

THE BANNER

The Official Newspaper of the College of Staten Island

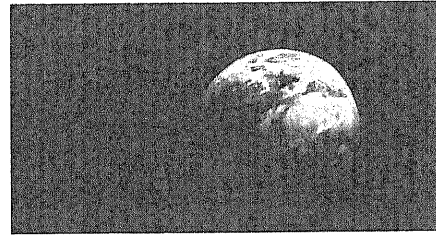
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A Celebration of Learning at TEDxCUNY

Power of Knowledge and Unity at TEDxCUNY Conference

BY: LUCIA ELMI

On April 5, 2019, John Jay College of Criminal Justice was honored to host TED's fifth annual TEDxCUNY con-

ference. In attendance were not only a number of innovative public speakers and entrepreneurial thinkers, but CUNY students from all around New York City.

To date, TEDxCUNY is the largest TEDxUniversity independently organized conference event in the United States. Their theme for this year's conference was "What Matters Now?"

Public speakers and thinkers prompted students to consider this question as they grapple with the important decisions concerning their futures and how they will impact the world around them.

With dedication, passion, and like-minded ideas, TEDxCUNY urges students to challenge their limits and be the future they want their children and generations to come to be apart of.

Some notable speakers were Hebh Jamal, an advocate for Muslims and education reform, Lin Liang, an aspiring midwife studying nursing at the College of Staten Island, and Linnette Attai, the

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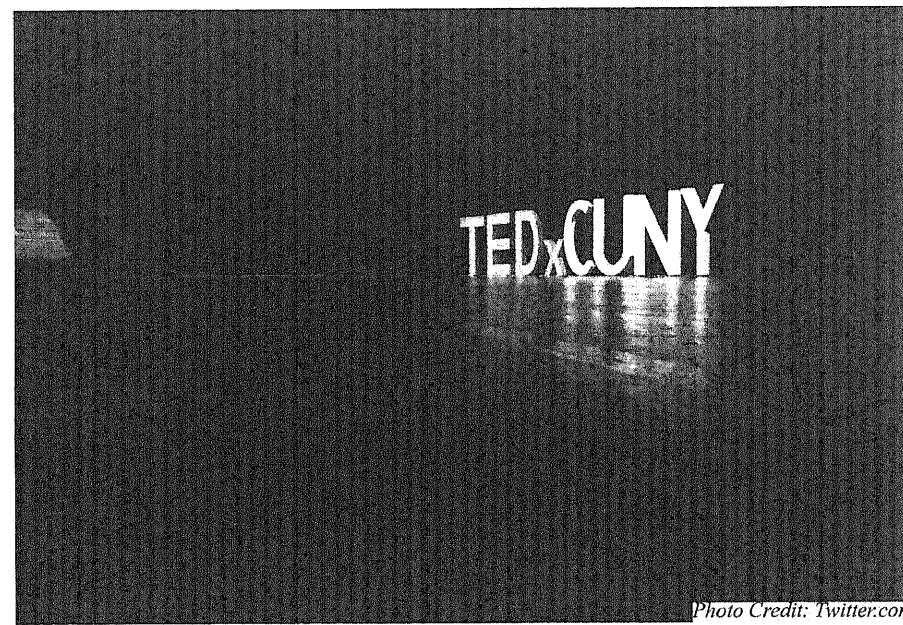


Photo Credit: Twitter.com

A Behind the Scenes Look at CSI's Spring Events

A Spring Carnival Open to the Campus Body

BY: ANES AHMED

With this semester finally approaching finals week, students are getting ready to wrap up their studies and jump straight into their summer breaks. But, before the closing of the remainder of this semester, there is still one festive event to look forward to: the College of Staten Island Spring Carnival.

The CSI Spring Carnival is an annual event open to the general campus, and arguably, it is one of the most exciting and fun events our college hosts. With activities such as inflatable axe throwing, rock climbing, and many carnival stands offering their own creative games, this year's Spring Carnival is both expanding and strengthening its festivities.

With major contributions, planning and assistance from the Campus Activities Board (CAB) who helped develop this event, they have been able to create



Photo Credit: Veronica Pistek

Enjoy the festivities and fun happening in the CSI Spring Carnival.

numerous on campus to increase student engagement. In conversation with Joe Weisberg, the Major Events Coordinator here on CAB, he says that there are

many entertaining events happening in the coming weeks.

"Some of the upcoming events that we

Continued on pg #4

Wheelchair Basketball Was a Slam Dunk

CSI Students Bringing People Together for a Great Cause

BY: PHILIP SANZONE

Sports have been an activity that people bond over negatively or positively, or even conditionally. Putting that in perspective, the Wheelchair Basketball Event at CSI brought out competitive nature and opened up peoples' minds to others' conditions.

Brilliantly put together by Samantha Wong and Lucia Rossi, and with the help of many other talent individuals; the passion put in by every single person perfumed the event.



Photo Credit: WheelchairSportsFederation.org

Taking an entire semester's worth of planning, this event was created to bring people together to spread awareness, and help develop more of an understand of sports like Wheelchair Basketball played by people with disabilities.

Also, the CUNY Athletics Conference helped by providing the gym floor and the Ryan Mar-

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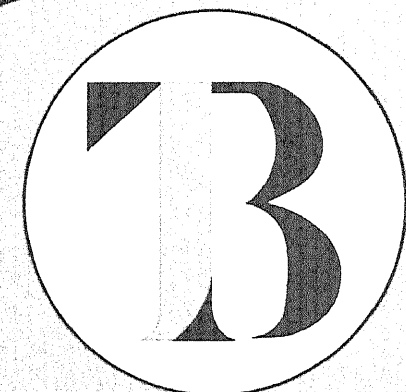


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BANNER POLITICS

Update On The Mueller Report And Its Long Awaited Public Release

Collusion Delusion? Americans Will Soon Reach Their Own Conclusion

BY: DEJON VIRGO

On March 22nd, 2019 the Special Counsel led by Robert S. Mueller III conducted an investigation into Russian efforts to sway the 2016 presidential election and if the Trump campaign conspired with Russia to also sway the results of the 2016 election.

The Special Counsel concluded its investigation and delivered it's report to the Attorney General William P. Barr.

Shortly after the news broke of the Attorney General receiving the report, Barr told congressional leaders that he will give them a brief summary of the report by the end of the weekend. There were concerns about whether or not Barr will be transparent and if there needed to be a summary instead of releasing the full report.

According to the New York Times, Barr "Remained committed to as much transparency as possible" and reassured people who questioned Mueller's actions during the investigation that he followed protocol.

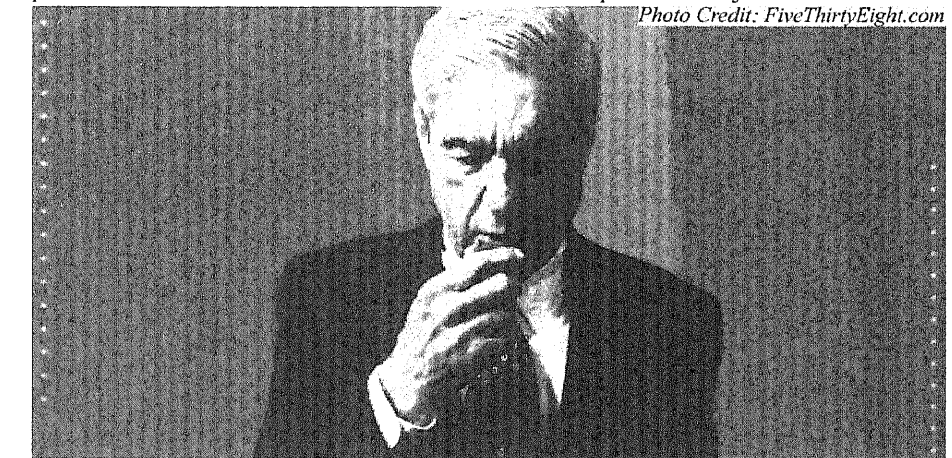
On March 24th, 2019 Barr released his four page summary of the report and wrote that Mueller did not find evidence of a conspiracy or collusion between the Trump campaign and Russia to influence the 2016 presidential election.

Barr also wrote that Mueller did not conclude whether or not Trump illegally obstructed justice according to Business Insider. President Donald J. Trump tweeted "No Collusion, No Obstruction, Complete and Total EXONERATION. KEEP

América Great!"

Two: the Special Counsel did not find that President Trump committed a crime, yet they did not exonerate him. Three: the Special Counsel's investigation found no evidence of a conspiracy between the Trump campaign and Russia. Four: Russia's influence has two parts, one being the social media campaign to trick people into voting a certain way and another being hacking to steal information to influence the election.

Four points can be made based on Barr's report. One: the U.S. Department of Justice (DOJ) didn't determine whether or not Trump obstructed justice.



Robert Mueller is in the middle of the two political parties.

Photo Credit: FiveThirtyEight.com

Photo Credit: FiveThirtyEight.com

To Exit or Not to Exit?

The Fate of Brexit Should Be Revealed In October

BY: CLAUDIA BUONSANTE

The E.U. emerged out of the rubble of the Second World War. After a gruesome war, the countries of Europe made it a goal to maintain peace throughout the continent. To do so, they established the E.U.

This political band includes 28 countries and some of its most notable accomplishments include common citizenship rights, free movement laws, free trade zones, and a central currency. Despite this

vow to establish alliances and keep the peace among European nations, Britain has become increasingly discontent with its involvement in the E.U.

Britain's exit from the E.U., dubbed "Brexit," was decided by a referendum in 2016. Over 30 million people cast their votes and proponents of Brexit narrowly won by 4%. While 52% of voters supported Brexit, 48% voted against it.

Although determined by a slim mar-

gin, it was clear that the referendum confirmed that Britain would be leaving the E.U. However, this was called into question when over a million people signed a petition to stay in the E.U.

This caught the attention of parliament and caused the issue to reemerge.

The issue of whether Britain should exit the E.U. is largely controversial. Pro-Brexit campaigners, such as the notable UKIP party, are fueled by anti-immigration sentiments and a growing discontent around the financial obligations of the E.U.

On the other hand, Anti-Brexit campaigners fear the withdrawal will lead to a drop in Britain's GDP, violence along the Irish border, and a decline in the flow of products. Such products at stake include consumer goods, food, and even medicine.

The economic and political implications of Brexit are currently being debated in the halls of parliament. Although Britain was supposed to decide by March 29th, 2019, when the deadline arrived, parliament was still in disagreement.

The British Parliament had recently ruled out the idea of a no-deal Brexit, by which Britain would leave the E.U. without a written withdrawal agreement. This ruling, which was passed by one vote, caused bitter disagreements and in turn led Britain to seek an extension from the E.U.

The deadline was postponed until

April 12th, 2019. However, when that date passed, Britain still had not reached a unanimous decision. In turn, they sought a deadline from the E.U. which was granted.

The British Parliament now has until October 31st to decide whether they would like to remain a part of the E.U.

Since Brexit supporters won the 2016 referendum by such a slim margin, there is talk of holding a second one, yet parliament remains deadlocked and uncertain of its next steps. Over the past three years, there has been a shuffling of the Secretary of Brexit, followed by intense debates within the halls of parliament.

Although Prime Minister Theresa May initially advocated to remain in the E.U., she seems to have accepted the outcome of the initial referendum and is expressing interest in exiting with a withdrawal agreement.

Her agreement includes a transitional period during which Britain will continue abiding by E.U. laws, a financial settlement, and several other stipulations. Unfortunately, Theresa May's plan is wildly unpopular.

Given the political deadlock and the intense controversy, there is no way of knowing which way politicians will sway. We will simply have to wait until October to understand the fate of Britain and its pending role in the E.U.

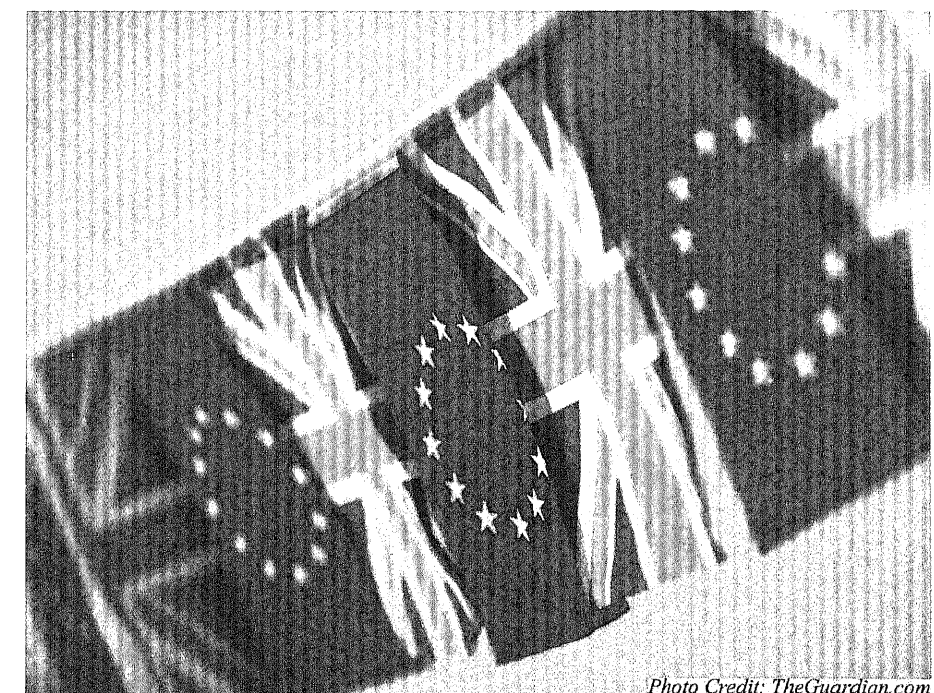


Photo Credit: TheGuardian.com

Photo Credit: TheGuardian.com

BANNER NEWS

"A Celebration of Learning" Continued from Front Page

founder of PlayWell, LLC, a global compliance consulting firm that specializes in data privacy and marketing security.

Mohammed Ashour, co-founder and CEO of Aspire Food Group, a company that processes insects into high-quality consumer products, had much to say on the need for innovation in a world where creating waste is just second-nature to us.

Ashour said, "What's disturbing is that it literally takes more water to make the plastic bottle than the water inside of it. And that's pretty depressing considering that we desperately need water. By 2050, we are expecting to live in a world where we might have more plastic in the ocean than fish."

He believes that his protein-packed cricket foods have the potential to empower rural communities to harvest these insects to not only feed themselves, but to help them rise out of poverty.

In turn, we will be able to rely on a more efficient food source that is healthy but also safe for the environment, as it will reduce the need for livestock production and consumption, which is a huge source for greenhouse gas emission.

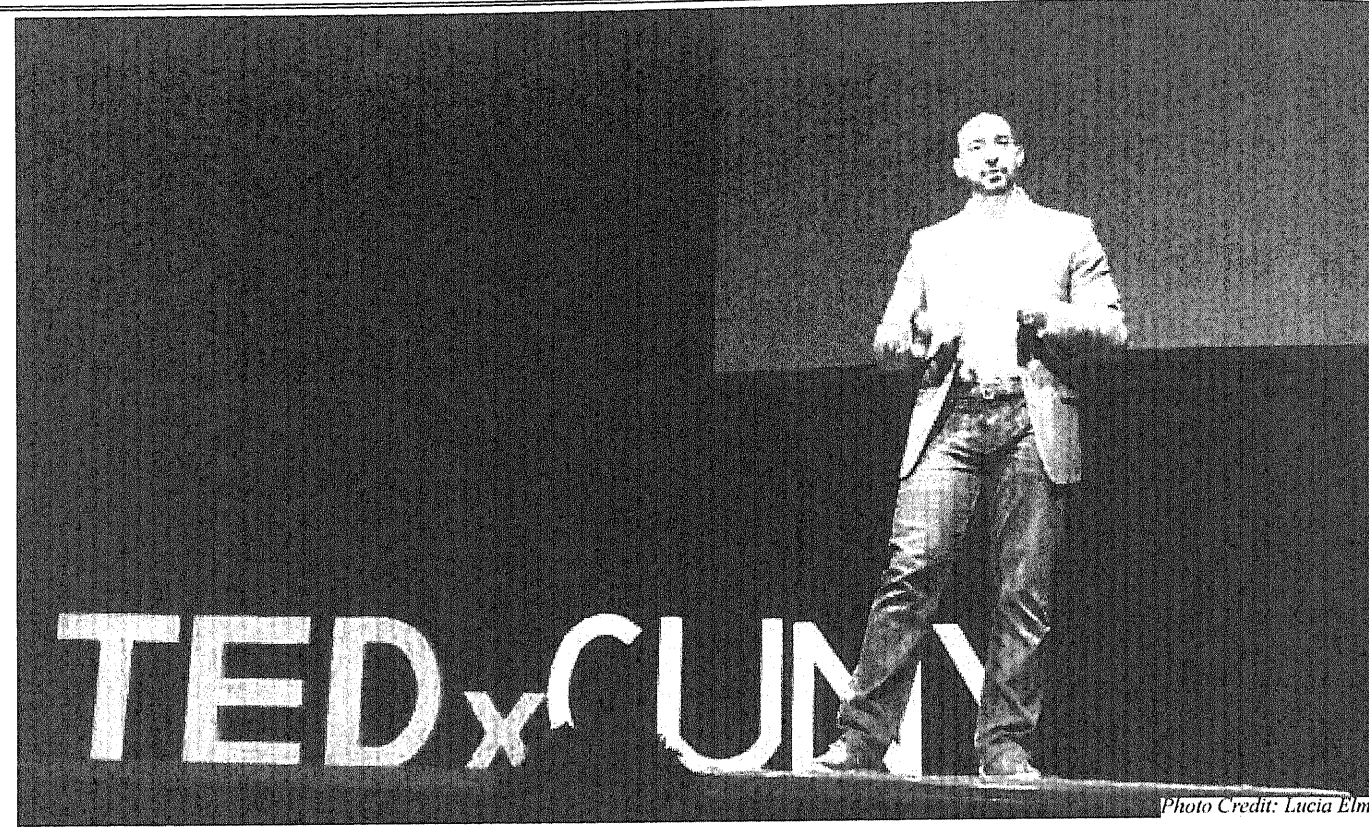
"Will Americans actually eat crickets? If we want this to work we have to appeal to their taste buds. Food is an intensely emotional experience."

Linnette Attai, founder of PlayWell, LLC, shared her compelling and thought-provoking ideas to help assist students and business companies in securing their information from data breaches and unwanted leaks of private information.

"CSI's Spring Events" Continued from Front Page

are hosting during Spring Week includes the Spring Carnival, Bubble Event, and the Make Your Own Flower Pot event," Joe expressed. "These events are a great and needed way to relax right before the stress of Finals Week."

These events were created with the



Mohammed Ashour, co-founder and CEO of Aspire Food Group.

"Why don't we engage more deliberately around our information privacy? Perhaps the platforms and technology we use have become so big, so ubiquitous to our lives, that we believe our only choice is binary: take it or leave it."

Attai urges professionals and students alike to take the time to think about what privacy means to them and how they may choose to defend those rights against companies or hackers looking to extract such information.

"Privacy is a discipline of behavior. It's about when, how and, what information we choose to share and for companies it's

also about how they may handle and care for that information. Each of us may feel differently about what is and is not okay. Decisions about our privacy are personal."

Attai adds, "Perhaps we do understand this but we just don't believe we can have an impact on how our information is handled from the many companies we share it with, believing each of us alone is just one drop in the bucket, barely making a ripple on the surface. And so the constant flow of our information across the internet continues, facilitated by our agreement."

"Our information is valuable, we should only exchange it for something

worthwhile. Our information is currency, we just don't tend to think of it in those terms."

TEDxCUNY is a celebration of determined individuals who are passionate enough to engage others in their journey to spread ideas that spur the catalyst for change.

As students that are fortunate enough to be apart of CUNY, the nation's biggest university system in the country, we have the necessary tools and support needed to be those advocates for change and growth.

intention to not only provide a way to destress students right before their final examinations, but these activities serve as an opportunity for students to connect with the campus community through understanding the clubs and people who help assist with these events.

The Spring Carnival will be happening on April 30th, 2019, right in front and throughout the entrance of the Campus

Center. The event is certain to draw in crowds through the provided free food, a DJ that will be playing some exciting musical tracks, and heart pumping activities that is sure to be promising for all participants.

"While planning this event," said Joe, "we wanted to incorporate some of our past activities that had a great reception such as Maui Wowi, which are frozen

non-alcoholic drinks that are free of charge for students. In addition, we wanted to experiment by adding new entertainment such as inflatable axe throwing."

As Spring Carnival is sure to engage our campus body, some of the other upcoming events have some amazing refreshments such as the Central Park Bubble event. This event includes interactive games such as placing guests in giant bubbles and allowing moved around and about.

In addition, this event will be offering attendees free bubble tea drinks which will sure to be a hit for students. The final upcoming event will be the Make Your Own Flower event, which allows guests to bring their own artistic talents in developing a design for their flower pots (which will be housing their own flowers for celebration of the May season).

These events will be taking place on the following dates: Spring Carnival will be on April 30th, 2019; Central Park Bubble event which will be occurring on May 1st, 2019; and the MYO Flower Pot event is happening on May 2nd, 2019. For further details or interest in joining with some of the behind the scenes work, attend a meeting or reach out to the CAB office located on the 2nd floor in the Campus Center.

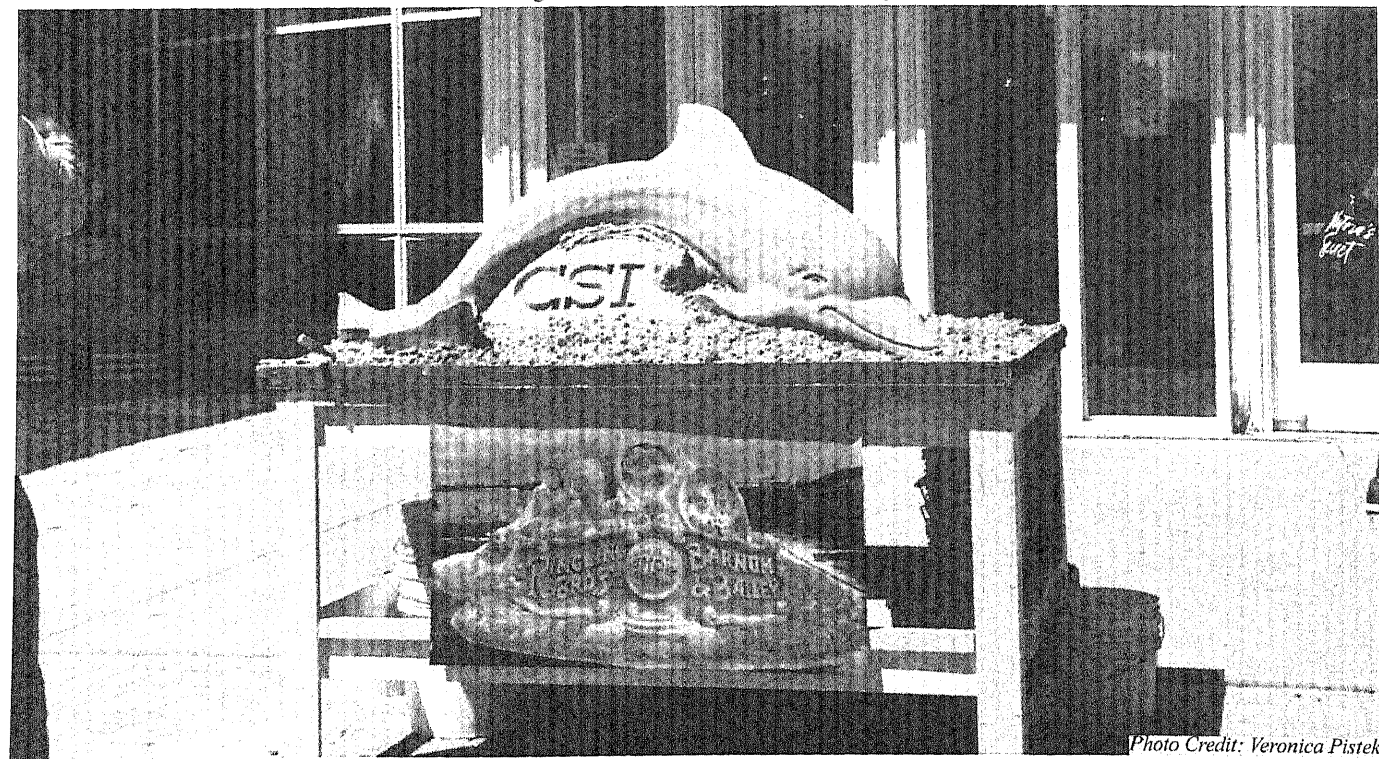


Photo Credit: Veronica Pistek

BANNER NEWS

"Wheelchair Basketball Was a Slam Dunk" Continued from Front Page

-tin Foundation procured 8 wheelchairs. This event also allowed many different types of people to play.

Lucia Rossi also gave concern for the

basketball for 10 years.

Islam expressed how hard it was compared to not using a wheelchair. Saying how it actually gave a new perspective

Photo Credit: Philip Sanzone



The event coordinated by students Lucia Rossi and Samantha Wong was a success.

lack of school spirit within CSI, wanting students to feel more connected with the campus, as well as minority groups. Rossi and Wong both hoped the event will help with that regard by getting people more involved.

Watching the players from the stands and also interviewing one of them it is clear that goal is being met. One such players name is Erkin Islam, who played

on the tribulations people with disabilities have to go through.

Also, to give more insight into how different it really was and what kinds of new techniques might arise. Islam said how it took a lot of coordination and timing to keep up.

Even knowing when to maybe go one handed to switch direction to open up for a catch or a shot, while also trying to slow



Photo Credit: Philip Sanzone

down as to pass right by the hoop or a pass.

Now for Ryan Martin, who wants to help promote wheelchair basketball throughout the states with the Ryan Martin Foundation.

Born in Connecticut, Martin came from a family of 12 and learned to play many different types of sports. Martin started playing basketball at about 15 and went into college continuing to pursue basketball.

Martin now plays for the New York Rolling Nicks and also played in Europe professionally. Since, he has come home to spread awareness of the sport and help with its growth, as well as helping students with disabilities with better programs within the educational and employment spaces.

Martin also expressed hopes for a deeper understand of the sport and more exposure of wheelchair basketball. He as-

ditions.

Wheelchair basketball is inevitably growing in the states and the players involved hopefully will receive more recognition for their hard work.

The turn out of the event could have definitely been better, but putting everything into perspective on how many events were happening during this time and clubs.

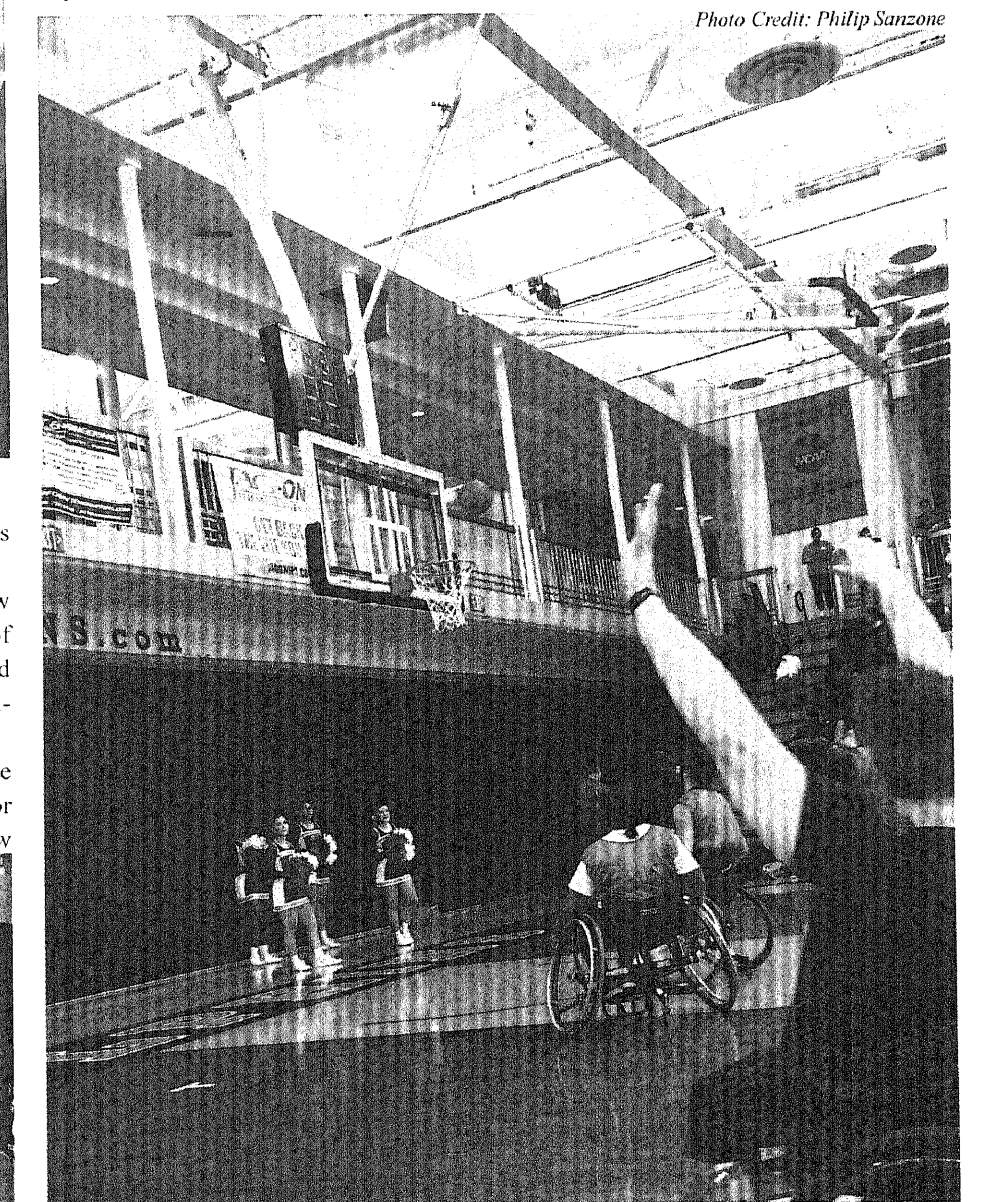
There is some level of understanding that it wasn't 100% up to what the event holders wanted.

Luckily, the people that did attend gained a deeper understanding of the sport and enjoyed their time meeting Ryan Martin and playing the game.

Lastly, Samantha Wong and Lucia Rossi put so much into this event and gathered a collective of talented people like Ryan Martin.

From running around keeping people

Photo Credit: Philip Sanzone



pires for people to change their views of the sport and start to have the same level of respect for it like the NBA and other major league sports.

Since there are amazing and hard working athletes pouring their soul into getting better and building up their professional career, providing people with a more connected understanding of the sport, is necessary.

Based on the thoughts from participants during the event, they definitely feel more connected and aware of others' con-

engaged and games going even, being able to squeeze in an extra game or two; to everyone who was involved, this was definitely a safe space that was welcoming from every angle.

The goals that this event set out to do aren't in vain and stupendously succeeded in bringing people from every corner to all come together. Ultimately, wheelchair basketball opened up the attendees minds to a more progressive sports industry that welcomes all.

LIFESTYLES

The Story of Our Lives is Written in the Stars

Does the Significance of Our Birth Month Hold a Deeper Meaning?

BY: KIRA CHEN

Under the star signs, each zodiac labels us with a personality. We are made to believe a person is who they are based on their zodiac sign.

Can our birth month describe our past, present, and future based on the horoscope? Better yet, do you believe that each spouse that has gotten married or is in a relationship is due to their zodiac compatibility?

Let's take a stroll through the twelve signs of the zodiac.

An Aquarius is anyone born between January 20 and February 18. They are an air sign ruled by Uranus and Saturn, and are most compatible with Leo and Sagittarius.

When in love they are loyal and committed, but they are not possessive and dislike being lonely. Their imagination is best used for business purposes, making them good at balancing between saving and spending money.

Pisces are born between February 19 and March 20. Pisces is a water sign ruled by Neptune and Jupiter, and are most compatible with Virgo and Taurus.

Pisces is a passionate lover that treats their partner with loyalty, gentleness and generous behavior, but they trust too easily.

People under the sign of Aries are born between March 21 and April 19. Aries is a sign ruled by Mars, and is most compatible with Libra and Leo.

Aries is addicted to the pleasure of a sexual encounter. They will show their loved one with affection but can be short-tempered, moody and impatient.

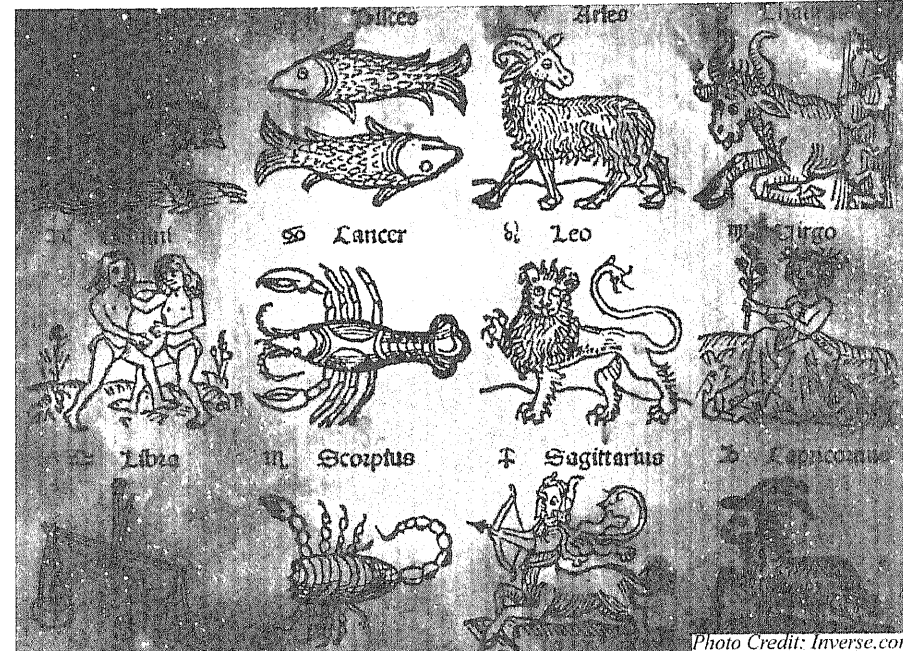
Taurus people are born between April 20 and May 20. Taurus' are earth signs ruled by Venus, and are most compatible with Scorpio and Cancer.

They look for someone that can re-

spond to their intellectual needs and require time and patience from their lover. They can be quite stubborn and possessive.

Taurus' love money and are well organized with their finances. They love food!

Gemini are born between May 21 and June 20. Gemini is an air sign ruled



The twelve constellations of the zodiac.

by Mercury, and are most compatible with Sagittarius and Aquarius.

Gemini see love through the act of communication and verbal contact. They look for someone that can match their intellect and energy and once they find that partner, they will be faithful and treasure them.

They're able to multitask, problem-solve and bring ideas to life.

Cancers are born between June 21 and

July 22. Cancer is a water sign that is ruled by the Moon, and are compatible with Capricorn and Taurus.

Cancers are emotional and they look for someone that can understand them and make them feel calm, protected, and secure.

Leos are born between July 23 and Au-

gust 22. Leo is a fire sign ruled by the Sun and is most compatible with Aquarius and Gemini.

Leos prefer someone that is self-aware and reasonable. They will treat their lover with respect, loyalty, and generosity but they are arrogant, stubborn, and self-centered.

Virgos are born between August 23 and September 22. Virgo is an earth sign ruled

by Mercury, and is most compatible with Pisces and Cancer.

Virgos prefer a stable relationship where they can feel safe but they can be overly critical of themselves and others.

Libras are born between September 23 and October 22. Libra is an air sign ruled by Venus, and are most compatible with Aries and Sagittarius.

Libra is all about the balance of life, and so they search for a deep, meaningful relationship while maintaining peace and harmony. They hold deep grudges and pity themselves.

Scorpios are born between October 23 and November 21. Scorpio is a water sign ruled by Pluto and Mars, and are most compatible with Taurus and Cancer.

Scorpios require a lot of time to build trust. They are sensual and passionate but can be jealous and secretive.

Sagittarius' are born between November 22 and December 21. Sagittarius is a fire sign ruled by Jupiter and is compatible with Gemini and Aries.

They are playful and humorous, but in love they are loyal, faithful and dedicated. When they visualize something in their minds they will do everything they can to achieve their goal.

Capricorns are born between December 22 and January 19. Capricorn is an earth sign ruled by Saturn and is most compatible with Taurus and Cancer.

They require action over words and years for them to open up their emotions. They require all of their paperwork in perfect order, their documents clean, and their files impeccable.

We are made to believe that the horoscope can help us find our best match. It's up to you to decide what you believe in.

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A Sagittarius' Burning Question: Can an Aries Light Your Fire?

Rating the Compatibility Between Two Fire Signs of the Zodiac

BY: KYLE FORBES

Astrology-zodiac-signs.com reports Sagittarius' are known to go journey to new limits to experience new events and continue to search for justice and truth. Unlike other signs, Aries' is a zodiac sign that can dare to go on such adventures.

Sagittarius partners could make a joke about almost anything when it comes to sex relations. Likewise, most Aries could feel passionate about naked people and specific sexual partners.

In addition, Sagittarius' could lessen the sexual tension and lead the fiery Aries to a more relaxed zone to experiment in.

An Aries and a Sagittarius can pick up off each other's emotions without directly communicating it and can detect when the other is lying easily.

Astrology-zodiac-signs.com reports Aries and Sagittarius mutual understanding could be very deep, without the involvement of an overly intense physical attraction. Thus, the two zodiac signs could create a kind of intellectual bond.

An Aries could appreciate the conception of honor and a heroic-like mentality. Sagittarius' could also appreciate respectable and heroic people, but also those that give to people who are less fortunate.

Aries is a sign that is inclined to participate in new and interesting events. Sagittarius' are signs that are always looking for new ways to feel good. An Aries and Sagittarius couple could be capable of en-

joying life experiences separately as well. The two zodiac signs may also not want to waste time reading and listening to others about their experiences.

Sagittarius and Aries could experience a tough time keeping a long-term relationship going, as the two signs like to be on the go at all times.

Aries could be very possessive while Sagittarius could be focused on their individuality. Both signs are likely to enjoy traveling and have an abundant amount of energy for it.

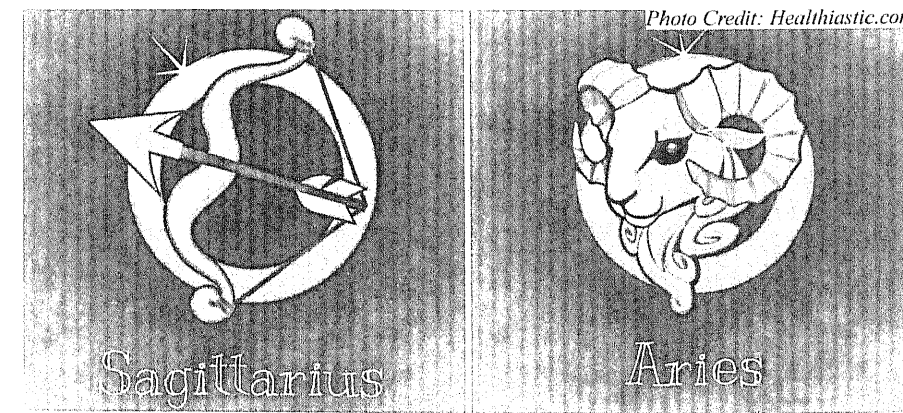
The two pair of zodiac signs are not likely to experience any competition between which partner has the most power. Aries' are more inclined to accept the victories, while Sagittarius' are more typically inclined to be the ones managing events from behind the curtains.

A Sagittarius partner could want to participate in debates about life, the universe, and other philosophical topics. Contrastingly, an Aries partner is usually more concerned with 'winning' an argument.

Both an Aries and a Sagittarius could come across as having active and interesting social encounters. The pair hold many common interests.

Both signs are commonly reported to have opposing views on topics they may both be interested in. This could result in the Sagittarius choosing the Aries to be a short-term partner.

Despite the differences, both zodiac



So a Sagittarius attracts an Aries, huh?

signs could meet to have a mutual appreciation of the truth.

A formerly known Sagittarius/ Aries couple were Alec Baldwin and Kimila Ann Basinger. According to Wikipedia, actor Alec Baldwin is an Aries born on April 3, 1958.

Baldwin has experience in acting, writing, producing, and being a comedian. Kimila Ann Basinger is a Sagittarius born on December 8, 1953, according to Wikipedia.

Basinger participates in the acting, singing, and fashion modeling businesses.

Baldwin met Basinger while the pair were acting as lovers in the film, "The Marrying Man." Both are active in the entertainment industry and married in 1993. The marriage continued for seven years.

According to Wikipedia, Britney Jean Spears is an experienced singer, song writer, dancer, and actor in the professional world. Spears is a Sagittarius who was born on December 2, 1981.

According to Wikipedia, Kevin Earl Federline is an experienced rapper, DJ, actor, television personality, wrestler, and model. Federline is an Aries born on March 21, 1978.

Spears and Federline married on September 18, 2004. The marriage ended November 7, 2006.

Little evidence is given about Sagittarius-Aries celebrity couples and their likelihood of maintaining long-lasting relationships and marriages, but the possibilities for a great relationship are a strong possibility for others.

LIFESTYLES

International Pillow Fight Day?

Let the Feathers Hit You Till You Drop

BY: VALERIE GONZALEZ

Our favorite sleepover event has its own holiday. Pillow fighting has been part of our weekend nights since we could remember and I'm very happy to announce that it has its own holiday.

Yes, a fight full of feathers and pain has its own holiday!

The United States has plenty of unofficial holidays such as Pancake Day, Puppy

Day, Pet Day Siblings Day. These holidays are celebrated every day of the year, and it wouldn't even be a surprise if we even had a Balloon Day where we would all hold a balloon for a day.

After all, these unofficial holidays gives us the chance to enjoy our favorite things and even enjoy them with amazing deals that might go towards a good cause. Most of these holidays are celebrated and sponsored to help organizations or the environment.

For example, Puppy Day in NYC is one of the biggest days where you could adopt puppies from shelters at no cost! What a way to celebrate such adorable holiday!

If you've been feeling like all you care about is school and work and every day your favorite thing to do is to just get home as soon as possible and sleep, you need to shake things up a bit. If you're tired of doing the same thing every day, even on the weekends and can't wait to get away from the city to relax a little bit, I have the best solution to forget about all that stress!

Destress yourself and bring out your inner child with the biggest and most exciting pillow fight you will ever attend! It will give you at least a couple of hours to be stress-free.

The international Pillow Fight that's celebrated in NYC in early April has become officially recognized as an international holiday. Since 2007, the Pillow Fight has taken place in cities like New York, Berlin, London, Paris, Tokyo and more than 15 cities all around the globe.

This event isn't just for fun. All the pillows used for the fighting will be donated to shelters and be recycled.

There are stations where you can leave

Photo Credit: HappyDays-365.com



International Pillow Fight Day, 2019.

Getting Into Shape at Your Local Gym

Why Going to the Gym is Important

BY: PHILIP SANZONE

Going to a public gym is something that not many people want or are willing to do. Some people are scared about being looked at or even being judged.

Others might not want to workout at all, which of course, there is nothing wrong with that. But public gyms serve everyone and are a good resource in many ways.

Most people at the gym might have a lot of experience with coaching or staying fit. If you're brave enough, you can ask them questions. It's like getting free lessons!

They'll tell you what to do and how you should do exercises.

The motivation that comes with being around hard-working people can be inspirational. All the people working out around you can encourage you to get a good workout in.

All of this is based on the experience of meeting new people at the gym, thus making this space feel safer and more homely. On top of that, when you're doing a workout, seeing others struggle and continue to push on really brings out the courage for you to push through as well.

In addition, paying for a subscription to a place and not going is another motivator. If you don't go, all that money invested will go to waste and that is something I'm sure not many people would want resting

on their conscience.

Investing into the fitness of one's body can be hard, but it is important to take advantage of the gym. It can lead to even more prospects than just having a healthier body, such as meeting new people who have a plethora of knowledge on fitness.

One of the many gyms on Staten Island that has a lot of nice and well informed people is Planet Fitness.

Gyms are located all over Staten Island. You don't need to have a good or buff-looking body to feel comfortable to go to a gym.

There are people there who are knowledgeable about health and fitness, staff and gym members alike, and are always willing to help.

Additionally, these gyms hold a multitude of different equipment that you can try, giving you an endless range of workout options for you to try.

You don't need a lot of money to exercise. You can even do everything at home by using Youtube and a yoga mat.

But understandably, not everyone has the space necessary to do the exercises correctly. So for most, having a gym with everything readily available whenever you want to just pop in is a blessing to have.

Going to the gym is nice and can be a fun for friends with guest passes. If you and your friend are bored for the day and don't know what to do, working out isn't

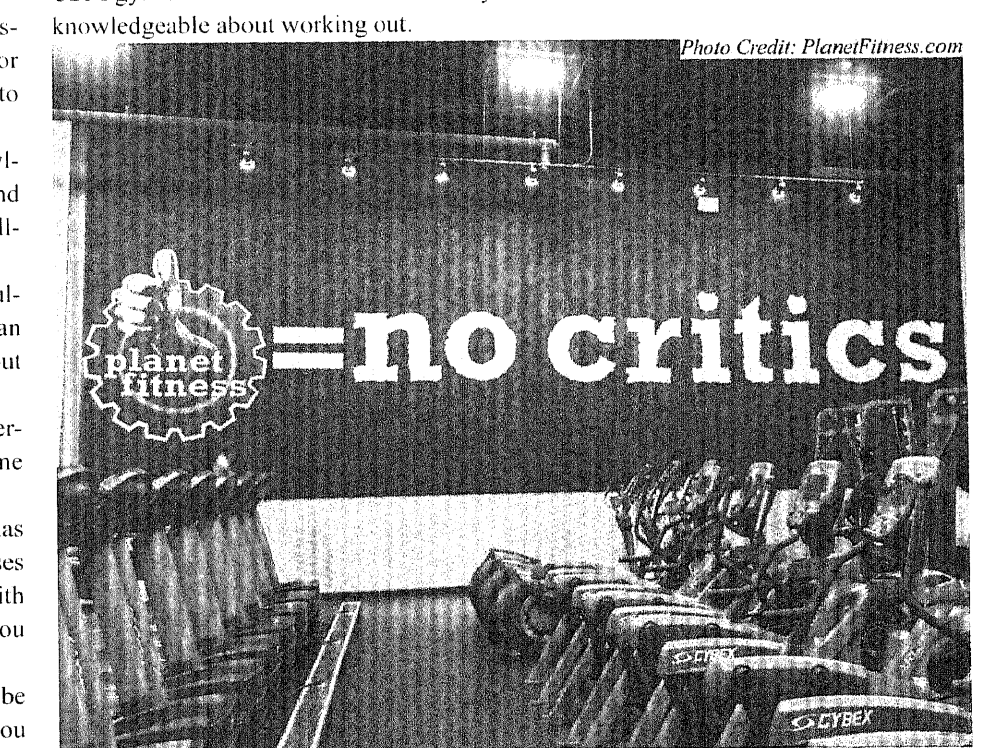
a bad idea.

Even going for walks and just really doing anything besides sitting can be considered exercising. Keeping active is never a bad thing.

Even the College of Staten Island has a gym that participating students can join, so as college students you don't even need to pay for another gym. People that work at CSI's gym and work out there are also very knowledgeable about working out.

Working out is good for our health and there is nothing wrong with keeping fit. It can help with understanding new things that will help keep you in shape. There is so much you can do at the gym to help you burn calories and stay in shape.

There is a lot that goes into making a good gym and the people are always there to make it an even more pleasant experience.



Don't worry about judgement in a free judge zone.

BANNER ARTS

Nipsey Hussle - The Eritrean God Whose Life Transcended

Nipsey Hussle and His Life for More Than Just Music

BY: UBONG EKPO

In 2004, Nipsey Hussle, born Ermias Joseph Asghedom, and his brother Samiel were taken on a trip by their father, Dewitt Asghedom, to his home country of Eritrea, an East African nation.

For several months, Hussle and his brother were exposed to their Eritrean roots, learning the ways of the people and immersing themselves in the culture.

It was a stark difference from their upbringing in south central Los Angeles, specifically Crenshaw where gang culture ran rampant.

Hussle's upbringing in Crenshaw lead him to join the Rolling 60's Neighborhood Crips, a life long affiliation that Hussle was never ashamed of.

The trip to Eritrea is credited as being instrumental in Hussle's life, as he was reconnected with his roots. This even inspired Hussle later own is his own life when he had his daughter to enroll her in a school where she learned to speak Tigriña, the native language of Eritreans.

He was inspired to dream bigger and pursue a career as a rapper. In addition to pursuing a rap career, Hussle was inspired to be a more positive force in his community, he began to cultivate a higher knowledge of self and a sense of leadership in his community.

Even as he matured and eventually left the gang life behind, Nipsey always made sure to never leave the people he grew up with behind. His humanitarian spirit was a part of his identity that he made sure to showcase.

In February 2018, Hussle announced his plan to launch STEM programs throughout inner cities, this being just one example of Hussle giving back and seeing

people prosper.

One of Hussle's lasting contributions that added to the prestige of his legacy, was the opening of his Marathon clothing store. The store was innovative, ahead of its time and was credited as the first smartstore of its kind.

For the many African-Americans who come from the the projects and become successful, there is a double consciousness that they all share. One of being from such areas, that are riddled with their own tales of oppression and retrogressive atmospheres.

The next consciousness is that of being upwardly mobile in a generally white society, where you as a black person are subject and privy to a greater sense of social and financial wealth and stability.

This new found power often leads those individuals to be looked at as success stories.

This brings forth the debate within the African-American community as whether those individuals owe the responsibility to go back to their old communities and help improve structure, so that the community as a whole is in better conditions to become functional members of society.

With Hussle being such a positive role model, the news of his death sent shockwaves throughout the black community, especially within hip hop.

His passing was another tragic reminder of the continuing eerie parallel of hip hop artists being shot and killed.

While the way Hussle left this earth was cruel, the outpour of emotion has been equally satisfying and fitting to his memory.

In his death, Hussle's contributions to his community have become more synon-

ymous with his name than his music and that just might be the proper way to respect his legacy.

While at the same time, let us not overlook his music, with nine mixtapes and one studio album, the 2019 Grammy nominated "Victory Lap," his subject matter was consistent with the path of his life.

On "Victory Lap," Hussle was emanating the spirit of a man at the pinnacle of life, with themes of independence and looking forward of things to come.

Hussle's memorial was one of a grand celebration: held at the Staples Center, Hussle's memorial was the first of a major public figure to be held at the Staples Center since Michael Jackson's in July 2009.

Featuring performances by Stevie Wonder, Jhene Aiko and Marsha Ambrosius, the service was riveting to say the least.

Various friends and family said their final goodbyes to the fallen emcee, includ-

ing Hussle's longtime girlfriend, Lauren London, whom they share a two year old son, Kross Asghedom.

The legacy of Nipsey Hussle, as tragic as his transition to the next phase of life was, will ultimately be a unifying force.

Snoop Dogg eulogized Hussle at the memorial and noted how despite Hussle's Crip gang association, he had Blood gang members, who are notorious rivals of the Crips, listening to his music and garnering respect for him.

Nipsey Hussle's death is a loss that will be permanently felt, yet at the same time we can rejoice, knowing he ultimately served his purpose and that his actions were towards the betterment of his people.

Ermias may not be with us in spirit, but as he would want us to know his life will not be in vain and The Marathon Continues.



Photo Credit: Twitter.com

The late rapper donning the flag of his home country, Eritrea.

Rapper Logic's Newest Work: Supermarket

Intriguing Novel Touches Upon Sensitive Subjects

BY: MARK DEUTSCH

The book *Supermarket* by Bobby Hall, who is also the rapper Logic, is a story about the main protagonist Flynn, a desperate man trying to write a novel. In order to complete his book he must go into a supermarket called Muldoon's and get a job, but must be wary of the passages and loops in the maze that reside in the supermarket.

From the start of the book, there seems to be something odd, what should be labeled as a prologue is instead a regular chapter, making for a passage that only makes sense later on in the book. Yet there are some early clues that are intriguing enough to warrant inspecting Flynn carefully.

From the start, the story lays out just what a failure he is and that Flynn needs to finish his book at all costs. Flynn wants to make one last shot to prove that he isn't a failure; however, doing this has resulted in some terrifying consequences, such as a "split" resulting in a second personality called Frank.

Frank is a creation of Flynn's psychosis that was a byproduct of the book that was being written. Flynn was so desperate to finish writing his novel, that he created Frank to fulfill the protagonist role in it.

But how was Frank conjured into existence and linger afterwards?

The answer to that question lies in Flynn's brain, along with a motley band of mental illnesses. A bad breakup, the pressure from the deadline for the book, and his writing style kick-started the problems.

From what the book described as the writing style, it seems to go beyond just doing research for the book. The author would physically get into the role of the setting, even going so far as to get a job there. That explains partially why the problems with Frank began by applying for a job.

Flynn's tortured mind couldn't handle the missing protagonist not walking through the door. So in order to fill in the gap a protagonist was born, cementing a character called Frank in his psyche.

Unfortunately for Flynn, finishing that book resulted in breaking his mind, which led to a battle for his sanity against Frank.

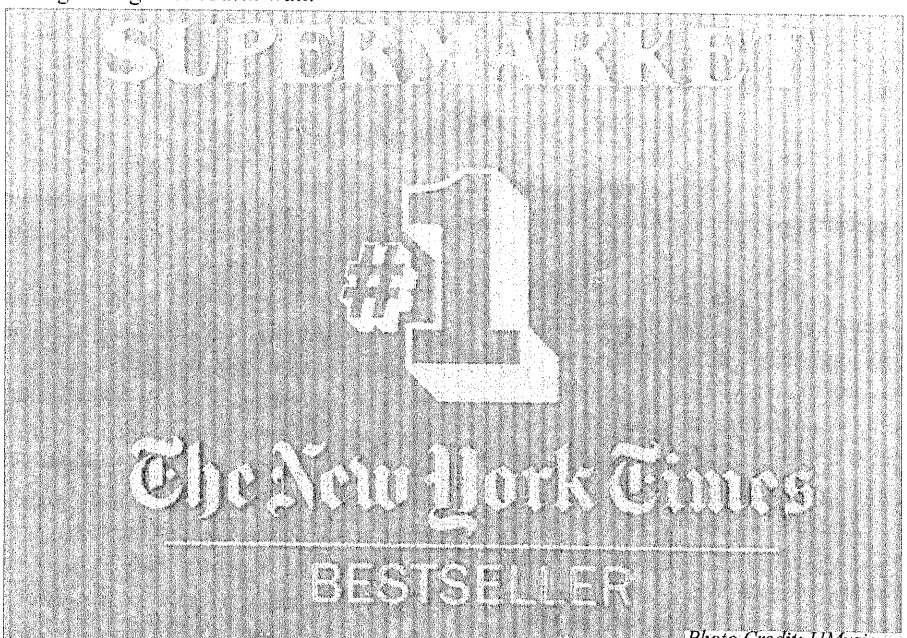
This battle can be witnessed through Flynn's own eyes because it's written through a first person view. Flynn constantly breaks down the fourth wall as if he's writing a book within a book which provides insight on what Flynn is going through.

The tough struggle can be seen throughout the book, if looked at closely and by those that have a major in psychology. With the brief synopsis of the book laid out, here's the discussion of the book itself

as a whole.

The clues that have been embedded throughout the book, are both subtle and obvious to the reader. Depending on the clue, it can be either a major facet of the story, or it could just a small clue that seems innocuous.

Then there's a big part of the story that's confusing, such as the narrator interacting through the fourth wall.



The novel Supermarket has been on NY Times bestseller list.

Photo Credit: UMusic.ca

Things can get a little confusing as the book goes on. There are also some smaller issues, such as a couple of plot holes later down the line.

But enough about those issues, the book can be considered a decent read. The book can be entertaining to read repeatedly and raises awareness for serious topics such as mental illness.

BANNER ARTS

"Chilling Adventures of Sabrina" Sends Shivers With Season 2

Never an Ordinary Day at the Church of Night

BY: SALVATORE CENTO

The reboot of "Sabrina: The Teenage Witch" lives up to its name change once again.

In the first half of Season 2 of "The Chilling Adventures of Sabrina," the audience is treated to not more of the same thing, which a lot of shows do, but instead a re-energized exploitation of what we were already given in Season 1.

Magical spells, Dark Arts, Monsters, Demons, and to top it all off, Lucifer. Without saying too much into how he's involved this time around, his presence heavily affects everything and everyone.

By the end of it all, he is certainly a menacing figure that makes his mark in more ways than one.

And that's how it is with all of the elements of the show that weren't explored well enough in the first season. The audience is driven down new, unexplored avenues that were left closed last time.

There are plenty of surprise revelations, some that can be seen coming from a distance and some that are quite surprising. Among these twists include evil halves which are an appreciated homage to the original show along with more dark spaces that one can bat an eye at.

The most interesting arc in this new season is the introduction and follow through of the Order of the Innocents. They are essentially witch and warlock hunters who believe in everything Sabrina's faith hates and despises.

While the episode that they are fea-

tured in is quite the bloody mess (in a good way), viewers wished to see more of their backgrounds to gain a better understanding

where at numerous points, his life hangs in the balance. This serves as a much needed contrast to how lighthearted and cheerful

vis, makes her darker side more apparent when it comes to protecting her family. The theme of family makes itself apparent through the nine episodes but it doesn't manifest itself in anyone more than Hilda.

The way the actress channels more aggressive manners through a still caring and nurturing aunt is amazing to see. Watching her transition in seconds, ready to destroy those who threaten her world, is mesmerizing.

Completing her gender change, Suzie, now renaming himself to Theo, played by Lachlan Watson faces more challenges when it comes to the outside world accepting who he wants to be.

Once the audience realized where the writing was going with her character in the first season, it seemed questionable as to why a show like "Sabrina" needs such a sub-plot. But seeing him do what he does, fighting for what he wants and defending his friends, both verbally and physically, we were taken aback.

It really was inspiring and viewers ended up cheering for him in some of the more dangerous scenes.

Not that the other characters are not to be thought of either. Kiernan Shipka as Sabrina, Ross Lynch as Harvey Kinkle and Gavin Leatherwood as Nicholas Scratch all deliver well performances, especially Lynch who shows his emotions better than the rest.

This first part of the second season will definitely satisfy that itch of yours to see our new age witch in action. We're curious as to what the second part will bring.



The Chilling Adventures of Sabrina returned for a second season on April 5th, 2019.

Photo Credit: TVMaze.com

of them. Not only how they went out doing what they were doing, but to see their motivations would have been the icing on the cake.

Ambrose, Sabrina's warlock cousin, played by Chance Perdomo has a much more grittier and darker character arc,

he was in the first season.

As much as that can be used for personality, to see him in these dangerous situations is very refreshing. Ambrose is not the only character change that's welcoming.

Hilda Spellman, played by Lucy Da-

What's In the Batter?

"The Cake" Demonstrates Struggle Between Traditions & Morals

BY: SAMIHA CHARLES

On March 30, the LGBTQ Resource Center took a trip to the Manhattan Theater Club to see the play "The Cake," written by Bekah Brunstetter, who is also the writer of the drama-comedy "This Is Us."

Actress Debra Jo Rupp from "That 70's Show" stars as Della, a southern conservative Christian woman that prides herself on her values. Her infamous bakery, Della's Bakery in North Carolina goes under fire after denying her services to bake her lesbian goddaughter's wedding cake.

Della begins to question her traditional values and morals and jeopardizes her bakery's reputation in the process. The play centers around whether services should be provided or denied to all people regardless of their agenda, or whether personal values should alter whom services should be provided to.

When Della's goddaughter Jen comes

back to the quaint town of Winston-Salem in North Carolina, she surprises her with the news that she is about to marry her lesbian lover Macy and would like her to make their wedding cake. Della, who is a rather old-fashioned Christian, refuses as she feels that it goes against her religious beliefs.

As a result, not only does her business start to receive bad publicity but she also becomes barred from her lifelong goal of making it to the "Great American Baking Show." Throughout the play, Della slowly begins to understand that love conquers all regardless of gender, sex or race.

In the end, though Della doesn't completely agree with the couple, she ends up making the cake for them anyways after some reflection, despite their differences.

Della's character is more than just the bubbly and vivacious baker with a knack for some quality cakes, as she displays acts of bigotry that can be considered prejudice

Photo Credit: TheCakePlay.com



"The Cake" details the journey of a southern baker rethinking her morals.

to some extent. However, her character seems more palatable than her Trump supporting conservative husband Tim.

He sees things from a traditional perspective and may be one of the underlying issues as to why his relationship with Della is more one sided than equal.

Della feels that he didn't make her feel like he loved her anymore much less even want to touch her. She says that there'd be times when she'd go to stores or the bank and just feel naked, "I'd become aware of my own body, of every inch of it and I'll feel ashamed of it," she tells him though much of this shame is reflected on her opinion of Jen's relationship with Macy.

The two stars of the show were the lesbian couple Jen and Macy. Jen, played by Genevieve Angelson, was born in North Carolina, and carries some of the same traditional characteristics as her North Carolina counterparts. She's sensitive and tries to avoid conflict any way she can by remaining passive, especially when people comment on her hometown and origins.

Macy, played by Marinda Anderson is a polar opposite, she's an extreme liberal who's character similarly mirrors American society. She's the only black actress in the play and she appears to be the strongest voice out of all the other characters. Troubled by her past with weight, race and acceptance of her own preferences, Macy was molded into the Brooklyn journalist who doesn't take bigotry or prejudice lightly.

After the show, audience members got

to ask the cast members questions about their characters and gained insight about the backstory and production.

The play was influenced by a similar Supreme Court case in 2015 when baker Jack Phillips of The Masterpiece Bakery in Lakewood, Colorado refused to bake a wedding cake for a gay couple, because it went against his religious beliefs.

When I asked about whether their characters resonated with our society, Marinda Anderson responded, "Yeah, I do, what's great about Macy is that she has to say what's wrong at the time that she knows when it's wrong... I think what's so important about this play is that we need to listen more to each other." She adds "It's so easy to dismiss an argument and dismiss a character because of what they're saying when you should lean in a little bit more and really (understand) what are they saying and how can we find common ground?"

Tim also responded saying "Anybody who wants to propose a law that limits the rights of gay people, I will fight them until the end of my days. However, not all of them wear MAGA hats and they're not all animals. They are people who have real feelings and they think they live in fly over country."

Our society feeds off opinions and especially loves feeding off of negativity. In this day and age, we're becoming less empathetic of other groups and are so caught up with our own feelings and beliefs that we often forget how it affects the other person.

BANNER OPINIONS

Where is Congressman Rose's Statement?

Staten Island Congressman Stays Silent on Mueller Report

BY: SHAWN ABRAHAM

The highly anticipated and long-awaited 450-page Mueller Report was released Thursday morning, essentially confirming what A.G. Barr, President Trump, and many of the other Trump Personnel had told us - President Trump did not collude with the Russians.

A.G. Barr during the press briefing that was held that morning said, "After reviewing those contacts, the special counsel did not find any conspiracy to violate U.S. law involving Russia-linked persons and any persons associated with the Trump campaign ...So that is the bottom line."

For almost two years, our President's actions upon entering office were highly scrutinized and analyzed by federal agents while he sought to perform his duties.

Our President and his administration were bogged down severely with the almost 2,800 subpoenas that were served. Luckily, the investigation is over, but a new situation is on the horizon.

With such a controversial and much

Photo Credit: NY1.com



Max Rose, Staten Island Democratic Congressman, fails to issue statement on Mueller Report.

talked about report comes the usual attacks from the Democrats.

Some are declaring that the redacted, confidential parts be released even though it contains Grand Jury proceedings, intelligence materials, or ongoing investigations which are to remain a secret.

Others are reading pieces of the report and stretching it to accommodate and pander to their base to the point that it doesn't match the original report itself.

Now it's no secret that Staten Island

offense so I ask, what is your opinion [Congressman Rose] on the report?

If I may remind you, during the debate, you had stated that you wouldn't move to impeach our President.

Will you just join with other Democrats who are contemplating such proceedings, cherry picking lines from the report to fit their narrative, and neglect your promise to our District?

What irks me is the fact that if our former Congressman Dan Donovan did not issue a statement about an issue within 24 to 48 hours, there would be protest, sit-ins, trolling on his various social media platforms etc. until a statement was issued.

Such exercise of our civil liberties is always adequate if the same standards are universally applied regardless of the elected official's political affiliation. I hope to hear from you Congressman Rose on this matter.

Your constituents are patiently waiting for your statement on this report.

Cardi B Says She Drugged and Robbed Men

Should She Take the Same Heat As the #MeToo Perpetrators?

BY: SAMIHA CHARLES

Just recently an Instagram live clip of Cardi B resurfaced of the rapper admitting to drugging and robbing men during her earlier years as a stripper. In the video, she said, "I had to go strip, I had to go. 'Oh yeah, you want to f*ck me? Yeah yeah yeah, let's go back to this hotel,' and I drugged n****s up and I robbed them. That's what I used to do."

She later claimed that the Instagram clip was 3 years old.

After receiving much heat from her comment, she followed up on twitter tweeting "IM THAT B*** THEY LOVE TO HATE, I'M THAT B*** THEY HATE TO LOVE and I love it." This created a whirlwind on social media of hashtags such as #CancelCardiB or #Surviving-

CardiB, referring to the Lifetime docuseries, "Surviving R. Kelly".

Many people have openly voiced their opinions about the "Please Me" rapper claiming that what she did was a crime and that her actions should not be excused regardless if they happened in the past. Others compared her to celebrities like Bill Cosby, who was indicted for sexual assault for allegations of drugging and raping women.

At first, she brushed off the comments; tweeting that she couldn't be cancelled even if they tried. But as more users continued to slander her image, she later responded in a tweet stating, "All I can do now is be a better me for myself, my family and my future."

She said she wasn't proud of her past

and that she had to do what she had to do on account of her limiting circumstances. "I'm apart of a hip hop culture where you can talk about where you come from and talk about the wrong things you had to do to get to where you are."

She adds, "The men I spoke about in my life were men that I dated that I was involved with, men that were conscious willing and aware."

However, one of the alleged victims paints an opposite effect. On March 27, Kevin Smith allegedly came out to recount the story of the night he was drugged and robbed by Cardi B.

He claimed that he had met Cardi B at the strip club 5 years ago and started feeling her until he convinced her to go to a bathroom with him for drinks.

Soon after, he had gone to the bathroom, came back and according to him, "Last thing I remembered was she was twerking on me, music blasting and that was it." He continued that, "The next morning I saw a used condom on the floor and then I noticed all the cash I had, which was about \$850, my Louis Vuitton belt, and my iPod touch was missing."

He said that when he tried to call her back to see where his things were, he realized that she had given him a Google voice number.

He claimed that he knew she had done it but did not want to press charges, as he feared it would affect his relationship with his fiancée at the time. "It was certainly traumatizing and as a man you never want to admit that you were taken advantage of," he stated. "No man wants to say #MeToo."

Although the allegations have yet to

be proven, we can clearly see the discrepancies in both Cardi B and Smith's statements. In the spur of the #MeToo movement, many celebrities such as Harvey Weinstein, Bill Cosby, and R. Kelly are dealing with the repercussions of their sexual misconduct against women.

Double standards are clearly evident in a case like this as people compare and contrast the Bodak Yellow rapper's acts with those of the aforementioned.

However, one thing is clear- yes: her actions are undoubtedly inexcusable, but they are certainly incomparable with the other perpetrators. To start, she had only admitted to drugging and robbing men, not raping them, as opposed to R.Kelly, or Bill Cosby.

She claims that before she became as affluent and famous as she is today, she had to drug and rob men to survive. The violators, however, have drugged and raped women at the height of their success and have in fact, used their platform to continue their wrongdoings for years.

Much investigation is definitely needed for Cardi's scandal. Investigation on the victims and on her, but will she be reprimanded for what she's done?

Probably not. In retrospect, she will probably receive more heat from the media, but with the height of her success and her reasons for her actions, this case will most likely die down.

This may very well just be a step towards female investigation during the #MeToo movement or a small bump in the rise of her success. Whatever will come, will come, just don't excite yourself over the justices they shall receive.



Cardi B finds herself in the midst of another slander.

SEX AND RELATIONSHIPS

When Divorces End in Violence

One Women's Nightmarish End in Her Fight for Child Custody

BY: LUCIA ELMI

According to the National Coalition Against Domestic Violence, about 20 people per minute are physically abused by an intimate partner in the United States. Per year, this equates to more than 10 million women and men.

Domestic violence is unfortunately an ongoing issue in today's culture, and has been for as long as anyone can remember. It is very easy to regard domestic violence as a subject that is somewhat irrelevant in our lives.

In today's culture, where violence has become the norm in music, books, and media entertainment, it is only natural that the reality of domestic violence is something that we have become desensitized to.

However, we can find ourselves completely shaken by the sheer devastation that domestic violence can have in our lives, especially if it is happening to someone right in our neighborhood or workplace.

Unfortunately, that is the case for local West Brighton residents that have had to deal with the recent loss of neighbor, Jeanine Cammarata, a local school teacher who was working at P.S. 29. She also had a second job at a Dollar Tree store in Grant City.

Like many women, Cammarata was in the beginning stages of filing a divorce against her husband, Michael Cammarata-

ta. A number of sources say the couple had been known to have marital disputes, which had later been revealed to have went as far as Michael Cammarata committing physical violence and stalking against his then wife.

Those close to Cammarata were also aware that Michael Cammarata was withholding visitation rights with her two children, which ultimately sparked her move to file for a divorce.

However, after just days of serving him with divorce papers, Cammarata's decomposing body was found locked away in a storage facility in Arden Heights. Michael Cammarata and his girlfriend were charged with her murder.

The devastating news is not one many people in the community can wrap their heads around. Although the signs were there that such a tragedy was about to unfold, it seems as though they went relatively unnoticed to friends and family.

Anonymous sources reported Cammarata seeming under the weather prior to the incident. One co-worker in Dollar Tree said that it was not unheard of for Cammarata to come to work seeking comfort for the issues she was facing with her husband.

It is important that as a community, we recognize the signs of domestic violence and foul play. Often victims of domestic

violence do not come forward to seek help, but instead think they can face it off on their own.

When it comes to confronting a spouse or boyfriend with a history of violence, it could be a matter of life and death. In order to prevent such tragedies from happening, we must become more aware of how real domestic violence is in the lives of people around us.

It could be happening to a friend or co-worker right now and you are not even aware of it.

It is scary for domestic violence victims to come forward about their abuse. However, with the help of family, friends, and the legal system, it is possible to escape such a life and recreate one that is in line



Friends and family mourn the loss of local school teacher, Jeanine Cammarata

Be Your Own Second Half

Finding Happiness Regardless of Relationship Status

BY: LAUREN SILVERMAN

Looking for your soulmate or what people commonly refer to as your "second half"? Look no further than yourself.

Relationships are wonderful because of the close, loving connection you create with someone you truly care about. But be careful not to lose yourself in this difficult search.

There are several ways to tell if you are not ready for a relationship. One way is by deciding how you feel when you are on your own. If you cannot bear the idea of spending time alone, you may not be ready to find a partner; it is essential to be comfortable with yourself.

If you are not comfortable with the idea of being on your own, you may not make wise decisions about who you want to spend your time with, favoring quantity over quality. In other words, you might date people simply because they prevent you from being alone, which will negatively impact your mental health.

Though it may be a difficult concept to learn, self-sufficiency is important and will better prepare you if you decide to start a relationship with someone in the future.

So, how can you start your journey to self-fulfillment? You must first take care of yourself.

Regardless of whether or not you are

looking for a relationship (or whether or not you are in one), you deserve to manage your health in order to live as healthily as possible. You must become active in improving your life, removing the negative

energy to self-fulfillment. Don't let your negative emotions run away from you.

If you are feeling upset or angry, acknowledge your circumstances and analyze why you might be feeling this way.

Photo Credit: MedicalNewsToday.com



On your journey to self-fulfillment, surround yourself with positive people.

and embracing the good.

Another important part of self-care is making sure your priorities are in order. Are you taking extra time to take care of yourself, but with the sole intention of impressing someone else? This will only hurt you; it takes practice to let yourself become an inspiration, but it is essential nonetheless.

Mindfulness is essential in your jour-

your daily activities, so if your days are filled with nothing but stress, it will be difficult to find joy. If you cannot rid yourself of stressful events (such as school and work), find places to add small bits of happiness to your day.

For example, stop and grab your favorite beverage before class, or meet one of your best friends after work.

Of course, happiness is also affected by the people around you, such as friends and family. Make sure you surround yourself with people you care about. If they make you feel badly about yourself, you might want to find better company.

Similarly, don't wait for relationships to bring happiness into your life. While they can be wonderful, they also bring a handful of unique challenges, and they will not automatically solve all of your problems.

Take yourself out! Don't restrict yourself because you'd rather wait and share the experiences with someone else. There will be plenty of time for that in the future.

Enjoy your own company. When you achieve mindfulness and can successfully evaluate your happiness, your self-confidence will flourish. And with a healthier mindset, you'll be ready for anything, with or without a relationship.

Happiness is cultivated in the roots of

SPORTS

The Brooklyn Nets Take a Massive Step Forward

*The Nets Return to the Playoffs***BY: GEORGE BURKERT**

Back in 2013, the Brooklyn Nets made a big trade. They sent their draft picks to the Boston Celtics to receive aging all-stars Paul Pierce and Kevin Garnett and former sixth man of the year Jason Terry to try and compete in the Eastern Conference at the time.

This resulted in only one playoff win and all the players they got left the team within one year.

Years later, it became clear the Celtics won the trade, gaining young, talented players like Jaylen Brown and Jayson Tatum. Rebuilding quicker than most teams usually do, they appeared in the Eastern Conference Finals in 2017 and 2018.

Meanwhile, the Nets have struggled with no one knowing what direction they will go without any lottery draft picks.

This year, things have changed for the better in Brooklyn. The Nets have a better record than the New York Knicks and after they beat the Indiana Pacers on April 7, the Nets officially made the playoffs.

The beginning of the season was up and down for the Nets. However, things took a turn for the worst on November 12, when Caris LeVert, who was playing like an all-star the first few games of the season, suffered a severe leg injury.

Here on out, it was looking like an-

other bad season for the Nets, who at one point lost eight straight games, leading to an 8-18 record. Then, on December 7 things looked good for the Nets again.

They got a win against the Toronto Raptors, who are one of the best teams in the Eastern Conference. This started a sev-



D'Angelo Russell leads the Nets back into the postseason.

en-game winning streak that helped bring the Nets back into the playoff race.

The Nets had an all-star this season in D'Angelo Russell, who averaged 21 points a game. On March 30, Russell dropped 20 points in the third quarter against the Celtics, which helped them win.

Russell was traded to the Nets back in 2017 by the Lakers after two seasons. One of the reasons why he was traded was because back in 2016, he recorded his teammate Nick Young confessing to cheating on Iggy Azalea, who he was engaged to at the time.

Photo Credit: NYPost.com

date for the sixth man of the year, averaging 17 points a game off the bench.

Another key player for the Nets was Joe Harris, who won the three-point contest during all-star weekend and is one of the best three-point shooters in the NBA. Harris struggled as a bench player on other teams before breaking out in Brooklyn.

What makes the Nets interesting is they did not draft from the lottery to become a decent team. Russell, despite being the second pick in the 2015 NBA draft, was drafted by the Lakers.

The Nets were able to build a solid team by trading for Russell in 2017 and signing good role players and making good draft decisions with their later draft picks.

The Nets will be underdogs in the post-season, with most people believing they will lose in the first round. The Nets are the sixth seed in the Eastern Conference and will face the Philadelphia 76ers in the first round.

The Nets will have enough cap space to sign at least one of the big-name free agents this offseason. The Nets may not have the same draw as the Knicks or Lakers, but having a better record than both teams could appeal to someone.

The Nets still have some other unanswered questions, besides what key free agents they should sign. They still have to decide if they'll resign Russell.

Are the NBA Playoffs Better Off Without LeBron James?

*Will LeBron Missing the Playoffs be a Positive Change for the NBA***BY: DANNY CACACE**

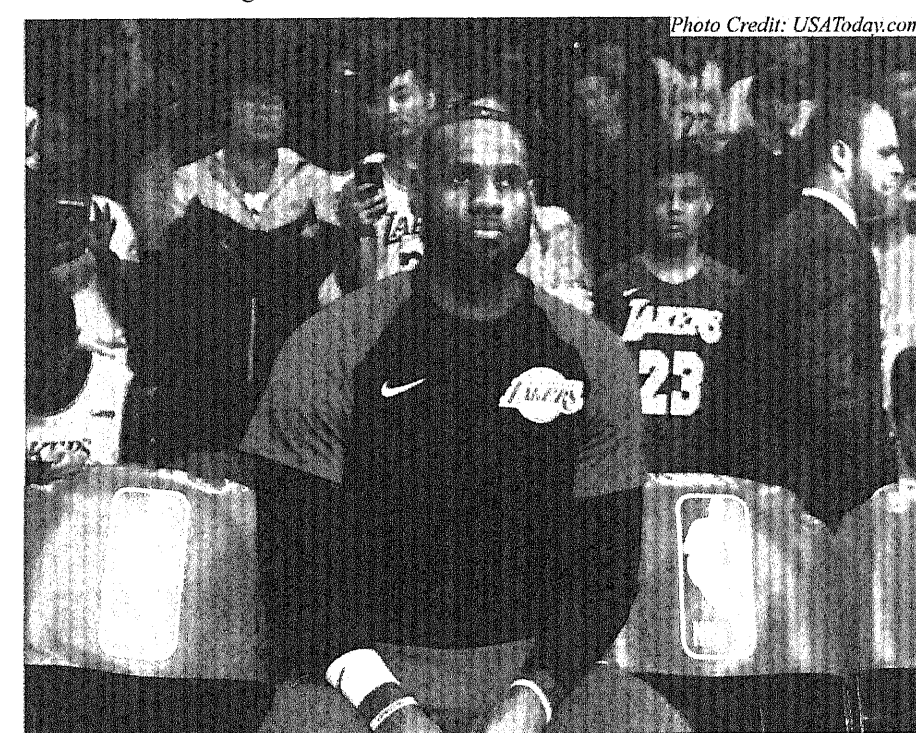
Los Angeles Lakers star player LeBron James will miss the playoffs for the first time since the 2004-05 NBA season, and he will also miss the playoffs in his first season as a Laker. What does this mean for the NBA?

James has had an impressive run making the NBA Finals for eight straight seasons before becoming a Laker. He did it

with the Miami Heat for his first four years there, then he went back to Cleveland, which was his first team that he played for in his career, and went four straight years to the Finals with them.

He won two championships with Miami and one with Cleveland.

Since the Golden State Warriors have been the NBA powerhouse the past four years now, not even LeBron and whatev-



LeBron James is sitting on the bench wondering how his team is going to improve next season.

er team he was on could've stopped them. However, with this current NBA season, a vast majority of teams have improved and have a great chance at stopping the Warriors.

Western Conference teams such as the Portland Trailblazers, Denver Nuggets and Houston Rockets all have a great chance at competing with the Warriors and taking them out of the playoffs to make it to the NBA Finals. The rest of the Western Conference playoff teams all have improved too and got a chance at beating the Warriors, but Portland, Denver and Houston have the best chance at taking them out.

LeBron James missing the playoffs makes it more interesting because his team was not up to par this year and did not meet the expectations of the team they were expected to be. LeBron suffered a groin injury after a Christmas blowout victory against the Warriors, and as shocking as that sounds, missed 17 straight games.

This turned out to be the most noteworthy injury of his career. In general, the Lakers lost other players due to injuries this year such as Lonzo Ball, Kyle Kuzma and Brandon Ingram who are other core members to this team which disrupted the flow of the team. The Lakers couldn't get it together which made them evidently miss the playoffs this season.

So, is this a beneficial matter for the

NBA? I do not see why not.

Although LeBron has a large fanbase, this allows the playoffs to be more competitive and NBA fans like myself want to see a competitive atmosphere. If LeBron was to make the playoffs, he could've figured out a way to go through the teams in the Western Conference and potentially go to the Finals again, and I'm sure that not a lot of people want to see LeBron in the Finals once again.

I guess we will never know till next season if his team was to improve and make the playoffs.

The Eastern Conference has also improved since LeBron left it to go to the Western Conference and join the Lakers, which made each team in the East more competitive and gave more chances in that conference to make the playoffs. Teams such as the Brooklyn Nets and the Orlando Magic just clinched the playoffs which they haven't done in a few years.

Both of those teams have improved drastically, and so has the rest of the Eastern Conference. This can make it a very interesting playoffs for both conferences.

This can be thanks to LeBron for switching conferences and also his team missing the playoffs this season, but all I know is that it can only be better for the NBA, at least for this season.