

THE BANNER

For the Record, Press the Red Button

BY JUSTIN SARACHIK
CONTRIBUTOR

Nothing beats the feeling of popping in a brand new cd that you've been waiting to hear. The expectation of hearing your favorite artist latest work is always gratifying after a long wait. Now imagine if this cd was made by you. Imagine if you have been waiting for this cd for eight years! This is what happened to me. Now bring it back...

Being in a band is something I've endured since I was in the eighth grade. I have always had a passion for music, but no matter who I partnered with, it never worked out. The closest thing to recording was on the cassette tapes I made of the band recording a practice. Flash forward a few years and several bands, and now I think the formula is just right. As a band we all get each other. The music flows through each of us like blood through our veins. We have garnered up a local following, and a nice selection of songs. It is time to record.

Process of Fusion, my band, embarked on this journey together, January 6th 2010. It was a good way to

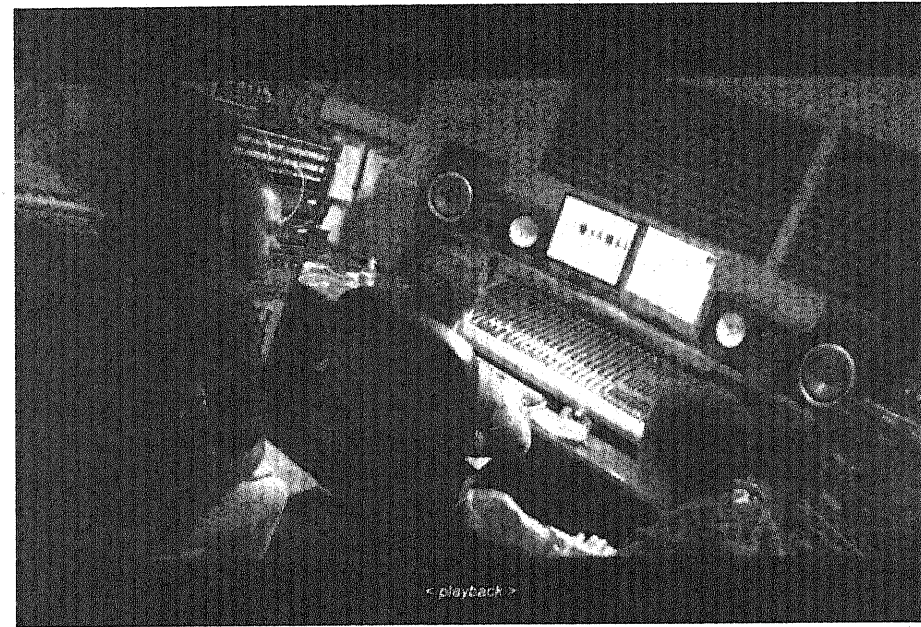


Photo by: Hikaru Wolf

*Process of Fusion in the studio working on their new album.
CD release show March 31st at the Cup. Myspace.com/Processoffusion*

start the new year. We all had our expectations, but none of us really knew what to make of this new experience. Recording at times could be fun, and at times could be tedious and annoying. For me, sometimes it was just downright boring. I am the vocalist, which means, I go last. The drums go first, then the bass, followed by guitars. Since I share lead vocal responsibilities, the other vocalist goes first.

Finally it is my turn, and I must admit how nervous I am feeling. It did take me awhile to get used to playing shows, but this isn't a show. My stage fright days are behind me, but for some

odd reason this task seems grueling to me. Maybe it's the seclusion from the rest of the band in a big empty room. Maybe it's the big headphones and stationary microphone on its stand, instead of me holding it. Or maybe, just maybe it's the breaking down and analyzing of my voice piece by piece that frightens me so much. Nevertheless, I had to contribute my long awaited parts to the song. Eventually, I grew accustomed to recording and began to enjoy it...then we finished. Perhaps next time I can record with the same energy from beginning of session until the end, but

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After Escaping Jobless Rolls, Trauma May Linger

BY MICHAEL LUO
NYTIMES.COM

Antje Newby went back to work in September, but she has still not escaped the burden imposed by nine months of unemployment.

Mrs. Newby and her husband were forced to walk away from their home in suburban Detroit and are now living here in a rented house with their three children. They are bracing for a huge tax bill in the spring because of early withdrawals they made on her 401(k) and taxes they still owe on unemployment benefits. Their credit is in tatters, and their 16-year marriage showed cracks they are still trying to repair.

"We're not done living through the fallout of all of that," Mrs. Newby said, four months into her new job as an account director of an advertising agency here.

The wound of unemployment, as her family has learned, is not cauterized so quickly, and lives do not simply go back to the way they were.

Interviews with more than a dozen people who were out of work at least a half-year during the recession and have now landed jobs found many adjusting to new realities. Some of the changes are self-imposed; others forced upon them. They include grappling with newfound insecurities and scaled-back budgets; reshaped priorities and broken relationships. In some ways, it is equivalent to the lingering symptoms of post-traumatic stress.

In returning to work, Mrs. Newby, 41, has fulfilled a dream of millions of jobless people as the economy lurches back to life. But with the average duration of unemployment now more than six months, the consequences of the period will continue to ripple through the lives of many.

Matt Grogan, 40, who lost his job in Michigan in 2007 and was out of work for close to two years before landing a position in information technology in West Virginia seven months ago, said he was petrified heading into his first performance review.

"I could not sleep that night," Mr.

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*Protest admits financial troubles
in Greece.*

The European Union – A Global Economic Superpower?

BY THOMAS BRIGANDI
BUSINESS EDITOR

The dream of creating a national identity for the continent of Europe which came to fruition less than 20 years ago has recently hit a road block. Several European countries, in particular, Greece, have been going through a serious economic conundrum the last few months. These problems stem from a number of issues. Primarily, they are a result of the international financial crisis that has been raging the last two years, coupled with the Greek government's uncontrolled fiscal spending prior to the 2009 Greek elections. These factors can be blamed for the reason why the Greek economy currently faces an enormous budget deficit as well as an acutely high debt to GDP ratio, which are laying siege to that country's economy right now.

Moreover, the economic tensions currently plaguing Europe not only threaten individual member nations, but

also the future of the European economic system itself. According to the article "Euro Falls for Fifth Week Versus Dollar on Greece, Growth" from the website Bloomberg, "Southern European countries are trapped in an overvalued currency and suffocated by low competitiveness, a situation that will lead to the break-up of the euro bloc, according to Societe Generale SA strategist Albert Edwards." Essentially, Mr. Edwards is asserting that the economies of Southern Europe are not as powerful as their Northern European counterparts such as Germany or France and this economic divide may prove to be the final nail in the coffin, so to speak, of the current European Monetary Union, or EMU. Additionally, due to the fact that there are sixteen countries who are in the European Union's monetary union, which all use the Euro as their national currency, it is harder for the smaller countries in the European Monetary

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BANNER BRIEFS

A Roundup of CSI News

Campus Events Celebrate Black History Month

From lectures to films to concerts, the College of Staten Island is celebrating Black History Month during February.

Commenting on the events, CSI Vice President for Student Affairs Dr. Jerald Jones-Woolfolk said, "The College of Staten Island has planned a wide array of educational and entertaining programs to celebrate the contributions made by African American to this country. Among the programs planned is the College's first Martin Luther King, Jr. Convocation to be held on Wednesday, February 17 in the Center for the Arts Recital Hall. The keynote speaker will be the first African American to hold elected office from Staten Island, the Honorable Councilwoman Debi Rose."

Other highlights include 1960s pop sensation Ronnie Spector at the Center for the Arts Concert Hall on February 13 at 8:00pm, a Jazz Dinner featuring Keith Marks on February 18 in the Campus Center Green Dolphin Lounge, and poet Samantha Thornhill on February 25 in the Green Dolphin Lounge.

"The Division of Student Affairs encourages everyone to participate in these events as we celebrate diversity. These programs raise awareness and provide our students, staff, and faculty unique opportunities to embrace diversity and further create a campus climate that is accepting of and attentive to the cultural heritage of our entire community. At CSI, no one is invisible" Dr. Jones-Woolfolk added.

CSITODAY.NET

"A Little Love on Campus" Valentine Fundraiser Being Held for the People of Haiti

Members of the student organization, Organization of Unique Individuals (OUI Club), spent part of their winter break emailing and phoning each other in an effort to organize an event on campus to help the people of Haiti after their devastating earthquake. An emergency meeting of the organization's officers was convened, where the concept of spreading "A Little Love on Campus" was born.

The "A Little Love on Campus" Valentine relief for Haiti fundraiser will be held on Thursday, February 11 in Buildings 1P and 1C from 1:30pm to 3:30pm. A raffle prize consisting of a Valentine lunch for two at Li Greci's Staaten, two movie tickets to the United Artists Theater, and Valentine's Day accessories such as sparkling cider and wine glasses, will be the feature item at the fundraiser.

CSITODAY.NET

CSI Is Flu-Ready

BY TERRY MARES
CSITODAY.NET

It's a new semester at CSI, but, unfortunately, it's still cold and flu season, including the possibility of an outbreak of H1N1 virus, better known as Swine Flu. However, members of the College community can rest assured that College officials are on the case to prevent widespread illness on campus, and have been since last spring.

The College's plan to deal with an H1N1 outbreak is based upon the CUNY plan, which follows the guidelines set by the New York State Department of Health and the national Centers for Disease Control (CDC), according to Linda Conte, director of the Health and Wellness Services.

During the Fall 2009 semester, CSI launched a comprehensive Website regarding the illness and how they can protect their students from the virus. Brochures and posters, as well as more than 200 hand sanitizer pumps were installed in central locations in all build-



Photo by csitoday.net

ings. The Website also includes a self-reporting form for College students, staff, and faculty members to tell CSI if they have flu-like symptoms, in an effort to collect data on the level of those affected. Peer Educators and College Ambassadors also distributed flu fighter kits, including hand sanitizer, cough drops, and single-use thermometers, to students.

Conte reports that, fortunately, CSI was not hit hard by the flu last fall, but that has not stopped the College from remaining prepared for a potential future outbreak. "When you don't know what to expect, you have an obligation to prepare as a group," Conte said, noting that the College-wide preparedness group is still

meeting on a regular basis to assess the health situation at CSI.

Terianne Darragh, RN, MSN at the CSI Health Center affirmed that "We are definitely prepared in the event that there is another wave [of the flu]."

What can members of the College community do to protect themselves and others this winter? First of all, stay home if you have a fever of 100.4 F, cough, sore throat, runny nose, rash, nausea, diarrhea, or vomiting. Also, wash hands thoroughly; use hand sanitizer, especially after contact with door knobs, railings, or any other public surfaces; avoid touching your mouth or eyes; and sneeze and cough into your elbow, not your hand.

President Morales Hosts Legislative Breakfast

BY CSITODAY.NET

Area legislators and their representatives were updated on the state of the College of Staten Island, its future plans, and the CUNY budget last week at a breakfast hosted by CSI President Dr. Tomás Morales.

Underscoring the fact that CSI "is one of the very few institutions in American higher education that enjoys an extraordinary level of support from both sides of the aisle from our city, state, and federal legislators," Morales began the meeting, which included a PowerPoint presentation that not only provided news of the College's latest achievements, such as a steady increase in enrollment, a 48% increase in the number of entering baccalaureate students over the past three years, and a doubled enrollment in the prestigious Macaulay Honors College, but a look ahead at CSI's Master Plan. Outlining the plan, Morales focused on the anticipated growth of the campus, including new residence halls, a dedicated building for the new state-of-the-art High-Performance Computing Facility, expansion of the Campus Center and Library, renovation of Building 2M, a new Welcome Center/Transportation Center, and plans to make the campus more bicycle-friendly by adding bike paths.

City University of New York Senior Vice Chancellor for University Relations and Secretary of the Board of

Trustees Jay Hershenson discussed the University's budgetary situation. On the positive side, he noted that CUNY's mandatory costs would be covered for the coming year, but added, on the negative side, that the University also faces an \$84.4 million state aid reduction. Hershenson also mentioned that CUNY enrollment is up in the current hard economic climate, most likely as a result of people attempting to acquire the skills that they need to compete in the today's tight job market. Another increase, Hershenson reported, is a 120% boost in transfer applications to the University.

After the two presentations, Dr. Morales opened the floor to the guests for questions and comments. Meaghan Devereaux, Chief of Staff for Staten Island Borough President James Molinaro, and a CSI alumna, shared her feelings about the wonderful education that she received at CSI, and she credited Dr. Morales for making CSI the quality institution that it is today, commenting that he is very engaged with the Borough.

The meeting concluded with remarks from CUNY Trustee and CSI alumna Kay Pesile, who noted that she has taught Finance classes as an adjunct at the College since 1978 and mentioned that initially, it was difficult for CSI grads to find job placements in Wall Street firms, but today she is writing letters of recommendation to these

firms on behalf of students "who are on an equal footing with [students] at NYU, Pace, St. John's." Trustee Pesile then called on the legislators to work to expand CSI students' opportunities.

Other attendees at the breakfast were: NYS Assemblyman Michael Cusick, Meaghan Devereaux (representing SI Borough President James Molinaro), NYS Assemblywoman Janelle Hyer-Spencer, Joe Borelli (representing NYC Councilman Vincent Ignizio), Kim Marsell (representing NYS Senator Andrew Lanza), Patrick Hyland (representing U.S. Representative Michael McMahon), NYC Councilwoman Deborah Rose, Anthony Basile (representing NYC Councilman James Oddo), NYS Senator Diane Savino, NYS Assemblyman Matthew Titone, Michael Capottelli (representing NYS Assemblyman Lou Tobacco), CSI VP for Institutional Advancement and External Relations Barbara Eshoo, CSI Provost and Senior VP for Academic Affairs Dr. William Fritz, CSI VP for Finance and Administration Milton Santiago, CSI VP for Student Affairs Dr. Jerald Jones-Woolfolk, CSI VP for Technology Systems Dr. Michael Kress, President Morales's Chief of Staff Dr. Ann Lubrano, CSI Student Government President Nick Iambrone, CSI Foundation Board President Robert Cutrona, CSI Finance Professor Dr. Jonathan Peters, and CSI Political Science Professor Dr. Richard Flanagan.

"For the Record, Press the Red Button"
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lets get through this first.

The next step is mixing. This is when you go through every song looking for things to tweak or add. Usually it's just a matter of raising volumes on various parts like cymbals or notes, but sometimes we can add cool effects to the voice or music. The point is to experiment and play with your sound until you get the perfect one. Once mixing is done, now it's time to master. Mastering is bringing the music up to the level of quality you would hear on the radio or any other cd. As our producer said, "You'll sound big". The moment of truth is almost here...

"Quick, pop the cd in," exclaims my excited guitar player. We all lean forward to await the familiar sound of guitars coming through the speakers. "Der ner ner, dun dun dun..." There it is, the guitar, here comes the drums! I cannot properly put into words what the feeling of hearing yourself professionally recorded coming through the stereo sounds like. If you have recorded a professional album, and you are reading this, you know what I speak of. I guess the next big move would be to radio, but for now the easy part is out of the way. Time to market, press copies, and promote our album and up coming shows. Now it gets hard...

CUNY.EDU 5.0! Comments Welcome! New CUNY Website to Be Launched Feb. 11

BY CUNY.EDU

A new CUNY website is scheduled to launch February 11...The new website is a comprehensive media tool designed by the University Relations Web Services Team to provide fast, efficient links to a host of useful services for students, faculty, staff, alumni and increasingly, the world. More than one million visitors searching more than five million page views rely on the University's premier information source each month.

The new website offers quick access to the CUNY Portal, where users can log in to carry out University business, such as applying for admission, registering for classes, accessing Blackboard and other services. There are quick links to academic and library resources, as well as to all of the colleges and professional schools.

Navigation is simple. With one click from the home page, you can:

- Check the CUNY catalog for available courses;
- Find office telephone numbers for fac-

ulty and staff at every campus;

• Sign-up for e-mail alerts;

• Apply for jobs across the University—and much more.

There are also easy links to the site's "role-based pages" above the main navigation bar, where you'll find information, updates and links customized to specific University audiences—future students, current students, faculty/staff and alumni. Click on "Current Students," for instance, and you'll find student news, events, and links to online apps like e-SIMS course registration, financial aid information and student services, from child care to counseling. Or click on "Faculty/Staff" to find resources ranging from the Citizenship and Immigration Project to information about key University benefits and policies.

The Google search function is customized for CUNY data, returning more productive, relevant results with suggested links. The "About" section offers a bigger, broader source of general information about CUNY. And one of the newest features, the "Find It" section,

features the most popular topics searched by users.

The new site was developed with wide involvement from the CUNY community, said Senior Vice Chancellor for University Relations Jay Hershenson. More feedback is being sought during this week's countdown to the launch. "We have made it a priority to reach out across the University to incorporate the community's needs," Hershenson said. "We want to ensure that people see the new site now, and we welcome continuing public comment." Throughout the site are many images—starting with the home page "billboard," a multimedia showcase of slides and videos, featuring top news, special events, campaigns and achievements around the University. Click on the link that says "CUNY Channel" and there is a constant stream of new videos being produced on campuses across the University.

More than a year ago, the Office of University Relations began gathering opinions and ideas to assemble a deeper understanding of users' experiences. Data, comments and suggestions were gathered through a user-satisfaction survey, and through dozens of meetings with students, faculty, staff and friends of the University. The Web Services team site design and architecture reflect these intensive outreach efforts directed by University Web Services Manager Daniel Shure. The result is a fifth-generation website that extends CUNY's reputation for service with advanced function and innovative design inspired by ideas from across the University community.

The City University of New York is the nation's leading urban public university. Founded in New York City in 1847 as The Free Academy, the University's 23 institutions include 11 senior colleges, six community colleges, the William E. Macaulay Honors College at CUNY, the Graduate School and University Center, the CUNY Graduate School of Journalism, the CUNY School of Law, the CUNY School of Professional Studies and the CUNY School of Public Health. The University serves 260,000 credit students and 269,808 adult, continuing and professional education students. College Now, the University's academic enrichment program for 32,500 high school students, is offered at CUNY campuses and more than 300 high schools throughout the five boroughs of New York City. The University offers online baccalaureate degrees through the School of Professional Studies and an individualized baccalaureate through the CUNY Baccalaureate Degree. More than 1 million visitors and 2 million page views are served each month by www.cuny.edu, the University's website.

Brooklyn Commemorates National Black HIV/AIDS Awareness Day

BY CUNY.EDU

The Center for the Study of Brooklyn at Brooklyn College, the Brooklyn Linkage to Care Coalition (BLCC) and the Watchful Eye are bringing together community leaders, HIV/AIDS experts, service providers and consumers to commemorate National Black HIV/AIDS Awareness Day on Monday, February 8, from 9 a.m. to 1 p.m. in the Student Center. Brooklyn Deputy Borough President Yvonne Graham, founder of Caribbean Women's Health Association, Inc., will be the keynote speaker.

With 100 more HIV/AIDS-related deaths than Manhattan and the other boroughs in 2007, Brooklyn has sadly become the epicenter of the epidemic in New York and the nation for blacks, women, adolescents and children living with the virus. Brooklyn has consistently outpaced the nation with the largest number of individuals who, when diagnosed with HIV, are also diagnosed with AIDS, perhaps an indicator that they are not benefitting from access to the care and treatment that can extend their lives.

Divinah Bailey, founder and executive

director of the Watchful Eye, will introduce the revitalization of the Brooklyn Red Ribbon Campaign, and BLCC representatives will present the first-ever Brooklyn HIV/AIDS Strategic Plan. The assistant commissioner of the Bureau of HIV Prevention and Control, Monica Sweeney, M.D., will provide a preview of the "Brooklyn Knows" HIV testing campaign to begin in December 2010. Breakfast and lunch will be served, and Junior's Restaurant will provide a dessert tasting of their world-famous cheese- cake.

The Center for Study of Brooklyn is the first and only Brooklyn-based institution dedicated to serving the borough by elevating critical policy and public affairs issues to the citywide discourse, conducting and providing access to Brooklyn-based data and research, and advancing community initiatives that impact change. The BLCC, formed in 2006, includes representatives from Brooklyn-based hospitals and clinics; the New York City Department of Health and Mental Hygiene; researchers from CUNY, SUNY and the National Development and Research Institutes; direct service providers; religious institutions; policy

Science & Technology

Too much sponsorship may be bad for your health

BY NERVANA GABALLA
SCIENCE EDITOR

Unusual links and sponsorships between organizations have raised eyebrows amongst those paying close attention to the groups' actions; oxygen if you will.

The Heart Truth campaign, a campaign led by the National Heart, Lung and Blood Institute, has partnered up with Coca Cola to promote Diet Coke. Also, McDonald's has sponsored the Winter Olympics in Canada this year.

Most people have watched Morgan Spurlock's "Super Size Me", and the message about McDonald's was nowhere close to being about its health benefits. In fact, during the documentary, Spurlock gained weight, lost his libido, and was on verge of heart problems from eating McDonald's every day for a month. When Olympians trained, I would believe that their diet was strict to the point where empty calorie foods would be unheard of and out of their vocabulary. Yet, a fast food chain was

able to sponsor such a healthy and active project such as the Olympics. An ulterior motive seems to be the only logic for this partnership. Is McDonald's trying to associate itself with healthy eating to raise revenue and attract those people more self-conscious about their health and weight? How much sponsorship did McDonald's provide? It must have been a lot since the committee issued to find funding for the Olympics believed the partnership was worthwhile.

The media has a large affect on these partnerships as well. Take the partnership between the National Heart, Lung, and Blood Institute and Coca Cola; Diet Coke bottles carry the heart logo to advertise its participation in the Heart Truth campaign. However, why was Diet Coke the Coca Cola product of choice? Dasani, also a Coca Cola product, was not used in place of it, even though it would have made more logical sense to. The theory that stands close to the thinking of

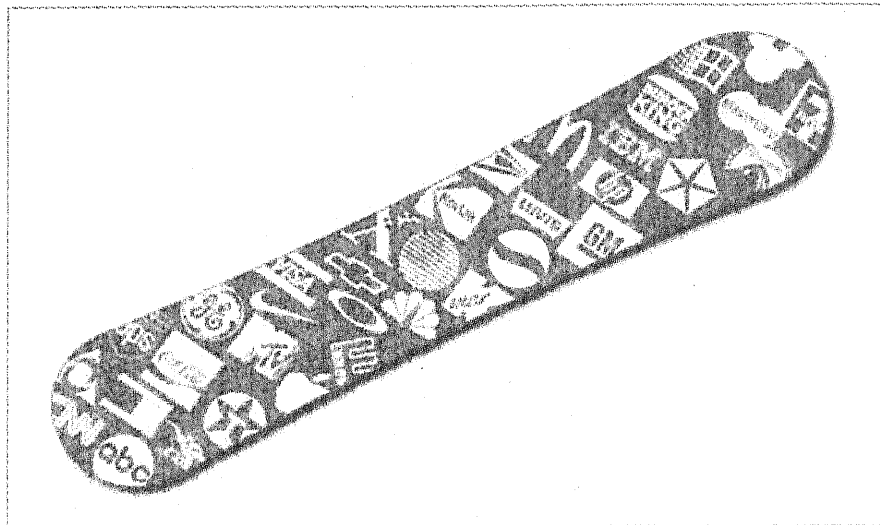


Photo from: unstructure.com

reason is the fact that Coca Cola is trying to raise its image of Diet Coke as a healthy beverage choice. Everyone knows the benefits of water but if Diet Coke can be in the same realm as water, a profit can be made.

Again, this is when keeping a close eye on the actions of certain organizations and their partnerships with other organizations might not seem logical, can come in handy. The understanding of their motives opens the eyes of consumers. Is the company they once trusted to be working for their health and benefit really working for their health and benefit? When

large funding is at stake, does the organization stick to its principles or go for profit? What is the price of a sell-out?

According to Fraud Examination by W. Steve Albrecht, "The U.S. President most famous for his honesty, Abraham Lincoln, once threw a man out of his office, angrily turning down a substantial bribe. When someone asked why he was so angry, he said, 'Every man has his price, and he was getting close to mine.'" In this day and age, how strong is our will power to do what is right and moral?

Moderation is the best medicine for a college student

BY KRISTIN DALTON
CONTRIBUTOR

Adderall, chemically known as amphetamine and dextroamphetamine, is prescribed for ADHD, or Attention Deficit Hyperactive Disorder. For children and adults suffering from ADHD, Adderall is used to calm down symptoms. Additionally, it is also used for people suffering from narcolepsy and was once used to help with weight loss. As with any medicine there are cases of abuse and overdose, more commonly in college students. Students look to Adderall as "the study drug" to help keep wakefulness and alertness while studying.

When used as prescribed Adderall, although a stimulant, causes a calming effect for those suffering from ADHD. It is not known exactly how it creates a calming effect, but it is known to alter chemicals within the brain. Adderall comes in a tablet form, which is usually taken twice daily to control symptoms of ADHD. Most who are prescribed

bring on the symptoms that they're trying to control. Alcohol along with, stimulants, certain prescription and OTC drugs should not be taken with Adderall because of a possible drug interaction.

Also known as "the study drug", Adderall has become popular over the years with college students, especially full-time students. Overloaded with classes, homework, jobs and social lives students often have a hard time prioritizing and wait till the last minute to cram for exams. This is where Adderall comes into the picture. It is an amphetamine, which increases focus and alertness while decreasing appetite and fatigue ideal for cramming for tests. Not the greater of choices, but a common one and becoming increasingly more popular.

Coffee just isn't cutting it with college student's anymore- SAMHSA's National Survey on Drug Use and Health reported between 2006-2007, 18-22 year olds were twice as likely to use Adderall non-medically. Because Adderall commonly prescribed it is not difficult for students to get their hands on some from friends or even

family members.

Recently, Adderall abuse among college students has raised much concern. Binge drinking is also extremely common among college students in addition to other drugs. Mixing these two can have devastating effects, something that most do not think of before abusing the drug.

A smaller, more recent survey done of 150 students that attend the College of Staten Island, found that 53% of students between the ages of 18-22, have used or known a peer who has used Adderall to help them study. In addition, 47% of these students reported alcohol or marijuana use while taking Adderall. What might seem like an easy solution to a lack of time can create problems down the road. Such as further abuse of Adderall, abuse of other drugs, stroke, heart attack, anxiety, high blood pressure and many others.

Being young, vulnerable and easily influenced by peers, Adderall can be very dangerous. As with any drug, there is the chance of dependency, which is more likely with Adderall. Taking high doses of a stimulant can result in an irregular heartbeat, dangerously high body temperatures, and the potential for cardiovascular failure or seizures. Taking high doses of some stimulants repeatedly over a short period of time can lead to hostility or feelings of paranoia. Most drugs are considered gateway drugs, and

this is no exception. It can lead to other drug abuse, especially other prescription drugs. Full-time college students who were non-medical users of Adderall are almost 3 times as likely as those who had not used Adderall non-medically to have used marijuana in the past year 8 times more likely to have used cocaine in that period, 8 times more likely to have been non-medical users of prescription tranquilizers, and 5 times more likely to have been non-medical users of prescription pain relievers.

College students need to be more aware of what they are doing to their bodies for the sacrifice of partying until 3a.m, popping an Adderall, and studying all night before the test. The problem is the young mentality we all have, it will never happen to me. Hearing about addiction and possible death from addiction, the first thing that comes to mind, "I will never get like that. I don't do it that often". Just by taking a pill, smoking pot, having a beer once you have already increased your chances of becoming an addict. Bottom line - you are not immune to addiction and it can happen.

Business

The U.S. Deficit at an All-Time High - 1.6 TRILLION DOLLARS!!!

BY THOMAS BRIGANDI
BUSINESS EDITOR

There is little doubt that our country has been going through a prolonged economic downturn the last few years. This economic downturn has contributed to a very high unemployment rate, a high housing foreclosure rate, and an all-time high federal budget deficit. According to "Deficit to Hit All-Time High" in The Wall Street Journal, "the \$3.8 trillion budget for fiscal 2011 projects the deficit will shoot up to a record \$1.6 trillion this year." In fact, "the deficit for the current fiscal year, which ends on Sept. 30, would eclipse last year's \$1.4 trillion deficit, in part due to new spending on a proposed jobs package." (Jonathan Weisman, January 31, 2010) Apparently, this is a lot of money in the red column of our nation's balance sheet and consequently there has been a growing populist outrage against deficit spending in an effort to protect our country's economic viability going forward.

Furthermore, this staggering deficit has been progressively getting bigger and bigger the last few years, when only a decade ago we were running a budget surplus. Politicians are

now beginning to realize that their constituents are getting a bit rattled at the prospect that not only is the debt level of our country at record highs, as Congress recently passed a bill that increased the federal debt ceiling, but also our nation's deficit continues to grow on a daily basis. In fact, according to David Rogers in the article, "Senate OKs \$1.9T rise in debt ceiling" from Politico; "in a last gasp of their fading 60-vote majority, Senate Democrats on Thursday (1/28/10) pushed through a record \$1.9 trillion increase in the federal debt ceiling." In doing so, our elected officials have increased our debt ceiling, meaning the amount of debt the US can issue in the form of Treasury Bonds and Notes, to around a debt to GDP ratio of 100%, as both are in close proximity to the \$14 trillion number, which is quite a monumental amount.

However, in the 2011 federal budget, President Obama claims to have a plan to dig ourselves out from the tremendous deficit levels we now face by the middle of this decade. Indeed, according to the same piece in The Wall Street Journal, initiatives in the 2011 federal budget "would push the red ink down to about \$700 billion, or 4% of the gross domestic product, by 2013, according to congress-

sional aides." Nonetheless, "To get the deficit down by the middle of the decade, Mr. Obama will be relying on some cuts that have previously been proposed without success, on cooperation from a wary Congress and on a yet-to-be set up debt commission to suggest politically difficult choices." (Jonathan Weisman, January 31, 2010) With this debt commission, Obama seeks to take a proactive step in targeting the deficit conundrum by setting up a bipartisan eighteen member congressional commission. This would seek deficit-reduction proposals which can be presented to and voted on by Congress in an effort to reduce the enormous deficit the United States currently faces.

Likewise, according to the 2011 budget, "this year's \$1.6 trillion deficit would fall to \$1.3 trillion in the fiscal year that begins Oct. 1. It would drop to \$700 billion in 2013 and 2014, the budget projects, on the assumption that the economy recovers, tax receipts start rising again with incomes, and stimulus spending drops off." (Jonathan Weisman, January 31, 2010) Thus, it is evident that plans are in the works to stem the tide against our country's vast budget deficit. However, we must wait to see how these predictions play out

and if in fact the deficit will be mitigated moving forward as a result of these initiatives.

Consequently, the deficit and debt levels of our country are clearly overwhelming. Creditor nations such as China, India, and countries in the European Union own large blocks of our national debt. If at some point the debt we sell in the form of Treasury Bonds does not look like an attractive buy to these countries America will have an immense problem on its hands. Thus, America must take precautions to alleviate its deficit and debt levels or risk an economic catastrophe. This economic debacle would range from a surge in inflation due to a decline in the dollar as a result of too big of a debt burden. This is a potential defaulting of US Treasury obligations that could bring this country to its knees, or a lack of funding for basic federal services such as Medicare entitlements, which are funded in part by debt obligations. All these possibilities would prove to be a disastrous outcome for our country. Therefore, it is imperative that our elected officials combat this challenge in a calculated and swift manner to preclude an economic armageddon going forward.

Thomas Brigandi is a Macaulay Honors student and is majoring in Finance and Accounting. He also is a Registered Securities Representative. He currently holds the Series 7 and Series 63 Securities Licenses.

"The European Union - A Global Economic Superpower"
Continued from the front page

Union such as Greece or Portugal to compete in the global marketplace with regard to global trade, which they rely on heavily.

Furthermore, Mr. Edward's continued his train of thought in the same article from Bloomberg by stating the problem for countries including Portugal, Spain and Greece "is that years of inappropriately low interest rates resulted in overheating and rapid inflation." He also claimed that "any help given to Greece merely delays the inevitable break-up of the euro zone." This statement is quite profound; Edwards is effectively stating that the euro zone, or European Monetary Union, which is comprised of sixteen European Union member nations, will break up along with their currency, the Euro. There is compelling evidence for this potential outcome, with these three countries acting as a catalyst to show the deep divide between their economic realities and those of larger and more developed European economies such as France and Germany.

Additionally, the smaller EMU countries are grappling with not only



Photo from: nytimes.com

big budget shortfalls and large amount of outstanding debt, but also staggering unemployment rates. The article "The sick men of Europe" from The Economist Online states that "Spain was once a rich source of internal euro-area demand but its consumers are now weighed down by debts accumulated during a long housing boom. The unemployment rate is perilously close to 20% and its rigid jobs markets mean it is unlikely to come down soon." Again, this depicts the almost dismal economic situation in these European countries right now, one of low economic prosperity to say the least. A prime example of this notion is the 20% unemployment rate in Spain, which is perhaps the most vivid depiction of the concept that when a country's economy turns for the worst, so does the situation

of many of the country's citizens.

The economic and political events that are currently playing out in the European Union will perhaps decide its fate going forward. If the European Union does not figure out a way to reconcile the economic anguish going on in Southern Europe, soon one might see a headline reading, "European Union Loses Several Member Nations due to Economic Differences." Consequently, if the European Monetary Union wants to continue to exist with the same currency in the sixteen member nations, the same central bank, and other economic and political similarities, it must reach a consensus on remedying the dire situation that some of its member nations are facing.

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BANNER OPINION

A World of Possibilities: CSI's International Programs

BY CARA REHBEIN
CONTRIBUTOR

Did you know that CSI students earn credit hours for boating through volcanic craters, painting in converted Italian medieval churches, and negotiating with stubborn vendors on the neon streets of Shanghai? Well they do, while at school.

It's no secret that amongst the twenty-three institutions comprising the CUNY system that the College of Staten Island is geographically the largest campus; however few can say how copious it really is. Holding classes everywhere from the Far East to Down Under, CSI extends its grounds beyond its modest 204 acres—reaching overseas to distant and exotic lands. Sponsoring programs in China, Denmark, Ecuador, England, Greece,

Italy, South Africa, and Spain, the college offers extensive top-notch instruction in several major cities and universities all over the world.

This past winter session, classes were held in China, Ecuador, and Italy, offering a unique biology program in the Galapagos for honor students. "Seeing the nature of the Galapagos Islands is an unforgettable experience, a once in a lifetime event" says Elna Trovimosky, quoted on the Center for International Services homepage. The objective of the trip was to follow in the footsteps of Darwin. Trovimosky emphasized that the abroad program allowed her to "observe firsthand the adaptations of plant and animal life to the unique environment." What more can a young scientist ask for out of their education?

Biology majors were not the only

ones who were inspired from last semester's study abroad programs; artists too found their muse—in Florence. Painting in a small, privately owned school named after the 15th century Florentine ruler, Lorenzo de Medici, students worked beside other artists from all over the globe, minding the techniques of their transoceanic peers. Branching out to Rome and Tuscania, artists are not limited to create their masterpieces in Florence, however; students can be amongst the colossal ruins of the BC Empire, or the terracotta wonderland of Italy's vast countryside.

There's a place for every type of study, and a program, depending on the semester, which focuses on CSI's various majors. Shanghai, for example, is for business buffs that want training for the international market. Guayaquil is for language officiantos, hoping to become fluent in a second, third, or forth tongue. The various other locations, like the UK, France, and Greece, offer alternative focuses, like law, management, or history.

There is one catch: despite the broad array of academia offered, not everyone can participate in these exclusive programs. Study abroad requires a minimum of a 2.5 GPA, and the patience of filling, paying, and waiting for visas and legal travel documentation. The actual cost for the schooling and home-stay is minimal for the services rendered, ranging from approximately \$2000- \$5000, without scholarships (not including airfare, meals, or personal expenses). The Center for International Services is open to answer questions and help with applying Monday through Friday, 9-5pm, and Thursday until 8pm.

So if you got the brains, courage, and dough, you can venture off the island while doing something productive for your education, and, ultimately, your resume—studying abroad.

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LET'S NOT OVER

The Origin of Surfing

BY APRILE MARTIN
CONTRIBUTOR

Nobody knows for certain when surfing began. Archaeologists have uncovered cave drawings that show early cultures balancing themselves upon the waves. These same drawings suggest that the leaders of tribes perfected the discipline. They were expected to be the most skilled "wave riders" of their tribe. Kings and queens routinely participated in surfing contests. Most experts agree that surfing started somewhere in Western Polynesia. From the scant evidence they've been able to retrieve, it's likely that the sport began nearly 3,000 years ago.

At the time that Lieutenant King witnessed the Hawaiians surfing, he didn't realize how immersed their culture was into the sport. It was an integral part of their lives. It touched upon their spirituality and societal caste system. Tribal leaders were accorded their own beaches on which to enjoy surfing. Those who were positioned lower within the tribe weren't allowed to surf the same waters as their chiefs. But, commoners who were able to display impressive feats while surfing were given the privilege of enjoying the best beaches.

For the natives of Hawaii, surfing was life. Since the time when

Lieutenant King recorded what he had observed in Cook's journal, surfing has spread around the world. It has penetrated the fabric of popular culture to capture the imaginations of millions of people. Once the sport of kings, it is now a sport for anyone willing to brave the waters with their surfboard.

For many, surfing is more than merely a sport. It's a way of life. They connect with the same sense of spirituality as that of ancient Western Polynesian tribes. Though we'll likely never know when surfing truly began, we have enough evidence to appreciate that it is one of the oldest sports in the world. It will continue to evolve as millions as more find themselves drawn to this ancient sport

SPORTS

Just another Era

BY ABRAHAM HAMDAN
CONTRIBUTOR

The criticism about steroids has been hovering around Americas sport for too long. Since the 1919 Black Sox World Series scandal to the stealing of signs, pine tar, scuffing balls, and corked bats era in the '70s and '80s, cheating has been a part of baseball. Steroids are just another form of this cheating. If fans can't respect the game due to steroids than they should probably think about not respecting the history of the game entirely.

People argue that steroids are tarnishing the game of baseball. Bob Nightengale an analyst for the Sporting News adds, "I'm seeing guys now who were washed up five years ago, and now they've got bat speed they've never had before. It's insane." Some people debate that the players in the Major Leagues start using steroids because they are trying to attain some leveling of playing field. Others argue all the recorders in baseball are being broken and it's due to the use of steroids that history gets cheated. In an article written by Patrick Mclellan he states, "Steroids have ruined my memories, my part in history, and tainted it with controversy."

The "Steroid Era" is just another

period in the sport of baseball. It just happens that steroids are the trend of this era. Throughout the history of the game, there has always been some kind of controversy. The media tends to make the steroid users the bad guy causing fans to lose respect. If that's the case the same should go for the many Hall of Fame players in Cooperstown. Whitey Ford, Gaylord Perry, and Don Sutton were often accused of throwing illegal pitches such as: "scuffed balls" or "spit balls." Whitey Ford once said, "I used enough mud to build a dam." ESPN reports Ford used to cut balls with his wedding ring or he would have his catcher Elston Howard cut the ball with his shin guard. Scuffed balls and "spitters" go back to the early part of the 20th century. 1900-1919 was considered the "Spit Ball Era" for pitchers and the "Dead Ball Era" for batters. The league used soft balls and bigger parks to keep the balls from going out. They wanted teams to play small ball, and rely on bunts, stolen bases, hit and runs, and singles to win. Walter Johnson, CY Young, Christy Mathewson, and Grover Alexander dominated the sport. Should their glory and achievements be taken away, because of the "dead ball era"? CY Young and Walter Johnson are considered the two best pitchers of all time, and they both pitched in the spit ball era. From 1960-1980 players used to use pine tar to hit the ball farther and corked bats for a faster swing. Norm Cash admitted using a corked bat in

1961 after winning the AL batting title that season. In the '60s, the White Sox grounds crew would raise the bases to keep bunts fair, and keep the infield soggy for their sinkerball pitchers.

Something people never ask themselves is, "did steroids save baseball?" In 1994, fans were devastated, because of the cancellation of the playoffs. Baseball hit a massive wall in the early '90s and after the strike of 1994 the attendance dropped dramatically. According to BaseballChronology.com, the attendance in 1995 was the same as the shortened '94 season. However, the seats filled up in a hurry in 1998 when Roger Maris's homerun record was on the line. The race began in 1998 when Mark Maguire and Sammy Sosa were competing to break the record. The race restored faith back into the fans, proving that fans love seeing dominate hitting. Fans loved to see the fifty, sixty, and seventy home-runs. They couldn't tolerate the twenty or thirty homeruns any more. MLB had suspected that those guys were taking some kind of human growth hormone, but no one did anything. Author Tom Verducci declares in Joe Torres book "The Yankee Years", Rick Helling a twenty seven year old pitcher then was the one to have the fortitude to stand up at a winter meeting of the Executive Board of the Major League Baseball Players Association. Helling made an announcement, "There is this problem with steroids. It's happening. It's real. And it's so prevalent that guys who

aren't doing it are feeling pressure to do it because they're falling behind. It's not a level playing field. We've got to figure out a way to address it. It's a bigger deal than people think. It's noticeable enough that it's creating an uneven playing field... It's one thing to be a cheater, to be somebody who doesn't care whether it's right or wrong. But it's another thing when other guys feel like they have to do it just to keep up... And I don't feel like this is the right way to go."

MLB didn't bother to listen to what Rick Helling said and acted oblivious to what was happening to the sport. It was just another era in baseball, the steroid era. Due to today's aggressive media, MLB didn't have a choice but to start banning steroids. They were reserved about steroids until the "BALCO" scandal surfaced in 2003. Two big names were accused of using steroids, Jason Giambi, and Barry Bonds. That was the tip of the iceberg, until the "Mitchell Report" was released and alleged to contain 89 names of players who have been accused of using steroids. Baseball fans just have to realize that it's just another time in baseball, and this happens to be the development of steroids and the "Steroid Era." "The steroid scandal is the latest mark against the game, but it's only one of a long list of cheating scandals in baseball," wrote Marky Billson in an article for Baseball Digest.

The NHL Needs ESPN if They Plan to Survive

BY WILLIAM PONCIANO
CONTRIBUTOR

Since the beginning of the new century, the NHL's TV ratings have slowly declined. The lockout and cancellation of the 2004-2005 made matters worse. The biggest loss for the NHL came after the strike was over. The NHL and ESPN could not come to a contract agreement. There would be no games aired on any of the ESPN networks. The results have been very bad for the NHL.

When the NHL came out of their lockout, they then had to renew their contract with ESPN to carry NHL games on its networks. Unfortunately for the NHL, the \$80 million option was declined by ESPN. When asked about it at the time, George Bodenheimer, president of ESPN and ABC Sports said, "Given the prolonged work stoppage and the league's TV ratings history, no financial model even remotely supports

the contract terms offered." The NHL then signed with what was then OLN (now Versus Network). This has resulted in the NHL becoming a laughing stock in the world of sports.

ESPN's network slogan, is the self proclaimed "world-wide leader in sports." As such, whatever ESPN deems to be "important," becomes just that. ESPN promotes those whom they have contract deals with. Because of that, when you tune into SportsCenter, you get as much football and basketball as they can fit. During baseball season, there's plenty of baseball coverage. As of the last few years, NASCAR has made its way to ESPN's top priorities. After they get through all the "important" sports, they cover a very small portion of tennis, golf, hockey, or any other sport. According to an ESPN study of its 1 a.m. "SportsCenter" program, the show featured 29 fewer minutes of NHL coverage in March 2007 than in

March 2004, the last year ESPN aired NHL games. That is a 28% decline. Shows like NHL 2Night are now gone from ESPN's list of shows.

The hosts and reporters even mock the NHL. During any airing of ESPN's Around the Horn, whenever hockey is brought up, you can expect the host, Tony Reali, to make comments such as "now moving onto...hockey?!" Or "come on, nobody watches hockey." Obviously, this will not make avid hockey fans turn away, but the casual viewer can watch shows like this or any other ESPN broadcast and be completely turned off of the NHL.

Obviously, you cannot expect them to really promote something if it does not benefit them in anyway, but at the same time, if they are the "world-wide leader in sports" they should be just that and at least show proper highlights of the sport. Instead, the NHL gets 30 second highlights for 3 games about once a week. The only other time there is anything on the NHL is whenever Sidney Crosby and Alexander Ovechkin face off, which is only a few times a season.

Unfortunately for the NHL, they

have not yet been able to reach an agreement with ESPN. Versus has said that they would be willing to waive its cable exclusivity if ESPN would cross-promote Versus Network, the same way they do with TNT. Until then, the NHL will continue to lose ratings and have subpar attendances. Hockey fans will be forced to call their cable/satellite providers and/or search for Versus Network and the NHL Network. Hopefully, the NHL can find a way to please ESPN as it may be the only way to save the league.

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BANNER SPORTS

Coach Petosa Earns 300th Career Win

BY RONNIE NEWMAN
CONTRIBUTOR

As time expired and Michael Ledbetter beat the buzzer with a spectacular rebound layup to give CSI a 66-64 victory over Lehman, something special happened. As if the way the game ended was not enough, head coach Tony Petosa earned his 300th career win. As time expired and the ball went through the hoop the team stormed the court to celebrate the improbable finish. Luckily for the maintenance staff, the team waited until they were in the

locker room to drench Coach Petosa with water in honor of his achievement.

In a close game where the lead changed five times in the first five minutes of play, CSI pulled out to an early 15-10 lead. They kept the lead with an 8-3 run but even down 12 points Lehman did not stop fighting. The first half ended with CSI still holding onto a 7 point lead with the score 36-29.

The second half began with CSI coming out and scoring quickly to make it 40-29 and put Lehman down by 11. This 4-0 run to start the half was

lead by Christian Montervino who laid in the basket to make give the Dolphins 40 points. Lehman then answered back with a 19-9 run of their own. With 2:54 remaining Lehman had a 2 point lead with the score at 61-59. About two minutes later with :55 remaining, Lehman's Xavier Garvin, who was fouled by CSI's Ryan Hennessey, sank both free throws to tie the game 64-64. After a turnover gave Lehman the ball the Dolphins quickly fouled and Lehman called a timeout with :12 left on the game clock and :2 remaining on the shot clock. The foul shooter for Lehman was Alain Dela Cruz and after Cruz missed both crucial free throws, coming off the bench for the first time in the game, CSI's Emmanuel Frank pulled down the rebound off of the second free throw.

Frank passed the ball down the court to Hennessey and Hennessey tossed up a 16 foot jump shot with time winding down. The shot was off so Ledbetter grabbed the rebound, kissed the ball off the glass, and the rest is history.

With this amazing finish, the Dolphins propelled their coach into the 300 club. Coach Tony Petosa became just the 59th coach in NCAA Division III history to reach 300 victories. A product of Monsignor Farrell High School and College of Staten Island, the 20 year coach has a career record of 300-227 following this game. Sllive.com quotes Coach Petosa as saying, "Someone asked me tonight why I keep going. I don't think about it. I just do it. When I walk into the gym, it's the highlight of my day."

Super Bowl Preview: Colts vs. Saints

BY DAVID GINSBERG
STAFF WRITER

The Colts vs. the Saints. The NFL's golden boy (Peyton Manning) taking on America's sentimental favorite team. Both the fans and the NFL alike are thrilled about the Super Bowl matchup. The NFL not only gets to display its biggest star on the biggest stage there is, but they also have a team/city that has been ravaged by bad luck whom everyone is going to root for. This isn't one of those 'who cares who wins?' Super Bowls.

Everybody has a rooting interest for one reason or another. For us, the fans, we get two explosive, high scoring teams who can go off at any time. Both teams have multiple weapons on the offensive end which makes them extremely hard to stop. You can lock down the top two options, but the problem is that both teams have five or more legitimate threats who can score at any time.

Both teams had great runs during the regular season. The New Orleans Saints started out 13-0, flat out destroying most of their opponents. They handed the Giants, considered a Super Bowl contender at the time their first loss of the season in week six, which was the start of the Giants' four game losing streak and effectively ended their season. Once the Saints manhandled the Giants, the public perception changed from the Saints being a fluky afterthought to a dangerous team to be reckoned with in the NFC.

The Saints once again proved their

dominance later on in the season, beating down the Patriots by three touchdowns in week twelve. However, after dropping their last three games and seemingly losing their momentum going into the playoffs, the Saints were considered far from a lock to come out of the NFC on top. Once again, the Saints proved everybody wrong by coming out and completely dominating an over-matched Cardinals team in the divisional round of the playoffs. New Orleans followed that up by eking out a victory over a Vikings team who basically gave the game away thanks to a plethora of mistakes. Regardless, the Saints have an incredible offense and a defense that loves to hit the quarterback.

The Colts' record was very similar to that of the Saints (the Colts started off 14-0 before dropping their last two games), but they won a lot of their games in a much more dramatic fashion. The Colts won eight of their games by eight points or less, including seven games in which they came from behind in the 4th quarter. The Colts are considered a favorite every year, but nobody saw this coming. Peyton Manning has stepped up into a level of invincibility that is only reached by the absolute best athletes of their generations.

There is an aura around Peyton that he just won't lose, much like how people thought of Michael Jordan in the 1990s. In week 16, holding a narrow lead over the Jets, the Colts took Peyton Manning out of the game, allowing the Jets' aggressive defense to prey on rookie

QB Curtis Painter. This oft-maligned move ended the Colts run at a perfect season. In the playoffs, Indy faced a couple of tough, in your face, run the ball down your throat football teams. In the divisional round, the Colts beat the Ravens, who were gaining steam after winning three of their last four regular season games and flat out killing the Patriots in the wild card round of the playoffs. The Colts shut down the Ravens' offense, holding Baltimore to three points and just seventy-five yards rushing. In the AFC Championship game, despite a quick start by the Jets, Peyton Manning led the Colts on a quick touchdown drive right before the half which took all the wind out of the Jets' sails. The Colts held the Jets scoreless in the 2nd half and won the game handily, giving them their first Super Bowl berth in three whole years.

So now we have a clash of the titans, a battle of the number one teams in each conference. Who will come out on top? Let's take a quick look at the matchup and see.

As stated earlier, both teams have a ton of weapons offensively. The Saints' have a decent, although not huge advantage in the running game with Reggie Bush and Pierre Thomas having more success than Joseph Addai and rookie Donald Brown. While both teams enjoy a myriad of receiving threats, it's hard not to give the Colts the slight edge here. Only Devery Henderson and Marques Colston have more than 100 yards receiving for the Saints this postseason. Lance Moore and Robert Meachem have been almost non-existent and if that continues, then the Colts' defense has much less to worry about. The Colts, on the other hand, have been spreading the ball around very well. Defenses have

focused on the Colts' two best receivers (Reggie Wayne and Dallas Clark), yet they are still contributing to the offense. In addition to that, Peyton Manning has been connecting with Pierre Garcon and Austin Collie at will. No matter who you double cover, you're going to be in trouble. It doesn't matter which one or two receivers opposing defenses try to shut down, Manning will just find the other wide-outs down the field.

Key Players: For New Orleans, it has to be Reggie Bush. This game is going to come down to offense, and if Reggie Bush can break out with a couple of huge plays like he did against the Cardinals, then that gives the Saints a huge advantage. Bush can run the ball, catch out of the backfield, and return kickoffs and punts, so he is huge for this team. For the Colts, the key players are going to be Dallas Clark and Austin Collie. The Saints proved against the Vikings that they do not defend tight ends well, which could mean a huge day for Dallas Clark. Reggie Wayne is going to be getting a lot of attention since he's the star and with the emergence of Pierre Garcon, you have to think that he will garner a ton of attention as well. That leaves rookie Austin Collie as the last main target Peyton will be looking at.

Prediction: The Saints can blitz all they want, it's not going to affect Manning.

The game is going to come down to the offenses. The Colts just have too much firepower for the Saints' defense to handle. Final score: Colts: 34 Saints: 28.