

THE BANNER

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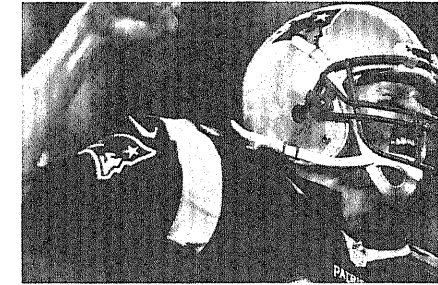
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To Varying Degrees, CUNY Officials Condemn Trump's Travel Ban The Ban Could Affect About 120 Students at the University



Source: New York Daily News

BY CLIFFORD MICHEL

CUNY officials condemned President Donald J. Trump's executive order banning travel from seven Muslim-majority countries in late January.

The travel ban—which was blocked by a federal appeals court on February 10—could've affected about 120 students at CUNY as well as some faculty and staff.

CUNY Chancellor, James Milliken, criticized Trump's executive order, citing CUNY's long history with immigrants (al-

most 40% of CUNY undergraduates were born in another country).

"While I understand it is the responsibility of the administration to keep our country safe," said Milliken in a statement.

"I believe that this Executive Order is inconsistent with the values of openness and inclusiveness that have made CUNY—and our country—great."

Milliken also urged members of the CUNY community to engage civically with elected officials.

"Those of us who disagree with this policy should urge our elected leaders to change it," the statement said.

"In the meantime, we will hold to the values that have been a source of strength at CUNY for 170 years."

A day after Milliken sent out his statement, CSI President, William Fritz, released a statement that supported Milliken, but stopped short of directly condemning the

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Gov Proposes College for All in New York

Cuomo's Tuition-Free Plan Offers Promise and Doubt

BY STEVEN MORRIS

On January 3rd, at LaGuardia Community College, a daring and progressive step was taken by Governor Andrew Cuomo with the announcement of a plan to rid the burden of student debt on students in New York State. Coined as "The Excelsior Scholarship," it is a plan that offers to make college tuition free for SUNY and CUNY students.

Per New York State's website, under The Excelsior Scholarship, "more than 940,000 middle-class families and individuals making up to \$125,000 per year would qualify to attend college tuition-free at all public universities in New York State." This plan also includes accepted college students attending two-year community colleges.

"A college education is not a luxury – it is an absolute necessity for any chance at economic mobility, and with these first-in-the-nation Excelsior Scholarships, we're providing the opportunity for New Yorkers to succeed, no matter what zip code they come from and without the anchor of student debt weighing them down," said Cuomo in his announcement of the bold plan.

The Excelsior Scholarship calls for, pending approval from New York State Congress, the state to pick up the tab on the tuition bill by paying the difference left by existing federal and state grant programs. This plan would also be phased over a three-year period, beginning this fall for families and individuals making \$100,000. The thresh-

old would increase in 2018 to \$110,000 and \$125,000 in 2019.

The governor's office estimates that when this proposal is in full effect, which would be in 2019, it would cost the state \$163 million a year.

Cuomo, in his announcement, also declared "This society should say, 'we're going to pay for college because you need college to be successful,' and New York State – New York State is going to do something about it."

Alongside Cuomo at the announcement sat Senator Bernie Sanders who, during his Presidential Campaign, called for tuition-free

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The Cost of Having a Uterus

BY ELIZABETH DENNIGAN

Menstruation will remain a fixture in the life of every female, and those students who attended "The Red Event" at CSI on November 22nd believe it is time for it to be normalized.

In New York, tampons are taxed up to 5% of their total cost, a practice that advocates say is literally tolling women for having a uterus. A closer look at the "tampon tax" has been taken across the country, and states such as Minnesota and Massachusetts have done away with it. Free condoms are offered in university health centers, but the same cannot be said for sanitary napkins. An attempt to achieve affordable birth control by organizations such as Planned Parenthood has been felt in health clinics around the country, and the federal government has pushed to have the cost covered with insurance. But day-to-day menstruation, and the ability of each individual woman to handle it, is rarely acknowledged in society.

Menstruation is a biological certainty for every female around the globe, regardless of her background or the exact age in which it begins. Factor in the cost of tampons and sanitary napkins, and the weight of a "monthly gift" varies from light, to heavy, to almost unaffordable.

Dr. Fayeze Guirgis, who practices in Brooklyn and Staten Island, sees the effect of societal views on menstruation daily through patients at his gynecological practice.

"Women would rather deal with the serious side-effects of hormonal birth control than go through with their 'monthly bill,'" said Guirgis. "Whether or not it's influenced by social constructs, I can't say for sure."

Some individuals find that birth control is the most cost-effective option because it can result in as little as three periods a year. A pack of tampons range from \$9 to \$16 a pack, while an IUD averages about \$82 every three months.

Some lawmaker Christina Garcia, a California Assemblywoman, do not even have the eradication of a cost associated with sanitary napkins on their radar. They simply desire to see an end to the tax associated with it.

The notion that pads be made affordable

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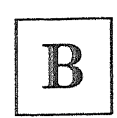
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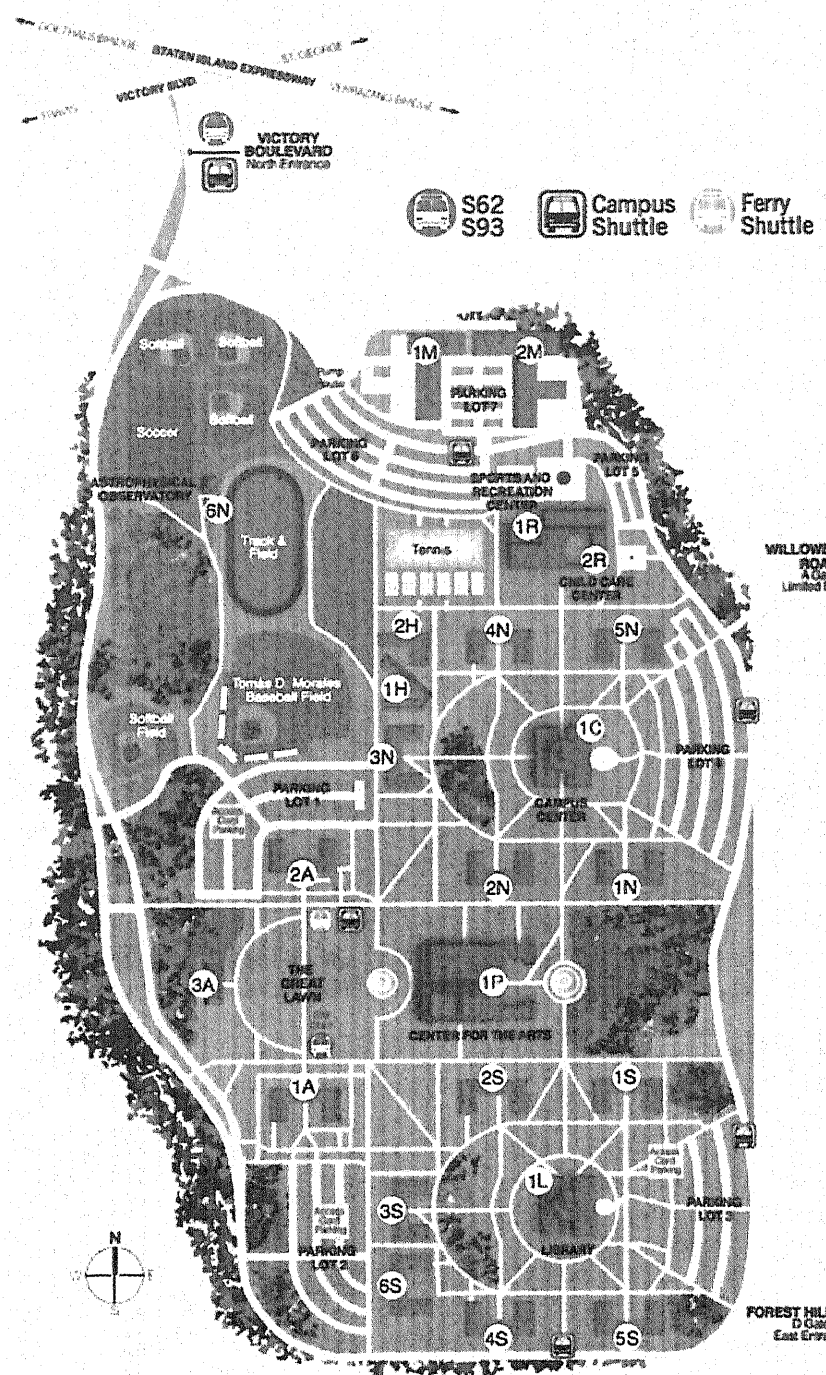


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BANNER POLITICS

We Came. We Saw. We Marched.

History Was Made at the Women's March in Washington D.C.

LUCIA ROSSI

It's one thing to say you support the women's march, but actually being there was entirely different.

The turnout for the Women's March on Washington was much higher than political observers expected.

The impact of the day made headlines across the globe with its total of 673 marches worldwide.

On January 21, a day after President Donald Trump's inauguration, women and men rallied for women's rights and advocated for a slew of other causes, including: LGBTQ rights, immigration and healthcare reform, climate change, racial equality, religious rights and worker's rights.

The Women's March wasn't prepared for the amount of people that attended.

While 250,000 people were expected, well over one million people came to march in Washington, D.C.

The march was peaceful with hardly any conflicts with police officers. It was reported that there weren't any arrests not only in Washington, D.C., but also in Chicago, Los Angeles, New York City and Seattle.

The grassroots effort was managed by four national co-chairs: Linda Sarsour, Tamika Mallory, Carmen Perez and Vanessa Wruble, along with other honorary co-chairs—who formed the event's coordinating committee.

Although over 400 organizations were listed as partners for the march, Planned Parenthood took center stage in voicing the negative consequences if there's a cut in their federal funding.

The cut will deny many women access to reproductive health care, abortion rights and other Planned Parenthood services.

There were many, memorable speakers who discussed the rights they believe in. America Ferrera, Scarlett Johansson, Angela Davis, Michael Moore, Ashley Judd and a moving performance by Alicia Keys, to name a few.

One speaker, who stood out above the

rest, was an inspiring, six-year-old activist, Sophie Cruz, who said, "Let us fight with love, faith, and courage so that our families will not be destroyed."

She ended her speech saying, "I also want to tell the children not to be afraid, because we are not alone. There are still many people that have their hearts filled with love. Let's keep together and fight for the rights. God is with us."

Pictures from the Women's March will show many women wearing similar knit, cat-like hats.

These pink hats were created as a nationwide effort by Krista Suh and Jayna Zweiman of Los Angeles, to wear at the march as a visual sign of unity among protesters.

The design, created by the Pussyhat Project, was originally a positive protest tool against Trump's inauguration to reclaim a derogatory term used by Trump in 2005, but ended up meaning much more at the march. These hats were compared to the "Make America Great Again" hats in the way that

they presented a simple, unifying and antagonistic message.

Although the Women's March on Washington is over, the fight isn't.

The Women's March promotional website is now advising that everyone join their "10 Actions for the First 100 Days" campaign.

The aim of this is to take action on issues you care about every ten days.

"Now is not the time to hang up our marching shoes - It's time to get our friends, family and community together and make history," says the campaign description on the Women's March website.

The first action is to send a postcard to your local senator about your political concerns.

The second action is to have a "huddle" with your local community, family and friends to define the next steps in taking local and national action.

According to their website, over 4,700 huddles have been created, worldwide, so far.

The Most Important Bench in the Land Widens

President Donald Trump's Supreme Court Nominee is Neil Gorsuch

BY DECLAN KAASLER

On January 31, 2017, President Donald Trump held a special press conference from within the White House to announce what will likely be one of his most crucial nominations as President. Trump used this press conference to formally introduce his nominee for the Supreme Court.

The Supreme Court had been running with a vacant seat since February 2016, when Justice Antonin Scalia died at the age of 79.

President Trump's nominee turned out to be Neil Gorsuch, a 49 year old conservative judge who, in many ways, is similar to Antonin Scalia.

Gorsuch is currently a judge for the United States Court of Appeals for the Tenth Circuit. He was appointed to this position by George W. Bush in 2006. When it comes to interpreting the Constitution, Gorsuch, much like Scalia, subscribes to originalism and textualism.

These ideologies revolve around the principle that the Constitution is a fixed document and the best way to interpret it, is to adhere to what the literal textual meaning is, rather than considering what the writers may have intended when writing it.

Neil Gorsuch's nomination by President Trump is sure to be a contentious point in Congress. The Republicans in Congress out-

right blocked any attempt to consider former President, Barack Obama's Supreme Court pick, Merrick Garland, for most of 2016.

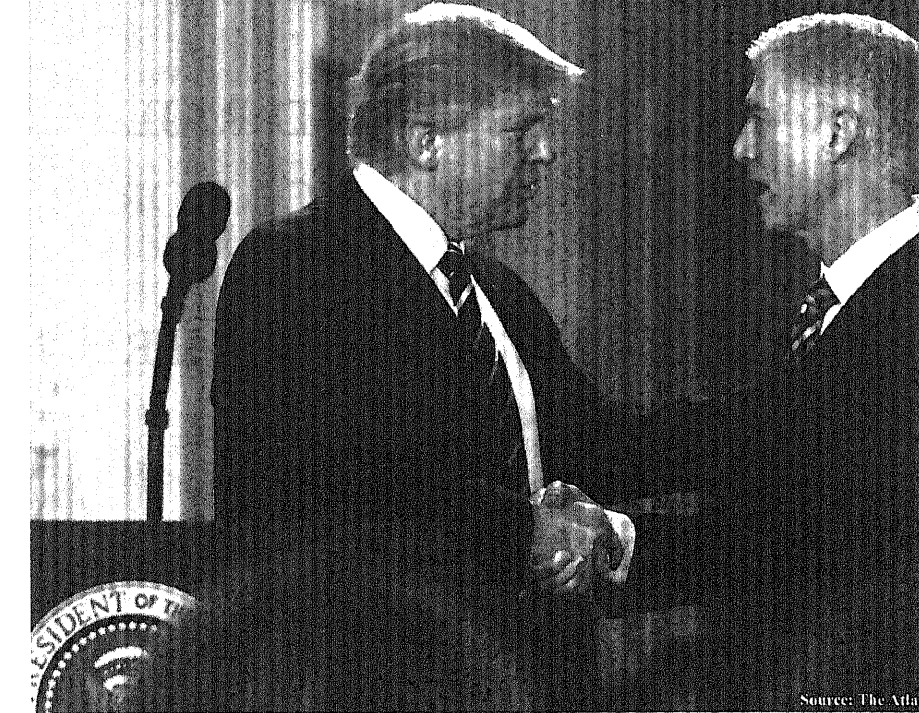
While Republicans argued that this was to bestow the nomination to President Obama's successor, their Democratic colleagues cried foul, claiming this was another example of the sharp, partisan gridlock that has plagued Congress for the past few years.

Nevertheless, President Obama's nomination expired on January 3, 2017.

Antonin Scalia's death came after serving for nearly thirty years. He first began his

tenure on the Supreme Court on September 26, 1986, during Ronald Reagan's administration. Since a Supreme Court Justice may serve for the rest of their life, their nominations are incredibly significant events for the government; especially because their interpretation of any given case can immediately change the rule of law across the U.S.

A Supreme Court justice might serve for decades, creating a long period where they may interpret the law, unhindered by the finite terms found in other branches of government. Neil Gorsuch has promised to avoid



Source: The Atlantic

practicing judicial governance, which has come under fire during the Obama administration due to Supreme Court justices undermining congressional legislation to enact policies.

The national legalization of gay marriage was a result of this behavior. The Supreme Court, in its majority opinion, argue that it was not an overthrow of legislation, rather an action taken to defend the 14th Amendment.

It has come to light that Neil Gorsuch allegedly founded a club in his private high school with a startling name: Fascism Forever Club.

Gorsuch could have established this club to combat left-wing staff members of his school. Whatever the case may be, the Democratic Party will undoubtedly try to use Gorsuch's past to discredit him before he can become a justice.

Gorsuch's strict textualism frightens the left wing of Congress and they will try anything to keep him out of the Supreme Court.

With the rise of "resistance" protests around the country, Democrats in Congress will feel pressured to delay and oppose Gorsuch's nomination.

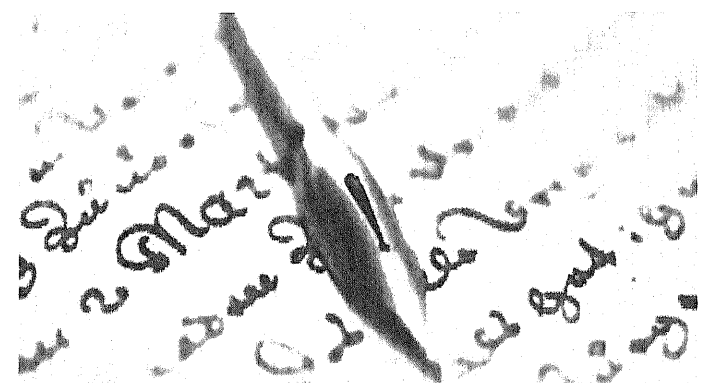
There is little hope that such a tactic by the Democrats will be successful since the Republicans occupy a majority in both houses of Congress.

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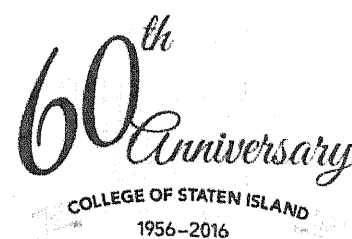
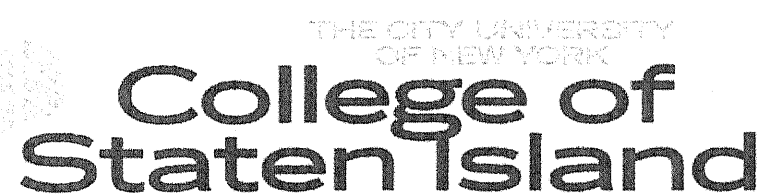


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"Travel Ban"

Continued from Front Page

travel ban. "I applaud the Chancellor's statement," Fritz said in a note to the College community. President Fritz didn't send out his own statement on the executive order, but referenced and linked to a statement made in December to CSI's College Council.

The remarks referred to his support of DACA and DAPA students.

"While my remarks focused on undocumented students, they also encompassed a larger theme of commitment to our commu-

nity," Fritz wrote.

"At the College of Staten Island, we are deeply committed to our students, faculty, and staff, and continue to take pride in our institution as a place where serious conversations about difficult topics happen."

While still in effect, the travel ban barred one CUNY lecturer from returning home.

The graduate student, Saira Rafiee, 31, was visiting her family in Iran when Trump signed the executive order.

Several advocacy groups, student government associations, unions and elected officials held two separate rallies for Rafiee.

Rafiee, a Brooklyn resident, said she waited for nearly 18 hours with 11 other Iranians before flying back to Tehran.

"I have devoted a major part of my scholarly life to the study of authoritarianism. It is time to call things by their true names; this is Islamophobia, racism, fascism," said Rafiee, who's studying at the CUNY Graduate Center and lecturing under an F1 student visa.

Demonstrators at these rallies vowed to fight for her to be able to return to the U.S.

"I join the students and faculty here ... for fighting for the simple right of someone who has legal status, who has been thorough-

ly vetted, who is on a visa, simply to rejoin her fellow students, faculty, staff and resume her studies," said Barbara Bowen, President of the CUNY Professional Staff Congress.

"It is an outrage." Fritz encouraged students to reach out to Stephen Ferst, Executive Director of CSI's Center for Global Engagement, and Isabel Bucaram, a staff attorney at CUNY Citizenship Now.

Ferst can be reached at stephen.ferst@csi.cuny.edu or (718) 982-2100 and Bucaram at (646) 860-5678.

"Free Tuition"

Continued from Front Page
public colleges nationwide with the U.S. government footing the bill.

Sanders said the plan was a "revolutionary idea for higher education...a message that is going to provide hope and optimism for working-class families all-across the state [and] If New York State does it this year, mark my words, state after state will follow."

With a promising announcement and plan to help middle and working-class college students of New York, comes little details and questions about the plan.

The Excelsior Scholarship, per the plan, is supposed to alleviate the tuition bill for SUNY and CUNY students.

However, not everything will be free. Students will still be on the hook for room and board, food, books and fees.

Those expenses add between \$14,180 and \$14,144 to the tuition at SUNY and CUNY colleges.

Under the tuition-free proposal, a student would also have to be on track to graduate on

time; which is a difficult task for both SUNY and CUNY students.

In a public hearing by the Assembly Standing Committee on Higher Education, it was revealed that half of full-time SUNY students finish a bachelor's degree in four years.

According to the CUNY Office of Institutional Research and Assessment, only an estimated 26% of full-time students complete a bachelor's degree in four years.

The \$163 million that this plan would cost the state, a relatively low cost for a program like this, also received some skepticism from the Assembly's Higher Education Committee Chairwoman, Deborah J. Glick.

"The cost estimate of \$163 million begs the question: If it costs so little, why haven't we done it before?" Glick says.

With the Excelsior Scholarship, Cuomo, a centrist democrat for most of his political career, tries to capture the excitement and energy of a young democratic base that is shifting more towards the left, in hopes of building his resume for the 2020 presidential race.



"Red Event"

Continued from Front Page

or even free is completely unfounded to CSI student Luke Graham, who regularly picks up free condoms from the college's health center.

"The idea of changing the cost of something just because you don't like it seems a little bit extreme," said Graham. "If it's your period, I see that as your problem."

Ana Guay, a New York resident, believes

that the extreme cost of tampons stems from a systematic discrimination of women, and that if men had to feel the waves of menstruation, the price would be lowered or sanitary napkins would even be made free.

"A demand for free tampons is viewed as radical, but free condoms aren't, and that in and of itself is insane to me," said Guay. "Menstruation is a lot harder to refrain from than sex."

Guay, who was adopted from Ecuador,

is well aware of the measures taken by women in third-world countries who cannot afford the cost of tampons. Even organizations who donate to third-world nations have difficulty getting a hold of tampons to donate.

"My biological mother had to use newspapers when she was menstruating because there was no store to buy pads, and no money to buy pads with," said Guay. "Women in third-world nations tend to use newspapers because they're easy to find and wad up, but

the ink from them causes nasty infections."

Saja Moruya, a pharmacist who works in Brooklyn, said that he has noticed many women attempting to be discrete when buying feminine sanitary products.

"As a pharmacist, discretion is in my job description," said Moruya. "But there's a true distinction between the way I'll prepare a prescription for Viagra compared to handing a package of sanitary napkins over the counter."

The Other Side: The Ins and Outs of Dealing with Rejection

BY VICTORIA PRIOLA

Victoria Priola, former Lifestyle's editor at The Banner has decided to join the team once again! As a 2016 graduate, Priola has seen a slice of life from the "other side," if you will. Her goal is to attempt to prove that in some way, somehow, CSI might actually prepare you for real life.

The best-case scenario when landing a job is actually keeping it. Unfortunately, life is not a series of best-case scenarios.

Getting your first, serious job after college is equally the best and scariest thing that will happen to you.

If you're doing what you studied in school, that's fantastic, but being in the working world means you have to get everything right the first time.

Your boss will not grade you on a curve. If you mess up, you run the risk of being fired or looked down on by your employer.

I applied for a job that was in my field that I knew I was under-qualified for. I was really shocked and excited when I got it, but from my first day on, I was uncomfortable and felt I wasn't meshing with the office culture and content.

Sure enough, I lost the job within the first month.

Losing my job, especially since it

was the first gig I was ever fired from, was hard for me to deal with.

I spent hours trying to figure out what I did wrong and was about to give up on my career in general.

If I could get fired from a job in the first six months after graduation, maybe I wasn't good enough at all?

Then it hit me: rejection might not actually be that bad.

Walt Disney was fired from his first job for not being creative, it happens to the best of us.

Rejection is a part of life and if it didn't happen when it did, it would've happened eventually.

Whatever you do, don't let the fear

of rejection stop you from going after things in life. Take a good look at yourself and know what you can offer any employer.

To eased my grieving, I sent my resume to other positions in my field that I was overqualified for.

Aiming lower than you'd originally planned can work in your favor because you are in the learning phase of your career.

Apply for jobs you can bring your A-game to.

Know your skill set and be confident in who you are because in the end, no one is thinking about your rejection more than you.

BANNER LIFESTYLES

Listen to Your Body

It Probably Knows Something You Don't

BY BEREN SABUNCU

Nowadays, it's easy to forget the needs of your body. Your body requires 6 to 8 hours of sleep you probably don't get, healthy food you don't prefer to eat, and exercise that you're too lazy to do.

It's different for everyone, but when life is this busy who has time to fully take care of themselves? Therefore, our body does what it does best, and reacts violently to our lack of self-care.

Our immune system weakens, we're prone to headaches, body aches and we feel tired a lot of the time. Everyone has been there; we are students (if not parents or workers) after all.

It is so easy to just reach for aspirin or pain medicine and not care enough to delve deeper into the root of the problem. That in itself causes more problems.

Because we don't know why our body reacted the way it did, we most likely won't fix the situation. What we don't understand is those aches and pains are the body's way of communicating, and a temporary fix is not going to treat the underlying problem.

Also, with OTC (over-the-counter) medication you might even be worsening the situation. Award-winning physician Dr. Joseph Mercola states that, "It's important

to be aware of the drug's active ingredients and potential side effects before taking it, but most people don't read all of the information on OTC [over-the-counter] drug labels. Even acetaminophen, the active ingredient in Tylenol and the most commonly used OTC medication, can be deadly if you're not careful."

One of the important tips is to drink plenty of water, and eat lots of fruits and vegetables.

This is the most obvious solution to many of your problems. Experts say that you need to drink at least half a gallon of water during the day.

Ditch the soda and have your body thank you. This should also be followed by a healthy diet. Overly greasy, salty or sweet foods tend to numb your tastebuds, and so that means you don't get to enjoy the subtle taste of healthy food.

It is a very hard habit to kick, but once your body gets used to healthy food there really is no going back.

The second tip for you to take note of is to get more Vitamin D. Go outside more! Vitamin D deficiency can cause or contribute to several very serious health issues such as asthma, several psychological troubles and in extreme cases, cancer.

You can find Vitamin D in most vegan

products and milk. Yet the best (and most fun) way of getting Vitamin D is going out and soaking up some sunlight!

Another important tip is to opt for the stairs, or try to schedule in some gym time. Any and almost all exercise is great.

Don't overwork yourself, but experts suggest taking a stroll for 30 minutes every day would help maintain your weight while promoting a healthy physical state. Exercise also fortifies your immune system, so you get to feel as badass as you look!

Making sure to get an adequate amount of sleep is also essential to your health. We are all students, and sometimes it is 3 AM and you need to finish your essay in 5 hours.

Other times you're literally just scrolling through Instagram till 4 in the morning. Prioritize, and plan better. It might be hard to do, but it will definitely be worth it. Sleeplessness means your immune system weakens and you're prone to illness. Yikes. Also related, limit your caffeine intake.

As good as it tastes, coffee consumed in large amounts can cause problems, caffeine intoxication, caffeine-induced anxiety disorder, caffeine-induced sleep disorder.

The Diagnostic and Statistical Manual of Mental Disorders classifies caffeine-related disorders under substance-related disorders.

It is that serious.

My last tip for you would be to refrain from medicine use if you don't know the cause of your pain.

This is an incredibly important tip, and one that could actually save your life. If you don't actually know why you have a headache or a pain in your stomach, try and listen to your body.

Internal fractures could cause mild pain, internal bleeding can be causing the swelling. Don't try to sweep your body's symptoms under the rug, it is trying to talk to you! Even when you know the cause of your pain, try alternative medicine like herbalism, homeopathy, and acupuncture.

It may be called alternative medicine now, but once it was the mainstream one. Alternative medicine also means that you have less chemicals in your body. It's a win-win situation.

The advances in Modern Medicine have saved countless lives, and for that humankind will forever be grateful.

Yet, why not avoid deterring from a more natural path of health when it's in the realm of possibilities?

Love yourself, and love your body. Moreover, respect it. After all, it's not rocket science, just an alternative one.

BANNER LIFESTYLES

Mindfulness and Learning How to Live a Fulfilling Life

BY BEREN SABUNCU

Am I going to be late to work? What does FAFSA want now? Could this bus go any slower? During the day you bombard yourself with countless questions.

You have bills to pay, homework to finish, jobs to clock into, relationships and friendships to tend to. Life is busy, and you probably feel like you're in a car going full speed with no brakes.

You might feel overwhelmed or underwhelmed by your life; maybe it's a little too much or maybe you're not satisfied.

You hate the mediocre tasks of your life, such as washing the dishes or your long commute.

Your life may be busy, you might feel lonely or not lonely enough, but all you have to do is to breathe.

John Lennon once said something that every other mindfulness article on the web uses: "Life is what happens to you while you're busy making other plans." As cliché as it may be, the saying is true.

Why don't you enjoy the commute? Your life is spent rushing from one place to the other, so any tedious task you have to do should be turned into a brief meditative

break. Moreover, you should just concentrate on whatever you are doing at that second. Stop violently thinking. "Violently thinking" is a term I just created for aggressively and simultaneously thinking about 5-6 things at a time instead of focusing on the task at hand. If you learn to appreciate even the most mediocre of tasks, mindfulness will be a virtue that comes easily to you.

One of the best definitions of mindfulness I ever came across was that of Jon Kabat-Zinn, the founder of the Mindfulness-Based Stress Reduction program at the University of Massachusetts Medical Center.

He describes mindfulness as "Paying attention in a particular way; on purpose, in the present moment, and non-judgmentally."

It will most probably be impossible to not think.

Many Buddhists meditate all throughout their lifetime to be able to "not think".

While achieving Nirvana may be hard especially in the city, through mindfulness you can achieve a more relaxed state of mind.

There are countless mindfulness articles online and I fully encourage you to read at least several, because the following 3 ways to live in the present are subjective to me.

The first mindfulness tip I have for you is to not reach for your phone first thing in the morning. Why do you always reach for your phone when you wake up?

Apart from the very annoying alarm you need to turn off, there is no reason as to why you should check your phone first thing in the morning.

The likes, the comments, that cute "good-morning" text can all wait.

You have a full day ahead of you, so why not take that time to relax and pamper yourself. Brush your teeth and wash your face leisurely.

Make breakfast, paying attention to the food. Grab a book or a magazine and eat your food while you're reading. I've been starting my day with that routine, and I don't remember ever feeling as peaceful as I do now.

Another important mindfulness tip would be to try and enjoy even the most tedious of tasks. Life is really marvelous when you think about it.

The colors, the people and the emotions make life what it is and every little bit of it is filled with wonder. Call me weird, but I genuinely enjoy washing the dishes.

There are several positive implications

of dishes. They mean I had food, they mean I have running water, they mean I have a house, or better yet a friend has invited me over to theirs. I

am simply happy I'm lucky enough to wash them. Appreciating and finding wonder in "tediousness" means you get to go to bed with a smile on your face.

Lastly, stop comparing yourself to others. This tip might feel a little out of place considering its connection to mindfulness is not an obvious one.

The connection is surprisingly tangible albeit subtle.

I don't like comparing myself to those who are less fortunate, simply because the happiness I'd get from comparison leads to sadness I'll get from another.

Saying "at least I have running water while X doesn't" leads into saying "why don't I have a big house like Y."

Why would you enjoy the commute while Z has their own driver? Stop comparing and stop sabotaging your happiness.

I get it, life is busy. It can be stressful, and you gotta do what you gotta do. Mindfulness just ensures that you do whatever you normally do with a little more panache.

History Was Made at the Women's March in Washington D.C.

Why Planned Parenthood is so Important and Why We Have to Stop the Stigma Surrounding It.

BY BRIELLE SPARACINO

In January it was announced by House Speaker, Paul Ryan, that all federal funding for Planned Parenthood would be stripped as part of the process to get rid of Obamacare.

Like countless other debates concerning civil rights and human decency, the war against PP, as well as the debate between pro-choice and pro-life supporters, has been long and tedious with no end in sight.

What Planned Parenthood is really about and why it is so essential that this nonprofit organization receive the proper funding to remain a safe space for not only women but people of all ages, will be explained.

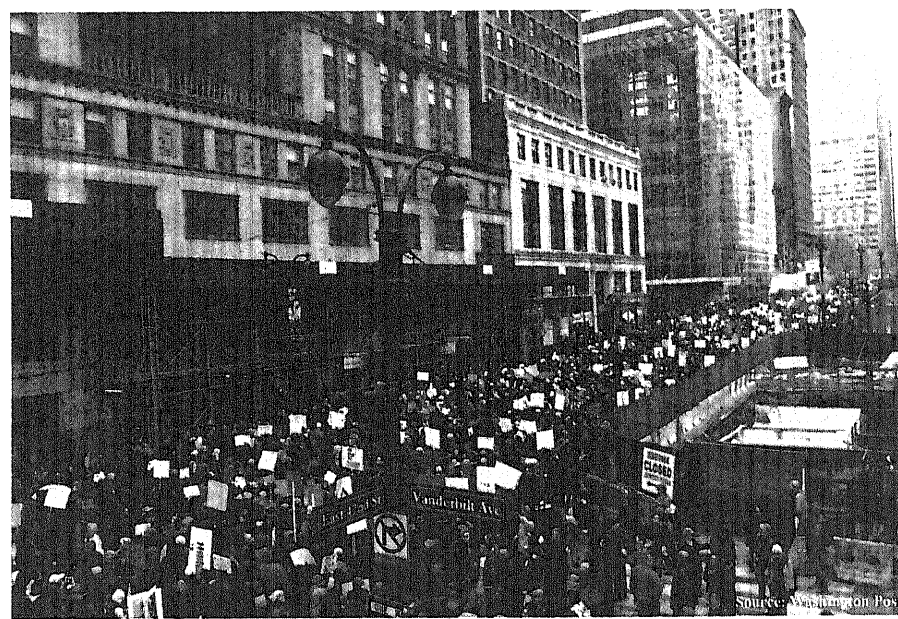
The biggest stigma surrounding Planned Parenthood is that it is only used when a woman needs an abortion, this statement is false.

Yes, Planned Parenthood focuses heavily on prevention; according to their website, "80 percent of [their] patients receive services to prevent unintended pregnancy."

However, only "three percent of all Planned Parenthood health services are abortion services."

Not only does PP focus on prevention of unintended pregnancy, they also focus on women's overall health.

The nonprofit organization provides more than 270,000 Pap smear tests and 360,000 breast exams per year, which are both essential (and usually costly) services



needed to detect whether or not a woman has cervical and/or breast cancer.

The doctors and nurses who work at Planned Parenthood also make sure to educate their patients about breast and cervical care and provide resources their patients can feel comfortable reaching out to.

Another valuable service provided by Planned Parenthood is testing for sexually transmitted diseases and infections.

"More than 4.2 million tests and treatments for sexually transmitted infections, including more than 650,000 HIV tests" are given to individuals on an as-needed basis.

There is also an abundance of general

health care services provided to patients at PP centers around the country, including: anemia testing, diabetes screening, cholesterol screening, flu and tetanus vaccines, high blood pressure and thyroid screening, physicals and help to quit smoking.

This organization does not just offer their services to women; they offer proactive and preventative measures for both men and women and anyone in between.

Not only are these services available and beneficial to the people who need them, but general women's health education and reproductive awareness are significant additions to the program.

On Planned Parenthood's website, there is information on Endometriosis, Menopause, Menstruation, HPV testing and yeast infections and Vaginitis, in addition to information on breast screenings and cervical cancer.

Planned Parenthood is truly a safe haven for women, men and young people alike, to gain access to important and necessary healthcare services without having to worry about cost, judgement or safety.

Women's health and sex education are not topics that are easily or commonly discussed and Planned Parenthood acts as the gateway to learning about safe sex, relationships and general health.

If someone is against abortion, they are still welcomed into a Planned Parenthood clinic with open arms; discrimination has never been nor will it ever be an issue at PP.

Defunding this organization would deprive so many people the opportunity to receive insightful information on how to properly take care of their bodies.

The goal of this article was not to defend one side or the other; it was to simply explain why Planned Parenthood is such a fundamental part of American culture, especially in this day and age.

If you or someone you know needs access to a Planned Parenthood clinic for any reason, please visit their website www.plannedparenthood.org.

Natural Beauty isn't Real

The "Simple Looks" That You See in the Media are Giving You the Wrong Idea

BY KINZA KHAN

Society has always been obsessed with women and the concept of "beauty." Every book, magazine, movie and on mostly all media platforms, the women are always gentle and beautiful creatures.

The point of this article isn't to condemn beauty, there is absolutely nothing wrong with the concept of beauty.

However, it becomes a problem with we idolize the fact that women are "naturally beautiful" and are supposed to look like the celebrities seen in magazines who are dressed down and made to look that way.

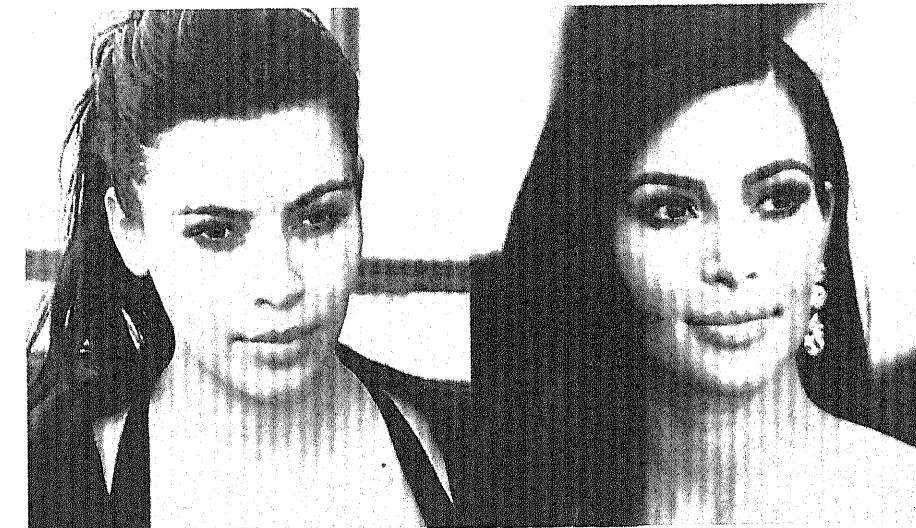
Beauty becomes a problem with there is so much emphasis on the "natural look." For example, natural makeup is still makeup.

We feel the need to hide all of our blemishes, dark circles and messy hair because we believe this is what makes us flawed. No one wakes up looking perfect. That sort of reality only exists in movies and the media, which in turn makes us feel inadequate.

We are told we are not special or valuable unless we're beautiful, so we take measures to become more beautiful.

We bleach our teeth. We straighten our hair. We thread our brows. We tan our skin. We apply makeup so we can hide the bags under our eyes, conceal our blemishes, highlight our cheekbones and lengthen our lashes.

And then after all of that, we're met with more criticism. "She's only pretty if



she's wearing makeup," people say, as if that somehow makes it less true, as if working for it makes it less valid.

That's like saying, "She's only smart because she studies so hard," or "She's only thin because she works out." We essentially did kill any desire for actual natural beauty. The fact of the matter is that this "natural beauty" everyone seems to be so hell-bent on isn't real.

The standard of beauty has gone up to almost unreachable measures because of makeup, braces, hair products and plastic surgery. Nobody can obtain the level of beauty we're striving for without those things.

Even the celebrities that look "flawless," are photoshopped and beautified for hours be-

fore they are placed in front of a camera.

It's gotten to the point where we undervalue "natural beauty" when we see it, because the girl without the perfect winged eyeliner will never compare to the girl with false lashes. It's not fair to compare one woman at her worst to another at her best.

The truth is, we don't want to see natural beauty. We just like to act like we do. We want the illusion of it, and that's the real problem with society.

A natural woman has dark circles under her eyes. She has blemishes. Her hair is flat and un-highlighted. It's sometimes frizzy and out of control. She has big pores, uneven skin and wrinkles.

Her eyelashes are short and fine. She has

body hair. She's 5'10 and model thin. People only want what they THINK is natural beauty: a straightened ponytail, yoga pants, concealer, foundation, and mascara.

All of this is enough to fix our flaws, but not so much that it's obvious to anyone else that it isn't real. Until we stop denying our idea of beauty still faux, we'll always feel naked when our faces are.

But still, we keep doing it, because deep down, we feel that anyone who tells us we're more beautiful without makeup is lying. It was designed to make us look prettier. We are pretty much brainwashed into thinking that our flaws are what makes us ugly even though majority of the society we live in has the same flaws.

We judge girls for wearing too much makeup but then judge them if they aren't wearing any.

A man who's in love with you may be attracted to you because you're sharing something intimate with him—you're showing him the face that nobody gets to see. He doesn't think you look prettier with invisible eyelashes and uneven skin.

If you really look close, everyone has their own aesthetic flaws deal with it, there's nothing wrong with wearing makeup, but there's also nothing wrong with going without it.

You should feel comfortable rocking the conceived "natural look," leave the concealer at home, and be proud of the real you.

BANNER ARTS

“Fifty Shades Darker” Transitions From Kinky to Sweet

↳ Dakota Johnson and Jamie Dornan light up the big screen with intensity

BY JENNIFER WEEKS

Every woman wants a fantasy/fairy tale, something exciting and romantic in their lives. Whether it's in the form of a novel, movie or partner in life, “Fifty Shades Darker” gives us just that.

It delivers the fantasy woman looking for the billionaire bad boy gone good, all in the name of love. Plus, who wouldn't enjoy seeing a hot kinky alpha on Valentine's Day.

Arriving just in time for Valentine's Day weekend, the highly anticipated sequel “Fifty Shades Darker” premieres in theaters nationwide. “Fifty Shades Darker,” is the second installment in the bestselling BDSM erotic trilogy written by British writer, E. L. James.

Just like the erotic romance novel, director James Foley's adaptation traces the deepening relationship between college graduate Anastasia Steele and billionaire mogul Christian Grey.

“Fifty Shades Darker” starts off where the first one ends. Anastasia Steele (Dakota Johnson) is a recent graduate working in Seattle as an editor's assistant. Christian Grey (Jamie Dornan) tries to win back the cautious Anastasia.

This time they give the relationship thing a try with no contract, and fall in a whirlwind love affair.

In this installment Anna and Christian learn what it means to be in a relationship, and to build trust and stability.

But most of all this chapter was to show how both characters grew as people. That they can be more than the couple of dominant



and submissive.

Thanks to E.L. James' husband, Niall Leonard, who wrote the screenplay, and to director James Foley, we get to see the intense romance between Christian and Anastasia unfold before our eyes.

The film's plot did stay true to the book as much as possible. Through the dialogue and interactions you could see the character development of Christian and Anna, and how much their relationship transitioned from contract sex to out in the open, love.

The way the screenplay was written the character Christian Grey came off possessive, creepy, and not hot or alluring as we saw in the first film.

This time he is infatuated and obsessed with conquering Anastasia.

He went as far as buying her publishing company she worked for and having her boss

fired.

But in other aspects Christian did develop more as a character. Through his dialogue staying true to the novel, he grows a little more while learning to trust and let the leash loosen.

He's not looking to punish her all the time, but most of all tries to open up about himself and his past.

He even goes the distance in letting her touch him in sensitive areas that haunts his memories.

Grey tries to be the perfect boyfriend throughout the film and break free of the BDSM while trying to submit Anna to his commands.

Throughout the film Anna unfolded into a more mature and independent character.

The director and screenplay made her into the confident woman she was altering into in

the first film.

A lot of this movie transitioned from kinky to sweet, not only in the characters, but the well-known sex scenes. Those went from rough to a little bit tamer.

It wasn't so much like the red room, but more as a gentle love making with a little kinkiness to it, not as rough as the first one. The sex scenes though were a bit repetitive with a few new moves and toys thrown in for good measure.

The sex was kept to a minimum, and wasn't over the top compared to the first one.

What changed drastically in this movie, besides the sex and character growth, was the amount of romance and the elements that goes into a relationship.

Christian and Anna did couple things: went to dinner, cooked dinner together, had their trivial disagreements, held hands. We even saw some witty banter between the two through via text and email.

And of course they even took vacations together, but it would have been better if that was more thrown into the movie.

Through the movie, we can see the chemistry and desire these two have for each other, it was like seeing a flame being doused with water and not going out as much you threw on it.

In the end, it was enjoyable to watch Anna and Christian's relationship unfold into something more and see the sweet and sour sides to both. You really get to see the drama and passion without sex complicating things.

A Series of Unfortunate Events Has Fortunate Success

Lemony Snicket's Beloved Series Returns Darker and Funnier Than Ever

BY LUCIA ROSSI

When times get tough, people usually comfort themselves with the thought that someone else always has it worse. When you think of the Baudelaire children...you know they have it the worst.

“Lemony Snicket's A Series of Unfortunate Events” was released as an eight episode-long season on Netflix, on January 13th with over 3.75 million viewers watching in its first weekend of release.

The series also received highly rated reviews on Metacritic and Rotten Tomatoes with a 93% approval rating.

This fortunate success of a series was mostly due to Neil Patrick Harris's role, the added creepiness to the tone, expansion of backstories and subplots, breaking the fourth wall with Lemony Snicket as the narrator, and the accuracy of being much more like the



children than its previous movie counterpart. All reasons of which are valid and completely true.

Whether you're a child at heart, have

children, or just loved the books, “A Series of Unfortunate Events” is for everyone.

If you're not already familiar, the extremely smart, talented, and rich Baudelaire

children became orphans when their parents and home are mysteriously destroyed in a fire.

While trying to figure out the past of their parents and the secret society they were a part of, the children go from home to home trying to elude Count Olaf, an actor who uses disguises and tries to take the Baudelaire fortune.

It was nice to give the series justice by allowing the books to play out in two episode segments with room to expand rather than being a rushed, squished, less-than-two-hour film.

The flow was much better this time and will continue on in the same manner in the upcoming second and third season. Hopefully, we won't have to wait too long as child actors do grow fast and they're trying to rush filming.

BANNER ARTS

“Resident Evil 7” Returns to its Horrific Roots... in First Person

Capcom's Newest Installment Showcases PSVR and Flamethrowers

BY RAMI TABARI

While the last few additions of the Resident Evil series had disregarded their original horror aspect, Capcom does a fantastic job at terrifying newcomers and veterans with the Baker family in “Resident Evil 7: Biohazard.”

The game doesn't bother using its original protagonists such as Chris or Leon and instead uses Ethan Winters: a civilian who, unlike the others, doesn't have any military training.

Ethan travels to an abandoned house in Louisiana looking for his missing wife, Mia, who is revealed to be abducted by the Bakers: a family who've been infected by an ailment that turned them into bioweapons.

Ethan's mission (if he chooses to accept it) is to cure his wife and escape the mansion.

The initial teaser for “Resident Evil 7” sparked doubt throughout the series' fanbase by being overly similar to games like “Outlast,” but they soon discovered that Capcom had actually brought the series back to a place where they all wanted it to be: its roots.

Capcom delivers us a taste of the old by weaving the original's element of fear with the RE Engine which included VR developmental tools that allowed it to be fully played in VR. The VR experience was quite terrifying, however, it wasn't without its flaws.

The VR can be played while sitting down which is easier on your legs, but it quickly causes motion sickness when you move the camera with the controller rather than your head.

The optimal way to play this game in VR without motion sickness is to be standing up while using your head as a 360 degree camera.

A problem with this is that the game registers head movement as Ethan turning his head instead of his whole body which causes the start of cutscenes to be faced backwards until you resync.

It's a choice between your legs and your

stomach, but the consequences are surely worth it if you play in small amounts.

The gameplay revives the same style and atmosphere that made “Resident Evil 4” one of the few classic survival-horror games, but the major difference is that it's in first person.

Capcom took a risk with its fans considering that every other Resident Evil has been a third person shooter.

However, this decision allowed Capcom to deliver the horror in a more petrifying way.

While Resident Evil is well known for being a zombie game, there are a surprising lack of zombies.

Other than fighting off the Baker family, which are the bosses of the game, there are normal enemies called the “molded.”

The molded are basically giant black goo monsters that are tough to kill if you don't strategize or have bullets for that matter.

While it would've been nice to see zombies reappear, the molded are a welcome addition to the series because their creepy design blends with dark surroundings for maximum scare factor.

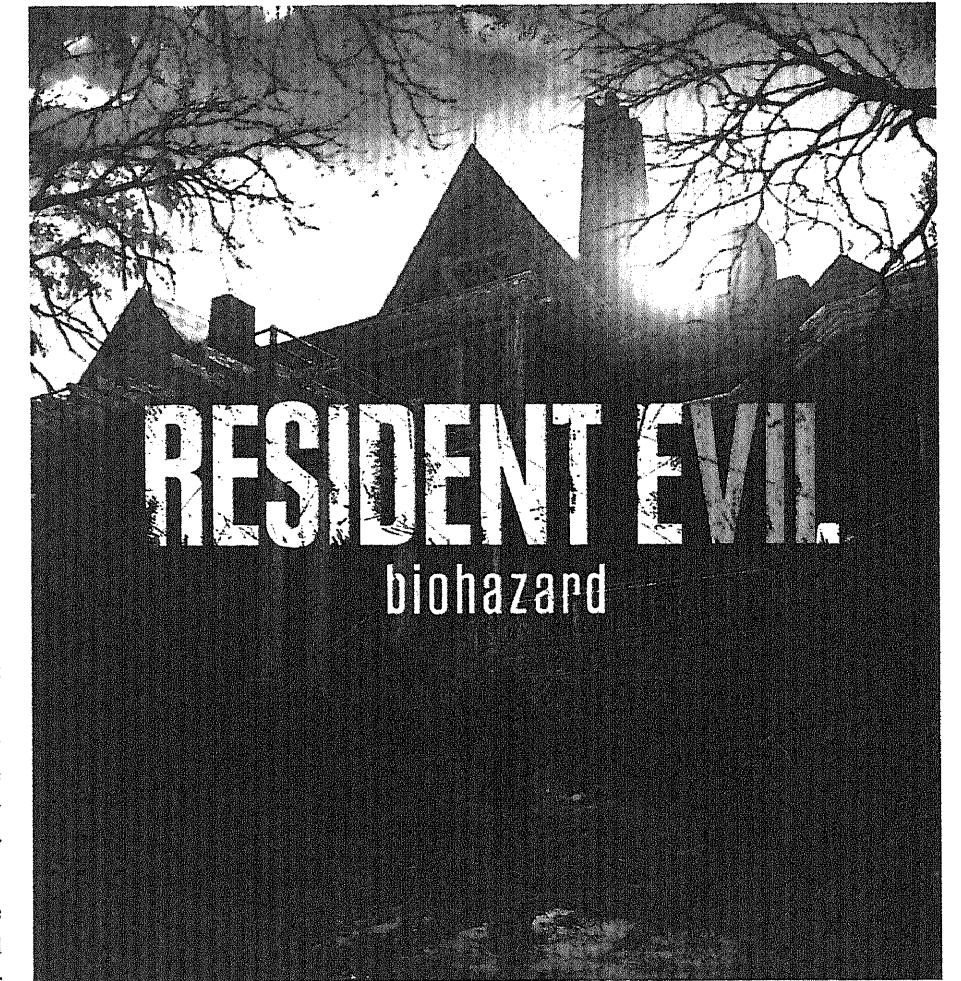
Ammo is incredibly scarce and the game purposely tries to catch the player off guard to force them to act irrationally with their supplies.

Most of its charm is comprised of the exploration that gives players the freedom to search every corner for items and non-story puzzle pieces so they can access better gear.

The beauty of this is that the player can miss a lot of goodies if they're not careful or if they simply decide to mindlessly run through the game, that's also an option.

Boss battles are a major aspect of the Resident Evil series and this game does well at making these moments both difficult and interesting.

Some of these battles resort to straightforward shoot-outs while others take a little thinking such as finding the right method or using a specific item which makes the battle



much more interactive.

The game's atmosphere quickly wraps the player in its grasp with a terrifying and intense soundtrack that scares you from going forward while at the same time inspires bravery into your every step.

From the little details inside the mansion to the horrific “molded” enemies, “Resident Evil 7's” graphics were simply gorgeous.

While it is definitely deserving of the next-gen consoles, the facial features on the human characters seemed oddly disproportionate as if they were dolls. The way their mouths moved felt awkward and unsatisfying like watching something dubbed in a different language.

“Resident Evil 7's” gameplay is nearly

the most enjoyable throughout the series, however its story is quite lacking.

The major issue the title brings forward is its placement in the Resident Evil universe and where the series goes from here.

It has none of the original characters within it which is kind of disappointing to see that fan favorites didn't return.

The dialogue was very unfulfilling and cringey, but at the same time it carried a cheesy sort of charm that “Resident Evil 4” had. Ethan spouts one-liners every time you kill a boss and makes stupid comments about everything happening around him.

Whether it was on purpose or not, the game still carries its own as a cheesy and horrifying addition to the franchise.

“Series of Unfortunate Events” Continued from Page 8

Believe it or not, this series was much darker than the film. Olaf is revealed to be much more malevolent and menacing in his murders and schemes.

The different settings even get depressing because wherever the children are its dark toned and grey, but from outside of where they are, it's always bright and colorful.

Just in case you didn't get the hint at just how unfortunate Violet, Klaus and Sunny's lives are, Lemony Snicket as the narrator, played by Patrick Warburton, is always there to remind you while he's writing something, trying to solve the Baudelaire mystery, is nostalgic for his lost love, or is trying to escape being caught.

Even with all of the unfortunate events, you can't help but laugh at the dark come-

dy that ensues thanks to Neil Patrick Harris as Count Olaf and the witty one-liners made by baby Sunny Baudelaire, voiced by Tara Strong.

Neil Patrick Harris was perfect for this role because of his versatility in playing with so many different disguises and accents. Count Olaf may be a disgusting peasant of a man but he is no idiot and he's not as bad of an actor as the rest of his troupe.

He even proudly takes the disguise of a female secretary which made the series all the more hilarious, especially in those hopeless times for the Baudelaire's. Harris was definitely on par with Jim Carrey's performance, if not better.

It was especially cool how Harris sang a

humorous theme song for the show with lyrics that changed to apply to each book, not episode.

The same can be said for the children as well. They seem younger than the previous child actors from the film but just as intelligent and talented. Even their physical features are similar to the previous children. You can't help but have a bleeding heart for them in all of their misfortune in this unforgiving cycle of finding a home, losing it and having to move on to the next one.

What was really cruel of the series was how they teased you with hope, which is why I personally disliked a part of the ending.

The truth is, all the hope lies with the children and their will to survive.

BANNER OPINIONS

Liberty vs. Safety: Which Shall Prevail?

The Question Needs to be Asked in CSI: Do We Really Need These Safe Spaces Here?

BYDECLAN KAASLER

Safe Space: It is an idea that has grown in popularity in the past several years. Nationwide, both private universities and community colleges have gotten onboard with the idea.

It seems to be of great importance to the average college student, but what exactly does this mean?

To define it in a basic way, a safe space is an area located on a college campus, typically an office or small lounge, where there is an alleged safety provided from inflammatory speech that might negatively influence a student.

See, safe spaces are based upon a nice idea that we need to look out for each other's feelings and as long as these spaces are kept voluntary, I have no objection.

One of the biggest problems these safe spaces have brought about is a widening of their influence.

There have been shocking reports of colleges moving safe spaces into public areas like courtyards. As a result of this, the entire student body is forced to recognize it.

Of course, I don't go about my daily life deliberately seeking to offend my fellow students, but if a student wanted to, he or she is well within their rights.

The very first amendment made to our United States Constitution guarantees freedom of speech for all, everywhere.

Safe spaces restrict the first amendment by telling us what we can and cannot say.

What all college students need to realize is the real world is nothing like the college experience.

In the real world, there are no safe spaces to go to when your boss says something insensitive.

By perpetuating this myth that everybody's feelings can and should be constantly protected, colleges are only doing their students a disservice.

In my own personal experience this Spring 2017 semester, I witnessed this behavior firsthand.

During the opening introductions to

Business Communications, my professor clearly stated that students would be required to get up in front of the class and attempt to persuade their fellow students to one position or the other.

While this was largely implied to be a business-centric debate, that didn't mean that there wouldn't be potentially controversial statements made.

After the class was dismissed, I overheard one of my classmates talking to the professor about this policy.

In his words, he felt threatened by statements that upset him.

He claimed that upon hearing such things, he got aggressive and that it would be in everyone's best interest to simply allow him to leave in the middle of class when such situations arose.

I never heard the end of that discussion but since he was absent the following week, I can only assume that his request was denied.

Some students might argue that we need safe spaces to serve those who might be suffering from PTSD.

Certainly, we should be helping to rehabilitate those who've gone through a traumatic and life changing event but in CSI's case, there are services that exist to help mental health healing.

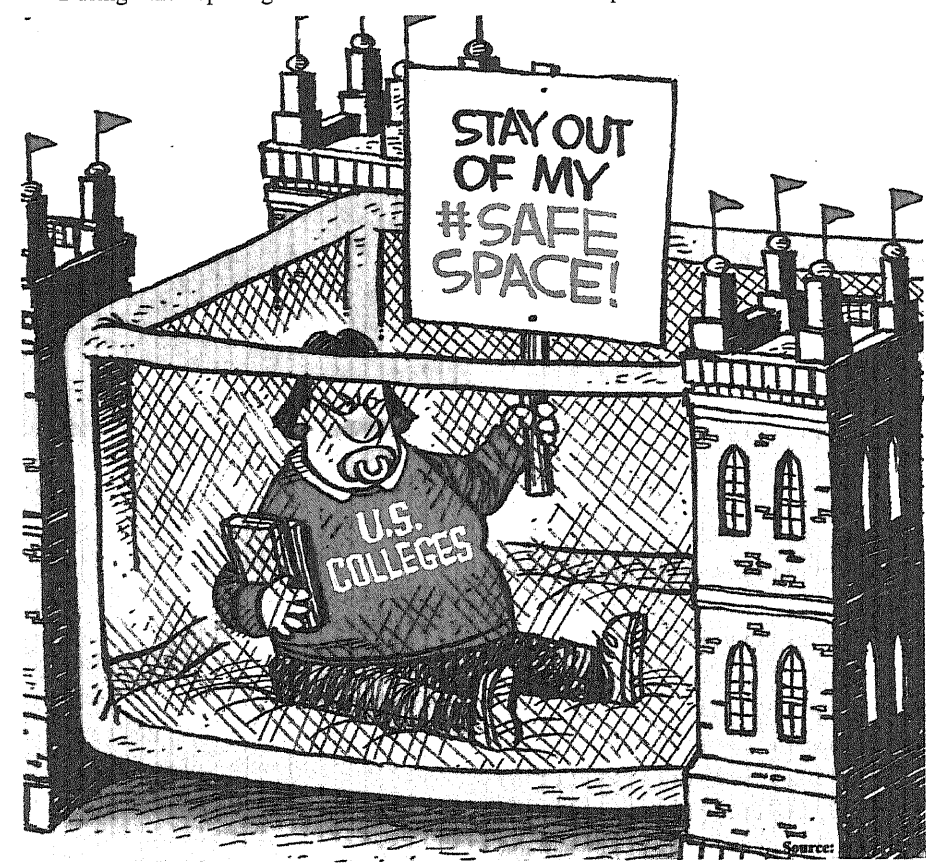
These can just as easily be used by anyone and won't compromise the atmosphere of freethinking for the rest of us.

In CUNY's case, we are a state and city-owned institution. This means that any campus restriction of free speech would be a violation of the First Amendment, which is highly illegal and unconstitutional.

The First Amendment does not protect people's feelings.

There is a serious problem when students drop classes based solely on the fact that they can't be guaranteed an environment that emotionally coddles them.

The whole point of college is to expose us to new ideas and knowledge and neither of those can be obtained when a student shuts out the world. With all the diversity that exists in the world, shouldn't we embrace it?



The Safe Space Solution

It Pays to Play It Safe

WILLIAM MORTON

Safe spaces are designed to provide comfort to students seeking refuge from various uncomfortable subjects presented in classroom environments.

College's best experiences come from sifting through the rubble of discomfort and creating a foundation filled with censorship and political correctness. Deviation from such censorship isn't conducive to the path of enlightenment.

There are some topics that make students cry, shout and shake when spoken about. Topics that range from abortion to graphic violence and childhood trauma.

Simply mentioning one of these topics can make someone who is recuperating from these effects, experience a relapse of emotion.

The allure of the college setting is how

much of an open forum there is in classroom conversations.

Despite the institution's proclamation that the classroom is to remain non-partisan, if a controversially taboo topic comes up, one particular student might not be ready to revisit memory lane and want to be excused from the classroom.

In fact, this is their prerogative. If colleges and schools are too lenient with open or freedom of expression without regard for their students, instead of there being peace, friction and tension can fester.

Safe spaces are a necessary resource to those who fear getting ridiculed or singled out.

These spaces are an academic support that substitutes as an on campus family.

Safe spaces have that inviting aura about them. The cornucopia of faces are an indication

of how progressive academic learning situations have ballooned.

Safe spaces, unlike the classroom, have restrictions on what can or cannot be said, which can in turn gradually increase the sensitivity and understanding amongst students and their peers.

Some literature taught in colleges and schools have xenophobic, misogynistic or hedonistic undertones to them. Certain students could possibly take issue with such content. Aren't they entitled to an education with respect to their chosen ways?

These students shouldn't be ordered to suck it up and endure topics that invoke debates, they should be treated with dignity.

Students are consumers that are free to remove themselves from the vicinity if they feel that what is being taught doesn't comply with their code of ethics.

The right of free speech can often be taken out of context due to ignorance in a group of strongly opinionated students, which should be motivation to ease tension within the classroom.

The privilege of education guarantees protection in schools and colleges but there is a chance of that protection getting renegeed. Safe spaces are the sanctuary that deliver on that promise.

The beauty of conglomeration is the result of tolerance. This is why understanding can move mountains!

I believe the solution to the debate on safe spaces is to let them have their chance in these institutions and to watch the magic happen.

Safe spaces are the equivalent to ensured emotional and mental security and that is something that deserves much support.

SEX AND RELATIONSHIPS

Old School Chivalry The Return of the Gentleman

BY WILLIAM MORTON

What happened to that 1980's movie-type of chivalry? There is something sentimentally pleasing about getting worked up to love songs blaring from some dude's boombox. That's right, chivalry!

Calling to say "Good morning," holding the door, paying for dinner, walking a girl home at night while never forgetting to keep her safely on the sidewalk—the side furthest away from the street of course, are all the little things that an eighties heartthrob would do.

Unfortunately, the stereotype attached to chivalry suggests that a man must be financially stable and adorned in luxury clothing in order to be a gentleman.

The truth is, the best kind of "knight in shining armor" wears sweatpants and might only be able to provide a bargain bodega lunch.

Today, if a man were to practice

chivalry, he might be labeled a flirt or come off desperate. Some modern day women seem to be complacent in the misogynistic behaviors of their non-chivalrous men.

Before the decline of chivalry, women were made to feel like royalty.

Nowadays, it is as if we have gone from placing a lady in a castle, to putting her up in a motel.

The thought of having a real connection with someone of the opposite sex has become vapid. We have turned into a "Netflix and chill" generation. What happened to the generation of casual drive-in movie dates and romantic evenings?

Opening the car door is free and should not be reserved for first dates only.

There is no excuse for neglecting to establish a meaningful foundation with the woman you have chosen.

You do not have to be rich to be a

gentleman. Surprise your lady at work with a handwritten love note. Hold her hand while crossing the street. Buy her flowers from the dollar store.

Follow my advice and you will have her feeling like a million bucks with that old school chivalry.

Be sure to peel the price tag off of those bargain flowers. It is the thought that counts and thoughtfulness is priceless.

These small gestures are easy and cost effective, so why do so many guys feel the need to hide their romantic or sensitive side from their significant others?

Are we turning into a generation of men that parade around in pseudo-masculine masks?

We have somehow shifted toward the idea that we must not be chivalrous if we want to be considered manly.

Chivalry should not be an option, but should come as second nature.

Not only is the woman you are dating the potential mother of your child, her body a vessel, she is also one of your greatest motivations in life.

She is someone who cares for you and encourages your every dream.

The effort that you put into your relationship should reflect that notion. Be honest with your girl, dote on her, treat her to a half priced pizza if that is all you can afford.

These acts of kindness do not make you a chump. To the contrary, these loving gestures prove that you are a gentleman, despite your income and regardless of how faded the significance of chivalry has become.

Does chivalry have a place in the modern day? If it was cherished in those eighties classics such as *Say Anything*, *Pretty in Pink* and *Dirty Dancing*, who is to say that there is anything wrong with it now? Like the old saying goes: "If it ain't broke, don't fix it."

Friends With Benefits and Valuing "The Chase"

Why People Should Not Be Treated As Expendable

BY BEREN SABUNCU

Falling in love is beautiful, but what do you do when the person you are in love with lives across the globe? Many long distance relationships fail due to the restraints on the relationship.

Depending on your personalities and the dynamics of the relationship, there are many different ways to keep things sensual and avoid becoming new age pen pals. Apart from the most obvious, raunchy phone and webcam sex, which some people are partial to, here are nine ways to spice up your LDR:

Tip #1: Flirt

You might find yourself suppressing your sexual urges, thinking that there is no point in flirting if you and your significant other are not going to have sex anytime soon.

This can be detrimental to the relationship and one of the major reasons why the LDR does not always work for couples. Go ahead and flirt, talk dirty and be cheeky!

Tip #2: Prepare for Skype dates as you would for an in-person date

Your time together is very important, make the most of it.

Trade your usual style for something sexy. Ladies, show up to that webcam wearing lingerie and red lipstick.

Do not be afraid to touch your body. Touch your neck, lips, collarbone—the body language and facial expressions will take the webcam session to another level.

As for the fellas, wear that shirt she likes and style your hair the way you would if you were going out on a romantic date together. Pay attention to detail, it pays off!

Tip #3: Be vocal about your needs and desires

Your words are all you have and that has its upside. Tell your partner what you like and how you like it.

Depending on your relationship, you can be raunchy or sweet.

Voicing your desires will create a deeper level of intimacy, making the miles between you disappear. If not, it certainly will better your sexual encounters when you do see one another.

Tip #4: Be intimate, always

Every interaction is vital when you're far apart. Show and tell your lover how they

make you feel. Expressing your feelings is a must in any relationship.

Eye contact is another great way of creating a sense of intimacy, even if you are a thousand miles apart.

Tip #5: Compliment your lover

Give little reminders as to why you are so attracted to your significant other.

Your partner's soul, smile and warm eyes are unique.

Reminding your lover that you are still very much attracted to him or her means the world. You should both aim to feel sexy and desired, despite the long distance.

Tip #6: Send nudes and notes

Send sexy pictures throughout the day so they know you're thinking of them. There is nothing sexier than knowing that you are always on each other's minds.

Hearing your lover's voice sends shivers down your spine, so why not take a break from written texts to send a voice note with that picture.

This will keep your unique relationship, fresh. Make it a message they'll listen to over and over again.

Tip #7: Wine and dine together

Cook some good food, open up a bottle of wine and eat together.

It will fortify your relationship and bring closeness, as wine has been known to bring out a rather sensual side in people.

Tip #8: Model for your man

While getting naked on camera may not be what you prefer, nothing beats a fashion show.

Show your long distant lover the clothes you have recently purchased. Pair cute clothes with a cheeky smile and you have got yourself a very happy partner—and a modest little peep show.

Tip #9: Let your mind wander

Look at you partner and imagine what you would like to do to them, this will show on your face.

People tend to unconsciously mimic what they are thinking. Biting your lip while looking at your lover's mouth is sure to create sexy vibes.

These tips are a sure way to ignite a spark in your long-distance relationship.

SPORTS

Possible Scenarios for The Rangers as The Trade Deadline Looms

BY ANTHONY RUSSO

In the summer of 2016, the New York Rangers decided to move in a different direction, bringing in young talent at the forward position. The Rangers have an average forward age of 25-28, younger than any NHL team in the previous season.

Though the Rangers have found success through a young revamped forward group and some through goaltender Henrik Lundqvist, who has had an up and down season, it's no secret that the defensive side of the ice is their biggest flaw.

While the Rangers currently sit at 6th in the entire league, they still find themselves just maintaining the first wild card spot in the Eastern Conference due to the other competitive teams in the Metropolitan division.

Between now and the NHL trade deadline on March 1, 2017, Rangers general manager Jeff Gorton will have to make a decision whether he wants to buy or sell at the deadline. On Jan. 25th TSN's insider Bob McKenzie made an appearance on NBCSN and said that the Rangers will be looking add a right handed defenseman.

One of the names McKenzie mentioned was St Louis Blues defenseman Kevin Shattenkirk, who has been tied to Rangers rumors since Elliotte Friedman, another hockey insider for sportsnet, reported that he believes that Shattenkirk will only sign a long term deal with the Rangers. As McKenzie said the Rangers would like to get Shattenkirk, but he acknowledged that the Rangers probably want to get away from sacrificing first round picks, as they haven't had one since 2012.

28 year old Shattenkirk, has spent the last 8 seasons in the NHL the majority of the time playing as a top 4 defenseman and a power-play specialist. This season Shattenkirk has recorded 39 points in 56 games played and would fill a need for the Rangers.

It'll of course depend on what the Blues want in return for Shattenkirk, as it's become known publicly that he will not sign an extension with the Blues according to Pierre LeBrun of espn.com and wants to test the free agent market in July.

The Blues will likely trade Shattenkirk, on or before March 1st but where is the question? The Rangers certainly have leverage

considering they may be the only team he would sign an extension with, but how much will the Rangers be willing to give up?

The Rangers have forward surplus and they may be willing to include 23 year old J.T. Miller who is on verge of a breakout season, as he has recorded 45 points in 55 games.

The Blues would likely want high draft picks, prospects with high upside or an established young NHL player. The Rangers may only be willing to offer their young established NHL players, as they seem at the moment reluctant to trade away anymore first round picks and have a thin prospect pool in an effort to contend for the Stanley Cup in recent years. The Rangers could wait until July to sign Shattenkirk, if Gorton feels the Blues's asking price is too steep for his likings. Gorton could look elsewhere in the rental market for a right handed defenseman such as Cody Franson of the Buffalo Sabres and Michael Stone of the Arizona Coyotes, who are both scheduled to become unrestricted free agents and would come at a cheaper expense.

If not Gorton may have to consider selling at the deadline if he's not comfortable with sacrificing more future assets.

Last summer the Rangers revamped their forward group, it's quite possible that the Rangers will do the same thing in the summer of 2017 with their defensive group. Maybe this time Gorton gets an earlier start and sells his older aged players on or before the trade deadline.

Selling for future considerations may not be a popular move in the eyes of some fans, but it could be the most realistic route. If Gorton feels his team isn't good enough to get by the reigning Stanley Cup champion Pittsburgh Penguins and the league's best Washington Capitals, who are both currently above the Rangers in the standings, then he needs to sell.

The Rangers have only missed the playoffs once in the last 12 years and even if they chose to sell, they would still need a monumental collapse to miss the playoffs. While the Rangers may not be able to contend while selling at the trade deadline, they won't damage their future by doing so either.

Greatness Overcomes Odds

The New England Patriots Triumph Over the Atlanta Falcons 34-28

BY ANTHONY CARBONARO

Super Bowl LI was the biggest comeback in Super Bowl history. The New England Patriots overcame a 25 point, third-quarter deficit to defeat the young and inexperienced Atlanta Falcons, 34-28.

Fans are calling it a major choke on the Falcons part but there are many people who argue it was the coaching of Bill Belichick along with Tom Brady's lead that caused the impressive comeback.

Brady entered the game with four rings and the most game-winning drives in the playoffs in the Super Bowl era. Joe Montana and Tom Brady are the most consistently talked about as the Greatest of All Time to play the quarterback position.

The Patriots' reputation stems from their ability to not turn the ball over. The Super Bowl began in the opposite fashion. LeGarrette Blount had the most rushing touchdowns in the NFL with 18 and only had two lost fumbles when coming into the biggest game of the season.

The Patriots drove the length of the field and ended up in Falcon territory at their 30 yard line.

It looked as though Brady & co. would be the first to put points on the board. The wind was taken out of New England's sails with a Blount fumble on the next first down. The fumble set up a Devonta Freeman touchdown to give the Falcons a 7-0 lead.

Beginning the second quarter with a 14-0 deficit, the Pats drove the length of the field. On 3rd and 6 with 2:36 left in the half and Brady knocking on the red zone door, Robert Alford jumped Amendola's slant route and took it to the house. That was the first pick-six ever thrown by Tom Brady in the Super Bowl.

The Patriots did not play up to their standards. Rare moments from Brady and Blount dug a deep hole that filled the audience with doubt. It was hard to imagine even a team with their reputation could come back from this.

Going into halftime, down 21-3, the

Patriots had to make the adjustments to put themselves back in the football game. With a few minutes left in the third quarter, Belichick's halftime adjustments began to show their brilliance.

Eight minutes remaining in the game, the Falcons led 28-12 when the Patriots defense took over.

On 3rd and 1, in their own territory, Ryan was stripped by Dont'a Hightower. Devonta Freeman missed his assignment which cost the Falcons the ball and a possible first down.

The play resulted in a New England touchdown followed by a successful 2-point conversion, making it a one possession game.

The Patriots needed one more defensive stand to give Brady a final shot.

After what should have been an unbelievable, game-clinching catch from Julio Jones, the Falcons were in prime position to capture their first Lombardi Trophy.

NFL fans expected the Falcons to run the ball in attempt to run down the clock, or kick a field goal at minimum, making it a two-score game.

Atlanta unfathomably dropped back to pass on 2nd and 3rd downs.

Ryan was sacked for a loss of 11 yards on second down and a holding penalty was committed on third down to lose another ten.

This blunder in play calling took the Falcons out of field goal range, forcing them to punt.

Tom Brady engineered a 91 yard touchdown drive, bringing the Patriots within a two-point conversion to tie the game. Amendola caught a pass and barely broke the plane to knot the score at 28, sending the Super Bowl into overtime for the first time in history. The Patriots won the OT coin toss and elected to receive.

Brady led his team on a 75 yard touchdown drive to capture his fifth Super Bowl ring.

New England's experience, Bill Belichick's defensive adjustments and Brady being Brady are the reasons the Patriots were able to complete the best comeback in Super Bowl history.

