

THE BANNER

The Official Newspaper of the College of Staten Island

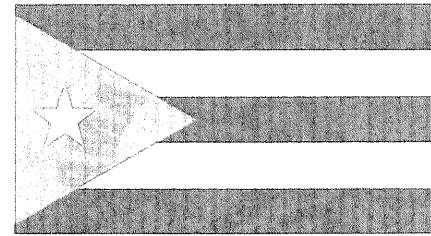
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100 Days of SG with President Emanoil Shafik

CSI's Student Government Makes Changes

BY: VICTORIA IFATUSIN

Emanoil Shafik was inaugurated as president into our Student Government office on August 31, 2017.

Since then, students have been looking forward to seeing what has been implemented since his calling to office.

Shafik is an Egyptian student who was born on September 19th, 1993. He has two undergrad degrees in Chemistry and Biochemistry and is currently studying to attain his Masters in Environmental Science.



Photo Credit: Victoria Ifatusin
College of Staten Island Student Government President, Emanoil Shafik

He was encouraged by former president RJ Mohammed to attend a meeting and eventually, run for office with Shafik's current Vice President, Reginald Bray.

September
During the month of September, \$30,000 was allocated to the library in order to fund books and other essential items for students to use for classes and research.

Shafik mentioned that this was done "to have them get new books for the students who need them," since some books may go out of date and may not be affordable.

Being that CUNY is known as one of the world's most renowned college for research, these books were seen as important for the students and the school at large.

Thus, the decision to allocate funds for the library was immediately put into place.

Also, \$25,000 was used for the payment of 10 to 15 scholarships to students with a 3.0 GPA or higher.

Shafik stated that September was a starting block for the Student Government "to figure out what we wanted to do."

October

Meetings with the administration occurred due to the construction of campus and the parking passes that were not being handed to drivers.

Many students were bothered that the construction had to take place during the semester, when it could have been done over the vacation; the Student Government voiced our complaints.

High authorities like President William J. Fritz, had discussions

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How to Combat Presentation Anxiety

Tips for Speaking Without Fear

BY: VERONICA PISTEK

A workshop was held on CSI campus addressing the fear of public speaking that impacts many students each semester.

This informative and inspirational event aimed to ease the minds of students that suffer presentation anxiety, while providing helpful tips to challenge your negative thoughts.

The workshop, led by graduate student Jose Desiderio, began with a powerpoint style presentation.

As Jose proudly presented his ideas, he quickly ditched the formality of a workshop and transformed his speech into a motivational self-talk.

To begin, presentation anxiety was defined as the fear of performance due to past experiences. This includes all of those worst-case scenario moments that you may have encountered and struggled to combat.

Though speaking in front of a crowd is never comforting, almost everyone battles with a certain kind of anxiety before giving a presentation.

For each person, the fear varies; one may be terrified of judgment by others, while others struggle with their own personal insecurities.

Despite the internal turmoil that floods our minds, the workshop leader explained how our body has a fight or flight response.

This is the biological element that produces the adrenaline to help motivate us to perform our

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Identify Fake News That's Full of C.R.A.P.

How to Know the Difference

BY: MARK DEUTSCH

On November 28, there was a fake news workshop hosted in the library for those who needed clue credits or had an English 111 requirement.

The librarian hosting the workshop was Mark Aaron Polger, who presented an entertaining class to those participating.

Polger used several fake news websites as examples for what he called the C.R.A.P. test.

However, the class wasn't

just about the C.R.A.P. test, fake news, or how to discover whether a news website is biased.

Mark Aaron Polger said, "The fake news class is a discussion about what fake news is instead of bias".

Polger explained the C.R.A.P. test in full throughout the discussion.

C.R.A.P. stands for Currency, Reliability, Authority and Purpose/Point of View.

This test is used to verify whether a news website is legitimate or false.

Currency isn't the money type of currency that we all carry around. It's about how relevant it is or if the info has a date on it. This is an important factor when judging an article for yourself or for a research paper.

Reliability is another necessary factor when

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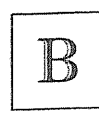
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BANNER POLITICS

Andrea Jenkins: Victor Of The Eighth Ward

First Trans-Woman Of Color Elected To Office

BY: JOSIAH AKHTAB

History was made on the night of Nov 7, 2017 as Andrea Jenkins, 56, became the first transwoman of color to be elected into political office.

Winning seventy-three percent of votes in Minneapolis' Eighth Ward, Jenkins also became the second openly transgender candidate to be elected into office.

The Washington Post reported that Jenkins believes her victory is proof that communities won't succumb to hatred, bigotry, or transphobia and is willing to fight for justice and equality to all social groups.

"Transgender people have been here forever, and black transgender people have been here forever," Jenkins expressed to The Post after the election. "I'm really pleased to have achieved that status, and I look forward to more trans people joining me in elected office, and all other kinds of leadership roles in our society."

In her acceptance speech she stated, "as an African-American trans-identified woman, I know firsthand the feeling of being marginalized, left out, thrown under the bus," KM-SP-TV in Minneapolis reported.

"Those days are over. We don't just want a seat at the table, we want to set the table."

Aisha Moodie-Mills, president and CEO of Victory Fund, LGBTQ political committee that supported Jenkins' candidacy, stated Jenkins' victory was about "fighting back," NBC News reported.

"Hostile political forces at every level of government are targeting the trans community with legislation and policies that deny their equality," Moodie-Mills said in her statement sent to NBC Tuesday night.

"Tonight was about fighting back—an unprecedented number of brilliant trans candidates asking for the votes of tens of thousands of Americans, and getting them."

Jenkins, before elected to Minneapolis City Council, worked as a policy aid for two previous council members. She is a poet, activist, and historian who has a passion for social issues.

She currently curates the Transgender Oral History Project at University of Minnesota. The project serves to give historians, and the public, access to primary source materials regarding the trans community.

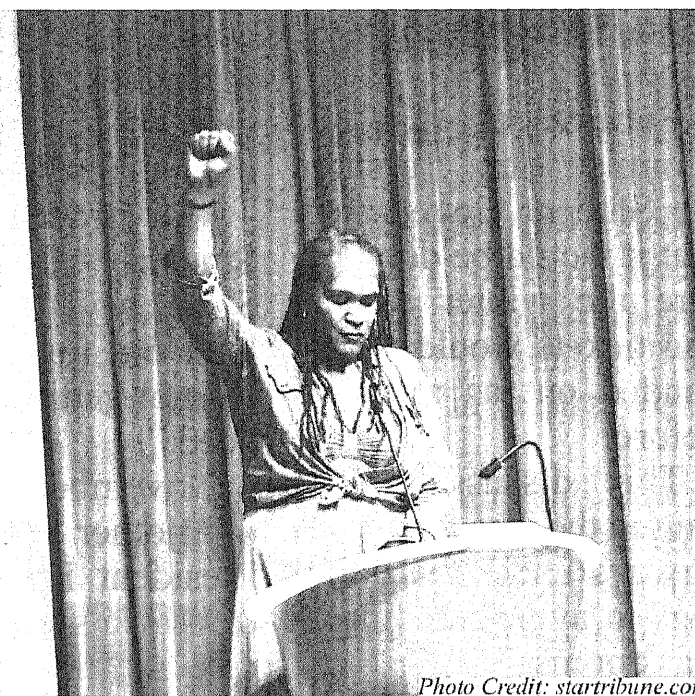


Photo Credit: startribune.com

So far, Jenkins has interviewed 194 people and recorded their conversations.

"One of the reasons we take that approach is because transgender people have been undercover for so long. They didn't have...artifacts and factual records." She states, "We had to go out and collect these stories, digitize them and make them available online."

She further discusses the project, which is part of the Jean-Nickolaus Tretter Collection of GLBT studies at the University for Minnesota, and its purpose with Splinter News.

"We had a whole lot of information about white gay males [in the collection]," she re-

veals. "Less about Lesbian culture. We had much less about bi culture, even though that has been growing, but we had literally nothing about the transgender community."

Jenkins, when regarding the project's core purpose, said, "We need to tell our own stories. People are trying to co-opt the stories of transgender and gender non-conforming people, and framing it in their own perspectives. So we need to tell our own stories."

When the core of Jenkins' political and personal philosophy was examined, she told Splinter News, "I'm a poet, I'm a visual artist, I'm a performance artist." She expressed.

"I try to make art. I try to make understanding of the world around me through art. I believe that art is a catalyst for change in communities."

Though Jenkins is a strong advocate for the LGBTQ community, she also seeks to pass legislation that will make society a better place for everyone.

She plans to focus on increasing minimum wage, obtaining affordable housing, and working on law enforcement reforms.



Photo Credit: insightnews.com

BANNER NEWS

"SG President"
Continued from Front Page

with the Student Government concerning the issue.

Because of this, the administration assured the Student Government that it would be done before the winter session and tickets would not be handed out as much as before.

This discussion also caused the idea to put waterways under the buildings to avoid flooding in classrooms.

There was a need for another elections because the Student Government had only 18 members. The election was a success, and the capacity of 25 members was filled.

A Halloween bash also took place at the child center on campus, to encourage students – who have children – to bring

their child in for daycare.

The halal cart was also put in place for Muslim observing students, something that has been utilized by the majority of students.

"In order to be in Student Government," Shafik says, "you have to look out for people who are not getting what they need."

November

Another meeting with President Fritz and other officials took place to discuss "the foundations of the school, the state of the campus and the college planning for the campus."

This college plan was then said to give attention to students and to make them stay after they gain acceptance.

Shafik said that we need to work on having "pride" in the school.

"This college plan was then said to give attention to students and to make them stay after they gain acceptance."

In this same month, the hours for the library were extended. It was initially 8 AM to 12 AM, whereas now, it is 7 AM to 1 AM, giving students more time to study and prepare for finals.

According to Shafik, it was something "the former Student Government could not do."

December
Shafik has started to plan implementations for the future. Shafik and Student Government wanted to answer the question: "How can we end the se-

mester on a good note?"

Thus, the need for scantrons and coffee are going to be provided by the Student Government for all students at the College of Staten Island.

A Leadership Retreat is also going to take place that is funded by Student Government "to have students learn better leadership skills," which could be beneficial for those who plan on becoming some type of leader in any organization.

"Fake News"

Continued from Front Page

using the C.R.A.P. test on a website.

Reliability in this case means checking to see, whether the article is fact based or opinion based. It is also important to check to see if there's any cited sources listed, since these are instrumental to backing up an article.

Authority is the author on the C.R.A.P. test and deals with their credentials and expertise. If the author of the article doesn't list their full name, or any name at all then don't read that article.

Also, check the site's sponsor since the sponsor could be controlling the information, leading to doctored articles.

Purpose or point of

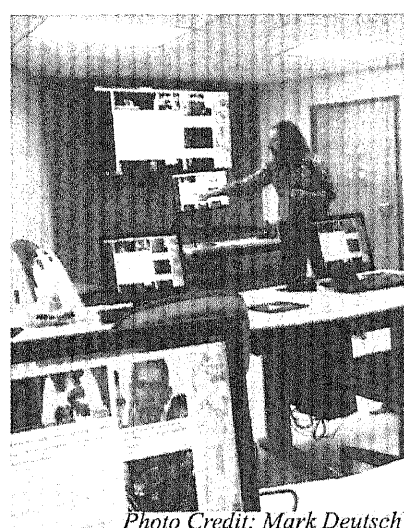


Photo Credit: Mark Deutsch

view is the last letter of the C.R.A.P. test, but isn't any less important than the others.

The purpose of most fake sites is to make money or it's a joke to the creators.

Checking the URL of a site can lend you a clue. If it has .gov.co or .edu.co, that means it's fake, since only the government

or education can use those URLs.

Biased articles are different than fakes.

Bias means to be in favor of or against something, to be succinct. It's someone's personal opinion, and as such, isn't conforming to newspaper standards.

Newspapers have to be completely factual and devoid of human emotion, which is impossible.

Editorials are the opinion of the whole news department and are entitled to their own opinion.

This point of view is generally aimed at one solitary issue and not multiple ones. This is one of the acceptable levels of bias for a newspaper.

Then there's the opinion-editorial which showcases a writer's personal

opinion.

Satire or sarcasm, as it's more commonly known, may be used in this type of article.

The C.R.A.P. test was tested live in front of the entire class on several already proven fake websites.

One of them was the Manhattan Airport Project (M.A.P.) and it failed the test spectacularly, even though it looked official.

When asked about any future fake news workshops, Mark Aaron Polger stated there will not be any as of now.

However, there are many other fun and exciting workshops that are worth checking out. Until then, watch out for fake news and articles that are full of crap.

BANNER NEWS

"Presentation Anxiety"
Continued from Front Page

best in front of any size audience.

The anxiety of presenting is a key factor in producing the different ways of becoming nervous in front of a crowd.

Becoming consciously aware of the way that you show your anxiety is the beginning to the road of gaining confidence.

Specifically, one might shake, stutter, sweat, or sway from side to side. Each antic that one might catch themselves acting out is important in order to understand how they project their inner fear.

Once one understands how and why they become nervous, they should begin having a motivational-self talk.

Challenging the negative thoughts that cross your mind is not an easy process, but once it is done you will feel significantly more self-assured.

This motivational talk should include acceptance. For instance, if you begin to stutter in front of your classmates, do not freak out—accept your quirk and move forward.

Even more important, the speaker stressed the need to verbally instill positive thoughts before a presentation.

By telling yourself simple things such as "I can do well," "I will try my hardest," and even "If I feel comfortable, I will get a good grade"

you will boost your confidence and reduce the

negativity before even walking into the room.

As the workshop continued, Jose provided helpful tips and techniques for students that may have innate difficulty standing in front of an audience.

He insightfully suggested to always be prepared. If you prepare your content and rehearse it,

The speaker suggested to fake it until you make it, which will help you be a better speaker overall.

As the workshop came to a conclusion, Jose also noted that CSI has counseling for students who might need help with improving their personal presentation anxiety.

If you are a student

prove upon through the preceding tips.

Once the powerpoint came to an end, students and several supporters from CSI's ASAP Program that attended, finished taking notes that they will present to their students in future workshops.

"I am still learning to be a good speaker. I've made progress, but I wanted information to provide our students with in order for them to challenge themselves," one ASAP supporter stated.

Another CSI student expressed how he also never felt confident with presenting in front of an audience.

"I have struggled with speaking in front of a crowd since I was little. It hasn't gotten easier when I got to college. I feel a little more confident after this workshop that I am capable of improving. I want people to know that they aren't helpless."

As the attendees filed out of the conference room, Jose reminded the crowd that if you don't challenge yourself, you will never overcome your battles.

Thus, every student, future-employee, or leader has the opportunity to make progress and become less anxious when presenting, once they motivate themselves to do so.

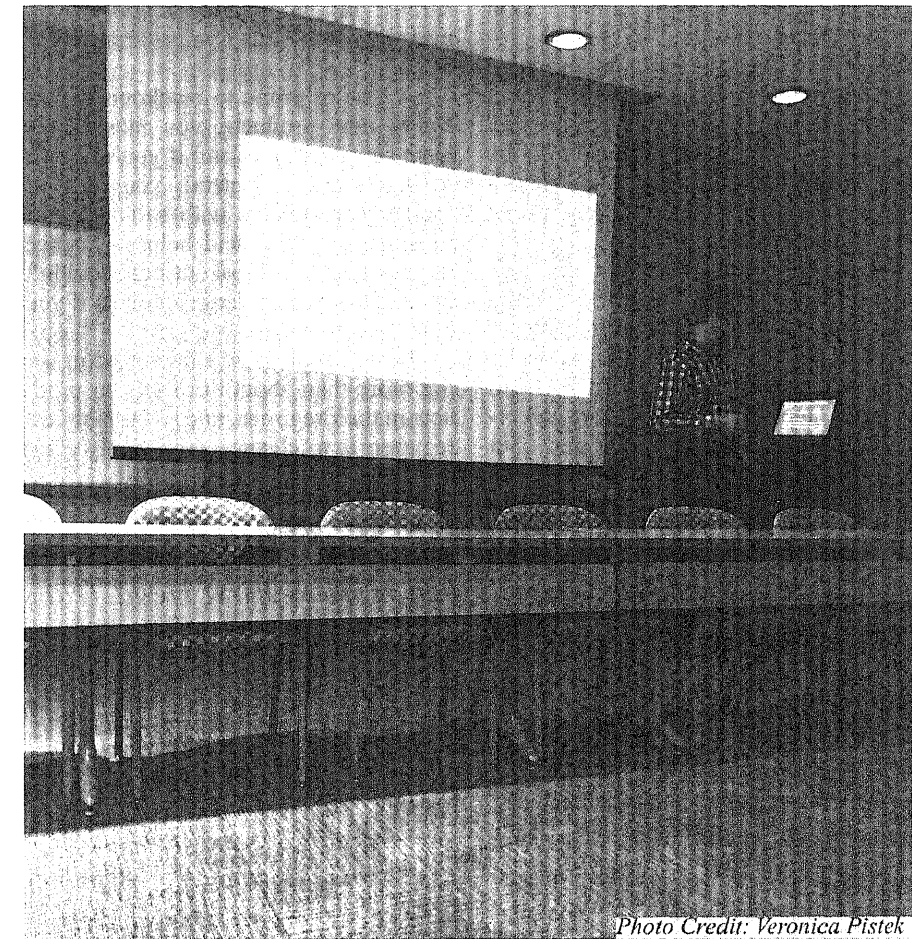


Photo Credit: Veronica Pistek

you will feel less likely to forget rather than piecing something together last minute.

Moreover, watching videos of famous and notable public speakers also enhances your ability to perform well. For instance, watching Barack Obama and the way he captivates an audience will subconsciously improve your oratorical skills.

Most important, if you act confident, you will begin to feel it.

that battles with the fear of performing in front of a crowd, you can stop in the counseling center for advice.

Overall, the need for sufficient public speaking skills never goes away. Whether you are facing a group interview, a career proposal, a speech at a family event, or the speech you have to give in your political science class—presenting yourself in front of others is scary, but it is a skill that you can im-

LIFESTYLES

Skincare is Unisex? No way! Having Good Skin Isn't Exclusive to Women.

BY: BRIELLE SPARACINO

DISCLAIMER: I am not a licensed authority in skincare, but due to my background in cosmetic retail for 3+ years, I am knowledgeable enough to give the following information in confidence.

Skincare has always been marketed towards women, but we are not the only members of the population who are allowed to have healthy, glowing skin.

For centuries, people of countless countries and cultures have valued the importance of skincare, but even now and especially in the United States, it is still widely regarded as a feminine ideal to want to have and maintain nice skin.

Because women in the modern age are taught that they need to reach an unattainable version of "beautiful," they are sold any and every product that holds the promise of eternal youth, even if they aren't familiar with the ingredients in the product or how it will react with their skin type.

There is still an abundance of women who are well into their adult years and have no clue what their skin type is, and if they don't know, chances are there are much more men than women who don't know their skin type either.

Engaging in the use of skincare has never been labeled as a concern for men on a national scale, whereas in other countries like South Korea, "... South



Photo Credit: Macys.com

Korean men spend more [money] on skincare than those in any other country," according to an article written by Golda Arthur and published on BBC's website.

Women generally have more skin concerns than men, and so they're presented with a larger array of products targeting factors such as dryness and tightness in the skin, oily skin, aging (i.e. wrinkles and fine lines, especially on the forehead and around the eye and mouth areas), uneven skin texture, acne-prone skin and sensitive skin.

However, men have got to start somewhere, and figuring out your skin type is easy if you start paying closer attention to your skin. If you wake up in the morning and notice that the skin on your face feels tight but you develop oil on your forehead, nose and chin

throughout the day, you probably have dry-combination skin.

If you feel like your skin is oily from the moment you wake up to the moment you go to bed, chances are your skin's surface oil production is pretty high, meaning your skin is oily through and through.

If you're prone to breakouts due to trying new products, you most likely have sensitive skin, and if you're prone to breakouts in general, you need to look for treatments with salicylic acid in them; salicylic acid helps to reduce the severity of a breakout but shouldn't be used daily or in large amounts if you have sensitive skin.

Most people aren't interested in using more than about three to four products in their regimen, and so the simplest regimen is to cleanse, tone, apply a se-

rum and moisturize twice a day, every day.

As previously stated earlier in this article, skincare has never been marketed as a concern for men nationally; luckily, certain skincare brands recognize this and have developed regimented kits for men to take advantage of.

For instance, skincare brands like Murad, Clinique and Kiehl's all include starter kits in their lines for men who are new to skincare, with each kit holding three to five pieces inside.

These kits are a great tool for male beginners in particular because they are introduced to the basic everyday products and a simple routine, but they still have the option of implementing other products into their regimens later down the line if they so choose.

There is no need for men to feel like taking care of their skin is wrong, even if it's frowned upon. Believe it or not, men deal with self-esteem issues the same way women do.

By deciding to start taking good care of your skin, you start liking what you see on the outside, which will make you feel good on the inside.

Gentlemen, stop listening to the white noise of judgement and do something good for yourself. You'll be glad you did.

BY: JANE PASTRANA

Imagine being able to pay \$300 for going back in time. Seems like quite the bargain, right?

The average price for a roundtrip flight to Havana, Cuba is \$300 and that is exactly how you feel the second you get off the plane.

The easing of previous travel restrictions for US citizens has opened Cuba up as a very popular travel destination. Despite the eye-opening poverty, the safety and incredible spirit of the Cuban people are what makes a memorable impression.

As a college student, it can be a great struggle between wanting to travel the world and how expensive that can be. However, if you pick your location and plan your itinerary, there's no need to go into debt to go out of the country to great destinations, like Cuba.

The price of a roundtrip ticket can be cheaper than a decent amount of locations within the United States and Cuba is a destination worthy of bucket list status.

First things first, it is important to be aware of all travel policies for US citizens. These can all be found on www.cu.usembassy.gov. Since you are a student, the category of "educational activities" would be appropriately used without breaking any laws.

Cuba can easily be experienced in 4 days as a quick trip, or if you have the

budget to stretch that out, go for it.

Once you book your ticket, you will need accommodations. Search Airbnb.com for the best deals in all centralized locations of Havana or Vedado.

With Airbnb, you have the option to rent an entire home/apartment or stay with a Cuban host. The average cost for a 4-night stay can come out to \$240, total.

Split this between you and your favorite travel buddy and you've spent at least \$120 on hoteling, plus \$300 on your flight, bringing you to a total of \$420.

After you have booked your flight, confirmed your hoteling, it is now time to plan your itinerary. This will help you budget how much money to convert, which you will need to do before you leave.

Depending on what type of vacation you are looking to have, your spending budget is completely up to you.

If you're looking to spend minimal money with no splurging, it's absolutely doable to spend \$15 on food for the day, \$8 on a bottle of Havana Club rum (the drinking age is 16) and head to the Malecón to hang out with the locals.

The Malecón is the seawall on the coast of Cuba where you will find everyone hanging out with friends, sharing rum, dancing and singing to the vendors walking up and down — it's basically a free party that happens every night and a

LIFESTYLES

Cuba: the Vacation Destination on a College Budget

Find Your Heart in Old Havana

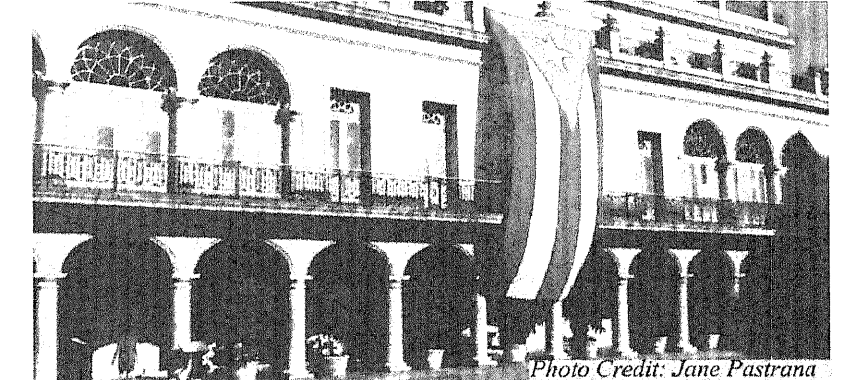


Photo Credit: Jane Pastrana

great glimpse into the culture.

For a great photo op, make sure to visit the Malecón during sunset.

There are walking tours of Old Havana that come with a private tour guide, as well as private day trips that will take you to the Cuban countryside, Viñales. These will range from \$50 - \$80 per person.

These tours are worth it if you have the extra money to spend; however, you can cut cost by taking a \$12 bus to Viñales or walking around Old Havana with a guide book at no cost.

If you would be interested in any guided tour, you can look at havana-journeys.com for the various packages offered.

Dining, as mentioned previously, is very cheap. You can have a sandwich and a mojito at D'Next in Old Havana for \$8. You can also dine like President Obama or the Kardashians and go to La

Guarida. The must try dish, which you can get at most restaurants, is Ropa Vieja and cost is about \$10. This is a traditional Cuban dish which translates to "old clothes". It's much more delicious than it sounds!

In Cuba, they use two different currencies — the CUP (Cuban peso) and the CUC (Cuban convertible peso).

CUCs are the currency used by tourists and CUPs are used by the locals and worth 25 to every 1 CUC. You can read further into the details of the exchange rate at the time you plan to go as this does fluctuate depending on various outside factors.

If you set aside \$600, although it's possible to use even less, you can afford a 4-night stay in Havana, Cuba.

Do your research, order your travel guide book, and collect a new stamp in your passport.

New Body, Who Dis?

The Next Leap in Medical Science: The World's First Head Transplant

BY: MOHAMED MAHMOUD

The world's first human head transplant has been carried out on cadavers in China, and scientists are saying they are now ready to try it on live patients.

It was said in December 2017, Italian neurosurgeon, Sergio Canavero, would attempt the first ever surgery for a head transplant on two organ donors in China. With this procedure, he attempted to make spinal cord fusion a reality, and claimed that it was successful.

This means taking an entire human head and attaching it to a donor body.

Canavero has since been called the Dr. Frankenstein of the medical field, and has been criticized for "going against god".

However, if this is successful on live patients, it could mean saving terminal-ly-ill patients, as well as giving people with a spine injury the opportunity to walk again.

Valery Spiridonov, a Russian 30 year-old man, has volunteered to undergo this surgical procedure.

He was diagnosed with a rare genetic disease called, Werdnig-Hoffman disease. This disease causes spinal mus-

cular atrophies, where motor neurons in the spinal cord are deteriorated which weakness the muscles.

Though the procedure is considered deadly and extremely fatal, there are still plans to continue this procedure. Although, the next step is to test the surgery on brain dead patients.

Dr. Canavero will be performing this surgery with another doctor named Xiaoping Ren, a neurosurgeon from China.

He has had experience doing the transplant surgery with mice, and though they did survive the transplant, they later

died afterwards.

Dr. Canavero and Dr. Ren will not be the only ones involved in this surgery. Over 100 doctors and nurses on standby will be present when this procedure takes place for 36 hours. This procedure will also cost more than 10 million dollars.

The main problem with these neurosurgical head transplants is that although they may succeed in attaching the head, the body could reject it.

Canavero will also be using a special type of gel, a polyethylene glycol, which

is used to combine fatty cell membranes, to attach the vessels and muscles.

One can say Dr. Canavero is a man that is "playing God" or "cheating death", and he said himself he views Dr. Frankenstein as inspirational.

But think about what ethical boundaries does it cross? The answers will vary.

Obviously these are all done in the name of science and with consent, but if humanity wants to go as far as obtain immortality, then that is something we need to tread lightly.



Photo Credit: OOOM.com

Get In Touch With Your Inner Femme Fatale

Kick Your Workout Up a Notch

BY: VERONICA PISTEK

The F-word, yes feminism, has provided women with a newfound sense of confidence in being unapologetically female.

Not only have women been dominating a man's world, women have also shown that men aren't the only ones who can be strong and kick some major booty.

Kickboxing, typically a form of martial arts, has been transformed into our diverse culture—now being referred to as cardio kickboxing.

This fast-paced, stamina-building workout will be sure to give you a mental and physical makeover.

With our new year fitness goals creeping just around the corner, kickboxing can help you burn fat and gain that muscle—fast.

The cardio conditioning characteristic of kickboxing helps you get that dream body, while also kicking risk of heart disease and diabetes out of your life.

Plus, kickboxing improves coordination, flexibility and reflexes. By engaging in the movement of all of the muscle groups in your body, you tighten your core and sharpen your physical reaction skills.

Many of the moves in kickboxing are repetitive. The transition from power punches and speedy roundhouse kicks trains your muscles to work harder and longer—ultimately building up your muscular endurance.



Photo Credit: assets.dmagazine.com

These 2 to 3 minute-interval workouts condition your muscles and overall improve your health.

If you can survive this high intensity workouts, that winded feeling you get after a flight of stairs is sure to diminish.

While many women utilize the benefits of kickboxing to sculpt their bodies physically, some focus on the self-defense advantages.

The skillful moves of kickboxing combined with a focused mindset creates an empowering environment for the women who engage in this strengthening activity.

It's important to have the ability to protect yourself from a dangerous situation. Finding the fight within the fitness broadens your horizons while keeping you ready for any defensive position you might be put into.

Mentally, kickboxing can surely be a challenge. Keeping your stamina steady and opening your lungs for air seems hard at the start.

Have no fear, the overall benefits outweigh the initial mental strain.

Kickboxing can be a healthy outlet for your day-to-day stress and frustration.

Being able to kick that negativity from your job into the bag, punch your bad exam grade into the pads, and breathe out the toxicity in your life overall—your mental clarity will transform into a better night's sleep and a more positive outlook on life.

Let's not forget psychologically, kickboxing releases endorphins that make our brain feel good. So, hitting the ring can replace your aggression with happy chemicals—say goodbye to negativity and hello to a healthy and balanced mind.

There is nothing sexier than strength and being able to kick butt.

Even after your first challenging kickboxing session, you'll see improvements and results within your overall health.

These incredible benefits can transform you inside and out. It's essential that we all find something healthy that we love to do that also boosts our confidence at the same time.

Now, do you think you're up for the challenge?

Before you think about your journey to cardio kickboxing, here's a few tips that might help ease your mind.

Set your personal goals. Every person in the kickboxing class might be there for a different motive—establish

BANNER ARTS

Netflix's "Punisher": The Dead Man's Tale

Future Questions Answered By The Past

BY: JOSIAH AKHTAB

Netflix's 2017 American web television series, "Punisher," released Nov 17, created and written by Steve Lightfoot, visually stunned with covert action, eradicated and severed familial ties, and brutal "Call of Duty"-like style kills.

Jon Bernthal plays Frank Castle, a marine veteran who becomes a vigilante known as "The Punisher" after the murder of his family to avenge their deaths.

The series started off addressing an issue that's been in America since the country's inception, PTSD. It revealed the world of veterans after they come back from war, how the country, essentially, used them and set them aside when they no longer proved useful.

The series also put a reversal on this, in Frank Castle's case, as his family died after he comes back from war as opposed to him, as well as showing how the two worlds paralleled each other.

The characters were methodical and calculated throughout the series. Their actions revealed what they wanted despite what they said and how diplomatic they appeared.

The only character who remained transparent, was Frank Castle. His straightforward, somewhat erratic, and paranoid disposition gave him an edge as the protagonist.

The acting brought viewers into the minds of the characters. It revealed how diplomacy is used to achieve personal agendas.

The cast members performed admirably in accentuating the nature of the military and police world, as well as

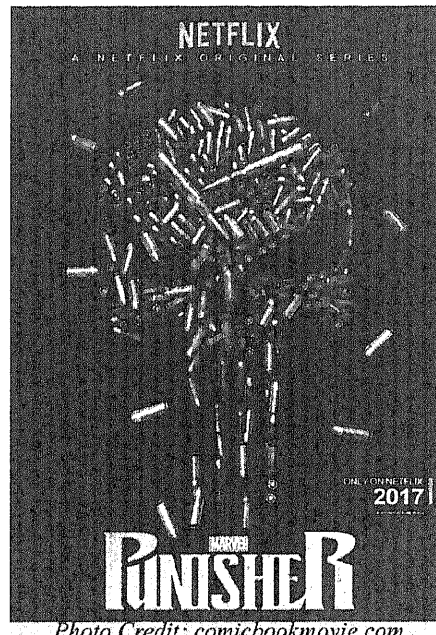


Photo Credit: comicbookmovie.com

how the line is sometimes blurred when distinguishing the difference between the two.

The writing served to make the acting realistic and convincing. It was apparent that great thought and consideration was taken as to how certain lines, words, phrases, etc. would either bring to life, or kill the authenticity of the characters throughout.

The writing also made the characters more relatable, showing that, though being in the armed forces requires objectivity and a bit of stoicism, these characters are people with lives, families, and people who care and matter to them.

The tone gave a dark and morbid feel to the series, showing how important and crucial every move each character made was. It made clear how everything is either planned, thought out, and logical with an air of objectivity, bluntness, and a bit of paranoia.

The music did well to bring out the tone. The rough and gruff sound the artists possessed when they were singing, and the slow, dreary classical sound indicated when either something dramatic or crucial was going to happen, keeping the viewer's attention through-

out the series.

The cinematography guided viewers tremendously. Focusing on certain character's facial expressions, objects, scenery, gave viewers the opportunity to predict what would happen next and possibly how it would play out.

The cinematography also made the plot more apparent, focusing on certain moments and making them as clear as possible to let viewers know that part would either come to pass, or reappear at a later time.

The setting proved to be picture perfect. The hustle and bustle nature of the city provided the ideal environment for covert actions and cover-ups.

The high-rise buildings, bureaucratic organizations, and criminal underworld gave the perspective that the civilization is just as much a war as being in a third world country, and that coming home, sometimes, is its own battle.

Overall, the series shows that not every superhero, or vigilante, needs a cape to get things done.

Sometimes, all it takes is someone who's got nothing to lose, some skill, and a mean streak, to bring truth to the forefront for not just everyone else, but himself.

Walking in a Winter Wonderland...in Staten Island!

This Winter Will Boast a Mesmerizing Holiday Experience

BY: CLARA PEREZ

For the first time ever, the Staten Island Yankees stadium will be transformed into a Winter Wonderland.

The Richmond County Bank Ballpark is an 85,000-square foot arena that will house Winter Wonderland Staten Island running from November 25th-December 23rd, 2017.

Utilizing this huge space, the goal is to evoke holiday themes and feels that everyone looks forward to this time of year.

By transforming the scene to a winter alpine village, guests will have an impressive number and genres of attractions to choose from.

There will be rides and games similar to those at a carnival, in which books



Photo Credit: nia101.com

of tickets can be purchased by all ages to enjoy.

There will also be a custom-built elf themed miniature golf that will have 9 holes and winter scenes scattered throughout.

An 80' x 50' outdoor skating rink using only the finest in artificial ice technology will also be featured but unlike many other ice skating rinks, you can skate on this one as long as you like!

Not like any other holiday tourists spots in the NYC area, Winter Wonderland Staten Island will be home to Santa's Workshop.

This glimpse into the inner workings of Santa's workshop in the North Pole will provide guests with pictures with Santa, souvenirs, seasonal gifts, stuffed animals, and other novelty items.

Before leaving the workshop, you will also get the chance to create a forever memory by building your own stuffed holiday buddy. You will get to choose between a snowman, polar bear, penguin, reindeer or an elf.

As if all of these attractions weren't enough, there will be a nightly light show running every hour from 5-10 PM. With over 85,000 holiday lights, 500 manpower hours and 20 interactive songs, this light show is sure to impress



Photo Credit: stlive.com

even the toughest of critics.

When you're done enjoying the attractions, there are also dining and shopping options available.

While the full dining list isn't available yet, potential visitors can likely count on a unique and fun dining experience.

If last minute gifts are on your list, Winter Wonderland Staten Island will also feature holiday vendors like On Your Mark Chocolatiers, Pop! Universe, Must See TV, Coney Island Brewing Company and many more.

After a long day of rides, food and shopping, some guests may want to enjoy some wine and spirits. Well, the wonderland has that covered too.

Aptly named The Igloo Bar, this bar inside of a life-size igloo is bound to be this winter, daily and seasonal passes can be purchased online at www.winter-wonderlandsi.com.



Photo Credit: stlive.com

Igloo Bar will have dueling pianos, cabaret singers, DJs and live bands.

Serving holiday and seasonal cocktails along with a variety of bar snacks, you may want to live in this igloo forever.

If you're not into the bar scene, you can enjoy a pastry and hot cocoa at Gingy's Bakeshop. This life-sized working gingerbread house will sell a selection of hot cocoa, coffee, tea and of course, cookies, pastries and other sweets.

Within Gingy's Bakeshop there will also be a full candy shoppe called Gumdrops, where you can stock up on favorites by the bag or by the bulk!

If Winter Wonderland Staten Island sounds like exactly where you want to be this winter, daily and seasonal passes can be purchased online at www.winter-wonderlandsi.com.

BANNER ARTS

Star Wars: Battlefront II- Best Star Wars Game Yet?

New Game Combines All Generations of Heroes

BY: ERIC RANSOM

In a much anticipated debut, "Star Wars: Battlefront II" officially hit the shelves on November 17- but not without controversy.

Electronic Arts released the sequel to the successful "Star Wars: Battlefront", enabling users to take control of characters and heroes from a galaxy far, far away.

One of the more exciting aspects of the game is the combination of characters from the prequels and sequels with the original trilogy, something the first game lacked.

Prequel planets like Kamino, Naboo and Kashyyyk are included in the 9 planet total, with 3 from the original trilogy and 3 from the sequels.

This enables users to fight for all eras, including the Republic, Separatists, Rebellion, Empire, Resistance, and the First Order.

Before the game was even available, though, reports came out about the incredibly hard task of unlocking heroes.

Characters like Darth Vader, Emperor Palpatine and Luke Skywalker are locked heroes, and were originally made too hard to unlock, having to accrue over 40 hours of playtime to earn the credits required to purchase.

"Even EA's comment regarding the paywall on Reddit became the most downvoted post in its history."



Photo Credit: gamespot.com

chase the heroes.

Being such a tedious task to complete, gamers deemed the locked heroes as being behind a "paywall", where money would have to be spent in desperation to unlock them.

Many Star Wars fans passed on buying the game at the initial release date.

Even EA's comment regarding the paywall on Reddit became the most downvoted post in its history.

Luckily, "Battlefront II" developers lightened the difficulty in acquiring the characters, decreasing the credits required, but also the credit reward system, by 75 percent.

A major addition to the game was the inclusion of a playable campaign mode, a missing aspect of the first game that sparked a strong uproar among fans. In this mode, gamers take control of Iden Versio, an Empire soldier, battling against the

Rebellion.

This is an unorthodox but welcome change, fighting for "the bad guys" instead of against them.

Versio, a created character for the game, is played by Janina Gavankar, formerly of TV's shows including "True Blood" and "Sleepy Hollow".

Users can also acquire star cards and traits, as well as obtain crates, as a way of bolstering soldiers and heroes as the gameplay moves along.

Its online gameplay features previous game modes like "Blast" and "Heroes vs. Villains", as well as new ones like "Strike" and the large scale "Galactic Assault".

Another appealing feature includes the arcade mode, battling the AI in user-constructed scenarios across all planets.

"Starfighter Assault" lets users combat in space battles from all time periods, as well as take control of heroes in their personalized star fighter jets. Here, "Battlefront II" unleashes its best visuals, reaching movie-like quality and amazing graphic detail.

A disappointing feature is the inability to choose the era or planet desired to fight on when playing in "Blast". This particular game mode features basic infantry vs. infantry combat, with the sole

objective to eliminate other players until their soldier count reaches 0.

Unfortunately, the era and planet the user is taken to is completely random, leaving no way to choose the particulars, leading to repetition.

The wait times in between matches are quite long as well, taking one minute before each match begins during online play, although developers are working towards a solution.

"Users can also acquire star cards and traits, as well as obtain crates, as a way of bolstering soldiers and heroes as the gameplay moves along."

In throwback fashion, Battlefront II reaches back into the past by bringing back a few feature from the original games released in the early 2000's.

Much like in those old school games, infantry classes make a return, letting users choose what style of soldier they want to use on the battlefield. These range from assault troopers, heavy troopers, officers, and specialists.

The combination of all era's, and the impressive visuals all work in supporting the game, though the gameplay and lack of freedom of choice online hurt its reputation.

If these are remedied through time, "Battlefront II" should serve Star Wars fans plenty of enjoyment.

BANNER OPINIONS

The End of the Internet's Golden Ages

Why the Net Neutrality Repeal Isn't Viable

BY: Steven Aiello

The internet is one of the most necessary aspects of society, but the way in which people can use it could change for the worse.

Throughout the latter half of 2017, Federal Communications Commission (FCC) Chairman Ajit Pai, has been working to repeal the net neutrality laws set in place by previous administrations.

Net neutrality, coined in 2003, is not a law as much as it is a principle that argues for free, unrestricted and unbiased access to the internet.

Under net neutrality, internet service providers such as Verizon, Spectrum and many more must provide the same level of access to all websites or content on the internet.

Net neutrality has greatly benefited both consumers and tech companies, and the announcement by Pai to repeal net neutrality laws was met with a significant backlash from the two parties.

One of the most common arguments against the repeal is that it infringes on the first amendment. In spite of these arguments, net neutrality - at least concerning consumers and web companies - isn't entirely about the first amendment.

If anything, it is equally seen as unconstitutional to deny internet service providers these regulations because the first amendment also guarantees the right to private property.

Because telecommunications companies manufacture their own wires and pipelines, it

is not owned by the government and is therefore their own private property that they can manage as they please.

In addition, internet service providers are instating these regulations since companies like Google and other brands use up the majority of their bandwidth. Thus, charges for using certain websites are basically fees that these companies must pay in order to achieve the best possible internet speeds.

The problem essentially boils down to a struggle between internet service providers and internet technology companies, with the consumer being caught in the middle of said struggle. Internet service providers are operating their businesses legally, but the repeal of net neutrality could still result in more issues than it potentially fixes.

Competition among companies, for instance, is one of the biggest reasons for the variety found on the internet. If net neutrality laws are not in effect, companies can block or limit access to services simply because those services compete with their own products.

This has already happened with companies such as AT&T and Verizon, and the problem is that it eliminates competition. Removing competition means that there is no incentive to improve, resulting in worse products for consumers.

This act also removes most of the variety found on the internet, forcing people to use only one product regardless of its quality. Consumers and internet users might very well be compelled to stop using the internet

altogether because of this.

Although the latter outcome is a detriment to service providers, it is undoubtedly worse for companies that are dependent on the internet for business.

While internet service providers can rely on other venues for money, companies that depend on and use the internet to distribute their products likely lack any other venue for money, and as such, will see a decline in profits.

One of Ajit Pai's hopes is that investment and innovation will improve with the repeal of net neutrality, but throttling internet speeds or hiding websites behind walls will provide consumers less incentive to invest in the internet.

One of Pai's other arguments is that an open internet is being limited by companies such as Twitter, Facebook and Google. Pai is right to an extent, as these websites have censored dissenting opinions at different points.

The approach is anything but sound, however, because internet service providers would be able to control content in that very same way. Letting internet service providers control content based on their own subjective ideas rather than an objective guideline or thought, will only serve to reinforce the practices Pai is opposed to on a much larger scale.

Both internet companies and service providers are guilty of censoring or controlling their content, and Pai's strategy is in essence to "fight fire with fire."

Based on how dependent people are on

the internet in order to live their lives, repealing net neutrality will be anything but beneficial to making the internet more open.

The net neutrality won't mark the end of the internet, but will rather end of the internet's 'golden years'. Every bit of content will still be available, but in a much more limited and restricted state.

The only positive outcome from the highly likely repeal of net neutrality is that it could encourage people to fight more ardently for it. This is also helped by the fact that these laws are neither protected nor prohibited by the constitution.

Laws governing the status of net neutrality could very well change to pro net neutrality with a new administration, though it also means that another administration could just as easily pass laws against net neutrality.

Although Ajit Pai's intentions of ensuring an open internet are reasonable, the approach to achieving this goal should be changed immensely. The current attitude towards net neutrality isn't helping to make the internet more open as much as it further restricts access to the it.

In the end, proponents for net neutrality should fight and argue to retain an open internet by creating more compelling arguments for both cases or becoming more active in any possible protests.

Net neutrality has resulted in an immeasurable benefit, and the key to internet freedom lies in stronger regulations rather than more regulations.

Privacy Isn't a Privilege, It's a Right

Prince Harry and Meghan Markle Shouldn't Have to Cater to the Public

BY: BRIELLE SPARACINO

Despite serving a decade in the British Army and embodying the same philanthropic spirit as his mother, Prince Harry's love life has always received the most attention.

Harry has been labeled a 'playboy' by the media in the past, especially after the breakup of his former longtime girlfriend Chelsy Davy, but has since redeemed himself with his recent engagement to Meghan Markle, a U.S. actress, model and humanitarian.

Prince William and Kate Middleton have, since their wedding, lived a pretty private lifestyle for a royal family, and it is only right that Prince Harry and his bride-to-be are given the same respect despite the reasons the media would use to deem a privacy invasion acceptable.

Markle is different from past royal family members in a number of ways which make her an easier target for scrutiny, one of which is her being an actress on a highly-viewed American show.

According to an article on Markle on the Biography website, the Los Angeles, California native, graduated from Northwestern University in 2003 with a double major in Theater and International Relations and appeared in several TV series before being given the role of Rachel Zane in the TV drama, "Suits", which initially aired in 2011.

Because Markle is currently an actress and an activist fighting for equal rights in the public eye, she

has and will continue to attract more publicity purely due to her career choice.

Although she intends on giving up acting, she could still be subjected to even further scrutiny when she becomes part of the royal family based on the course of action of her humanitarian projects alone.

While Markle will be the first formerly divorced American princess of this century after ending a two year marriage to producer Trevor Engelson from 2011-2013, she isn't the only one in British history.

According to an article by ABC news, Wallis Simpson was an American woman who was married to her second husband at the time she met King Edward VIII.

Simpson and King Edward married in June of 1937, even though Simpson wasn't officially divorced until May of that year.

Since both of her previous husbands were still alive, Edward was required to abdicate the throne as the consequence.

The article also states: "It wasn't until 2002 that the Church of England officially approved a rule change to allow divorcees with living spouses to remarry, according to British newspaper The Telegraph."

Unfortunately, this new rule hasn't stopped certain members of the media like Melanie McDonagh, a contributor to the British Magazine The Spectator, from already attacking Markle for being divorced.

An article from The Huffington Post showcased a tweet from The Spectator's Twitter page on November 27, which linked McDonagh's article that said, "Meghan Markle is unsuitable as Prince Harry's wife for the same reason that Wallis Simpson was unsuitable: she's divorced and Harry's grandmother is supreme governor of the CofE."



Photo Credit: vantiyair.com

These kinds of comments are bound to arrive in swarms in the months leading up to the royal wedding.

Markle is also biracial, having been born to an African-American mother and a Caucasian father, and that is yet another excuse for the media to invade her's and Prince Harry's privacy.

Markle will be the first biracial princess in this century, however, an

article in The Washington Post states, "Some historians suspect that Queen Charlotte, the wife of King George III who bore the king 15 children, was of African descent," proving that this kind of situation has happened in history before.

Regardless, that hasn't stopped racist Twitter "trolls" from making inappropriate remarks, according to a recent Teen Vogue article. It is no secret that racism still exists, and the Prince's recent engagement will only add fuel to the media fire.

It's a different and more easily understood story if the media wants to report on positive news regarding the new royal couple in the future, such as a humanitarian act, but lately, they have both been targeted for unnecessary reasons.

The only viable and logical solution to a stress-free, private lifestyle for Harry and Markle is to leave them be.

The media should focus on their milestones, accomplishments and kindness towards the rest of the world.

Bringing up an old divorce or the fact that Markle isn't purely of Caucasian descent is and should not be groundbreaking news.

Prince Harry and Markle both seem happy, excited and in love, and the media should focus their attention elsewhere.

SEX AND RELATIONSHIPS

Surviving the Holidays Apart from Your Significant Other

How to Keep the Spirit Alive in Your Relationship

BY: JESSICA SCARIMBOLO

Christmas is a beautiful time, especially when it's spent with friends, family, and your sweetheart.

Some may even feel that the holiday season is just not the same when you do not have someone special to celebrate with.

Unfortunately for some couples, the idea of spending Christmas and the holiday season together is not always possible.

So, what is the best way to continue to enjoy the season when you cannot physically be together?

Not being able to spend a holiday with your boyfriend or girlfriend does not discredit a relationship; it is still important and valid if you do not get to spend the holidays together, whatever the reason may be.

There are ways to keep the holiday spirit alive in your relationship even when you cannot be together.

Firstly, Skype is a long-distance relationship's best friend. If you and your partner are in a situation where you can Skype or FaceTime, definitely make sure you utilize that medium.

You can also find a Christmas movie on television that you can watch together, but still apart. In similar fashion, you can have a "Skype date" while singing Christmas songs to put you both in the Christmas spirit.

If you are lucky enough to spend some days of the season with your

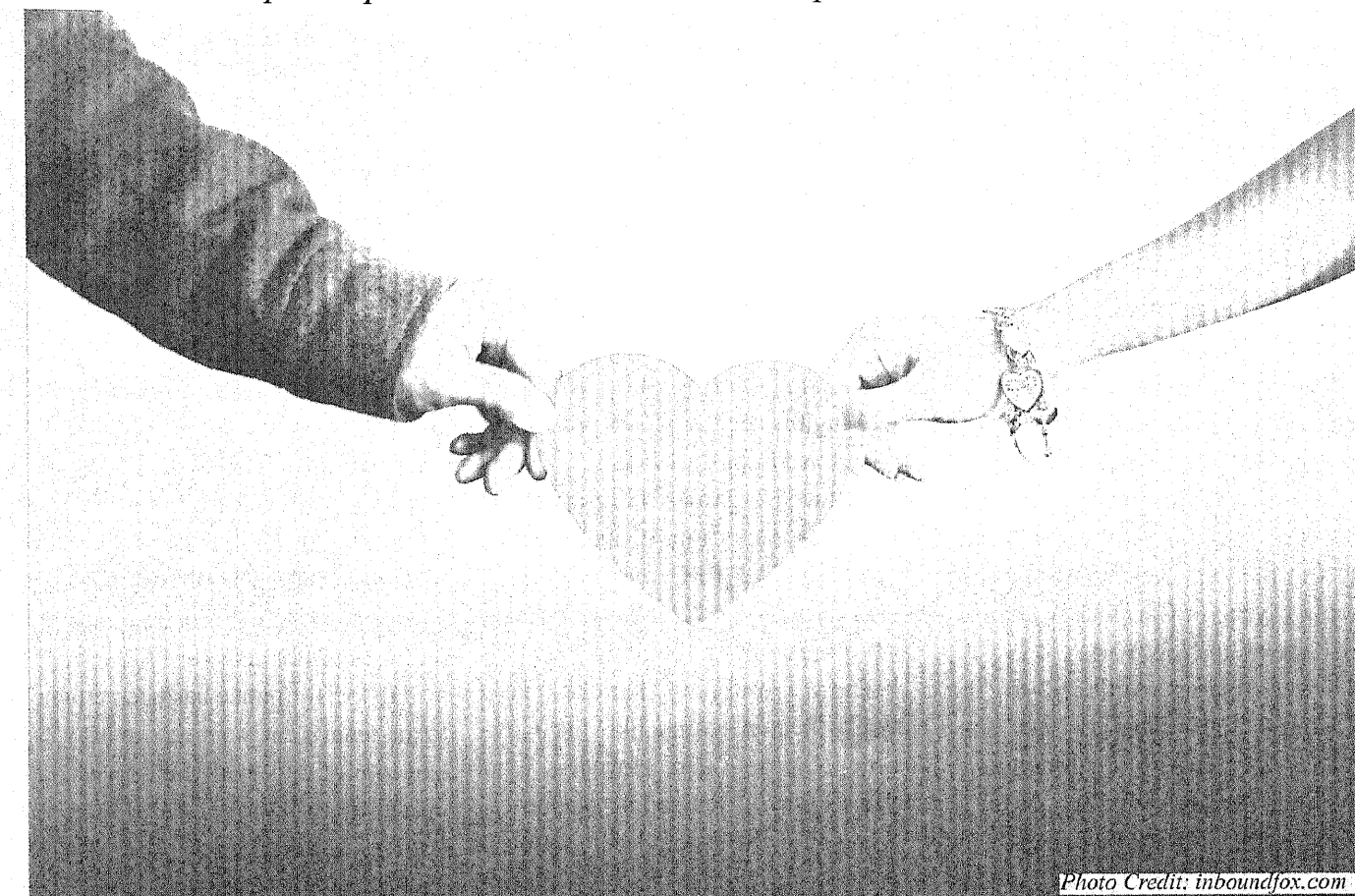


Photo Credit: inboundfox.com

loved one, try to pack as many fun, holiday-themed events in those few days. Make gingerbread houses, go Christmas shopping, visit houses with beautiful lights, or snuggle up in a blanket while watching Hallmark movies.

Whether you're with your significant other or not, make sure to spoil them to the best of your ability, because why not? It is the holiday to spread cheer after all.

Spoiling your boyfriend or girlfriend does not have to break your bank; you can find cute, inexpensive

gifts at places like Target or Christmas Tree Shop.

Remember, it is the thought that counts and it will make them feel special and cared for, even if they are not home for the holidays.

If you both are unable to celebrate the holidays together, you could consider having another holiday celebration scheduled when you two can be together. This could be a time for the two of you to cook dinner together, watch movies, exchange gifts, and just validate your relationship and your love.

This could also provide some much-needed intimate alone time, since you've been apart for a while.

Though you may not be able to spend time with your significant other during the holidays, do not forget that it is also a time for family. Don't let any feelings of loneliness get you down, try to have fun with your family.

The topic of your relationship could surely come up during dinner conversation but make sure to keep your head high and remember that, eventually, you will be able to spend holidays together. Use this time to reminisce in a positive way and laugh about the good times.

Also, try not to focus too much on the family members who are with their significant others. Just because you cannot be with yours at that moment, doesn't mean you can't enjoy yourself. You don't want jealousy to rear its ugly head and ruin this time full of food and fun.

Though the holiday season could be even more amazing with the one you love, it is also incredible to know you at least have someone.

Understand that distance is only temporary and that there are ways to celebrate the season despite the miles between the two of you.

Absence makes the heart grow fonder, and it will make the next time you see each other all the more passionate.

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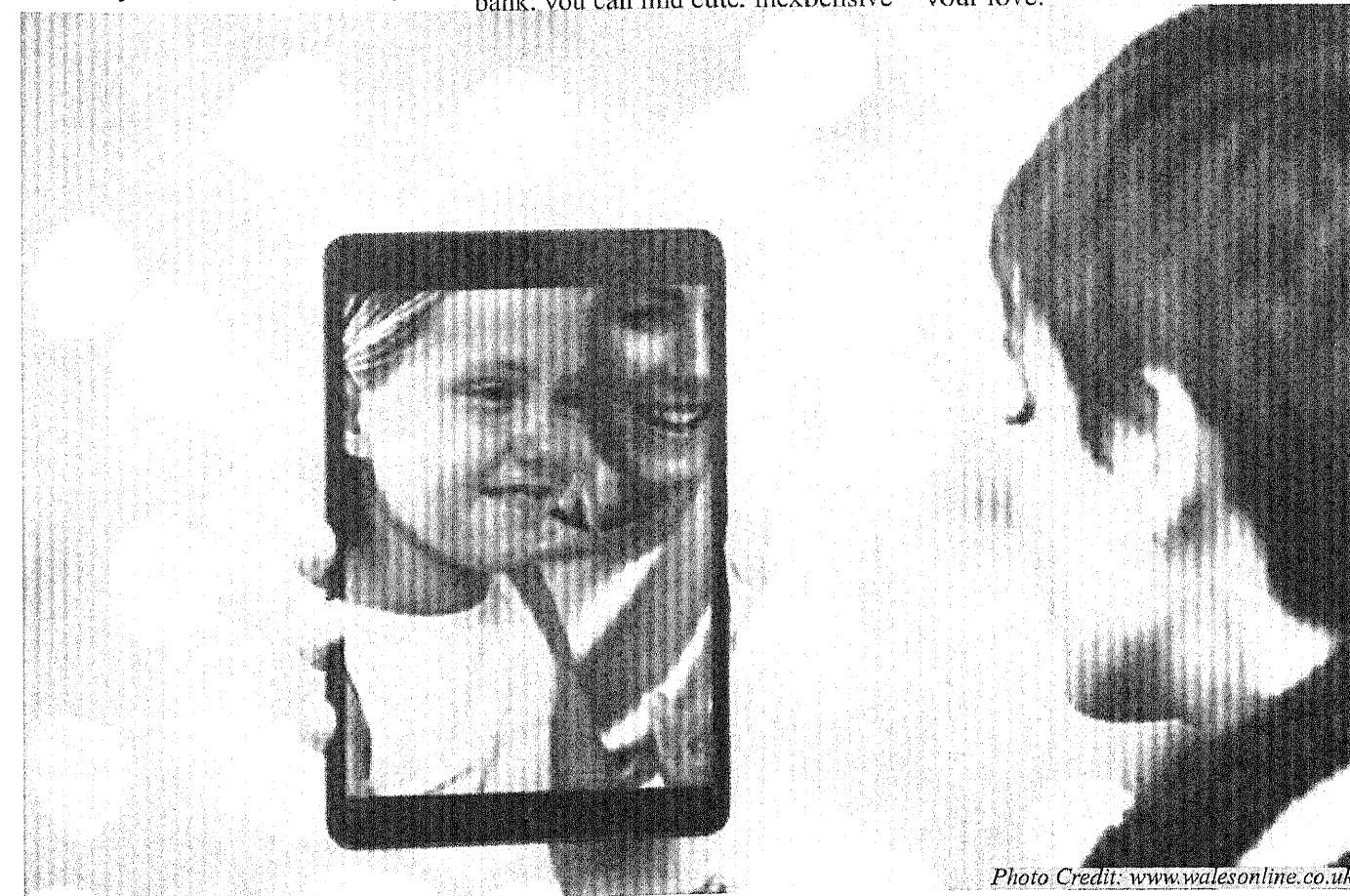


Photo Credit: www.walesonline.co.uk

SPORTS

Kristaps Porzingis Taking Over the NBA

*Knicks Off to a Surprisingly Good Start***BY: ERIC RANSOM**

In New York, unicorns do exist.

Led by Kristaps Porzingis, the New York Knicks have gone from being utterly abysmal to a complete surprise in 2017.

Porzingis, also known as “The Unicorn”, surged to the top as one of the NBA’s best players. After a terrific rookie season and solid performance last year, Porzingis has taken his biggest step forward.

The 2016-2017 Knicks finished last year with a 31-51 record, missing the playoffs for the fourth consecutive year in Carmelo Anthony’s final season in New York.

After trading Anthony to the Oklahoma City Thunder last September, the Knicks would become Porzingis’s team.

With new additions like Tim Hardaway Jr., Enes Kanter, veteran Jarrett Jack, and teenage rookie Frank Ntilikina, Porzingis has led the charge, lifting the Knicks back into relevancy in the Eastern Conference.

With Porzingis as the focal point, he has flourished in his role, starting

the season with MVP-like performances and becoming a superstar.

In 8 of the first 12 games, Porzingis has scored at least 30 points, including a career-high 40 point game against the Pacers on November 5.

Porzingis also broke the Knicks record for points in the first ten games of a season, scoring 300 points and breaking the record of 298 points, set by Bernard King in 1984.

In the 17 games Porzingis has played, he ranks top 10 in the NBA averaging 27.3 PPG and 2.3 BBG. He also averages 7.2 RPG and has a .355 three-point percentage.

These resurgent Knicks have already beaten teams like the Cavaliers, Raptors, and Hornets, who were all playoff teams last season.

Despite the incredible success Porzingis is having, it is worth noting that shunned former Knicks President Phil Jackson, not only drafted Porzingis in 2015, but built the majority of the team he plays with today.

Major supporting pieces who

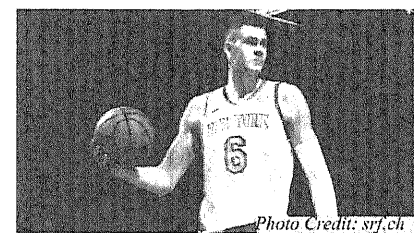


Photo Credit: srf.ch
Porzingis stands at 7'3", the tallest power forward in the NBA.

have tenure with the Knicks, like Kyle O’Quinn and Courtney Lee, were brought to New York by Jackson.

Stars have emerged, like the once former Knick Tim Hardaway Jr., who was originally drafted by the Knicks in 2012 and played two seasons for the team before leaving for the Atlanta Hawks.

His performance has been crucial to the team’s early success in his second tour of duty with the Knicks.

Hardaway Jr. leads the team in average three-pointers made, putting up career-high numbers along the way.

French Rookie point guard, Frank Ntilikina, has emerged quickly as a viable defensive stud, leading the Knicks and all rookies in steals-per game, at just the age of 19. Jackson

drafted Ntilikina in the 2017 draft, one of his final moves before being fired after his tumultuous tenure as President.

Jackson famously sparred with Carmelo Anthony, as he stubbornly enforced the triangle offense, and even dangled Porzingis for a trade last summer.

As if it were a cruel joke, the majority of the Knicks this year was built by Jackson, minus only rebounds per game leader Enes Kanter and sharpshooter Doug McDermott. Both players were acquired in the Anthony trade by former General Manager and now turned President, Steve Mills.

With the success of Porzingis, the Knicks aim to make the playoffs for the first time since the 2012-2013 season, where they finished 54-28.

The unicorn sightings have been abundant this season, and if they continue, Madison Square Garden may finally house playoff basketball again.

CTE Found in a Live Ex NFLer for the First Time

*Potential Future Treatment for CTE and Concussions***BY: ANTHONY RUSSO**

Chronic Traumatic Encephalopathy (CTE) is a severe disease that affects a number of football player’s health throughout their lives.

It remains an untreatable disease to the brain, typically found in former athletes that have suffered multiple concussions and/or a series of blows to the head.

Under CTE, symptoms victims usually face include, but are not limited to, memory loss, depression, difficulty focusing, weakness in vision, and difficulty in speaking, as well as suicidal thoughts.

The most recent and prominent case involves former New England Patriots tight end Aaron Hernandez, who was convicted of murder and sentenced to life in prison.

Hernandez hung himself in his jail cell at just 27- years-old last April, and his autopsy revealed he suffered from CTE.

According to his lawyer, Hernandez, who was in stage 3 of CTE, had “the most severe case they had ever seen in someone of Aaron’s age.”

Despite this, Hernandez has only dealt with one documented concussion, as per the Boston Globe.

CTE, according to a study from the medical journal Jama, was found in 99% former NFL players brains based on autopsies.

In a recent study, 110 out of 111 former NFL players had traces of CTE, including 3 out of the former 14 high school football players and 48 of the 53 former college football players.

Hernandez’s case is rare considering age, especially with the fact he suffered just one concussion throughout his entire football career. His example, and the results of the study, show the risks teenage football player’s face when it comes to developing CTE at some point in their lives.

Suffering multiple concussions will increase the likelihood of CTE, but it’s also possible that continuous blows to the head such as “helmet to helmet” hits could be just as fatal as well.

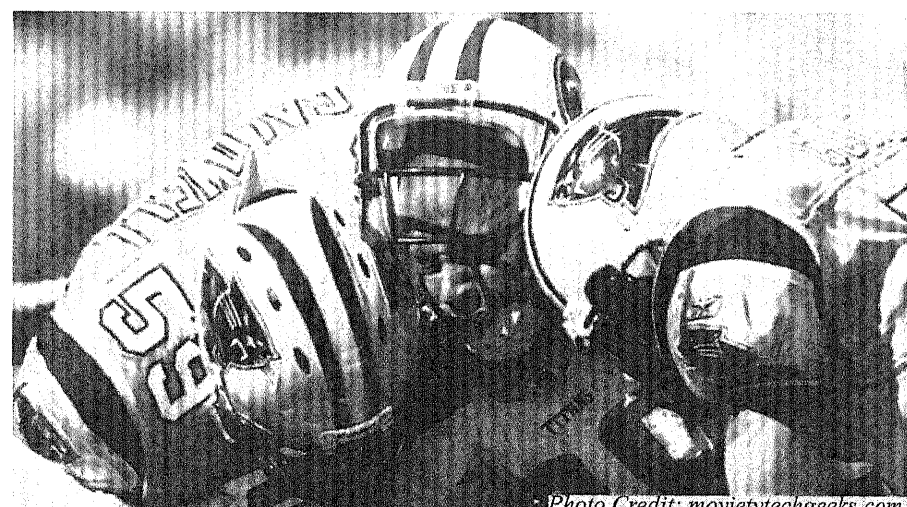


Photo Credit: movietechgeeks.com

Former Boston Bruins center Marc Savard, who was forced to step away from hockey at just 33 years of age in 2011, still deals with post-concussion syndrome. Savard, unlike Hernandez, suffered six concussions throughout his hockey career, two coming within the last year of his NHL playing career.

Savard told Stan Grossfeld of the Boston Globe in November of 2016 that he plans on donating his brain to science for extensive research on CTE and concussions.

Typically CTE is found initially through an autopsy, but a brain scan performed by Dr. Bennet Omalu in 2012 on former Minnesota Vikings linebacker Fred Meneill discovered CTE in his brain.

This is significant, as Meneill was still alive for the procedure.

This case study on Meneill was reported by the journal of Neurosurgery on November 10, but CTE caused Meneills death in 2015 before it was able to be confirmed. Omalu first speculated in 2012 that he found CTE through a brain scan due to abnormal amounts of protein called “tau”, which is typically found in results with CTE.

Considering this was the first discovery of CTE in a live human after 5 years of study, perhaps CTE will be treatable. Other symptoms that come with CTE are anxiety and depression, which are some mental health issues that are treatable.

The risks of CTE and concussions should be made notable to teenagers who plan on having football careers, starting with high school football. Though the risks of CTE in tackle football in high school are lower due to the less experienced tacklers and head hits, the long term effects should be well explained to them regarding CTE and concussions.

Avoiding CTE or concussions through a lengthy football career may be impossible, but perhaps doctors and scientists will find treatments for CTE considering their recent findings with Meneill.