is also a must. While hunting around, check what websites or stores will price match. Perhaps it's more convenient to buy gifts at a certain retailer because of shipping, extra deals, or variety.

Don't wait until the last second to get all this done. Panic will set in and the budget will go out the window. Confident a price tag will go down last second? Risk it only if it's worth it. However, that shouldn't be the plan for every item on the list.

The holidays can be a stressful time. Especially when money is an issue and giving is a priority. Don't let all that bring the holiday spirit down. Remember to budget and take care of bills and savings first.

Set aside money for gifts, and stick to the budget. Be creative! Bake, cook, and create gifts. Be on the lookout for coupons and sales.

All in all, be mindful of the money availability and have fun looking for presents for loved ones.

sible. There's almost always a sale and a better price. It's always important to ask, "Does ebay or Amazon have this?" One can easily bet they either have the item or something pretty close to it.

These sites have hundreds of thousands

Creative and Crafty Gifts Ideas for the Holiday Season

Homemade Holiday Gifts for All

BY: PHILIP SANZONE

There are a lot of inexpensive ways to make great heartfelt gifts for a loved one.

One cute idea is a homemade candle. First, you're going to need wax, some wick, a container, fragrance, and a dye color of your choice. You will also need a pot for melting the wax.

Be careful with what type of wax and wick you chose since some wick types don't melt certain kinds of wax. It's far easier to use wax flakes since they melt faster and are easily controlled. After you are done melting the wax, place the wick inside the appropriate container of your choice.

You can even use old candle containers to save money. Before pouring it, add dye and fragrance if you wish. The fragrance will make it pleasantly aromatic and the dye will make it colorful. Finally, pour the wax and after it's used up, use sticks of skewers to hold the wick in place.

Another DIY gift is handcrafted perfume. It is made using a 5 or 10 ml. roller bottle, desired essential oils, and almond oil (used as a base). It is up to you if you want to use a dropper or pipette, and dried flowers like edible rose petals or lavender.

There are three layers to creating a fragrance: top notes, middle notes, and base notes.

Top notes consist of grapefruit, lemon, lime, peppermint, and many others.

It's usually what one will first get a

whiff of, which also dissipates fast.

Middle notes are pretty much the perfume and usually consist of cinnamon, clove, ylang, rosemary, and jasmine.

Now, for the base note. It is strong and aromatic so it does have a lot going on with it. The contents of the base can be patchouli, vanilla, and sandalwood. Once you have everything, take off the ball on top of the roller bottle.

Then put in your hand-picked essential oils, going from the top notes to the base notes. The amount you put of each is up to you and is all preference, but 10 or less drops is a good start. It is better to add more later on if you decided to add to it than overdo it early in the process.

Once you have decided on your amount, mix it by swirling the glass and combining all the oils.

Finally, add your dilute substance. It can be coconut or sweet almond oil. These are just to hold the other oils without adding anymore fragrance to give the perfume a balanced body. If you want to decorate the inside as well, you can put dried flowers.

Lastly, you can fill the container to the top. And that's how you make a cute and great perfume gift from the heart at a low cost!

For the next gift you will need a printer, semi-gloss paper, easycast clear epoxy, a wide mouth mason jar lid, a plastic cup, a stirring stick, some adhesive, and a lighter. Crop and size the picture or design that you

want to be around 3.5 inches square.

Place the lid on the picture to outline and then cut a perfect circle that will fit nice into the lid. After cutting, add adhesive to the photo and place it inside the lid.

Next, mix the resin based on the directions specified on the package, and once it is ready, prepare to pour it. A 8 oz. box of

resin can make about 7 coasters.

Lastly, pour the resin on top of the lid. Once it's fully poured, take a lighter to the bubbles to burn them off and do this as quickly as possible.

These are three fun and easy crafted gifts that will take some time, but are great for any occasion.



There are many great inexpensive ways to create wonderful gifts.

DIY
CHRISTMAS
Gifts

For Everyone
You Know!

Photo Credit: DIYNatural.com

LIFESTYLES

How Messy A House Can Affect Your Mood

A Messy Work Area Can Mean a Messy Mind

BY: PHILIP SANZONE

Living or doing work in a messy environment can correlate to a messy mind.

For instance, an article from thisinsider.com talks about how it can be related to depression, since the signs of it are very similar to a person who has a messy room.

But does it mean they have depression just because they have a messy room? Well, no. It's more like food for thought.

When people are down a lot of the time cleanliness takes a hit in a number of ar-

eas including shaving, cleaning, and other household chores.

Also, having many things going on at once can affect cleaning habits, as well as doing homework or preparing for the next day.

Losing focus by either doing something late by pushing it off will affect how much one's health will tank.

There is even more on how it affects you by letsmakeroom.com, who give really good evidence on how messiness makes

you stressed out.

It continuously tells your brain to get into action mode by creating feelings of anxiety, anger, and urgency.

It creates a disruption in the brain, such as when we try to sleep. However, whilst on the computer or watching TV, your brain stays laser focused even after turning it off. By cleaning and taking care of messy areas or just by doing dishes can create a calming and soothing aura.

Doing work in a mess can even affect the work at hand: it can scramble the brain and ruin a creative thought process.

Also, cleaning can boost one's thought process. By fixing the mess around you, it can create a breathing space for the mind.

Plus, keeping up with ways of keeping things in the house clean can boost knowledge of easy and quicker ways of cleaning. It can tremendously spruce up a work area, bedroom, or house environment.

Vacuuming at least once a week can help with clearing out dust bunnies and random specs that can gather on your floor.

Also, mopping is very easy and provides a cleanliness that makes you want to never step in the house with shoes on again.

There is even simple rearranging of the bedroom, such as mixing up the position of your desk or bed, which can add a new flavor to someone's life.

Cleaning and fixing up a desk is very simple as well, but it can really affect the spaciousness of it and work productivity. Also, putting what makes you happy or what speaks to you can change the dynamic of the desk.

Turning it into a piece of its owner instead of just being something to put things on, in addition to having everything neatly together, can affect the atmosphere that surrounds the desk.

Using a disinfectant on the whole desk and cleaning every inch of its surface will leave it smelling fresh and feeling like a welcoming space to work at.

Overall keeping a clean house, area, or room can change how we look at the world and things around us.

Messiness doesn't have to take over one's life. By taking back control and cleaning, things will feel open and even therapeutic.

For instance, taking a duster to your computer desktop or laptop and blowing out the dust makes it run better.

Plus, if you take things apart you can learn more about how it works and what it does every time it powers on. But don't forget—clean the way you want, not how others want it.

Having control of how things look, feel, and smell is part of one's personality. That is what truly matters.



Living or doing work in a messy environment can correlate to a messy mind.

Intermittent Fasting: Does it Work?

Simply Changing Your Eating Schedule Can Help You Lose Weight

BY: ROSEANNE CASSAR

Are you the kind of person who keeps trying all kinds of diets to try to lose that weight that just won't come off? Stop wasting your time trying diets that will eventually fail.

There is a trending "diet" that everybody can try and experience tangible results.

This diet trend is called intermittent fasting. Intermittent fasting is a pattern of eating, not really a diet where you have to starve yourself or give up eating certain foods you crave or enjoy.

In other words, you're not changing your eating habits but the times you're eating meals.

For example, if you are a breakfast person, you will set a time in the morning to eat breakfast. Then you must fast for a good seven or eight hours before your next meal.

Once you eat your next meal, you must fast until it's time to have breakfast the next day.

Your schedule for meals should look like this. Breakfast time is at 9am. When finished with breakfast, you should fast for seven hours, and then your dinner time should be at around 4pm.

Once dinner is done, you're fasting for another seven hours until it's time to eat breakfast again at 9am the next day.

Your time schedule should be con-

sistent on a daily basis. If this example doesn't work for you, then you can always change the time you want to start eating your meals.

As long as you give yourself the seven or eight hour fasting you need in between your meals, it will still work.

Creating a meal schedule like this will definitely help you lose weight. You will lose ounces each day, which will add up to pounds at the end of each week.

The way intermittent fasting works is not hard to understand. It is the matter of difference between the fasted and fed state.

There is no need to count calories or use portion control with intermittent fasting unless you choose to diet this way.

All that is needed on your part is to pay close attention to the time distribution. Pay attention on how your body is reacting to fasting.

To break down intermittent fasting further, let's begin with fed state. According to HealthFacts.com, the fed state is the start of "digesting and absorbing food." This begins when you eat a meal and it can "last for three to five hours throughout digestion."

The second step is postabsorptive state. In this step, the "body goes into the postabsorptive state." This process will "last for 10 to 12 hours after your last meal."

During this step, "your body is not processing any food." After this, "you have entered the fasted state." The third step is

Intermittent Fasting States

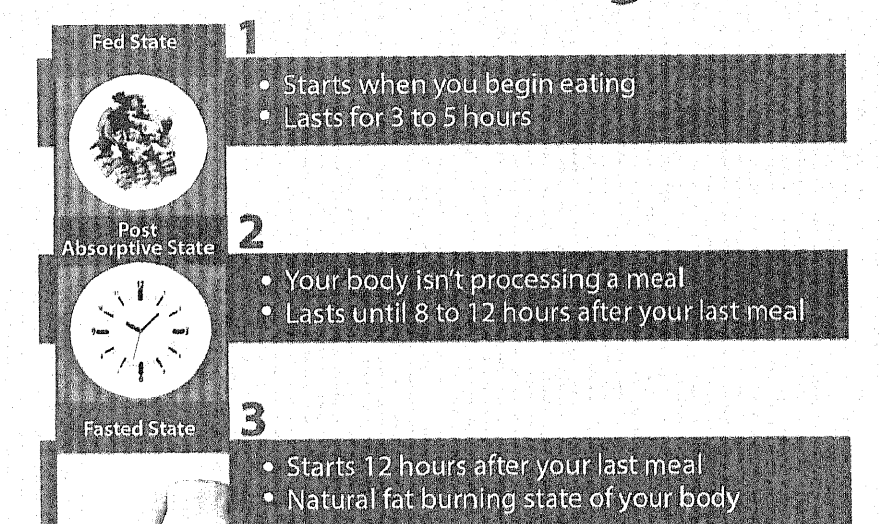


Photo Credit: DrJockers.com

Intermittent fasting is an easy alternative to traditional dieting techniques.

the fasted state. In this step, "your insulin levels are low again" and it's time for you to eat your next meal. "Fasting puts your body into a fat-burning condition."

If you are new to intermittent fasting, then you will find this type of weight loss diet difficult to do until you get use to the habit of eating two meals a day instead of three meals.

Intermittent fasting may not be for everyone but if you have strong will power and give it a try for one to two weeks, you

will be successful at it.

Remember- you're not changing your eating habits. You're only changing your time schedule to eat meals that fit your busy schedule in your life.

This type of dieting is for those who have no time for going to the gym to keep fit. It is another way to keep you healthy and lose the unwanted belly fat.

If you would like to read the article on intermittent fasting and how it works then go to www.health.facts.com for more information.

BANNER ARTS

“Chilling Adventures of Sabrina” Conjures Up a Frightening Adaptation

BY: SALVATORE CENTO

There's certainly a reason as to why the name of the show was changed from “Sabrina The Teenage Witch” to “Chilling Adventures of Sabrina.”

When dealing with witches, we're also going to deal with demons. That's logical in this day and age.

And sure, demons do possess people, so let's jump to exorcisms next, which are also present. Where we do jump off the rails a little bit is with cannibalism.

Also, the fact that everything is overshadowed by a slight theme of Satanism is just a little bit crazy.

These are but just some of the highlights of the show regurgitated by reviewers and watchers alike since its release on October 26th, 2018.

While these darker, grittier aspects are explored and exposed to their limits, it hopes to bring a new crowd in to an old idea. This in turn could turn some fans off, that's what also made this retelling distinct from its predecessor.

All of the severe changes from the original series did throw the viewers off. The lighthearted fumbling around with spellcasting was gone.

The bright and cheery tone was missing, everything is also dark, literally. A bloody kind of violence had seeped its way into almost every scene.

Also, Salem the cat doesn't talk anymore which is nostalgically upsetting, personally.

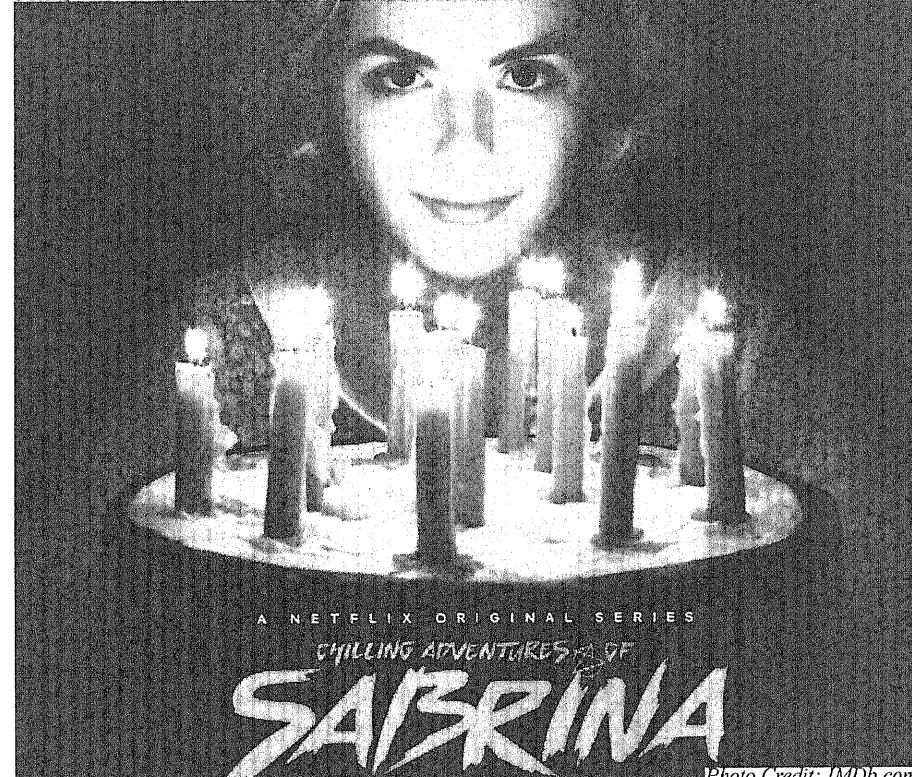
While seeing what the writers and producers took away, what they gave us in return was what the audience learned to love over time.

Kiernan Shipka is charming and absolutely brilliant in her role as Sabrina Spellman.

The Dark New Tale Sheds Light on the Classic Sabrina

In the beginning, the chemistry between Lucy Davis and Miranda Otto, who play Hilda and Zelda Spellman, Sabrina's aunts, seemed unlikely.

Ironically, the duo magically sparked when Hilda came back from the dead after being killed by Zelda for accepting Sabri-



The teenage witch is always haunted by the Dark Lord.

na's independent ways.

The back and forth between the two of them after she rose from the grave helped viewers see that they would have no problem meshing.

Another character in the series is Ambrose, Sabrina's cousin who's forbidden to

leave the Spellman grounds because he attempted to blow up the Vatican.

It seems odd that the writers decided to split Salem's traits onto two different characters. They are both voices of logic to Sabrina and Ambrose, which shares the cataclysmic-event punishment just as Sa-

Walker and Susie Putnam, have the same issue as Ambrose.

At first, it's questionable as to what purpose they serve other than a subplot that's not really needed. After being a mouthpiece for the writers, delivering socialistic messages, the character identities finally transform and flourish, helping to create memorable scenes.

Coming off of his spectacular performance in “My Friend Dahmer”, Ross Lynch gives another knockout showing here as Harvey Kinkle, Sabrina's boyfriend. Since his Disney Channel days, Lynch has improved miles when it comes to showing emotions, both verbally and physically.

The hook for the show is that even though the characters are rooted in a form of organizational wickedness, they still deal personally with what's right and what's wrong.

Surprisingly, those that are fully devoted to the Church of Night deal with this dilemma the hardest.

Father Blackwood, who is the high priest, Prudence Night, the leader of the most popular trio of witches at the Academy of Unseen Arts called the Weird Sisters and even Aunt Zelda all stray from what they've been taught to help those in need around them.

The contrast is pulled off in such a way that it shows no matter the overwhelming influence to do something one way, it's not always the right way.

This statement stands for the show as a whole as well. This new iteration of everybody's favorite teenage witch challenged the ways and notions that the previous series was known for.

And that's exactly what makes the reboot so spellbinding.

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The Emergence of Cardi B and the Conundrum of Drake

Cardi B and Drake Were the Two Most Popular Rap Artists This Year, But What is the Impact of Their Success?

BY: UBONG EKPO

In 2018 we saw two major releases in hip hop, the debut album of rapper Cardi B, “Invasion of Privacy” and the anticipated new release of Drake, “Scorpion.”

Both Drake and Cardi B were among the most dominant forces in rap music this year, at least on the mainstream level.

With their success, we now see that hip hop has officially crossed over to the lexicon of mainstream American music. But does this mean mainstream should be the standard?

Cardi B, born Belcalis Almánzar, has seen her star rise to enormous proportions in the past year.

Starting in the summer of 2017, Cardi's debut label single “Bodak Yellow” instantly became a summer smash hit.

In September of 2017, “Bodak Yellow” became the first solo song by a female hip hop artist to top the Billboard Hot 100 charts since Lauryn Hill achieved this feat in 1998 with “Doo Wop (That Thing).”

Cardi made history again when the single “I Like It” topped the Hot 100 in July 2018, making her the first female rapper with multiple number one hits on the Hot 100.

Despite all her success, there is one aspect of Cardi's craft that must be addressed.

Cardi has acknowledged that her music is not one of much lyrical content. She has stated that she doesn't want to be the proverbial “queen of rap”, nor does she want to make records with great lyrical content, rather electing to only make the type of music that people can “turn up” to.

This type of mentality causes an issue, one that runs deeper within the culture of hip hop. The debate of whether crafting songs with lyricism is the direction the culture should take, or if crafting hit songs where the lyrics aren't meaningful, but are popular and sell is the right path. Which brings us to Drake.

Drake's place in hip hop has always been in constant debate.

There are those who contend the rapper, born Aubrey Graham, is not a true hip hop artist, who only crafts songs geared towards a mainstream pop audience.

He quite honestly still hasn't fully shaken the image of his iconic character, Jimmy Brooks, the star athlete who was shot and relegated to a wheelchair from the Canadian teen drama, “Degassi.”

Due to this, Drake has always had a chip on his shoulder so to speak, to prove to his doubters that he belongs in the conversation as not only one of the best rappers of his generation, but of all time.

The year 2018 was a year that Drake

put those expectations on the line, as he found himself embroiled in an old fashioned hip hop beef with rappers Kanye West and Pusha T, while also preparing for the release of “Scorpion.”

If you ask the streets, they'll tell you Pusha T won that beef, off the strength of revealing Drake had been hiding a love child he had with a pornstar for nearly a year in his diss song “The Story of Adidon.”

Yet at the same time, we're seeing a shift emerge in the culture; in previous decades, losing a beef in the manner Drake did would end many rappers careers.

The year 2018 has shown us that Drake is not held to the same rules or standards of other rappers.



The two mega stars of hip hop today, their success impacting the future of hip hop in many ways.

BANNER ARTS

Mercury in Retrograde: How “Bohemian Rhapsody” Misses the Mark

Queen Biopic Has its Moments, but Fails to Stand Out

BY: LAUREN SILVERMAN

Dramatic entrances. Ringing guitar solos. Mesmerizing vocals. Legendary rock band, Queen, has long been associated with musical grandeur, and audiences expected no less from “Bohemian Rhapsody,” which was released in the United States on November 2.

The biopic tells Queen's story through the eyes of singer Freddie Mercury, played by Rami Malek, weaving his personal life into the band's career.

Mercury, having changed his name from Farrokh Bulsara, first meets his bandmates at a gig for a band called Smile. Two of its members are guitarist Brian May, played by Gwilym Lee, and drummer Roger Taylor, played by Ben Hardy.

Mercury joins after Smile's old singer quits. They soon acquire bassist John Deacon, played by Joseph Mazzello, draw a logo, and rename the band Queen.

As the band ascends the ladder to stardom, Mercury deals with personal challenges. After proposing to longtime girlfriend Mary Austin, played by Lucy Boynton, he finds himself questioning his sexuality.

Many of his struggles relate to his romantic life and how his internal conflicts affect people around him. The characters' hardships are often framed by Queen songs, such as “Somebody to Love” and “Love of My Life.”

The soundtrack, composed by John Otman, is one of the film's strongest as-

sets. The official album includes 11 unreleased versions of popular Queen songs. It includes “Doing All Right,” which was originally performed by Smile.

Brian May even arranged his own version of the classic “20th Century Fox Fanfare,” which replaced the original orchestral version during the intro.

Though no two-hour movie could cover every aspect of Queen's dynamic story, “Bohemian Rhapsody” seems to rely on the road-to-stardom trope that often appears in musical films.

At times, it uses disappointing clichés to push the story forward, which do not align with the unique personalities of its characters.

While the troubled Mercury grapples with his relationships, he acts foolishly, driving a wedge between him and his bandmates. While they are introduced with unique personalities, Mercury's bandmates morph into one character by the end of the film.

May and Taylor become parent-like, acting as voices of reason, urging Mercury to change his ways before he hurts the people he loves. Deacon often falls to the back, a mere afterthought.

Mercury's personal relationships are also troublesome. Despite a rushed beginning, the movie still manages to establish the wholesome, pure nature of Mercury and Austin when they are together.

However, since so much time is spent on his first relationship, we miss out on



Rami Malek's impressive acting brought “Bohemian Rhapsody” to center stage.

his longtime partner Jim Hutton, played by Aaron McCusker. Hutton's brief appearances does not match the large role he played in Mercury's life, especially when the latter was suffering from AIDS.

Some critics argue that Mercury's homosexuality is painted as promiscuous and immoral, while a heterosexual relationship with Austin is the only meaningful connection he can hope to have.

Perhaps the biggest issue with “Bohemian Rhapsody” is the manipulation of Queen's timeline. The deliberate choice to shift Mercury's AIDS diagnosis two years back stunned critics. In the film, Mercury reveals that he has AIDS before performing at Live Aid in 1985, while he was actually diagnosed two years later.

“Bohemian Rhapsody” fails to portray Queen as a paramount act, falling back on

lackluster tropes and poor directing choices.

However, Rami Malek's portrayal of Mercury is believable and enchanting, breathing life into a weak story. He approaches his character with attitude and grace, which so beautifully represents the character that audiences can't help but fall in love with both Mercury and Malik.

Despite poor writing, the film is saved by a vivacious, dedicated cast, impressive wardrobe, and emotional ending. The depiction of Live Aid at the end of the film is shockingly accurate and equally moving, as Mercury leads an enormous crowd in song.

The film received a rating of 62% from Rotten Tomatoes and 49% from Metacritic. Thanks to a cast with incredible talent, “Bohemian Rhapsody” is worth a watch.

“Bird Box”: Seeking Sanctuary Without Sight

Sandra Bullock in the Heart-Pounding Survival Thriller

BY: BROOKE PRICE

Sandra Bullock stars in a new thriller that takes place in the dystopian United States, after an unseen species invades, causing people to go insane by having them imagine their own worst fears.

Many hip hop fanatics are proud to see a genre of music, that began as the expression of inner city urban youth, become the most dominant musical force in the United States.

For 34 straight weeks this year, a hip hop song was the #1 song on the Billboard Hot 100 charts, largely due to the mega success of Drake.

What does the success of Drake and Cardi B mean? It does mean that hip hop, which was once considered a dangerous form of music, can be something that the average American can listen to.

It is here to stay, but let us all remember to preserve the origins of hip hop and don't let mediocrity be the standard.

Bullock must protect her family and whatever they do they must never remove their blindfolds.

“Bird Box” is a post-apocalyptic thriller film based on Josh Malerman's 2014 novel. Sandra Bullock portrays Malorie, a single mother who learns of an invasion of an unknown species that takes on the form of a person's worst fears and make people insane and kill themselves upon looking at them.

She decides to take matters into her own hands as she and her children wear blindfolds and venture into the forest and across a river to travel to a refuge.

Malorie and other survivors have barricaded themselves in a house, covering the windows and doors to isolate themselves from the mysterious entities.

She is then persuaded by the other survivors that she should venture out to the refuge in order to live a better life with her children.

The film keeps the audience anticipating what will happen next; one scene from the trailer includes Bullock rowing a boat through a river with her children blindfolded. Another scene shows Malorie and her children in the woods ringing bicycle bells to alert each other of their locations.

“Bird Box” premiered at the American Film Institute Fest on November 12. It will be released on Netflix on December 21.

In an interview with Deadline, Bullock talked about her difference in personality from herself and Malorie and how she resonated with the script; “I don't relate to someone who doesn't want to be a mother; I don't relate to someone who isn't warm and can't love freely. Then I read it a few years ago and it hit me in a way that I can't explain.”

Malorie cares about her children even though she doesn't show it often. In the trailer, when she is stranded from her children, she begs the entity to not take them from her.

The cast also includes Sarah Paulson, Trevante Rhodes, John Malkovich, Rosa Salazar and Danielle Macdonald who help accompany Malorie on her journey.

Malorie's sister, Jessica is played by Sarah Paulson. She is known for her work in “American Horror Story.”

Trevante Rhodes plays Tom, who is a survivor from the infestation. He is known for his role in “Moonlight.”

The role of Douglas is played by John Malkovich, who is known for his roles in “Red” and “Of Mice and Men.”

Rosa Salazar portrays Lucy. She is

known for her work in “American Horror Story: Murder House”, as well as some of the “Maze Runner” films.

Danielle Macdonald plays Olympia, another survivor. Macdonald is known for portraying the main character Patti in the film “Patti Cake\$.”

“Bird Box” is directed by Susanne Bier, a Danish film director who has won a Golden Globe, Academy Award as well as an Emmy Award. Bier discussed with the Hollywood Reporter Malorie's characteristics as portrayed in the film:

“This is a woman who feels reluctant about motherhood, who doesn't feel comfortable with it. But she's also so elemental about survival, she's got that razor-sharp point of view. In that space, there isn't really any room for the kind of love that she's got inside her but isn't going to let out.”

Malorie doesn't give her children names and instead refers to them as “Girl” and “Boy”. She even trains her children to heighten their other senses to improve their chance of survival.

“Bird Box” is an emotionally intense, heart-pounding thriller. This intriguing film will keep your eyes glued to the screen, so you won't miss a moment.

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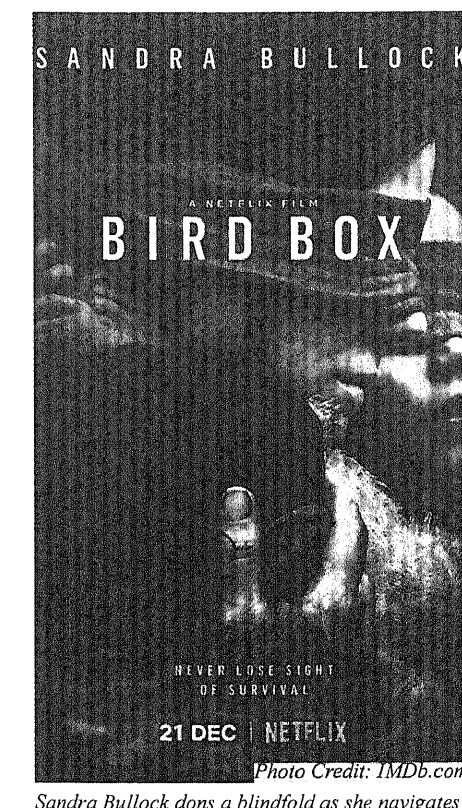
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Sandra Bullock dons a blindfold as she navigates her way through “Bird Box”.

BANNER OPINIONS

Fandoms Crossing the Line *The Power of the People*

BY: MARK DEUTSCH

Fans are essential to a star's popularity and fame; although for some celebrities, admirers go above and beyond the normal expectations of a fan.

For any comic book brands, television shows, and book authors, the need for fans is essential for survival. But there are some cases where fandoms may cross the line, a line that thankfully few groups dare to cross.

There are many different variations and words used to describe fans who turn foul, and try to harm the fandom or weaken it.

For now, the term used to identify this poisonous strain for ease of identification will be coined as a toxic person. But there is more to toxicity than just common knowledge: things for which some people would rather deny than wholeheartedly admit.

The different types of toxic fans to be covered will be ranked from not-so-bad to worst, based from a few examples that will be listed.

These are probably going to be based on the more common species of well known toxic people. Here's something that most people wouldn't think of as being toxic, but it does count anyway even if the action or mentality seems minor in comparison.

Rated as a minor issue is the ordinary

attention seeker that says negative criticism, fires insults and faults usually on the internet where he/she knows they are safe.

This breed of fans attack because they want the attention that their criticism generates, so the best method for dealing with them is to just ignore them. Since the attention seeker can't be penalized digitally or physically for being annoying, starving them attention-wise would be the best course of action.

Sometimes a fan will go read, play, or watch a product that they had high expectations for. If the expectation was shattered by what the artisan incorporated into that work, then they may turn toxic and try to warn others about how the product was terrible.

What is merely a matter of opinion can turn into a fan renegade and disdain—something that conflicts with a matter of opinion.

There's also the case of when either a minor or major celebrity accrues a stalker that is possibly dangerous, which constitutes under the definition of a toxic fan.

The case of a deranged individual trying to murder a celebrity appears to clearly constitute as toxic. This case probably involves the stalker having some kind of mental illness that may be causing the person to act out this way.



Fans can get a little crazy from time to time.

Now, what gains the "worst" rank at the bottom of the barrel as the most toxic type of fan? It is possibly something that no one expects, and it is not a toxic person.

Fandoms as a whole can cross the line and causing more damage than a single toxic person ever could. Sometimes, a person can have a toxic personality and still be a fan and cause only some damage. The greater the number of toxic people that come together, the worse it is.

When a significant portion of a fandom turns toxic when a change is made by

either the original creator or someone else, things can get nasty.

There are many more examples that could be brought up that share these common themes.

Fans can destroy and raise stars in such a frightening way, as such that it should be feared about what a mob of fans can do with such an amount of power as that in their hands.

Before a person joins a fandom, they should at the least consider if partaking in this behavior is morally right.

The Consensus of the Coca Cola Vs. Pepsi Debate

Which Sugary Soda is better?

BY: MARK DEUTSCH

What do Pepsi and Coca Cola have in common? It is that they are both primarily known for the soda brands that they market. There has been an ongoing debate about which brand of soda is better. So, what's the better type of soda: Pepsi or Cola?

First off, let's determine the actual similarities that these two types of sodas share. There is more to it than just that dark amber liquid and ingredients that make up the drinks as a whole.

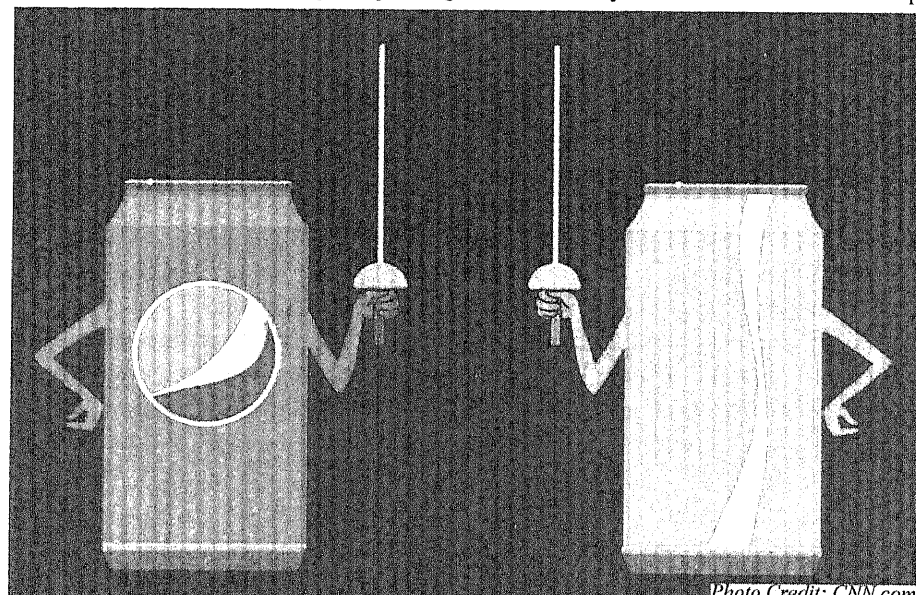
Both drinks have the usual components to making a soda, namely caffeine, sugar, and carbonated water. These are the three essential parts that have to be included, otherwise soda wouldn't be that different from flavored seltzer water.

These are the ingredients that most people are unaware of, unless they decided to read the label when they were bored. These factors are responsible for the taste and some of the sweetness when it hits the taste buds.

One component would be the high fructose corn syrup that is responsible for part of that sweetness that a person tastes. Caramel coloring is also responsible for the color of the soda, and probably affects the taste of the sweetness as well.

Both drinks contain a small amount of

sodium that fluctuates among the different sizes of the bottles, from ounces to liters, which is not counting beverage dispensing



The best soda always wins.

machines.

To clarify, no ounces or liters of sodium is being mixed into the drinks, and it is probably just a small amount of sodium that is being added. Then again, at least about thirty to forty milligrams of the stuff is in each bottle, so drinking too much soda is probably not a good thing.

Both drinks have phosphoric acid list-

ed as being part of their contents, while only Pepsi has citric acid in its mix. These are basically the elements that make up

just about the ordinary brands. Otherwise, while both sodas may look the same outside of their respective bottles, and even sharing nearly almost the same sweet ingredients, there is of course a taste difference.

What is problematic about said citric acid is that ingesting some of it will cause tooth decay if not taken care of by brushing teeth. While citric acid helps preserve drinks and prolong shelf-life, it causes a difference in flavor.

By not using the citric acid in Cola, it makes it better to some people, although there are probably preservatives in the soda that aren't listed.

Then there's the fact that Pepsi has slightly more sugar than Coke, which is probably why people found Pepsi to be better than Coke.

Yet, there is enough of a difference that people will favor Coke, though it all depends on the taste and the person's preference.

In short, despite the fact that the basic ingredients of both the regular sodas are similar, a difference can be tasted to form an opinion about it.

The facts have been laid out that enough detail has been provided to backup any basic facts about the differences in the contents.

SEX AND RELATIONSHIPS

I'm So F-ing Grateful for My Ex

Ariana Grande's "thank u, next" Teaches Us Love, Patience, and Pain

BY: VERONICA PISTEK

Break up songs: they drive us to seek revenge on our ex, point out all of the flaws of our past lover, and even leave us swimming in a pool of our own tears.

That is, until pop-singer Ariana Grande has crafted a song titled "thank u, next" that empowers every listener to feel appreciation for their ex, but more importantly- unconditional love for yourself.

The singer also reminds us of the pain that comes with breakups. Yes, an idea that has been over exhausted, but is the reality can relate to.

Grande starts off the track by sharing how one of her exes has taught her love, one taught her patience, and one taught her pain, leaving her amazed.

In relationships, no matter the circumstance, we learn so much about our partner. Especially if you and your significant other have been together for quite some time.

When you begin to love someone so much, you learn their quirks, weaknesses, feelings, thoughts- the list can go on and on.

Learning to experience love fully for the first time is scary. Having a partner that treats you special and appreciates your existence teaches you that you indeed are capable of being loved.

But when you love someone so much despite their major flaws, it highlights a part of your character that you might not

have tapped into otherwise.

Patience. It is the capacity one can maintain without becoming angry, frustrated, hurt, or upset. Often, we want to leave our lover when we feel hurt and ignore them when arguments begin.

In a perfectly crafted melody, Grande highlights the idea that our lovers teach us this patience that we may not have realized existed within us all along.

The singer also reminds us of the pain that comes with breakups. Yes, an idea that has been over exhausted, but is the reality

might be subconsciously bashing Grande for her many past lovers...and how she moves on too quickly.

The line that threw the pop culture world a curveball is: "Plus, I met someone else/We havin' better discussions/I know they say I move on too fast/But this one gon' last/'Cause her name is Ari/And I'm so good with that."

These lyrics, seemingly simple, show a side of Grande that she has minimally showcased in her upbeat hits in the past.

To break it down, moving on quickly



A sassy, satirical, self-love anthem that reminds us to thank our exes for all of their lessons.

behind all ruined relationships.

While this song acknowledges this reality of pain, it actually inspires listeners to handle and grow from the hurt to become the best version of yourself.

That is when the shocking lyrics appear in the song. During the first listen, one

to mask the pain from your previous relationship is something that many of us resort to.

It is easy to seek out a new partner for comfort and to replace your heartbreak with feelings of novelty and love.

Despite Grande being guilty of moving

on fast multiple times, she has finally expressed her realization that she is the only person who can fulfill her completely.

This is so important for anyone who has just removed themselves from a relationship to hear. In life, the one person that we can count on having a forever with is ourselves.

Yes, it is an uphill battle to accept yourself fully for who you are.

However, once you endure bursting feelings of love, life-testing patience, and heart-sinking pain, you realize that you are capable of expressing the things you hope that someone would do for you.

This sassy, satirical, self-love anthem provides us with the motivation to thank our exes for all of their contributions to our life.

While we may have been inundated with breakup songs encouraging us to remain angry at our exes actions, or even hold out and wait for them to come back, Grande presents a fresh voice of empowerment to move on and grow.

Learning about a lover's life and losing them as a part of yours provides us with a closer lens to examine our own worth.

In order to fully accept that you have lost love with someone you may have thought would last forever, you must be grateful for all of the things they have taught you.

By expressing appreciation and gratitude for all of the lessons, memories, and hardships that an ex has taught you, you should begin to feel amazing and have the power to say "thank u, next."

Don't Be The Bonnie to His Clyde

Why Do People Commit Crimes For Love?

BY: LEAH OLIVER

The idea of being down "for your man" has been a consistent idea, whether it be in someone's personal life or across mainstream media.

Much like the famous Bonnie and Clyde, women think a man wants her to support him in dangerous ways, things like hiding the stash, keeping the murder a secret, or hiding the gun.

People who idolize the Bonnie and Clyde relationship often take the phrase "ride or die" too literally, even if it means a woman sacrificing her own safety.

This was proven to my friends and I as we watched a YouTube series titled "For My Man."

The first episode involved a struggling couple who were overdue on bills. As people say, desperate times call for desperate measures. They made plans to hit a lick—rob someone.

She found out he had a gun and was taken back; he told her it was just for show.

To her surprise, he shoots a man after the attempted robbery. He apologized and promised he would not fire the gun again.

They made plans for a second robbery. He breaks his promise again and shoots the

one of the victims. The victim is later pronounced dead.

Too bad for them, they were caught on camera walking away from the scene in the parking lot. Even after this incident she stuck by him until the police questioned

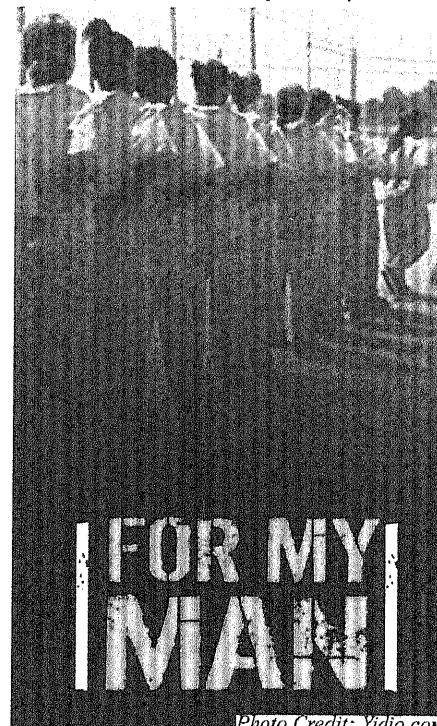


Photo Credit: Vidio.com

A Youtube series, "For My Man" shows the horrors of supporting your man's dangerous lifestyle.

her and she was given no choice but to put her kids before him and herself.

After the first broken promise to not use the gun, many would say she should have left. The way they tell the story, she was so in love with him.

So, I guess she was blind for love. Many of these stories include the woman being in love with their crime partner. It starts off with either a nice steady or steamy romance.

Basically, holding your man down is enabling him and not promoting accountability or suffering the consequences for bad decisions. If you love someone why let them dig the hole deeper for them to fall in?

People who find themselves in these situations don't see it that way. Their love for this person clouds their judgment.

It is possible their sense of judgment may have already been lacking further explaining why they were in that relationship.

The infatuation stage is characterized by intense short-lived passion and admiration. People don't stay in love forever, but this neurochemically and emotionally heightened stage makes people want to stay in it a long as they can.

If you were in bliss, I'm sure you

wouldn't want to leave. A lot of the time people who find themselves in a criminal tangle with a lover do not have a handle on sensible love.

Their idea of love and the way of showing it is tainted due to past incidents or trauma. The idea of holding your man up is a quite new social concept that was trending on social media with memes.

Before a woman even gets there to hold a man up, her standards must be solid and unchangeable.

Her self-value and outlook would have to be so strong that she wouldn't jeopardize her life or future in the name of love.

A headstrong logical woman cannot be dragged along for the ride.

Loving someone so much that you would do anything for him or her, like committing crimes or getting jammed up with the police is just nonsense.

Sacrificing your own morals and life cannot be real love- that is putting someone else's life before your own.

Ultimately, putting oneself aside completely for someone else is an indication of a lack of self-love, so remember to value yourself before you ruin the rest of your life for someone else.

SPORTS

Top WWE Superstar Leaves Company to Wrestle Leukemia

Roman Reigns Aims to Finish a Battle From 11 Years Ago

BY: SALVATORE CENTO

Being body slammed into and through announcer's tables. Thrown face first into steel cages. Having a three hundred and fifty pound monster fall down on your chest from the top rope.

But his next challenge didn't come from another WWE wrestler.

These are just some of the hurdles that 33 year old Leati Joseph Anoa'i goes through on a weekly basis being a WWE superstar.

With a ring name of Roman Reigns, Anoa'i has had feuds with the likes of other world renowned superstars, such as The Undertaker, John Cena and most recently, The Conqueror, Brock Lesnar.

Anoa'i made his debut for the company in September of 2010, wrestling first in the developmental territory, Florida Championship Wrestling.

It was only in 2012 when he made his chaotic debut on nationwide programming, interrupting the main event of a pay per view called Survivor Series, in which he was a part of the invading stable called the Shield.

On October 22nd 2018, slowly walking out to a massive crowd for a live showing of Monday Night Raw in Providence, Rhode Island, Reigns was met with the same tenacity that he was met with every week. A roaring wave of boo's.

Even though he was pushed as the main "babyface" of the company starting in 2013, which meant he was a good guy in wrestling jargon, fans heavily disapproved of him for one reason or another.

He didn't wait a moment after grabbing a microphone to break the news. After apologizing for not being who he said



An emotional send-off for the former champion who is featured in the center.

he was going to be regarding a fighting champion and a workhorse when he compared himself to a former champion a few months ago, he made a statement that ushered the crowd silent.

"My real name is Joe and I've been living with Leukemia for eleven years."

After defeating cancer of the blood

once in 2008, and being in remission all of this time, the disease had found a way to come up once again in the father of three and the wrestler who headlined the last four Wrestlemania's.

Explaining how he had to vacate the WWE Universal Championship, before leaving the ring, Joe laid out the title on

the mat in front of his feet and left it there, joining his stablemates at the top of the entrance ramp, who participated in doing their "Shield" logo one more time

Once being called The Hounds of Justice, his partners, Dean Ambrose and Seth Rollins were now fighting back tears

In between matches, the rest of the

three hour broadcast was filled with emotional, heartfelt goodbyes and numerous replays of the infamous speech.

Legendary wrestlers, including Ric Flair, Mick Foley and Kurt Angle also voiced their condolences on Twitter and hoped that he would make a speedy return to the ring.

Inserted into the following week's Monday Night Raw, the same children who were usually featured in promotional segments for pediatric cancer, who interacted with various superstars were now trying to inspire one of WWE's own to keep on fighting the good fight.

"You're not alone, Roman", Jacob said.

"You got this, we love you", was whispered by another child.

Even though this will surely take time away from his in ring career, the former World Heavyweight, United States, Intercontinental and Tag Team champion is still very much scheduled to appear at the ACE Comic Con this January from the 11th to the 13th in Glendale Arizona.

With the backing of his loved ones as well as all the fans that encompass the WWE Universe, Leati Joseph Anoa'i aims to settle the score once and for, laying the sickness down for the last time and getting the three count for the win he rightfully deserves.

Way Too Early NBA MVP Predictions

A Month into the Young NBA Season, MVP Conversation Has Already Begun

BY: UBONG EKPO

Although this is a very early showing of the NBA season, if the performances are kept up-we're going to be in for a very tight race for MVP.

Kawhi Leonard has returned to elite form with his new team the Toronto Raptors after his final controversial injury riddled season with the San Antonio Spurs.

The Raptors currently have the best record in the Eastern Conference, as well as in the entire NBA.

The Raptors hope their success in the regular season and playoffs is enough to entice Leonard to re sign with the team, as he will be a free agent next summer.

Rumors say Leonard will want to sign with a team in Los Angeles, either the Clippers or Lakers, the Lakers being favored.

In Milwaukee, Giannis Antetokounmpo has lead the Bucks to new heights so far, all while playing under new head coach Mike Budenholzer.

With averages of 25.8 points, 12.7 rebounds and 5.6 assist, The Greek Freak and the Bucks look prime to make some noise in the Eastern Conference and take that next step. If Giannis maintains his play and the Bucks finish as a top 4 team in the east, he just may earn his first MVP.

In the western conference, new comer

LeBron James and his Los Angeles Lakers team are still finding their chemistry as a team, but LeBron's numbers couldn't have looked any better with averages of 28.8 points, 7.7 rebounds and 6.9 assist.

On November 14th, James' scored 44 points en route to passing Wilt Chamberlain to be 5th all time on the NBA's scoring list.

With the Lakers improving and James' excellent play, LeBron could be on pace for his first MVP award since 2013.

Damian Lillard has lead the Portland Trailblazers to a hot start.

There were some doubts about whether the Blazers would be able to maintain their playoff spot, with Lebron James' coming to the western conference and teams who missed the playoffs last year such as the Denver Nuggets improving.

Lillard in particular has a lot of critics to answer to after the Blazers, who were the 3rd seed in the Western Conference last season, were upset in a surprising first round sweep by the hands of Anthony Davis and the New Orleans Pelicans.

Lillard's play in the series was abysmal, so his start to this season has put many on notice that Lillard hasn't fallen off.

Prior to his abductor injury that has kept him out of action for the previous week, Stephen Curry was playing on a level that nearly made him the runaway can-

didate for MVP already.

It hadn't been since the 2015-2016 season, the last season Curry played before Durant joined the Warriors, that Curry was playing at such a high level.

The Golden State Warriors are currently reeling in the absence of their star guard Stephen Curry.

In the week he's been gone, the Warriors have gone 1-4.

His absence coupled with the teams struggles may add weight to what may be a controversial MVP race.

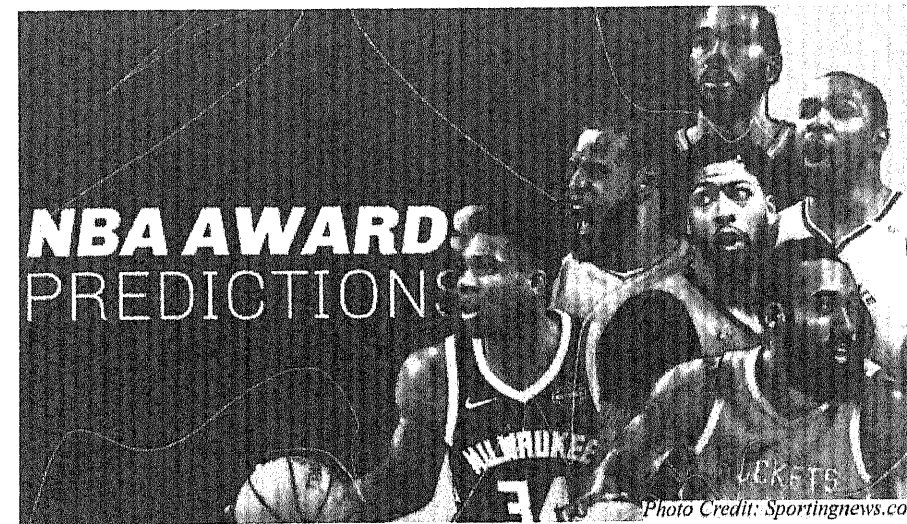
Ever since Kevin Durant made his decision to join the Golden State Warriors, they don't seem to get the same credit for winning that other champions do.

Durant's addition to the team that had already won the most games in nba history with 73, has caused the Warriors to look over powerful with talent.

Boasting 4 of the 20 best players in the entire league, two of them being mvp caliber players in their primes, will always be a major disadvantage to the NBA talent wise.

Despite this, it won't be right to not right exclude Steph Curry from the MVP conversation.

He's putting up numbers comparable to his last MVP campaign and the Warriors are currently showing they need him more than ever.



It's early, but we can definitely see how the NBA MVP race is shaping up already.