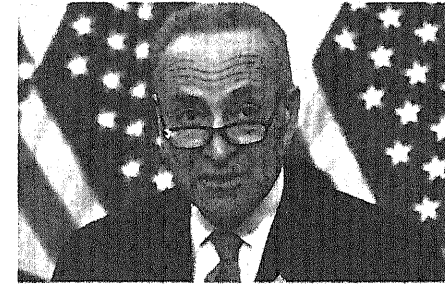


THE BANNER

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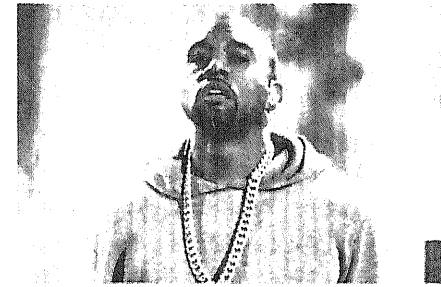
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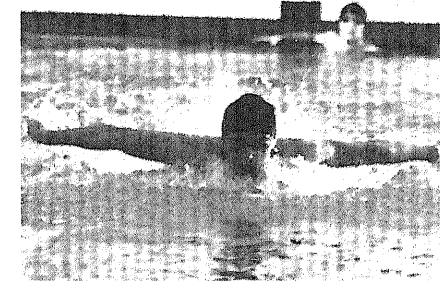
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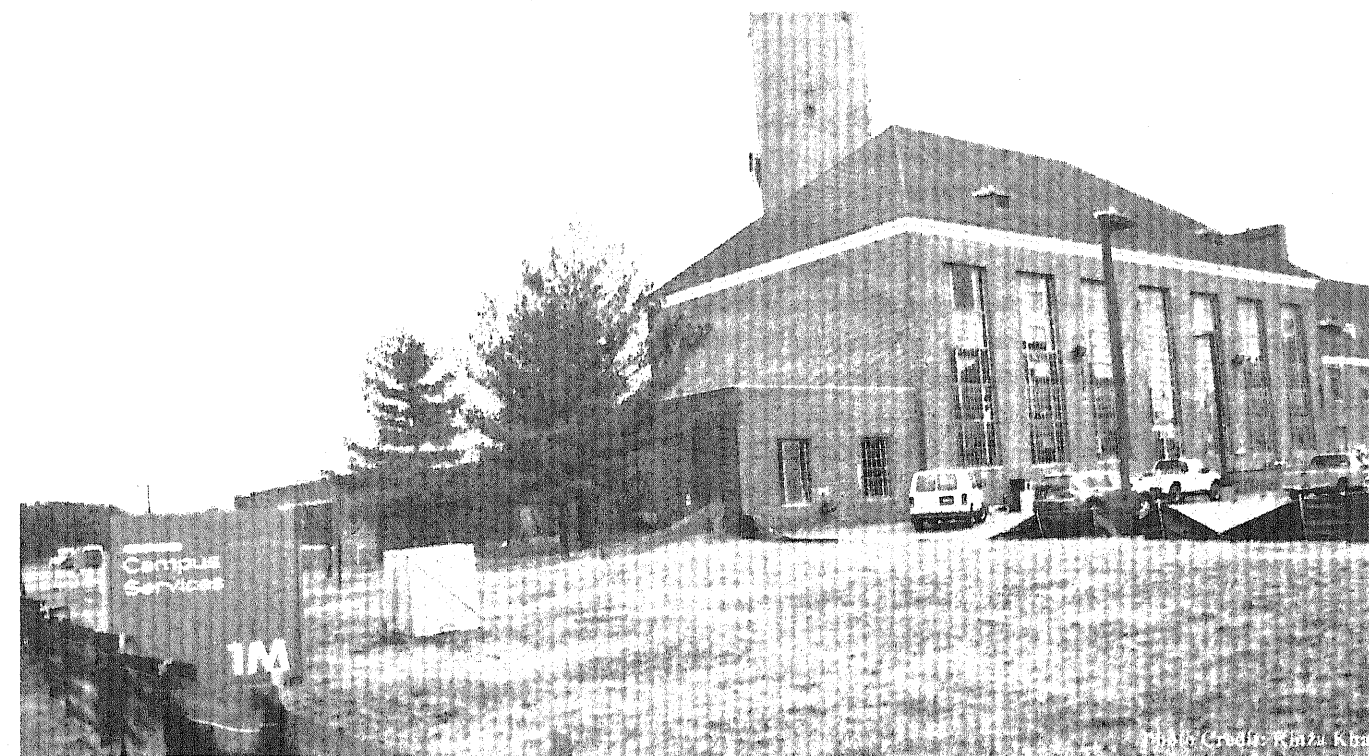
"Life of Pablo" Brings Baggage - Page 8



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CSI Lays Out Plan to Prevent Blackouts, Pave Way for New Buildings

\$39 M. Substation is Key to the College's Future, VP of Finance Says



Building 1M will likely be the location of CSI's Interdisciplinary High Performance Computational Center, a building that will draw large amounts of electricity and will be a major factor in CSI's push for a new substation.

BY VICTORIA PRIOLA

The College of Staten Island plans to use \$39 million of the state's critical maintenance budget to build a new substation on campus within the next two to three years in hopes of preventing critical electrical failures such as blackouts and allowing the campus to push forward with projects for new buildings.

The substation on the campus, here, brings in high voltage power from the other side of the fence from Con Edison. It goes into the substation and gets distributed for

use of the campus.

"Aside from the existing substation being old, it's also at its capacity," said Ira Persky, Vice President of Finances. "The further growth of the campus would be compromised if we don't upgrade to a new substation."

The three major blackouts that have occurred on campus over the past two years caused the College to take action and replace the current station that has been active since 1993.

"Well, yes. It was a result in the failure of the substation," said Persky. "What caused those outages were different reasons, though."

On Christmas Eve in 2014, a fire, which turned into a contained explosion within the substation, caused a blackout throughout campus.

According to Persky, the reason for the explosion is still unknown. The power out-

Continued on Page 5

After Tragedy at the Ramada Inn, Students Assess Safety on Campus

Changes in Guest Policy Followed the Brutal Incident

BY SAMANTHA CONTRERAS

Police have arrested Michael Sykes for the murder of Rebecca Cutler and two of her children at the Ramada Inn on Saturday, February 13.

The tragic attack has left not only people throughout Staten Island shaken, but has many CSI students who frequent the campus thinking: how safe are we?

The Ramada Inn is only a 10 minute walk from CSI's campus and this gruesome

attack left students worried for their own safety and many voiced their opinions to The Banner on what public safety should do to help prevent any criminal offenses on campus.

While the Sykes tragedy occurred off campus, CSI has been shaken twice before by on campus crimes during this academic year.

The first being the arrest of a CSI student who was visiting the dorms and threat-

ened residents after he was kicked out for making female residents uncomfortable and the second being the vicious beating of CSI student Adamh Barnett near Dolphin Cove in November by an unknown assailant.

For Grace Olotu, a student at CSI, public safety absolutely must increase their presence on campus.

"I think campus should definitely upgrade its security by installing metal detec-

Continued on Page 4

CSI Parking Services: No Short Term Fixes to Campus Parking

OFFICE CITES MAINTENANCE AND CONFLICTING PRIORITIES

BY VICTORIA MANZO

As annual parking prices continue to rise at CSI and enrollment grows, students expect fast solutions that Parking Services says it simply can't provide.

CSI is the largest college campus in New York City, comprising 204 acres, which serves nearly 14,000 enrolled degree students. However, there are only about 3,000 officially lined parking spaces to accommodate them.

"We do [our] best to create parking where and when we can in the most effective way," said Mary-Jeanne Hennessy, the Director of Parking and Dolphin Card Services.

Parking Services falls under the umbrella of The Auxiliary Services Corporation, Inc. (ASC), which is a self-sustaining non-profit business. Most of its funds are therefore raised in-house through decal sales and parking enforcement.

Last year, approximately 6,400 student decals were purchased. This is a fee that continues to rise annually as prices of campus maintenance also increases.

Parking accommodations are becoming more and more limited as campus population grows, leading to anger and complaints from busy students.

"Parking is a bitch!" said Talya Yelizarov, a senior at CSI. "The worst place is by 1P in the gravel. When it's raining it's all muddy and you have to walk through it."

The "gravel" is an unpaved parking area ridden with potholes. With little signage, and lines covered and wiped away by pebbles and dirt, it's often a chaotic space for students driving onto campus.

Continued on Page 5

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LETTERS TO THE EDITOR

Re: "A Guide to Healthy Comfort"

This article reached out and grabbed me because I too love French fries, mac & cheese and anything covered in marinara sauce. I always tell myself to start eating healthier but can never commit because I hate the sacrifice. The recipes provided really sound delicious, they don't need a lot of cooking experience and are really affordable. Can't wait to try them out!
Michelle Persico, Senior

Re: "Men in the United States Have Lost Their Masculinity"

This article is full of opinion, with no fact. Where is Kenny Velez's evidence that a woman cannot raise a boy into a man? What is Velez basing his idea of what a "man" is on? Is it society's standards? Can a man be a man without being hyper-masculine? Velez's advice on how to overcome the problems he talks of can apply to anyone, regardless of gender. I don't agree that an increase in peace-loving men is bad. Maybe instead of Velez telling males that they have to be masculine, he should be questioning why a man has to live up to certain standards to be a "man."
Sabrina Prestia, ENL 277

Re: "Commentary: New Vending Machine a Nuisance"

Kinza Khan's article about the new vending machines on campus was not only informative, but opened my mind to another issue we face on campus. Instead of wasting money on these machines, CSI should find a way in which students can use their debit/credit cards to purchase food on campus. The dolphin card is not something everyone has and some students just don't have the time to go and get one. The fact that people need to go out of their way to get a card to buy a snack that costs \$1 is ridiculous. Why would the school waste all of this money on vending machines that don't even accept physical money? And

when it does its at random? Maybe we need to rethink what is important to our school and what is useful to everyone. Instead of Dolphin Cards and vending machines, I should be allowed to use my debit card to purchase food. Not everyone carries cash or a dolphin card.
Alexandra Karadzas, ENL 277

Re: "Oscars, Film Industry Hammered for Lack of Diversity"

As many people watch television and movies, putting this issue on the front page is very interesting because it has been a topic in media since January. I also agree with the hashtag that Oscars are white because an Academy of majority of white people, lack of nominees in minority races, it doesn't open doors for more diversity in the Academy. In life, when a limitation is placed upon an idea or person, it makes it harder to push past the barrier. Cheryl Boone who declares diversity by 2020 needs to understand that if no nominations are made now for black or minority roles in movies, that change by 2020 is not possible. Action will be required, rather than talk.
Ibunkun Olorunoj Cbooky, ENL 277

Re: "The Good, The Bad, the Cepedes Deal"

I enjoyed this well written article and it was nice to see the Mets continue to get media attention and try to remove the "little brother" role that they have in New York. I think an additional pro that can be added would be that the Mets finally made a bigger splash in the offseason than the Yankees did. I think that an additional con that can be added would be that Cespedes has a poor attitude and tends to be nonchalant. For example, during the World Series it made news that he often played golf in between games. His focus should be on the diamond, not the green.
Patrick Kettle, Senior

Re: "As the Presidential Primaries Get Underway, CSI Students Say Dem or Die"

I was very surprised to know that some of my peers would rather not vote in an election where our vote can make a huge difference. As a "millennial," I feel that we should all take a huge part in our politics because it will affect our future. In the future I would like to see if there is anyone who supports Donald Trump on our CSI campus.
Sonia Martinez, ENL 277

Re: "Commentary: New Vending Machines a Nuisance"

I have used the new vending machines only once and I agree that they aren't a necessity. The older machines worked just fine so replacing them seems like an extra expense that could have been used for something like computers. If not new or functioning computers then anything that would be beneficial to the student body/faculty other than sugary snacks.
Christian Vasquez, ENL 277

Re: "Rihanna Takes on New Tone With Confidence"

I enjoyed this article because it gave a closer look into Rihanna's new album. Prior to this article I would usually Rihanna off as having little depth. Thanks to this article I have a broader outlook on her latest work.
Brett Peloso, Freshman

Re: "Oscars, Film Industry Hammered for Lack of Diversity"

I found this article to be interesting. The only person of color that was nominated this year is The Weeknd for his song in the movie "50 Shades of Grey." It's sad to see that took so long for actors of color to finally stand up for themselves.
Amanda Smith, ENL 227

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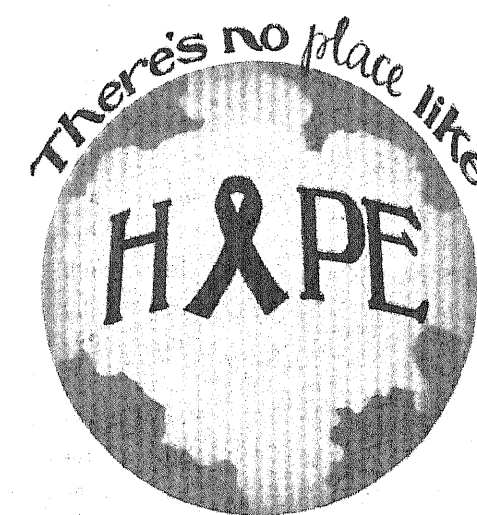
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"Safety on Campus"
Continued from Front Page

...in building entrances, it's a little extreme but this is about people's lives at stake," said Olotu. "And this murder was a murder of passion so to prevent something as tragic as that, the campus should offer counseling."

She even went on to explain that, "Everyone should have an ID before even getting on campus."

Robert Wilson, the Director of Public Safety, was unavailable for an interview.

Wilson, however, did release a statement to the college community via email two hours after the murder and informed students that an NYPD presence would be felt on campus throughout the day and that there may be ferry shuttledelays.

"I think they are not doing enough because they didn't tell anyone until they thought the killer was on the campus," said Samantha Massey, a sophomore at CSI. "I think they can improve by informing us more about what is happening. Because some people didn't know what was going on until hours later."

Massey went on to explain what Cam-

pus Safety could do to communicate with students better.

"Maybe they can do a CUNY alert that sends texts to students' phones so they can find out everything when it's happening," Massey said.

Although some students disagree that they feel safe on campus. For Tiffany Ducette, a junior at CSI, she heard nothing of the sort when asked about the murder.

"I always feel safe on campus, I heard nothing about that, but that's just me," said Ducette.

Although Ducette did point out how lights around campus and emergency posts are not always around or properly lit.

"I think for night classes, lights are not on, they should be more accessible," said Ducette. "In case of danger, how can someone get to safety too?"

"Anyone can come into campus, nobody checks IDs," she continued.

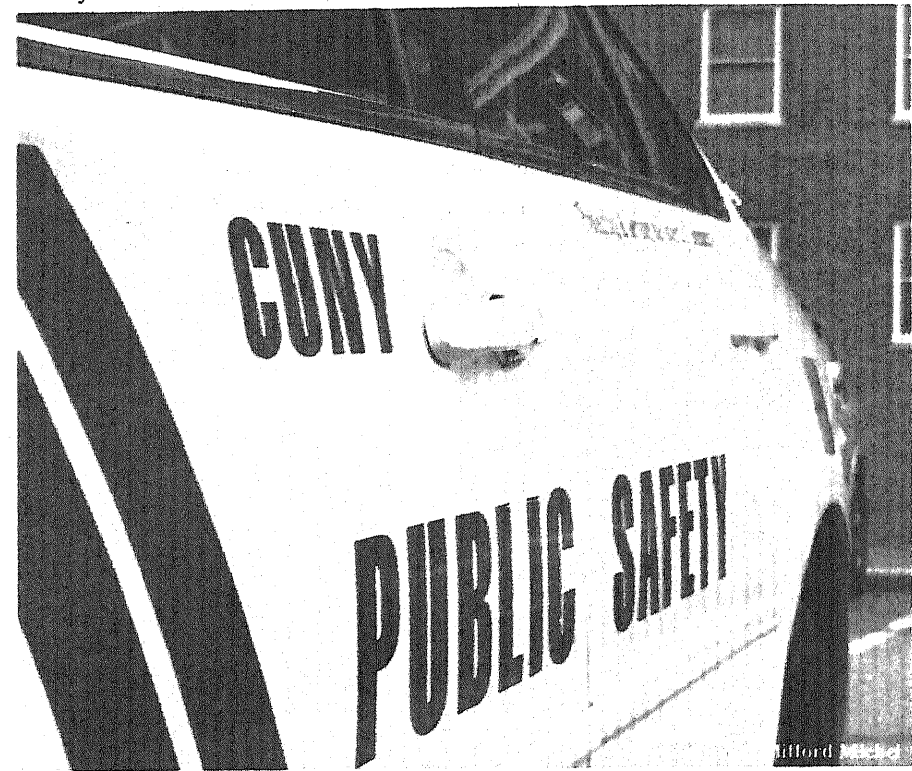
Even for many commuting students, for instance, sophomore, Jessica Lin, had a lot to say on the matter of safety.

Many students interviewed echoed the

sentiment that while they personally never felt unsafe on campus, they saw a myriad of ways that security could be tightened.

"I do feel that campus safety can be improved a little. Maybe by placing a security on duty at all times in each of the buildings

and more closely monitor and record who actually takes the loop bus and shuttle bus on campus along with the library," said Jessica Lin, a sophomore at CSI. "Other than that I never really felt like my safety on campus was ever at risk."



Public Safety alerted the campus community of the Michael Sykes incident two hours after the incident

Senator Chuck Schumer Lays Out Plan to Lower Student Debt

The "In The Red" Bill Aims to Save Students Thousands of Dollars

BY VICTORIA PRIOLA

Senator Chuck Schumer turned to college newspapers for support on February 11 for a college tuition plan that is set to decrease the debt of university graduates, called "In The Red."

"A college education is a necessity, but it is being priced as a luxury," said Schumer on a conference call with dozens of student reporters. "It is breaking the bank for students and families across New York."

Schumer, and dozens of his fellow Democratic senators, are campaigning to introduce a bill called the Reducing Education Debt Act, also known as the RED Act.

The legislation aims to put the United States on the path to debt free college by allowing student loan borrowers to refinance their outstanding student debt with much lower interest rates.

The federal government currently charges people anywhere between six to nine percent interest on student debt, but charge the big banks on the overnight rates less than 3%.

"[Schumer's plan] is a good step forward," said Emely Larissa Aparicio, a junior at CSI. "But interest will always be an issue."

The RED Act, if passed, will make two years of community college free, helping students earn associates degrees, or start the path to a bachelor's degree and gain the skills they need to succeed in the workforce without having to take on crippling debt.

This will not apply to those who are already in college. Schumer does, however, promise a debt that will be significantly lowered for senior students.

The senators are in the midst of spreading the word on their new campaign to their hometowns.

According to Schumer, there is more stu-

dent loan debt than there is credit card and auto debt and it has doubled since 2007.

The average college graduate has \$28,000 in student loan debt in New York, the proportion of New York college graduates for student loan debt is 61%.

During the conference call, Schumer recalled a memory he had of a young woman

telling him that "my parents could afford a house, I can't. My parents could afford medical care, I can't. My parents could afford college, I can't."

This became a big part of his motivation to push this bill into action.

"[The RED Act] easier to achieve than tuition free because it costs less and it goes to people like middle class kids and people trying to be middle class," said Schumer, comparing his plan directly to Senator and Democratic presidential candidate Bernie Sanders. "That of the very wealthy will grad-

ually tuition free anyway."

Both Senator Sanders and Schumer reference to, and praise, Germany's higher education system in their conversations about college tuition debt.

Germany has eliminated tuition altogether because they believed that charging students \$1,300 per year was discouraging

more active in helping their students and Germany has a lower unemployment rate and its income levels are higher," Schumer said

Democratic candidate and former Secretary of State Hillary Clinton and Schumer's plan for college tuition debt are virtually identical.

A slight difference is that on her website, Clinton says students will do their part by contributing their earnings from working 10 hours a week. Schumer suggested that students work 15-20 hours a week at a high paying job to pay off the costs while enrolled in classes.

Democratic senators are willing to work with any other programs that focus on cutting tuition costs and loan forgiveness.

"There are plans in some states, and we're looking at these, where you promise to pay a percentage of your income over the years and you don't have to pay tuition, or you pay much lower tuition," said Schumer.

The main criticism Schumer is expecting from this is the overall cost of the bill.

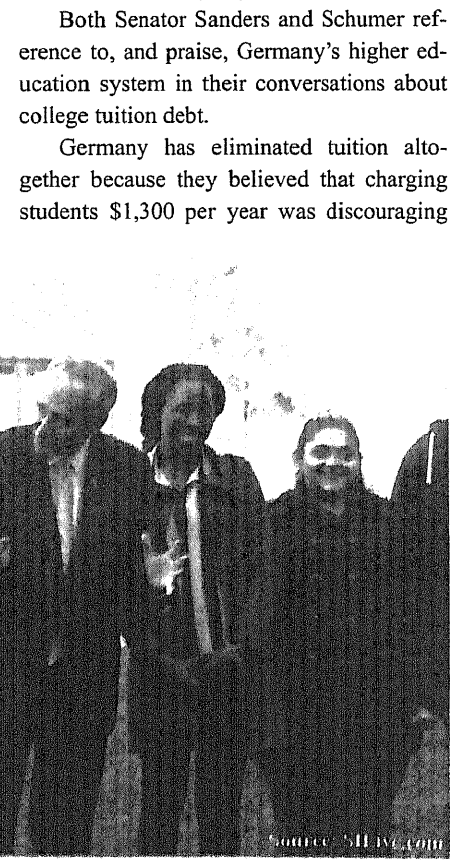
To fund this, the RED Act proposes to cut tax breaks for auto companies and block certain loopholes multimillionaires use to get out of paying taxes.

"There are some, particularly the most conservative folks that don't want to do that," said Schumer. "I don't mean the conservative folks on your campus; I mean the conservative folks in the senate now. But I think they're wrong and we're hoping to get back partisan support."

Schumer did not specify a time to execute this plan on the conference call. What's important as of now, according to him, is spread awareness and support.

"Students have power if they mobilize," said Schumer. "This'll help our students, this'll help their families, but it will also help America."

Sen. Charles Schumer with students at the College of Staten Island in October 2015



Sen. Charles Schumer with students at the College of Staten Island in October 2015

When a student reporter asked Schumer why European countries can provide better aid, he replied that the political climate and situation of European countries are vastly different from the United States.

"They have a federal government that is

more active in helping their students and Germany has a lower unemployment rate and its income levels are higher," Schumer said

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"CSI Plans to Build New Substation"
Continued from Front Page

age lasted about 22 hours.

"This time we were lucky and were able to contain the damage," said Rana Mohammad, CSI's Student Government President. "We certainly cannot risk fire and explosion in our campus with 450 dorm students living on our campus."

The two incidents following were results of the first outage. The substation operates by splitting the campus' electrical usage into one of two lines, what Persky referred to as the 05 and 06 lines.

If one side is obstructed, there are switches inside the substation that will automatically bring the power to one feeder, to one side. The campus cannot operate on one feed.

"The problem is, we don't have any redundancy," said Persky. "If something goes wrong at that point, we don't have any protection."

As of now, this is the single biggest construction project in the works for the College.

Persky assured The Banner that this project is completely state funded and will not affect student tuition.

It will be located East of the existing substation, which is on the outside of Loop Rd near building 1M.

When asked about the reaction from faculty and students that know about the new substation, Persky said this is not the kind of thing people get excited about, until they don't have power. It has been, however, talked about for an extended period of time.

The campus is currently running on full capacity and is in need of something that can handle more power.

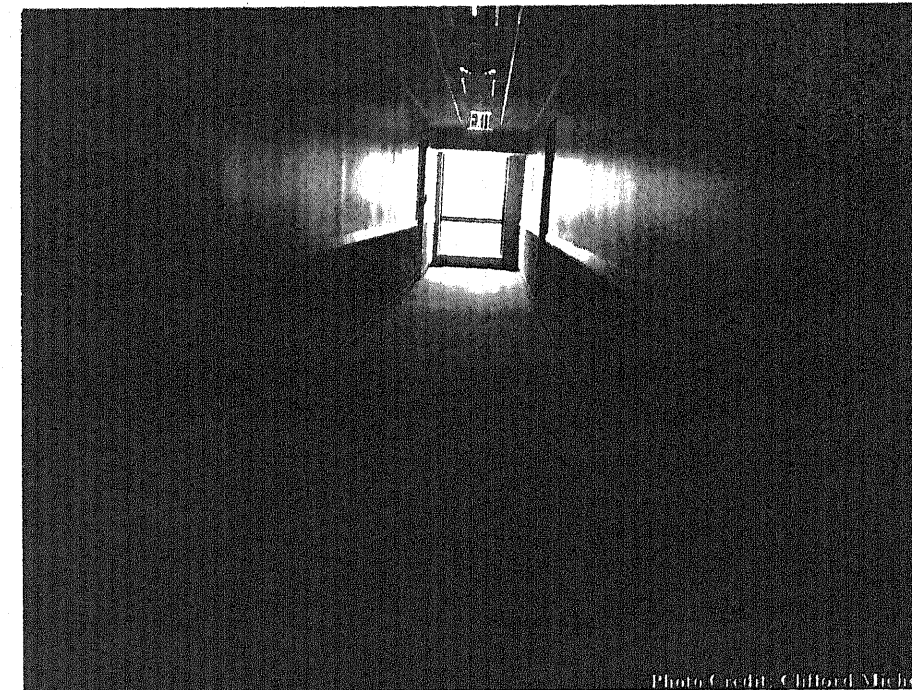
By the time the new substation is up and running, CSI plans to welcome a new building to campus.

The Interdisciplinary High-Performance Computing Center (IHPCC) building design has been in the works since 2012.

In March 2012, CSI Today, a publication run by CSI's PR team, posted a bulletin that said the CUNY Board of Trustees approved a design consultant agreement with Hendrickson, Durham & Richardson, for the new building on February 27.

The computational science research building is expected to be 175,000 gross square foot and cost \$210 million, according to CSI Today.

It's anticipated that the departments of Mathematics, Computer Science, and Engineering Science and Physics will be relocated to the new building, and it will have its own cafe.



Dolphin Cove's South Building the morning of a blackout in late September

Having a stronger substation is the first step to making the IHPCC building a reality. Persky claims that students will not feel any immediate changes due to the construction.

There will be minimal intrusiveness to students and faculty during the production process.

"There may be some temporary outages that we would have," said Persky. "But they would be well publicized as we do switch over from the old substation to the new substation."

As of right now, plans of construction are moving slowly but surely, for both projects.

"If it's for good or bad, I don't know," said Mohammad in reference to the substation. "I do know that the current substation is like a melting thermal reactor that needs to be addressed in a timely basis."

When The Banner asked if the new substation was a necessary purchase, Persky's answer was brief:

"Well," he mused. "Only if we want to have lights."

"Parking Issues on Campus"
Continued from Front Page

According to Parking Services, the most severe pothole repairs are done in-house by campus facilities during off hours so as not to interfere with typical campus traffic. However, because the department does not have access to hot asphalt, major repairs are contracted out when temperatures are warmer.

White parking lines cannot be repaired in the winter, according to Parking Services, so they are only reprinted in the summer.

Moreover, they are not made a priority. Safety repairs such as stop signs are prioritized. Leftover funds pay only for the most necessary lines.

"Fix the gravel area and make it like a normal parking lot," said Yelizarov. "Fix pot holes rather than adding new bumps around the gym."

However, according to Director Hennessy, it is "not cost effective" to have the gravel paved due to property lines, safety concerns, drainage issues, and the College's "Master Plan."

On April 26, 2010, after extensive surveys and studies, the Board of Trustees of The City University of New York unanimously approved a new "Master Plan." This was the first major revision in more than 20 years.

To accommodate 18,000 students by the year of 2019, the "Master Plan" calls for an additional 477,735 gross square feet in new



Parking at the CSI has long been the ire of student motorists, who often struggle to find parking spots in a campus that has outgrown its size

construction and renovation of existing facilities.

Included in the plan is a new transit center, which will provide open shelter for 60 people; the reconfiguration of entrances and campus loop roads, to ease bottlenecks and calm traffic; and marked bicycle routes.

The goal is that the gravel area, as students know it, would be completely eliminated in the wake of a reformed loop road, which would make it unnecessary for students to cross the street to get to class.

The Plan is long term and beyond the

control of the ASC. It is a campus wide initiative without a timeline.

Until then, Parking Services remains on a budget that relies heavily on funds from decals and tickets to pay for maintenance.

The parking guidelines booklet also cautions that "the college, having marked approved spaces, does not mark all areas where parking is prohibited," the literature reads, referencing gravel spots.

According to Parking Services employee, Christian Ramirez, parking enforcers are encouraged to give tickets. Though Hennessy

states that there is no incentive based system for ticketers.

Ticketers work between the hours of 9 AM and 8 PM on weekdays and are not allowed to work under extreme conditions.

"[Students] need to be aware of what the policies are rather than asking friends," said Hennessy. "They need to use common sense when parking as well; when they get out of the car and see that the next person may not be able to get in or out [don't] leave it there anyway."

BANNER LIFESTYLES

What Happens to Your Body When You Ditch Your Drink

Your Body is a Temple, Not a Garbage Disposal

BY BRIANA DELBUONO

It was 10 AM on January 7, and I woke up hung-over, bloated, and disgusted with myself. I spent the past three days drinking to excessively and binge eating with a few of my sorority sisters and my body was about to pay the price.

"I'm gonna give up drinking," I said to my mom as she scowled, assuming it would be another one of my failed attempts to kick the degenerating habit.

While I didn't consider myself an alcoholic, I was definitely one to indulge at the bar two to three nights out of the week. As an avid gym-goer as well, the two always seemed to work against each other, to my disadvantage.

According to the National Institutes of Health (NIH), reported by TIME Magazine there's strong evidence to suggest that regular binge drinking can damage the frontal cortex and areas of the brain involved in executive functions and decision making.

Your body is going to perform with the nutrients you give it so you should be wary of what you're putting in it. When you treat your body with respect, it will respect you back.

As of recently, I haven't felt bloated, not even once. I haven't been hungover, or gotten acid reflux. And guess what? I haven't had the urge to drink.

Your favorite Jack and Coke delight is tacking on 195 more calories for the day. Whether you're counting them or not, they



Source: medicalnews.todday.com
add up. Three of those will weigh you down 585 calories. You may not realize it when you're socializing with friends and kicking them back, but empty calories are not cute.

If you must drink, a better alternative would be Vodka and any clear colored diet soda you can think of. Depending what soft drink you choose, that beverage will set you back somewhere around 100 calories, which is not too bad.

When I would binge drink, I would drunkenly space out and imagine what type of salty treats I was going to have at 2 AM. right before I passed out with my shoes still on. Usually, it was Wendy's chicken nuggets.

The next morning, I would feel the greasy treats hanging out in my stomach like

ately going to sleep actually slows down your body's ability to digest and break down food. Which, in turn, will cause you to gain weight.

According to Women's Health, your liver recognizes the byproducts of alcohol as toxins, so your body stops processing nutrients from food you've eaten while it takes care of the "bad guys" first.

Consider this alternative or those late night hamburgers are going to take a permanent spot on your hips.

Extended alcohol also dries out your skin and causes wrinkles over time, causing you to age a lot quicker than you naturally would. Every day drinking can cause cirrhosis of the liver. That definitely could make you second guess asking for that third drink.

But a healthier lifestyle doesn't always mean giving up drinking all together but lessening the number of drinks you intake will surely aid you in the process, and you'll eliminate some of the side effects in turn.

It has been almost two months since I stopped drinking. If you ask my mom or any of my friends, they will tell you they're still in shock. I am still continually peer pressured to get drunk and that, "won't kill me," but I am on a mission to maintain a healthier lifestyle and I have applied the word "no" to my daily vocabulary to keep the haters at bay. Yes, I said haters.

Life is about moderation. Enjoy a glass of wine every now and then, but don't make it a habit. Don't let a social event take hold of your life and maybe, skip the binge drinking.

Mob Wives Star Loses Long-Term Battle with Cancer

Big Ang's Sudden Death Shocks Staten Island

BY MARIAH METZGER

"Mob Wives" star Angela "Big Ang" Raiola passed away at 55 years old on February 18 at 3:01 AM, after fighting for her life against cancer.

"She was surrounded by nothing but love from her immediate family and closest friends," a statement from her friend, Vinnie Medugno, read. "Her fans were some of the most special people in her world and she loved you immensely."

Medugno posted the statement shortly after her death to inform her fans of what had happened. Social media went wild with comments and memorial posts mourning the television star's death.

Doctors discovered the star has a lemon-sized tumor as well as throat cancer last March. Raiola went through chemo, and was thought to recover and go into remission. However, it was too late when it was discovered that the stage four cancer had spread to her lungs and brain.

Just before her death, Raiola did an interview with Doctor Oz that aired Tuesday the 16, two days before she passed away, about her fight with cancer and how it has changed her life. She admitted to smoking a pack a day for nearly 40 years.

She also briefly mentions how it changed her marriage and relationship with her estranged husband Neil Murphy. Their marriage began to fall apart due to the severity of her illness.

"I felt he never stepped up to the plate," Raiola stated in the Oz segment. "So I was done with it. I would rather be by myself."



Source: tumblr.com
Despite this, Murphy was one of the first twenty people in attendance at her wake.

Many people from all over the boroughs arrived to her Scarpaci Funeral Home in Brooklyn on February 20 to say their good-byes.

"I came to pay my respects, I really feel bad," said Grace Molinari from Gravesend, Brooklyn, to an SILive reporter.

"She's such a genuine person. It's so sad, I just watched her on Dr. Oz. It all seemed to happen so quickly," said Molinari. "I met her at a book signing a few years ago and she definitely is larger than life -- that's for sure." She is well-known for her local bar, The

ity stars, especially ones from Staten Island, but when we say it has been our pleasure... Thank you for giving us the opportunity to serve you Ang, it is one of the greatest Beans memories for so many of my kids."

Raiola left a big hole in Staten Island. She was well known by her friends, family and fans as a peacemaker and very charitable.

"She raised money for charities and was the hardest working woman I know and the best grandmother there ever was. She really loved her babies. And she loved and did everything for her kids," Murphy told SILive.com during a memorial arrangement held at the Funky Monkey."

In 2013, shortly after Hurricane Sandy, Raiola volunteered to help those in need with clean up. She also held donation drop-offs at her bar where people could bring supplies, food, clothes, heaters and more to those in need.

Last October, she held a fundraiser event for breast cancer at Jac Mao's in Dongan Hills. All proceeds from a 50/50 and other raffles went to Dollface Divas, which is a group from the Staten Island Making Strides Against Breast Cancer Walk, and the American Cancer Society.

Raiola leaves behind her two children, and six grandchildren, which were a huge part of her life. She touched the hearts of many, especially here in Staten Island. She was an important part of our community, whether or not people realize.

"I'm not here for a long time, I'm here for a good time," her friend Medugno quoted on his Instagram in a memorial post dedicated to her.

BANNER LIFESTYLES

A College Kid's Guide to Millennial Job-Hunting

Clock Out of a Job That is Stopping You From Clocking Into Your Future

BY VICTORIA PRIOLA

To the college kids, graduates, and super-super seniors—can you honestly, whole-heartedly, tell me you love your job all the time?

My guess is no. If I'm right, join the club.

A study conducted by the Center on Education and the Workforce at Georgetown, reported by Newsweek, revealed that the employment rate for young graduates was the worst around the ages of 21 to 25, with the employment rate for that segment falling from 84 percent in 2000 to 72 percent in 2012.

What are us millennials supposed to do? The practical answer is to stay at the crappy minimum wage job you currently have until you rack up enough cash to move out. But let's ignore that answer for right now.

What if I told you there was more to life than being underpaid and overworked?

I'm not advising you to quit your job, but if you've been wanting to and are afraid of the repercussions, you're going to have to come up with a better reason.

The first step to getting your rebound job is to beef up your resume. Ask your boss if there are any new responsibilities you can

take over that has to do with what you're studying. If there's nothing you can do at your actual job to enhance your skills, ask your professors what you should do to pre-

"You need to have, in the words of T.I., 'the spirit of a hustler and the swagger of a college kid.'"

pare yourself for a future job, even if that requires some volunteer work.

The key is to completely immerse yourself in the field of your choice. The more confidence you have in yourself, the more knowledgeable future employers will think you are.

Work until you can actually work, if that makes any sense. Actively looking for a substitute to your minimum wage retail job, while still working there, is making an investment in yourself and your career. You need to have, in the words of T.I., "the spirit of a hustler and the swagger of a college kid."

Check sites like Jobvite, Indeed, Ed2010, Jobs2Careers and Internships.com everyday. Commit an hour or two a day going through the newest listings and putting yourself out there.

Not everyone can have Donald Trump's small loan of a million dollars as a starting point, but while you're on your job search, you'll be surprised with the big buck gigs

your education has made you eligible for.

Another important thing to remember when job hunting is to educate yourself. If you're applying for a job at Cosmo and on the interview you ask them if their magazine is about outer space, you're basically black-listed for life.

Apply for jobs at places you actually like. College graduates are young, cheap and impressionable. The first job you get in your field after graduation will not be your most glamorous one, but it's a step up. At most, it's just another line on your resume.

You will get rejections, and that's okay. It happens to the best of us. Most employers will simply not return your emails but some will issue rejection letters.

After you've read it once, trash it. There are millions of jobs out there,

and one of them has your name on it. It just wasn't that one, or ten. Keep applying and, eventually, you'll find something.

As a soon-to-be college graduate, I will be damned if I spent four long years, and a crap-ton of money on a degree, to work a \$9/hour job that mandates me to ask people, "Paper or plastic?" for the rest of my life. And you should be too.

I truly believe it's possible to have a job that doesn't make you take to stab your eyes out with spoons. All it takes is confidence and patience. Hang out with people who want to get in the same field as you.

This will keep you motivated to move forward in your career.

Stay goal-driven and inspired. You want to write a book? Write the shit out of it. You want to travel?

Make it happen. Don't be afraid to admit when you're feeling truly miserable where you work.

Like any part of your life, if it's toxic, get it out. Stop pushing your goals aside and actually take the steps to accomplish them instead of "waiting for the right time."

There's no better time to make an investment in yourself than now.

Reaching Your Own Peak Confidence

Change the Way You and Others Look at You

BY BRIANA DELBUONO

Everyone has those days where they feel down about themselves, but boosting overall confidence is possible with a little help from your inner goddess.

Being comfortable with yourself is not going to happen overnight but it is something you can continually work toward.

Start by replacing negative words with positive ones. Everyone has things about themselves they would love to change, but accepting those flaws and embracing them will eventually allow you to grow to love the skin you're in.

It may seem silly but don't doubt yourself or your abilities. An important thing to remember is that no matter what you wish, you can never be anyone but you.

You're the only you there is ever going to be, and you're beautiful! Be grateful that the world is blessed by someone as cool as you.

No one is ever going to love you as much as you, and probably your mom, love you. Take care of yourself as best as you can. No, that doesn't mean getting a pedicure once a month, although you should. Taking care of yourself is a way of life.

Read books that interest you, maintain good hygiene and drink tea.

Stay away from over-eating, workout often and buy clothes that fit you.

Embrace change, try to cure bad habits, know your limits, and lastly, forgive yourself when you make bad decisions. You're only human.

No one is perfect, but you don't have to become frustrated because of that. Confidence is about being the best that you can be and not giving up when you make mistakes or your efforts fail. Change takes time.

Don't complain about what your face looks like after you take off your makeup. Makeup is fun but isn't permanent. Your beauty, however, is.

Know your strengths and weaknesses and don't let them weigh you down. If you are working towards a specific goal, get to know yourself in the process and work at a pace that's best for you. Rome wasn't built in a day and neither were you.

Accepting compliments instead of brushing them off is a great way to become comfortable with yourself and your body. Compliments are always nice to give and receive but if you constantly divert them, people will be less likely to go out of their way to say them.

A big factor in being confident in the

skin you're in is respect. Respect yourself enough to ask for what you want and don't settle because you think others want you to. Respect yourself enough to make decisions from within.

Going to the gym helped me gain confidence and become at ease with myself. Find whatever it is that gives you that rush and pursue it with full force.

Eye contact screams confidence, looking down at your shoes shows a lack of it. If that's a habit you find yourself doing, try to break it. It'll help you feel and look more

"Being comfortable with yourself is not going to happen overnight but it is something you can work toward."

professional and approachable.

Always dress to impress. It may be hard to wake up an extra hour early so that you can get dolled up but it'll be worth it in the end. This brings us back to compliments.

People notice when you do things differently so spice it up. Wear clothes that fit you well and a hairstyle that accentuates your

face shape. These small improvements will speak volumes in the long run.

Keep negative people and their negative words at bay. It doesn't mean you have to go around swinging at anyone who criticizes you, but familiarize yourself with the line between jealousy and constructive criticism.

Pay attention to who's looking out for your best interests. Listen to the ones that know you well enough to weigh in on your life and ignore anyone else.

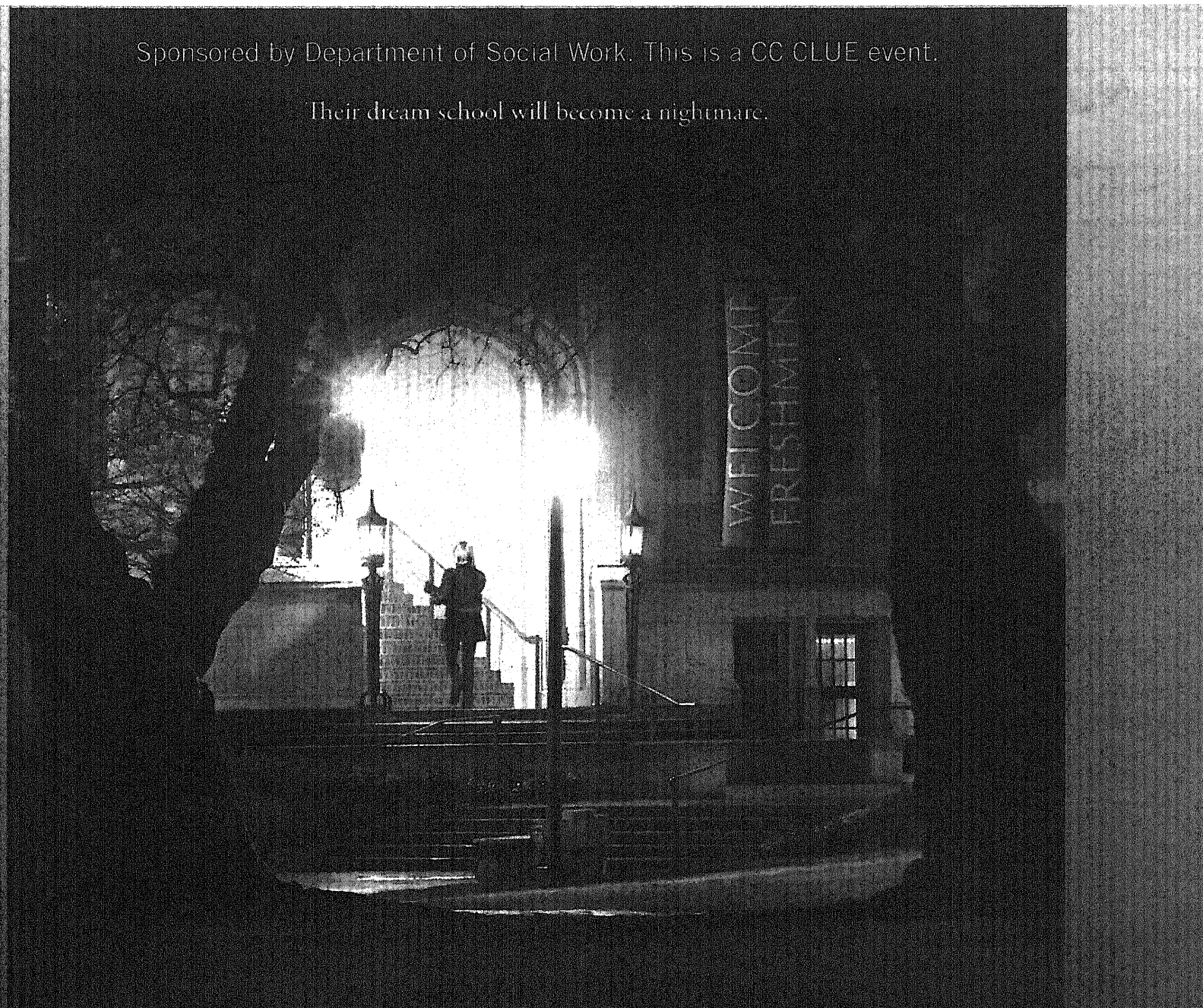
Think of yourself as the person you are. How you perceive yourself is as obvious as if you wore the words on your skin itself. You wouldn't want to write negative words on your own skin, so don't do it in your head.

Try to change something small in your daily routine that makes you feel better. Wear a different cologne or perfume for a month. This small adjustment will make you more self aware and you'll feel like you're doing something for yourself that is completely your own.

Being confident doesn't happen overnight. I haven't conquered it in my 22 years and I'm sure I have a ways to go. I try my hardest to always be my best self and that will always factor in positively towards my confidence, you should try it too.

Sponsored by Department of Social Work. This is a CC CLUE event.

Their dream school will become a nightmare.



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SEX AND THE ISLAND

NuvaRing In's and Out's and Why it's Underrated

Putting a Ring on it Basically Saved My Vagina

BY VICTORIA PRIOLA

Finding a birth control that is right for you is one big game of trial and error. There are a limited amount of options in contraception for women, but there is one in particular that has gotten a bad rep for little reasons.

The NuvaRing is a small, flexible, ring that is about the size of a hair tie. Without getting too scientifically advanced, the thin, clear, ring is filled with liquid that releases a low dose of the hormones progestin and estrogen over the course of three weeks.

To get the full use of the NuvaRing, the user must keep it in for three weeks, and take it out for one. After the user's menstrual cycle is finished, they must insert a new ring and repeat the cycle.

According to Planned Parenthood, less than one out of 100 women will get pregnant each year if they always use the NuvaRing as directed, and nine out of 100 women will get pregnant each year if they don't use the NuvaRing.

The ring has gotten some bad press due to the concept being a bit odd. The NuvaRing is a lot more personal than other forms of birth control, like taking the pill or getting the Depo-Provera shot.

A lot of women would rather not have

something in their vagina all day, everyday, for three weeks and not be taken out to dinner first.

The ever-present risk of a yeast infection is a definite con to this type of birth control.

Topix online hosted a forum for women who have used the NuvaRing. Their conversations revealed that many NuvaRing users tend to have more yeast infections after three to four months of product usage.

Before you freak out and boycott this product forever, know that if you take out the ring every two days and keep your bikini area clean, there is no way you can get a yeast infection from the ring itself.

According to Healthy Women Online, 75% of women get a yeast infections at least once in their lifetime. It is treatable with creams like Monistat, that are sold at your local drug store.

According to RXList.com, Common side effects of the NuvaRing include vaginal infections and irritation, vaginal itching or discharge, headache, nausea, vomiting, bloating, stomach cramps, changes in weight or appetite, breast pain/tenderness/swelling, headache, nervousness, dizziness, tired feeling, freckles or darkening of facial skin, increased hair growth, loss of scalp hair, prob-

lems with contact lenses, changes in your menstrual periods, decreased sex drive, and other side effects associated with hormonal contraceptives.

So, basically everything that can go wrong with your body, might. Like my doctor said, the people that love it, wouldn't do it any other way. The ones that hate it, will never use it again.

I was on the pill before using the ring, and it put my body through hell. I constantly forgot to take it and had cramps everyday, even when I wasn't expecting my period.

Taking Loestrin made me fatter, bitchier and anxious. I thought I was pregnant every month, without fail, due to missed periods and hormonal imbalance.

When I laid eyes on the ring for the first time, it's size took me by surprise. "I'm sorry, I'm supposed to put that, where?" My doctor assured me I would be fine, so I took her word for it.

It's intimidating to look at but inserting it is easier than it looks.

My doctor advised me to use a tampon applicator to insert the ring. I found that using my finger was easier than dealing with the process of trying to fit a wide ring into a tiny plastic object.

The easiest way to insert it without hassle is to pinch the ring with your right hand at the middle until it is in a vertical shape. Line the top of the ring to your vagina and use your left index finger to gently push it in.

Make sure you are relaxed. There is no way you can push the ring too far in, so don't worry if you're doing it wrong.

Your body will adjust. If you have any problems with insertion, call your gynecologist.

I saw no immediate problems with it. After a few days of insertion, I started to feel pressure because I wasn't accustomed to it. It felt strange but after awhile, I learned to adjust and now I barely notice it.

The NuvaRing has been a blessing to me. I get my periods on time and am rid of the thought of messing up my pill schedule. I'm on a much better physical and mental path with the NuvaRing.

Before using the NuvaRing, it's highly recommended to speak to your gynecologist and ask if this is the right birth control for you. I sound like one of those commercials for Viagra, or something, but better safe than sorry.

And don't worry: death is not a side effect of the NuvaRing.

Jail Time for Him Is Still Time for Me

How Distance Can Make or Break Your Relationship

BY FRANCESCA MICELI

It is never an easy thing to lose someone you love in any way, shape, or form. It is one thing when couples break up because their relationship just didn't work out for whatever reason, but it is a completely different story when someone is forcefully taken out of your life when neither of you expected.

Now, being confronted with a situation when your loved one goes to jail will either make or break your relationship. It is not an easy predicament to deal with and it is also very lonely.

I'm not going to tell you that it will be like a fairytale and that everything will be okay, because everyday things change and anything is bound to happen in both of your lives.

It is an emotional rollercoaster in a good and bad way. Some days you will feel like everything is going to work out, and some days you will feel like the world is caving in and you'll think to yourself, "how is this going to ever work out?"

But it can work. One good side of the story is that this is one of those situations in life that really test your character, your values,

your strength, and your love for one another.

If all goes well, there is no stronger or intimate love then finally being able to reconnect with your partner. Of course people will give you their perspective on what they think is best for you and that's expected.

Don't think too deeply into what is said or how the situation looks to anyone else. At the end of the day, it is your life so it is your decision.

This is a decision you need to make on your own and for yourself. If you choose that this man is worth your love and time, and you find yourself selflessly devoted to him, then it is best that you consider a few guidelines to make this as successful and comfortable as you can for the both of you.

First and foremost, keep yourself busy. Sitting around sad and lazy is not going to change a thing. You will be wasting time that can be spent productively building yourself, your future, and possibly a potential future for the both of you. Keeping busy will make your days fly by.

It will also give the both of you something to talk about, and it will lead to deeper

conversations between the both of you, as well as a stronger bond because he will be missing the things that he could be doing with you.

No matter how tough and desensitized he needs to become to cope with jail, you're still a human with needs and he cannot forget that. If you hold yourself back from growing and experiencing life, eventually you will both develop a sense of regret and resentment towards one another. This is the type of scenario that should be taken one day at a time.

Try to keep your desires and hopes of a future with him no further than a day at a time.

It is best kept that you reserve your dreams and game plans until his time is close to ending, that way, you both know where you truly stand.

By wrapping yourself up in a fantasy that may seem real now, can be scary because things could crumble as soon as he is liberated and has his freedom again.

Or, you could very well get married and be showered with all of the love and respect you deserve...either way, this is something

that is basically unknown because it is too early to dwell on.

Another approach to make it work is to be honest with him during phone conversations, he has enough to worry about and you don't want to be one of those reasons.

A third approach you can take is by sending photos that will remind him of what you both share outside of the walls, while you're making it work inside.

A warning that I would like to share is if you're going to wait, then wait... don't seek out another partner to fill your time.

This can open the door to more problems as it will lead to clouded judgement and extra unnecessary stress.

You cannot replace a boyfriend who is not in jail, the same rule applies here. He is still your man and no other man will make you feel the way he does, make sure you always keep that in mind.

There is no point in opening a chapter if you're not planning on finishing it.

Pick a side—waiting or not waiting—and stand by that decision because ultimately, in the end, it is your happiness that matters.

SPORTS

Fresh Off CUNYAC Championships, Dolphins Compete in Jersey

Individuals From the Men's and Women's Squad Shine Bright in Rutgers

BY FRANK COSTAGLIOLA

Following a third straight CUNYAC Championship victory, the Men's and Women's swim and dive team represented CSI at the annual Metropolitan Swimming and Diving Championship at Rutgers in Piscataway, NJ.

The Metro Championship took part over the course of three days and the Dolphins participated in 18 of the 42 events held at the swim meet. Furthermore, the Dolphins also managed to make eight finals appearances.

Swimmer of the year and captain, Tim Sweeney, was poised to make a splash at the meet after an impressive performance at the CUNYAC Championship.

The junior took first in every single race he was a part of and was an obvious choice for Performer of the Year.

"It is a great accomplishment that I am very proud and honored to receive. I've worked hard all season and to be recognized by all of the coaches in the conference means a lot," said Sweeney during an interview after the CUNYAC Championship.

"I have to thank my teammates so much for this because they pushed me to be better each and every day," Sweeney continued. "I also have to thank all of my coaches, and Mike Wilson because I wouldn't be swimming nearly as well without them."

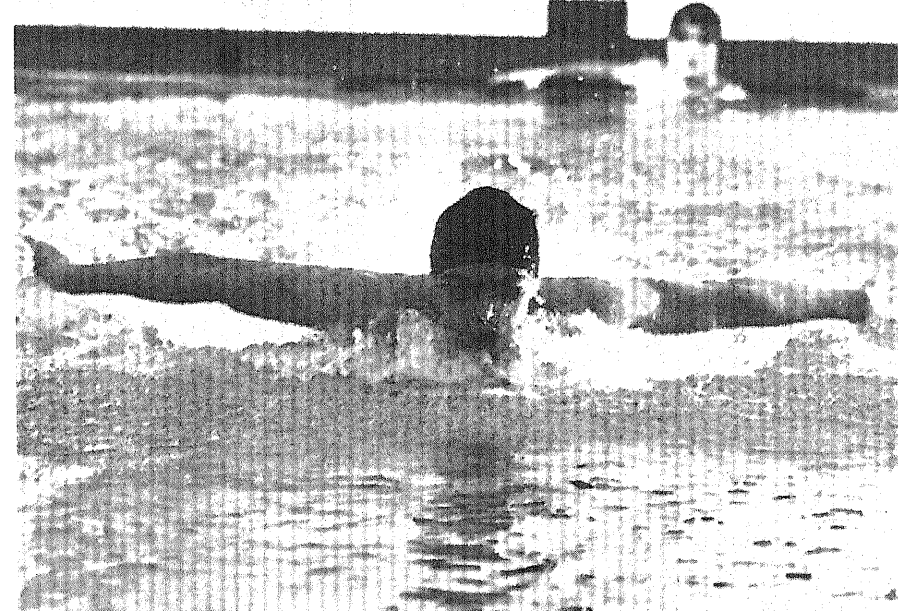
Sweeney has been the Dolphins' most consistent swimmer all season and has the numbers to prove it.

He has broken multiple school records and leads his team in overall points and first place finishes.

Sweeney got his team on the board after placing 15th in the 50 yard Freestyle sprint. Finishing with a final time of 21.61, the junior came within mere tenths of a second in finishing in the top eight.

On the second night of the event, Sweeney secured a seventh place finish in his signature swim, the 100 yard Butterfly. ; while in the process, setting a new personal and school record.

The team of Derek Villa, Jonathan Gorinshteyn, Nicholas Defonte,



Tim Sweeney (pictured above) has anchored the Men's Swimming team this year, helping the squad to a CUNYAC championship and strong showing at a recent swim meet held in Rutgers University

and Tim Sweeney represented CSI in a number of relay races.

In the 200 yard Freestyle Relay the men took 12th place. Following the 200 yard Freestyle Relay the team of four tied for 10th in the 400 yard Medley Relay.

Following a solid performance on the first day, the four were back at it the next day. The first event of the day was the 200 yard Medley Relay.

This was their overall worst performance and finished 13th with a time of 1:51.55.

Their final and best showing of the meet was 400 yard Freestyle Relay. The foursome took 9th place in their final event and shedded off six

seconds of their seed time.

Sweeney also broke another school record during the 400 yard Freestyle Relay and capped off an impressive showing for the four of them.

Other notable performances included Jonathan Gorinshteyn's 21st place finish in the 200 yard Breaststroke, while the duo of Derek Villa and Nicholas Defonte broke their own personal records in the 200 yard Freestyle.

Villa scored a 1:48.10 and Defonte swam a 1:51.56.

Junior Naomi Gaggi was the member of the women's team to participate in any events.

Gaggi swam in three total events and improved her seed time by seven seconds in the 500 yard Freestyle with a time of 6:00.10.

She also competed in the 100 yard and 200 yard Freestyle events.

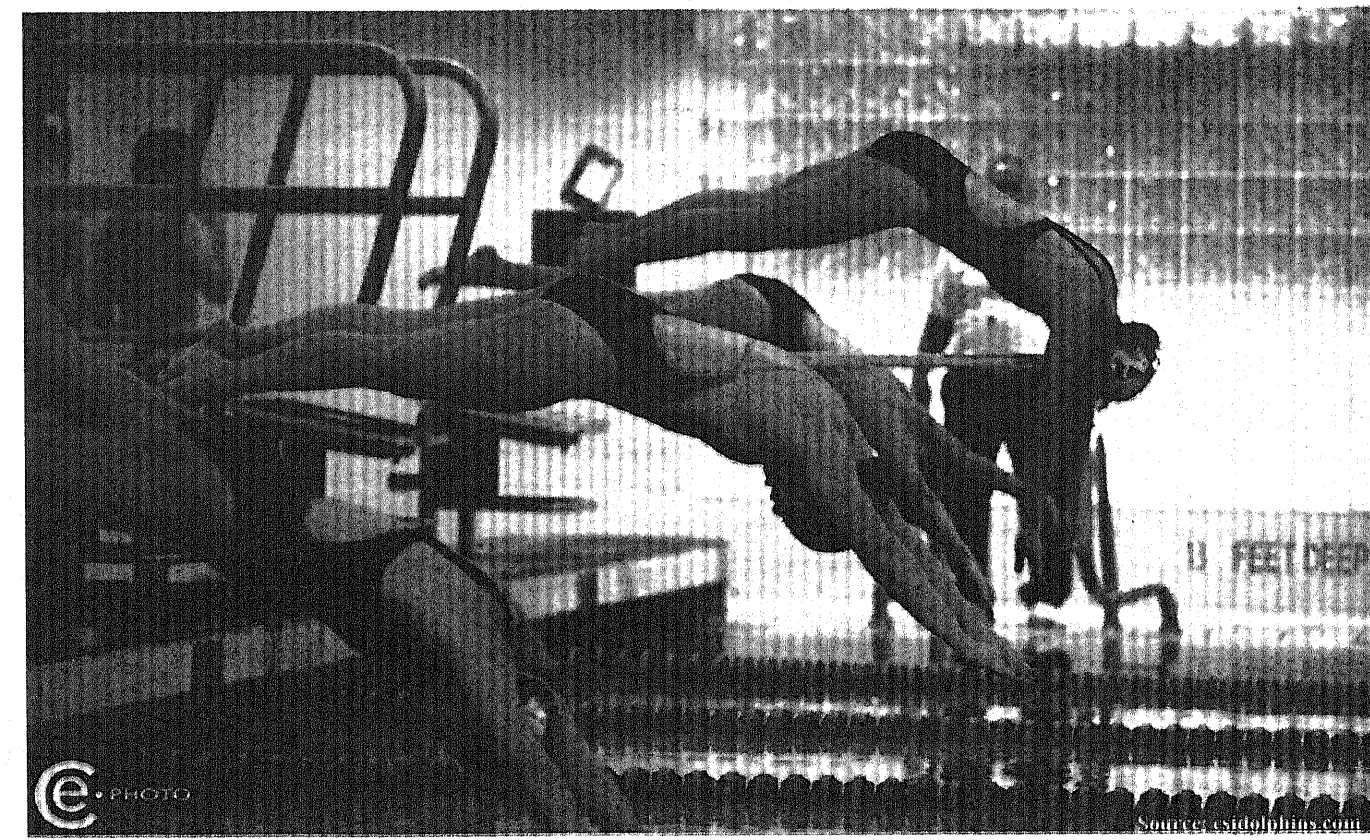
Brothers Adil El Haddad and Ayman El Haddad competed in the one meter and three meter diving events.

Ayman placed 11th in the 1M and had an overall score of 305.50 points, while Adil finished in 14th with a 276.05. Both brothers would improve their scores in the 3M event. Adil placed 9th with a score of 233.88 points, while his brother took 11th with 219.40 points.

"It is a great accomplishment that I am very proud and honored to receive. I've worked hard all season and to be recognized by all of the coaches in the conference means a lot"

The Metro Swimming and Diving Championship was the conclusion of an exciting season for the Dolphins.

Led by Head Coach Michael Ackalitis and his assistants, the Dolphins enjoyed a lot success this season.



College of Staten Island's Men's and Women's swim team participated in the Metropolitan Swimming and Diving Championship at Rutgers. Both squads were coming off CUNYAC Championships.