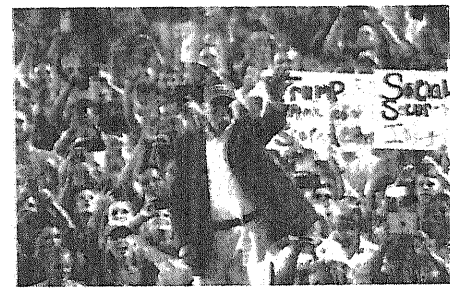


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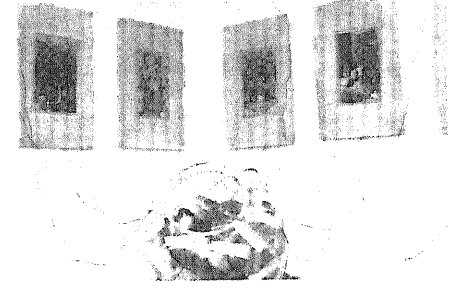
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Issue # 18



From a Trump Supporter's Point of View -



CSI Art Gallery -



'Civil War' Pleases Fans -



CSI Baseball Wins CUNYAC -

A Quiet Student Government Points to the Future *A Round-up of the 2015-16 SG's Initiatives and How They'll Affect Student Life*



Blerim Cukovic and Donald Hudec outside of CSI's student government office in the Campus Center

BY VICTORIA PRIOLA

The 2015-16 Student Government is on its way out, but won't let the new class come in without a message from their predecessors.

The Banner interviewed several members, who sounded off on both their successes and failures.

This year, unlike any other, was a controversial time to be in office. The investigations surrounded around the voided election results

of last May took up a majority of the Fall semester, causing the inducted SG to have a late start on planning student initiatives.

"We were victims to administration's decisions," said Blerim Cukovic, former SG Vice President. "[They] owe the students an apology."

With no active SG for a part of the semester, clubs and student-run organizations were unable to hold events and receive fund-

ing because there was no board to vote on anything.

RJ Mohammed, former President of SG, claims that this year was all about setting up the ground for the next generation of SG to bounce off from. "All they have to do is say yes to everything, and it's done," he adds.

Throughout their time in office, SG

Continued on Page 5

CSI's St. George Campus Needs Luck to Open this Fall

The new campus Will Open in the Fall Despite a Lot of Work Left to be Done

BY PATRICK KETTYLE

Time creeps closer to September, and with key components missing, CSI administration still plans to open up CSI's new satellite campus in St. George.

Administration intends for the first classes at 120 Stuyvesant Place to begin in less than four months, despite not having all of the required approvals, not beginning the renovations for the host building, and having many students either unaware of the campus or unable to register for classes.

"We're working very, very, hard, we've got our architectural design in place, the lease

has been negotiated, all the legal pieces have been agreed to, and the lease has been sent to the state for its approval," said Dr. Kress, the Vice President for Technology Systems at CSI. "We're praying that we will have luck on our side."

Research conducted by CSI's faculty conservatively predicts that 900 students will enroll in the facility, which will generate enough tuition to cover the fees required to operate the new site.

This projection includes new students from St. George, current undergraduate students, and graduate students. This new cam-

pus aims to increase college enrollment and make commuting to college more accessible for people all over Staten Island, Manhattan, and Brooklyn.

However, as it stands now, registering for courses has not been accessible to its students.

CSI's website has several pages describing the new facility and the opportunities it will offer.

Next to a line that says "Apply quickly and easily to CSI online here:" a link can be clicked, but it redirects students to the gener-

Continued on Page 4

Warmer Weather Makes For Faster Times for CSI

Runners

YOUTH SHINES AND
RECORDS FALL

BY JOSHUA RIBAUDO

A week after Matthew Day broke CSI's record for the 10,000-meter race, Liam McMunn tried to best him by breaking the school record for the 1,500-meter race.

On the warmest race of the season, there were multiple season bests run and nearly two records broken at the annual Coach O Invitational at the United States Merchant Marine Academy in Queens.

McMunn ran a time of 4 minutes and 16 seconds breaking the previous record of 4 minutes and 18 seconds which was also held by him.

"Going into the race I didn't want to go out too fast," said McMunn. "I just wanted to run my own pace and not get caught up with everyone else."

McMunn was not done, however, and was just as hungry to break the record in the 800-meter race held by former student athlete Andrew Pate.

He ran a personal best of 2 minutes 3 seconds and 58 milliseconds just missing tying the record by 2 milliseconds.

"I was trying to stay positive throughout the race," said McMunn. "Trying to never let negativity enter my mind."

Last week Day ran the 10,000-meter race for the first time in his career at the Osprey Open at Stockton College in New Jersey setting the school record. Running a 10,000-meter race is rare for anyone to run, but Day wanted to run it to break the school record.

"It feels pretty good to get my name in the record books before I graduate," said Day. "I normally don't run this race, but I chose to so I can get the record."

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BANNER POLITICS

Examining the Trump Phenomenon Through the Eyes of a Conservatives

The Presumptive GOP Nominee Can No Longer Be Ignored

BY BRIANA DELBUONO

The 2016 race for president has gotten even more heated two of Trump's rivals drop out of the race shortly after teaming up in order to defeat him, leaving him as the last one standing in the GOP.

Ted Cruz likely dropped out of the 2016 presidential race because of poor poll results in Indiana. If he had come out on top in the state, it would have likely kept his campaign alive – unfortunately for him, this was not the case.

Kasich, reportedly stated that his "heart was not in it," when he dropped out of the race this past week after Cruz left him as the only one standing up against the business mogul.

"I feel that it was a good move for Kasich and Cruz to drop out," 22-year-old Trump supporter, Michael Syetta said. "They accepted the fact that people want Trump as their nominee. I'm surprised both of them made it this far, especially Kasich."

Trump's policies have won the hearts of many Americans, but not everyone wants him in the oval office.

"Cruz was the best presidential candidate we've had in 30 years; He is a true conservative," Jay Pelc, a Republican, said. "He is a patriot, brilliant, very successful, he says what he means and means what he says."

Cruz dropped out with the belief that he was not going to make it anyway, but his supporters think otherwise.

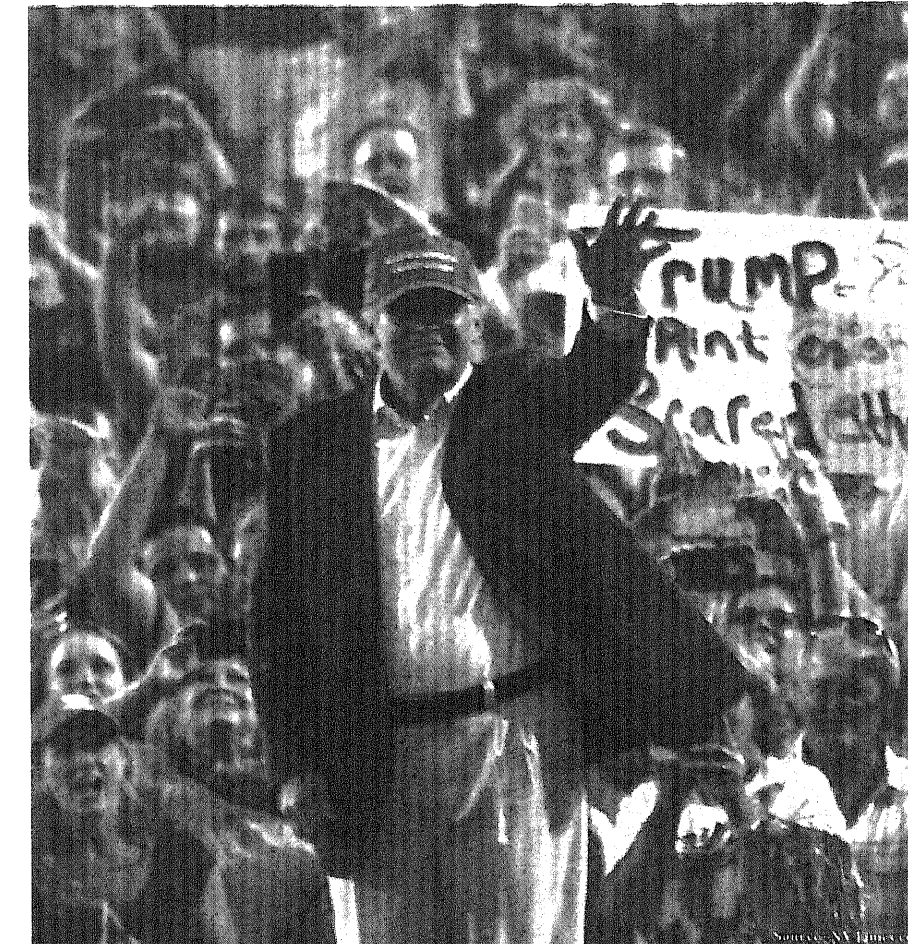
"I was surprised Cruz dropped out when he did; Trump still would have had to carry California to get to 1237," Pelc said.

Even though Cruz wasn't trailing that far behind Trump, he faced other obstacles especially referring to media coverage.

"Everyday Trump would be in the media and on your local news station calling Ted Cruz, 'Lyn' Ted,' I feel like this killed his credibility as a candidate even for people who never saw a Cruz rally," Syetta said.

With the GOP narrowed to Trump, the only person standing in his way is either Clinton or Sanders. At the end of the day, both Republicans and Democrats are wondering, in a seemingly endless and cut throat race, what will happen when the polls open in November? What's going to happen to all of Cruz's followers?

"Many of us will hold our noses and vote for Trump because conservatives are smart enough to know the horrors of a



Clinton presidency. Some of us will not vote," Pelc said.

"I believe most of Cruz followers will go for trump because their policies are similar. They both want to chop up the federal government, build a wall on the southern boarder, and they both have a big evangelical following," Syetta said.

Working middle class Americans typically favor Trump because of his views on immigration and trade.

"I do feel that Trump has a good chance of winning the general election but not every republican likes him," Syetta said.

"Trump is a self centered narcissist. Trump cares only about Trump. He'll say anything to anyone if it's expedient in that moment," Pelc said.

Who will Trump pick as a running mate? Some speculators have mentioned that Cruz was one of the potential mates but Pelc says it isn't likely.

"Trump will not pick him as VP and Cruz would not accept," he said.

"Trump should pick Ben Carson. A lot of the African Americans hate Trump right now and I think having Carson as VP will help Trump a lot," Syetta said.

The race that has become vicious at times has come to a halt on the Republican end but the race is far from over.

"The battle for the presidency will be a whole new challenge for Donald Trump. Can he emerge from behind to beat Hil-

track record. His policies are basically what we need right now as a country. I feel like any Democrat would want him has a president," Syetta said.

However, if Bernie loses the Democratic nomination to Clinton, Syetta believes voters will turn to Trump.

"I feel Bernie supporters will vote for Trump because they are both similar in the sense of supporting the working class and building the economy," he said.

How did we end up here? Some speculate that the GOP dropped the ball this election.

"The GOP should embrace its own party and its conservatives as the clear alternative to what's happening now. Instead, the elected Republicans have rolled over and played dead for Obama. That is not what we elected them to do," Pelc said.

So what does this leave Americans to believe? Basically, Cruz and Kasich never even had a chance.

"If the GOP wanted to stop Trump they should've started from the beginning. Trump was already too powerful with a tremendous following and endorsements," Syetta said.

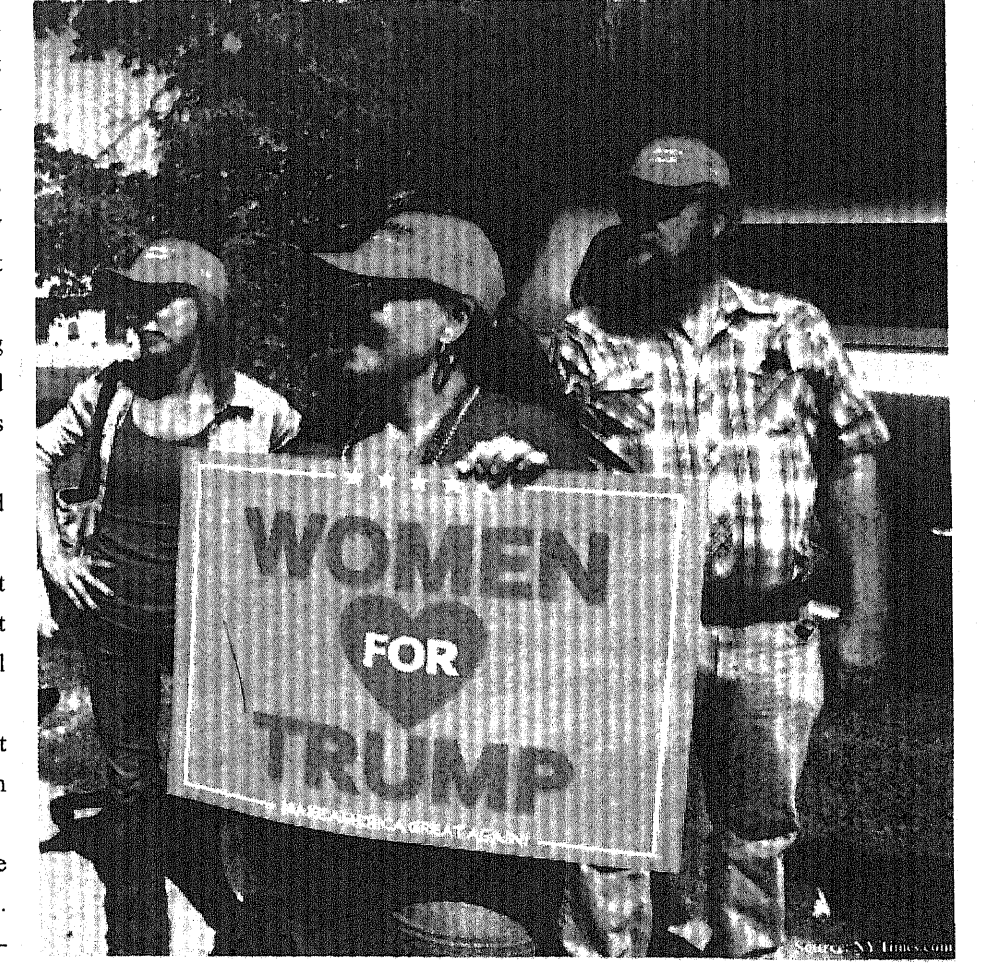
The Democratic side is looking clear-cut since Clinton's win in New York.

"Clinton will be the nominee and in every way, shape and form is probably the weakest, most beatable candidate they have ever run," Pelc said.

lary Clinton? Only time will tell, but the numbers don't favor The Donald," Jason Zapulla said on osceolahnews.com.

Sanders is a force to be reckoned with as well. Even though Clinton is somewhat dominating the polls, many voters still want Sanders in office. Even devout Trump supporters can see why some Americans want him to win the November election.

"I personally like Bernie Sanders, he is a trustworthy candidate with a very good



"Saint George Campus" Continued from Front Page

ic application for CSI with no mention of the new location. CUNYfirst does not offer any options for current students to apply to CSI-St. George as well.

"I actually wanted to register but I didn't see any options for the new campus on CUNYfirst," said Amanda Dasaro, a junior at CSI.

"The website for it hasn't been updated since March and when you call the school to ask for information they give you the com-

plete run around," she continued.

CSI has advertisements for the new site at the ferry terminal (articles have been written about it in the Staten Island Advance, and NY1 has reported stories about it).

However, there is a lack of publicity at the Willowbrook campus, which would supply undergraduate and graduate students for the incoming class.

Posters for the new location can not be found on any information boards on campus, and many current students still do not know a new, and more convenient site.

"I didn't know that we were opening a new campus in Saint George," said Jaelyn Trotta, a senior at CSI. "This is the first time that I've heard about it."

CSI will offer courses to fulfill the major requirements of several subjects, however, the CSI website does not state what courses will be offered.

People who would like to register have the option of filling out a form expressing what classes they would be interested in registering for and the times they would take them.

Plans include increasing promotions at the main site and the shuttle buses once more details have been worked out.

In the meantime, many students will continue to be unaware of the new location, and administration will continue to work in the hopes of remaining on schedule.

"We are on time, our timeline is realistic," said Kress "All of the pieces that we need to get into place are in place, and they will be done in order for us to open in September as planned, but we still need lots of luck."

The Annual Student Film Festival Adds Judges to the Lineup

The Film Club Hopes to Host the Most Impressive Festival in CSI History

BY JOSHUA RIBAUDO

Kick back, eat some food, meet a few fellow students and watch a plethora of student made short films at this year's annual CSI Student Film Festival - and for the first time ever, watch each film be judged by a panel of pre-selected judges. As of now two out of three judges have been chosen, and they are alumni Christine Simon and Emmanuel Ojo.

CSI's Film Club is holding the event on May 26 in building 1P room 122 at 2:30 PM. The festival is open to submissions from students of cinema production courses levels 120 or higher, however CIN 111 students may enter if a professor suggests their projects be put up for review.

After submission, Erwin Raju, the Film Club's president, and Nicholas Jastrzebski, the Film Club's Vice President, review each film before selecting the best ones for screening.

"We would love to show every film that gets submitted, but it looks like there are going to be too many entries this year," said Jas-

trebski. "We've seen some of the films, and I gotta say this is going to be one of the best shows in long time."

The judges, Christine Simon and Emmanuel Ojo, are both former students of the Cinema Production program at CSI.

Simon was known to the department as an ambitious and well-rounded student, who the Film Club hopes will add a deep level of insight to the judge's table.

Ojo was Film Club President from 2012 to 2015, making several changes to the Film Festival including the addition of a cash prize to the winner of the "Audience Choice Award", where the people in attendance vote for their favorite film of the night.

"The addition of judges is the one thing we are really excited about," said Raju. "Having judges just kind of adds this whole new level of authenticity to the experience."

In the past, films were selected and awarded as well, however all selections were made by members of the Film Club.

This raised concern amongst students

due to fear of the Club's bias toward friends and upper-level students.

Raju hopes that adding judges will create an unbiased selection process.

Furthermore, attendees will be able to enjoy the luxuries of a new and improved sound system the department recently purchased for the event.

In past years the sound system had been thought to be relatively low quality, especially in comparison to the extremely large 12-foot by 8-foot screen that the films are projected onto.

"We have this huge screen and this really cool space, yet the sound system has always just been dull, with very little bass and clarity," said Raju. "Our new speakers just came in the other day and they sound so good. It's going to feel like a real theater in there."

The awards that will be given to students has been put back up for review by the club, but as of now the categories could be, "best narrative," "best non-narrative," "best cinematography," "best editing/post-production,"

and "best script." However, some, if not all, of these categories are subject to change.

Attendees can expect to see an "Audience Choice" award this year as well.

Chris Wallace, the Film Club's treasurer, plans on showing his latest short film in this year's show - his last project as a film student at CSI. The film, "Purgatory," is one Wallace is particularly excited about.

"I really think this is the best film I've made so far and I'm extremely proud of it," said Wallace. "Between this and some other entries I've seen so far, everyone is really stepping up their game. Everyone's stuff looks really professional."

Last day for submissions is May 24. Submission forms can be picked up at The Cage, in building 1P room 122. Filling out a Submission Form is required for entry.

"Anyone who has any interest at all should come out," said Raju. "This is such a great event that needs more exposure, and all these film students want is an audience to show off their talents."

"Track and Field" Continued from Front Page

For his first race of the day, Day ran his first 1,500-meter race of the season. He seemed to have followed McMunn's strategy and ran his own race.

Day started off in the back of the pack and slowly moved his way up throughout the race.

This strategy helped him set a new personal best by running 4 minutes and 36 seconds.

For an encore, Day wanted to go for the school record in the 5,000-meter race, which is his usual race.

The record is 17 minutes and 9 seconds which is currently held by the team's best runner, Andrew Scharff, who is currently sidelined for the season with tendinitis in his left hip.

Day did not come close to the record running 18 minutes. The 5,000-meter race was his second race of the day and the heat played a major factor as well.

Behind all the excitement of records being broken, team captain and senior Richard Ruggerio ran his final race of his collegiate career. In his final 400-meter race of his career, Ruggerio ran a season best of 57 seconds.

"I have a mixture of emotions today," said Ruggerio. "I'm happy that I could have spent the last four years running for this school and for my amazing coaches."

Ruggerio won't be attending the final three track meets of the season due to his coaching responsibilities as a sprinting coach at Monsignor Farrell High School.

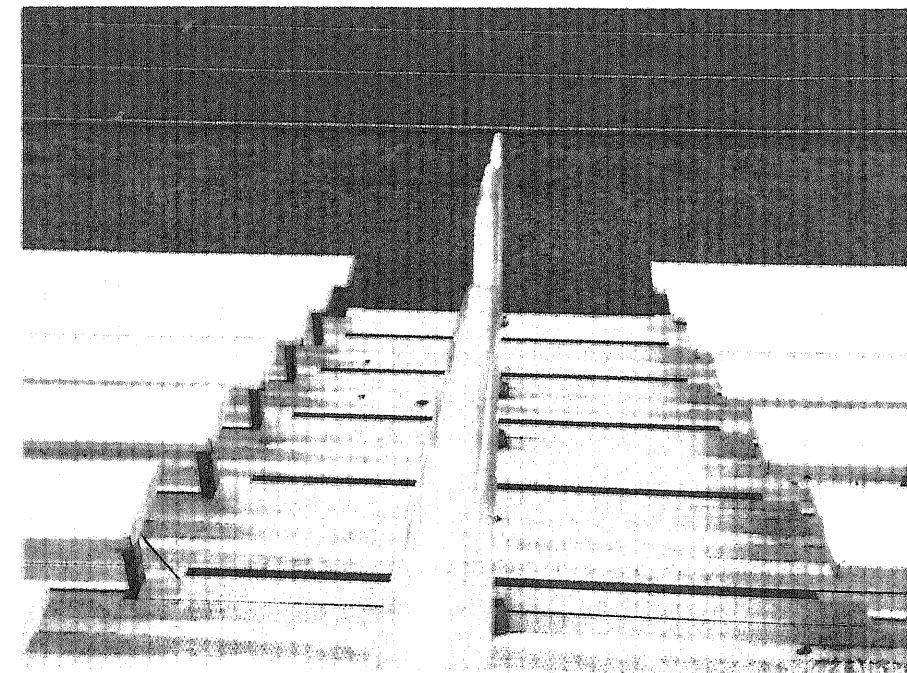
Kenneth Morella, a junior, was the final runner of the day for CSI running in the 5,000 meter race along with Day.

Morella is known for being the most consistent runner on a week-to-week basis always setting new personal bests.

The warm weather was not a blessing

for him and only intensified the cold Morella was battling throughout the day.

He finished with a career worst 18 minutes and 43 seconds.



"The Student Gov Perspective" Continued from Front Page

worked on creating a bike share program, adding the Student Bill of Rights to the SG constitution, creating dividers in 1C so multiple clubs can hold events at the same time, extending the hours of the S93 bus service with Staten Island Borough President James Odde's office, and providing iPads in the library.

"We have been doing work," said Cukovic. "We just haven't been showing it off."

The bike-share program, if approved, will provide students with 30 bikes to ride on campus.

Mitchell Harris, SG's Finance Commissioner says the board has set aside \$50,000 and obtained three quotes from different companies to make this happen within the next year.

Before it's revamp, the SG constitution was three pages long and not specific enough to abide by.

This document, or lack thereof, caused all of last year's cheating scandal to happen, according to Cukovic.

He and his team researched other campus government constitutions in order to create functional guidelines for CSI's SG.

There were three additional regulations added to the constitution that need approval from the upcoming class. Student body power, where senators will need 10% of the student body to sign for a budget item to be

discussed.

A treasurer position will be incorporated into the executive branch of SG to oversee finances in order to keep things organized, and a point system so those that get into power can prove they are deserving.

Points are racked up with leadership experience and school involvement.

The new constitution needs to be recognized by CUNY in order to be a legitimate document, which Cukovic reiterated, must be approved by the incoming SG.

The Divider system, which will be funded equally by Auxiliary Services and SG, aims to build moveable walls that split the side area of 1C, by the Green Dolphin Lounge, into separate rooms for clubs can hold events.

Due to the Prayer Room's small capacity, students who want to use these new rooms for prayer will be allowed to rent them for a time slot throughout the day.

Aside from these campus-wide initiatives, SG has been working on cosmetic duties like re-doing the game room on the second floor of 1C and repairing parts of campus that are not safe for those in wheelchairs or anything in that realm.

"Things that seem so small," said Mohammed, referencing to their motion to set up cable television in 1C so students have access to the news. "Take a lot of time and planning to do."

Cukovic also claims that time was their

worst enemy. "We persevered with the time limit and we're so proud of our team."

Those who say the Fall/Spring SG were not productive during their time in office are mistaken, according to Cukovic and Mohammed.

"If [the students] were in our shoes, they would understand," said Cukovic. "We were robbed of our Fall term."

"We went above and beyond to make sure we do everything by the book," said Mohammed.

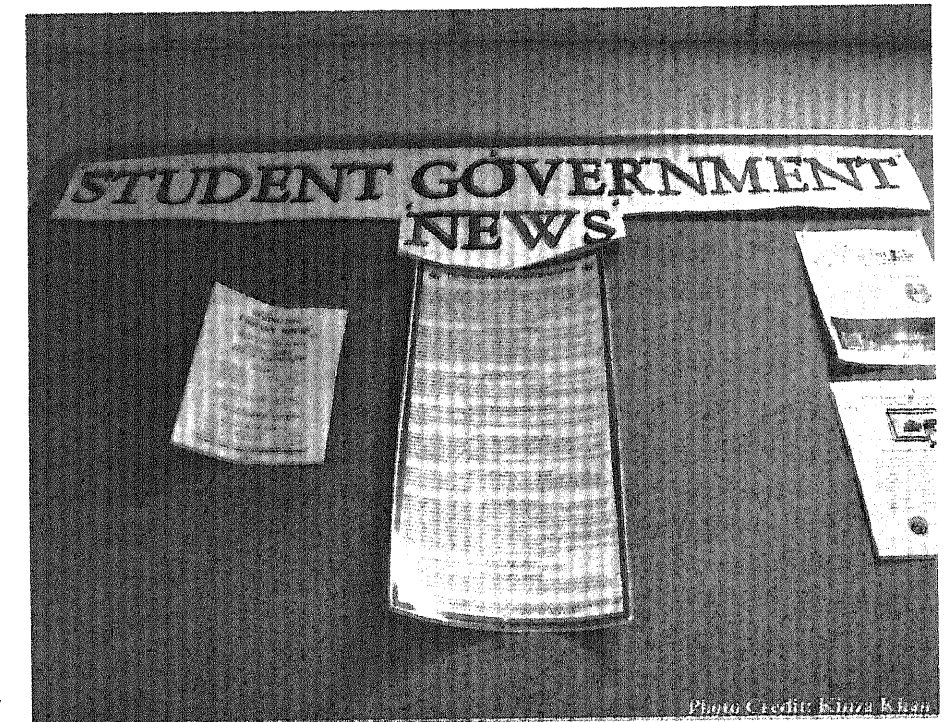
He also told The Banner that he sends an apology to students who object to the stipend increase, but he was not a part of the voting for that because he personally is not eligible

to receive money due to his seniority in office.

Cukovic's final advice for the incoming senators? "Earn your stride," said Cukovic. "You have to show you know what you're doing."

"While in Student government always ask yourself if what you are doing is in the best interest of the students," said Mitchell Harris. "Always ask yourself if the money is being used appropriately, do not forget that the money is from the student activity fee, learn what that means."

"I will not say we were the best," said Mohammed. "But we tried to make this campus a better place."



CSI Senior Design Group Races Towards the Finish Line

CSI Go-kart Group Looks to Prove the Doubters Wrong and Race into Their Hearts

BY JOSHUA RIBAUDO

A CSI senior design group led by Ahmed Obeid is looking to do what no other engineering student at the College has done before: make a go-kart from scratch.

Obeid has led a group of four other engineering students for the past two semesters in building an electric go-kart with regenerative power system.

The other members of this group are Carlos Fernandez, Jason Khachmanian, Lucas Szwaczka and Alina Novikova.

"When we first started this project we took it almost as a joke and were playing around a lot," said Obeid. "Now we've matured and really put ourselves together towards finishing this project."

Obeid is the project manager of the group and the driver of the go-kart.

As project manager he is too make sure that everyone in the group is on to in completing the tasks assigned to them.

He is also in charge of ordering the correct parts making sure they come in on time.

In addition, Obeid also steps in and

helps where is needed to assure that everything stays on schedule.

"I feel as a group we have come together very well," said Obeid. "Each one has their own skill set and each person has optimized on that specific skill set."

"When we first started this project we took it almost as a joke and were playing around a lot. Now we've matured and really put ourselves together towards finishing this project."

Fernandez is the drafter and 3-D printer of the group.

Fernandez's job is to design a 3-D version of the go-kart using computer software as a guide to building it. He uses a program called "Solidworks" 2016 for his drawings.

"I had to do each part individually, which took extensive work," said Fernandez. "It took about three weeks to complete all of the work."

3-D printing is a new and cost efficient way to make parts for projects people are working on. Mr. Fernandez uses this technology at his job and uses this skill set to

help his group.

One major part of the project he has used 3-D printing for is the steering wheel.

Novikova is the electrical expert for this team and is also in charge of the regenerative power system being implemented.

Khachmanian is in charge of designing the steering system for the team. He called the steering system designed the "Fisher Price" steering.

"We have dubbed the system the Fisher Price steering as many of the Fisher Price cars and toys use a similar system," said Khachmanian. "But of course we modified it and sort of made it our own."

Szwaczka is in charge of doing the calculations and welding the frame of the go-kart for the team.

Calculations must be done before any building of the go-kart can be done. Calculations include, weight distribution and the bending moment of the frame.

The weight distribution tells you the percentage of the weight at the front and back of the go-kart. The bending moment tells you how much weight can be supported before the material you are using will start to bend.

The presentation of the completed go-kart took place on Thursday May 14 in building 1N room 002.

There will be a relay connected between the battery and the motor controller. The controller will then be connected to the motor and the alternator will be supplying the power back into the batteries.

BANNER LIFESTYLES

The Summer Shopping Survival Guide For Women

The Emotional Preparation for Bathing Suit Season Has Begun

BY VICTORIA PRIOLA

Shopping for bathing suits is one of the hardest tasks for women of all ages. One would think the struggle would lie in finding the right cup size, or a design that tucks your body in all the right ways.

To be honest, I call shenanigans on all of that.

The reason why bathing suit shopping is such a hated time of year is because it takes a strong woman to see herself in a two piece after six months of cold weather and hibernation.

A lot has changed since last summer. Remember those five pounds you swore you lost over winter break? Your bathing suit choices will set out to find them, and then some.

To get past this hurdle, the first thing to do is grow thicker skin. You have to say to yourself, "I'm pudgy, pale and proud," and own that shit until the end.

Remember to be as body positive as possible throughout your whole experience. Clothes are made to fit you, not the other way around.

Mirrors are not your friends; don't trust them. You'd probably look like a Victoria Secret's model if the lighting was better. As

long as the suit is not cutting off your blood circulation and you feel cute, it's a no-brainer.

Expect defeat but aim for success. Going into it with low expectations is recommended because, more or less, the same bathing suits come out every year. If you didn't like a majority of last year's styles, you may strike out again this year.

But if there is something you like, try it on without worrying if it will look good. You won't know unless you try and if it's not your thing, the beauty of trying something on is that you can always put it back.

Huffington Post reported that when shopping for a bathing suit, take your time, bring a friend for support and try out all the new slimming features and fabrics.

Make sure you bring a friend that will act as your hype-man for the afternoon. They've got to be able to bring you back down to Earth when you want to leave the mall and join the nearest Crossfit gym immediately.

Rock hard abs are not needed to look good in a bikini.

Don't be afraid to venture into something more risqué if that's how you're feeling. If showing off skin is not your thing, there are

more conservative one pieces that are comfy and cute; whatever floats your boat, pun intended.

You may end up finding absolutely nothing, and that's OK too. Bathing suit shopping is a hit-or-miss kind of experience.

Just because you don't see something you like at one, or even five, stores doesn't

mean you're hopeless or forced to go commandeering for the summer.

All it means is that you have to search a little harder, and have confidence that it'll be worth it in the end. Also, remember to go a few weeks before the warmer weather creeps in so you're prepared for any surprise beach trips.



Guide to DIY Graduation Caps

How to Piece Together an Original and Decorative Graduation Cap that Will Make all the Other Undergrads Jealous

BY MARIAH METZGER

Graduation is finally right around the corner. You've had a lengthy, complicated college career and you are more than ready for it to end. After dealing with the mess of applying to graduation and finishing up finals during your last semester, you need to start preparing the most important part of your college career: your graduation cap.

Most students use their graduation caps to channel creativity, passion and sometimes sarcasm. Most people imagine this big day, and it becomes hard to translate their ideas into reality.

The big question is, where to start?

First, figure out your idea. Do you want something sarcastic, or something more aesthetically pleasing? Or maybe even just something simple saying your major and "2016" on it?

I recommend hitting the internet hard-core if you need some inspiration.

There are tons of ideas that can be utilized when trying to make your graduation cap. Search on Youtube or Pinterest for some motivation.

Once your idea is figured out, it's time to

hit the crafts store. Your best bet to pick up everything in one shot would be at Michaels. Michaels ALWAYS has coupons, usually 30%-50% on a single item as well as other deals.

If Michaels is not really your jam, you can try Dollar Tree for most supplies, AC Moore, Joann's crafts store, or the most obvious choice; shopping online via Amazon. The basic supplies you are going to need is lettering or a fabric pen, a solid/textured scrapbook paper, jewelry (if you're looking to bling out your cap), and scrapbook stickers if you're looking to put pictures on it.

When decorating your cap, you want to make sure you are not decorating it backwards.

The elastic side should be facing the back, and the pointy side facing the front.

Pick your scrapbook paper and flip it over. Trace your graduation cap on the paper while holding the edges down.

Next you need to cut the outline of your graduation cap out of the paper.

Place the cap underneath and make sure to mark where the button in the middle is. Make a small hole over it and try to wiggle

the button through the hole; you want to be sure there is enough space to still put your tassel.

Now that you have a basic color or texture applied to your graduation cap, you can start decorating.

Depending on your theme or idea, you're going to start decorating with lettering. From what I have found, a stick on lettering from the scrapbook aisle is neat, clean and can come out looking very nice.

If you're good with a pen and want to do your own lettering, feel free.

I personally feel a lot safer with pre-made lettering. Stick-on letters can cost up to \$3.99-\$5 at Michaels.

You can use beads or ribbon to create a border along the edges of the cap.

You can also use scrapbooking-themed stickers if you want to do any type of theme imaginable. I'm talking about make-up themed, arts, teaching, science, city, and more.

Michaels has tons of stickers, as well as pretty good deals on their scrapbooking materials. Stick-ons can run you about \$5 a pack at most.

Now for some graduation don'ts. Be careful when it comes to over-decorating your cap. Sometimes, simpler is better. You don't want to anything on the cap that is too heavy, even if it's funny.

Make sure to use scrapbooking paper, because if you don't, you'll most likely have to hot glue everything to your cap.

This might ruin the basic materials of the cap.

Try to look up color palettes to see which colors work best together.

If you're looking for something feminine, pastel pinks, purples, and silver are always a great combo. If that's not really your style, try more of a black or gold look.

You can also use your school colors, which would be light blue, white and grey/silver for CSI students.

You can always check out websites like colorcombos.com, or you can Google different color palettes to get an idea of what you want to pick.

After all, this is an important choice; it's most likely one of the most important choices you could make in college besides picking a major.

BANNER LIFESTYLES

The Rises and Falls of The 2016 Met Gala

A review of the outfits that managed to astound and embarrass

BY BRIELLE SPARACINO

If you're a pop culture junkie, then the annual Met Gala is something you look forward to every year, even if it's only through Instagram posts and live-streams on the internet.

While the atmosphere of the event is always buzzing with energy and excitement, the teenagers and twenty-somethings tune in for the A-list celebrities and their extraordinary outfits.

This year's theme was "Manus x Machina: Fashion In An Age of Technology."

While some people dressed to impress, there were others who managed to depress. With that being said, here is a list of some of the best and worst dressed stars at the 2016 Met Gala.

Number one, out of the top three best dressed women at the Met Gala, has got to be **Rachel Smith**, for sure.

Many of you may not know who she is and some might not have a clue but all that matters is that her outfit was one of the most on-point ensembles of the evening.

Smith looked drop-dead gorgeous in a mermaid-style Sophie Theallet dress with a drape-waist, and the bronze/copper hue of the dress added warmth to her already flawless complexion.

The second best dressed women was **Poppy Delevingne**, a renowned British model, socialite, and sister to the Paper Towns actress and model Cara Delevingne. Delevingne caught everyone's attention at this year's Gala with her bejeweled Marchesa dress and Orotan clutch.

The artfully placed geometric cutouts at the waist paired with the dress's plung-



Source: Vogue.com

ing neckline made a bold fashion statement; one that only enhanced her couture gowns uniqueness.

Last, but certainly not least, is **Naomi Campbell**.

If you don't know who this woman is, I seriously don't know what to tell you.

This internationally known high-fashion model, who apparently hasn't seemed to age over the last twenty years, kicked major butt at this year's big event.

The supermodel posed on the steps of the Met in a jewel-encrusted gown from Cavalli Couture and looked as elegant as ever.

The cutouts in the front and on the sides of the gown really made the ensemble, and made Campbell's toned figure look unreal in the best way possible.

Now, it's time to show the boys of the



Met Gala some appreciation.

Number one would have to be **Zayn Malik's** outfit.

Nearly all of the men wore form-fitting black and white suits, but Zayn really changed the game when he stepped out with silver armor on both his arms, running from the tops of his shoulders down to his wrists.

While it was appreciated that he took the Manus x Machina theme seriously, it felt like Iron Man just showed up to a rehearsal dinner in full superhero attire because he forgot to take off the suit.

Nevertheless, it did make a statement. What kind, you might ask? I'm not really sure.

Wiz Khalifa, who looked dapper in an off-white, cream colored suit by Rag & Bone came in second place for best dressed. He

looked suave and classy and every other adjective that correlates with the word "amazing."

Paired with a white dress shirt and white tie, Khalifa surely killed the suit game.

And now, here are the celebs that fell a bit short for the fashion event of the year.

Coming in at number one in our women's category is **Madonna**.

She made her way onto the carpet in a contraption crafted by Givenchy, and needless-to-say, she probably should have made her way off of the carpet immediately.

Madonna was around before my time, and from what I know she was quite the innovator, but it's time she realized that she has aged since the 1980's and that she should probably not wear anything see-through.

If not for her own sake, then for the sake of sparing her children the embarrassment.

Number two on our list is, unfortunately, **Nicki Minaj**.

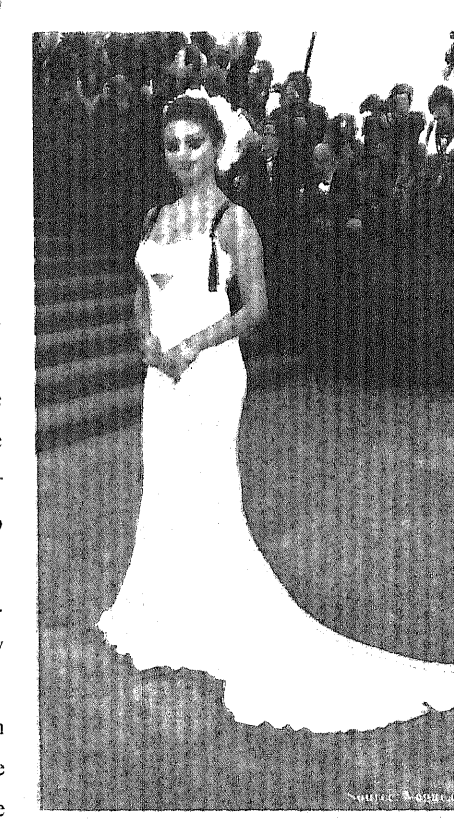
Over the last few years, Nicki has gone through a transformation that no one ever really expected.

She went from dressing like a deranged Barbie doll to knocking us all dead with one sleek and sexy look after another.

For her to show up to the Met in an all-black Moschino gown and matching gloves decked out with what appears to be faux-looking belt buckles is a Greek-level tragedy for the rapper.

The outfit was memorable, but for all the wrong reasons.

It was hard narrowing down the worst-dressed celebrities to only three, but our final contestant in the dressed-to-depress category



Source: Vogue.com

was **Selena Gomez**.

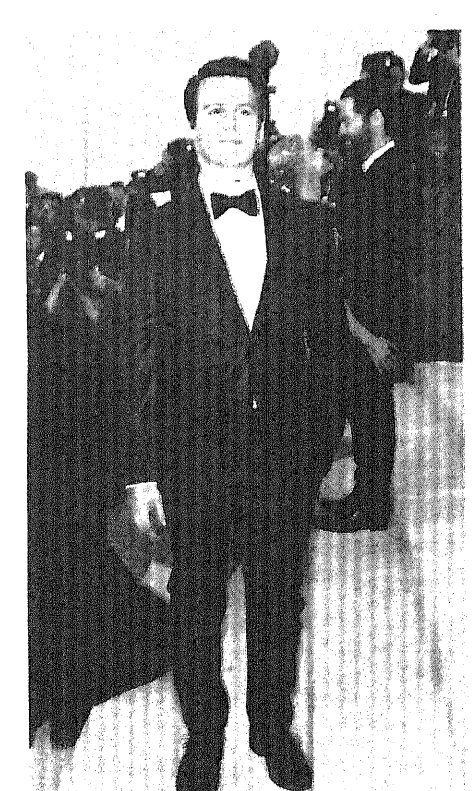
Usually, whenever there's a big event, I know that I can always count on Selena Gomez to arrive on the scene and slay my life. At the Met Gala, however, I was majorly disappointed.

If I weren't aware that her entire ensemble was Louis Vuitton, I would have sworn that she was wearing something from her Knart clothing line.

As far as the worst dressed guy at the Gala goes, **Hamish Bowles** takes the cake. Even though he's a well-known fashion journalist who has been working with Vogue for God-knows-how-long.

His outfit seemed very "French Revolution Chic," and maybe it should've been left in that time period.

Making their top two debut for worst



Source: Vogue.com

dressed man at the Met Gala is **Jonathan Groff** in a suit from Calvin Klein Collection. He looked great and the suit looked great, but they didn't look great together.

I don't know if my eyes were playing tricks on me, but the suit looked a bit too big on his frame.

It appeared to be wrinkled, ruffled and poorly tailored, and it kind of bothered me to even look at it. Now, the outfit wasn't horrible, but it wasn't great by any means either; he could have definitely done better.

So, there you have it; you have just been subjected to the rise and fall of the entirety of this year's celebration.

Even though **Rihanna** couldn't make an appearance and enrich our lives with another noteworthy outfit as she usually does.

BANNER ARTS

'Civil War' Shows Marvel at Its Best

A Superhero Film that Understands the Importance of Fan Service

BY MARCUS DEL VALLE

"Captain America: Civil War" is jam packed with numerous storylines intertwining at once and battles throughout which each host enough comedic zeal to keep viewers focused.

Marvel flick have really stepped up their game in the past few years.

With the introduction of the Netflix originals, like Daredevil and Jessica Jones, the opportunity to tell a wide array of stories has presented itself to the live action Marvel universe.

"Captain America: Civil War" takes the cake by combining story-telling elements of everything Marvel so far and injects it all with the Super-Solider serum.

The reasons fueling the Cap vs. Iron-Man disagreement are not the same as the comics, but it does take a lot of cues from its printed predecessor.

Civil War, in order to appreciate it fully within the comic books, required you to follow many different series to figure out each hero's stand point in the central conflict. After months of reading, and waiting for installments, the motivations for characters to enter

the main conflict is revealed and the ending battle ensued.

Fears about balancing that amount of super hero content within a film this size were expressed upon its announcement.

However, these fears are trumped as every hero throughout the film has personal goals within the framework of the civil dispute, much like the comics.

The stakes constantly grow as the subplots mix with the main plot to lead to a finale that makes you hungry for more.

Not only do the plot points land, true believers will easily be able to follow what will come next in the Marvel film universe because of the nuance that the powerhouse has come to be known for.

Relationships between characters, future fights, the return of certain heroes, and more are teased within the film and fans of the comics who are privy to what's next will be happy to know that it could be coming.

The action packed thrill ride throws just as many punches as it does plot, requiring your full attention throughout to fully comprehend its depth.

Numerous times throughout the film, important information and foreshadowing is given through lines of dialogue.

Furthermore, to add to the argument of best super hero movie yet, the aforementioned nuance does not just lie in the witty one liners and who's kissing who but as well in the costume design.

The suits used in the film pay homage to

a specific universe in the Marvel cannon and by doing so create assumptions of future film plots.

Robert Downy Jr. and Chris Evans deliver a knock out performance in the film.

The relationship that has grown between them through the Avengers films and the depth of character earned in their stand-alone films makes choosing a side much more difficult.

Both characters have reasons that are fully realized.

Tony Stark's sadness and remorse, seen in films like "Avengers: Age of Ultron" and "Iron-Man 3" are built upon as he tries to make recompense for his past mistakes.

While Steve Rogers' revolutionary attitude and constant hunger to do what he thinks

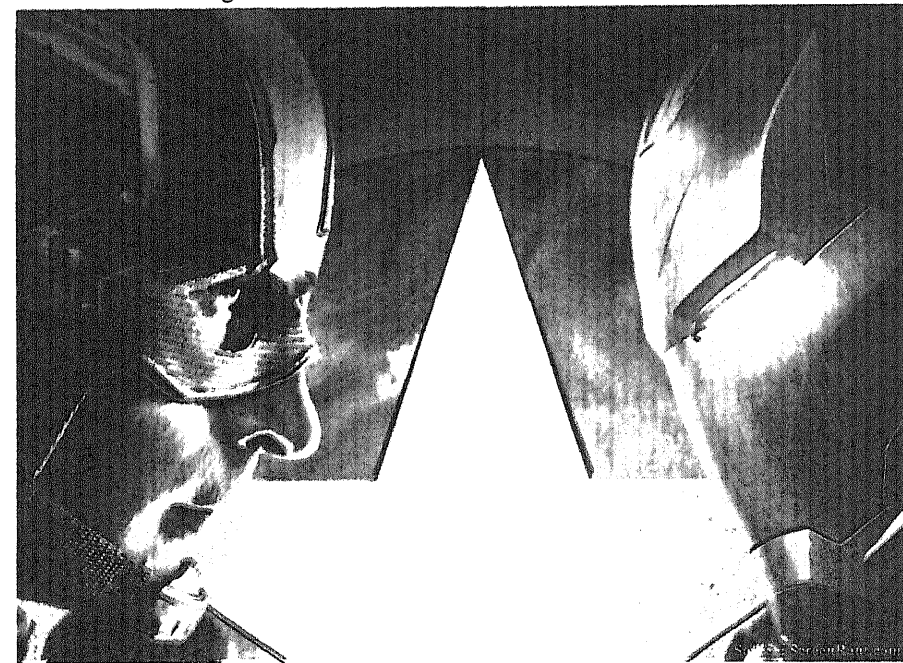
is right drives him to fight against the systems of control trying to take over the team.

Performances from returners were not the only ones worth mentioning however, as both Tom Holland as Spider-Man and Chadwick Boseman as Black Panther added a comedic and philosophical feel to the film that gives it an overall depth not worth missing.

Future comic book movies should take notes.

Without giving away any spoilers, there are more moments of fan service and Nerddum given to the loyal movie goers and comic book readers than seen in a very long time.

The future holds many more journeys for the Marvel universe and it should not be missed.



Robert Downy Jr. and Chris Evans deliver a knock out performance in the film.

So Sad Today Releases Personal Essays

The Popular Twitter Persona Comes out From Anonymity with New Book

BY MARIAH METZGER

The So Sad Today twitter was trademarked as the official internet Goth. It was a subculture of anxious, depression driven thoughts that cry out in existential desperation within a 140-character limit. The pain in the tweets of this anonymous user were not only relatable in some cases, but darkly humorous.

Melissa Broder, a published poet, is the now-known official face of the So Sad Today twitter, and released a new book remarkably encasing the same themes as her twisted tweets throughout a series of personal essays.

Broder's anxiety began at a young age with body image issues stemming from her childhood, as read in the essays.

However, it is known the author's anxiety peaked as she went through a cycle of panic attacks in 2012. She began the twitter feed "@Sasadtoday" as an outlet to al-

low her to express her deepest and darkest thoughts, free of judgment. Needless to say, the internet loved it, and her twitter following began.

Broder's book follows similar themes in her essays such as low self-esteem, eating disorders, sex, the mysterious and magical "woo-woo" and existential crisis of "wondering if he's ever going to text back".

Personally, I found this book remarkable. It establishes a connection between the reader and author by using topics for her essays that are so relatable.

Most people have all been unsure, anxious or depressed at some point in their lives. Some struggle every single day; while some have the occasional down day.

Mental illness is becoming a more talked about subject among people. People are no longer hiding their insecurities.

This book releases so many inner demons, and the fact she is putting her name

out there supports acceptance.

One of my personal favorites was Broder's essay about her struggles with food. Broder mentions she is "an eater of numbers." She expresses her comfort in package frozen meals and then begins a poetic essay regarding her struggle with food.

She begins every paragraph with phrases such as "I am a vanity eater.... I am an eater who enjoys structured magic... I am an eater who doesn't trust myself..."

It's a poetic, sharp essay, and really connected with me.

I may never have struggle from an eating disorder, but a relatable topic such as diet habits and problems with body images is something most people have felt at one point in their lives or another.

This essay followed alongside a darker theme.

I did not always enjoy her over-dramatized stories however. Not all of her tweets

are gold, and neither are all her essays. Some are whiney and self-centered.

If you do not understand this type of humor, the story may read the wrong way.

Her first essay about her being a baby in the hospital and "having to convince the doctor she's hot" can be taken as strange, and dry if not tuned into this type of humor.

Broder took ownership of the book and it's release back in 2015 on her website Melissabroder.com. Broder said (all in caps), "I named myself so sad today. So sad today is me and she is not me."

"I created so sad today, because I did not know what else to be okay. She was born of an emotional, spiritual, and psychic darkness. She reflects my desire to connect with others in an essential way, underneath the social, professional, and cultural masks I feel I must wear in the world so as to be perceived okay. And yet, like all internet personae, she too is a mask. I love her."

BANNER ARTS

'Grace and Frankie' Are the New 'Golden Girls'

Netflix Original Second Season Teaches Tips on Twilight Years

BY LUCIA ROSSI

They may not be Blanche, Rose, Dorothy and Sophia, but they're Grace and Frankie. If anyone can show women how to thrive and survive any disaster, it's them.

On May 6, "Grace and Frankie" returned to Netflix with 13-episodes that will leave you laughing for more.

Grace and Frankie have the type of friendship that every woman dreams of.

They're opposites who attract, they're there for each other when dealing with heartbreak, they push the other to be their best, they make fun of each other all the time, they curse like sailors, they embrace their sexualities and they're roommates!

They are truly fine wines that only get better with age.

If you missed the first season, "Grace and Frankie" is about a cosmetics mogul and an art teacher who have divorce lawyer husbands, Robert and Sol, who have a 20-year-long homosexual affair and then decide to divorce their wives.

Although Grace and Frankie were rivals, they found comfort in each other because

they are going through the same thing and learned to love each other along the way.

With Jane Fonda as Grace Hanson and Lily Tomlin as France "Frankie" Bergstein, they're an unstoppable force that shows viewers how important it is to take advantage of life and that it's never too late.

The show is very character driven, most of the humor comes from how funny they are as people.

Grace is hilarious because of her bourgeois-attitude, her vanity, her drinking and pill popping, and her fieriness.

Frankie is hysterical because of her hippie-like behavior, her sexual freeness, her strange artistic taste, her love of pot smoking and everything vegetarian, not to mention her creation of yam lube.

Out of all their children, the funniest by far is Brianna Hanson.

She is the head-bitch-in-charge of Grace's cosmetics company who is merciless with her comments.

She is a badass who does what she wants and doesn't care who knows it. She can be so insulting yet so witty, you can't help but love

her anyway.

Compared to the first season, this season is much more in-depth with the character's development, progress with accepting the new chapter of their lives, letting go of grudges, learning the truth about their failed marriages, and learning what to do with their lives now as free and matured women.

Grace and Frankie try things they've never done before, take baby steps to moving on, take shots at love, and stand up for themselves against how they are treated by their family.

Grace hunts down an old flame, becomes a career counselor, vies for the attention of her grandchildren, and meets up with her old friends.

Frankie gets close with her yam supplier, attempts to pass the written driver's test, fight's Brianna on the production her lube having palm oil in it, and tries to rediscover herself as an artist.

There are also issues in the background going on throughout the season, like Robert and Sol trying to stay together after Robert learns Sol cheated on him last season, Coyote

reaching out to his birth mother and meeting her in person, Brianna telling everyone that she's dating Barry, Mallory being pregnant again with twins, and poor Nwabudike just trying to hold everyone together.

Everyone has a story and they all do their best to stick together as a family, no matter what happens.

This show is absolutely binge-watch worthy and great for adults at any age. It's an irresistible comedy sitcom that may not have the same humor as "Unbreakable Kimmy Schmidt", but is so versatile and inspiring because its women in their 70's who are living life more than we are.

Their story shows us that learning is eternal, there is always something new to come, have your passion be your job, find a love that is real, friendships are necessary for survival and life is precious.

It's no wonder why Rotten Tomatoes gave this season an 89% rating, which was well deserved.

Our hearts can rest easy knowing that it has been confirmed that "Grace and Frankie" will return for a third season.

Grad Art Gallery 'Transcends' Expectations

Fine Art Work On Display Until Commencement Day

BY EMILY ZODA

The Spring 2016 Graduation Exhibition opened on May 9, with a packed reception on May 13, displaying fine art pieces of many media curated by the students. The exhibition was the students' way of showing growth from their first day of ART 100 to now and transcending the limits of their creativity.

Charles Tagle, one of the College's darkroom technicians, hit close to home in "Views of Staten Island" where he shot locations in Staten Island and juxtaposed them with 125-year-old Staten Island photographs of those same locations.

Tonian Tesoriero explores the subculture of motorcycle gang life in her 16-photo documentary series "1918 SR."

The photos of the Long Island motorcycle gang she immersed herself in are borderline controversial because of their blatant displays of the Confederate Flag and the SS bolts from Nazi Germany.

She draws inspiration of controversial documentary photography from Nan Goldin, who photographed abused women, and Mary Ellen Mark, who's known for many works including Streetwise.

"I didn't appreciate her doing it," joked Doug, Vice President of Silent Rage, who's last name was not readily available in time for print, featured in the series.

"I kinda wanted to give my perception of who they are as people to me despite the

very clear indications of racism and stuff like that," said Tesoriero.

Using inspiration from the parody trading cards from the 90s, James Merlis modernized the Garbage Pail Kids card collection using public figures like Donald Trump in his piece "Dumped Donald" and included social media culture in his piece "Selfie Sam."

Amanda Ramos created a mixed media display of prints connected by strings to a fortune from a fortune cookie.

The fortunes were taped onto a bowl of fortune cookies as well and made a magnificent display.

The prints, 12 in total, featured very dark

ink deposits made from intaglio, a printmaking technique and made for very eerie settings.

She interpreted the fortunes she's collected over many years and gave meaning to them through her drawings.

"[And] Those basically are just ones that I felt that sort of connected to me or just connected in general to what everyone else was thinking," said Ramos.

Alexandra Barron created a simplistic photo series called "Unbreakable." She plays with the concept of space quite literally while interpreting her relationships with her siblings which all now live apart from her.

Her siblings were shot individually in their own space that explained what was going on in their life and arranged like a grid on the wall.

"There's sort of exploration in all of them," said Barron pointing to the one of her sister and boyfriend. "I decided to include him because it's like a new relationship in her life and keep him out of focus kind of the stretch between her new relationship and mine and her relationship."

Courtney Kennemur's emotionally plotted "Salt" were photographic narratives she curated to match the scenes she imagined in her mind.

Her photos present strong symbolism to death and broken dreams, but were visually pleasing.

Although she imagined these scenes in her head and created their own meaning, she says, they are open to interpretation by the viewer.

"I saw these ideas and that's how I look at it but if you came up and thought of a different narrative that would be totally cool with me," said Kennemur.

The focus of these pieces were mostly the students' exploring themselves and their relationships to family, certain locations, social issues and of course themselves.

The gallery can be seen Monday through Thursday from 12pm-4pm in 1P 118D until June 2nd, after the 2016 Commencement.

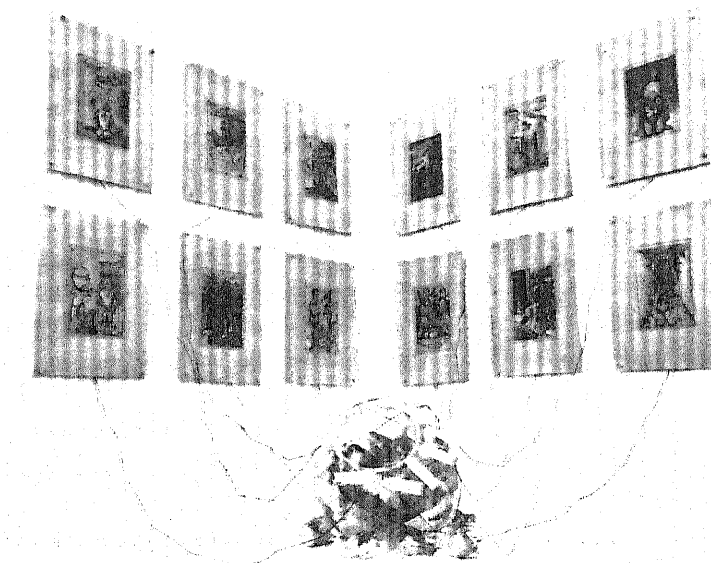


Photo Credit: Emily Zoda

BANNER OPINIONS

Glamorizing the Hijab and Why I'm Against It

The Trend is Contradictory

BY KINZA KHAN

Everyone associates wearing the hijab with wearing a scarf on your head, but the fact is that the hijab is more about covering oneself, not just physically (clothes scarf on their head etc.) but also with their attitude and how they carry themselves.

Muslim women traditionally are not supposed to look all dolled up for everyone to see.

Now I'm not saying that there is anything wrong with looking nice, but for everyday to go the extra mile to the point where literally everyone notices you, well that just negates the purpose of the "hijab."

Symbolically, it is meant for women to cover themselves so men don't gawk and treat women as objects.

Women that don't wish to wear it have

every right to do so. The concept of the hijab shouldn't be forced on anyone because the reality is, wearing the hijab doesn't mean you're oppressed.

However, with that being said, if you are going to wear it at least respect it enough to wear it accurately.

When you do wear the hijab, dressed up or acting in such a way that draws attention to yourself, the whole purpose of wearing the hijab seems futile, doesn't it?

I've noticed that today, many people glamorize the idea of the "hijab."

The basic essence of the hijab is completely gone.

Now obviously there are a few people that do wear it with the true intention, but for the majority, that's not really the case.

The hijab isn't a fleeting fashion trend

nor is it supposed to be worn with the idea of looking good in mind.

But a lot of women treat it as it is exactly that, a fashion trend.

I've seen many women, girls especially, on this campus that do wear it incorrectly and find it a little disrespectful.

Yes, I know who am I to say this is the wrong/right way to wear it especially since

I don't wear it myself, but there is a certain way you wear the hijab and with that comes with acting a certain way as well.

Women that wear the hijab are representing a huge community, so in a way they take on the image of Muslims.

They show their religion through what they wear and it has a big impact on the rest of the community.

Certain companies such as H&M have

introduced the first Muslim model, which in some aspects is great, but at the same time it's wearing the hijab and showing yourself off—so its contradictory.

Colleges have little events usually from the MSA, Muslim student association, that will give a non-Muslim women a chance to wear the hijab and see how it feels. I think there could be a better way to show the religion if of course that's the intent.

Having everyone wear the hijab to "see how it feels," brings back making the hijab a fashion statement.

You can't wear something form-fitting or show much skin and still have a scarf on your head, its contradictory.

I personally believe the essence of wearing the hijab is for the most part gone, and its being used as an item of clothing or as trend.

Getting Sweet Justice in Single Life

How Revenge on an Ex can Actually be Healthy

BY LUCIA ROSSI

People have different ideas of what is the best revenge. Ivana Trump said it's "looking good." Frank Sinatra said it's "massive success," and George Herbert said it's "living well."

They're not wrong. Revenge can be all of these things but above all, happiness is the best justice.

After getting dumped from a five year long relationship, I've been dealing with a mixture of all kinds of emotions, ranging from self-loathing, to uncontrollable anger, to deep sadness, to utter loneliness, to pure bliss, to complete nervousness and so on. No matter what I feel, there is always the underlying bitterness and resentment which fuels my desire for revenge.

However, as much as I would enjoy slashing his tires and replacing his shampoo bottle with hair remover, I remember my life is better without him in the long run and I can avenge my broken heart by enjoying my newfound freedom.

I've learned that you shouldn't strive to become the person your ex wanted, you should be the person you always wanted. Know that this process also takes time.

Single life doesn't just consist of merely finding someone else, or someone better, it's finding yourself.

In my case, that meant practically reverting back to my high school-self, which is who I was the last time I was single. Maybe getting in touch with "her" isn't so bad be-

cause I have matured and developed since then. If I take the best parts of me then, and the best parts of me now, I may just find my sole identity.

I think it's important for anyone in this situation to reinvent themselves and to mark this change in their lives. This is the start of a new chapter and by becoming a "new you" you're subtly accepting and acclimating into it. You can feel renewed by doing something as little as changing your look, like getting a different haircut. I always wanted blue eyes so I got colored contacts. Even if it's just wearing a bold, bright lip color, change is good.

The lifestyle change may be the most difficult but that's what friends are for! If you feel like being alone will make you dwell on things, then keep busy.

Go out for drinks after work with colleagues to unwind, visit friends you haven't seen in awhile, contact old friends you've gotten out of touch with, get closer with extended family members, talk to friendly neighbors, and focus on others to help forget about your sadness.

In doing so, you'll create and strengthen so many relationships with people who will ultimately be there for you if you hit rock bottom.

As much as a great distraction focusing on other people is, what you really need to focus on is you. Specifically, your physical and mental health. It's so easy to either gain weight or lose it after a bad breakup, depend-

ing on how you cope. This shouldn't stop you from getting a killer revenge bod though.

"Revenge is sweet and not fattening," said Alfred Hitchcock. It will build your self-confidence as well as help you relieve stress, so try fun workouts or classes. It feels good to kick ass, I'm personally leaning towards CKO Kickboxing.

Mentally, the most important thing is staying positive and confident.

Take the time to care about your appearance before going to work, go to places you haven't been to before, try new hobbies or go more in depth with the ones you have. It's also satisfying to do the thing you know your ex wouldn't like, and as long as it is not destructive to yourself and others, then do them!

Being single, means no obligations, no strings, and no more restrictions. My ex hated vaping and I always wanted to have my own and get involved in the culture, so I bought one. It's that easy.

In doing that, you should feel nothing but satisfaction and freedom considering it's only your opinion that matters now. When you are feeling really confident, brag about your success and be proud.

Focusing on yourself financially would also be wise. If you used to spend a lot of money on your ex, then plan how you want to use what you save. Get more money savvy and pay your debts and treat yourself by splurging every once in awhile.

Avoid rebounding at all costs, especially

with anyone your ex knows. It doesn't usually end well and it may end up making you feel worse, as well as lead people on when you aren't ready. This is a time to reassess and heal, not replace someone and fill a void. You should be stable before getting into another relationship and rebounding condones dependency on others. I'm not saying don't have fun, in fact, that's your number one objective.

Go ahead and flirt, say yes to dates, get free drinks at the bar, and take compliments, but be honest about your situation and your intentions.

Protect your feelings, as well as others and know that it is possible that someone better will come along. When that time comes, be open to it. If possible, try to forgive your ex along the way so you don't carry a grudge for the rest of your life.

Learn to be at peace.

Although I didn't believe this at first, it is ultimately better for yourself to create the "new you" by keeping your life separate from your ex's. Cut them off from social media, don't check up on them, put away all your pictures and cards, pretend they don't exist if it helps, but keep your life away from theirs so you learn to let them go.

In the end, no matter what you feel, you're only human. It's only natural to seek revenge on someone who hurt you, but use that to your advantage and better yourself instead. Show people that the end of your relationship is not the end of you.

SEX AND THE ISLAND

Why I Cheated

Why Being a Cheater Once Doesn't Always Make You One

BY LOREN TRAPANESE

There is never a good reason to cheat... but, if there was, what would you consider to be a "good reason?" Everyone makes mistakes; no one holds the perfect card. However, could all acts of unfaithfulness be deemed as just that, "an accidental mistake"?

Now, I am not by any means condoning cheating I am however, arguing against the phrase, "once a cheater always a cheater."

I feel that I have just cause to do so. I cheated on someone and I am not proud to admit it, but you know what, I don't believe that I was entirely wrong in doing so and I don't think that I will now forever be a cheater. Yes, maybe I was a complete chicken—too afraid to break up with him because I was scared. Still, it doesn't mean that what I did was right.

Having cheated on someone doesn't mean that I am a terrible person, or that I am untrustworthy, and have "poor qualities." It simply means that from my experience, things were not satisfactory in my relationship any longer. So, instead of being an adult I acted opposite, because I was nervous about ending a four year relationship with the guy I lived with for two years.

Yeah I know, it sounds absolutely awful. Believe me, I knew what I was doing and I knew that I should've/could've handled things differently and more maturely. I was a little bitch, and chose the latter.

I am a firm believer that those (or some) who cheat do so (usually) for a reason, because they're not happy in their current relationship—something is missing, you're no longer in love with your partner, etc. Yes, you also have those who cheat because they want to have their cake and eat it too.

So, basically I think that there are two different types of cheating—and while I don't agree with or support either of the two, I do believe that there can sometimes be a just reason for cheating.

Four years is a long time, especially if you live with your partner for two out of the four years. When things in a four year relationship go south, it's perfectly understandable to be hesitant on pulling out of the relationship.

You've already established a level of comfort and that's hard to walk away from, especially given that you're starting new—you'll no longer have that person in your life that's been there for so long.

It's not as easy to just walk away from sure to the unsure, and majority of the times, couples will choose to settle because they're

afraid of starting over and being alone. I get it. However, I don't believe in settling. I also fully believe there is a difference between loving someone, and being IN love with someone.

When you are in love with someone, the very thought of being with someone else is non-existent. So many couples will claim to

"When you are in love with someone, the very thought of being with someone else is non-existent. So many couples will claim to be 'in love' with their partner, but then cheat..."

be "in love" with their partner, but then cheat and it's like, "no you idiot, you're no longer in love because you did that." Yes, you may love them still, but sorry, you can't be in love with someone you cheated on. That's not how it works.

I was no longer in love with my ex when I cheated. I knew I wasn't for quite some time, but I was way too scared to leave my comfy relationship that was entirely stagnant—with no future potential.

Because we lived together it made making the move to break up with him all the more difficult. I kept thinking, "I will no longer be waking up to the same person every day," and it freaked me out.

Now, here is some back story: My ex was in the navy for a very very brief period of time—which we stayed together through, but when he came home we broke up. At that time I was not ready for the relationship to be over so I was devastated.

I had just turned twenty-one and I was beginning to enjoy myself, going out all the time dancing and living life with my friends. I was actually moving on from the breakup, which only lasted a month and a half. When he wanted to get back together, I will never forget the first initial feeling I felt—hesitation.

You see, that was my first mistake. I hesitated but didn't listen to my gut, I proceeded to place myself back into a relationship that I had already begun to grow a part from. Why? Because I was comfortable with him, I let myself settle.

God, this is going to sound so bad, but the first time I cheated on my ex was the day after we got back together. I swear to you, I wish I were lying. It was Sunday Fun-day down at the shore, and this beautiful guy that I had met during my time being single was there, and we had an intense make-out session before I left...to go home...to my ex.

I know you're probably thinking, "How

can you go home and kiss your boyfriend after kissing someone else the day after you got back together?" You're right. It was disgusting. I felt like a piece of poop.

After that night a few weeks passed and we decided to take the next step in our relationship and move in together. Things were relatively fine and normal for the most part,

until we stopped having sex. I know that things change when you move in with your partner, but c'mon we aren't married. Sex stopped and as it did, I noticed more and more the emptiness and future-less relationship that I was in, was not going to change—ever.

He was unmotivated to work because he felt he was "better than minimum wage after being in the navy." That's fine but, you didn't even complete a year in the Navy before you bailed on it. So no, you don't get that privilege to feel better than minimum wage.

He also wanted no part in family affairs, I had to drag him to his family functions or I would usually go alone. Did he make any appearances to my family parties? No. He didn't. It was embarrassing.

Lastly, he played video games all day every day. When he decided to finally enroll in school, guess what? Yeah, it was online school so that he really never had to leave the house. When he did finally get a job he would quit after a few weeks—no follow through.

My partner was a lack of a partner. Our relationship stagnant and sexless.

I'm sure you're questioning me and my role in the relationship well, I worked and went to school and did absolutely everything for him—from laundry to food shopping, to even taking him on dates. I catered to him. I made sure every family member had birthday/Christmas/this and that presents.

I would go out often because I am young and I should. My girlfriend and I would go out with our two guy friends and my ex never questioned me. I actually appreciated how trusting he was of me.

There was no jealousy in our relationship and our communication was relatively on point.

So yes, the fact that he trusted me completely is really F'd up on my part, I know. Ugh.

The second time I cheated was during

a weekend away in Atlantic City for my friend's birthday, we went with our two guy friends and all shared a room and well...Murmur happened. After that second time, it kind of spiraled out of control. I wound up becoming someone I never thought to be. I cheated on my ex four times during the last year of our relationship.

It became so apparent how much I was distancing myself from the relationship, that I realized I needed to end it. I couldn't be this person anymore. I needed to grow a pair and break his heart. I started being very one-wordish via text when he would contact me, I even stopped saying I love you too. I spent a lot of time at the gym, in school, or with my family—avoiding the inevitable.

The moment I decided the time was now, I will never forget. I opened with the line, "I'm not happy anymore." Cliche I know but it was the truth, I wasn't. The influx of emotion I had was overwhelming and it hit me that tomorrow I will not be waking up next to him...or ever again.

My four year partner, someone who was my best friend, was now no longer in my life. I was scared at what I had just done but he didn't deserve my unfaithfulness, and I didn't deserve to be in a relationship with no future.

I will be honest, and this may come off really messed up but as soon as the words came out that ended the relationship, I felt instant relief.

Now, yes, of course I moved out and what not but, there was still moments in which we tried to make things work. I became busy with a new job and eyes for someone else, so I didn't really put effort into making things work. That's because I was over the relationship for so long before it ended, that there was nothing holding me there anymore.

All in all, cheating is not okay, ever. I will say that I cheated not to be an asshole but, because I wasn't happy, I was afraid. Yes I know, still doesn't make it any better but you know what. I know that I am not that person who cheats and I know that if I am unhappy in any relationship in the future, that I will end it the right way. Cheating does mean everything to a relationship; ultimately, your relationship will never last if a partner cheats.

What it all comes down to is, you have to be wholeheartedly happy in your relationship.

Too many couples today settle because they're comfortable and too afraid to be alone and start over. You are the most important person in your life so if you're not happy, only you can change that.

SPORTS

CSI Captures Second Straight CUNYAC Championship

CSI wins its 17th CUNYAC Championship over Baruch

BY FRANK COSTAGLIOLA

A solid pitching performance by Junior starting pitcher Ryan Kennedy and some key hits by Sophomore Glenn Glennerster helped lead CSI over Baruch 13-5 in the CUNYAC Championship game Sunday afternoon.

The 2016 CUNYAC Championship game was a rematch of last year's game between CSI and Baruch.

During the 2015 season CSI went on to win their 16th CUNYAC Championship and were favorites to repeat again this season after a dramatic conclusion to last season.

"I couldn't be prouder," said CSI head coach Michael Mauro during a postgame interview. "They battled all season, they never give up. Everyone on the team knows their role and they knew to take things one pitch and one inning at a time."

The Dolphins (26-13) prevailed over the Bearcats in a rematch of the CUNYAC Championship last season. With the win CSI captured their 17th CUNYAC Championship and second straight over Baruch.

Starting pitcher Ryan Kennedy (4-4) went seven innings for the Dolphins and allowed 4 runs off 11 hits.

Although Kennedy gave up the game's first run in the top of the third, CSI's offense would immediately retaliate with a run of their own in the next inning.

Ryan Smith (1-3) of the Bearcats pitched 4.1 innings for his team and gave up six runs (3 earned runs) off of



The Dolphins beat the Baruch Bearcats 13-5 eight hits, handing his team their biggest loss of the season.

The game's main turning point came in the bottom of the fourth, when Baruch committed a pair of errors giving former Rookie of the Year and tournament MVP, Glenn Glennerster, a golden opportunity to give his team the lead.

Glennerster would take advantage of this opportunity, ripping a two run double down the line giving the Dolphins their first lead of the game.

Glennerster was excited that he could help his team take the lead in the bottom of the fourth and told reporters that this has all been great experience for the Sophomore.

"This has been just awesome, everything has been awesome," said Glennerster. "Everything just came together and

it has been just awesome."

The Bearcats wouldn't give up that easily however and scored three runs of their own in the top of the fifth cutting the Dolphins comfortable four run lead to one.

CSI would eventually put the nail in the coffin by scoring a total of seven runs in the upcoming three innings.

Baruch's offense however wasn't as fortunate and was blanked in those three innings.

When the game's final out was made by right fielder Phil Ciprello, catcher Frank Sconzo embraced his pitcher and was soon followed by his teammates storming out of the dugout.

With the win, the Dolphins hit the 26 wins paltoe, which was a 7 win improvement of last season. The 26 win also stacks up with some of the best records in CSI baseball history.

Furthermore the Dolphins, have had an above .500 record for six straight seasons which is now the longest streak in school history.

The Dolphins have endured a lot of ups and downs this season, but ultimately finished off the season strongly giving them their second CUNYAC Championship in two seasons.

"I can't be more proud of them," said Coach Mauro. "They did exactly what they were supposed to do, they came in and played hard. They were ready to go and brought home a championship."

With the win on Sunday, head coach Michael Mauro now has five CUNYAC Championship titles on his resume.

Column:

Stephen Curry Repeats as NBA MVP

BY FRANK COSTAGLIOLA

Stephen Curry has does something that not even all time greats like Michael Jordan, Magic Johnson, Larry Bird, or LeBron James have ever done, win an MVP award unanimously.

Curry got the necessary 131 first place votes needed to win the MVP award. The 131 votes include a panel of 130 sports reporters and TV broadcasters and a vote from the Kia MVP fan vote. Coming in second was San Antonio Spurs forward Kawhi Leonard, followed by Cavaliers forward LeBron James.

"This is an unbelievable honor," said Stephen Curry during his acceptance speech. "It's been a very fun year and we accomplished a lot."

The only other players in NBA history who came within a single vote of winning the MVP unanimously were LeBron James in 2013 and Shaquille O'Neal in 2000. Both James and O'Neal would also go on to win championships those seasons.

On top of repeating as MVP, Curry lead his team to the best regular season record in NBA history, 73-9. Many fans thought the Chicago Bulls' 72-10 regular season record would never be broken but Curry and the Warriors proved those doubters wrong.

Curry lead the league in scoring and averaged 30.1 points per game during the regular season, while only playing 34.2 minutes per game. Compare that to Houston Rockets guard James Harden who finished second in scoring with 29.0 points per game this season but played about 4 more minutes per game than Curry.

Curry also broke the record for most 3 pointers made in a single season. The previous record, which was held by Curry, was 286 3's made in a single season. Curry would go on to demolish his own record and make 402 three pointers this season.

Curry becomes the 11th player in NBA history to win back-to-back MVP awards and is accompanied by some of the game's all time greatest like Michael Jordan, Magic Johnson, Bill Russell and Wilt Chamberlain.

"I looked at the list of every single MVP award winner, and to know that I'm in that group, and to be part of that club," said Curry during an interview with USA TODAY. "At the start of the year, you have goals that you want to accomplish and what not, but you don't know how the story is going to end, standing on the stage with two MVP trophies is something I never would have imagined before. I'm definitely appreciative of the journey."



With their latest trophy, the CSI Dolphins now have 17 CUNYAC Championships under their belt