

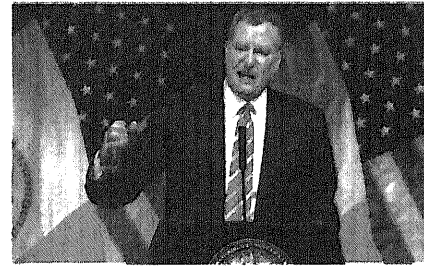
THE BANNER

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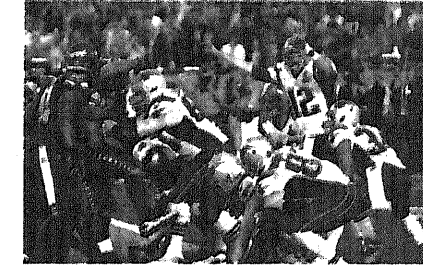
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Hate Us 'Cause they Ain't Us - Page 10

CAB Prepares for Show of the Semester

Faculty Comes Together to Display Student Talent



Photo Credit: Robert King Kee

Original dance routines are among the many talents auditioners bring to the stage for CSI's talent contest

BY VICTORIA PRIOLA

The Williamson Theater began to fill with music, poetry, and nerves of the students who were auditioning to become CSI's newest rising star. Several rows of friends and family cheered while the panel of judges weaved through the wave of contestants performing for the chance to advance to the second round of the fourth annual CSI's Got Talent.

In preparation of CSI's most attended event during the spring semester, the Campus Activities Board (CAB) elected five volunteers involved with clubs and organizations on campus to represent the student and faculty body. The judges decide who will continue on to the semifinals on March 30. Funding from WSIA and Student Activity Fees makes the show go on.

"It takes a lot to get up on stage and perform in front of a crowd of people," said Carol Brower, director of Student Life. "[The contestants] are very brave to do this."

The attendance of the elected judges was

"It takes a lot to get up on stage and perform in front of a crowd of people,"

not definite until the time of the auditions. All were accounted for with the assistance of CAB Director Debi Kee, WSIA's General Manager Philip Masciantonio, Carol Brower, and Coordinator of the Student Leadership Development Robert King Kee.

Throughout the audition process, the panel consisted of CAB members Nia Holmen and Sabrina Walters, The Office of Academic Support's Director Linda Sharib, the Director of Testing Alan Holmer, WSIA's Business Operation Director Alyssandra Puglisi, WSIA's Music Director Krystal Lake, who also auditioned, and the Career and Scholarship Office's Senior Director Richard Krysztoforski.

Last year's winner Grove Rune was also

a judge through the auditions and claimed to be representing the music department of CSI.

CSI's Got Talent is funded by Student Activities Fees and includes a night of entertainment for all ages. Last year, Sal Vulcano from "Impractical Jokers" and Jay Miller from "Mid Evenings with Jay Miller" were the celebrity hosts. The notorious Staten Island clown made a special appearance that night as well.

The performers may have changed but the prize hasn't. They will be competing for first place and \$2,500. Runner ups will receive \$1,000 for second and \$500 third place. The CSI Campus Connection page shows that fifty students registered to showcase their talent.

Last year a total of eighty acts registered to participate in the competition. Contestants performed hit songs from artists such as Sam Smith, original songs, dance routines, spoken word, and comedy skits.

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NY Wheel and Empire Outlets Aim to Revitalize North Shore

ATTRACTIONS BOUND TO INFLUENCE TOURISM

BY BRIANA DELBUONO

The groundbreaking ceremony for the New York Wheel will be held at the Richmond County Bank Ballpark on March 10, 2015 and doors are said to open in early 2017.

These new attractions will bring traffic to New York's "forgotten borough" and help further develop the North Shore, which is a promise that was made in earlier years and left unfulfilled.

Developers say the ride will reach 630 feet into the air, and attract 30,000 million visitors per day, which makes four million visitors per year.

"It will make the neighborhood more attractive," said Vince DiMiceli who lives within walking distance of the new wheel and outlets. "It's definitely going to make the North Shore more appealing," said North Shore resident Patrick Mullan, one of many Staten Islanders who live nearby and is excited that something is finally being done on the area's underused waterfront.

Open every day of the week, the attraction's hours will vary, but are currently set from 10am until 10pm and will stay open until 2am on special occasions.

It will be within walking distance from the Staten Island Ferry, so tourists should have no problem finding this new attraction. Ticket prices are estimated to cost roughly \$25-\$30 for the 38 minute ride on the Wheel.

Along with giving thousands of tourists a place to go, some say the new outlet mall will also provide a much needed bridge between the Ferry Terminal and Richmond Terrace, which is more than a football field away.

"The Empire outlets will be the connection that St. George has been missing," Dimiceli added. "Now you'll be able to walk through the outlets and they will direct you to the rest of the downtown area."

A bigger concern for residents is the possible influx of cars into the neighbor-

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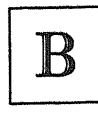
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COLLEGE OF STATEN ISLAND CAMPUS MAP

THE CITY UNIVERSITY OF NEW YORK
College of Staten Island

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North Campus	
Astrophysical Observatory	6N
Business, School of	3N
Campus Center	1C
Campus Services and Central Plant	1M
Children's Center	2R
Computer Science	1N
Dolphin Cove North, South	1H, 2H
Engineering Science and Physics	1N
Engineering Technologies	4N
History	Marchi Hall, 4N
Physical Therapy	5N
Political Science, Economics, and Philosophy	Marchi Hall, 2N
Sports and Recreation Center	1R
Future Use	2M
South Campus	
Biology	6S
Chemistry	6S
Education, School of	3S
English	2S
Library	1L
Mathematics	1S
Media Culture	1P
Nursing	Marchus Hall, 5S
Performing and Creative Arts	1P
Psychology	4S
Social Work	1L
Sociology and Anthropology	4S
World Languages and Literatures	2S
Administration Loop	
Center for the Arts	1P
North Administration	2A
South Administration	1A
West Administration	3A

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BANNER POLITICS

Affordable Housing Issue Takes Center Stage in State of the City Mayor Pledges to Build and Maintain 200,000 Units of Affordable Housing

BY CLIFFORD MICHEL

Mayor Bill de Blasio, almost immediately, launched into populist rhetoric as he invoked CUNY and Baruch, calling it “the college that epitomizes opportunity and possibility for all New York.” in his State of the City address on February 3.

de Blasio began his speech with a story of his grandmother, who moved from the countryside of Italy to a small apartment in Manhattan and opened a small business that thrived.

The mayor’s primary focus was on affordable housing in New York City. de Blasio unveiled a bold agenda to build 80,000 units of affordable housing and preserve 120,000 units over the next decade. 10,000 units of affordable housing will be specifically for interns.

The mayor plans to develop 11,250 of those new units in Stuyvesant’s Sunnyside rail yards in Queens, which the city will have to purchase from the MTA and Amtrak. The property sits at 200 acres—Amtrak owns about 150 acres.

de Blasio also wants to take aim at gentrification by implementing new rules, such as “mandatory exclusionary zoning.” This means that developers building luxury housing must include a certain amount of less expensive housing.

The mayor credited his support for affordable housing to the rising climate of income inequality and said that he wished to preserve New York City’s diverse culture.

“If we do not—and act boldly—New York risks taking on the qualities of a gated community,” said de Blasio. “A place defined by exclusivity, rather than opportunity. And we cannot let that happen. We will not let that happen.”

He criticized luxury developers in the past for writing “their own rules” and past administrations for allowing it to occur.

de Blasio also called on the State legislature to strengthen rules that protect tenants from Vicki Been, commissioner of the city’s

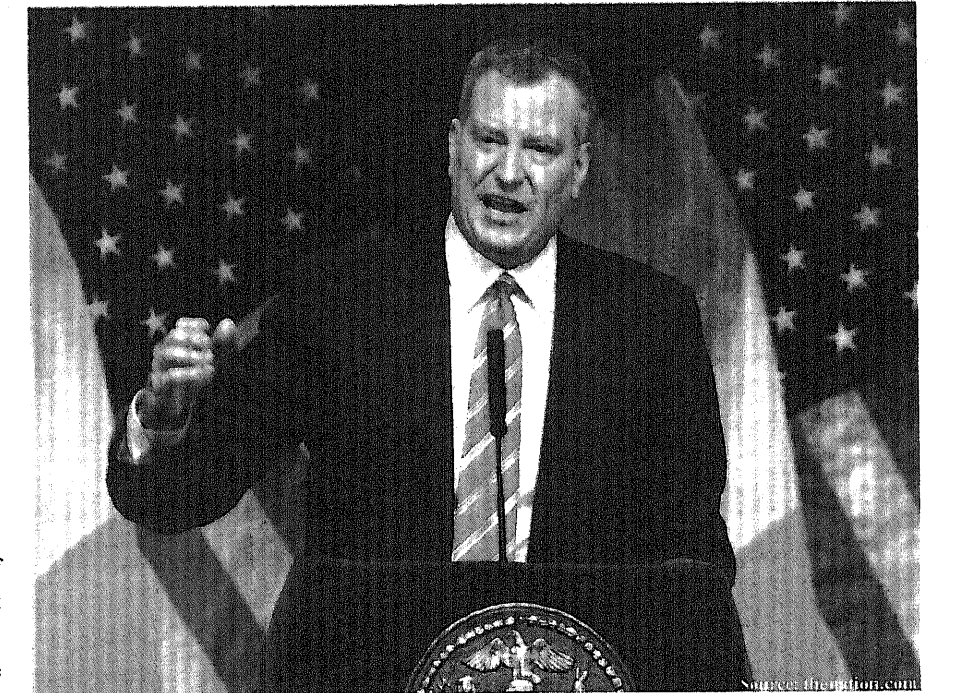
Department of Housing Preservation and Development, spoke candidly about de Blasio’s housing vision at a conference for real estate professionals at Baruch College’s Zicklin School of Business.

Been, tasked with overseeing the decade long plan, said she was both looking forward to the challenge of the mayor’s plan, but also acknowledged its difficulties.

“The implementation of all these new programs and new term sheets, is indeed complex. And there are many challenges that are beyond our control—increasing land cost, increasing construction costs,” Been said. “And we know that because those factors are so pressing and are largely out of our control, we have to take advantage of every ounce of savings that we can squeeze into things that are within our control.”

Been was successful in surpassing the department’s first year goal of building and preserving 16,000 units. Still notably below numbers needed to reach de Blasio’s new goal by 2024, Been admitted that the department still has to ramp up its efforts to be successful.

“We have to make the regulatory and the approval process as efficient as possible,



50-story residential towers in Sunnyside—that’s just not going to happen,” Bramer said. “That level of density would be wildly out of character with the very low-rise nature of Sunnyside.”

Another bold plan announced during the State of the City address was de Blasio’s announcement of plans to expand ferry service

the mayor’s silence on police reform. Many of the members are part of Justice League NYC, one of the key organizers in the two weeks of protests that followed the non-indictment decision by a Staten Island grand jury in early December.

“Yesterday, when Mayor de Blasio made his State of the City address...our coalition family [was] anticipating a rousing endorsement of many of the substantive policy changes that we have demanded. And yet, silence,” said Carmen Perez. “Not one sentence on police-community relations. Not one mention of the death of Eric Garner or Ramarley Graham, or any of the lives lost at the hands of NYPD.”

“Your energy invigorates us. Your compassion inspires us. Your resolve compels us to move forward.”

we need to get to ‘yes’ faster and with less drama, even as we work hard to protect the public and our resources,” Been continued.

But the mayor’s challenging housing plan hasn’t been met with enthusiasm by everybody. City Councilman Jimmy Vam Bramer told Capital New York that he had trepidations about building so many units of housing onto the relatively low rise nature of Sunnyside.

“We’re just not going to build 30, 40,

for the price of a metro card.

The ferries would service Astoria, the Lower East Side, the Soundview section of the Bronx, and South Brooklyn.

The mayor cited universal pre-k, after school prevention programs, paid sick leaves, and changes in NYC’s marijuana policies as major accomplishments in 2014.

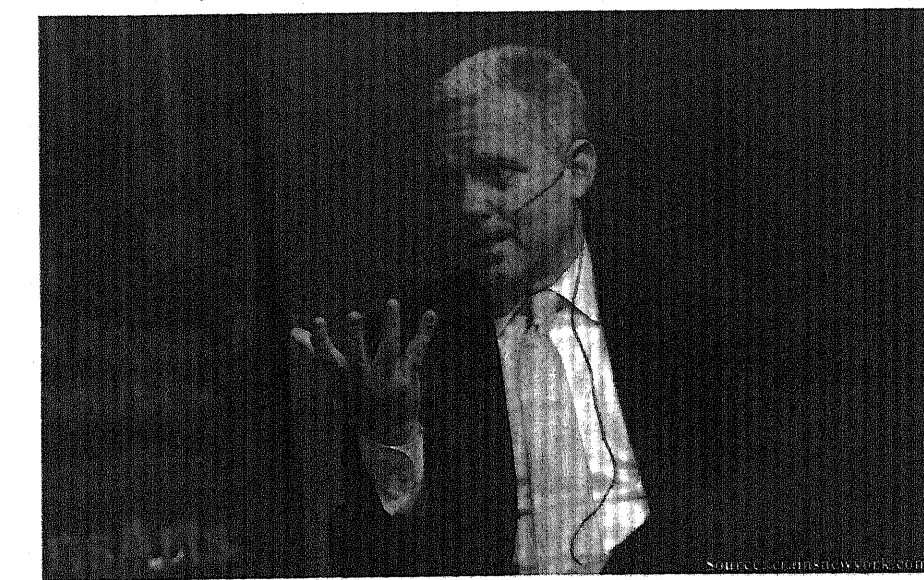
While not included in his State of the City speech, the mayor included \$30 million in funding for CUNY in his preliminary budget for the upcoming fiscal year.

\$29 million will be allocated to expand STEM programs on the community college level and aid academic intervention services. \$1.1 million will be for the Fatherhood Academy, a program that helps young men from ages 18 to 24 to improve their job prospects.

As de Blasio painted broad strokes about his vision for New York City, any mention of improving police-community relations was glaringly missing from the mayor’s speech, which is meant to highlight the mayor’s top priorities for the upcoming year.

The mayor also gave praise to the NYPD for reducing the crime rate to the lowest in New York City’s history.

Only a day after the State of the City address, ten representatives from activist groups gathered on the steps of City Hall to criticize



Jimmy Vam Bramer has taken comfort in articulating the mayor’s plan for affordable housing

NY Wheel to Revitalize Tourism Continued from front page

hood, thanks to Staten Island residents who want to visit the new outlets.

"You're going to notice the area becoming more congested and overcrowded," Mullan said.

North Shore neighborhoods are the island's densest, with no highway access, so South Shore drivers will have to take the area's small streets to get to and from the stores, which DiMiceli says could be a big problem.

"It would be great if those people would just take the train," he said.

The Wheel will also bring life to the North Shore and encourage tourists to enjoy other island attractions such as the Staten Island Museum, the Staten Island Zoo, Historic Richmond Town and many others.

"The theory behind the NY Wheel is that it will give tourists who normally turn around

and go back to Manhattan after taking the Ferry, a reason to get off and walk around," DiMiceli stated.

The NY Wheel developers promise the wheel will create jobs for 350 construction and 600 maintenance workers to keep the ride running smoothly.

The terminal, which will be connected to the wheel, will have educational videos for tourists to learn a brief history of New York City and the attractions Staten Island has to offer.

According to the developer's website, <http://newyorkwheel.com/green-design/> the Wheel and Terminal building will be green and will have Platinum LEED certification, which is an above average level of "green" and sustainable building today.

The environment surrounding Staten Island offers good alternative energy sources such as wind, water, and solar.

The Wheel will provide riders with

amazing views of Manhattan, Staten Island and the entire city being that it will be the tallest observation wheel in the world. "The wheel is going to be something you'll be able to see from miles around" DiMiceli said.

As for safety concerns, the New York Wheel is supposed to have DVS Security, which is a "highly regarded security firm," according to the attraction's official website. The New York Police Department is also expected to be working closely with the attraction and its staff.

This kind of attraction in the North Shore doesn't only increase tourist visits to Staten Island, but also potentially improves the area.

"The property values are going to go up, which is good for everyone who owns houses or apartments in the neighborhood.

I think that overall there's going to be more people there and what downtown Staten Island has always needed is people," DiMiceli stated.

The development of the Empire Outlets is expected to help attract more people to the St. George area as well.

"As far as the neighborhood goes, there's going to be places to shop and places to visit and it will become more attractive," DiMiceli added.

The North Shore is a frequent city dweller's ideal place to live because of its convenient location next to the ferry.

It is convenient as well as suburban and with the development of the New York Wheel and the addition of the Empire Outlets, there will be more people in the area, and hopefully conditions will improve.

"As someone who has invested ten years in the neighborhood, my hope is that this is going to be the turning point for St. George and it will turn into an area where people want to live" DiMiceli exclaimed. "I have a good feeling about it."

Author Weighs in on the Often Embattled Profession of Teaching

Dana Goldstein Warns Future Teachers About the Politicized Nature of Public Education

BY CLIFFORD MICHEL

Future teachers and their educators expressed frustration and outrage during a February 23 lecture about the long embattled profession of teaching.

Dana Goldstein, journalist and author of the New York Times bestseller "Teacher Wars," spoke at length in the Williamson Theatre about trends that plague the teaching industry.

Goldstein is currently a staff writer at The Marshall Project and is a regular contributor to The Atlantic, Slate, and other magazines. She writes about education and myriad of social issues.

"Her talk will no doubt shed insight on current efforts to reshape the profession," said Kenneth M. Gold, Interim Dean of the School of Education, prior to the lecture. "[It's] an important topic for educators and parents alike."

Goldstein discussed the overly idealistic portrayal of teachers as well as the brunt that they carry in the discussion of who's responsible for developing the nation's future workforce.

Goldstein's lecture, which was sponsored by College of Staten Island's School of Education, comes at a serious crossroads for education in New York State.

Governor Andrew Cuomo has renewed efforts to put more emphasis on teacher evaluations and to further professionalize the teaching profession, an effort that has never boded well with educators.

heaviness of the evaluations. Half of the evaluations will be based on state test scores and the other half will be based on evaluations (35 percent based on an outside observer and the remaining 15 percent based on a direct supervisor).

Teachers unions and educators have harshly criticized the Governor's renewed emphasis on teacher evaluations.

you can count the number of teachers that have achieved that."

Goldstein also said that the complex evaluation systems often used by legislators often do not yield varied results.

"It's really common in history, that when you change from one evaluation system to another that you still have over 90 percent of teachers being given top ratings," Goldstein said. "This happens again, and again, and again."

Ruth Silverberg, a professor at the School of Education, spoke out against Cuomo's plan at an earlier event.

"Why is the Governor basing evaluation of teachers on test scores again? There are an invalid measure, they don't tell us anything," said Ruth Silverberg, a Professor at CSI's School of Education.

"They harm English language learners, and they harm kids coming from homes where they that don't have the same kind of literacy backgrounds.

The School of Education plans to follow up the lecture with a "Spring Festival" event on April 29 in building 3S.

"Her talk will no doubt shed insight on current efforts to reshape the profession,"

Cuomo's plan includes paying full SUNY or CUNY tuition for top graduate candidates who commit to teaching in New York, a residency program, and a \$20 million fund for teachers, which will allow teachers to earn up to a \$20,000 raise if they're deemed highly effective.

Though the controversy lies within the

Goldstein informed the crowd of future educators that a fund for effective teachers hasn't necessarily been effective in other municipalities.

"Washington D.C. has been doing that for a while and out of all of them, only one percent of teachers in the city get that," said Goldstein. "So it's literally on your fingers

of talent on our campus and I'm honored to be judging this competition. The other judges are friendly so it helps make the experience a pleasurable one."

Technical difficulties such as music on CDs skipping half way through the songs being sung and microphone outages during the second round of auditions concerned the audience and the students performing. Brower made a disclaimer that they will perform sound checks before the semifinals.

Sharib followed Brower's comment with a suggestion that everyone "take a deep breath" and "shake the nerves out."

The final participants will be performing on the Williamson Theater stage for the final time on April 23. Tickets for CSI's Got Talent are five dollars for students. They are available in the Center for the Arts box office.

If interested, call (718) 982.2787 for ticket purchase. Tickets sell out months in advance—getting them soon is suggested.



The judges will decide which hopefuls made it to the semi-finals on March 30

CAB's Show of the Semester Continued from front page

"I'm nervous to perform," said Krystal Lake. "I've never performed in front of anyone before, not even my family. I hope I make it through."

The audition process went throughout the course of three days with two rounds to each. With a fifteen minute break between sessions, the judges talked amongst themselves while the auditioners made small talk in their row of seats.

Brower conducted a group pep talk with the anxious performers prior to the auditions. In between performances, Robert Kee gave constructive advice and speeches of motivation to students who were insecure in their performances.

"I am enjoying watching the different performances that our fellow students have prepared," said Alyssandra Puglisi, CSI's Got Talent judge. "There is a great amount

StageStruck President Worries for Club's Future

Early Issues with Membership and Budget Form Foundation

BY EMMANUEL RODRIGUEZ

Since its beginning in 2014, CSI's Drama Club has operated under many difficulties and constraints, including limited funding and awaiting department approval, StageStruck became an official CSI club.

Like many clubs, one of the main concerns for President Mellonie Davis is what the future of the club will be once she departs.

"I had a lot of problems trying to get this thing started," said Davis. "From the paperwork, to finding an advisor, to getting a room to use took me a long time."

As a Dramatic Arts major, Davis wanted to open a new drama club from the moment she began her first semester in 2011. But, a lack of student relationships made it difficult for her to gain interest in the club.

After two years of taking drama classes and working on student productions, she met many students who shared her idea of creating a drama club.

During the fall 2013 semester, Davis

began the process to start the club. And after two months of processing over 50 pages of paperwork, issues finding an advisor, and awaiting department approval, StageStruck became an official CSI club.

Davis used the following winter break to organize events and fill officer positions—the main problem.

Initially, she was unable to find students

"Student government made the first few weeks crazy," said Davis. "We had no money for anything, which was hard because people were hungry."

Due to paperwork for the budget not being filed on time to student government, Davis had to wait two weeks to organize another meeting.

Upon approval, she received a \$375 bud-

an outdoor performance at the 1P amphitheater by the club members. According to Davis, more than half the budget was used to buy props and refreshments, which will prevent the club from organizing more events this semester.

The club has managed to get promotional items, which were funded by donations from club members, says Vice President Daniela Favalaro.

"The only thing we collected money for was for sweaters, because we had no money," she said. We wanted something to represent [us], so we got money from people who wanted sweaters, which was cool to see and we used them as club advertisement."

Davis' big concern now is that she will be graduating in June, along with 21 of the 35 members, and needs to find a successor.

"I really hope the club goes on after I'm gone," said Davis. "I just wish whoever is president has the same love for theater as I do."

willing to invest the time to fill the officer positions of Vice President, Treasurer, and Secretary. But that soon changed.

The first official meeting took place during the first Tuesday of the 2014 spring semester and, excluding the officers, 12 students attended.

get for the semester. The yearly budget total for new clubs is \$750, which rises to \$1250 the next year.

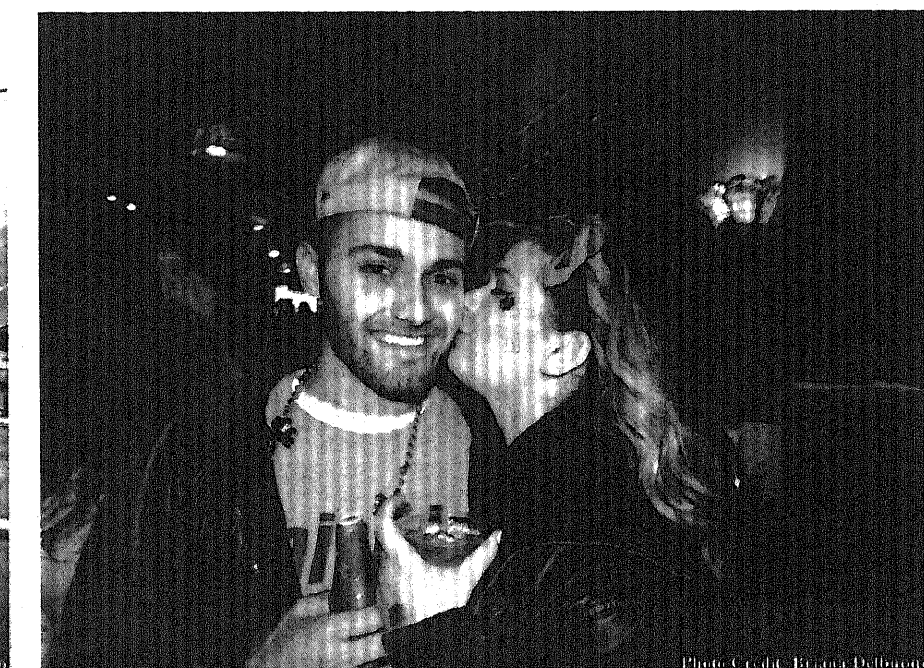
With this limited budget, Davis had issues organizing club events, which was costly.

The main club event for the semester was

"We had no money for anything, which was hard because people were hungry."

A Snowy St. Patrick's Day Parade on Staten Island

In Spite of Bad Weather, Paraders and Onlookers March On



BANNER LIFESTYLES

Get Dirty. Get Rough. Get Clean.

Coffee Scrub Sheds New Light on Average Cup o' Joe

BY LOREN TRAPANESE

You're standing naked in the shower, no water running, and covered from head to toe in coffee grinds.

After vigorous scrubbing and a warm rinse, you place your hands over your body and cannot even believe that your skin can actually feel that smooth.

Yes, your shower may now be covered in an ugly shade of brown, and your bathroom—and you—may smell like Starbucks, but the end result is worth it.

Scrubbing your body from head to toe in coffee grinds has a multitude of benefits for the skin, on both women and men!

Coming from a product aficionado, what woman wouldn't want to rub herself in coffee grinds for ten minutes to reduce cellulite, lighten stretch marks, and tone her skin?

Scrubbing yourself with coffee grinds does all that, and then some! Popular coffee scrub brands such as The Coffee Scrub, and the reputable Australian hunk Body By Frank, has been making women feel better about their teeny flaws for a wonderfully low price—with even more wonderful results.

Cellulite is something that, unfortunately, many women suffer from and it is the hardest thing to get rid of.

Cellulite is a condition in which the skin appears to have fat deposits, giving it the appearance of an orange peel. It forms in areas such as thighs, arms, and butt.



After a week of scrubbing one to two times, you won't miss the cellulite that's lived behind your back

Cellulite is consistently advertised as being a "skin" issue. That's false. According to the blog HeathFitness, cellulite is not fat, but a condition caused by muscular atrophy. When that happens, the muscle basically goes, flop—it turns mushy.

Hence, the cottage cheese appearance that makes women cringe at the sight of their backsides. Don't be alarmed though, it's curable.

I suffer from cellulite and I wanted to see just how effective this "coffee scrub" is, so I didn't hesitate a hot minute to place my order. I quickly fell in love, madly deeply in love.

The Coffee Scrub offers three flavors: French Vanilla, Coconut, and Organic Rose—each priced at \$14.97.

Each ingredient is strictly organic, no nasty chemicals included. Atlantic Sea Salt, Avocado Oil, Coffee Arabica, Epsom Salt, Shea Butter, Vitamin E, and Grapeseed Oil are the key ingredients of this fabulous bag of confidence.

The instructions are simple—place coffee grinds in hand and scrub all over body. Easy peasy. If you want to add more to a specific problem area, go right ahead.

Once you've turned yourself into a mud

monster, the boring and slightly chilly part comes next. You have to wait for ten minutes. Rinse, and feel how unrealistically smooth your skin is.

After a week of scrubbing one to two times, you won't be missing the cellulite that's been living behind your back.

"Hey babe. I'm Frank Coffee Scrub," that is the introduction you receive upon meeting this Australian product. Seriously. "Use me four to six times a week."

Frank also offers one thing that The Coffee Scrub doesn't, a balm that coats your skin after you've rinsed and dried off from your scrub.

The balm, although a tad greasy, protects skin with Cocoa Butter, Shea Butter, Beeswax, and Candelilla Wax. It leaves your skin feeling soft and supple.

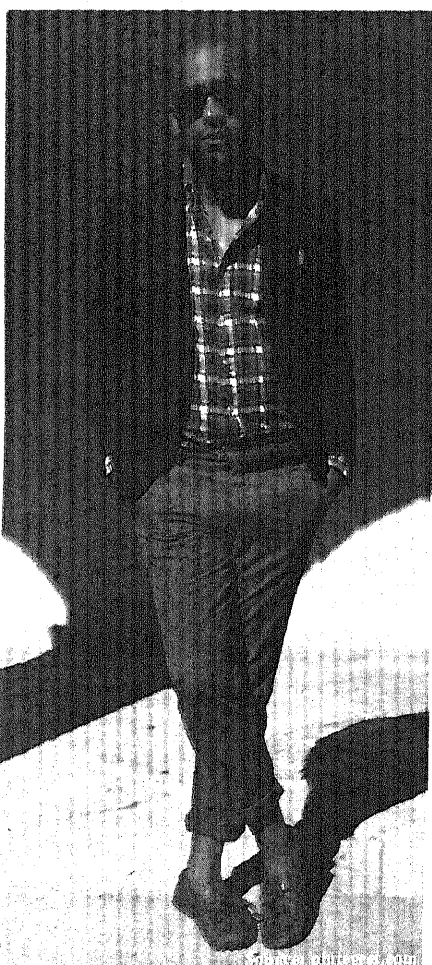
Unfortunately, priced at \$24.95, the balm is not as cheap as the scrubs. However, it is still cheaper than those fugazy lotions that claim to "target cellulite" and never seem to actually work.

I've used both The Coffee Scrub and Body By Frank. Both scrubs are without a doubt, kickass.

After my first two weeks of religiously scrubbing, I can honestly say that the appearance of cellulite on my backside has generously diminished and I hardly notice my stretch marks. My skin is now superior to a baby's when it comes to smoothness.

As Frank says, "Every babe needs a little bit of love."

This Season, Urbanely Preppie Fashion is In



Students all over the country this season have taken a stranglehold on their fashion, putting an original spin on mannish skirts, leather jackets, blazers, loose-fitting sweaters, and Ferragamo flats

BANNER LIFESTYLES

The Hard Knock Life of a Hard Working Graduate

The Plan B Paycheck and How to Get it

BY VICTORIA PRIOLA

After the caps have been thrown and the graduation after-parties have concluded, it's time to become a part of the real world. A world where your entire income from here on out is in your control. No pressure.

If you come out of college with a job you are already ahead of the 10.9 million unemployed people in America today. Half of those people may have been your classmates according to The Fiscal Times website.

"One of the main issues people who come out of college face is having minimal internship experience," said Jennifer Pizzuto, LEADS Counselor at the CSI's Office of Accessibility. "My advice to them would be to utilize the sources on their college campus and reconnect with professors or officials for advice on how to get into the career they want to pursue."

With a degree in hand and no employment opportunity, creating a "plan B" may be the only realistic option. Getting a minimum wage job that has little or nothing to do with your major may be frustrating but it puts money in your pocket for the moment.

Retail stores and restaurants are constantly looking to hire workers who are in college or recent graduates because of the job's minimal difficulty. A degree is not necessary a majority of the time. They hire seasonal associates typically during the months of April and May and October and November.

With lower grade jobs, a training session is provided with your application at no cost.

Big name stores such as Macy's and Party City require applicants to go through a virtual test on customer service and ethics. The disclaimer says the test takes about two hours.

Pursuing what you went to school for can be done on your free time outside of work if the career of your choice is not currently on the market. A paycheck is a paycheck but a degree is something that can be more. Keep up with what you're skilled in.

Unless you choose to, you will not work at McDonald's for the rest of your life.

The sign of the times shines through with the emphasis on having Internet access to social media. In the CUNY School of Journal-

ism's winter academy course "Be Your Own Brand", Professor Toddi Gutner claimed that having a LinkedIn profile was crucial to having a successful networking experience.

To this day outlets like Twitter and Facebook have become vital to the process of obtaining employment.

"The more people you network with, the better your chances at getting the job you want," said Victoria Ferosha, CSI Alumni. "Although you may not have any direct connections to someone in your desired industry, chances are a friend or a relative has another friend or another relative who currently has your dream job."

Job hunting is a full-time job in itself. There is no shame in reaching out to others whose job is to help people find jobs.

CSI's Alumni office gives graduates benefits such as discounted parking passes and free gym memberships, but what about employment?

The office connects with the Career and Scholarship office through the resumé assistance program Symplicity. This helps students find jobs that fit their interests and what to do to pursue a successful career.

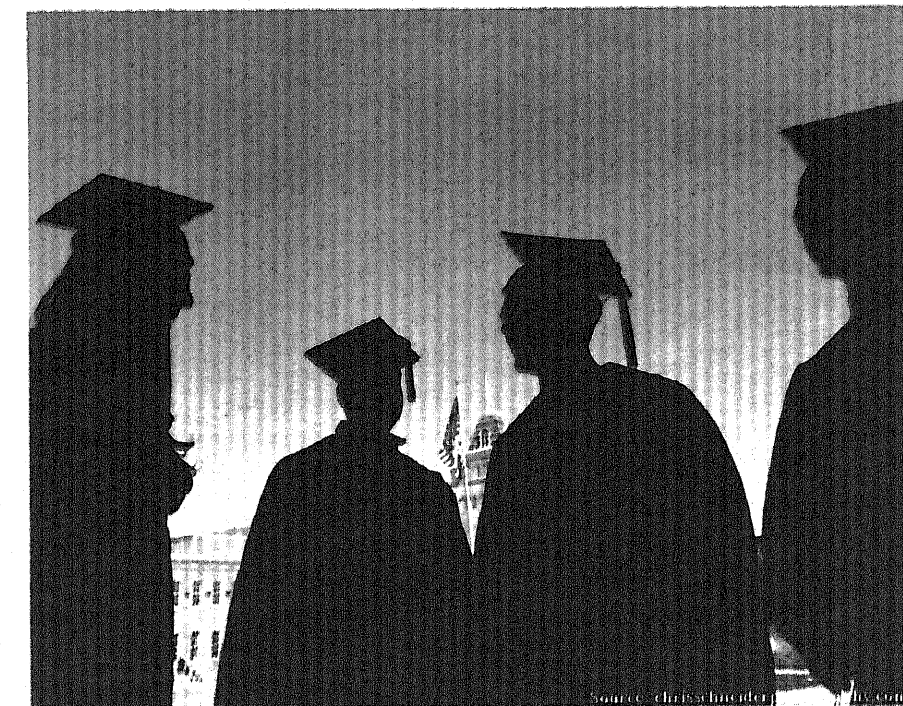
The Career and Scholarship office holds resumé building and employment search workshops throughout the semester, to which all alumni are welcome. Specialists are available to assist current and previous students in finding the perfect internship for their personal interests.

Mock interviews, resumé word choice and cover letter making are just some of the practices that occur with a trip to the office.

CSI is listed as one of the best places to find employment, according to the 48 users who gave the resources a 3.8 rating out of 4.

The annual Career Expo takes place on campus during the month of March. With a diversity of career options, alumni have an array of people to market themselves to and connect with.

"[Minimum wage jobs] may not be the most fun," Ferosha explained. "If you start at the reception desk at a company you love and want to work for, you can always move your way up the ranks to get where you want to be."



Trends Will Fade But Fitness is Eternal

The Pros of Going to the Gym and Staying Fit

BY LOREN TRAPANESE

Let's hit this point blank, being "fit" is in. Exercising has been around for, well, ever, and despite all the good that it does for one's health, working out is simply a fad that fluctuates.

Altering your lifestyle for the better—i.e., to be healthy—isn't something that should be done based on what is trending.

Maintaining a healthy lifestyle has more benefits than one would think. Personally, my own reasons for working out have nothing to do with actually being "fit."

On most "Transformation Tuesdays," you'll see a picture on Instagram of what one person looked like at their awkward stage juxtaposed with a picture of how fabulous that person looks today.

I am one of those people. Growing up, I was heavy-set. I'm not just saying that to make this article any better, it's true. At the age of twelve, I was 140 pounds. Yikes!

Determined to no longer be referred to by my childhood peers as, "chunky butt," I placed myself on a diet and I've been on one ever since. From twelve to 23, I have

and probably always will be conscious of my weight.

Turning my eating habits from nay to yay was difficult, and it still is. I am a big carb lover and I could probably eat an entire bakery's worth of cookies and pastries.

The first gym I joined, I hated. The same goes for the second and third gym as well. The key to enjoy working out is to be comfortable at your gym or you won't go.

I found that comfort in the fourth and final gym that I joined, Intox Fitness in Totenville.

I immediately became hooked on going to work out. I spent more time there than anywhere else. Exercising for me means never allowing myself to be "chunky butt" again. I became so obsessed over this fear that I took to supplements.

On top of everything else fitness related, I am a product aficionado as well. I try everything.

I've done Garcinia pills, detox pills, and even "teatoxes"—I was just addicted to getting that end result. I've put myself on the most bizarre diets: The Five Bite Diet

where you basically take five bites of each meal and then you're done, The Paleo Diet is something I have also tried.

I lost a total of nine pounds in seven days. Fabulous right? Yeah, being Paleo is a serious lifestyle change that I couldn't hack for any longer than seven days.

What I'm trying to say is, no matter how many fad diets you try, or products you take to get that "hot bod," you aren't going to get the results you want. You're actually hurting yourself more by avoiding what you know you really need to do, and that is, go to the gym!

"My being fit obsession is strictly non-altruistic. There are copious reasons why people want to attend the gym. Some have to as a requirement for being on a sports team, for others it is mandatory by a doctor for health reasons.

Then you have people who are serious about being fit and cut. You know, the ones who "lift things up and put them down." You can't bash those who simply like to feel good about their bodies.

My daily routine includes going to the

gym six days a week. I take it seriously. I am madly in love with the gym, mostly because I love the way it makes me feel about myself.

Yes, I am never going to be 100 percent satisfied because I always think I need to be on top of my caloric intake, but I think it's just become more of habit.

If you are a member of a gym that you never go to but just pay for—and we've all done it—then I suggest you make some time and force yourself to go.

What you'll realize is that it isn't all that time consuming to get your heart rate up. It takes precisely half an hour. Once you've got your heart rate up for thirty minutes you will be burning fat all day.

Eating right, and exercising is the only diet I recommend. You will see results, and then you'll never want to stop. Then feel free to cheat from time to time. The luxury of maintaining a healthy lifestyle is being able to eat what you want.

Being "fit" allows you to take care of your body, and be even more happy with it. Plus, you get to look good in in clothes, and out of them. It's a win, win.

BANNER ARTS

The Album Nobody Saw Taking the Rap Crown

Cole Spits Truth in Newest Work

BY EMANUELA BALLIU

J. Cole's 2014 Forest Hills Drive was released on December 9 and sold over 360,000 copies in its first week. The album made its way to number one on the Billboard 200 and as a result, became the highest selling album of 2014.

The major success that came from the album was most shocking, considering the fact that the album was not widely promoted before its release.

The title comes from Cole's childhood home address in Fayetteville, North Carolina. Cole not only spits some of the sickest rhymes ever written, he also speaks the truth.

Cole reflects on his adolescence and his rapid rising success. Posted on his official website, J.Cole discusses adapting to slant rhymes, enjambment, and multi layered metaphors.

"It was interesting to me because I knew you had to be smart to rap like that, to put together words like that. Then I got into Pun and Big L--lyricists--these guys with punchlines and flows. Then I'd hear Nas differently, like 'Oh, this is why this is amazing!' It opened my whole world. I was never the same."

His talent for storytelling is also demonstrated on the album, especially in songs like "Adolescence" and "O3 Wet Dreamz." The album was teased with the single "Apparently," which gives listeners insight to his success. In the song's hook, Cole highlights his faith and his success, which derives from his dreams.

Then, the song takes listeners back to



his home in North Carolina, which was foreclosed while Cole was attending St. John's University in New York. He becomes apologetic because he did not help his mother and instead was "chasing panties, getting done." Cole mentions that Norman Vincent Peale said to "Reach for the moon, and if you miss you'll land amongst the stars." But it was transformed to say that Cole aimed for the stars, unfortunately missed because of his talent, and landed on the moon. Now he is "standing on the roof of this bitch the moon, like thanks for the view."

"A Tale of 2 Cities," inspired by the novel by Charles Dickens, is a single in which Cole offers two different perspectives, one from the victims of a gunpoint robbery and the second from the robber himself.

There is a strong need for the expensive things in life and those that don't have them are very prone to leading a life of murder and

robbery "and you'll get your piece but no peace can't be found" was sang in the melody in the outro of "A Tale of Two Cities." It was a brilliant use of alliteration as he reminds the listeners that gaining wealth the wrong way will never lead to a content and peaceful state of mind.

This single reveals that there is still change in the world, and along it, hope. 2014 Forest Hills Drive embraces appreciation. There is no such thing as a life that is better than yours, truly. Cole inflicts upon his fans hope and the beauty in the struggle and awareness to the ugliness in the success.

As written in "Love Yourz," "On the road to riches listen this is what you'll find/ The good news is, nigga, you came a long way/The bad news is, nigga, you went the wrong way."

A issue with the song "Fire Squad" featured a claim that Cole disses Eminem, Jus-

tin Timberlake, and Macklemore. However, if you pay close attention to the lyrics, it is completely false.

In an interview with 105.1 FM's Angie Martinez Cole explains that he is a huge Eminem fan and in no way meant to insult him. However, the root of that line came from the fact that white people have always leeches off of music that has African American roots.

J. Cole concludes the album with "A Note to Self" in which he reminds himself of all those that helped him throughout his struggles and are now by his side during his success. He shows integrity and appreciation. It's a reminder to the world that the fame and success has not gone to his head.

2014 Forest Hills Drive is an album given to the world as a reminder that through constant struggle that happens in life, there will be beauty.

A single associated with the 2014 Forest Hills Drive album, but not officially listed as a song, is "Be Free," which was written during the Ferguson outrage.

Cole is born to an African American father and white mother and he represents both sides coming together. J. Cole preaches for equality and an end to the obscured discrimination that still exists in the U.S., screaming that there is no "gun they can make that can kill [his] soul."

Written on Soundcloud along with the release of "Be Free," Cole says "Rest in Peace to Michael Brown and to every young black man murdered in America, whether by the hands of white or black. I pray that one day the world will be filled with peace and rid of injustice. Only then will we all Be Free."

Sequel to Futuristic Comedy Sinks

"Hot Tub Time Machine 2" Not as Hot as the First

BY MATTHEW MCKENNA

The classic comedy "Hot Tub Time Machine" got a sequel. And like most comedy sequels, it doesn't measure up to the original film, but still has some funny moments.

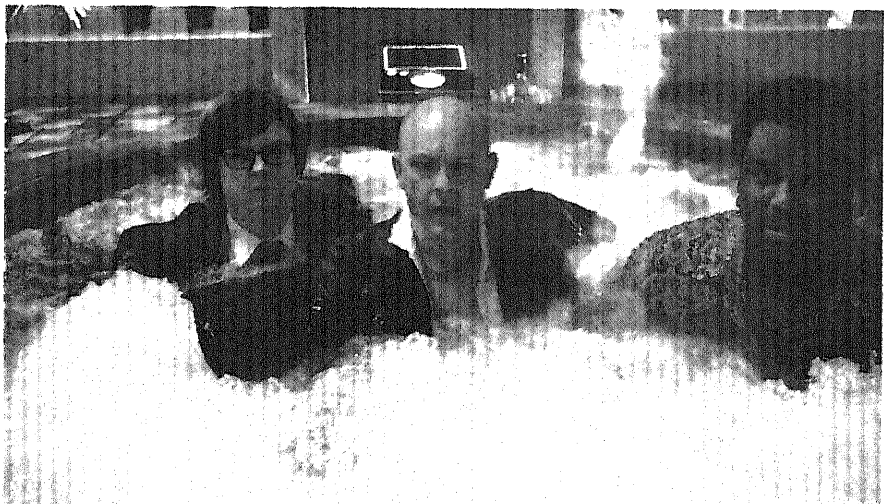
With Rob Corddry as Lou, Craig Robinson as Nick, and Clark Duke as Jacob, the all-star cast from the first movie, except for John Cusack, returned for another adventure that takes place in the future. This movie is rated R for sexual content, drugs, and strong language.

After going to the past, the characters turn themselves into famous and rich celebrities. Lou continues being a jerk, but becomes the CEO of Lougle and marries a woman that is half his age.

Jacob continues being his under appreciated son by turning him into a butler. Nick becomes a singer by taking famous songs and making them his own.

Lou gets shot during a house party that he threw in his mansion.

Trying to save his life, Jacob and Nick bring him to the hot tub time machine to save his life by going into the past.



However, they are transported into an alternative future in the year 2025. Not only trying to save his life, they also go out and look for his alleged killer and stop them from killing Lou.

During their trip, we learn how each character's lives change during the gap, some got better and some got worse.

They also see how the world has changed in modes of transportation, technology, and television shows.

We also meet new characters like Adam

Jr. played by Adam Scott who is Lou's nephew and takes the place of John Cusack's character, who is Adam's father.

Lou turns to every character that he has angered as his murderer, but there are so many, we learn how all the characters are affected by Lou in the future.

This movie has so many flaws that you hardly see any of the good things about it. All of the characters give stale and wooden performances that leads the audience to believe that the actors might have only been

paid about 200 dollars to be in it, in fact the whole movie feels low budget that its not even worth being a B movie.

The jokes are so badly written that when watching and hearing them, audience members will have only one look on their face, disappointment.

Examples of bad jokes that only may let you smirk would be the "You look like" or the scene with Adam trying to remove nanobots from his body.

Most of the jokes are either about drugs or sex, and they come out as repetitive.

Camera shots don't match and the editing is so bad, it feels like a toddler did them. It's also easy to see the mistakes in the movie. The coming attractions were the only good thing about this movie.

So if you have any intention of seeing this movie, save your money on the admission and watch it online, or just don't watch it, you'll save yourself some time.

As a reviewer, I have never given such a low score on a movie before; it gets one drunk adult unconscious at a party out of 10.

BANNER ARTS

Trey Songz and Chris Brown Hit the Road

Brooklyn Leg of Between the Sheets Tour Soars

BY NYA TAYLOR

On February 16, Chris Brown and Trey Songz had Brooklyn's Barclays Center on fire with a show that was filled with great performances and special guest appearances.

Fans arrived at the reforming center knowing that this was one of the most anticipated shows of 2015.

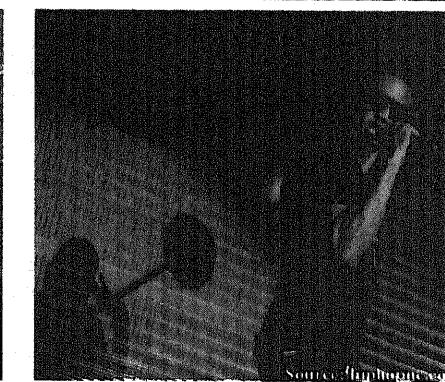
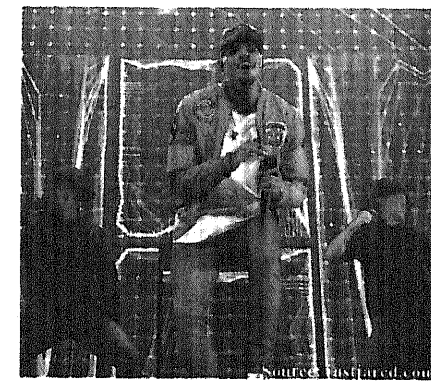
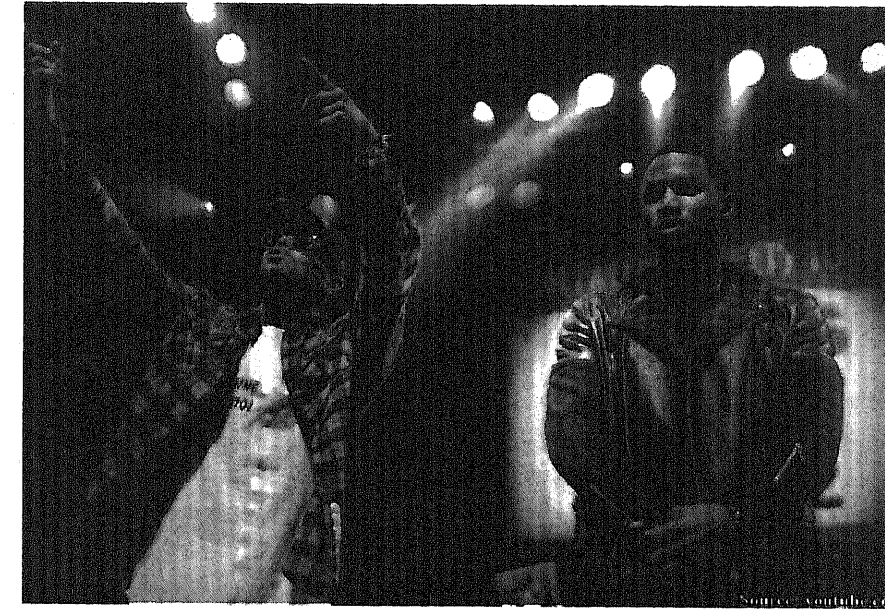
After previously being postponed due to Chris Brown's unfinished community service, the "Between the Sheets" tour was quickly rescheduled and had a great and unexpected turnout.

Tyga, the first special guest of the night, opened the show with hit songs like "Hookah" and "Rack City."

A brief intermission followed Tyga's opening performance; a nine-minute countdown for the official start of the show, which began approximately at 8:30pm.

The show opened up with a video collaboration of the previous tours Chris Brown has done followed by a "coin toss-up" that would determine which of the two would perform first.

Trey Songz came onstage first, opening with a song from his new album, "Trigga." He ripped the stage with new as well as old



hit songs, such as "Can't Help But Wait" and "Cake." During Trey's performance of "Paranoid," Ty Dolla \$ign, another special guest and upcoming artist, showed up.

Trey performed three more songs before Chris Brown made his entrance. Before Chris even hit the stage, there were special effects like strobe lights going around the room with a climactic orchestra music selection.

Chris performed his hit song and fan favorite "X," from his new CD "X," followed by songs from his first two albums "Chris Brown" and "Exclusive."

One exciting part of the show featured a "stand-off" between Trey and Chris, which featured them competitively performing love songs back-to-back.

During the last part of the show, Trey brought out Fabolous whilst performing "Say Aah." He also brought out Ne-Yo, who sang "She Knows" and a new upcoming artist, Fetty Wap, who performed his hit single "Trap Queen."

Chris closed out the show with 50 Cent and the rest of G-Unit. "Loyal" was the last performance of the night. All in all, this show was a success and definitely left the crowd wanting more.

Turtle Rock Studios Stays True to its Roots with EVOLVE

Squad Based Shooter Action in Can't-Miss Game

BY EDWARD ANGELL

"Evolve," a team oriented shooter from the critically acclaimed studio that brought us "Left 4 Dead" in 2008 along with its subsequent hit sequel "Left 4 Dead 2" in 2009 has finally arrived on store shelves after a lengthy development stage.

The first few moments after you boot up the game, you will watch a cinematic opening that depicts four hunters, each with varying skills and abilities hunting a giant monster in its early stages.

Turtle Rock set out to do something that up to this point, not many games have done well: create an engaging team-focused game where coordination and teamwork are the best ways to succeed.

"Evolve" is pretty straight-forward. You can choose to be either a monster or a hunter and defeat the opposing party. If you end up being the monster, you run around a massive map eating indigenous animals that live in the game's world until your monster evolves to a higher tier, which can help you deal with the hunters easier.

If you end up playing the role of one of the four hunters, your experience will get a bit more complex. The classes vary between the assault class, support class, medic class, and the trapper class.

The role of the assault class is to do as much damage as possible while simultaneously being the recipient of the monsters aggression. A typical assault character is armed with one heavy weapon capable of close

range destruction along with a more precise rifle for long range engagements.

The support class backs up each character on the team with a little extra focus on providing help to the assault player as both classes work in a close tandem. Many support characters, such as Cabot, has abilities that increase the damage done by the assault player and also has a lot of effect attacks.

Hank, another support character, can call for an orbital bombardment on the monster's location. Support characters' weapons are generally strong enough to do a generous amount of damage to the monsters, but are

benefit to team attrition.

The final playable hunter class is the trapper, arguably the most important role on the entire team. Showing competence at this class will pretty much be the deciding factor between a win and a loss. The trapper's responsibility is to catch the monster and isolate it so the other three players can start dishing major damage and eventually kill the monster.

Each trapper comes with the ability to confine the monster in a mobile arena which is basically a giant energy shield that traps the monster for a period of time.

"Turtle Rock has come out with a game worthy of praise and of raising the bar that 'Left 4 Dead' set seven years ago."

still not as effective as assault weapons in terms of sheer damage output.

The medic class is traditionally not a character you would want anywhere near the monster and it would be wise to keep this player a good distance from danger. Medic players benefit from serving a dual role on the field.

A typical medic loadout showcases a sniper rifle that creates weak points in the monster's armor, along with the ability to actively heal or revive dead and incapacitated teammates. This makes the medic very valuable for their abilities pertaining to hindering the monster's movement and the obvious

Each trapper also has a unique set of weapons for dealing damage, such as a machine pistol in Maggie's case, and shotguns along with harpoons for slowing your adversary.

Then there's the experience of playing as the monsters themselves. Each monster has unique skills and abilities that present problems for the hunters' trying to subdue them. Monsters have three different stages of evolving.

Each stage allows the monster to apply skill points to their abilities that make them much stronger than they were at the previous stage.

Stage one monsters stay as far away from the hunters as possible while consuming wildlife in an effort to evolve as fast as possible. This is the weakest point for all four monster species.

Stage two increases the maximum health of the monster along with making its abilities more potent.

Teamwork really is key to this game. All four team members must be in sync in order to really achieve the maximum potential from their respective roles, so playing with friends will result in a better outcome than playing with random players.

When a monster achieves stage three, it becomes virtually invincible, if the hunters have not done damage to the monster up until this point, then defeat is guaranteed. Monsters at stage three don't actually have to kill the hunters to win.

Instead, they can destroy a power relay located somewhere on the map which will effectively end the game. A normal session can vary from as little as five to 45 minutes, depending on how skilled players are.

In all Turtle Rock has come out with a game worthy of praise and of raising the bar that "Left 4 Dead" set seven years ago. Graphics are easy on the eyes, thanks to Cryengine, and paired with the stellar team-based gameplay, the game should satisfy the itch shooter fans have been yearning for since the launch of the new generation over a year ago.

BANNER OPINIONS

They're Going to Hate Us, 'Cause they Ain't Us

Examining the NFL's Double Standard Towards the Patriots

BY ROBERT LAROSA

All while trailing by 10 points halfway through the fourth quarter, the New England Patriots hoisted the Lombardi Trophy over the Seattle Seahawks in a roller coaster ride of a Super Bowl.

Many records were set in this classic game and it will forever go down as one of the greatest, because it had everything fans and audiences wanted.

The game wasn't over until Malcolm Butler intercepted Russell Wilson's pass in the end-zone with 26 seconds remaining.

The game was intense, physical and nothing short of spectacular—well, with the exception of one thing, “Deflategate.”

Deflategate was the nickname to the latest controversy in the NFL this year after rumors spread that the Patriots deflated their footballs to have an advantage over the Colts in the AFC Championship game.

The story spread like wildfire after the game, and literally everybody who hates Tom Brady, Bill Belichick, or the Patriots organization in general, finally had something significant to harp on for the next two weeks.

They were labeled cheaters. People wanted the Colts to replace them in the Super Bowl, others wanted their previous three super bowl titles stripped all after this rumor was released. Up until this point, that's all it really was, simply a rumor.

The Patriots organization denied any involvement and their owner even issued a press conference demanding an apology once the truth came out. The league states that the pressure in the footballs should range anywhere from 12.5-13.5 PSI on game days.

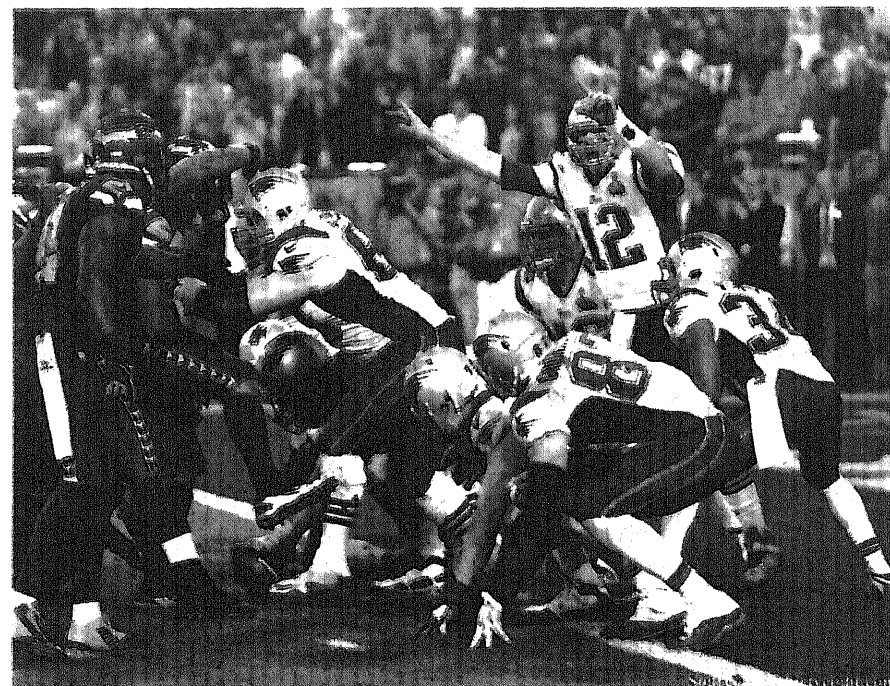
The rumors on the Patriots latest scandal was that 11 of their 12 footballs were down to 11 PSI before the championship game.

After two weeks of constant reporting and accusations spanning from the NFL Network, Twitter and even Fox 5 reports came out the day of the Super Bowl stating that in fact, 10 of the 11 footballs the Patriots used were about 12.3 PSI and only one football was down to 11 PSI.

Silent went all the people and so-called sports experts once this new update came around because now the Patriots were in the clear.

On top of all this, the NFL was facing probably its worst year in scandals and controversies spanning from domestic violence involving Ray Rice and Greg Hardy, child abuse with Adrian Peterson, driving while intoxicated, and admitted drug problems with Colts owner Jim Irsay.

The media seemed to tolerate all of these stories except the Ray Rice case, however the Patriots were getting so much heat for something that actually didn't even matter because it later came out and said that the balls only lost roughly 0.2 PSI from sitting in the cold



The consensus with the Patriots has been, amongst some, that it's easier to belittle and tear them down, ignoring issues with other NFL news



outside.

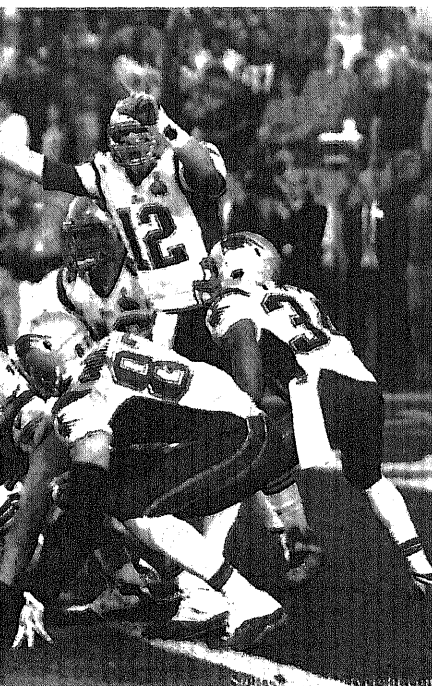
Why is it that whenever something major happens in the NFL that threatens to tarnish its name, fans and analysts are quick to forget, but when somebody accuses the Patriots of cheating, the entire bandwagon is filled and doesn't leave town anytime soon.

I know many people will bring up the case in Spy-gate, which was week one of the 2007 season, where the head coach of the Jets accused the Patriots of videotaping their play calls.

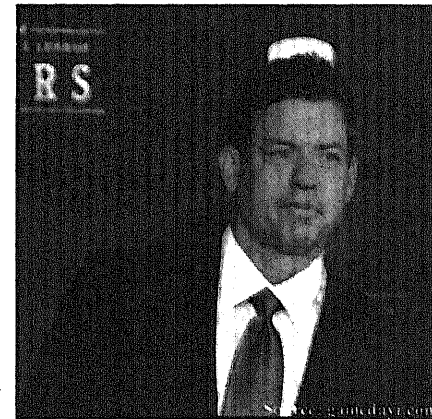
Many people will beat this dead horse to prove an argument, but many don't actually understand what “Spy-gate” was about.

New Commissioner Roger Goodell, had sent a memo to all 32 teams telling them that they weren't allowed to film in specific areas of the field anymore. The Patriots cameraman was in an area where he wasn't supposed to be.

Fans and sportscasters started questioning their Super Bowl victories in 2001, 2003, and 2004 in the wake of this case but they failed to do their research because videotaping signals was legal in



The consensus with the Patriots has been, amongst some, that it's easier to belittle and tear them down, ignoring issues with other NFL news



the league up until 2007.

So after Deflategate broke the internet, many came crashing down on the Patriots—but only on the Patriots.

Why is it that there was barely any media attention when the Seattle Seahawks were busted for using Adderall which is a banned substance in the NFL? Why didn't the league make a big deal when the Denver Broncos admitted to still videotaping other teams play calls in 2011?

Why are sportscasters, specifically

Troy Aikman, demanding the Patriots be punished worse than the Saints who had a bounty scandal break out in 2012 or be punished for footballs that weren't deflated at all in the first place or be punished for being paid to severely injure star players on opposing teams?

The double standards are so clear and obvious it's disgusting and I believe that this all has to do with the success the Patriots organization has had since 2001. No team has won more regular season and postseason games than the New England Patriots since Tom Brady took over as quarterback.

They've missed the playoffs twice since 2002—once in a tiebreaker in their division and in 2008 when Brady tore his ACL in week one.

In spite of that, the Patriots have nine AFC championship appearances, six super bowl appearances, four super bowl titles, a 16-0 regular season and have yet to have a losing season since the Brady/Belichick era.

Even in this era of football with salary caps and free agency, the Patriots have been in a league of their own and dominated the rest of the teams in the NFL.

After the breaking news of Deflategate, the ex-general manager of the Carolina Panthers, (who were beaten in the 2003 Super Bowl) came out and began accusing the Patriots of cheating in that Super Bowl.

Ten years later and now he comes out with this accusation?

I believe the league owners and retired players are envious of the Patriots success, so instead of appreciating great football, they find it easier to belittle and attempt to tear them down.

Jerome Bettis, former Pittsburgh Steelers running back, admitted on ESPN's First Take that he is biased in hating the Patriots because they beat his team in the AFC Championship game back in 2004.

Personal feelings and emotions get let loose on the football field and that's okay.

However as a sportscaster, you cannot let your past affect what you may accept as the truth. Jealousy runs strong in professional sports, especially when your opponent has had so much success and shows no signs of slowing down.

James Franco put it best when he said “They hate us cause they ain't us.”

SEX AND THE ISLAND

The Kiss We Waited Three Years to Share

BY JÉAN-CLAUDE QUINTYNE

It was difficult to recognize her when she walked on the platform. Her hair was thicker and longer. She seemed a bit pale. And she was thinner.

She still had her gait, though, which irresistibly emitted an aura of seduction.

She pretended not to look at me as she approached, and I was thrown back to the old days. She did that a lot back then when we hung out. All it did was intensify how it felt when she wasn't pretending. Many things captured her attention and it was horrid at times but, fuck, when she focused on me...

That thought reminded me of the day I waited hours for her in the train station one afternoon. It was cold and overcast, the lights were dim, and she wore the cutest outfit: A chain that bore the initials of the guy she was dating at the time hung around her neck—burning my eyes whenever I looked at it, tight dark-blue jeans with a tear in the left knee hugged her thighs, and a fluffy black jacket that glistened in the orange train station light cast a warm glow on her dimpled, curious face.

She was supposed to be with her boyfriend that day, but she chose to spend time with me, which, despite our love for each other, was rare.

Yet that was her reason for spending time with me—we loved each other so much. We'd often play hooky, paint the down dirty, and force the world to revolve around us. We made a habit of getting lost in the city, exploring old record stores, and browsed through clothing neither of us would wear. And the day would end with a session of shoving a couple slices of pizza down our throats and ordering dessert that consisted of a long kiss that symbolized how uninterested we were in going our separate ways.

I missed those days because there was something dreamy about them. The only thoughts and emotions that filled my head were of her; her playful attitude, her constant making me smile and laugh, daydreams of her laugh, her smile, and her lips.

They were disturbingly soft and dangerously addictive. Once we started kissing, there wasn't any stopping.

Her lips killed me and only gave me the strength to continue kissing her. Her stamina was unwavering and, without any effort, she made me put all I had into it, knowing my effort wasn't anywhere near enough to put a dent in her.

Our kiss was the event I looked forward to most. Kissing her was greater than seeing the things we saw, the laughs we shared, and the dangerous speed at which our hearts beat for each other. I thought about them violently in the months and years after we broke up; I never thought I'd experience it again, so it was rather incomprehensible to believe she was walking towards me right now, three years later.

Because it felt as if time forgot about us, I wasn't certain how she felt about me or whether she was still in love with me. “Did it matter?” I wondered. We were always like that, breaking the rules, but this time was different. She has a kid, and the father...

Perhaps, if I could just indirectly ask her if she still loved—

“Are you okay?” she asked, not realizing that I was out of my mind for quite a while. How long ago had she sat next to me?

Avoiding her face and too nervous to say anything to her, I moved for us to board the train. My heart raced madly.

I nodded my head to confirm where we'd sit on the train, and once we did, I started a staring contest with the floor. She was quiet and I was, too, and I convinced myself that we mutually wanted to listen to the train speed and stumble through the tunnels of Manhattan.

I glanced at her to see if she was looking at me. She was, and I horribly pretended to act as if I noticed an abnormality in the window that she was in front of. She used the opportunity to make fun of me, to break the ice.

Since the first day we met, I was always afraid to look her in the eye. I only had the courage to look at her face when she looked

“Kissing her was greater than seeing the things we saw, the laughs we shared, and the dangerous speed at which our hearts beat for each other.”

somewhere else. It was the initial symptoms of her spell and I was smitten. She was too beautiful and there was something about that beauty that screamed “danger.”

It was hard to break away from her whenever she caught me looking. I was always overcome with the need to hold her, squeeze her, and kiss her.

The train screeched to a stop and I, who at the beginning of the ride used all of my energy to sit as far away from her as possible, ended up crashing into her shoulder. She grabbed me out of shock and giggled. I melted in her palms.

“What's the matter?” she said.

“Oh, n—nothing,” I lied, “I just wanted to see how you were doing. What are you doing?”

“By crashing into me?” she mocked. “I guess I'm just sitting here watching you wet yourself. I ain't gonna bite, you know.”

“Won't you?”

“Huh?”

“Bite me” was the last thing she said to me three years ago. My breath shortened and I didn't know what to say to her except “I'm still in love with you.” But that would be a mistake.

But she looked at me as if she knew that I wanted to say it. Her eyes begged me to say it. It was always like this each time we saw each other for the first time after a break up. It's the mold that shaped the spiral that the series of attempts to fix things would shape

into.

First there was a dream phase that'd be wrought with expressions of how much we missed each other. We'd kiss for minutes on end and play fight, and cuddle until one of us had to go home.

Then there'd be the middle stage, when we'd wake up and remember that there were severe complications surrounding our desperate need to get back together and needed to address them.

The last time we broke up, the complication was her pregnancy and the fact that the child wasn't mine—there wasn't a chance that it was, anyway. I watched her enthusiasm for us dwindle and felt my confusion and frustration rise. This is where the arguments were born and the third act began.

This part always kicked off by impatience on my part. I'd learn that she often turned days we could hang out into late nights with friends. And included in these friends was the father of her son.

They'd get high together and he'd express his feelings to her. Somehow, the haze seeped into her heart and suffocated it. She was choked into confusion about who she loved and could only cough up “Both of you.”

“Kissing her was greater than seeing the things we saw, the laughs we shared, and the dangerous speed at which our hearts beat for each other.”

A week before our last break up, I learned that one of these sessions ended in a night of passion. That night we were on the phone together and she put me on hold for five hours. Why did I stay on the phone?

It was senseless to apply logic to some of the decisions that she made. I knew how she handled my heart.

Caring, courtesy, and discretion were foreign concepts to her, ones she made definitions for and lived by them. She only understood what some of us feel when acts that displayed a lack of them were done to her, and then she blamed the world for her pain. What world of blissful ignorance did she live in?

She was so free. I guess that's why I was so drawn to her.

For the first spring of her son's life, she moved in with the father. Before and during that time, we were seeing each other again. The move instantly became another middle stage.

That time around, I didn't complain and wasn't impatient, but I was enraged. She assured me that they slept in separate bedrooms and that she wanted “nothing to do with him.” And when I tried to discuss how long she'd be there and what our relationship would look like from that point on, I could only get “Just wait.” I did.

The icy spring melted into a sweltering summer and my icy patience followed suit.

Seeing her was reduced to an hour or two a week—a lunch break—for she worked from 10am to 8pm in a hair salon owned by the father's mother. I got used to not expecting calls from her after 7pm, because, when she wasn't working, she was home with her son and that's when the father got home. Nights that I did get a call from her weren't from her, but a drunken her.

I got fed up on a muggy August midnight and called. I didn't care about the consequences. I needed to hear her voice. I needed to act.

I heard the young, raspy voice of the father.

He made me feel quite important, for he told me how much he despised my existence. I was called every name the jealous father of my girlfriend's son could think of—and I loved it. His frustration enlivened me and it felt good that he received some of the torment I'd endured for the past year.

He said something that caused me to laugh uncontrollably at him and stopped when I heard her say to him, so clearly I believed she were on the phone with me, “Shut up and come back to bed.”

“I love you,” I said for the first time to her, six months after that night. “I hate you. Bite me,” she whispered. Then she ended the call.

Before those words, she cried to me about the plan she had to leave his place at the end of the summer, the thing I had to wait for. I couldn't after that night, so I disappeared.

I felt the weight of those words and that night as I stared into her eyes on the train. Every part of my body screamed “Fucking kiss her!” but I couldn't move, I didn't know if she wanted it to.

Her eyes stripped me naked and had my heart at her bidding. I could see her lips quiver and feel her breath on my mouth. I could feel her grip tighten on my shoulder and lower back as she pulled me closer to her, a steady and measured pull. I didn't care about the spiral, the stages, the problems that would ensue, this just needed to happen.

Then the train stopped quickly again, returning me to my original corner of the seat and her motioning for us to get off the train. Where were we supposed to be going?

We said nothing about what could've happened on the train. And for the rest of that afternoon every time we looked into each other's eyes, that yearning and consent was present, palpable.

When we needed to part ways, I hugged her and my mouth lingered by her neck for a bit. She noticed, but didn't react.

She put me on my train and waved through the window. I waved back and watched her walk away.

My phone buzzed when I left the train station and I got a text that read:

“Why didn't you kiss me?”

SPORTS

A Tray of Strong Teams Coming at You Cold as Ice

Hockey Pre-Playoffs Eastern and Western Conference Standings

BY FRANCESCA MICELI

The 2014-15 National Hockey League playoffs are almost here and each team has played about three quarters of their games, with averages of 60-63 games played and about 24-21 left to play for each team.

The top 16 teams as of now are trying to lock in their playoff positions in both the Eastern and Western Conferences.

The last two teams in each conference will obtain the Conference Finals award after winning three series of best out of seven games played, and the two finalists will compete in the fourth series, known as the "cup series," to obtain the Stanley Cup championship.

As of now, the eight teams that are likely to make the playoffs in the Eastern Conference are the Montreal Canadiens in first place with 83 points and a season record of 39-16-5, who are first place in their conference; the New York Islanders are in second place with 82 points and a record of 40-20-2, and the New York Rangers are in third place with former Lightning Captain St. Louie, averaging 80 points and a record of 37-16-6.

The Tampa Bay Lightning's with former Ranger, Captain Callahan, are in fourth place with 80 points and have a record of 37-19-6; the Detroit Red Wings are in fifth place with 77 points and a record of 33-15-11. And the Pittsburgh Penguins are in sixth place with 77 points and have a record of 34-17-19.

The last two potential playoff contenders for this conference are the Washington Capitals with 76 points and a record of 33-18-10 and the Boston Bruins with 67 points and a record of 29-22-9.

The seventh and eighth place teams may be susceptible to a wild card battle against one of the other seven teams that are not listed in the playoff standings as of now.

If another team matches the same amount of points in the same conference,

competing to obtain seventh and eighth place, then the wildcard will choose who has the better overall record from the regulation season to determine who will have the last couple of seats. The same rule applies to the Western Conference.

The prospective playoff contenders for the Western Conference are the Nashville predators with 89 points and a record of 41-13-7, placing them in the first seat and also having the highest amount of points in the entire NHL.

The Anaheim Ducks are in second place with 83 points and a record of 38-

game winning streak—who are in seventh place with 70 points and a record of 29-18-12. And lastly, the Minnesota Wilds are in eighth place with 69 points and a record of 31-22-7.

For games on the road, the Rangers and Canadians have the best standings in the East, both retaining the same record of 18-9-1. The Canucks set the bar a little higher in the West with 19-11-2.

As for home games in the East, the Lightning's triumph with 22-6-1, and in the West, it's the Predators averaging 26-3-1. In playoffs there are an even amount

forward on the breakaway versing the goalie.

Unfortunately, shoot-outs do not exist in the playoffs—it is actually a fairly new system in regulation season that started in 2004 to end five-minute period of four-on-four overtime hockey.

If both teams are tied after the 60 minutes of regulation time is up in the playoffs, they will be forced to break the tie in another full 20 minute period until one team scores.

If neither team scores in the first overtime period, then there will be double (40 minutes) or even triple overtime (60 minutes).

Although there are many teams that play well in the NHL and have won as many as 24 championships, like the Canadians, some of the top teams still have never won one Stanley Cup.

This may obviously be frustrating especially when you are typically a playoff contender and have competed against a team multiple times in the playoffs who already have Stanley Cups.

In the last eight years, The Capitals and the Rangers have competed in first and second series rounds against one another, and while the Rangers hold four cups, and the Capitals defeated the Rangers twice out of the four times, they still cannot progress far enough to lock in the cup series and take home the gold.

But then there are moments like the Kings; last season in 2013-14, Kings faced the sharks who were the best team in their conference. Down by three games in the series, Kings came back to win the last four.

They went on to play the Ducks in the second series and the Blackhawks in the third series.

After defeating the top contenders in their conference, they played the Rangers in the cup series and won their second Stanley Cup.



Source: hostelomontreal.com

The Montreal Canadiens lead the Eastern Conference with a 39-16-5 record and 83 points

16-7. The St. Louis Blues are in third place with 80 points and a record of 38-18-4. The Chicago Blackhawks are in fourth place with 77 points and a record of 36-20-5.

Coming in at fifth are the Vancouver Canucks are with 73 points and a record of 35-22-3, and the Winnipeg Jets—former Atlanta Thrashers—are in sixth place and have 73 points as well with a record of 31-20-11.

The last two contending teams are the LA kings--2013-14 Stanley Cup champions and are currently on an eight

of games played home and away, as long as a team either sweeps the series in four games (which means they win all four games consecutively) or the series is drag out to six games. However, a sixth game will force a seventh game that could be played either on home ice or away ice.

The Islanders hold the shoot-out wins record in the East this season with seven, and in the West, the Ducks and the Blackhawks hold the same record with eight wins. These are great records to have, especially for the goalie and the