

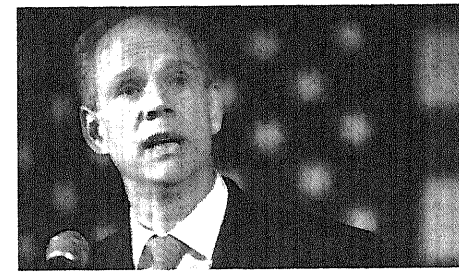
THE BANNER

Official Newspaper of the College of Staten Island

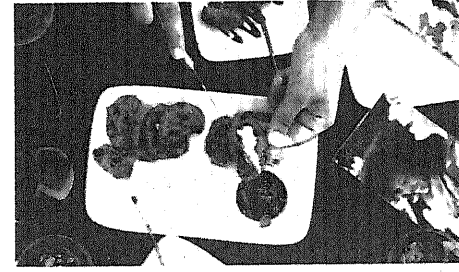
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Issue # 8



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The Heart that Beats for Senegal, Miles Away

Macro-Managing Professor Diouck Sets Sights on Making a Difference



BY JEAN-CLAUDE QUINTYNE & EMANUELLA BALIU

A professor at the College of Staten Island for eight years, Serigne Diouck is the founder and CEO of Afro Marketplace, a business founded in 1999 that distributes African handmade baskets all around the world.

Complimenting the Afro Marketplace is the 92 Villages project, a program created to work with over 10,000 African women in 92 villages. The baskets are crafted in Senegal by women in the comfort of their own home.

Instead of having to leave their homes and children unattended, Afro Marketplace gives Senegalese women the opportunity to work while taking care of their children and as a result, are making more money than they would if they commuted.

By June 2015, Afro Market Place plans on paying health insurance for all women and men involved in this project, as well as their families. "I like to make a difference in people's lives" said Professor Diouck

Along with Afro Marketplace, Inc., he manages a few businesses: the USA International

"When you always have a happy face on, people will make you happier or leave you alone"

Business Group, Inc., the Federation of America Young Entrepreneurs (FAYE), and the American Foundation for African Children's Education (AFACE)

AFACE was founded in 2006, and its primary mission is to renovate schools and provide underprivileged children with school supplies.

Considering that AFACE is a non-profit organization, it works directly with Afro Marketplace and receives a percentage of its revenue.

All operating expenses of this foundations are paid by Professor Diouck, which enables everyone to work as a volunteer.

Professor Diouck is originally from Senegal, and has been teaching full time for eight years.

Professor Diouck teaches Finance, Economics, and International Business at CSI and his teaching methods are simple and straight-

forward. He believes in an upbeat classroom.

"It's a great way to prepare students for what the real world is like" Professor Diouck exclaims.

His classes are not just about learning Finance, Economics, and International Business, they are about politics, about the way the world runs, what to expect after college, the way to present oneself, and the way to work hard while having a smile on your face.

"When you always have a happy face on, people would make you happier or leave you alone" says the professor.

After graduating CSI, where he learned English, Professor Diouck worked for seven years at J.P Morgan Chase. He then returned to school and received his MBA from LIU.

School wasn't just about passing, he added. He simply "couldn't see [himself] with a bad grade."

In 2013, Professor Diouck founded FAYE (Federation of American Youth Entrepreneur), another non-profit organization. His goal is to coach young entrepreneurs across the United

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A Hidden Gem that Goes Largely Unnoticed

Create a Major that Truly Represents You

BY ANNA KRYUKOVA

For students who are looking to go beyond the programs offered at CUNY, CUNY Baccalaureate offers a unique and independent approach to education.

Students accepted into CUNY BA get the opportunity to design their major by combining classes in different disciplines of interest in any of the senior CUNY campuses.

A lot of freedom to get creative with their education is awarded because CUNY BA encourages students to follow their intellectual interests.

Although commonly known as CUNY BA, the program allows students to get both BA and BS degrees.

Ideal applicants who benefit from the program are those who seek out to challenge themselves and synthesize classes of various disciplines to explore a unique academic field.

The major in CUNY BA is called an Area of Concentration and students can declare a single or double concentration, which act as a single or double major. Some of the previous concentrations that students have declared include: Game Theory and Decision Making, Cross-Cultural Literature, Urban Issues and Human Resources, Psychology and Creative Arts, Race and Ethnicity in America, Quantum Information and Computation, and so many more.

The application is available on the CUNY BA website and in their office at the Graduate Center in Suite 6412.

Applicants must be matriculated in a CUNY community or a senior college, have completed at least 12 credits, and achieved a minimum of a 2.80 GPA.

In addition to completing the application, students must write a proposal for their program demonstrating interest in CUNY BA and explaining their intended major and how it qualifies as a unique and interdisciplinary program of study.

A strong letter of recommendation is also required in support of the application and can be written by a professor or advisor who can assess the student's ability and potential to succeed in an individualized degree.

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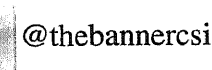
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COLLEGE OF STATEN ISLAND CAMPUS MAP

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College of Staten Island

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

The Banner is now offering INTERNSHIPS to CSI students. Internships last one semester and give students the opportunity to learn about media. Interns will work a minimum of 12 hours per week, and can focus on:

- Blogging • Editing • Photography
- Graphic design • Layout & production
- Reporting • Web design • Fact-checking

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BANNER POLITICS

Attorney Dan Donovan's B-Line for Congress

BY CLIFFORD MICHEL

"He's a minority of one" were the words of former City Councilman Domenic Recchia during his final debate against Michael Grimm in the packed Williamson Theatre at the College of Staten Island in late October.

Recchia was referring to the fact that Grimm had been forced to give up his position in the financial services committee after his 20-count indictment was announced.

Grimm ended up trouncing Recchia in the elections, beating the party backed Dem with 55 percent of the vote this past November.

While maintaining a competitive stance all throughout the race, a poll conducted after Recchia's final debate at CSI showed that he fell behind Grimm by 19 points.

Residents attributed this to the media gaffs and bumbling responses that Recchia made over and over throughout his campaign.

However, when Recchia called out Grimm for his lack of party support, it turned out he was right.

Grimm was forced to step down from his seat in the financial services committee after he was initially indicted. The G.O.P. increased its pressure on Grimm several steps further this past December, forcing the Staten Island congressman to resign from office.

"The events which led to this day did not break my spirit, nor the will of the voters," read a statement released by Grimm. "However, I do not believe that I can continue to be 100 percent effective in the next Congress, and therefore, out of respect for the office and the people I so proudly represent, it is time for me to start the next chapter of my life."

With Grimm stepping down, a swarm of local politicians began to be named as possible replacements for Grimm on the off chance that Governor Andrew Cuomo commissions a special election in order to replace the congressman.

Favorites such as Assemblywoman Nicole Malliotakis, a republican, and Assemblyman Michael Cusick, a democrat, both began to be tossed around in the press.

The candidate who has ultimately reached the top of the pecking order thus far is District Attorney Dan Donovan, who has served

Richmond County since 2003.

Donovan roared past 20 year incumbent Democrat William L. Murphy's chief assistant, David Lehr with 53 percent of the vote. Since then, Donovan has been a consistent fixture in local politics.

He enjoyed a relatively easy reelection year in 2007 and solidified his popularity during the 2010 election campaign for New York Attorney General. Even though he lost against Democrat Eric Schneiderman, Donovan had no primary opponent and enjoyed an endorsement from the Conservative party of New York.

It's no surprise Donovan lost in the blue state of New York, but his efforts didn't go unrecognized and will certainly benefit him in his run for Congress.

"Donovan is considered a palatable Republican for blue New York. He has a reputation as not being a grandstander, and has a regular-guy backstory that could sell well statewide," Geoffrey Gray wrote in New York magazine. His father was a longshoreman, and his mother worked in a uniform factory."

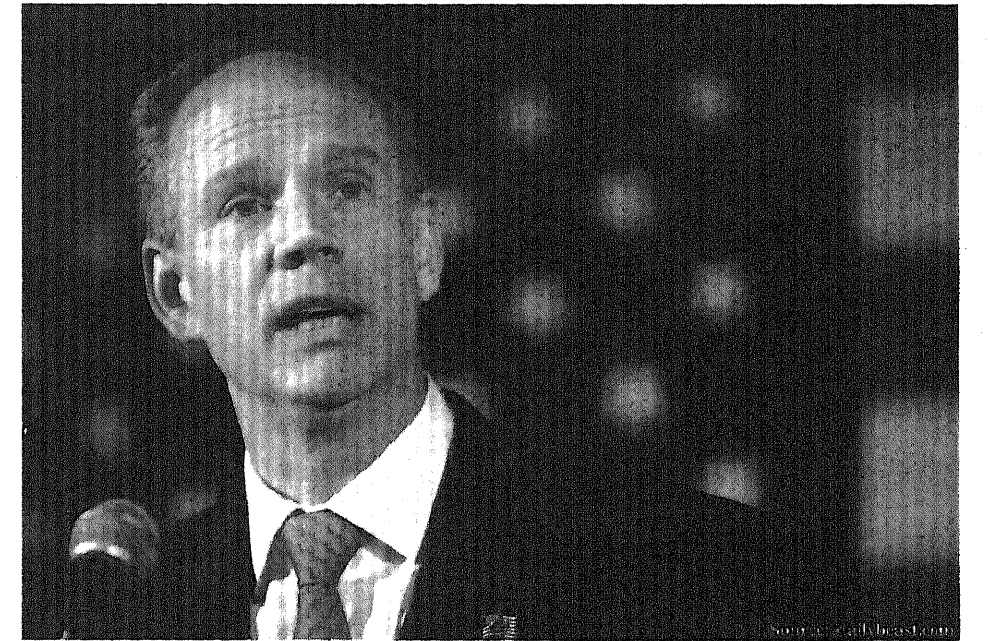
"He worked his way through Fordham School of Law, at night" Gray continued. "He's half-Irish, half-Polish, and Catholic: a demographic trifecta in this state. All of which caught the eye of former senator Alfonso D'Amato, who tried to get him to run for AG in 2006."

"Dan Donovan's experience, integrity, and his decades of public service to the people of this City make him the most qualified"

Donovan had a reasonable chance at beating Schneiderman for AG and in the more narrowed congressional race, which will only include Staten Island and a sliver of conservative Brooklyn. Donovan will certainly enjoy more support than he did in 2010.

Donovan received the backing of multiple Republicans shortly after Grimm stepped down in early January.

"Dan Donovan's experience, integrity, and his decades of public service to the people of this City make him the most qualified," wrote



John Antonielli, Staten Island's GOP chairman, in a statement e-mailed by City Councilman Vincent Ignizio's chief of staff. "I am proud to support him and encourage him to make the run."

It was only a week later that Donovan announced that he would run for Congress and subsequently received the backing from the GOP on Staten Island's 31 executive members.

The S.I. Republican Party notably skipped

Now that any serious competition on the Republican ticket has been dealt with, Donovan's biggest roadblock to being elected lies in a procedure he recently participated in: a Grand Jury's decision not to indict Officer Daniel Pantaleo for his role in the death of Eric Garner.

The decision sparked two weeks of protests, which resulted in blocked bridges, subway tracks, and countless streets against what protesters deemed a gross injustice.

Attorney General Eric Schneiderman even called upon Governor Cuomo to give him control over cases that involve conflict of interests for district attorneys across New York State.

"The question is whether there is public confidence that justice has been served, especially in cases where homicide or other serious charges against the accused officer are not pursued or are dismissed prior to a trial by jury," Schneiderman wrote in a letter to Governor Cuomo in early December.

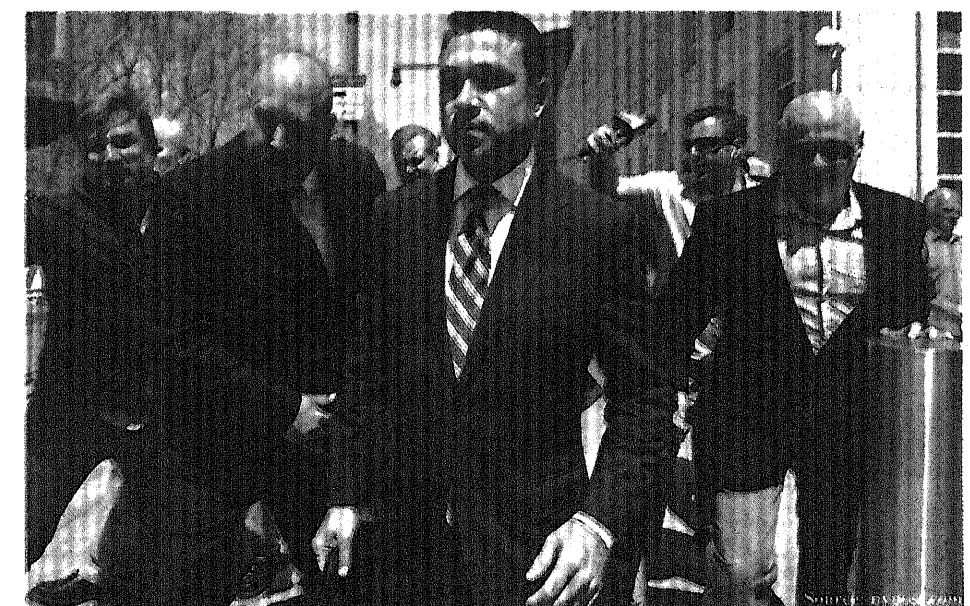
The day after Officer Weinjian Liu—who was killed assassination style along with his partner Rafael Ramos by a lone gunman who claimed he was seeking revenge for Michael Brown and Garner—had his funeral, the National Action Network's Staten Island chapter held a protest on the steps of a North Shore courthouse demanding that the Grand Jury documents be opened to the public.

Donovan, who hasn't spoken out on any relevant issues thus far, has remained very measured in his responses concerning the Garner case.

"I would hope that they would respect that there was a man who died, and there was a mother who lost her husband, and children who lost their father," Donovan said on "The Cats Roundtable" radio show "They were my first priority and they remain my first priority."

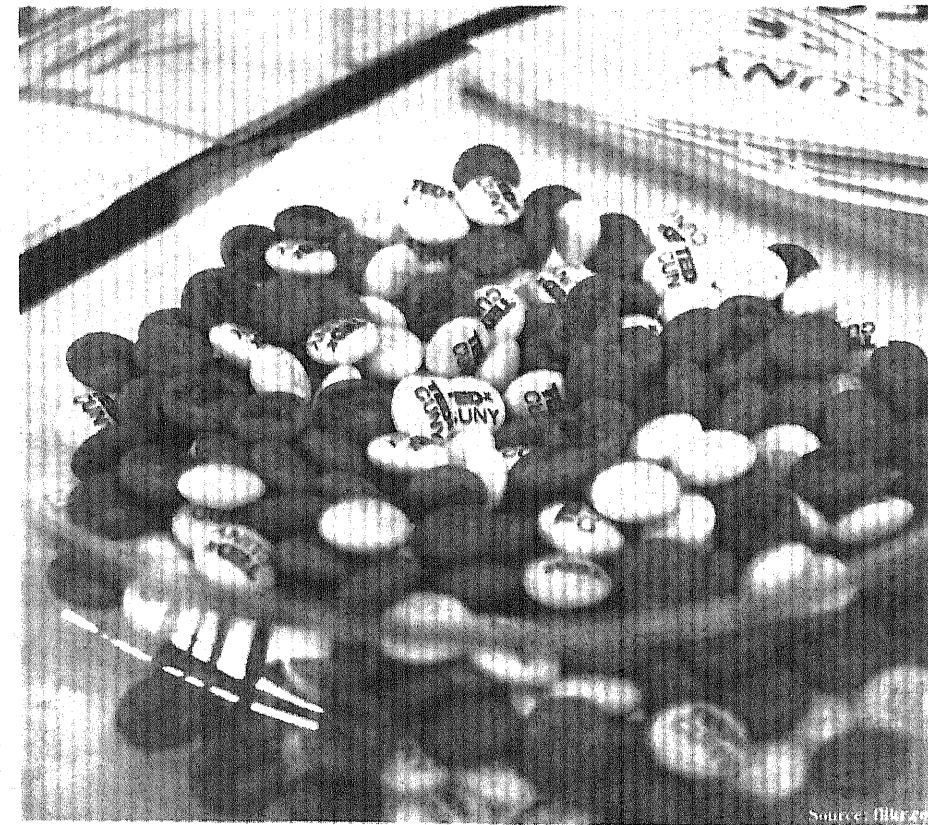
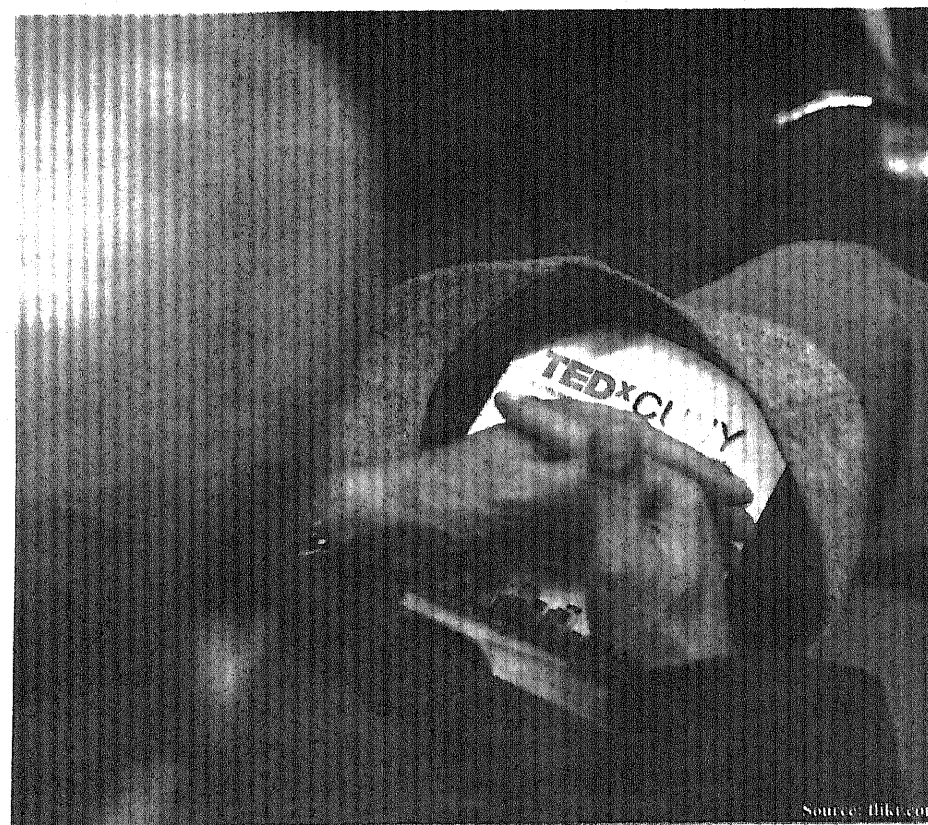
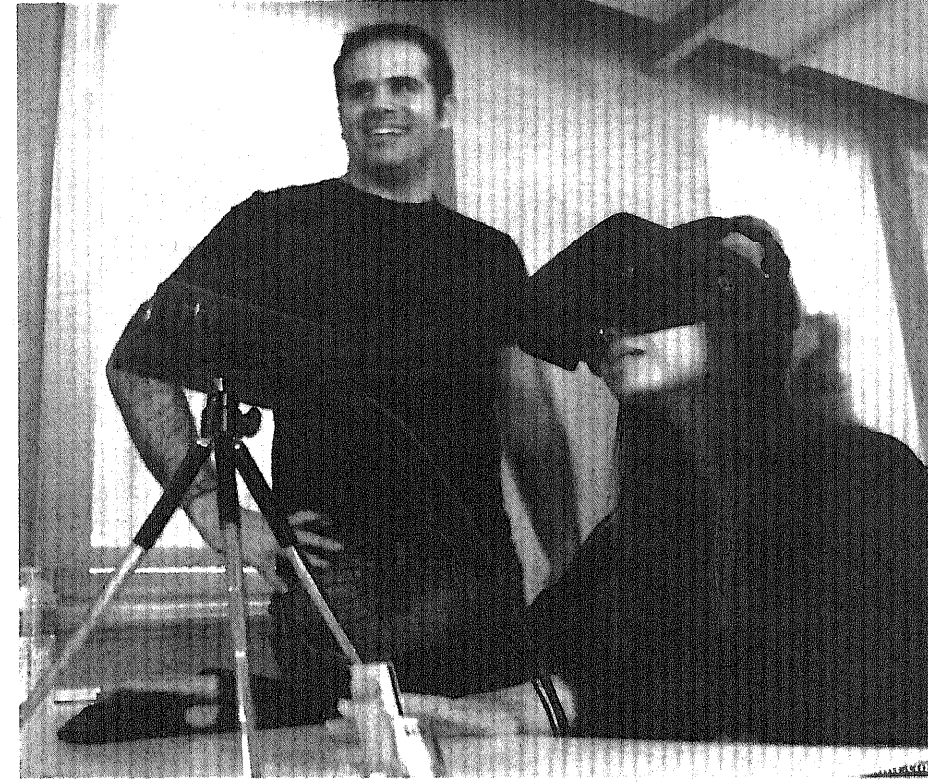
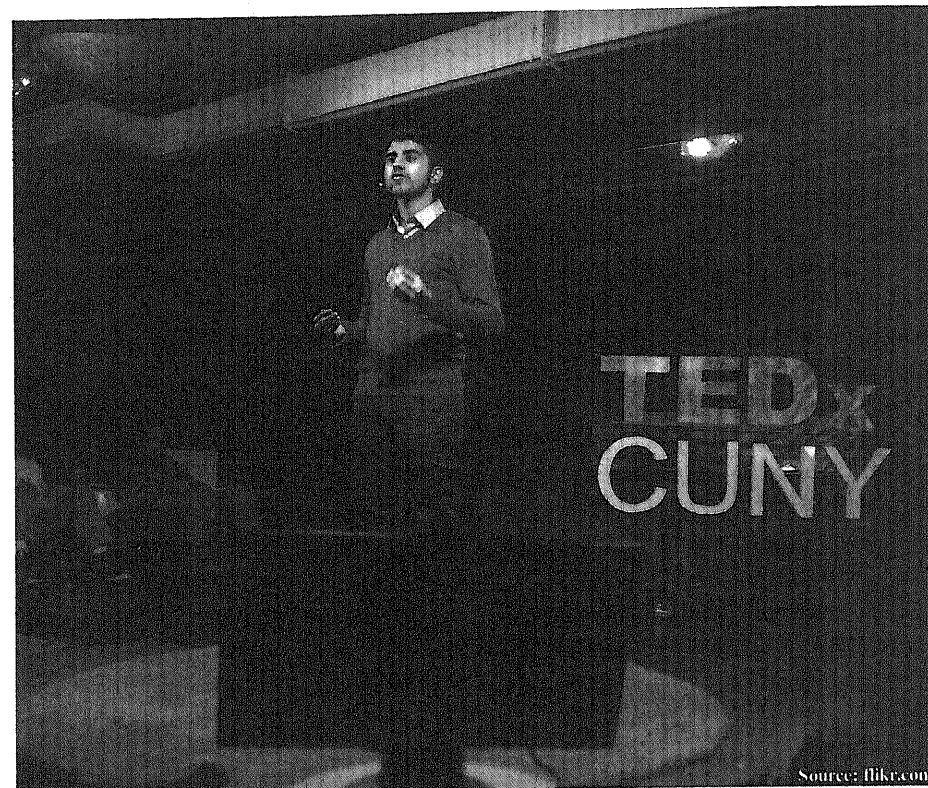
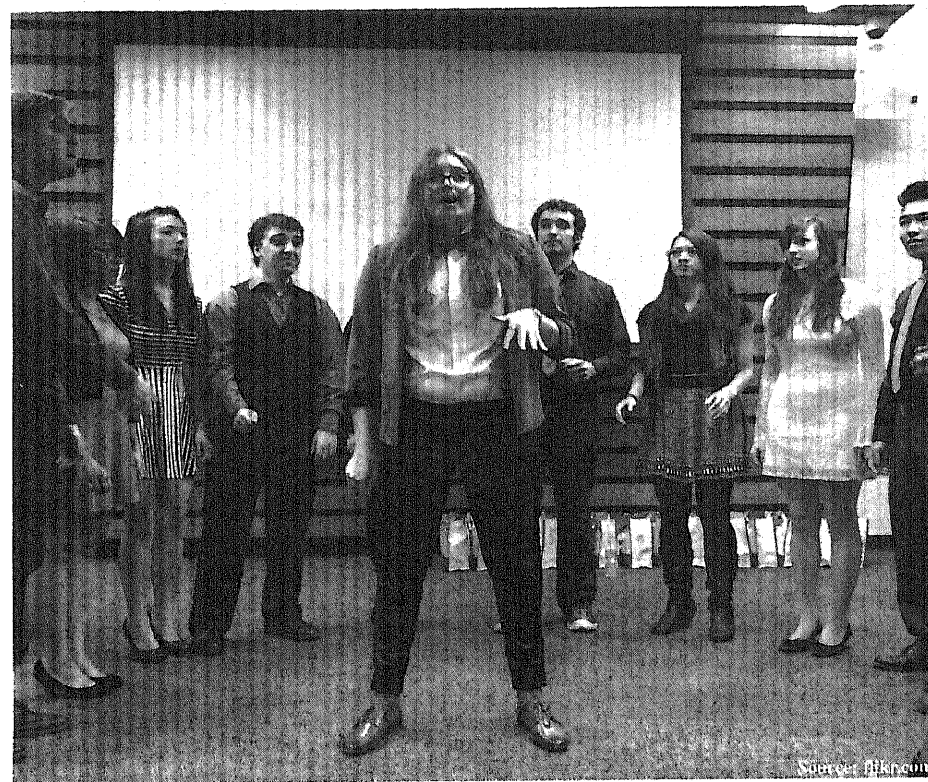
While protests have simmered down and no foreseeable opponents running against Donovan in New York City's most conservative congressional district, the still fresh wound left from the Garner case will most likely be the biggest obstacle for Donovan's race to Congress.

Still, Cuomo has not yet announced any plans for a special election and until then, Donovan's campaign will be at a standstill.



TEDx Arrives to CUNY in the form of "Access"

A Revolutionary Step Towards the Future of CUNY Education



"Diouck Making a Difference" Continued from front Page

States. On campus, he always has time for his students and goes to the extent of encouraging all of them to see him during his office hours for any reason.

A student at the college who wishes to remain anonymous enjoyed having Professor Diouck for a semester and reflected on her experience.

"You must take him if you want to study, understand the world. He changed my life. He's a great professor."

In September 2011, the President of Sierra Leone, Professor Diouck, along with the of and some CSI students, officially closed the bell at the NASDAQ, symbolizing his goal to promote investments and education in Sierra Leone.

Professor Diouck believes that in this world each one of us has a mission and we should strive to identify and complete them: Empower women and educate children.

In 2015 Professor Diouck plans to travel to West Africa with CSI students to renovate and build a school.

"I wanna get wealthy to achieve my mission faster and help as many people as possible."



Professor Diouck and select CSI students in Times Square at a NASDAQ closing bell ceremony

"A Major that Represents You" Continued from front Page

The applications are reviewed by advisors and admissions directors a CUNY BA and potential students are invited for interviews.

Once accepted, students get assigned an advisor who helps them to stay on track with various requirements.

It is not necessary to meet with the advisor every semester; email correspondence is sufficient.

Advisors remind students about important deadlines, declaring majors and applying for graduation. They also offer great resources for their students that complement their unique areas of study.

In addition to an advisor, every student needs to find a mentor to advise him or her on this journey. This may sound intimidating at first, but it is done for the students' benefit.

As a student in the CUNY system, it is easy

to get lost in the sea of students and many find the experience to be very impersonal.

Having a mentor allows students to make meaningful connections with faculty who will support them and help them make the most of the experience.

Mentors have a wealth of knowledge to share and are often able to help students find their focus, take classes that will benefit them in the future, and assist with research and other opportunities.

Many CUNY BA students find that working with a mentor is the most impactful part of the program, which is why it is a requirement for all students.

The CUNY BA office holds information sessions, which is the best way for prospective students to find out more and discuss if the program is right for them. A schedule of upcoming events can be found on the website at <http://cunyba.gc.cuny.edu/>.



Chad Infante (left) and Abby Stein (right) are recipients of the CUNY BA

Macaulay Honors College Hosts TEDx

CUNY Community Collaborates to Open Path for Higher Education

BY CLIFFORD MICHEL

CUNY alumni, faculty, and students spoke at the first ever TEDxCUNY event at the Macaulay Honors College on November 16 as they examined the theme of "Access," reflecting the university's commitment to an affordable and diverse higher education.

The independently organized TED conference, which took more than a year to plan, featured 16 speakers, a wide variety of artwork from local creators, and cutting edge technology such as 3D printing and the new Oculus Rift.

"We are more than numbers: our mission is to represent and share the incredible ideas of the CUNY community," said Jake Levin, a Macaulay Honors student at Brooklyn College and the lead organizer for TEDxCUNY.

Levin continued, "I hope that the theme of our inaugural conference, 'Access,' will resonate with those in the CUNY and New York

City communities, and that TEDxCUNY will be effective for provoking thoughtful discussion, creating change through the spreading of ideas."

The event was separated into five sessions of speakers, with different attendees being granted different amounts of access.

A number of the speakers have taught or attended a CUNY college, including CSI Professor Charles Liu and Brian Kateman, a CSI alumnus.

Brian Kateman, who received a BS in Biology from CSI in 2011, explored the idea of being a "reducitarian," which Kateman defines as someone who makes a conscious decision to eat significantly less meat.

Famous speakers, such as Bill Gates and Jane Goodall, have given TED talks. TEDx, launched in 2009 and allows for institutions to organize their own independent TED events.



CSI's Professor Charles Liu accesses the cosmos

LIFESTYLES

Starbucks Introduces the Charismatic "Evenings Menu"

An Expansion that will Cause a Different Kind of Buzz

BY BRIANA DELBUONO

Starbucks, the famous coffee company, recently announced the Starbucks Evenings menu, which offers customers who wish to unwind an alcoholic beverage with a little charisma.

Though the program currently offers beer and wine, the menu is evolving.

There are an array of light snacks as well as delicious appetizers built to satisfy evening cravings. The Artichoke and Goat Cheese Flatbread, Blue Brie and Apricot Preserves Plate, Parmesan Crusted Chicken Skewers, and Truffle Macaroni and Cheese, are some dishes on the menu that can make any mouth salivate.

"Locations have offered the same familiar and inviting coffeehouse atmosphere with more options in the evening, such as our shareable savory small plates and desserts that pair well with our coffee, tea and thoughtfully selected wines." Lauren Sprinz, a member of Starbucks' media relations team, explained.

Currently, there are only 32 Evenings menu locations in the United States--Seattle, Chicago, LA, Atlanta, Portland, Washington D.C., and Orlando--but this will not be the case for long. According to the company, 20-25 percent of Starbucks stores in the U.S. by the end of 2019 fiscal year will feature the menu.

Often churning out new offers to lure customers in, Starbucks is always on the right side of the spectrum. Who could pass up their delicious gingerbread latte? What about their Pumpkin Spice latte? I'll have three.

The average person drinks roughly three cups of coffee per day according to statistics.

That's good news for Starbucks, a corporation that already caters to a wide variety of people every day.

In today's day and age, a simple coffee with milk and two sugars just isn't quite enough. At Starbucks, orders can get as complicated as a "Grande sweet iced caramel latte with soy milk." Talk about a tongue twister.

Since 1971, Starbucks has served customers in America and has been transnational since 1983, when Howard Shultz, director of retail operations and marketing, brought the fine espresso to Italy.

The growth only continued from there with 16,850 locations in 60 different countries.

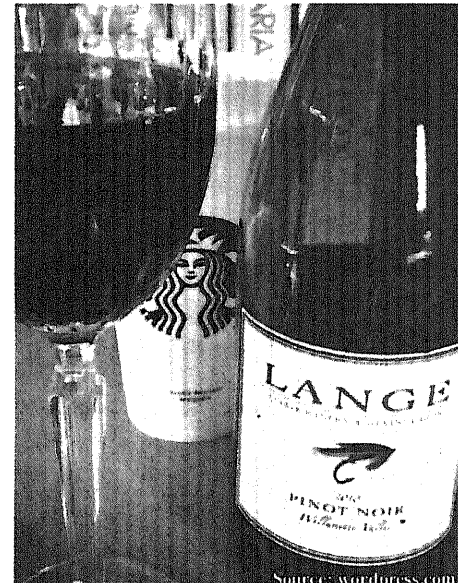
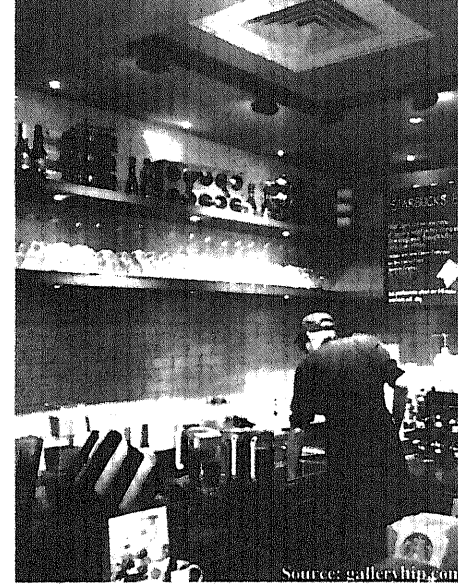
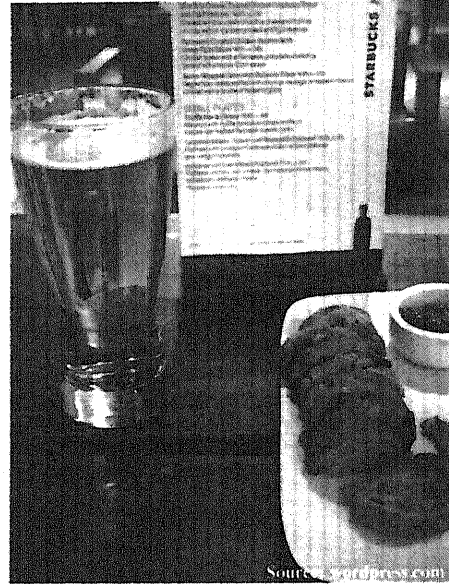
Starbucks, though a little pricey, with its cheapest drink priced at \$1.45, loyal customers shouldn't fear.

Raking in 10.7 billion dollars last year, the company is one of the world's most popular coffee distributors. With forty years under its belt, it looks like the coffee retailer isn't closing its doors anytime soon.

"The Starbucks Evenings program offers our customers a place to unwind in the evening and grab a coffee or glass of wine and a delicious bite to eat, without going to a bar or making a restaurant reservation," Lauren wrote in an email.

"Although local laws may differ," she continued, "Starbucks strictly requires our employees to be at least 21 years of age to work in a store that serves wine and beer."

Employees will be trained in the alcohol-serving department, a new addition to the program.



A tasty selection of beer, wine, and cheese, will soon be in a Starbucks near you

The Girl Code for Dynamite First Impressions

Be Yourself, You're Dating Not Only Him, but His Family, Too

BY VICTORIA PRIOLA

Congrats, you and your significant other have passed the awkward beginning stage of your relationship. Before you have a draw of your things at his place you'll have to pass one more stage: meeting the people that brought him into the world.

Meeting the parents for the first time is nerve racking enough, but a good first impression is a must to achieve approval of you and your boyfriend's relationship.

They say that when you get married you're also married to the in-laws. The same rules apply to relationships. You're officially dating his family.

The fact that he wants to bring you over for family gatherings or holidays is a good sign, unless his relatives question his sexuality and he is desperate to fool them—but let's think positively here.

First on the list of things to do is decide what to wear. Dress your Sunday-best for whatever the occasion may be, even if it's just dinner at Applebee's.

If you look like you belong on the corner, odds are you'll get kicked to the curb.

If you have tattoos or piercings other than in your ears try to hide them until the third or fourth meeting if possible. Over time they'll eventually see them and maybe even want to know the story behind them.

The worst thing that could happen is get-

"It's all a matter of respect. Respect his parents while also giving them something to respect about you."

ting get the whole "why would you do that to your skin?" talk which no one with tattoos appreciates, but you'll survive.

Interest is your friend. Bring something home-made over to their house from time to time. Even if you can't bake for your life, fake it till you make it. The more creative, the better and if they don't like it, tell them someone else made it.

Certain topics (i.e. politics, religion, or anything controversial) are conversation starters to stay away from. Keep it light for the first few meetings and if you disagree with their points of view let it go unless it affects you directly.

Put your pride aside and get to know his parents. If your face is glued to your phone throughout the entire evening, they'll take

away that you're completely disrespectful even if that wasn't your intention.

Throughout all this, it's important to note that although you want to make a good impression, be yourself because, believe it or not, his parents actually want to get to know you.

Take the initiative to get into what they're into. You and his mom don't have to be BFFs but offering to have an arts and crafts afternoon

once in a while wouldn't hurt either.

The honest truth is that parents don't take their children's relationships as seriously as their children do.

After all of my breakups my mother has said "[insert name here] won't be the last guy you ever date." Your guy has heard that from his parents too and likely will again if you don't last.

As much as you'd love to one-up his last girlfriend in the parents department, in some rare cases, they may still find a reason not to like you.

If this happens, it's out of your control and you should just aim to be civil with them at least.

It's all a matter of respect. Respect his parents while also giving them something to respect about you.

Go into meeting his parents like a job interview and get ready to branch your resume.

There are dozens who have applied for the job but you got the interview. Show them how fabulous you are.

LIFESTYLES

The What's What of Commuting Part Three: Crossing State Lines

BY ANTHONY FERRARA

Christopher Carillo is a 22 year old upper senior from Central Matawan, New Jersey. He travels by car five days a week from his home to the CSI, where he is working on a bachelor's degree in Corporate Communications.

The Banner: First things first, tell me about yourself. Who is Chris Carillo?

Christopher Carillo [Chris]: Well, I was actually born in Puerto Rico and lived there until I was about four years old. My parents divorced when I was one, and so my mother ended up meeting my stepfather a couple years later when he was in Puerto Rico on business.

We moved to Staten Island and I lived there for about eight years--right around the block from CSI, actually--before we moved again; this time out to New Jersey, and I've been living out there ever since. I'm also a bit of what you would call a 'gym rat'. I love to eat healthy.

The Banner: What made you choose CSI? Did it have anything to do with any ties you already had from living here for a while previously?

Chris: I started my college life over at Montclair State, in New Jersey. It was a real university type of atmosphere over there but the cost was a little high for me. I left after one year and ended up at Brookdale Community College in Lincroft, New Jersey. I spent one year at Brookdale before transferring here to CSI.

CSI makes me feel at home. I've been here for three years now and I still feel the same way.

The Banner: I have a friend that used to commute from New York to New Jersey to go to Kean University. Long story short, he ended up moving out to New Jersey. Does the traveling get

to you, especially when you add in the elements of tolls, gas, and traffic?

Chris: It's actually not that bad, man. First off, I remembered a lot of the streets and routes from when I lived here, so that helped because there wasn't too much time spent getting myself acclimated to Staten Island itself.

I'd say that by the end of my first semester at CSI, I pretty much had my commute down -- that includes timing, routes, and expenses. I have a Mazda 3, it's great on gas. The bridge part isn't really too much of a hassle.

Don't get me wrong, it gets hectic sometimes, but I've been able to figure out what routes and specific times help me beat traffic. It's usual-

"I hope to continue to help build these clubs up as CSI continues to grow in its own right, so that the university can become as appealing to other out of state people as it has to me."

ly only about a 35 minute drive from my house to school.

With traffic, and the majority of the time, that traffic comes from Jersey, it would take me about an hour at most. But once again, that's all relative to my own personal commute. It sounds a lot worse than it actually is. I even get what they call a "commuter pass" in New Jersey.

To Staten Island and back only ends up costing me about \$8.25, round trip. I'll tell you this much: I respect people who deal with public transportation. They have it worse than a guy like me does.

The Banner: Visualize your commute for me, from the time you leave your house to the time you get to CSI.

Chris: Most of my days start early, around six in the morning. I'm a waiter so the majority of my work hours are in the evening. I get in the car and usually listen to Slacker Radio, intellectual hip hop, or that new kind of electronic music.

There are two routes that I stick to. But my main one takes me straight from route 34 to route nine; that route runs along the Garden State Parkway.

From there I take the exit that gets me to the Outerbridge crossing. Once I get over the bridge, I hop onto the Korean Veterans Parkway. The GPS likes to tell me to take 440. I never do that, because unlike what the GPS says it's not faster;

especially now that all of that construction is going on over there.

I have found that taking the local route once I get to Staten Island is much more time efficient. I go Korean Vet to Richmond Avenue, and then Richmond Avenue to Forest Hill Road. That takes me all the way to the back entrance of CSI.

The Banner: What have your encounters with law enforcement been like, if you've had any, and do you feel that New Jersey cops differ from New York cops?

Chris: I feel like New Jersey cops are very down to the book. They go straight to the law, while New York cops add more of a human element to the rules.

The officers on Staten Island, at least in my

experience, seem to follow the book, but with a rewrite in human edacity.

I was pulled over in Holmdel, New Jersey one time on the backroads of an area that I wasn't too familiar with. The cop explained to me that the speed limit had dropped from 35 miles per hour to 25 miles per hour about a half mile back.

I told him that I didn't really know the area and that I hadn't seen any signs, or else I would have slowed down.

He wrote that off, but then cited my rosary beads--hanging down from my rearview mirror--as an obstruction of view and wrote me up a ticket for that. I guess that's the difference right there. Holmdel cops never let you go anyway.

The Banner: What are the goals that keep you coming to CSI? Where would you like your degree to lead you in your future career?

Chris: "I'd like to be able to build and grow random businesses and then sell them to somebody that really loves that particular topic, whatever it may be."

Getting these businesses started and then selling them to people who are actually in love with the idea, and who can make them grow, well, that's what I would really like to do.

And as far as CSI goes, it's the same kind of principle. I've been involved with multiple clubs around campus in my time here, like CAB and WSIA.

I hope to continue to help build these clubs up as CSI continues to grow in its own right, so that the university can become as appealing to other out of state people as it has to me.

When I first started coming here, I remember being so happy. I think CSI is a great school. I'd recommend the commute to anybody.

Maintain Your Great Workout Results with a Healthy Diet

Proper Exercise isn't the Only Part of the Process

BY ROBERT LAROSA

You've been working out for about two months and you're starting to like the results you're getting.

You should have noticed that since you first started lifting, your appetite has changed completely. Diet is key in working out no matter what your cause is.

Even if you want to tone for summer, get muscle mass, or lose weight, diet still is half the battle in trying to accomplish these goals.

I'm aiming for muscle mass and size so I'm going to be eating a lot more than I usually do. For someone trying to lose unwanted body fat, the following steps are strongly advised.

First cut out all soda in your diet and drink water and juice. Cut out all junk and fast foods that have high amounts of fat, corn syrup and sodium.

Second, begin eating egg whites, grilled chicken, salads, fruits, vegetables and avocados because although avocados are fatty, they do provide your body with plenty of healthy nutrients. "First are the phytoosterols that account for a major portion of avocado fats.

These phytoosterols include beta-sitosterol, campesterol, and stigmasterol and they are key supporters of our inflammatory system that help

keep inflammation under control," according to whfoods.com

Third and probably most important is to constantly exercise. To lose the fat, you need to exercise while dieting. Follow through and don't stop because you will see change.

For guys and girls who are trying to add muscle mass, I'll use my diet as an example.

Now, this isn't practiced every single day of my life due to school and work, but on a day with a big lifting session, my morning consists of three to four eggs cooked over-easy, plain oat-

meal, a banana, yogurt with granola, half a gallon of water and a cup of whole milk.

It sounds crazy but once you start lifting to gain weight, eating becomes a major factor in your daily activity. Between breakfast and lunch, I'll have two protein bars. And for lunch I'll eat a turkey and cheese sandwich, banana, and another half gallon of water.

Dinner changes throughout the week but what I like to eat is grilled chicken or salmon, rice, grilled asparagus, broccoli, rye bread, potatoes, a protein shake before the gym, and another

protein shake right after.

That is a lot of food to take in on a very busy schedule but if you want to get the mass you want, then you have to start working around your schedule.

For someone who's been working out for a little while now, I suggest you purchase GNC Mass XXX. It's \$44.99 with a membership card at GNC; Mass XXX has the protein, calories, carbohydrates, and fat you want in your diet.

The best way to get the results you want from the supplements is to take out 30 minutes before or after a workout on training days, and once before bed.

This brand of protein has 740 calories but 980 calories if mixed with two percent milk, 50 grams of protein per serving, five grams of fat, 20 grams of sugar, and 123 grams of carbs.

For the extra calories you need, I strongly suggest using a whey protein supplement along with your training. Trainers, athletes, and body-builders will always say diet is key and they are absolutely correct. Without proper dieting what results could you possibly gain at the gym?

So start eating healthy and continue to grind in the weight room because the results you want will come in time.



Sculpting a healthy, strong body begins in the kitchen

BANNER ARTS

Ava Chin Explores Her Passion in New Medium *The Urban Forager's Leap into Contemporary Non-Fiction*

BY MICHAEL PAPANDREA

The book *Eating Wildly* was published by Ava Chin this past May, and was nominated by Good Reads as one of the best food and cookbooks of 2014. In it, Chin writes about her family, career, boyfriends, and saving a colony of honey bees on the campus she teaches at, CSI.

Chin has been teaching English and journalism courses at CSI since 2006. In addition to assigning her students deadlines for their papers, she's had to keep up with deadlines of her own. While teaching, she has written for numerous newspapers and magazines such as *Marie Claire*, *BUST*, *Eating Well*, and the *New York Times*, where she had her own blog.

"Urban Forager" was the name of her blog, and in it, Chin wrote stories about the journeys she went on within her local parks in search of food to gather and prepare for an organic meal. As she developed a name for herself in the food writing community, *Huffington Post* published an article, naming her one of the contemporary authors you should be reading right now, upon her book release.

"That was amazing and totally unexpected," said Chin on being recognized by the *Huffington Post*. "I didn't know that I was on their radar and it felt like a really big bonus. The biggest gift of the year was having the book come out. So getting recognized by them, as well as the book being named one of the best books of 2014 by *Library Journal* in the memoir category, just felt like a marvelous surprise."

The topic of food stretches back to when

she was a toddler, drooling over the various dishes her grandfather would make. Food has followed her into adulthood, not just in her writing, but also in the classrooms she teaches. This semester, one of her non-fiction courses focused on teaching students the problems with the industrial food industry in America.

Students were shown the documentary "Food Inc.," opening their eyes to the health problems, unethical farming techniques, and money saving schemes, among other things, that exists in the food industry. The writing portion of the class showed up towards the end of the semester.

Students were assigned to pick a traditional family dish, cook it, and write about the experi-



Professor Chin has channelled her passion for foraging into the medium of writing

ence. Papers were read aloud by the author, which was followed by feedback from the students. At the end, Chin would give her feedback to the writer, sometimes recalling the methods she used in her own food writing.

"The main thing I got from this class," says Michael Cammilleri, one of Chin's students, "was knowing that non-fiction could be more than just 'you have to read this book from the 18th century.' It's an essence of life - in this case food. And the presentations and the essays we did really opened my mind to detail and the main gist of what to expect from a non-fiction class."

Parts of the class are inspired by the days when Chin would forage for food often. Now

that she is raising a toddler, she doesn't always find the time to forage the way she used to. When she does, she may sometimes take a journey around the CSI campus. And it does not matter if the season is Spring or Winter, as she says in her book, the best foragers can find plants growing all throughout the year. But before you go on a foraging adventure yourself, it's important to know that it is not exactly legal.

"The New York City Parks Department doesn't want people foraging in the parks and taking plants," said Chin. "But it happens to be along a whole list of regulations they don't really enforce. They would prefer you not to do it but the fact is that lots of New Yorkers collect dandelions, ginkgoes, mushrooms, and berries throughout the year."

There is another important tip to remember when foraging, and that is that not all plants are good. In fact, Chin keeps a seedpod plant that she found in Brooklyn in her office to remind her that not all the plants we come across are good to consume.

Now that she has a daughter to look out for, Chin has become more conscious of these things more than ever. When taking her out to parks to gather food, however, Chin may have nothing to worry about as her daughter is already learning quickly from the lessons of a pro.

"She sometimes is a better forager than I am. I will teach her a plant or a berry once and she'll be able to find it faster than I can."

Ruby and Sapphire Get an Aesthetic Reboot *Popular Pokemon Titles Feature Same Story With New Twist*

BY MATTHEW MCKENNA

Pokemon Ruby and Sapphire got an upgrade, just as Pokemon Silver and Gold did in 2010, this time being called Omega Ruby and Alpha Sapphire. The game is accompanied by new graphics, gameplay, and even more mega evolutions.

The plot follows that of the original, with a few additions such as new characters.

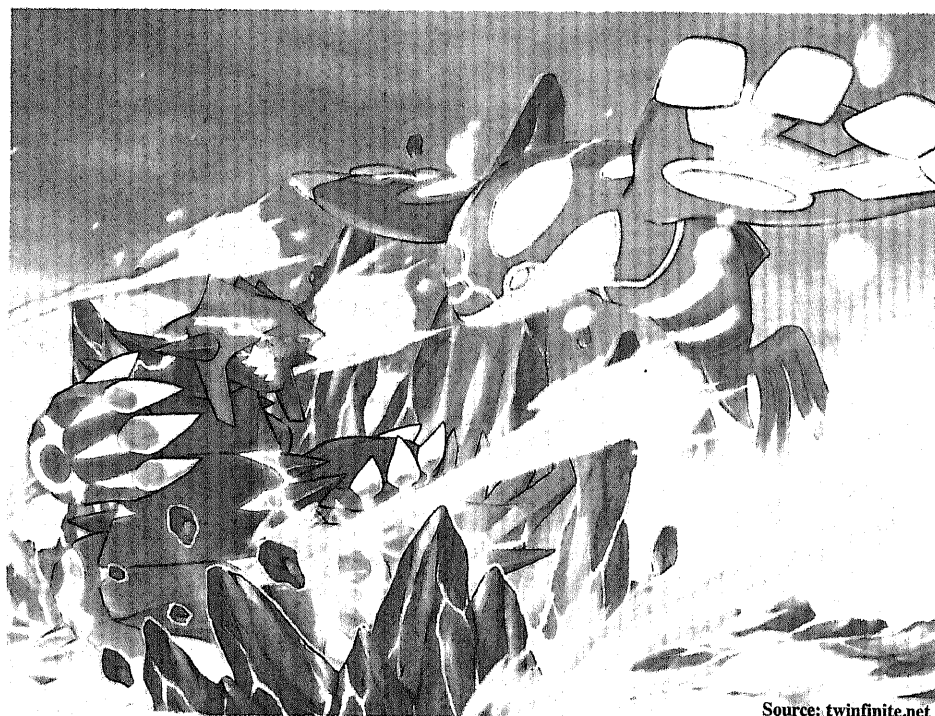
The journey begins with the choice between a boy or girl, making your name, and moving to a new home in the Hoenn region. You get to choose your starter pokemon when you need to save a human under attack from a wild pokemon. You are given three options: Treeko the grass type, Torchic the fire type, or Mudkip the water type.

As you make your way through the game you train, evolve, discover and catch new Pokemon along your journey to collect the eight gym badges across the Hoenn region and defeat the Pokemon League. You also have to stop an evil plot from a mischievous organization.

For Omega Ruby, you fight Team Magma and have to stop them from creating more land with the help of Primal Groudon, Groudon's mega evolution. Alpha Sapphire pit you against Team Aqua and you have to stop them from

flooding all of Hoenn and the world with the help of Primal Kyogre, Kyogre's mega evolution.

After defeating the Elite Four and the Champion of Hoenn, you are given a new journey that requires the help of the legendary



Source: twinfinite.net

Pokemon, Rayquaza, in order to save the world.

After wrapping up the main plot, you can continue your journey and catch more pokemon from the other regions or use PokeBank to transfer pokemon from any previous games. You can collect all of the mega evolution stones

for all of the pokemon that have mega evolutions from Pokemon X & Y, including some new ones such as Salamence, the starter pokemon, and many more. You can also still play against the Elite Four and Champion as many times as you want to level up your pokemon.

With every game, there are pros and cons. The pros for Omega Ruby and Alpha Sapphire are that the plot is the same as the original, there are plenty of new mega evolutions, exciting graphic innovations, and improved gameplay. One new feature is using an item known as the Eon Flute, that calls forth Latios or Latias in which you are able to fly on their back and choose where you wish to go.

The main con is the excessive need for hidden moves such as Surf, Rock Smash, Strength, and others, just to get from point A to point B and having to deal with the big bodies of water, which can be painstakingly long and annoying obstacles.

Overall, gamers that are new to Pokemon and fans of the franchise will enjoy these games. There is also a remake for Pokemon Emerald on the way, so try to savor this while you can. This gamer gives Pokemon Omega Ruby and Alpha Sapphire nine out of 10 Pokedexes.

BANNER ARTS

"Mockingjay: Part One" Lives Up to the Hype *First Installment Catching Fire Worldwide*

BY LUCIA ROSSI

"The Hunger Games" film series, inspired by Suzanne Collins' novels, reappeared in theatres on November 21 for its third and long awaited installment: "Mockingjay-Part 1."

Katniss Everdeen starts where she left off from "Catching Fire" in the mysterious District 13 where she becomes the mockingjay, a symbol of rebellion that will change Panem forever. The film directly and indirectly presented different actions that are real tactics of modern warfare, as well as how propaganda can be as dangerous as bombs.

On a budget of \$125 million, the film soared in the box office with a gross revenue of about \$225 million in North America and about \$254 million in other countries, making for a total of about \$480 million as of November 30. The film had the sixteenth largest opening gross of all time behind "Transformers: Age of Extinction."

Having read the books, I would say readers will be very pleased with the film because it stays true to the novel.

However, the only issue I believe, is there's still no background information on the relationship between Katniss and her father. There is a significant portion of the series' overall plot that is connected to their backstory and it would have shed light on a number of aspects in the film as well.

As soon as the news broke that Mockingjay

would be split into two movies, critics and fans immediately assumed it was because the makers want to make more money, which may not be the whole truth.

If the movie was not split in two, I don't believe it would be anywhere near as great as it was. It definitely would not have as much necessary content as this film had.

So many important scenes would be cut and the story would be rushed. There is no way it would make it as one film, because it would inevitably cheapen the story.

People who know the story in its entirety should see it because that's what an enjoyable successful story such as this deserves. So it is not all about money, it is about doing justice by

the story and the author, which is what we should want. Sometime quality calls for more quantity, people!

The great thing about this film was the true interpretation of feelings and tactics of wartime. Everything wasn't sugar-coated and glamorized. District 13 used Katniss in propaganda commercials to inspire rebellion among the districts, and the makers of the propos realized that the way to make the commercials successful was not to glamorize it.

Jennifer Lawrence's performance was top-notch as usual. Katniss showed clear signs of post-traumatic stress from the previous hunger games, which illustrates that although she is a tough rebel she is also still human. Some critics



Source: avacine.com

Final Part of "Hobbit" Series Closes Boldly *"Battle of Five Armies" Brings Trilogy Full Circle*

BY MATTHEW MCKENNA

Peter Jackson, director of *The Lord of the Rings* trilogy, ends it with an epic finale. "The Hobbit and The Battle of the Five Armies," based off of J. R. R. Tolkien's "The Hobbit," is clearly one of the best movies of 2014, with a few Oscar nominations on its belt.

This movie has great performances by Martin Freeman as the hobbit Bilbo Baggins, Richard Armitage as the dwarf Thorin Oakenshield, and everyone's favorite wizard Gandalf, played by Sir Ian McKellen. With Luke Evans as Bard, Orlando Bloom as Legolas, they and the rest of the dwarf company insert plenty of charm, passion, and excitement into their roles.

The movie picks up from the second film, "The Hobbit and The Desolation of Smaug," where Smaug, a ferocious dragon, begins to burn Laketown to ashes with his fire breath. Bard kills the mighty beast with his archery skills and black arrow, the only weapon strong enough to pierce Smaug's hide. Looking for shelter, Bard takes the survivors to the village of Dale outside the Lonely Mountain and seeks the aid of Thorin, who made a promise that caused much suffering.

Thorin refuses to help because he has gone mad with jealousy over the treasures in the mountain and also seeks a jewel that would

give him the right to rule.

Gandalf still deals with his troubles from the last movie but soon comes to the aid of his friends. Elves show up to aid the humans with food and supplies in hopes of forming an alliance so that he can get valuable items from the mountain.

Unsurprisingly with Thorin's madness, he chooses to go to war even though he is overwhelmingly outnumbered.

Before any battle takes place, the primary antagonist, Azog the Defiler, intends to take the mountain for his kind—the orcs and slaughter everyone in the process. From there, the rest of the movie is a continuous battle of epic proportions. The battles were reminiscent of "Lord of the Rings, Return of the King."

The ending of the film is satisfactory and toys with the emotions of the audience during the last half hour.

Overall, this movie was fantastic. The major battle scenes were intense and enjoyable. So enjoyable you wanted to join in on the action. The armor designs were also impressive.

There was also a fair amount of humor in the movie, which lifted the tension from time to time.

The actors did a phenomenal job, too. Peter Jackson does a great job of connecting this final



Source: popculture.com

prequel to its follow up trilogy, *The Lord of the Rings*.

The only downsides to this movie are that it relies way too much on special effects making it feel a bit dull from time to time. It doesn't feel as realistic as it did in "The Lord of the Rings: The Return of the King," where they had many more extras.

It also didn't have a continuous, and frankly, sometimes overwhelming uninterrupted action scene as the others had. It would have been good to see more of Bilbo in action and more insight into how he handles war.

This movie deserves a good rating and gets eight out of 10 arkenstones. It's definitely worth the watch.

BANNER OPINIONS

The Hero Complex: A Closer Look at Who Protects and Serves

What Happens When the Criminals Wear the Badges?

BY JANELLE NORMAN

In the aftermath of the Staten Island Grand Jury's decision to not indict Officer Daniel Pantaleo for the choking death of Eric Garner, many Americans were confused, shocked, and outraged.

What did the Grand Jury see that millions of people worldwide didn't? Garner was unarmed and nonviolent. The chokehold Pantaleo used has been banned by the NYPD since 1993. The incident was recorded and made public by Garner's friend, Ramsey Orta.

Despite the medical examiner ruling Garner's death a homicide due to obstruction of breathing, Garner's health conditions were used to argue that Pantaleo's actions weren't responsible for Garner's death.

Even after recordation of the incident, Pantaleo insisted that he did not use a chokehold on Garner. Members of the Grand Jury concluded that Pantaleo's actions weren't criminal.

Even in the court of public opinion, many people treated this case as if it was isolated and refused to question why police aren't often held accountable for their crime or unprofessionalism.

This incident was a reflection of a much larger problem. Many Americans are too uninformed to come to terms with the obvious: Wearing a badge or uniform does not make you brave or heroic by default.

The idea that all cops are heroes makes people believe that they are always justified in their actions. This is more than just a personal opinion, it affects our justice system. Many of our lawyers, judges, and jurors have this bias.

It's not a coincidence that officers rarely get indicted, charged or even fired after fatal incidents.

In the last 15 years, the NYPD has been involved in 179 fatalities. Only three officers have been indicted and one convicted. With statistics like these, how do we expect officers to always act professionally and not abuse their power?

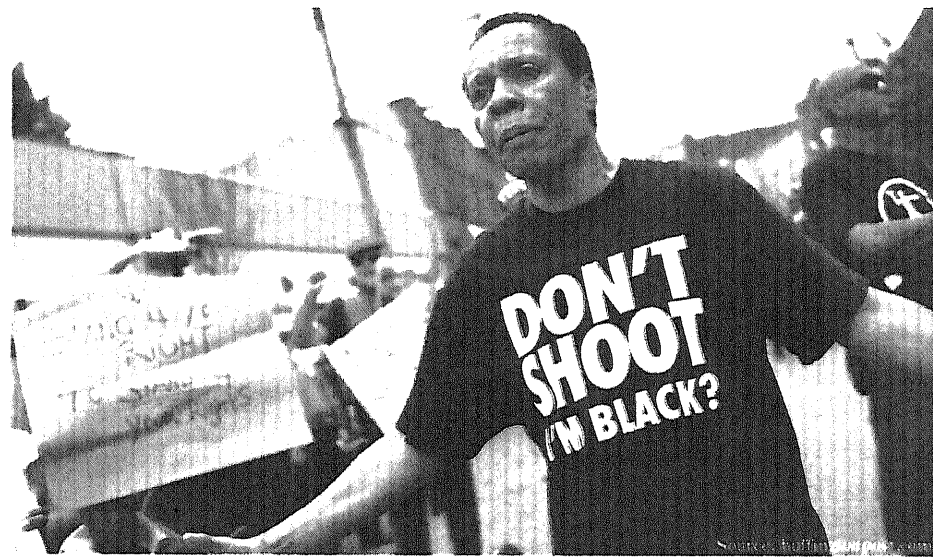
In 2014, a study by the Advocates for Human Rights Organization found that police families are two to four times more likely to be involved in domestic violence. About 40 percent of police officers have committed domestic crimes, a rate roughly twice the national average.

When an officer fails to protect and serve our communities, they don't receive the same consequences that any other citizen would. Instead, the American judicial system protects police officers from accountability and serves them with the privilege of living above the law.

The police aren't the only citizens with this privilege, however. The U.S. Army is known for having large crime cover-ups, especially against other members in the military.

However, it's important to look at why there is such an epidemic of blatant criminal activity among this group. Many of these problems stem from troubled upbringings and protection from law enforcement that enables many our "heroes" to victimize others without penalization.

Psychologists L.N. Rosen, L. Martin, and Jessica Wolfe authored studies that found that half of the male recruits had been physically abused in their lifetime. One in six of them



were victims of sexual assault and 11 percent of them were victims of both. The study also found that many male enlistees joined the military to escape poverty or dysfunctional homes.

Military rape is an epidemic that is seldom discussed in the media. According to the Defense Department, about 14,000 men and 12,000 women in the army were sexually assaulted in 2012. Men in the military are 10 times more likely to be raped than civilian men. One in three women in the army have been sexually assaulted—twice the national average.

Last year, the Pentagon reported that about 38 men and 33 women are raped in the military every day. A confidential survey from the Pentagon also showed that only 3,374 cases were reported in 2014, a 50 percent increase. Even with the sharp increase of reports, one in three convicted sex offenders stay in the army.

The rise of military crime can be attributed to the lower standards of who can serve. Since

9/11, the military has increased the number of moral waivers, allowing recruits with domestic violence, rape, and other offenses in their criminal history to join the army. By 2006, the number of waivers rose to 34,476.

Alcohol also is a factor in this complex. The National Institute of Drug Abuse reports that alcoholism and prescription drug abuse is higher among service members than civilians. About 47 percent of active duty service members reported weekly binge drinking.

When the heroes that are often treated as though they are above reproach are abusing their power, who do the victims run to? Many of the crimes committed by police officers or soldiers are unreported and successfully covered up because of fear.

It's quite clear that, contrary to popular belief, many of the people in uniform who swear to protect U.S. citizens are just as criminal as the people they claim to protect us from.

Do Black Lives Matter on Staten Island in the World of Justice?

The Botched Grand Jury Deliberation Controversy

BY SHANE DIMAIO

Cooler heads were supposed to prevail on Staten Island during the Grand Jury's recent deliberation on whether or not local resident, 29-year-old NYPD Officer Daniel Pantaleo, should stand trial for causing the death of 43-year-old Eric Garner on July 17.

They did not. Officer Pantaleo has not only been stripped of his gun and badge, but now, all accountability pertaining to his involvement in Garner's death is passing as well. He will not have to stand trial at all and has been pardoned without ever having to be sentenced. Wow.

My goal is not to tarnish the reputation of the New York's finest. I don't know if Officer Daniel Pantaleo is guilty of murder, manslaughter, negligent homicide, reckless endangerment, or anything at all for that matter.

I also don't know if Pantaleo intended to harm Garner during the arrest, or if he decided in the heat of the moment to haphazardly implore a tactic outlawed by the city's police department in order to restrain the 350-pound man.

Lastly, I don't know if Pantaleo actually

feels remorse over what happened, regrets ever putting his arm around Garner's neck, or if he feels like what he did was necessary and if, given the opportunity to go back in time, he would change a thing.

I do not know if Officer Pantaleo is innocent or guilty of anything. And I wouldn't be able to make a concrete judgment on the entire incident that took place without being part of a trial jury, which Pantaleo will never have to worry about.

"This case didn't have to be about race, but the Grand Jury's decision forced it to be."

But I do know some things: I know a man lost his life, another man used an outlawed NYPD tactic to take that life, and that a man will be missed by his wife and six children.

Shouldn't the killing of an unarmed man be reason enough to go to trial and determine whether or not the officer was justified?

No, you say? Okay, hang on: What if the officer used an outlawed chokehold that was ruled by a medical examiner to be the primary reason for the unarmed man's death?

Still not enough? How about this: What if the entire altercation was recorded so you could see the video for yourself to analyze and interpret it?

Two officers, one being Pantaleo, approach Garner while he's sitting outside of a local store where he was alleged to have been selling loose cigarettes, which is illegal. Both officers question Garner and detain him. Garner gets upset with the officers based on their accusations. The officers attempt to

handcuff Garner and he resists—also illegal.

Pantaleo then uses a banned chokehold technique to subdue the unarmed and outnumbered Garner, who utters the infamous words "I can't breathe" several times. Pantaleo doesn't loosen his grip.

Garner dies and his body lies on the sidewalk for several minutes until EMTs arrive. The medical examiner rules Garner's death a "homicide" by compression of the neck and chest.

How is it possible that 12 out of the 23 Grand Jury members saw this unaltered video any differently than we did?

Maybe black lives really don't matter in Staten Island. It sure as hell felt that way when the verdict was announced on December 3.

The Grand Jury was composed of 14 whites and nine African-American or hispanic individuals. And, to stack the deck even higher, let's not forget to mention that the District Attorney, whose job was to prosecute Daniel Pantaleo, works with officers like Pantaleo on a daily basis in order to put away the criminals each officer collars.

Isn't that a glaring example of "conflict of interest?" Why would a lawyer prosecute someone they probably have as their secret santa for next week's holiday party?

All we needed was a trial, a simple, local trial. I wouldn't have yelled if Pantaleo was ruled innocent and I wouldn't have cheered if he was ruled guilty. But with insurmountable evidence, backed by expert testimony and a pretty clear video recording, Staten Island's Grand Jury still managed to get it wrong.

This case didn't have to be about race, but the Grand Jury's decision forced it to be.

SEX AND THE ISLAND

Failing to Define a Relationship that Never Truly Was An End to Finals Week that Churned My Stomach for Weeks

BY CLIFFORD MICHEL

I walked to my classroom sweaty, nervous, and sleep deprived. No amount of coffee could help me at this point. I needed a drink.

I was beyond the beyond, but somehow, I got through that very last final last month and simply put, I felt like a goddamn champion.

Despite my body feeling shot after staying up for the past 36 hours, I made my way to the Banner for our Christmas party. My mind drifted off as editors and writers traded finals week war stories and I needed a drink. I made my way to the back of the office and mixed some vodka with orange juice.

My theme for the night began: Oh, we're going to play a card game where we have to find out who the murderer is? Let me get a drink.

Aww, we're exchanging heartwarming Christmas gifts? I should get a drink.

Got killed off in said card game despite protests that I wasn't the murderer; let me drown my sorrows in another fabulous drink.

The Arts and Entertainment editor just brought in her adorable dog? Well then, we should obviously celebrate with eggnog and fireball whiskey.

But a surprising plot twist occurred somewhere along the way, because about 18 dubious decisions and five shame-cigarettes later, I was pretty hammered.

The night was coming to an end and everyone began to gather their belongings to head out. Drink!

I started the trek back to the dorms with my friends as one tried to cover Drake's entire "Take Care" album and the other was drunkenly explaining the intricate dynamics of love, sex, England, and happiness.

As we parted ways and began to head into my room, I thought to myself that as amazing a rendition of "Marvin's Room" and a quasi-lecture were—well, I'm still a little lost on the whole lecture part, but still—and as great as the night was, it should end with a bigger bang.

And so in my bed, I pulled out my phone and squinted at the tiny screen as I typed out "hey, you should come over tomorrow, I'm finally free."

I threw the phone aside and pulled the covers over my head, ready to fall asleep, and about two seconds later, my phone lit up again and I grabbed it. "Finally! I'm by Baruch, I can come over now," the text read.

My heart skipped a beat—maybe two. All of a sudden I wasn't so sure if I wanted the night to end with a bang, at least not this way.

My history with this girl, we'll call her Alexa, wasn't the best. I knew her from high school and she was pleasant enough to be around. But if you asked me to describe any-

thing else about her interests, her hopes, her desires, it would all throw me for a loop.

I know that she spends a significant amount of time watching a lot of MTV-esque shows. Whenever I asked her why, she would shrug and reply something like: "I don't know, it's so funny and you don't know what happens next."

Alexa wants to go into corporate communications—advertising, public relations, etc. As a media-obsessed nerd and communications major myself, I'm always interested in expounding on the interesting tid-bits of media that surrounds us everywhere we go.

Alexa on the other hand, "just thinks it's kind of cool." I suggested that she get an internship to pique her interests. She just doesn't feel like it.

It might seem like I hate Alexa's guts, but I don't. She's a sweetheart. She has the kindest eyes that fail to ever break from whoever she's speaking with. Her smile is genuine and stretches from cheek to rosy cheek revealing the cutest dimples that you can spot from a mile away. She constantly dyes and cuts her hair, not just for a different look, but because she loves and embraces change.

Still, our conversations are nothing short of horrid, but we get through it. We make small talk, reminisce about the jungle that was high school, point out the odd points throughout our

"I planted soft kisses on her neck and her breath grew shallow as I made my way to her chest and further down towards her navel."

day and laugh a bit along the way.

It would be a stretch to call us friends. Acquaintances who flirt, tease, grab lunch every Monday, and happened to attend the same high school is a more appropriate title.

We'd sit in a far corner in the Newman library and pretend to peer through books relating to public relations theory or inexplicable cartoons from the New Yorker—all childish excuses to seek out a silent pause, look at each other, inch closer, and kiss.

It's right there and then that I could suspend any attempt in my mind to justify why I was there in the first place because then, I could forget that we had barely anything in common.

Then I can pretend that I didn't just spend over an hour sitting on a library floor cuddling with a girl that, deep down, I knew I never wanted to be with.

Once in a while she'd lean in more and kiss me deeply. My hand would slide lower and lower and the childishness of earlier would be long forgotten. Then we'd stop for a while and

"Aww, we're exchanging heartwarming Christmas gifts? I should get a drink."

"Won't your parents worry that you're going to a random college at midnight?"

remember: Jesus Christ, we're in a library.

I'd walk her to class and all along the way we danced the most interesting dance. She'd offer a time that she was free and—surprise, surprise—I wasn't. I would then make the false equivalence of an offer to invite her over, knowing deep down that she wouldn't be able to make it.

That lasted from September right up until the end of finals week, right up until I received that text message.

"Haha, I wouldn't mind...but won't your parents worry that you're going to a random college at midnight?" I message back.

"Ehhh, I mean if I get back before they wake up they won't even ask lol," she quickly replied. "Stop worrying!"

I shot back another text telling her to call me when she got off of the ferry.

All of a sudden, I felt lazy and not as adventurous as I was when I sent off that first text just five or six minutes earlier.

and further down towards her navel.

I playfully tugged on the flap of her jeans with my teeth, but before I could reach up to unbutton her pants, her hands were already at work.

I pulled down her underwear and crawled back onto the bed. She rested her hands atop my shoulders and soon we were locked in motion.

When we finished up, she smiled at me, tugged on my lower lip, and then just stared at me for a while.

"I should get going, walk me back," she said pulling away.

"Mhmm," I lazily replied. In all honesty, I was just about ready to go to sleep.

We reached the bus stop and she sat on my lap as we waited. Her eyes stared into mine for a while as if she was trying to pierce her way into my thoughts.

"What are we," she asked coolly.

And just like that everything—the bravado, the confidence, the half-baked hopes that this could work—melted away. She saw through me and the shallow glass front that I tried to hide behind shattered into a million pieces.

Alexa stared at me and waited for me to answer. Then she got up, folded her arms, and just stood there, staring.

I started to stammer out a list of half-formed excuses mixed in with about a dozen clichés.

She continued to stare back at me in disbelief and I was at a complete loss for words.

"I can't believe this is coming from you," she said. "You. Of all people."

"I don't know, maybe we should take it slow" I said, abashed. "Maybe we should take it slow and think about things."

"Oh, okay" she growled. "So this is slow for you?"

I already felt like I was stabbed in the gut, and that last line made it feel like she was twisting the knife. But I couldn't feel bad for myself. I didn't deserve to feel bad for myself. I was in the wrong. I was "that guy."

We exchanged a few more words and I noticed that her eyes were watery.

All the while, I couldn't summon up the courage to be honest with her. The bus finally pulled into campus and I gave her a long hug. We didn't say bye to each other, she just left.

When I got back my roommate and a mutual friend of ours had boyish grins stretched across their faces.

I couldn't tell you what I looked like, but it must've been pretty bad since they both stood up and asked worriedly, "What happened?" I slid down into the comfy couch and didn't say anything for a while.

I think I needed another drink.

SPORTS

The Yankees Uncharacteristically Quiet Winter

Red Sox, Cubs, and White Sox Make Noise in Free Agent Market

BY MICHAEL PAPANDREA

\$180 million is the amount three Yankees players will make between the next two to three years.

Those players are Mark Teixeira, whose numbers have taken a plunge and has failed to stay healthy, C.C. Sabathia, whose ERA has been plummeting over the past two seasons, and Alex Rodriguez, who is not likely to play another game as a Yankee.

This (and the rest of the millions of dollars they owe to players like Jacoby Ellsbury, Brian McCann, Masahiro Tanaka, and Carlos Beltran) has hindered them from throwing money at the hottest free agents on the market.

Although, there has been rumors connecting the Yankees to the best available pitcher on the market, Max Scherzer.

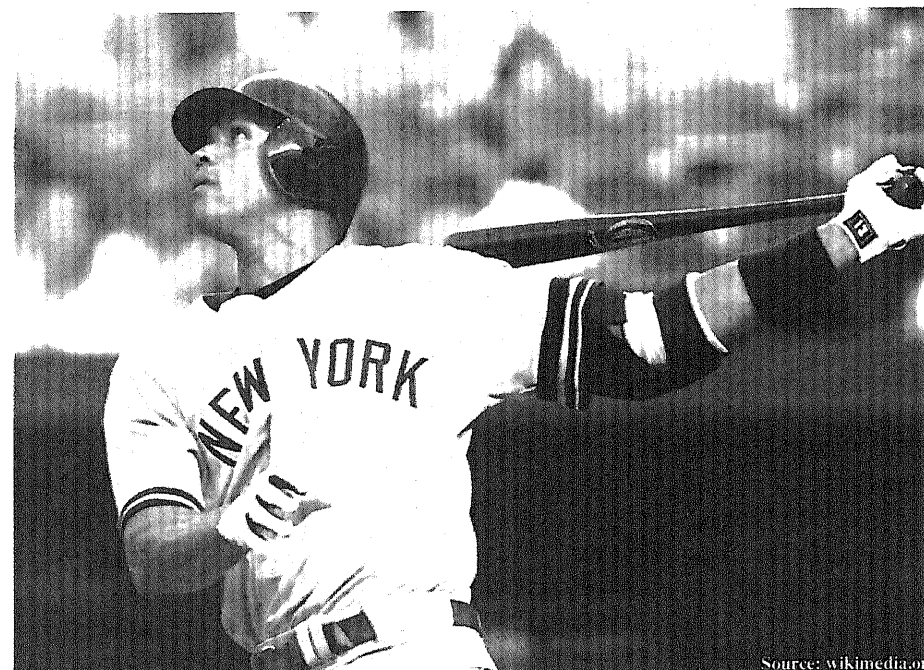
Over the past two seasons, Scherzer has put up fantastic numbers with the Tigers, outperforming Justin Verlander, his teammate and 2012 Cy Young award winner.

Scherzer would go on to win the CY Young in 2013 and tie for the league lead in wins for 2014.

This success has his agent, Scott Boras, in search of a \$200 million contract to join Clayton Kershaw as the only two pitchers eclipsing that dollar mark.

The Yankees, who were not in on the cheaper option, Jon Lester, are rumored to be interested in Scherzer.

Lester went on to sign with the Cubs for

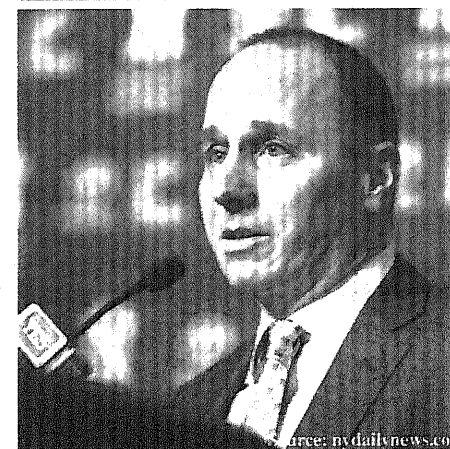


\$155 million and reunite with former Red Sox General Manager, Theo Epstein.

The angle of Lester joining the Yankees could have made for interesting headlines as another former Red Sox player joining the Evil Empire.

Since he is a left handed pitcher, he also could have counteracted opposing team's left handed hitters who come to Yankee stadium excited to play with the short porch.

Epstein and the Cubs have been busy this offseason, making multiple upgrades.



Ex-Knick Tyson Chandler on NY's Season of unrest

"They'll be Alright"

BY SHANE DIMAIO

The New York Knicks (8-36) are playing so bad right now that even their opponents are searching for positives to take from the team's continuing struggles on the court.

Tyson Chandler, former Knicks center, returned to Madison Square Garden Tuesday night for the first time since being traded back to the Dallas Mavericks in the offseason. The 2011-2012 Defensive Player of the Year scored eight points and added 14 rebounds to help Dallas stomp out New York, 107-87.

The final score wasn't surprising, but Chandler's positivity towards his former club after the trouncing, however, was. Chandler explained why he believes the Knicks, in their first year under new team President Phil Jackson and rookie Head Coach Derek Fisher, are lacking continuity on both ends of the floor.

"It takes a while to change the culture," he said. "You bring in a new coach, a new offense and a new identity."

And with New York tied with the Philadelphia 76'ers for the most losses in the NBA this season, gaining momentum isn't exactly easy for this discouraged bunch to come by.

"The moment it gets tough is when you're losing," Chandler added. "Losing makes things difficult."

Chandler then defended Carmelo Anthony, who is no stranger to daily criticisms, ranging from his lack of defensive intensity to his inability to make players around him better. To this, Chandler essentially came out and said, "That's not fair."

"I know he wants to win, and I know he's going to take a lot of this heat. And it's unfortunate" said Chandler, who received a standing ovation from New York fans during the pre-game introductions earlier in the day.

Chandler was traded, along with Raymond Felton, back to the team the Knicks won a championship against during the 2010-2011 season. In exchange for the two Knickerbockers, the Dallas Mavericks sent over Samuel Dalembert, Jose Calderon, and Shane Larkin—all of whom have not been able to help the lowly Knicks approach a reputable win-loss record.

According to Chandler though, patience is the only virtue and eventually, he thinks the ship will be righted.

"As long as the players and everybody understand it's a process, they'll be all right."

An Overview of New York Hockey's Solid Season

Islanders and Rangers Building Powerful Playoff Momentum

BY FRANCESCA MICELI

The 2014-15 regular season for both New York NHL teams have been going well.

The New York Rangers Rick Nash has had six 10 point streaks in consecutive games multiple times this season.

The left winger, out of his last five games, averaged six points. He leads the Eastern conference with 28 goals scored and is just three spots away from leading the entire NHL.

The New York Islanders are also having a great season.

Making themselves a contender for the playoffs, they have the seventh best overall record in the NHL, 31-14-1, with a total of 63 points.

Staying in the top eight contender seats will guarantee the New York Islanders a spot in the playoffs, giving them a chance to obtain their fifth NHL Stanley Cup Championship.

The New York Rangers are not trailing far behind with an overall record of 27-13-4 and 58 points.

The team isn't new to this, though, because they've been to the playoffs nine times in the last 10 years, winning four Stanley Cup championships during that time.

The New York Islanders team captain, John Tavares, is leading his team with 21 goals. One of the team's centers, Brock Nelson, is behind but still holds an impressive 15 goals.

There are 46 games played and 36 left for the

New York Islanders, and there are 44 games played and 38 left for the New York Rangers.

Both teams brought something beneficial for their teams, and they still have room to grow.

