

# THE BANNER

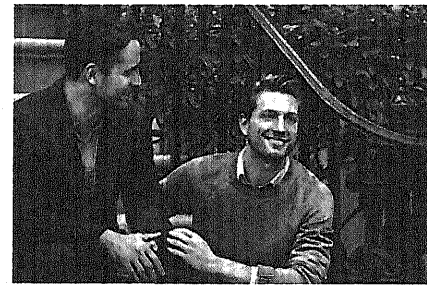
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## Students Lead Protest Against Police Brutality

SIARAPB Rallies for Civil Rights, Equality Near Campus Center



The march, which began near the fountain at the Center for the Arts, ended at the bathrooms in Parking Lot 6, where Corey Holmes passed away in 2011

BY TOMMY GALLAGHER

CSI students, faculty, and staff marched in protest of police brutality and inequality at a rally held in front of the Campus Center on March 24.

Organized by the students of Staten Island Against Racism and Police Brutality (SIARAPB) in response to the rising cases of police violence, the event took place days after the fiftieth anniversary of the civil rights marches in Selma, Alabama.

"We are going to get the word out on campus," said Krystal Raiford-Sanchez. "It would be good to see an uprising of students."

The theme of the march was "From Selma to Staten Island: Freedom Now!" and marchers intended to raise awareness about the victims of police brutality, wearing signs with the photos of Eric Garner, Michael Brown, and Trayvon Martin.

Marchers also rallied for people to fight for issues such as free quality education through university, healthcare, affordable quality housing, and well-paid jobs for all.

Protesters cheered when guest speaker

**"Racism is everyone's problem. If you're not angry about it, you're not paying attention."**

Eric Lerner, President of Lawrenceville Plasma Physics, was introduced after the march paused in front of building 1C.

In a five minute speech, Lerner discussed his experiences at the 1965 civil rights marches in Selma and its fiftieth anniversary commemoration on March 7, including views on how to change the future.

"[The Selma march] was more integrated in 1965. This time the crowd was 95 percent black," Lerner exclaimed. "Racism is clearly still alive there."

"We need a system of government that hasn't been done before," he continued.

"We need a system in which all decisions

are made by the people who work."

The final part of the rally took place in front of the bathrooms next to parking lot six, where CSI employee Corey Holmes went into cardiac arrest while in police custody on November 29, 2011.

Holmes was an off-duty cafeteria worker that had been with the college for 10 years when he was stopped by an officer who caught him smoking marijuana.

After he tried to escape, a violent struggle ensued, and Holmes went into cardiac arrest after being handcuffed. He was pronounced dead at Richmond University Medical Center.

"When I got here nobody knew about the case," said SIARAPB Vice President Leslie Amaro.

"Nobody ever did anything to publicize it."

As the protesters gathered around the spot that the fatal struggle occurred just a few

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## Dr. Craddock to Bring New Life to Verrazano School

DIRECTOR LOOKS TO IMPROVE CAMPUS LIFE, INCREASE FUNDING

BY VICTORIA MANZO

This spring, Dr. Cheryl Craddock became the Associate Director of the Verrazano Honors School at CSI. She intends to enrich students' college experiences with new ideas and enthusiasm.

With Katie Gerschwendt's departure, Craddock is now the new advisor and mentor of 245 active Verrazano School students.

"What was compelling to me about Verrazano was working with a specific group of students and getting to know them," said Craddock. "Right now, my only plans for Verrazano are not to break anything."

Despite her claim, Craddock has a lot in mind for the program. After working for The Center for Advising and Academic Success as an advisor for the last three years, she brings a great deal of experience to the table.

She went to New Mexico State University in Las Cruces, New Mexico and obtained degrees in Biology and English.

As the Associate Director of Verrazano, she stresses to provide an environment where it's easy to become engaged and have fun.

"I had a great time in college and I want students to have as good an experience as I did," Craddock expressed. "Verrazano offers me that chance, to help develop enriched experiences for students."

Undergraduates in the program must complete ten hours of community service and attend two Verrazano Extracurricular Learning Activities (VELA) every year. According to the Verrazano School's website, "VELA events enrich the undergraduate experience through academic, social, and cultural learning opportunities outside the classroom."

Craddock hopes to have students collaborate to design and run their own VELA events. She also plans to have VELA events

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# COLLEGE OF STATEN ISLAND CAMPUS MAP



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# BANNER POLITICS

## A Preview of the 2016 G.O.P Presidential Hopefuls

### Republicans Taking Advantage of Dems Silence

BY CLIFFORD MICHEL

Election night is two years away, but with the rampant 24-hour beast that we call the news media that spends hours upon hours speculating, now is as good as a time as ever to study up on potential candidates.

While no democrats have formerly announced that they're running for President, plenty of G.O.P. hopefuls have come out of the woodwork to prove their potential.

#### Jeb Bush, former Governor of Florida

After weeks of speculation, Jeb Bush, the younger brother of former President George W. Bush, announced in mid-December that he is "actively exploring" running for President in 2016.

Bush has already been pegged as a favorite of the Republican establishment and will likely be the most moderate member of the GOP on the 2016 ticket.

Bush may be able to reach over the aisle and win over less conservative voters but as a pragmatist, Bush differs from many republicans on immigration and education.

The former Governor of Florida supports Common Core education standards and is well known for his education policies. Bush enacted mandatory testing and graded all schools, resulting in an increase of 11 points on the National Assessment of Educational Progress while the rest of the country only improved by 2.5 points.

"My belief is that our standards have to be high enough where a student going through our system is college or career-ready, and that's not what's happening right now," Bush told Sean Hannity at the Conservative Political Action Conference (CPAC).

Bush also champions comprehensive immigration reform, saying that if undocumented immigrants work, learn English, and refrain from breaking laws then there should be a path to citizenship.

#### Scott Walker, Governor of Wisconsin

Scott Walker rose steadily in Wisconsin politics. He ran for state assembly at the young age of 22, two years after leaving college without a degree.

Walker has since served in Wisconsin as Milwaukee's County Executive and ran suc-

cessfully for Governor in 2010 with 52 percent of the vote.

Walker drew national attention after he introduced the "Wisconsin budget repair bill." The bill proposed significant changes to the collective bargaining process for public employees, which many viewed as anti-labor.

It put a cap on the total wage increases via a consumer price index and limited contracts to one year with a pay freeze in place if a new contract isn't settled. The bill also banned employers from collecting union dues.

Protests began in mid-February of 2011 and crowds grew to 70,000. High profile labor leaders, including AFL-CIO president Richard Trumka, visited the Wisconsin Capitol. By late February protestors were physically occupying public areas outside of the Capitol building.

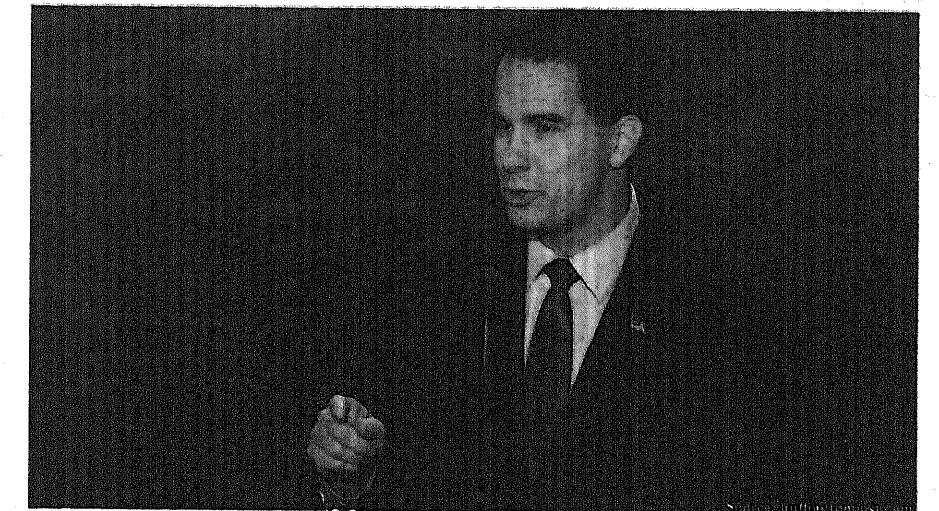
After republicans found a way to pass the bill along without quorum, Walker signed the bill and disciplined workers from different institutions. Protests continued but eventually began to dissipate in June.

The drawn out battle against the union has made Walker a conservative darling and will likely be pegged as a get-it-done candidate for 2016.

*"While no democrats have formerly announced that they're running for President, plenty of G.O.P. hopefuls have come out of the woodwork to prove their potential."*

Walker has been building on this persona. Walker cut \$300 million of funds and dramatically changed the University of Wisconsin's 110-year-old mission statement, also known as the Wisconsin Idea. He altered language concerning a "search for truth" and replaced it with fulfilling "the state's workforce needs" this past February.

Walker is significantly more conservative than Bush. He has stated that he is "100 percent pro-life" under any circumstance and opposes publicly supported services that provide birth control. Walker also opposes gay marriage and has denied gay couples benefits



After Walker proposed a bill that radically changed Wisconsin's approach to wage increases, the nation's eye focused on him as Governor.

#### Senator Rand Paul, United States Senator from Kentucky

Senator Rand Paul is the face of the libertarian movement and the son of former Senator Ron Paul. Paul is also a supporter of the Tea Party movement.

Paul attended Baylor University but didn't end up graduating, though he did graduate from Duke Medical School and worked as an optometrist until supporters of his father wanted Paul to run for senator in Kentucky.

After forming the Senate Tea Party Cau-

tion and terrorism his top priority.

In very New Jersey-esque fashion, Christie doubled the size of his office and convicted 130 public officials.

In 2009 he ran a successful campaign for Governor of New Jersey.

He has generally been fiscally responsible, despite eight credit downgrades from various companies. He has tackled New Jersey's deficit through pension reform, toll hikes, and less tax credits. He has kept his promise of not increasing income tax, sales tax, and corporate business tax.

Christie has vetoed measures that would ban hydraulic fracturing (also known as fracking) in New Jersey. He has also opposed same sex marriage, but said he would allow for civil unions.

In 2013 Christie signed the NJ Dream Act, allowing undocumented citizens to be eligible for resident rates at public universities and colleges.

Christie has been investigated for the closing of two of the three traffic lanes in Fort Lee, New Jersey, which some believe was political retaliation against Fort Lee's mayor not endorsing Christie.

#### Marco Rubio

Marco Rubio made his way into Florida politics via the Florida House of Representatives where he squeaked by in a special election, in three years he rose to become the House Majority Leader.

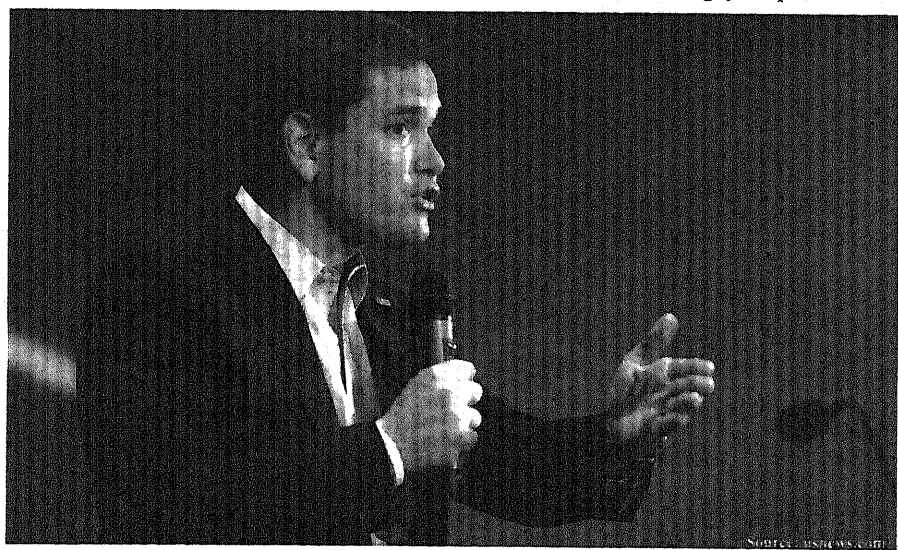
In 2009, Rubio ran a successful campaign for U.S. Senate.

Rubio is conservative fiscally and socially and received a 100 rating from the American Conservative Union.

The young legislator identifies as pro-life and strongly opposes Roe v. Wade. He also voted down the Violence Against Women Act.

Rubio opposes same-sex marriage, doesn't believe marijuana should be legalized, and has been a strong supporter of the second amendment.

He has risen to prominence through his outspoken voice on foreign relations—he currently serves on the coveted Foreign Relations committee. He's also compared his thinking to that of Henry Kissinger.



Rubio opposes marijuana legalization, Roe v. Wade, and has voted down the Violence Against Women Act

## Students to Create Science Magazine Filled with Undergrad Research

Founders Aim to Spread Awareness of Scientific Community

BY BRIANA DELBUONO

The upcoming semester will bring nothing but good things for the College of Staten Island, especially science students. The Catalyst, a magazine dedicated to scientific research, is hitting the stands soon and is expected to make waves.

The idea started with a few members of the American Chemical Society Club and their hopes of creating a magazine that the college has yet to see.

"It was an idea that had never been presented to me before," said Philip Masciantonio, WSIA-FM General Manager at the college.

The magazine got started around last year when founders of the group, Vincent Mattera, Michael Luppino, Dennis Lam, and others took their ideas and inquiries to Masciantonio.

The WSIA-FM General Manager advised the students to hold a general interest meeting and how to fill out the right paperwork to become officially recognized.

After being reviewed by the committee within student government, the organization passed all of the requirements.

"I talked them through the process. I instructed them about the online process that new student organizations must follow in order to charter their club and that they would need to put together a prospective staff," Masciantonio said.

"He was very helpful." Copy Editor and Publication Board Representative, Vincent

Mattera said.

Funding for the magazine will come from the Student Publications Board, made up of representatives of all the organizations on campus and representatives from student government as well.

"The students put together a proposal for how much funding they would need and requested office space from the Office of Student Life so they could work and hold meetings," Masciantonio said.

The Catalyst magazine aims to highlight details about the scientific community.

**"This was something that was totally different than we were currently doing and everyone was really excited about the idea."**

"A lot of the students are involved deeply with the science administration and there is so much going on," Masciantonio said.

The magazine will have study guides for science classes and will act as an aid for students who are struggling to understand the content of their classes.

"There's a lot of individual research being done with students and faculty on campus so we were looking to have a way for other people who aren't directly involved with it to know about it too," Masciantonio said.

"What better way to spread scientific awareness than a scientific magazine?" Mattera said.

"I've always liked media and we're doing all this research so we should have a magazine for this."

"I'm in charge of doing the logos," said group member, Steven Shau. There will be a table of contents for the subjects including: Biology, Psychology, Biochemistry, Virology, Chemistry, Anatomy, Physiology, and Computer Science.

The logos will be made using basic ty-

end of March.

"We pitch ideas and then when we like something, we go out, we do the research and then we make our articles," Shau said.

The first print issue of the Catalyst will be on stands by next semester and members are hoping to start an online edition after the print is released.

"It's going to be something interesting to read that will also help you to study for your classes," Shau continued.

The magazine is already a big deal on campus.

"This will be the first time in a number of years that students have come forward with an idea unique enough to grant recognition from the board," Masciantonio said.

"This was something that was totally different than we were currently doing and everyone was really excited about the idea."

The Catalyst will also have ways for students to become directly involved and offer them a way to win prizes.

"We hope to hold a contest called 'Guess That Molecule.' The first 'x' amount of people to guess [the] molecule will receive a flash drive or a back up battery with our logo," Mattera said.

The group has been meeting every Thursday in hopes of finally finishing their first issue.

"I think people are really looking forward to it coming out and I think it's going to have a big impact on campus," Masciantonio said.

## CSI's Very Own to Compete in Miss Wheelchair Pageant

"Pursuit of Access" Drives Student from New York to Iowa

BY JUSTINE CARUCCI

Andrea Dalzell, a CSI student, will represent New York in Iowa this summer at the Miss Wheelchair America Pageant.

Working daily to promote her platform, "Pursuit of Access," for the event, Dalzell works daily, including writing letters and petitions to assemble men and women for her cause.

With a unique, yet much needed cause in her corner, she is confident as she raises the funds for the expenses of the upcoming pageant.

And as a member of CSI's Emerging Leaders program, she has a band of followers that also believe in her ability to bring the Miss Wheelchair America title to New York.

"Andrea is a very smart, determined, and resourceful woman who is capable of anything she puts her head and heart into," says Robert King Kee, ELP administrator.

"There is a huge need to create adequate housing for people with disabilities," Kee continued.

"We need more leaders like Andrea fighting the fight."

Having suffered from transverse my-



Photo Credit: Justine Carucci

elitis, an inflammatory disease that damages the spinal cord, as a middle schooler, Andrea knows the cost of upgrades to remodel homes to provide access for the disabled.

Many teenagers are entering nursing homes because their families cannot afford to make their homes wheelchair accessible.

Health insurance companies are paying up to \$10,000 a month per person in a nursing home that isn't fulfilling their needs.

Andrea's plan is to have houses in place that will not only have the access people need, but full-time aids and \$1,400 rent.

Saving ranges from \$5,000 to \$7,000

a month, and having roommates in the same age range and lifestyle is an added bonus.

In September 2014, Dalzell was crowned Miss Wheelchair New York.

For her platform, realizing that certain things were worth speaking up for, she revamped the line "Life, Liberty, and the Pursuit of Happiness" to "Life, Liberty, and the Pursuit of Access."

Andrea was hesitant to submit the application to Miss Wheelchair New York, but was moved by a desire to be an inspiration.

"I wasn't sure I wanted to be Miss Wheelchair New York," she said.

"I just knew I wanted to speak up for everyone else. There's no female role model with a disability for people to aspire to, so I want to be her."

Andrea has managed to raise some funds for her pageant fees by selling wristbands that read "I support Miss Wheelchair New York" and has set up a "Go Fund Me" account.

"I don't want people to praise me for getting out of bed in the morning, we all get out of bed," Dalzell expressed.

"Get out of bed and say something, get out of bed and do something."

## "Students Protest Against Brutality" Continued from front Page

years ago, Peter McFarland quietly spoke to the crowd about his former co-worker.

"He was a human being," said McFarland.

"We still don't know what happened to him."

An angry roar of voices followed the statement, calling for a private investigation outside of the police.

Protesters expressed their outrage at the administration for never conducting an outside investigation into the death of Holmes. Many expressed the need for an objective outside investigator, claiming that the police cannot be left to keep themselves in check.

The angry calls for the police to be held accountable led into a speech by a student,

## "New Life to Verrazano School" Continued from front Page

featuring food.

Craddock has begun sending routine emails to her students about opportunities for community service, internships, jobs, and other programs, hoping to open their minds to new ideas. She often includes jokes in her emails, aspiring to make her students feel happy and comfortable.

"I am a playful person. I think it's important not to confuse being serious about what you do, and being serious," said Craddock. "If I make everyone laugh, that will be good."

She is looking to get students more involved in campus life and find more funding for the Verrazano program, realizing that in a commuter school this is often a difficulty.

Her idea is to organize an event in which students team up to break a Guinness World Record on campus, noticing that the world's largest game of Ninja has yet to be documented.

Gerschwendt's departure left Verrazano

who talked about the 43 college students that were declared dead after being handed over by corrupt police to a notorious gang while raising money and stealing buses for a protest.

The student was followed by Professor Harry Cason and others, who discussed the importance of actively fighting for issues such as free and quality education and better contracts for teachers by protesting, petitioning, and contacting local Congressional leaders.

The rally began at the fountain behind building 1P with a low turnout, but with loud chants of "We March! We Step!"

"Racism is everyone's problem," said SI-ARAPP member Elizabeth Allen.

"If you're not angry about it, you're not paying attention."

with many concerns about the future, including who would step in and what that person would change. Cynthia Palumbo, Verrazano's office assistant, didn't know who she'd be working with or what to expect.

"I was anxious when Katie announced that she was leaving. You worry about work dynamics and the program itself," said Palumbo, "but it's been nice, a really smooth transition."

Craddock and Palumbo are now working closely together to familiarize themselves with a new computer database that condenses student files, allowing them to access information quickly and efficiently.

With registration for the fall semester quickly approaching, Craddock will be busy advising and attending to many responsibilities in her new role. Despite this, her door remains wide open.

"I get so much energy from working with students that are so bright, capable, and funny," said Craddock. "I get to live vicariously and absorb everyone's enthusiasm. I'm so happy to be here, so thrilled."



"We need a system of government that hasn't been done before" Eric Lerner (far left) said at the Campus Center leg of the rally



## International Services Director Lives the Overseas Life

Cycling, Souvenirs, and Soup Dumplings Shapes Dr.'s Personality

BY STEVE VITALE

A frequent world traveler, having visited over fifty countries in his lifetime, Dr. Stephen Ferst is the executive director of CSI's International Services Program.

His responsibilities include assisting the college's 20 study abroad programs, and assisting students and faculty concerned about studying abroad.

"Every place has its charm," he said. "Everything is a new discovery. Each reveals some issues in a different way."

Ferst has worked at CSI since August 2013, but has been involved in international studies for over 20 years.

He became interested in studying abroad when he was an undergraduate at Rutgers University.

Dean Gopin convinced him to get involved with international studies, and he has never looked back.

His first trip was to Jerusalem, where he earned a full semester's worth of credits.

Over the years, Ferst collected many

stories about his travels. One of his favorite involves a trip to India. He bought a bunch of bananas from a vendor in a train station. When his foreign friends learned of this, they were upset.

It turned out that the vendor ripped him off, charging him an extra few cents. They

stitutions abroad, programs, and students he's accompanied abroad."

Ferst has visited Shanghai, Sydney, and Mérida. While abroad, he enjoys walking around and eating.

While he only speaks English, he can understand most foreign menus when he visits

loves. He owns several bikes, including two Trek racing bikes, a Colnago, a cross bike, and a single speed bike. He participates in both local and international races.

"I'm fairly convinced that humans were not built to go sixty miles per hour," he expressed.

"While it's faster than walking, cycling allows for your brain to process all the sights that you see while cycling."

Alpe d'Huez, a 13 kilometer route in the French Alps, is a place Ferst someday hopes to travel.

The route consists of 21 slopes and is often referred to as a "cycling mecca." He hopes to ride though there before watching professional riders participate in the Tour de France.

Ferst appreciates the perspective his experiences have given him, explaining that it offers him a different sense of self.

"It's kind of defined my life. It's kind of who I am. It's given me the ability to reset my grip on American culture, and feel more comfortable accepting different viewpoints."

**"I enjoy hearing about his stories because I learn about relationships between institutions, programs, and students."**

contacted the conductor, who demanded the vendor give Ferst a refund. He saw firsthand how hospitable and caring foreigners could be to tourists.

"I think in our field, you meet a lot of people who travel extensively," said Renee Cassidy, a study abroad advisor at CSI.

"I enjoy hearing about his stories because I learn about relationships between in-

restaurants.

A favorite place of his is a small dumpling shop located on the far corner of Shanghai, where soup dumplings are served. He also enjoys Pasta Cabrera, as long as it's done right.

Souvenirs Ferst often brings back include old pictures, toys, and tea.

Cycling is also another activity Ferst

# BANNER LIFESTYLES

## Where is the Pumpkin Turned Carriage When You Need One?

*Banner Writer Gets a Royal Makeover*

BY EMILY ZODA

MAC created a line of limited edition cosmetics in anticipation for the live action adaptation of "Cinderella."

The makeup line launched online February 26 and was on store shelves March 6.

The day it arrived at the Macy's MAC counter in the Staten Island Mall, it sold out that same day, according to an associate from the store.

The glittery, blue-cased MAC line consists of a neutral palette of pinks, taupes, some purples, and whites, of course matching the famous Cinderella dress.

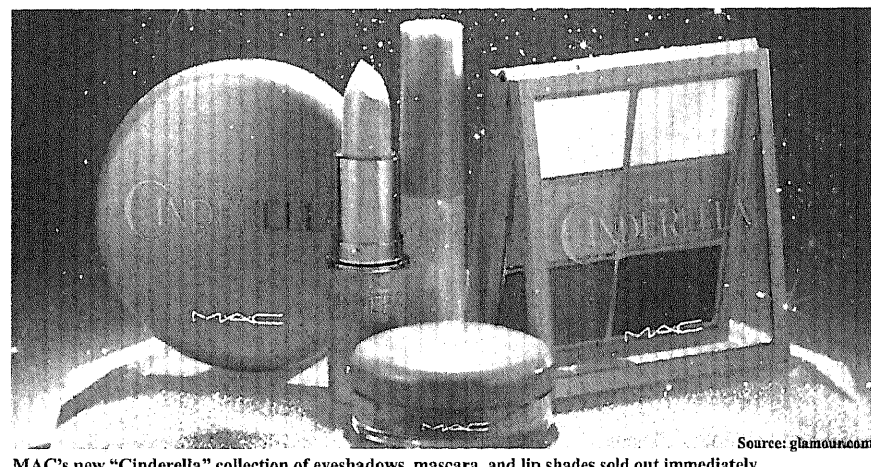
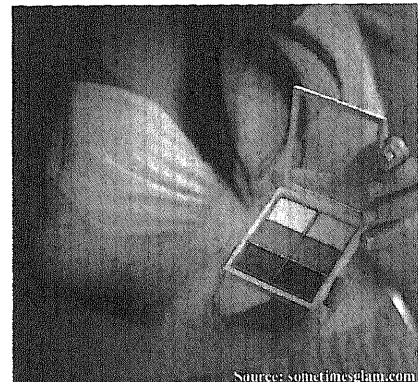
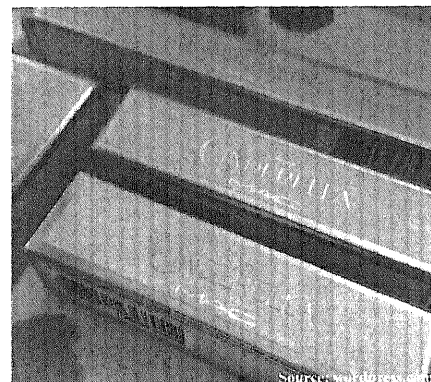
Cinderella is one of my top favorite Disney princesses. When I took a first look at my Stroke of Midnight eye palette, I got really excited.

Opening the palette, I examined the colors carefully to see what I could do with them. I consulted my friend, who is a makeup connoisseur, and asked what I should make of these colors in the best possible way.

She sent me a few photos that illustrated how I could produce a smokey-eye effect with the available colors.

After applying the first light shade of beige, I was confused because there was no difference in color between my skin and the eye shadow.

We exchanged a few messages but after



MAC's new "Cinderella" collection of eyeshadows, mascara, and lip shades sold out immediately

sending her a photo of what I'd done, she was dissatisfied.

Afterwards, she offered to do my makeup for me to get the full effect of feeling like a princess.

Later that night, I practically crawled my

way to her house in desperate need of her help.

She felt the powdery texture of the makeup and sat me down at her dining room table, plopping her canister of brushes and bag filled with lipstick, mascara, and eyeliner to

the point at which I thought it would spill over, in front of me.

First, she told me I needed a primer. A primer for your face or eyes just makes the powder you're applying come out vibrantly and last all day long.

Next, she highlighted my brow bones with the two lightest shades.

Since the palette offered an opaque one and a shimmering one, it came out to a much nicer blend from when I had only used the opaque.

Then, she blended three colors to cover my eyelids in a purple and beige mirage. Using the darkest glittery purple, she created a crease for a smokey eye effect.

To finish it off, she used the lighter shade underneath my bottom eyelash line for a little highlight as well.

She topped off my eyelids with a quick, effortlessly done wing and a few strokes of mascara, and just like that, I was completely transformed.

When searching for the makeup online, individuals used the same product themselves and the end result didn't impress me.

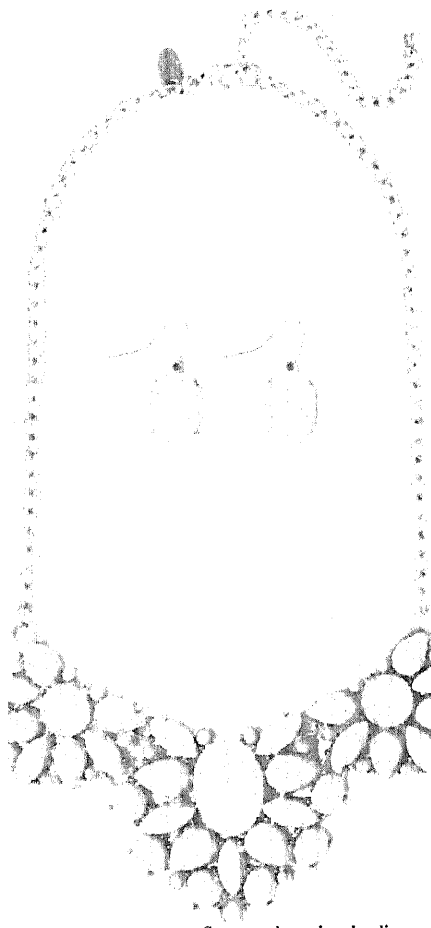
I was worried about receiving this makeup and thinking I had just bought another day-to-day palette with the Disney brand stamped on it, but with the help of my friendly makeup artist, I was introduced to a new world of possibility.

## Spice Up Your Outfit with a Chunky Necklace

*Add style for an affordable price*



Etsy: Wear this floral neck piece with a low neck lined shirt to give your outfit a vintage feel.



Charming Charlie's: For the spring, Charlie's is showing "hint of Mint" for the spring and summer. This color is always a must for the summer, for every girl is wearing it (besides coral of course).



Forever 21: You cannot go wrong with a clear stone necklace because it can go with anything you wear. I would pair this piece with a black dress for a formal look. But, it can also be an everyday piece



Charming Charlie's: This combines the summer's two hottest colors in one piece. Who doesn't love anchors?

# BANNER LIFESTYLES

## Tiffany & Co. Launches First Advertisement Featuring Same-Sex Couple

*The "Will You?" Campaign Represents True Love's Meaning*

BY DIANA PORCELLI

"Will you marry me?" Everyone dreams of hearing those four words, or getting their nerves worked up enough to say them. Never mind getting down on one knee, what about the ring?

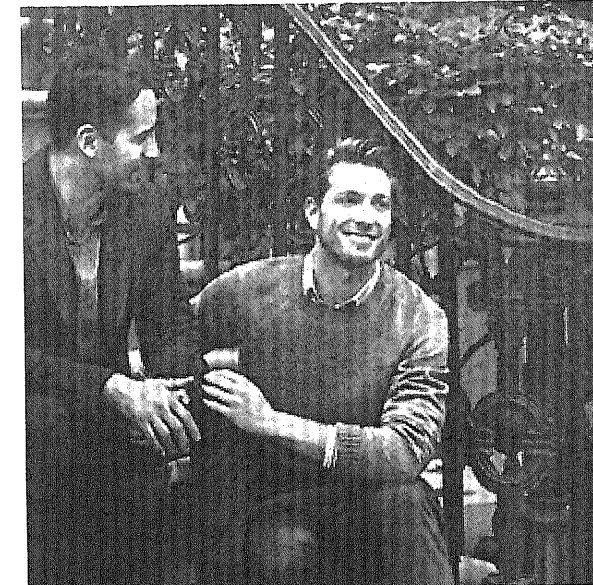
Today, same sex marriage is acceptable. And from a salesperson's point of view that's great, because we get to sell two wedding bands and two engagement rings to one couple!

Tiffany has launched its first same-sex national advertisement, "Will You?" Amongst a series of different couples, a still shot of two gentlemen sitting on a stoop is an actual gay couple living in New York City.

Not only is Tiffany a world-wide name, but it is also the first to feature a same-sex couple in a national ad. The "Will you?" ad represents something other than buying the right ring, but what true love really means.

The ring must be perfect and, of course, the right size too. No matter whom you propose to or how, the question that will most likely come up is, "Where did you get the ring?"

For over 175 years that iconic blue box



Shot by fashion photographer Peter Lindbergh, the couple pictured above is the first same-sex couple photographed in the company's advertising history

wrapped up with the white bow never fails to disappoint. If you don't know what I am talking about, you better do some research. Charles Lewis Tiffany started Tiffany Co. in 1837.

He was known for purchasing the rarest diamond on earth, a 287.42 carat yellow diamond—which went on to be known as the Tiffany diamond—in the rough and was cut to a cushion shape and 128.54 carat with 82 facets, more than your average diamond. Tiffany cuts their diamonds to release their brilliance, not for size.

Their iconic six-prong Tiffany setting is known worldwide. A plain solitaire diamond

no—fancy band or anything—just the diamond that captures your eye.

If your significant other knows what is good for them, I highly suggest buying something from Tiffany in your lifetime.

Just a little insight for any football fans reading this, Tiffany crafted the Vince Lombardi trophy for the Super Bowl and many other sporting event trophies over the years. "Tiffany is showing the world that gay marriage is okay." Said Danny Yat, also from the LGBTQ Resource Center.

Anyone can walk into a store and purchase some jewelry or not. But how you are treated by the salesperson is what makes your

experience.

"The LGBT community is a buying community just like everyone else," said Vitale.

When someone walks into Tiffany and Co. knowing they welcome the LGBT community, they can feel more relaxed and reassured that they will not be discriminated against.

When working with any customer, they should be treated with the same respect regardless of who they are. That's how it should be throughout any store regardless of what is being sold.

I have been discriminated when shopping in a store. I'll let you in on something, it is not a good feeling!

Working in the jewelry industry, I deal with many different people on a daily basis and you have to know how to deal with your customers.

Knowing that you are going to have to look at that ring for the rest of your life, you don't want to be pressured into buying something by a sales associate that is not matching your needs.

I believe Tiffany and Co. has done the right thing in putting it out to the world that they are supporters of the LGBT community.

When purchasing an item you plan on having with you for the rest of your life, you need to be sure it is what you want and love it, such as a wedding band or engagement ring—not to mention a more expensive item of your life, a house, of course.

## Just Lose Weight, Don't Procrastinate

*The Stress of Getting in Shape Without a Moment to Spare*

BY MATTHEW MCKENNA

Many students set goals for themselves whether to do better in school, meet new friends, or to improve their health. A goal made by college students is to lose weight and gain muscle. Trying to do those things can be hard if you don't have a flexible schedule. I am one of those people.

My desire to lose weight began in December 2011, when I was in my junior year of high school. While visiting a friend, I noticed he had an electronic scale.

When I saw that I was 215 pounds, my heart sank. Being that weight for a five-foot, seven-inch 16 year old was not healthy and I made it my goal to change that.

I wanted to look good for my cousin's upcoming wedding so I started going to my local gym every day. I did cardio and occasionally lifted weights. In terms of my diet, I cut out soda, desserts, and fast food like McDonald's and Burger King.

Within a few months I lost a lot of weight but barely noticed a difference. Afterwards I and my size 38 pants started falling down. Girls started looking at me twice, so I knew I was doing something right.

My friends, gym teachers, family mem-

bers, and Michael Chang from "Six Pack Shortcuts" was who I turned to for advice. I would ask my friends, ones who were lean and muscular, what dieting tips and what type of exercises I should do.

They all gave me good advice. I would work out with them if they had a membership with my gym or if they didn't, I got them guest passes, and would work out together.

One friend really pushed me and didn't take no for an answer. We also sparred with

each other since he said it was a good way of losing weight, gaining a bit of muscle, and increasing metabolism.

When the summer came, I worked at a day camp and during my breaks I would jump rope. Before I would go to work, I did cardio and repeated that later in the day, too.

Finally, my cousin's wedding came. When my family saw me they were impressed, and I received so many compliments.

While taking pictures, I posed and stood

up straight. Later when I looked at them, I thought "Wow, I did lose weight."

In the first week of classes, my health class made us introduce ourselves. When I told the class that I had lost 40 pounds from December of 2011 to September of 2012, I got a round of applause, which boosted my confidence.

When senioritis kicked in, I became lazy, ate more sugar, and with the stress of the state testing and having to do my first film project

for class, it became a bit unbearable. I gained back the 20 pounds I had lost. When I graduated, I started riding my bike again and I lost a little bit of weight.

Within my first year of college, I wondered how I could include the gym into school and work schedule. I tried to, but rarely, like once a month.

In my second year, I gained a little more weight to the point that I feared hitting 200 and going over.

I haven't been to the gym lately but when

I go, I would use a machine for cardio for about an hour and when I was finished with my workout, if I had stayed for an hour or more, I would feel like I had achieved something.

But my eating habits are still the same—eating too much, or having too little. I have been exploring new things and have been removing some others.

It gets me mad when I would buy healthy food while my mom still bought chocolate and sugar. I ask her to please stop buying that kind of food because I know I'm eventually going to eat it. Sometimes, I manage to contain myself but other times I can't.

It is also stressful for me to not go to the gym because of my school schedule, the homework I have to do, and trying to find a job.

I get bummed out when I choose video games and other stupid reasons over trying to go to the gym and reach my goal.

Well, no more dreaming for me. I have a goal and I must pursue it. My goal is still the same, but a bit ridiculous. It's to lose weight and gain lean muscle so that I can be healthier, better looking, and cosplay as a character for either Halloween or the upcoming Comic Con.

# BANNER ARTS

## The Pearl Presents Shakespeare's "The Winter's Tale"

*An Intimate Night in Contemporary Interpretation of a Classic*

BY LUCIA ROSSI

Reading works by William Shakespeare may be difficult for some, but seeing it in action definitely adds clarification. Even if you don't understand what the characters are saying, you can surely feel it.

This was especially true with The Pearl Theatre Company's interpretation of the play "The Winter's Tale."

"The Winter's Tale" is a tragic comedy about kings who become mad with jealousy, an accused innocent queen, a prince and princess who fall in love, and a prophesy that must come true, held together by loyal friends who help make the magic happen.

All theatre companies interpret Shakespeare plays in different ways. Some keep it classic and some modernize it. This play was modernized in terms of its setting, props, and costumes. The classic Shakespeare lines were kept unchanged and there were no serious plot changes, either. I would say this play did Shakespeare justice.

The theatre itself is a small and cozy black box theatre with a considerably low number of seats. The play was very close up and personal, with little special effects.

The group of actors was small and diverse. Some played more than one role. James Udom played Florizel and Mamillius, Imani Jade Powers played Perdita, messenger, and one of Hermione's ladies, and Dominic Cuskern played Antigonus and the Shepherd.

This play was not meant to be extravagant with its looks; it was all about the acting, and the acting was very intense. Peter Francis James, who played Leontes, had so much



intensity. So much so that you could see the sweat on his neck, his face turn red from anger, spit flying from his mouth, and tears fill his eyes.

The actors had no microphones but every word could be heard clearly. Whenever there was a monologue, they would come to the front of the stage, the lights went down, and everyone in the background froze in place.

Although the main characters are royalty, the setting and costumes did not suggest such a thing. This was puzzling to me and somewhat of a disappointment. The setting was that of a modern dining room with a dinner table, chairs, a fire place, a few armchairs, wooden armoires, a closet, a storage bench and a piano. For scene changes, furniture was merely moved in different positions, nothing drastic.

Their costumes were simple, modern, and business casual. They looked like rich upper class modern people with their cocktail dresses, slacks, and suits. Nothing about it really screamed "nobility."

Although characters and lines did not change, the portrayal of one character did, Autolycus in particular. In the original play, Autolycus is an old man who is a thief and a con artist. In this play, Autolycus, played by Steve Cuiffo, is still a thief and con artist, but he is also a magician and musician. Autolycus here was a young man, poor, and carried a guitar around. He had a hippie image that was very Bono-like.

Autolycus was the comic relief of the play with the tricks he played and his mischievous, but charming nature. He added some pizzazz to his role by bringing a confi-

dent personality and edgy rockstar style. He did magic tricks that were surprising, including one where he kept getting rid of toothpicks in his mouth that kept reappearing.

Just because this is a Shakespeare play doesn't mean that there were no songs. There were cheerful and sorrowful songs performed. One that was particularly bittersweet was the song sung by Imani Jade Powers where she repeats the words, "How like winter, the winter."

This sad song was appropriate for The Winter's Tale much like how a sad tale is appropriate for winter.

The characters, though diverse, fit their roles perfectly. The love between Florizel and Perdita was intimate and believable perhaps because the two actors of the roles are actually dating in real life. Needless to say, there was an immense amount of kissing between them.

My main disappointment was with Hermione's statue costume, or lack of one. On the playbill cover is Hermione as a statue. When given this, it was my expectation to see this in the play. However, Hermione as a statue was merely her in her original clothing, standing still.

Other than that, the play was, in some ways, more exciting and vivacious than the book. I believed this during the scene where all the actors became bears and started attacking. In the play, this scene was only a stage direction but here, it was much more.

You don't have to understand Shakespeare to understand this play. The actors understood it for you and showed you what everything meant. Thanks to this, no one should fear Shakespeare.

## "An Octoroon," A Classic Modernized Into Dark Comedy

BY MATTHEW MCKENNA

The play "An Octoroon," originally created by Irish playwright Dion Boucault in 1859, has been brought to the SOHO Theatre for a New Audience and retold in a different light by playwright Branden Jacobs-Jenkins.

Originally a dark and tragic romance with a lot of racism, Jacobs-Jenkins lightens the tone by turning it into a comedy with modern elements. This play is recommended for people old enough for a rated R movie and it is advised not to take any children because of its racist elements.

What makes this play unique is how the male actors play multiple roles. The cast features Austin Smith, who plays George, the humble man from France, and M'Closky, the man who will stop at nothing to get what he wants. Haynes Thigpen plays the Native American Wahnotee and a comedic version of Dion. Ian Lassiter plays Pete and Paul.

Amber Gray plays the octoroon known as Zoe, a humble and beautiful girl who falls for George.

Supporting cast members also do a great

job and feature Mary Wiseman as Dora, and the other slave workers Minnie, Dido, and Grace who are played by Danielle Davoport, Pascale Armand, and Maechi Aharanwa.

The general plot of the story follows the death of a plantation owner who hands over the estate in New Orleans to his nephew George. Dora, a local girl, falls in love with George, but he falls for Zoe, who is one of

**"Jacobs-Jenkins also used a photo from the 1960s of black people being lynched to get his theme across."**

the slave hands and is also the daughter of George's uncle.

As the two begin their affair, the villain M'Closky wants Zoe for himself and develops a plan to force George to give up the plantation, therefore having the ability to claim the slaves for himself. Chaos only begins with the death of the boy Paul, who is one of the slave workers on the plantation, and his Native American friend Wahnotee is

accused of the murder.

The acting in this play was well done by each one of the actors and the comedic elements had the audience laughing. Most of the funny jokes came from Minnie and Dido, who were the outspoken slaves on the plantation. Other comedic elements came from the actors breaking the fourth wall.

Thigpen's portrayal of Dion was very

funny and he had a good Irish accent. Lassiter's ability to switch from young boy to old man in a heartbeat was well done. Smith's performance was also good, switching from hero to villain—especially in a particular scene towards the end.

Gray's acting ability is shown greatly when audience members see Zoe's struggle. Wiseman's portrayal as a dumb Southern girl was also funny. Another good element of the

play is how real the costumes looked, and each had its own personality.

Jacobs-Jenkins did a great job with the limited resources he had, but it also his flaw as well, mainly when it comes to set design.

Another aspect the audience would disapprove of is how the actor Austin Smith took a page from Neil Patrick Harris by coming out in his tank top and underwear before the play even began.

Telling his struggles as an actor with his therapist being the audience was also unimportant.

When Smith and Dion started swearing loudly and repeatedly at each other, it had the audience nodding their heads. The male actors also put on their make up in front of the audience along with changing into costumes in order to get into their roles.

Jacobs-Jenkins also used a photo from the 1960s of black people being lynched to get his theme across.

Overall, this modernized version of the play in itself was good and entertaining to watch. It could have done better without the beginning, however.

# BANNER ARTS

## Disney's Cinderella Remake Aims to Astound

*Princess' World Gets Aesthetic Boost, Strong Cast to Support*

BY MATTHEW MCKENNA

While audiences watch the new Disney live-action "Cinderella" remake, they will have these words in mind: "magical," "stunning," and "cheerful."

Kenneth Branagh, who directed "Thor" and "A Midwinter's Tale," made this film with charm and chooses a brilliant cast. It features Lily James, Cate Blanchett, "Game of Thrones" Richard Madden, and Helena Bonham Carter from the "Harry Potter" franchise. This movie may be rated PG, but this is one for anyone to see, young or old, boy or girl.

The plot is the same as any "Cinderella" reincarnation—a young and beautiful girl is forced to become the servant to her step mother and step sisters after her loving father passes away.

Cinderella also meets a dashing prince that she falls in love with. The overall theme of the movie, which isn't hard to miss, is to have courage and to be kind.

Cinderella is played by Lily James, who is from the hit show "Downton Abbey" and has also done "Wrath of The Titans." Richard Madden reprises his role as a monarch but this time he is Prince Charming, not King of the North.

Helena Bonham Carter is Cinderella's Fairy Godmother and Cate Blanchett is the

wicked stepmother, Lady Tremaine. Holliday Grainger and Sophie McShera are the funny and dimwitted stepsisters.

The scenes that really stand out and show the theme of the movie are when Cinderella first meets Charming in the forest, when she is tries to get away from her step-family, and the ending of the movie.

The movie was good to the point where it was almost great. Kenneth Branagh really does make this a fantasy film and Disney made the right choice in hiring him to make it. It has so many great elements in it, including costume, set design, and location.

Lily James as Cinderella does a great job.

You felt her struggles to clean the house and keep her step-family happy. However, in the dress she had to wear for the ball, it looked like she could hardly breathe.

Richard Madden puts the charm in Prince Charming. He becomes the typical Disney prince stereotype that audiences have all come to know, but he actually does a great job.

Cate Blanchett brilliantly does the role of stepmother well, being cruel to Cinderella yet actually seems human at times. She also does a great job as the villain, that audiences love

to hate her.

The two stepsisters, played by Holliday Grainger and Sophie McShera, bring the most comedic elements into the movie with their pure idiocy. Helena Bonham Carter may replay her roles but does this role well in showing how quirky the fairy godmother is.

Other than the cast, what really impresses are the elaborate costumes, which range from simple garments to magnificent ballroom dresses. Set designs are also unique and enjoyable to see, such as Cinderella's home and the palace where the ball is held. The forest, gardens, and everything else are beautiful, too.

One thing we viewers have come to realize is the idea of taking classic animated Disney princess and turning them into live action spectacles. They already have decided to cast Emma Watson from "Harry Potter" to play Belle from "Beauty and The Beast."

Is it possible that we will see more, such as "The Little Mermaid" or "Snow White and the Seven Dwarfs?" Perhaps we will see other classic Disney animated films that will have live-action interpretations that aren't princess movies like "Aladdin." Only time will tell.

Overall, this movie in itself is great, the only thing that seems bad is that it feels a little corny.



## The Unbreakable Kimmy Schmidt Makes It's Break on Netflix

BY LUCIA ROSSI

Tragedy turned comedy, "The Unbreakable Kimmy Schmidt" inspires many people to be unbreakable in only 13 episodes on Netflix.

Created and produced by Tina Fey, the show is definitely binge-watch worthy.

The series begins with the quirky and happy-go-lucky Kimmy Schmidt, played by Ellie Kemper, who along with three other "mole women" are released from a bunker in which they were captives for 15 years.

They were kidnapped by the crazy Reverend Richard Wayne Gary Wayne, who forced them to join his apocalyptic cult. Now that Kimmy is free, she starts her life anew in Manhattan with her roommate Titus Andromedon, played by Tituss Burgess, a gay hopeful Broadway performer, and alcoholic landlord Lillian, played by Carol Kane. Kimmy works as a nanny for Jacqueline Vorhees, played by Jane Krakowski.

This show is original with a hilarious cast and endearing story. Kimmy's personality is as bright as her clothes. She has this undying will to never give up, her positivity is encouraging, and her spirit is unbreakable.

No matter what happens, no matter how much she has lost, she keeps moving on because every day is precious. She teaches other characters ways to carry on, like, when in doubt, keep smiling; it's called "Kimmying."

If you have patience, it is Kimmy's advice to count to ten, and when you're done,



do it again, because anyone can stand anything for ten seconds.

Now that Kimmy is 29 years old, she enters adulthood without really having a childhood and teaches viewers that it's okay to indulge your inner child.

This show caused controversy because it deals with a lot of racial stereotypes but then, does so much more with them. Everyone needs to remember that this show is a comedy. They are not being racist, they are mocking society and themselves.

The show touches upon stereotypical gay issues, stereotypical Asian immigrant issues, and the Native American stereotype. Besides Kimmy, "Pinot Noir" singer, Titus, stole the show. The writers used his gay stereotype as

an opportunity to show real-life problems, like not being straight enough for certain roles in show business.

He is a hero on the show because he pushes himself to achieve his dreams, even if it means physically endangering himself auditioning for "Spider-Man: Turn Off The Dark."

Although the show makes fun of the Asian immigrant stereotype, Dong is a character that actually breaks another stereotype. Dong is a Vietnamese immigrant who tutors Kimmy in math to get her GED. Dong becomes a love interest of Kimmy, which breaks the stereotype that white women don't like Asian men.

The Native American stereotype comes

in with the Jacqueline Vorhees character, who also makes fun of the rich, white-privileged culture. Her story brought up the issue of Native Americans who are pale enough to pass as white and use that to gain social status, which is exactly what Jacqueline did. Natives in real life actually do feel the pressure to be less "native" and more white because of society.

Throughout the show, Kimmy deals with several situations and characters that resemble her experience with the cult and cult leader, like the teacher of her spin class or the fact that she lives in a bunker-like apartment, or how Kimmy is still gullible enough to follow strangers to their vans. She still has the heart of a 15 year old girl but gradually grows with the help of her friends, all while trying to not live in the 90s anymore.

Kimmy is unbreakable because she never believed in the Reverend's cult beliefs. She had hope and she believed, "We're the strong ones, and you can't break us." It's just as Walter Bankston says in the theme song, "Females are strong as hell."

The theme song is an interview about the freed mole women turned into auto tune by the Gregory Brothers on YouTube. Be aware that it is very catchy.

The show was originally supposed to be called Tooken and was supposed to air on NBC, but was instead sold to Netflix and was given a two-season order. So, fear not binge-watchers, there will be more Kimmy to come.

# BANNER OPINIONS

## Yik Yak Should Really Shut Its Trap

*Why Controversial Messaging App Needs to be Banned*

BY LOREN TRAPANESE

Yik Yak is the newest addition to college campuses across the country, challenging social media with a veil of anonymity.

The app sorts out users by their location or university. There is a 1.5-mile radius in which posts can be made in the same chat. Although it is supposed to be used for basic college chat—finals and parties—users have turned it into a bashing group chat.

Is it okay for Yik Yak to be on campuses?

Yik Yak became the center of attention recently on the front page of *The New York Times*. 230 freshmen at East Michigan State University bashed three female professors during their lecture. The chat completely defamed the professors with use of crude, sexually explicit language.

When a teacher's assistant approached one of the professors and showed her the discussion, she was appalled. Professor Margaret Crouch sent pictures to the university officials, requesting immediate action, claiming that she felt "sexually and verbally abused and her reputation besmirched."

However, EMSU could not do anything due to the anonymous user profiles.

This is not the only campus that has had a bad experience with Yik Yak. The University of North Carolina, Michigan State, Penn State, University of Texas, and Kenyon Col-



lege saw one Yik Yak user propose a gang rape at the school's women's center.

The only way to obtain any information on a Yik Yak user is to get a subpoena, court order, or warrant. Yik Yak refuses to disclose any information unless it is a matter of emergency.

A bomb threat was made in November at Michigan State University. Student Matthew Mullen wrote, "I'm gonna (gun emoji) the school at 12:15pm tomorrow," toward a dorm room.

Completely taking advantage of the anonymity factor, young adults think it is okay to use derogatory language filling campuses with "yakkers" discussing racist and ho-

mophobic topics. Some universities have gone forward and used their Wi-Fi to block access to Yik Yak. However, there have been complaints that that violates freedom of speech.

On the contrary, I find it necessary to take any action on preventing Yik Yak on campuses. It is not being dealt with properly. Due to its anonymous factor, it makes it all the worse to try and take action.

Universities should not allow Yik Yak to be used on campus. It has caused a serious uproar with professors and students. When you have too much immaturity in the same group chat, things get sketchy and cause serious harm.

What users don't understand is that it is not just an app; it is a form of social media that will never just erase. What you say stays.

It kind of reminds you of how today one would say, "You act tough because you have the computer screen to protect you," and that is 100 percent true. Users will slander, bash, and threaten with not one care because they know that no one will come looking for them.

It is understood that initially the app was focused more for simple college discussion—go figure. But this generation can't handle being respectful.

"Yik Yak is solely used for party discussion, events, and professor updates," said Amanda Mazzy, a student from Oneonta State University. "Little bashing occurs, and that's more toward the sororities and fraternities."

Two fraternity brothers, Tyler Droll and Brooks Buffington, created Yik Yak in 2013. They wanted a new type of social media that allows for students to communicate without having a constricted amount of viewers.

A consistent exchange of hateful or demeaning words amongst users, who feel that they are being attacked, can actually be a legal cause to sue for defamation. This app comes with a great deal of baggage, which should not be tolerated on college campuses.

## Ignorance Towards Racism Most Certainly Not Bliss

BY LOREN TRAPANESE

Making headlines over the last week was the expulsion of two students who sang a "racist chant" during a fraternity party at the University of Oklahoma. Racism has been taken to a whole new level over the duration of the last few months. Young adults take a good chunk of the blame for this escalating racism issue.

It began with the incident in Ferguson, then Eric Garner, and now this—a menacing song directed at African-Americans. What's next? And why is this okay?

Racism on college campuses is an issue that I do not believe students are capable of handling properly. Clearly demonstrated at Oklahoma University, the fraternity, Sigma Alpha Epsilon, thought there was no harm in singing a song about lynching, "hang em' from a tree," directed toward African-Americans at their school.

They even went as far as declaring that there would be no African-Americans accepted into their fraternity. Some students gathered on campus and held protests expressing their outrage.

The fraternity was shut down after the first video was released. There were 70 members in the fraternity and disciplinary actions were taken. Students Parker Rice and Levi Pettit were the "leaders" in the chant.

Some outsiders felt that the two students should not have been expelled because it was

"freedom of speech." However, academic freedom of speech under the first amendment is not considered protected. As in, universities do not acknowledge the first amendment because they establish their own rules and limitations. What happened at the University of Oklahoma is not tolerated, therefore, necessary action was taken.

While I understand and fully support freedom of speech, certain language is uncalled for. Especially when it involves ignorant people dishing it out and thinking that it is acceptable. The incident involving the two fraternity students is one that has silently

***"Students verbalize their views, thoughts, and opinions without having an in depth knowledge of what they're talking about."***

been happening at campuses across the country. Students verbalize their views, thoughts, and opinions without having an in depth knowledge of what they're talking about.

An ignorant person vocalizing ignorant thoughts is not the way to rectify this rising issue of racism. Everyone is entitled to his or her own opinion, that's an obvious statement. However, if you do not properly educate yourself on a matter, you're not preaching accurate information.

I do not agree with what happened in Oklahoma, however, my views on Ferguson

and the Eric Garner cases are different.

A majority of college students, the ones who led protests on these cases, seemed too focused on the racist factor without properly looking into details.

Today, everything turns into an issue of race. It is ridiculous. Racism is not strictly against African-Americans; it is also against white people too. We need to seriously leap over this "black and white" vision.

The killing of Michael Brown in Ferguson spiraled into absolute mayhem. Immediately, it turned into a race issue. It became the catalyst for racism and has not slowed down.

When you look at the facts and do legitimate research, you will learn something.

Seriously. Go on and research all that you can on Michael Brown and what caused his life to be taken.

Then, go and research Eric Garner. Absorb every bit of information that you can, without being biased. Ignore skin color because, it doesn't matter.

The color of someone's skin does not have anything to do with his or her actions. Why people think that it does is stupefying.

To be so quick to point a finger and say,

"it's because they're white" or "it's because they're black," or "hispanic," sounds actually really stupid. Like, guys, you literally sound dumb.

Don't be a person who insists that skin color is significant. It isn't. We are all the same.

Racism hasn't been this big of an issue for the longest time. Of course, it was always an issue, but not like it has been recently. Protests in the street damning the NYPD? Are you for real?

These are people who risk their lives for us every single day. I'm not saying every cop is a good cop with good intentions, but you cannot act malicious toward the NYPD as a whole.

College students in particular: Don't expect to be respected if your speech is crude and one-sided. To be educated does not simply mean "to have attended school"—it goes beyond that.

Get involved, watch the news, and consistently want to obtain knowledge. Strive to be well-rounded. When you only listen to hearsay and then formulate your opinion, you're doomed for stupidity.

Henry Rollins once said: "Weakness is what brings ignorance, cheapness, racism, homophobia, desperation, cruelty, brutality, all these things that will keep a society chained to the ground, one foot nailed to the floor."

# SEX AND THE ISLAND

## The Hardest Part of Moving On is Letting Go

*Learning to be Free to Love and Let Love In*

BY FRANCESCA MICELI

***When you are searching for love or trying to hold on to a loved one, it would be great to say that in a perfect world nothing goes wrong in relationships and everything is just peachy keen with you and your significant other.***

However, this is not reality, especially when it comes to love.

We have all loved and lost in the worst way and the best way, but even if loving someone does not work out and your relationship ends before it starts, you should not allow this bad situation to only hurt you—in reality, it should help you, as long as you let it.

Now, you may ask "What do I mean by 'if you let it help?'"

Virtually, this means that, in the deepest reaches of your despair and your broken heart, you have to look for the silver lining in the situation and extract something positive from it.

Help yourself to become a better, smarter, and wiser person who knows what they are worth and will not settle for anything less.

Feeling better about your broken heart may not happen quickly, but eventually the pain will go away, only if you learn how to let go.

Now, most relationships are far from perfect as we all know and everyone does experience some kind of heartbreak at some point or another.

Some people experience a deeper heart break while for others, it only scratches the surface of their emotional fortress.

But whatever the case, is "letting go" the absolute hardest part in any bad situation?

The people who have been hurt almost seem as if they want to hold on to that hate, anger, animosity, bitterness, pain and so on.

It's not worth it! No relationship or ex-relationship is worth bottling up and harboring all those terrible feelings.

Instead of holding on to those nasty, negative feelings, try redirecting

and refocusing your energy into something that will make you happy.

Try some new hobbies—things that you never thought you would try—to test your positivity and to heal yourself.

After picking up the broken pieces and putting yourself back together, make sure you are doing this change for you and not for your ex.

When you finally heal from the ache in your heart and begin to feel better, you have finally let go of all that bad energy and negative emotions inside of you.

Unfortunately, this does not mean that you will never get hurt again, but

***"Of course, you need to know what you are worth and not settle for anything that you don't agree with, but don't go into something with a closed mind and your eyes shut."***

people do not do is simply relaxing.

When people meet for the first time, everyone does something called "putting on your 'A' game."

This is a good thing because first impressions do mean a lot, but what good is a first impression if it's not actually who you truthfully are?

Everyone's true colors come out sooner or later, so don't be afraid to be you.

overcompensate looking good and acting perfect when we first get to know someone.

Sometimes you will be surprised to find that out when you relax and dress comfortably.

More of your personality comes out naturally and is already more attractive and alluring than presenting yourself in upgraded and expensive pretenses.

The humor, excitement, desire, respect, curiosity, fun, and conversation will just flow between the two of you much more freely and it will feel almost as if you two have known each other for quite some time.

Some ladies like to kick back with their significant others and play "Call of Duty."

They may even be interested in playing guitar or playing a game of handball.

Some men may have hectic lives and don't get enough down-time, so giving him that time may mean more to a man than pressuring him to take you out to an expensive restaurant because that is what we believe we are supposed to do for our first date.

Of course, you need to know what you are worth and not settle for anything that you don't agree with, but don't go into something with a closed mind and your eyes shut.

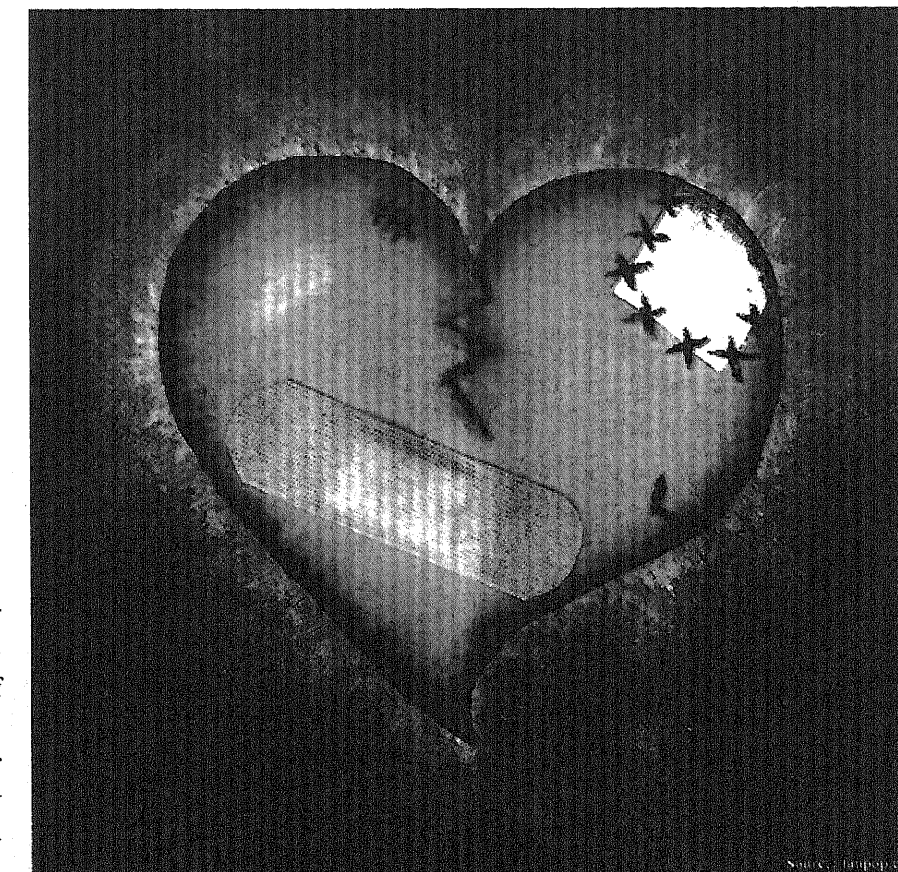
You may find their way of doing things is something you like for yourself and makes you a feel like a better person.

It's never easy to say that a relationship is this way or that way. Nothing is that black and white.

Just remember that letting go in both aspects—relaxing and accepting the past and moving on—will help you not only better your relationships, but it will also help you to better yourself in many aspects of life.

Feel liberated and do not put unnecessary excess pressure on yourself that you don't need.

Letting go will make you a happy, willing, and strong individual ready to take on the world with a smile on your face.



Breakups and heartache are difficult, and there's no doubt about that. But the key to recovering, the key to restoring your heart is to take time and learn to patch it together through yourself

it will help you to avoid a situation that has potential heartbreak written all over it and trains you to see warning signs that you missed the first time around.

Basically, "letting go" means you are allowing yourself to live for you again and not for someone else.

At the end of the day, the person who does matter the most truly, is you. Another form of "letting go" that

Getting to know somebody can be quite intimidating. It's damn scary because you want that person to like you as much as you like them.

So ladies, try slipping on those six-inch painful stiletto heels that you can barely walk in and tight dresses you can hardly breathe in because you think he might like it.

Men should try wearing a tux or expensive Jordan sneakers with a nice fitted hat or rolling up in mommy and daddy's BMW because you think that's what she might like.

I'm not downgrading anyone who does these things, I am just explaining the pressure we put on ourselves to

***"When you finally heal from the ache in your heart and begin to feel better, you have finally let go of all that bad energy and negative emotions inside of you."***

# SPORTS

## CSI's Baseball Team Enters 2015 Season with High Hopes

### Head Coach Mike Mauro's Winning Strategy

BY NICK CERASO

Mike Mauro, now entering his seventh season as the head coach of the CSI baseball team, has accomplished plenty.

Being a former AA Minor League player from 1990 to 1991, he possesses a high level of expertise. And since taking over, he has led the team to three championships and several awards for CSI in the CUNY Athletic Conference.

"I try not to pinpoint individual guys," said Mauro.

"At the end of the game, if you are able to look in the mirror and say 'How did I help the team?' whether by being on the field, getting a hit, or just being a cheerleader, then you have done your job."

Among his many achievements, Mauro has won the "Coach of the Year" award five times in his six years as coach—more than any other coach since 1996.

Mauro maintains a positive and fair coaching style, but winning is first on his mind, which is why he puts a lot of energy on his senior players.

"I rely on seniors as far as leadership," Mauro expressed.

"As far as putting my nine best, it doesn't



Photo Credit: Nick Ceraso  
"At the end of the game, if you are able to look in the mirror and say 'How did I help the team?' whether by being on the field, getting a hit, or just being a cheerleader, then you have done your job," Mauro stressed

matter what year you are. If you are the best at your position, you will be out there."

Bobby Drake is a sophomore and center-fielder on the team who recognized Mauro's style. This will be his first year on the team.

"Coach is very positive," Drake said. "He wants to win, that's his main goal."

Winning is truly Mauro's goal and the CSI Baseball team embraced his strategy, evidenced through their winning record.

In his six seasons as coach, he has 143 wins and 96 losses, which gives him a very impressive .598 winning percentage.

Under Mauro, the team finished the sea-

son with over 30 wins in 2010 and 2013, with the former year being the first time in CSI baseball history that a team recorded 30 wins in a season.

And in four out of the last five seasons, the team has finished in first place in the regular season of the CUNY Athletic Conference.

On opening day, March 7, the Dolphins swept Grove City College in a doubleheader.

Brian Russel started the first game, filling the spot of the 2014 Pitcher of the Year Chris Falcone, who is no longer on the team.

Hard work goes into creating a winning team. Mauro researches and studies each player before placing and positioning him on the team.

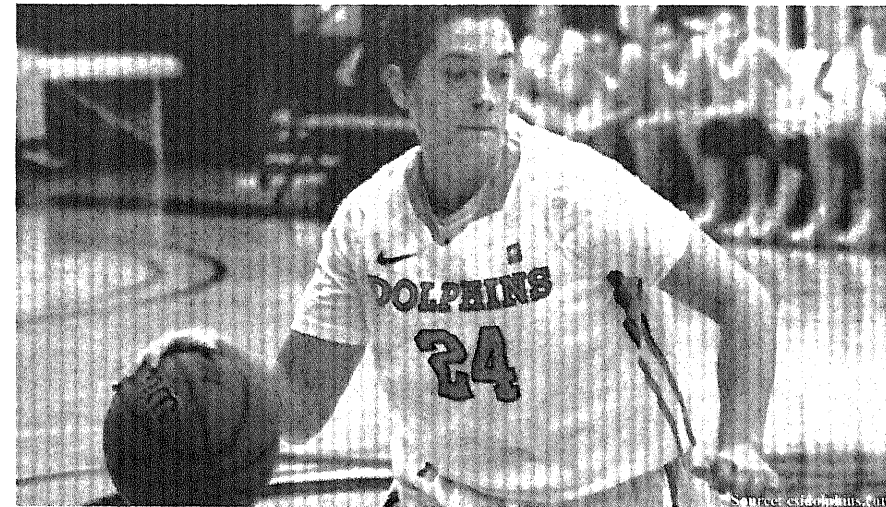
The coach and his assistants skillfully recruit players to match the team's philosophy, establishing position players to meet their greatest potential.

That, according to Mauro, is his most difficult and important job, which, thus far, has proven to be quite successful, given his track record.

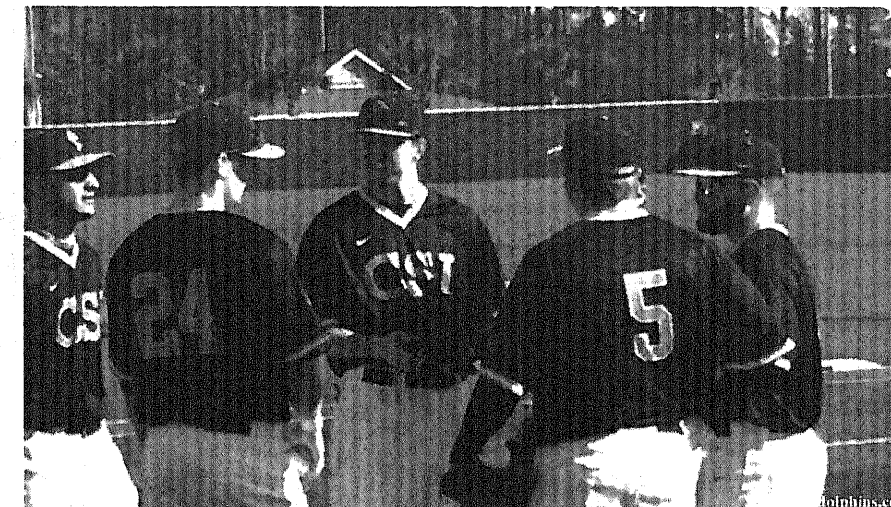
His primary goal is to continue his success through constant winning.

"[Recruiting] players into the program that play the game the right way," expressed Mauro, "it's a lot of work."

## Strong Outings and Nailbiters for Dolphins' Season Openings



Despite Megan Myhre's 1,000th point, Women's Basketball fell to Rutgers-Newark 81-75



The Dolphins swept Grove City College in a doubleheader on March 7, getting off to a 2-0 start



Austin Kapetanakis contributed to the Men's Tennis victory against City College of New York



The softball team starts the 2015 season 0-2, losing to Alfred University 7-6 and Baldwin Wallace University 16-11