

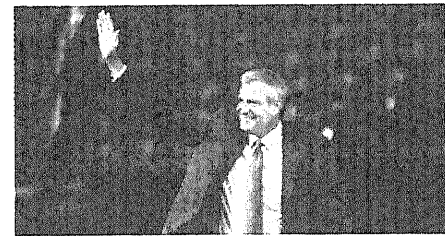
THE BANNER

The Official Newspaper of the College of Staten Island

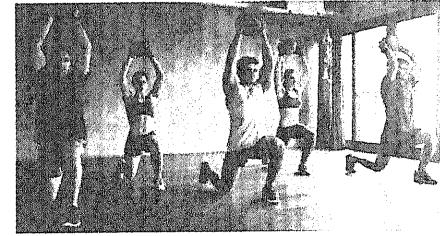
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CSI Takes Sides in Impeachment Debate

Students at CSI Debate Whether or Not Donald Trump Should be Impeached

BY: MICHAELA VIVEROS

With the House of Representatives vote to proceed with President Donald Trump's impeachment just a few days away, CSI held an event Tuesday to discuss the topic.

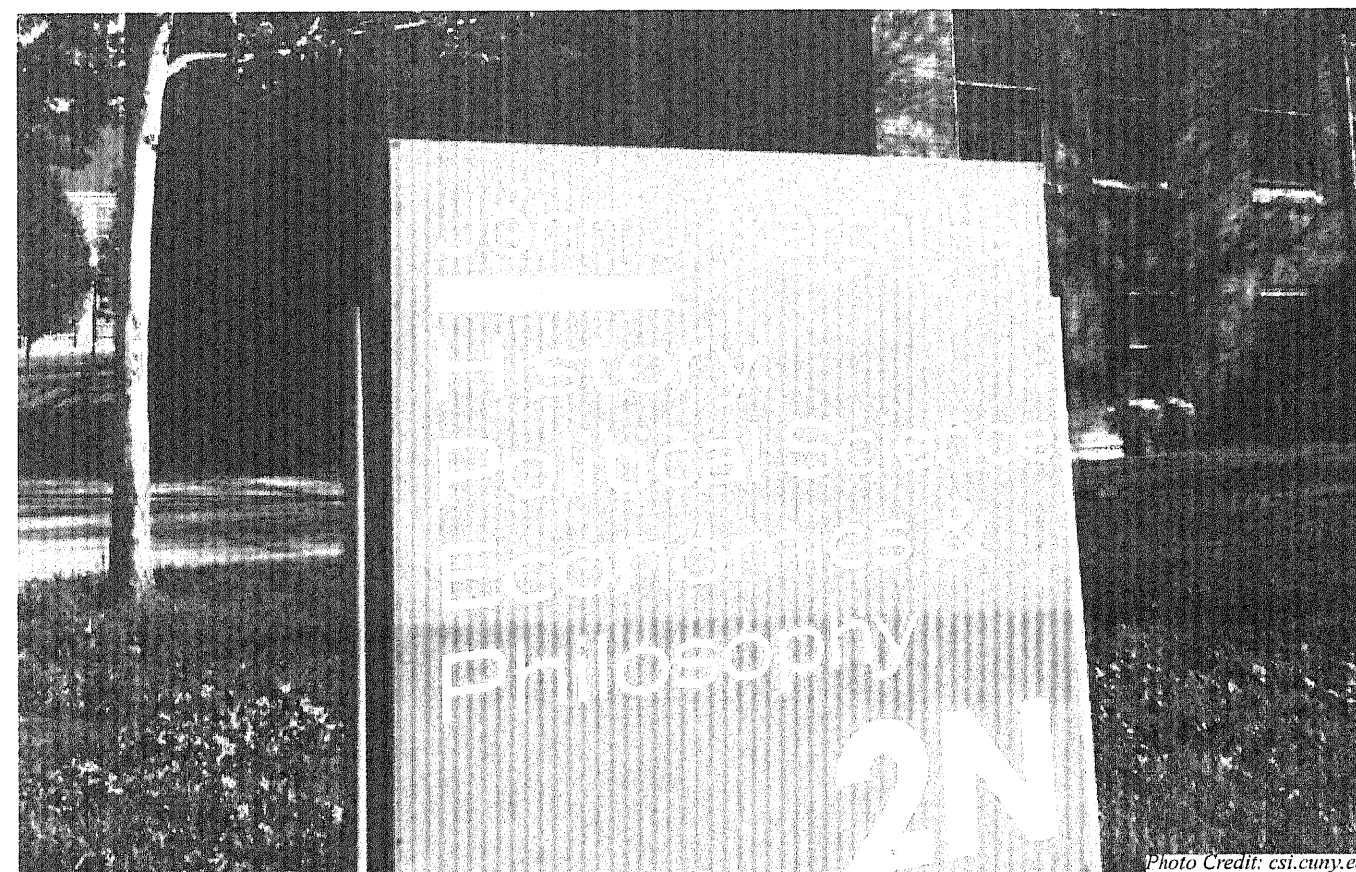
"I think it's really important that faculty do things like this," said Political Science Professor Michael Paris. "Students often feel like they don't necessarily count or matter that much."

The event was held by professors in the Political Science department to give students, and even other Professors, the opportunity to discuss their opinion on whether Trump should be impeached.

For those who did not know much about impeachment, slides were shown before they opened the discussion that explained how impeachment works and the requirements for it to be used.

The discussion about whether or not to impeach Trump came days before the vote to decide whether to proceed with the impeachment process. Democrats have pushed for impeachment because they believe Trump has committed enough actions that are impeachable.

The general opinion of those at the event supported the Trump's Impeach-



CSI's Political Science Department hosted the discussion.

ment. Only two people in a room of approximately 30 raised their hand when the room was asked who would not vote to impeach Trump.

Political Science Professor Richard Flanagan was not surprised by the ratio of people in support of Trump's impeachment, attributing it to the general liberal-

ness of CUNY students and New Yorkers. *Continued on pg 4*

A Look Into the Sixth Annual Pride Kamp

Experiences With CSI's LGBT+ Inclusive Event

BY: VICTORIA ORIENTE

The sixth annual Pride Kamp Conference made its comeback this September to include students in networking, explore LGBTQ+ identities, and inspire our future generation to achieve their goals.

Pride Kamp is directed by the Office of Student Life and the Office of Pluralism and Diversity. The event was a day of fun, inclusiveness and education for LGBT+ members and their allies. Registration for the day started out with students creating their own name tags with their preferred name and gender pronouns.

A key-note speaker named Matthew Rodriguez started by giving a speech about his experiences with being LGBT+, growing up Latinx, working as a journalist, and advocating for those suffering with HIV/AIDS.

Rodriguez's speech was especially inspiring for young LGBT+ people to know that they can be proud of whoever they are and live a happy and successful life.

His story could definitely be relatable for others who dealt with internalized homophobia, and have lived in a strict upbringing. A major take away from his presentation is that no matter who you are, you have the right to pursue whatever makes you happy and that diversity is not a weakness, but rather makes us stronger.

Afterwards, attendees were given the opportunity to attend one of two workshops: Coming Out Spiritually and The Queer Archive: Reading Between The Lines. Coming Out Spiritually was an open support group where the main topic was being connected to religion and spirituality while still being a member of the LGBT+ community. *Continued on pg 5*

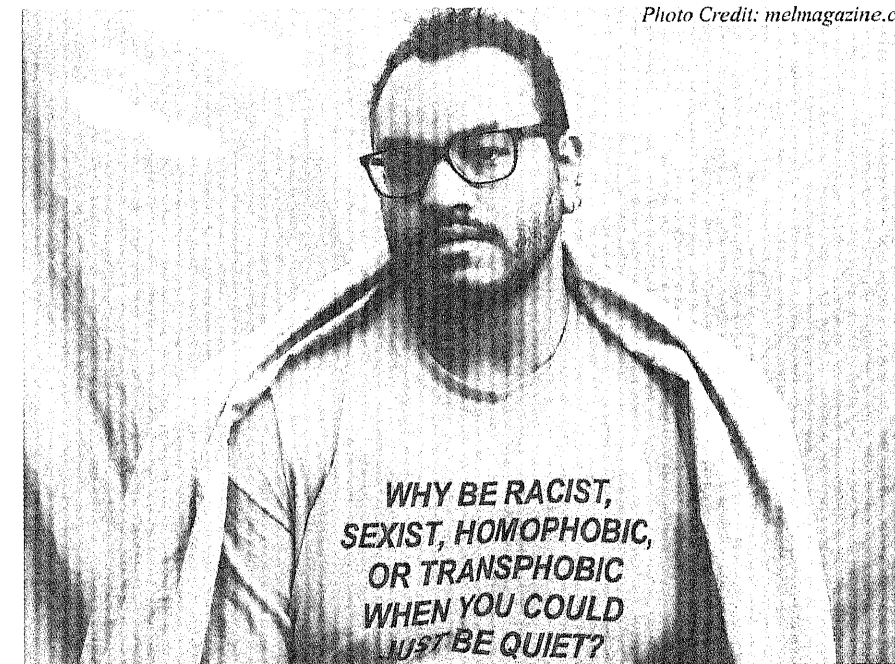


Photo Credit: melmagazine.com

Matthew Rodriguez, keynote speaker at Pride Kamp, shares his personal experiences to inspire students.

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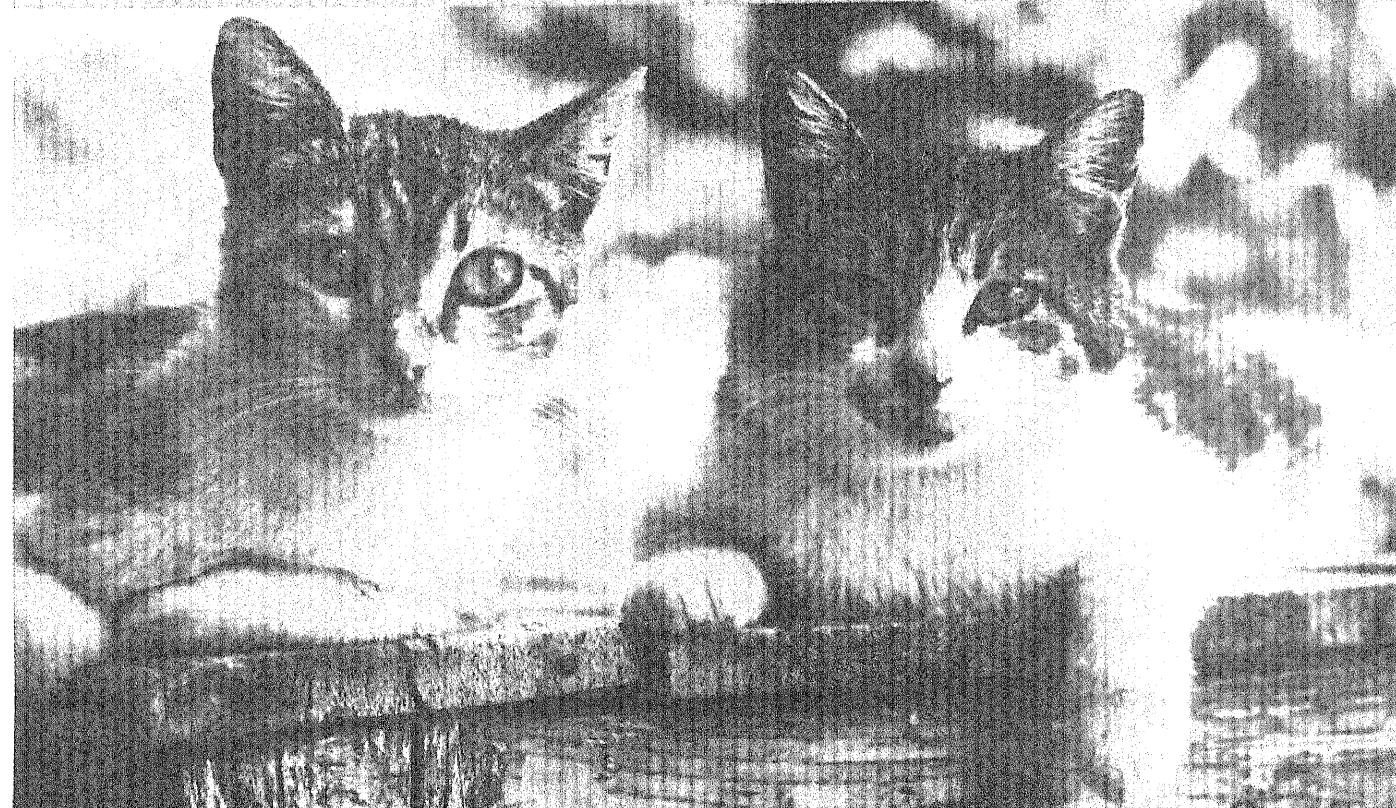
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BANNER POLITICS

An Opinion: Bill de Blasio Ends His 2020 Campaign *Friend Or Foe To The American People?*

BY: ROSEANNE CASSAR

What happened to Mayor Bill de Blasio's 2020 presidential campaign? Only four months into his campaign and poof-it's gone.

"I feel like I've contributed all I can to this primary election, and it's clearly not my time," he said in announcing his plans to drop out of the race on MSNBC's Morning Joe.

"So I'm going to end my presidential campaign, continue my work as mayor of New York City and I'm going to keep

speaking up for working people and for a Democratic party that stands for working people."

Don't bother, mayor. Don't try to be all you can be for New York City or for all of its hard-working people. Through your campaign, you did not lose any money and New Yorkers did not lose or gain anything from your efforts.

Polls show that New Yorkers actually don't like your political views, don't trust you as mayor, and don't like you, period.

The mayor did not spend any of his money out of pocket but made sure his

campaign was funded by "hitting up New York City donors," according to Politico. These donors have "business dealings with his administration," making the funding seem like he was cheating.

Politico also states that, "he would not continue to pursue the presidency if he could not get into the October debate, but kept traveling around the country discussing his ideas and recently proposed a 'robot tax' to help workers displaced by automation."

While things were going wrong here in New York City, the mayor obviously was not too concerned. He was nowhere in sight and continued on with his campaign.

Here is some proof that New Yorkers really don't like their mayor. When he visited Trump Tower for a "government announcement on building emissions," hecklers held signs that read "Worst Mayor Ever" and "Failed Mayor."

A New York Times headline called the announcement "A Circus." Mayor, this should open your eyes to see, hear and feel exactly what your beloved city is telling you. Maybe running for re-election for mayor of New York City is not a good idea.

According to Politico, Mayor de Blasio would have had more support if he didn't use a quote from "Che Guevara at

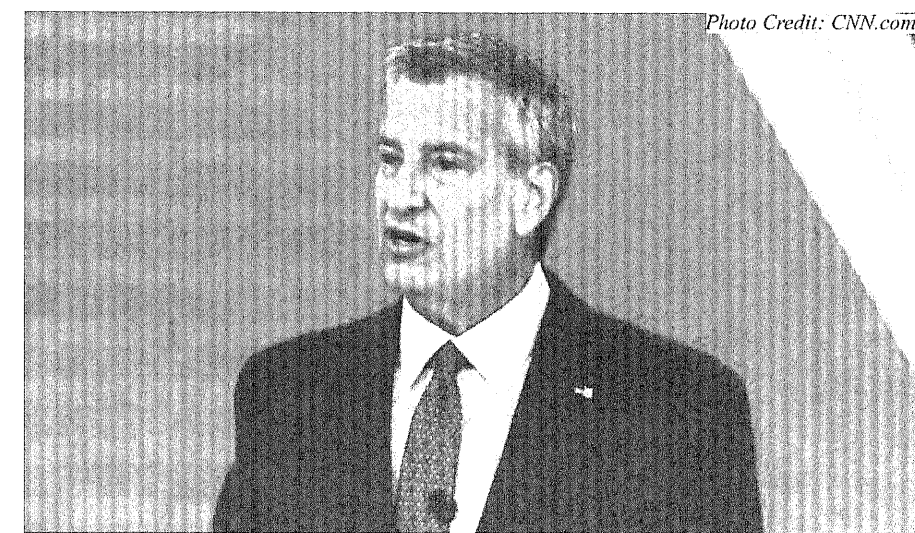
a labor rally Miami." This was a failed appeal to Cubans against the revolutionary. Someone also thought it would be funny to distort the mayor's voice while he gave a speech to labor workers in Iowa. This shows what the people of Iowa think of his ideas and beliefs, and most of all how much trust they have in him.

Mayor de Blasio pushed through his campaign by using his fundraising techniques, "relying on donors who want something in return, leading him into a tribal feud among warring factions in the city's Orthodox Jewish Community."

In the four months of his campaign, Politico reported some of the mayor's mistakes such as breaking from being a Democratic candidate and showing up on different news channels talking about his ideas.

"A poll released this week showed he had dismal support in New York, with virtually no one saying they supported his campaign. He polled at 0 percent in New York City, 0 percent in the suburbs and 0 percent upstate in the presidential primary."

Mayor de Blasio blames the end of his campaign on timing and the amount of responsibilities he has on his plate. In reality, his reputation as mayor is long gone. New Yorkers and Americans have spoken.



De Blasio announced the end of his presidential run in late September.

Greta Thunberg's Quest For Climate Justice

A 16-Year-Old's Message, Told Across the World

BY: LOBNA ABDLLATIF

When asked about her message to world leaders at the United Nations Climate Action Summit in New York, Greta Thunberg responds, "We'll be watching you."

"This is all wrong. I shouldn't be up here. I should be back in school on the other side of the ocean."

Yet you all come to us young people for hope. How dare you! You have stolen my dreams and my childhood with your empty words and yet I'm one of the lucky ones.

People are suffering. People are dying. Entire ecosystems are collapsing. We are in the beginning of a mass extinction and all you can talk about is money and fairytales of eternal economic growth. How dare you!

For more than 30 years the science has been crystal clear. How dare you continue to look away! And come here saying that you are doing enough when the politics and solutions needed are still nowhere in sight.

You say you "hear us" and that you understand the urgency but no matter how sad and angry I am, I do not want to believe that because if you really understood the situation, and still kept on failing to act, then you would be evil and that I refuse to believe.

The popular idea of cutting our emissions in half in ten years only gives us a 50 percent chance of staying below 1.5 de-

grees and the risk of setting off irreversible chain reactions beyond human control.

50 percent may be acceptable to you, but those numbers do not include tipping points, most feedback loops, additional warming hidden by toxic air pollution, or the aspects of equity and climate justice.

They also rely on my generation sucking hundreds of billions of tons of your CO2 out of the air with technologies that barely exist. So, a 50 percent risk is simply not acceptable to us, we who have to live with the consequences.

To have a 67 percent chance of staying below a 1.5 degrees of global temperature rise, the best odds given by the IPCC, the world had 420 gigatons of CO2 left to emit back on January 1st, 2018.

Today that figure is already down to less than 350 gigatons. How dare you pretend that this can be sold with just business as usual and some technical solutions. With today's emissions levels that remaining CO2 budget will be entirely gone within less than eight and a half years.

There will not be any solutions or plans presented in line with these figures here today because these numbers are too uncomfortable, and you are still not mature enough to tell it like it is.

You are failing us. But the young people are starting to understand your betrayal. The eyes of all future generations are upon you and if you choose to fail us, I say, we will never forgive you.

We will not let you get away with this right here, right now is where we draw the

line. The world is waking up and change is coming whether you like it or not. Thank you."

16-year-old climate activist Thunberg addressed world leaders last September. Her speech was sympathetic and backed by science. She raised awareness of the state of the world and spoke of a brighter future.

Thunberg appeals to a massive population because of her straightforward speeches. She does not like small talk and has refused to meet with heads of state.



Thunberg spoke to world leaders at the United Nations 2019 Climate Action Summit.

She uses discernment in her speeches and children as young as 11 years old have cut school to join the cause.

She has experienced massive hatred from world leaders but continues to speak

out against oppression. She has visited Canada, the U.S., and the U.K. for climate rallies and her parents are activists who support her efforts.

According to Thunberg's address to the Montreal climate change rally, 4 million people attended the global strike in over 170 countries worldwide.

Her supporters see her on a mission while her critics underestimate her. Skeptics say her speech was apocalyptic, uncomfortable, too emotional, and annoying.

Her supporters say she was humble.

smart, and angry. It is as if we are in a burning building and instead of finding a way-out our leaders are ignoring the issue entirely.

BANNER NEWS

*"Impeachment"
Continued from Front Page*

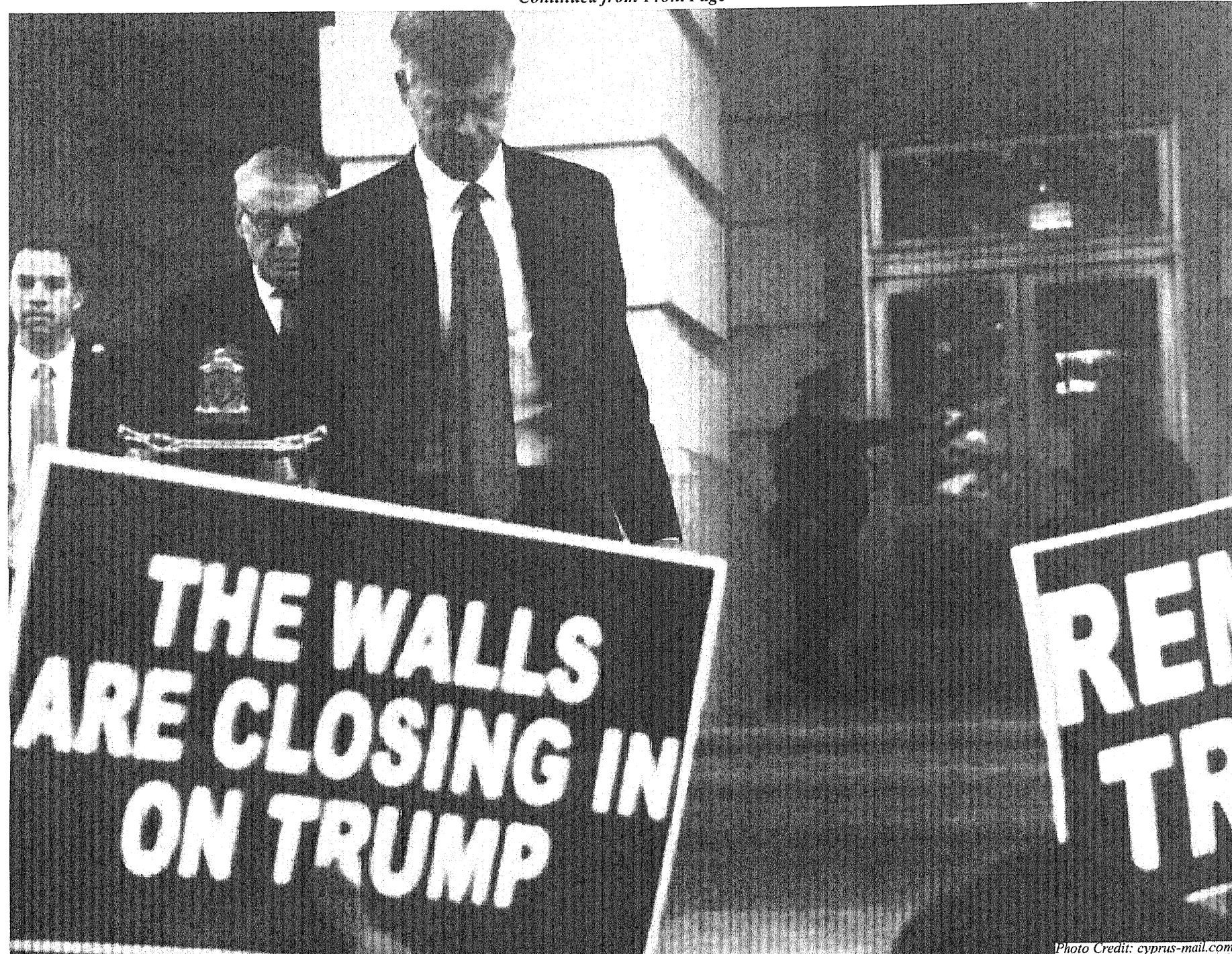


Photo Credit: cyprus-mail.com

Caption via CyprusMail: "Ambassador Bill Taylor, charge d'affaires at the U.S. embassy in Ukraine, departs after giving testimony during a House Intelligence Committee impeachment inquiry hearing into U.S. President Donald Trump on Capitol Hill in Washington, U.S., November 13, 2019. REUTERS/Jonathan Ernst."

"If Obama had done what Trump is accused of doing that honestly with all due respect, we wouldn't be here today," said Luke Gemma. "We wouldn't be talking about this and we wouldn't even be considering forcibly removing him from office."

Luke was one of the few who raised his hand when asked who would not vote to impeach Trump. Although he would not identify himself as a Trump supporter, he did not believe it was necessary to impeach him.

Luke's Obama statement did not sit well with a few people in attendance. Vasilios Petratos, an Economics Professor at CSI, emphatically dismissed the hypothetical by claiming Obama never did and never would do things that Trump does. Petratos stated he was an immigrant and mentioned his dissatisfaction for Trump multiple times.

Although there were not a lot of people in attendance to support Trump, Paris believed there was still a good amount of debate and did not believe it hurt the discussion. He mentioned ideas to try to even

the playing field for future discussions of the president, but was still pleased with the results nonetheless.

The generally pro-impeachment stance did not maintain throughout the entirety of the discussion. Although most still believed he deserved to be impeached, a few became uncertain about whether they believed going through the impeachment process would be worth it.

Given that the presidential election is about a year away, it was mentioned that the process of impeaching him would take up a lot of time with no certainty of his removal from office. No U.S. President has ever been removed from office through impeachment. With Republicans having the majority in the Senate, the likelihood of him being removed from office is not perceived to be high.

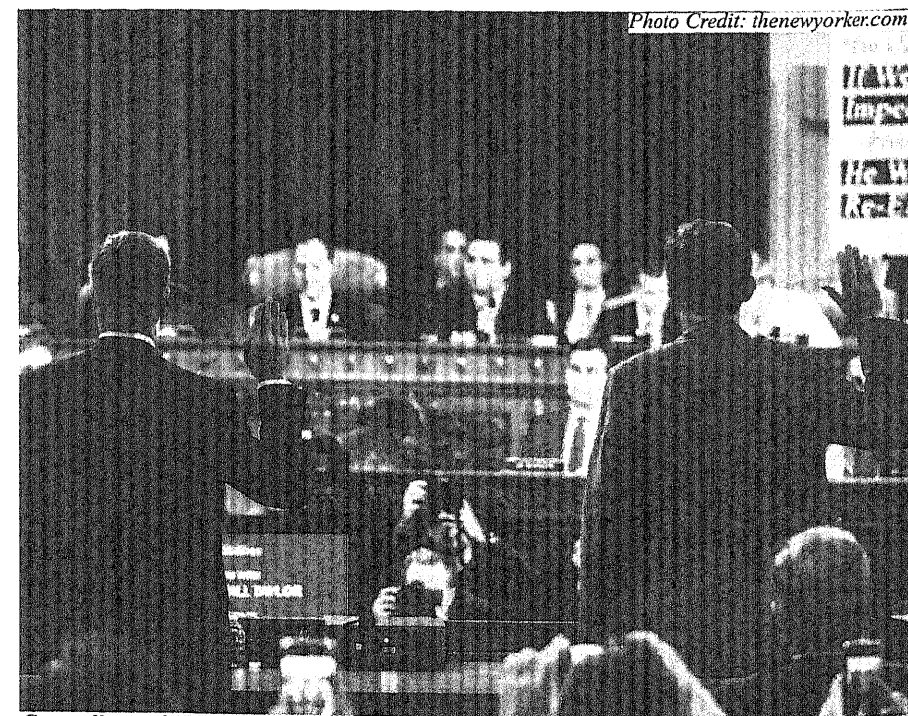
Some students believed that the Democrats efforts should not be on impeaching Trump, but instead on next year's election. A couple students expressed their concern that there would not be a strong enough democratic candidate to go against Trump

in 2020, and believed too much of the candidates focus was on Trump's impeachment as opposed to their own campaign.

"I think November 3rd is going to be

a big day for centuries ahead for the U.S.," said one student. "Impeachment or not, November 3rd is going to decide everything."

Photo Credit: thenewyorker.com



George Kent and William Taylor.

BANNER NEWS

*"Pride Kamp"
Continued from Front Page*

Most often, LGBT+ youth find themselves rejected and hated on by religion which may often affect their relationships with their faith as well as with themselves.

A large amount of youth are thrown out onto the streets by their families all because of how they identify. Some even resort to suicide and self-harm after being told remarks such as that they are "going to hell" or are "sinners".

It means a lot hearing from the host of this workshop that no matter what, we are all human and all deserving of love. No one has the right to tell you what your relationship with God or whatever higher power you believe in has to be or that you have to have one.

Additionally, religion teaches others to love everyone equally as if they are your neighbors. Therefore the speaker told us when we are faced with someone who uses religion as an excuse to be homophobic, a simple response would be "Am I not your neighbor?"

Promoting love and acceptance is the main importance of being an ally to the LGBT+ community, and we should treat others the way we would like to be treated. The Queer Archive: Reading Between the Lines workshop was about LGBT+ publications and writings in history.

While I personally did not attend that workshop, those who did appreciated being able to see literature written by Queer

writers. It is rare to be taught literature by LGBT+ youth and allies in school and I can only imagine how amazing it must have been to be able to look at works created by people who identified just like yourself.

Having more inclusive education can only benefit readers to see other points of views and perspectives, as well as have a wider view on the world and acceptance for others.

Later on in the day, students were given the choice between two more workshops, Being LGBTQ in College and TGNC Allyship. Being LGBTQ in College was about exactly what it said in the title, while TGNC Allyship was for transgender and nonbinary pals as well as their allies.

The workshop was run by a representative from The Pride Center Of Staten Island and taught all about the importance of respecting others' genders and preferred pronouns as well as giving some insight into the different possible pronouns.

Additionally, participants were educated on how to be an ally and friend to those who are transgender or nonbinary and stand up for those facing discrimination. When the workshop concluded, The Pride Center Of Staten Island gave out free bags and pencils as a gift.

Throughout Pride Kamp, it was really amazing to get to hear others' perspectives as well as get to know the other attendees through games and icebreakers. It felt as



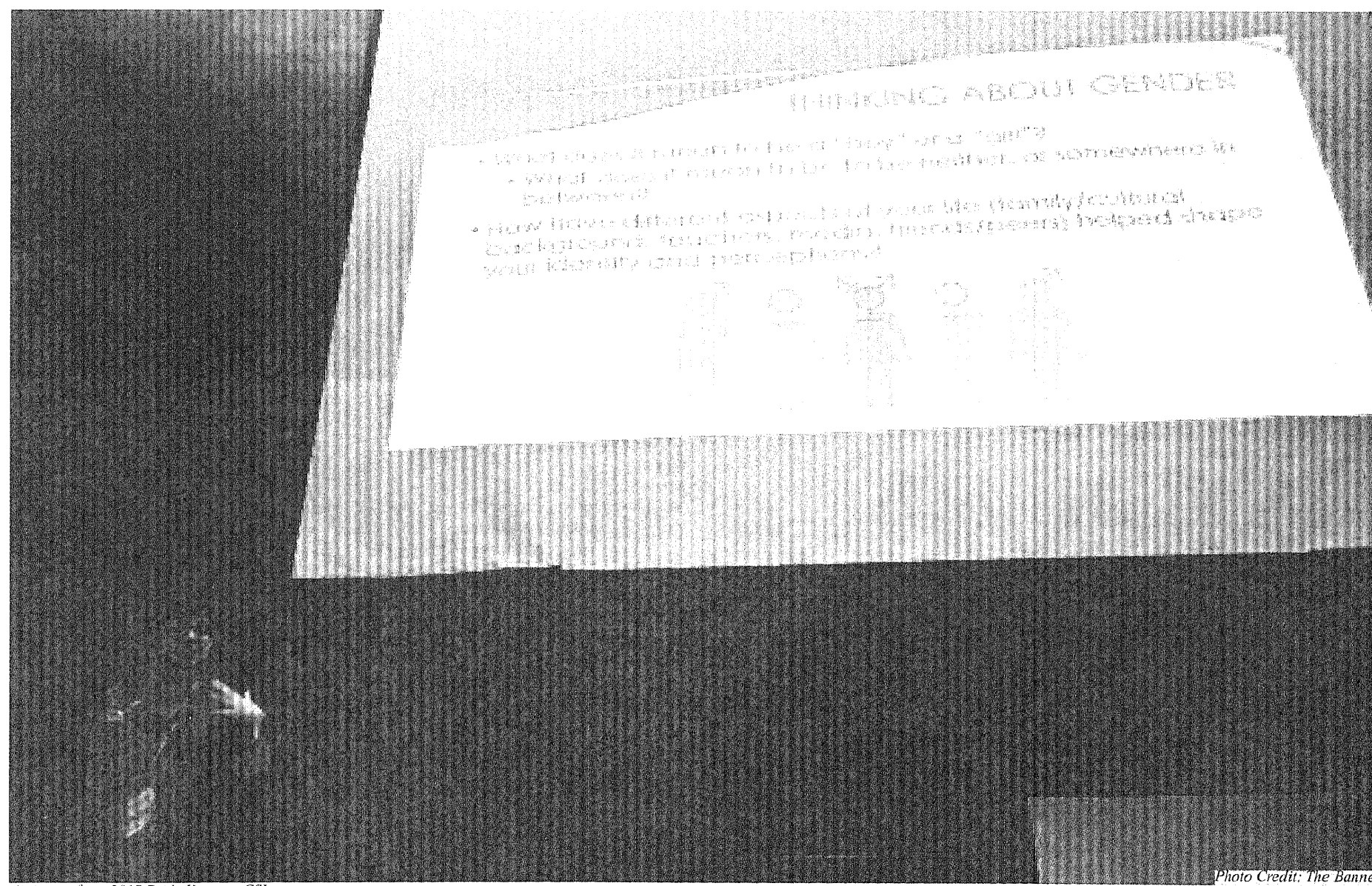
Jazzy and Jeremiah enjoying Pride Kamp.

Photo Credit: CSI LGBTQ Resource Center

though friendship was really promoted throughout the day and it was really nice to be able to be with others who felt the same way as I did.

Everyone there was super accepting

and it truly was an awesome day of learning, companionship, and inclusiveness. If you identify as LGBT+ or want to learn more about the community, make sure to attend Pride Kamp next year!



An image from 2017 Pride Kamp at CSI.

Photo Credit: The Banner

LIFESTYLES

Is SAD Getting The Best Of You This Year?

Can Colors Help You Through SAD?

BY: ROSEANNE CASSAR

To all the students attending CSI that feel like you're in a bubble with the "winter blues", they're many students just like you who experience the same symptoms. There is a name for this.

It's called seasonal affective disorder (SAD). This is a real disorder that occurs when seasons change every year. Let's review the effects of SAD, the symptoms of SAD in a more brief detail.

The symptoms of Fall and Winter SAD, Spring and Summer SAD is explained in a Mayo Clinic's article. The article explains how it affects us personally.

"Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons – SAD begins and ends at about the same time every year." If your symptoms become too much to handle, there is treatment for you that can help. Treatment for this depression may vary from "light therapy (phototherapy), medications and psychotherapy."

If experiencing this type of depression – please consult your doctor for help. There are nine signs and symptoms of SAD but we will talk about five of them.

"Feeling depressed most of the day, nearly every day."

"Losing interest in activities you once

enjoyed."

Having difficulty concentrating.
"Feeling hopeless, worthless or guilty."
"Having frequent thoughts of death or suicide."

These symptoms are not specific to any of the seasons – but are signs to look for if you are experiencing this type of depression. For in depth – specific symptoms; let's take a look at what causes this depression in a seasonal way.

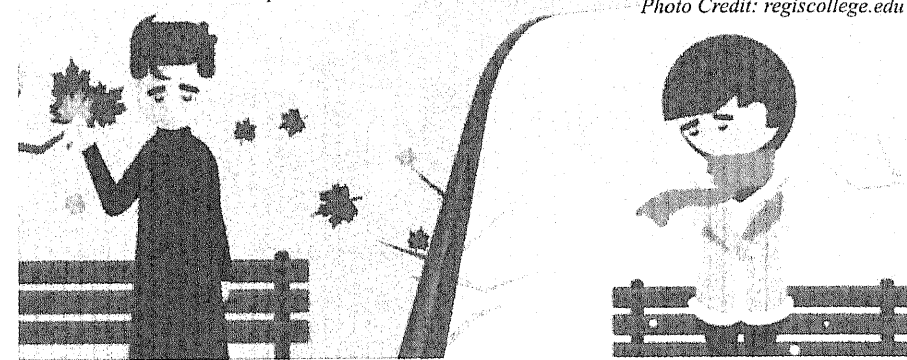
The Symptoms for "Fall and Winter SAD" include: "Over sleeping", "appetite changes, especially a craving for foods high in carbohydrates", "weight loss", and "agitation or anxiety." According to Mayo Clinic's article, it states that "there's really no known causes to explain why this disorder occurs to some people but in the study – doctors have found some factors that could give a more definitive explanation on why the disorder happens." They're three main causes: "your biological clock (circadian rhythm)", "serotonin levels", and "melatonin levels." It's interesting enough that this disorder has risk factors.

The article from Mayo Clinic states: The "seasonal affective disorder is diagnosed more often in women than in men." Also, "SAD occurs more frequently in younger adults than in older adults." Some risk factors include: "family history", "having major depression or bipolar dis-

order", and "living far from the equator."

This disorder if not treated can become worse so it would be a great idea to know the signs of SAD. Complication signs include: "other mental health disorders such as anxiety or eating disorders." "Suicidal thoughts or behavior."

Now that there is a better understanding what seasonal affective disorder is and how it affects each person differently



Do you have SAD?

during the year. However, what if colors can help SAD be more healable as the seasons change?

According to a health practitioner named Karen Erickson, "clothing that's bright will instantly put you in a cheerful mood and even make others around you feel merry as they visually absorb your brightness."

If you can't color coordinate with clothing then try to "brightly accessorize." Erickson suggests, "Spice a room up with fun – colored pillows, rugs, window treatments, art pieces or plants." You can try doing a meditation where you're "visualizing colors."

According to the health healer, "Erickson strongly suggests that you simply imagine you're lying on a beach on a

Photo Credit: regiscollege.edu

gorgeous, sunny day with bright trees and colorful plants around you." The health healer concludes: "those who have SAD are depressed not only because of the dull weather, but because of something that makes them unhappy on the inside."

Erickson also adds: "smile, focus on what makes you happy and use color therapy to feel happy all year long!"

LIFESTYLES

Saying "I Do" Around the World

How Other Religions and Cultures Celebrate Marriage

BY: CARLOS GLICK

The question that is probably on most people's minds is: "How do people celebrate weddings around the world?" Let's dive in and find out.

According to North West Brides, there are six different types of wedding ceremonies: religious ceremonies, interfaith ceremonies, non-denominational ceremonies, civil ceremony, humanist ceremony (which probably half the population has never heard of) and last but not least same sex weddings.

What I'm going to focus on is religious ceremonies.

According to Emily Post, there are five different types of religious wedding ceremonies. These include "Muslim weddings, Hindu weddings, Jewish weddings, Latin America weddings and The Buddhist wedding."

One that is not listed but should definitely be mentioned is Christian weddings.

In Muslim weddings, traditions are seen most prominently in the Middle East and Indonesia. Traditions will differ depending on culture, Islamic sect and observations of gender separation rules.

Days before the ceremony, henna parties are held for the bride and her closest female friends and family members. Henna not only adorns the bride but protects her as well.

Similarly to the bride, male friends and family of both the bride and groom will meet at a mosque on the Friday after the proposal. A ceremony called a fatha is then performed.

In Hindu weddings, the Indian culture celebrates marriage as a sacrament or a sanskara, which is seen as a ritual that enables two individuals to start their journey together.

The Hindu wedding emphasizes three essential values: happiness, harmony and growth. A few months prior to the wedding ceremony, an engagement party known as a Mangi is held.

This serves as a time to bless the couple and give them gifts of jewelry and clothing. The day before the wedding, another party is held for the bride and her friends. This party is known as a Mehndi party.

The Mehndi represents the strength of love in a marriage and the darker the color, the stronger the love is.

The Jewish wedding is one rich in tradition and symbolism. The wedding day is considered to be the bride and groom's

own Yom Kippur and they will both fast for the whole day.

The day focuses on the couple's commitment to each other and to the Jewish faith. The bride and groom do not see each other for one week before the wedding day.

Prior to the ceremony is a time called Kabbalat Panim, which is a time when the bride and groom greet guests separately. The mother of the bride and the mother of the groom break a plate together to symbolize the couple's commitment.

Another ceremony known as the Badeken is held. This is where the groom and his family cover the bride's face with a veil, which symbolizes his commitment to clothe and protect his wife.

A Latin American wedding will differ greatly depending on which Spanish speaking country the traditions are based in. Many weddings have a heavy Catholic influence.

Many are involved in paying the expenses. In some traditions, a bridesmaid and groomsmen are paired and assigned a specific portion of the wedding to pay for.

A large rosary is symbolically draped around the necks of the bride and groom. The couple wears it for the remainder of the ceremony. This affirms their unity and

commitment.

Blessed by the priest, the groom gives the bride 13 gold coins. This represents Christ and his 12 apostles. The "money dance" is held at the reception where guests pay to dance with the bride.

A Buddhist wedding would differ based on the couple's focus: Buddha, Dharma, nature, God, or creation. The ceremony is not focused on religion, but rather the couple's promise to live a harmonious and spiritual life.

A traditional betrothal ceremony called a Chessian might be held to celebrate the wedding. The ceremony will focus on meditation and moments of silence.

All of the religious and cultural wedding traditions mentioned typically end in the words, "till death do ye part." However, I can't discuss the details of a Mormon wedding because it is performed in a sacred holy temple and only people with a valid temple recommendation are allowed inside.

What is done in a Mormon temple must be kept secret and the ceremony ends with the words "for time and all eternity."

There are so many ways to celebrate your special day.

Staying Fit Through The Semester

Managing School, Work, and Fitness Can Be Tough On Students

BY: RUBEN SIBRI

With the fall semester in full gear, students who are usually active can sometimes forget the importance of exercising. To keep an overall healthy regime it's important to exercise more than just the mind while attempting to stay on track with their work.

Balancing an education, possibly a job and a moderate exercise schedule can be tough.

There's no doubt about it, or else everyone would be a student athlete with a 3.5 GPA.

Although a class schedule might make it more difficult to maintain a rigid workout schedule, there are a few ways to make sure that one doesn't completely fall off from it throughout the school semester.

Setting clear and realistic goals is certainly one of the ways to stay on track with any recreational exercise or sport one does, especially when limited with time or energy.

It's okay to not be as rigid or as outgoing in one's goals as one might be during the summer and it's okay to not expect yourself to be as strict with diet, time spent exercising or progress made.

Setting short term goals that can be met with a more mundane training schedule is much more motivational than failing to reach a long term goal because you're too busy to stay on that track.

By making little wins attainable, students can continue to succeed in their long term goals.

Even if it doesn't seem like you're pro-

Photo Credit: What's Up! Magazine



Consistent exercise habits don't have to fall apart throughout the semester if they're managed correctly.

gressing in a major way, the minor goals you need to achieve go a long way after a semester has gone by.

A second way to help balance exercise with other responsibilities is to make a schedule and stick to it!

It's much easier to skip out on something, especially something that's physically taxing when it isn't planned into your daily or weekly schedule. But just like with school and work, a schedule will keep students from missing their time at the gym.

Not only will scheduling your workouts help get you to the gym but having it scheduled can keep you on top of the smaller and attainable goals you've set for yourself.

Instead of giving yourself a chance to wander their gym aimlessly, writing down what you'll be exercising can be a tremendous help for students with time management, accountability, and focus.

Lastly, students who want to stay active throughout the school semester should remember that exercise isn't everything in life. Whether you're a mildly active person or someone who spends everyday working out, it does not define you.

To achieve your athletic goals, it's important to get regular sleep, eat as healthy as you can, and remember to let your body rest!

If someone who works part time and goes to school full time tries to work out more than five times a week, there's a good chance they'll burn out. Making sure you're getting the proper recovery is just as important as making sure you're working out.

On top of mental stress, physical stress can start to weaken your body rather strength it and if that happens you're back to square one.

Cut your workouts a bit short if necessary, get to bed early, and treat your body and mind with the respect they deserve.

To use fat loss as an example, a study conducted by Xuewen Wang and Joshua Robert Sparks from the University of South Carolina found that more sleep can favor fat loss when going on a calorie deficit.

Their study showed conclude that when subjects were split into 2 groups and put on the same caloric deficit, both groups lost around the same amount of weight, however the group that got to sleep an hour longer 5 days a week lost more fat mass than lean mass. And this was on subjects who weren't doing any sort of training (Wang, Xuewen & Sparks, Joshua & Bowyer, Kimberly & Youngstedt, Shawn. (2018). Influence of Sleep Restriction on Weight Loss Outcomes Associated with Caloric Restriction. Sleep. 41. 10.1093/sleep/zsy027).

It's easy to imagine how this might affect someone who does live an active life.

Those who train and workout the best do it the smartest way possible to and that all depends on everyone's individual being.

Remember that there are other responsibilities that have to be taken care of first and that adjusting your goals and schedule will only help you in the end to get where you're going.



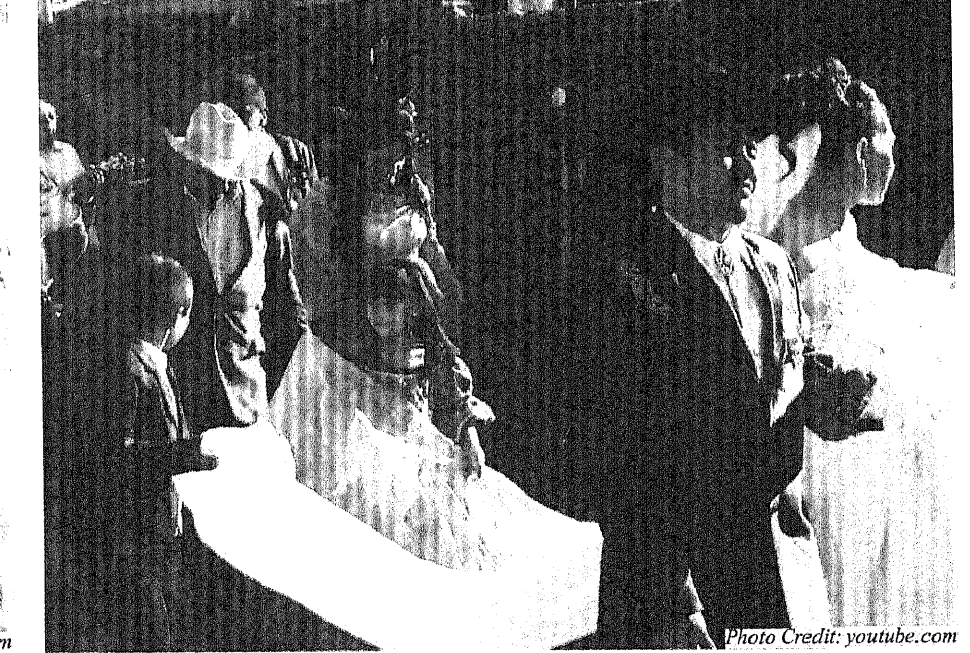
A Jewish wedding (pictured above).



A Buddhist wedding (pictured above).



A Hindu wedding (pictured above).



A traditional Mexican wedding (pictured above).

Photo Credit: youtube.com

BANNER ARTS

“Lover” Marks Taylor Swift’s Evolution Amid Struggle

Swift’s Seventh Album Embodies Acceptance with the Past

BY: OLIVIA FRASCA

Whether or not you’re a die-hard Swiftie, Taylor Swift’s success in the world of pop music shows no signs of stopping. Since 2006, the songstress has released iconic singles that we can admit to jamming out to in our childhood bedrooms as that point.

On August 23rd, Swift released her seventh album titled “Lover.” At one hour and one minute, it is the longest of her studio albums.

The 18-track record is mostly indie, but pays homage to the country pop and 80s sound of her earlier albums.

“It’s definitely a quirky record. With this album, I felt like I sort of gave myself permission to revisit older themes that I used to write about, maybe look at them with fresh eyes. And to revisit older instruments — older in terms of when I used to use them,” Swift says in an interview with RollingStone.

At the age of 14, Swift moved from her hometown in Pennsylvania to Nashville, Tennessee to begin her music career. She joined Big Machine Records and has released six award-winning albums under their label.

Last fall the artist chose to join Republic Records. In June, it was revealed that entrepreneur Scooter Braun bought Big Machine Records in a \$300 million deal.

Braun acquired the rights to Swift’s six masters. The Grammy-winning artist said

she was blindsided and devastated by the news, as Braun has worked with her public enemy Kanye West in the past.

“Lover” is the first album of Swift’s that she owns. Although it was released in August, it is still racking up records.

According to Billboard, “Republic Records announced on Friday [September 27th] that Taylor Swift’s Lover has offi-



Swift’s “You Need To Calm Down” won Video of the Year at the MTV Video Music Awards. Photo Credit: uprnx.com

cially been certified platinum by the RIAA, reflecting 1 million equivalent album units earned in the U.S. (One equivalent album unit ... is equal to: one album sale, 10 tracks sold from an album, or 1,500 on-demand audio and/or video streams from an album.)

“ME!” and “You Need To Calm Down” were the first two singles released from the album. They offer a pretty good

introduction to the bubbly and synth-pop tone of the record.

“Lover” is not for the light-hearted, however. The album reflects on Swift’s honest experience with love, family, and forgiveness.

“You Need To Calm Down” won Video of the Year at the MTV Video Music Awards. The single is the ultimate response

to internet trolls that have spread hate and rumors throughout the singer’s life. While “1989” marks the artist’s shift from country to pop, “Reputation” is an unapologetic clapback at her exes and celebrity feuds.

“Lover” is the culmination of Swift’s personal joys and lessons learned. Most of all, the album embodies the singer’s acceptance with consequences, others, and herself.

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“Yeah, but I’ve also tried very hard — and this is one thing I regret — to convince people that I wasn’t the one holding the puppet strings of my marketing existence, or the fact that I sit in a conference room several times a week and come up with these ideas. I felt for a very long time that people don’t want to think of a woman in music who isn’t just a happy, talented accident,” Swift admits to RollingStone when asked about her role in her business.

“I Think He Knows,” “Paper Rings,” and “London Boy” are playful ballads that describe the giddiness of crushes and young love.

On the other hand, “Soon You’ll Get Better” is an intimate song that reveals the singer’s struggle with watching her mother battle cancer.

The upbeat tone of “Cruel Summer” and “Death By A Thousand Cuts” is contrary to their emotional lyrics. These songs discuss the fears of falling in love and the consequences of being in a toxic relationship, respectively.

Swift’s albums tell a story, each one reflecting on a different phase in her life. While “1989” marks the artist’s shift from country to pop, “Reputation” is an unapologetic clapback at her exes and celebrity feuds.

“Lover” is the culmination of Swift’s personal joys and lessons learned. Most of all, the album embodies the singer’s acceptance with consequences, others, and herself.

Twice Adorns Diamonds and an Elegant Concept in “Feel Special”

The 9-Member Girl Group Pens Lyrics in their Heartfelt Album

BY: BROOKE PRICE

It’s been five months since Twice’s latest comeback and the girls have been working hard. Their new album, “Feel Special” exudes an elegant and upbeat essence, with a mesmerizing title track and delectable B-sides.

The title track, “Feel Special” is an up-



Twice released their newest album, Feel Special, on September 23rd. Photo Credit: allkpop.com

beat pop song with a powerful message. The song is about having someone there for you when you feel alone, who makes you feel that you are loved and worth something: “one moment I feel like I’m nothing at all, like no one would notice if I

were gone. But then when I hear you calling me I feel loved, I feel so special.”

In the music video for *Feel Special* the members dance in elegant clothes with blinged-out jewelry: diamond earrings, pearl necklaces and glittery tops and dance in front of a shimmering gold background with extravagant chandeliers.

The girls later pair up with each oth-

er, and one member, Jeongyeon, pairs up with herself, as they have found the person who makes them feel loved and special.

The fact that Jeongyeon pairs up with herself in the music video is impactful since it shows that she was able to look

inside herself and realize that the only person that she needed to make her feel validated was herself.

“Rainbow” is the second track on the album and is written by lead vocalist, lead dancer, and center of the group, Nayeon. This song has an upbeat tune and discusses doing whatever you want and having the power to make your own decisions. It also mentions having confidence in yourself and discusses being yourself and staying true to you.

Jihyo, the group’s leader and main vocalist wrote part of “Get Loud,” which has an electro pop beat, which can make the listeners pumped up while they listen to this song.

“Get Loud” talks about karma and how if someone does something bad, such as lie or spread rumors about someone, they’ll have something bad happen to them in return; “you don’t know that the arrowheads you shot will return to you in the end.”

“Trick it” was co-written by lead rapper and vocalist, Dahyun. This song has an upbeat sound with a catchy chorus that will be sure to get stuck in your head.

Momo, the main dancer, vocalist and rapper, wrote part of “Love Foolish.” This song discusses that the longer a person is in a relationship with someone, the more they start to dislike them and that the person was foolish for falling in love with

them in the first place. “Love Foolish” also incorporates pop and electronic elements into the song, which makes it pleasant to listen to.

Twice’s song “21:29” was written by all 9 members. The members finished writing their lyrics to the song at 9:29 PM, which can also be written as 21:29. According to thestand.com, the girls “finished writing lyrics at that time and all the members found themselves in the same room, as they were in the middle of the tour.”

The song “21:29” is a ballad. In the song, the members discuss their gratitude for their fans and dedicate their song to them.

The last song on their album, “Breakthrough” is a Korean version of their Japanese single. The song has an electro pop tune which makes it catchy to listen to.

“Breakthrough” has a feel good message that discusses staying true to one’s self and regardless of what anyone says, being unapologetically yourself.

Nayeon, Jeongyeon, Momo, Sana, Jihyo, Mina, Dahyun, Chaeyeon and Tzuyu have put their all into this comeback, which doesn’t disappoint. The album flows nicely and the fact that the members were able to become part of the songwriting process gave the album a nice touch and made it more personalized to the fans.

Mix all that I’ve just told you together and the project has something going. As with all recipes though, you can’t have an amount of one ingredient heavily outweigh another.

But that’s what happens here.

BANNER ARTS

Varsity Blues: An Update

As the 2019 College Admissions Scandal Explodes, New Details Surface

BY: SIDNEY MANSUETO

When the news broke out that people were paying their way into top American universities, there was nothing but scandal. Many pleaded guilty, and now they want to use their wealth as a means of buying a



Felicity Huffman was one of many charged in the college admission scandal. Photo Credit: washingtonpost.com

trial date is set.

Once the trial commences, there will

for trials of those facing charges in the college admissions scandal. Emails, phone records, and personal documents are currently under strict review before an official trial date is set.

Money might buy power, but can power buy a spot in a top university? On October 2nd, 2019, a federal judge announced the year 2020 as the time frame

for trials of those facing charges in the college admissions scandal. Emails, phone records, and personal documents are currently under strict review before an official trial date is set.

Once the trial commences, there will

be no turning back for the 50 accused. Not only does the scandal involve famous faces like actress Lori Loughlin, even common wealthy people are being criminally charged.

Money might buy power, but can power buy a spot in a top university?

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“In the Shadow of the Moon” is a Political Misfire

Wrapped in Current Events Doesn’t Guarantee Success

BY: SALVATORE CENTO

In a world where netflix original movies are a dime a dozen, the best possible genre to stand out among these would be the ones that dab into science fiction. Just look at “Rim of the World” or “Bright” for instance.

Released on September 21st, “In the Shadow of the Moon” begins in that category. There’s time travel, futuristic capabilities, and a dooming apocalypse. But where this movie ends, that’s the biggest problem.

A hint of this could be seen at the start. Amongst the rubble of a destroyed United States, a burning American flag ripples in the wind.

Starring Boyd Holbrook as police officer Thomas Lockhart, Cleopatra Coleman as Rya and Michael C. Hall as Holt, “In the Shadow of the Moon” is about a police officer who after nine years, comes across the same criminal killing people the same exact way once more. The catch is, all those years ago, he saw the offender die right in front of him.

Mix all that I’ve just told you together and the project has something going. As with all recipes though, you can’t have an amount of one ingredient heavily outweigh another.

But that’s what happens here.

The logic based realities of the characters mix with the at times, literal dark lighting. The setting and the scenery are shy, never letting out too much detail.

The main character’s emotional arc runs parallel with the overall feeling the movie gives out.

But the one element that does not have a fitted connection is the overwhelming political message that “In the Shadow of the Moon” has. Without spoiling too much, one of the biggest issues we face today is the main reason why Rya is time traveling and killing one person here and there.

To stop a much bigger, disastrous outcome from happening.

By herself, Rya is a very interesting character. Throughout the entire movie, a blue hooded jacket is her clothing of choice.

She cuts her words short and lets her actions speak for themselves. Her means of entering different years is alluring, if not suspenseful.

The acts of going forward in time were paced well enough. Simple number off, a television was always used to show what was going on in society at the time.

The scenes of Lockhart interacting with his grown daughter were the only ones that I found myself looking away from and interested in something else that

was happening off-screen. When it comes to movies, I can genuinely say that I rarely do that. But they just didn’t mesh.

Once again, for the movie to say that such an issue can bring about the end of the world is preposterous. This driving force casts a shadow over everything else

those who led us also wanted to destroy us is wrong.

The film is implanting seeds into people that would lead them on a more hateful path than before. That is exactly what this movie wanted to be the opposite of.

Maybe money couldn’t buy admission into a university so easily, but it did buy an explosive scandal that will leave a mark on higher education.

After signing a plea deal, it was revealed that Dvorskiy acknowledged that he did in fact take bribes from William Singer. Singer then directed his wealthy clients to register their children to take their college admissions exams at the West Hollywood school, where Dvorskiy was employed as director.

Actress Felicity Huffman, who worked with Dvorskiy to polish her daughter’s SAT scores pleaded guilty to paying \$15,000 in bribery, and was sentenced to 14 days in prison on September 13, 2019. Huffman confessed, “I broke the law.”

It was alleged that Lori Loughlin paid Singer \$500,000 to secure her two daughters admission into University of Southern California. Loughlin pleaded not guilty.

The power these individuals hold over college advisors and recruiters is their immense wealth. The accused practically bought their children admission into top schools across the country.

When wealth consumes someone, it seems like their power is unstoppable. Until, that is, when the FBI conducts a search.

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Boyd Holbrook and Cleopatra Coleman stand out in this blurry feature. Photo Credit: imdb.com

BANNER OPINIONS

National Days Are A Gimmick, Not Genuine

The Saturation Of National Holidays Is Too Much To Bear

BY: SALVATORE CENTO

The date of this writing happens to be September 30th, 2019. Besides being in the smack dab middle of Rosh Hashanah, this date also happens to be National Chewing Gum Day, Hot Mulled Cider Day, Mud Pack Day and Extra Virgin Olive Oil Day among others.

up, every day seems to have at least four national or even international dedications. From the most sincere to the most random.

To top everything off, if you happen to be unaware of these daily special events, no worries. Log onto any social media platform and you will surely be kept up to date. I myself learned that today is also International Podcast Day from a friend's

The answer is quite obvious. These willy nilly ideas of what a day should be named in honor of have already become that. And just that, nothing more.

Compared to those national and international holidays that have a historical significance or religious upholding, Fried Scallops Day or Virus Appreciation Day (it's still a mystery whether this honors the biological kind or the technological kind), for example, don't have any real backing.

But these celebrational 24 hour periods for the most ludicrous of things can be the most viral. And that's when this activity not only becomes distracting, but also dangerous.

Upholding gives way for influence. Actual events that have been in place (the ones that have been put on calendars for so long such as the aforementioned Rosh Hashanah) are being drowned out by the spreading of so called holidays that were born less than a couple of years ago.

These fresh out of the womb "holidays" spread faster than wildfire because of their captivating name and trendsetting thought process.

National Good and Plenty Day, National Frappe Day, National Department Store Day and National iPod Day (for starters) came out of niches that only seek to further their broader agenda.

All found within a month of October. All different means of merchandising. Oh, and don't forget the general Greasy Foods Day, which celebrates all of the foods that we really shouldn't be eating.

And then we have the holidays that are based around cultural influences, Frankenstein Friday, I Love Lucy Day and Global James Bond Day.

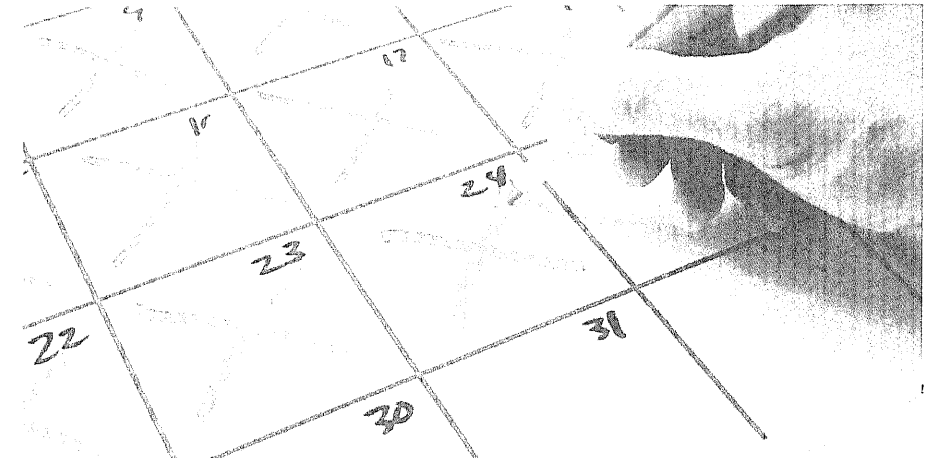
Meanwhile, our tried and true holidays are being drained into commercialism more and more. All of the mentioned seem to be having more impact on our society than before, in part due to the digital landscape that we live in today.

Any of these so-called important days can just fly in and out of people's eyes and can be shared millions of times.

Every single day coming from some part of our lives we hear "don't forget today is..."

We should stop labeling the days that come to pass like we label everything else. We get so caught up in the current twenty-four hour celebration that we forget our own motivations, goals and most importantly what's right in front of us.

As a people, we let something that has no effect on our day just come in and change the momentary roadmap because we see that it makes other people happy and thus we want to be included.



An X on every day does not mean the holidays should stay.

Photo Credit: gottabemobile.com

Tomorrow, October 1st seems to be home to many other "holidays" as well. CD Player Day, International Raccoon Appreciation Day, Model T Day, and most importantly, National Fruit at Work Day.

Facebook post. As entertaining as these can turn out to be, dedicating days to things we do and see all the time, I have an important question. When do these go from being fun to just being downright distracting?

When One Shot Makes Politics Personal

The Undeniable Truth of How Politics Can Affect Our Lives

BY: SAMMY QUARRATO

I never expected that I would ever have a close friend of mine or anyone else in my life be in the wrong place at the wrong time.

of until I say it, because we've had multiple catastrophes in not just The Lone Star State, but the United States as a whole.

We've all experienced a time when a close friend or family member disappears due to their circumstances, scheduling, or just an overwhelming day.

What I'm talking about is a tragic



How "politics as usual" allows for more tragedies.

Photo Credit: azcentral.com

shooting in Texas that wasn't so long ago. Now, what is scary is that I guarantee you don't know which one I'm speaking

But when the minutes turn to hours, days, weeks, or even months, the situation becomes worrisome and slight concern

turns into intense fear. But when you get that text or phone call, that feeling of uncertainty overcomes your body until you hear their voice.

That's what happened to me. I was relieved that my close friend was fine from what he told me.

And then he told me on the phone about how he almost lost his life protecting someone who would've definitely not survived a gunshot wound. His blood loss meant he was minutes away from losing his life.

He wants to remain anonymous to protect himself and his loved ones from the media scrutinizing and using his story for political gain.

He and I have had multiple conversations about politics, despite us coming from different backgrounds. I'm the son of immigrants, his family has been in America for generations, he lives in the rural part of Texas, while I live in the biggest city in the country.

He's a dedicated Protestant while I barely attend religious services. He's a conservative and I'm a moderate center-leftist.

But despite all of our differences in environment, political beliefs, religion, family, and overall personalities, we have

many more agreements than people would expect.

One of them is about the politicians and laws that aren't here to serve the people, but are bought out by corporations, lobbyists, and super PACS.

The ones that claim to be "moderate" and "for the people" usually end up being just another Washington insider that pretends to give us their undivided attention while they conspire to divide us as a people and prevent real change to our laws and society.

The reason why politics is personal, despite me wishing it wasn't, is that the citizens of the United States may have not only experienced what my friend had, but much worse.

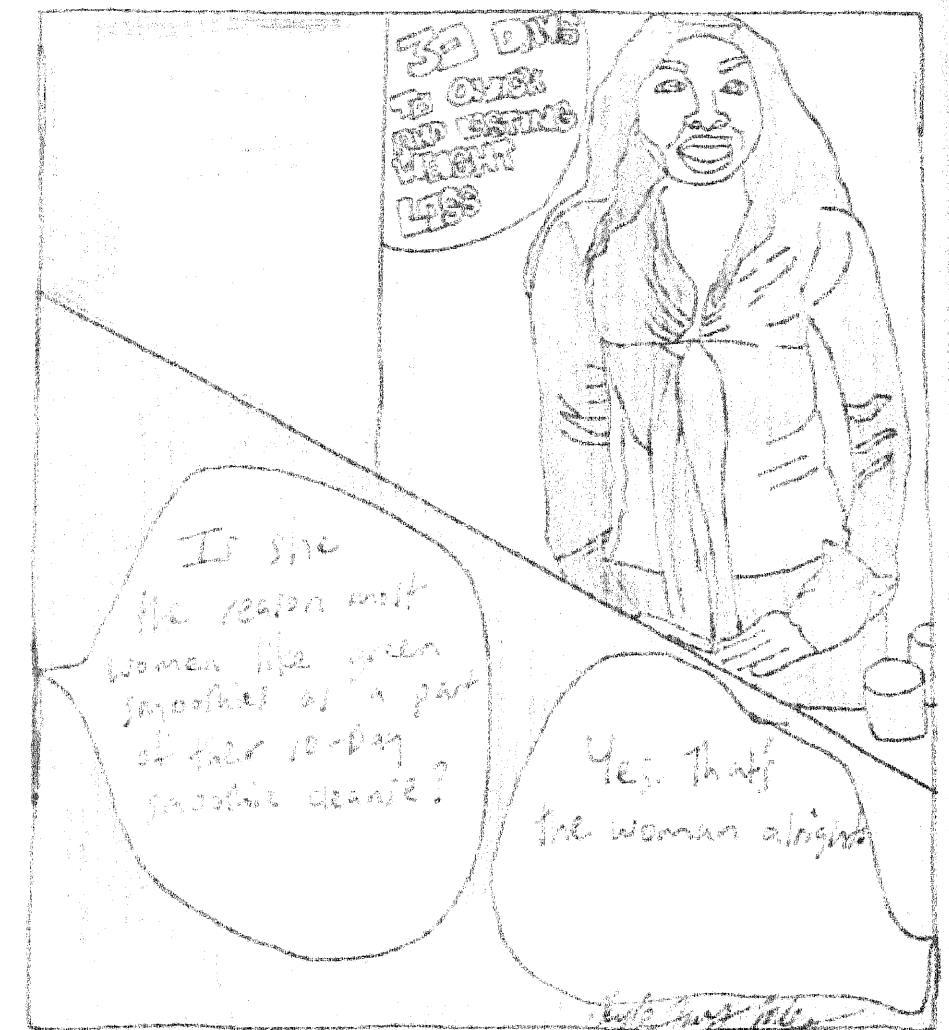
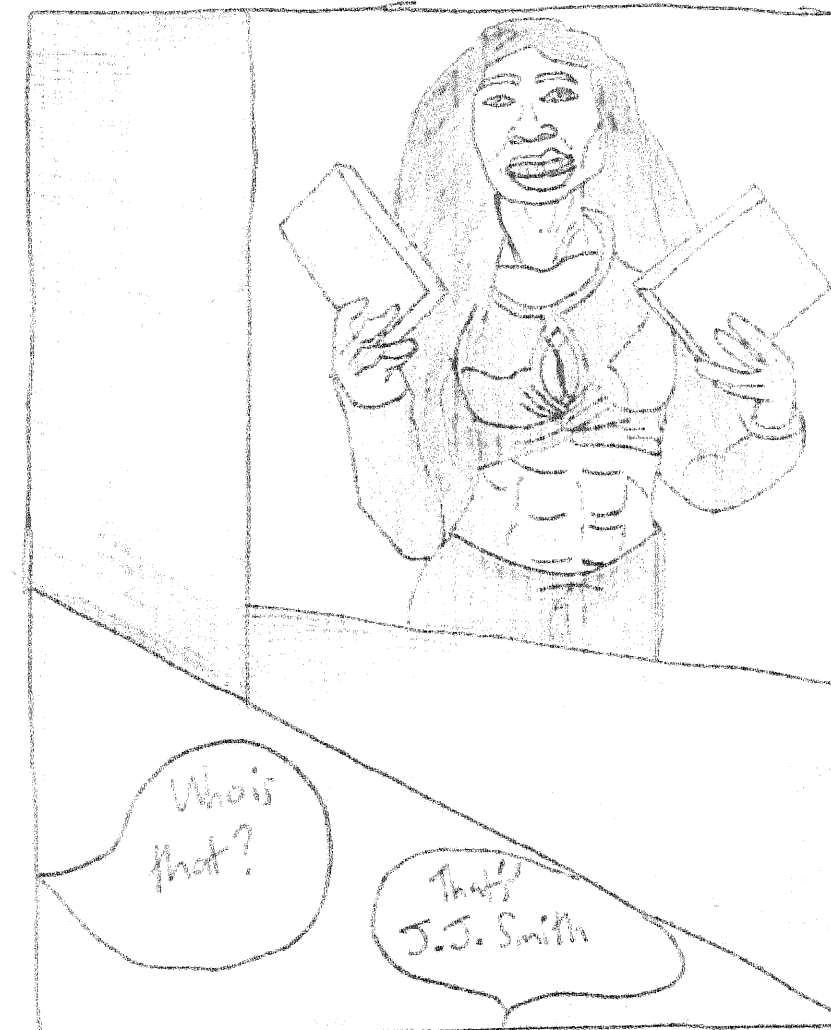
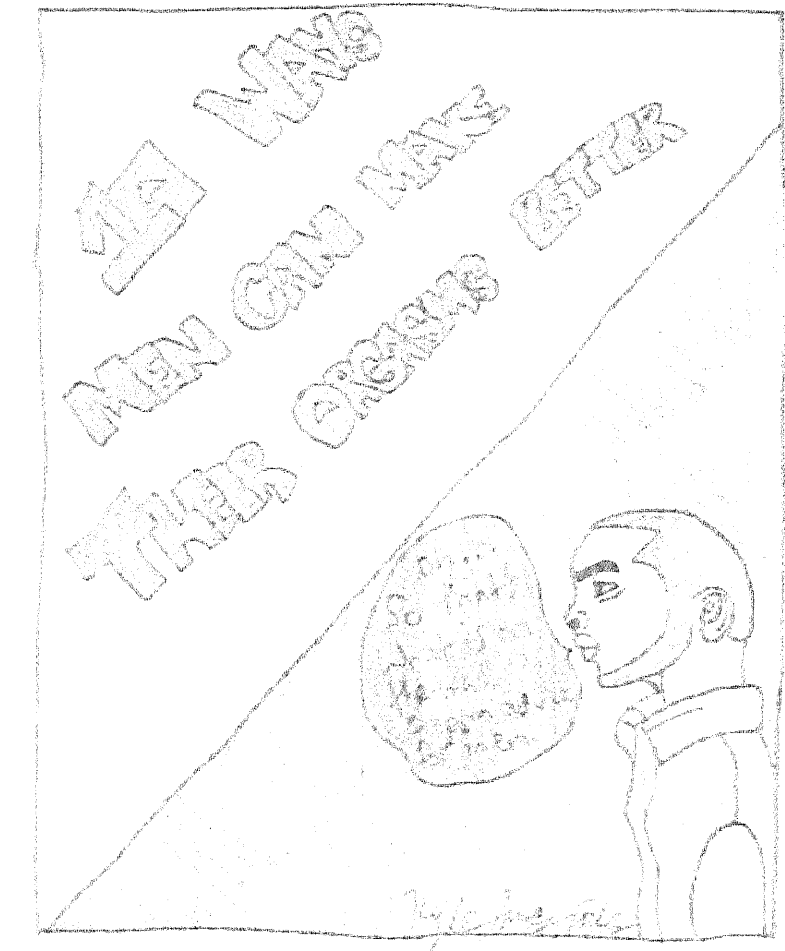
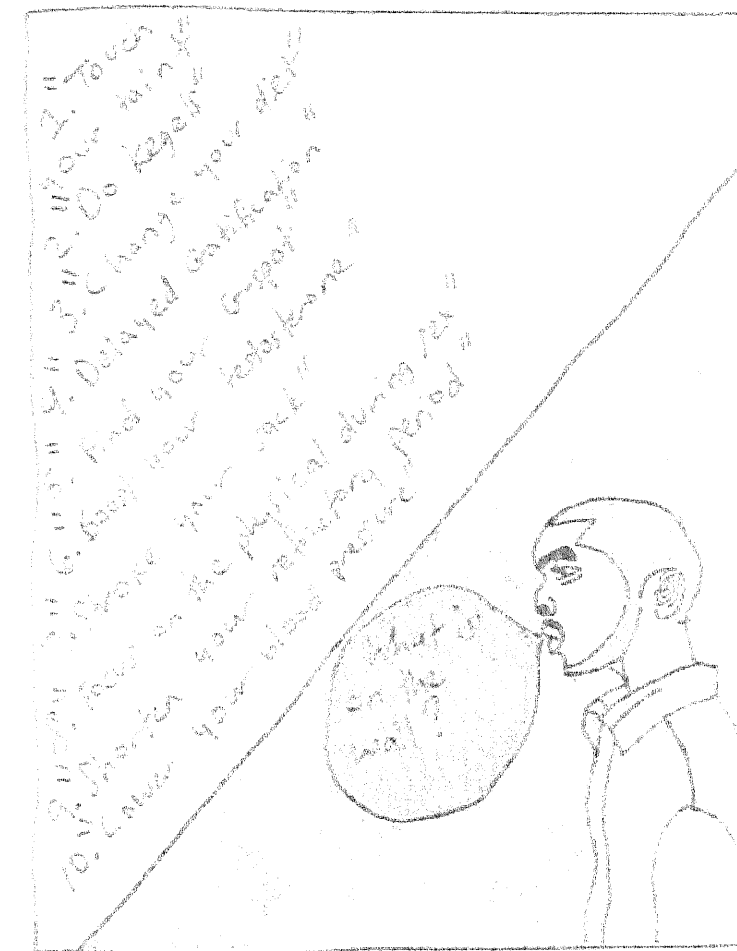
The everyday people we have in America lose their jobs, homes, families, and overall quality of life.

What I want people to realize is that even if we might be ideologically different, we are both being taken advantage of by the system that favors the rich and not the average middle class.

When it comes to politics at this moment, it's important and it affects our daily lives. Most of all it is personal, especially when the lives of our loved ones are at risk because of the inaction of our government.

SEX AND RELATIONSHIPS

Comics by Kyle Forbes



SPORTS

Keeping Loved Ones Close to the Heart

A Symbol of Love Both On and Off the Field

BY: JOSEPH TITTA

When loved ones are lost, many struggle to explore ways in which they can remember them, in an effort to hold on to that person. John Esposito, a student and athlete at CSI knows that the loved ones who have and have not past on in his life, continue to guide him and remain in his heart. Through a series of colored, word-marked rubber bracelets, he keeps those memories and most importantly the thought of those people with him every waking day.

"I don't ever take them off," Esposito said. "They stay on my wrist when I'm on the field, and even when I go to sleep at night, it's become a normal habit for me." Whenever life gives John a new challenge, those wristbands are a reminder of who he is, and how he will overcome adversity.

Each of Esposito's wristbands are in memory, or show the significance of a specific loved one. The four different ones he wears on his left wrist are separated by design, shape and color, each of which contribute to the meaning of the individual represented.

The first one is a white marble type of material with blue and red, surrounding a cross pennant in the middle. The cross in the middle is centered between the red

and blue marbles, signifying love and hate. John wears this one in an effort to remember the words of his grandmother, "Always love and forgive family," a phrase that has given him reason to be the best son, brother, nephew, and grandson through anything.



CSI student athlete John Esposito's stories lie on his wrist.

The next is a slim looking black one with a white heart printed in four spots. This bracelet was given to him by his girlfriend over two years ago from when they first got together. "She's very spiritual and giving", Esposito said.

"When you meet someone with those qualities, they inspire you to strive towards self-growth and to overcome personal challenges whenever they come." The small white ball on the bracelet is shown as a symbol or strength, one of the reasons why she gave it to him in the first place.

Her words, and witty phrases have stayed in his head as a memory, as well as his heart. After she had passed, John has worn these bracelets on the mound, specifically since his grandmother loved to come and watch him pitch.

The last bracelet John sports is a sky-blue ball rubber bracelet. He wears this one for his cousin who struggles with the disability autism. Esposito's brother Frank had worn it during every game he pitched for CSI.

He timely passed down the 'dolphin blue' colored bracelet for his brother to wear. That bracelet of good fortune carried Frank through an outstanding baseball career, and when he heard John would follow in his footsteps and attend the same college, he quickly knew to pass it on down to his brother.

John takes pride in his family, as well as those who keep him strong and push him to exceed expectations every day. Wearing just a few bracelets may come as irrelevant to most, but not to John. "I love knowing that I don't have to go through difficult stretches alone," Esposito said. "Just looking down at my wrist during a game, when I wake up, or even if I'm having a rough day, I remember how strong these people have made me."

Is Daniel Jones the Key to the Giants' Future?

The New York Giants' New Starting Quarterback Holds his Own Against the Buccaneers

BY: DANNY CACACE

Former starting New York Giants quarterback Eli Manning has officially passed the reins over to quarterback Daniel Jones.

The New York Giants were 0-2 to start the regular season where Eli Manning was at the helm starting for them running the offense. The defense wasn't up to par, and the Giants couldn't get the job done against the Dallas Cowboys or the Buffalo Bills. Then, in comes Daniel Jones where coach Pat Shurmer has decided to make Jones the new starting quarterback for the Big Blue.

In week three, the New York Giants faced off against the Tampa Bay Buccaneers whom were 1-1 prior to playing against the Giants. The Giants got off to a really terrible start to the game where the offense and defense wasn't showing up, and they were down 28-10 by the end of the first half. They even lost their star sophomore running back Saquon Barkley towards the end of the second quarter with a sprained right ankle.

Just when it seemed like all hope was lost, the third quarter started and the Giants had the ball; Jones finds Wide Receiver Evan Engram in the opening drive of the quarter for him to follow up with a touchdown. Jones made a short pass to Engram and he broke a tackle, and he ran down the field for a 75 yard touchdown to start the quarter. The Giants were then only down 28-17 after the Giants kicker hit the field

goal for the extra point.

Towards the end of the third quarter right after Jones breaks the defensive coverage, he finds wide receiver Darius Slayton to catch a 46 yard pass which leads them to the goal line. At the goal line, Jones finds wide receiver Sterling Shepard for a seven yard touchdown after Shepard had to beat double coverage and catch the tough pass made to him. The Giants then successfully scored on a two point conversion after the touchdown to Shepard which brought them down 28-25.

The Giants shut out the Buccaneers in the third quarter.

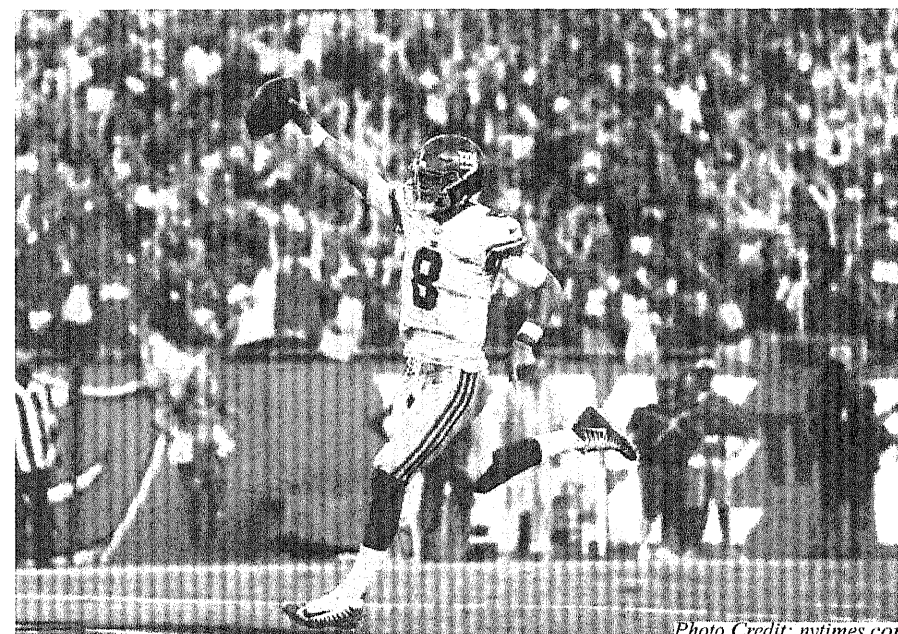
The end of the fourth quarter was where Jones was able to strike once more against the Buccaneers. Jones was able to find Slayton for a great catch, and then Shepard was able to break the coverage and catch the ball and run down the field for 36 yards to lead the Giants down to the goal line.

It was 4th down and the Giants were back six yards, and the Buccaneers were playing man coverage and double teaming receivers Shepard and Slayton whom were Jones' main targets all game. Jones was eventually able to find an open space down the field, and ran down the field utilizing his speed running in for a touchdown. This put the Giants up 32-31, the Buccaneers had 31 points because of the field goal they hit early on in the 4th quarter.

However, Buccaneers starting quarterback Jamies Winston and his offensive line were

able to put themselves in position to score on a field goal in the final seconds of the game for the win. Buccaneers Kicker Matt Gay hit four field goals prior to the potential game winning field goal. It all seemed

his first career start since 1980, and the last time the Giants were trailing by 18 or more points at halftime was back on Nov. 15th, 1970 which was something Eli Manning has never accomplished in his career but



Daniel Jones as he ran down the field for a touchdown.

once again it was over for the New York Giants, but then Gay went and slightly missed the field goal for the win.

The Giants claimed victorious and won the game 32-31.

The Giants then went on to be 1-2 in the regular season. Jones also went on to be the first Giants rookie quarterback to win

Jones certainly has.

The question at hand here is, will Jones be able to keep this level of play up after his first start for the Giants or was it just a one game fluke?

Only time will tell what the future has in store for New York Giants new starting quarterback Daniel Jones.