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Catastrophic Tremor Takes the Lives of Many

3.2 to 7.1 Magnitude Earthquake Hits New Mexico **BY VICTORIA IFATUSIN**

The convulsion left over 300 people dead and about 6,000 injured.

ed 7.1 earthquake struck Central Mexico, shaking for 20 seconds. It was centered at about 34 miles south of the city of Puebla.

Mexico is known to be one of the world's most seismically active regions, prone to receiving earthquakes. It sits on top of several intersecting tectonic plates.

Mexico City lives on a dry

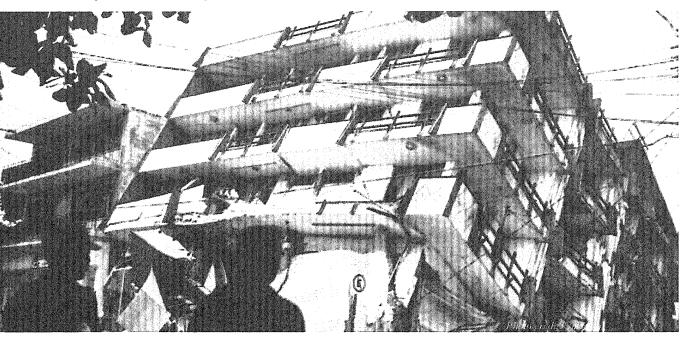
sifies the destruction that earthquakes cause.

Loose sediments near the surface usually slows the shock On September 19, an estimat- waves' speed from 1.5 miles per second to about 150 feet per second. It expands the shock waves amplitude, which causes more violent shaking. Deeper and denser soil layers increase volume shock waves' destructive duration.

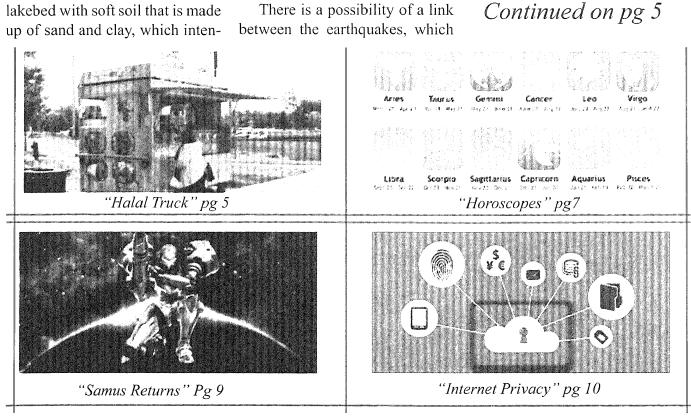
> Before the Puebla earthquake, an earlier earthquake hit Mexico in Chiapas on September 7, killing about 100 people.

after the latter.

earthquakes.



Two military men standing in front of a leaning destroyed building.



Issue # 4

was being scrutinized in the days

These earthquakes can cause a long-term risk of seismic activity. During the Central Mexico earthquake, that static stress transfer was considered dubious due to the distance between the

According to the National Seismological Service (SSN) of Mexico, the epi-center was located 12 km, southeast of Axochiapan, Morelos, and 120 km from Mexico City.

CSI's Name Could Be Changed to "Richmond College"

CSI Drafts New Strategic Priorities & Goals for the Next 5 Years

BY STEVEN AIELLO

Following a complex two year long process, and with input from students and faculty, CSI was able to construct a plan for its strategic priorities and goals for the future.

According to President Fritz, the proposed ideas for strategic planning reflect "how we want to frame our institution and frame the next five years."

The process for drafting strategic priorities began in Fall 2015, when a new strategic plan was proposed at the Institutional Planning Committee.

Due to difficulties and budget conflicts, the planning process was delayed until Spring 2017, during which time, the existing strategic plan expired.

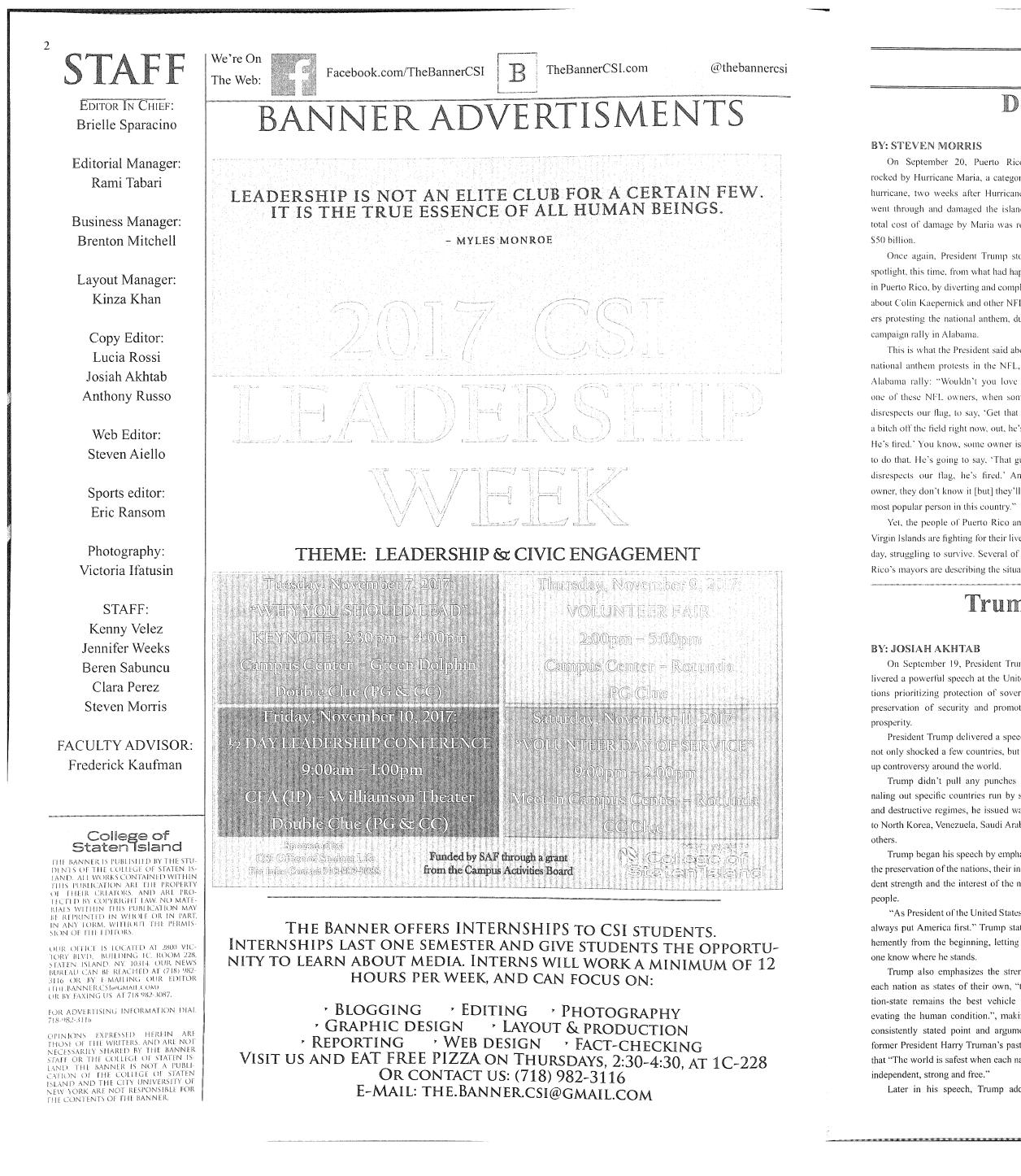
In February 2017, the IPC created six possible strategic priorities, and teams were formed to discuss potential goals for the campus. Discussions proceeded at the IPC for the following months with input from deans and College Council, culminating in a meeting to discuss the draft of the strategic priorities.

The meeting, held at the Green Dolphin Lounge at 1C on October 3, incorporated faculty members and students alike to discuss each strategic priority.

Ideas were deliberated at six individual tables, one for each respective priority.

The six priorities were student success, global engagement,

Continued on pg 4



RAN - R **Deflector-in-Chief Does What He Does Best**

President Trump Steals Spotlight Away From Puerto Rico

BY: STEVEN MORRIS

On September 20, Puerto Rico was rocked by Hurricane Maria, a category four hurricane, two weeks after Hurricane Irma went through and damaged the island. The total cost of damage by Maria was roughly

Once again, President Trump stole the spotlight, this time, from what had happened in Puerto Rico, by diverting and complaining about Colin Kaepernick and other NFL players protesting the national anthem, during a campaign rally in Alabama.

This is what the President said about the national anthem protests in the NFL, at the Alabama rally: "Wouldn't you love to see one of these NFL owners, when somebody disrespects our flag, to say, 'Get that son of a bitch off the field right now, out, he's fired. He's fired.' You know, some owner is going to do that. He's going to say, 'That guy that disrespects our flag, he's fired.' And that owner, they don't know it [but] they'll be the

most popular person in this country.' Yet, the people of Puerto Rico and U.S. Virgin Islands are fighting for their lives each day, struggling to survive. Several of Puerto Rico's mayors are describing the situation as

This certainly isn't the first time President Trump has deflected attention on matters

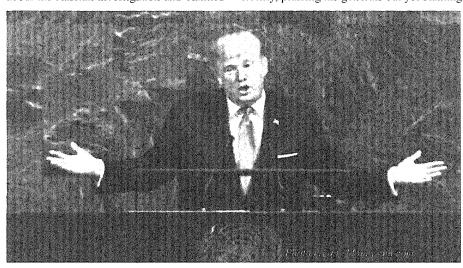
"apocalyptic".

In a debate with Hillary Clinton, he deflected questions about his lewd comments about women on Entertainment Tonight

Back in April, Trump deflected questions about the Russian investigation and claimed

tion he made on twitter that President Obama wire tapped Trump Tower "before the victory", saying to ask Andrew Napolitano, a judicial analyst with FOX News who stated that three sources confirmed with him that President Obama did wiretap Trump Tower.

In February, after a failed raid in Yemen, President Trump deflected blame and responsibility, praising his generals but yet blaming



that this is a "crooked scheme against us" by former President Obama.

In March, Trump, in a joint press conference with German Chancellor Angela Merkel, deflected questions about an accusa-

them for losing William Ryan Owens, the Navy SEAL who died during the raid.

The list goes on with numerous situations where President Trump deflected blame, criticism and responsibility.

There is a motive behind his deflections. The clearest example is what is going on now with Puerto Rico, the US Virgin Islands and the NFL protests.

Recently, the Mayor of San Juan, Carmen Yulin Cruz Soto, criticized the response effort by Washington by pleading to "save us from dying" in a press conference on September 29

The next day, President Trump took to Twitter to criticize the Mayor of San Juan saying, "Such poor leadership ability by the Mayor of San Juan" claiming that the Democrats told her to "be nasty to Trump".

Response efforts, however, have been slow by the White House. It took several days for the President to waive the Jones Act, a century-old shipping law, that was delaying and complicating further relief efforts for Puerto Rico and the US Virgin Islands.

The deflections from the President is nothing new nor is it coincidental.

It is, however, a powerful tool that the President uses to his advantage to make people talk about anything else but what's really going on.

Trump Delivers Powerful Patriotic Speech at U.N.

Billionaire Businessman is a Stark Patriot?

BY: JOSIAH AKHTAB

On September 19, President Trump delivered a powerful speech at the United Nations prioritizing protection of sovereignty, preservation of security and promotion of

President Trump delivered a speech that not only shocked a few countries, but stirred up controversy around the world.

Trump didn't pull any punches in signaling out specific countries run by suspect and destructive regimes, he issued warnings to North Korea, Venezuela, Saudi Arabia and

Trump began his speech by emphasizing the preservation of the nations, their independent strength and the interest of the nation's

"As President of the United States, I will always put America first." Trump stated vehemently from the beginning, letting everyone know where he stands.

Trump also emphasizes the strength of freedom each nation as states of their own, "the nation-state remains the best vehicle for elevating the human condition.", making it a consistently stated point and argument for former President Harry Truman's past ideals that "The world is safest when each nation is independent, strong and free."

Later in his speech, Trump addressed

issues regarding other nation's governments and regimes-starting with North Korea.

He recounted the torture and death of American college student Otto Warmbier, the assassination of the dictator's brother Jim Kong-Un, and the kidnapping and enslavement of Japanese citizens. He also threatened to destroy North Korea if they kept up such practices.

Trump stated the "denuclearization" of North Korea is the only successful outcome.

Trump then moved on to Iran, who he stated runs a "dictatorship under the guise of a democracy."

Trump went so far as to call them a "murderous regime," pointing out their support of terrorism, death and destruction, while undermining the interests of the Iranian people; explicitly demanding they end this pursuit.

Throughout the speech, Trump adopted the patriotic approach, appealing to each member's love for their nation, people and

He urged members to be more accountable for what happens in their countries, so the United States doesn't have to pick up the slack.

Trump described the U.S. as a "compassionate country" who helps people out of the goodness of their heart.

Trump mentioned the change in rules of

engagements with foreign countries, stating homeland security would dictate the terms as terest." Trump stated vehemently while emopposed to politicians.

He unveiled that the U.S. has taken "important steps" to condemn the regime of the Venezuelan government for authoritarian rule of the Venezuelan people; as the U.S. maintains strong trade relationships with many latin countries.

He further went to disparage the ideals of socialism, communism and authoritarian rule. "The problem with socialism in Venezuela isn't that it's been poorly implemented-the problem is that it's been faithfully implemented."

Trump stated this, pointing out the apparent failure of these systems wherever they are implemented and tried.

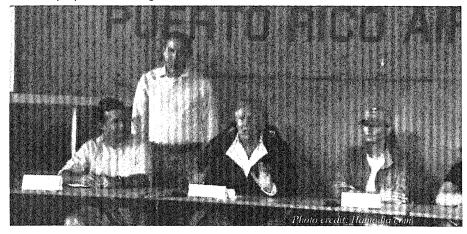
"All people deserve a government that

cares for their safety, well-being and self-inphasizing America's stance with countries subjected to authoritarian and oppressive regimes.

He also stated, "We will be renewing our commitment to the first duty of every government--the duty of our citizens. This bond is the source of America's strength ... "

This indicated that the United States will once again present itself as the shining example of practicing what you preach.

Through many memes and controversial tweets, Donald J. Trump seems to have risen to the occasion as POTUS, delivering a powerful speech that advocates the safety and preservation of sovereignty, independence and freedom.



BANNER NEWS

"Richmond College" **Continued from Front Page**

Additional forms of registration were also suggested by members.

Global engagement, focused on familiarizing students with global affairs and incorporating global elements in CSI, and proposed a greater focus on embedding global engagement into the curriculum of CSI, in addition to encouraging international affairs on campus.

Further suggestions for investing in international studies and international students were also voiced. These ideas were proposed with the interest of keeping CSI a liberal arts and sciences college.

Borough stewardship focused on the relation and mutual benefit between CSI (faculty and students alike) and the borough, arguing in favor of improving relations.

Attendees attested that CSI had "great community engagement work", but that it was "isolated."

Catherine Lavender, a professor for the Department of History and meeting attendee, argued "the perception off of our campus is often not very accurate...a lot of people in the Staten Island community don't know what happens on our campus and what students, staff and faculty do here."

It was suggested that CSI en-

"Catastrophic Tremor" **Continued from Front Page**

According to the United States Geological Survey, the earthquake occurred on a dipping normal fault.

An advance warning was given in Mexico City, although, the general experience in the capital was that the alarm and cellphone alerts started only a few seconds before the earthquake.

Some residents mistook the alert for a continuation of the earlier drill.

Nine days after the earthquake, it was reported that at least 361 people had died.

Up to seventy-four people were killed in the state of Morelos, 220 in Mexico City, forty-five in Puebla, thirteen in the State of Mexico, six in the state of Guerrero and one in the state of Oaxaca.

list ambassadors, most likely through a new program, to visit high schools and discuss the benefits of CSI and what the institution holds.

It was also suggested that we change the name from CSI to "Richmond College," the institution's old name, as attendees claimed that CSI "lives in the shadow of CUNY."

It was argued the name

and feelings of CSI.

Pros listed included the natural surroundings, general diversity and how CSI was more comprehensive than most campuses, while cons included student-faculty miscommunications, complex systems for completing tasks and poor transportation around campus.

More housing to increase en-

through things such as alumni as-

make CSI feel more desirable for in-

Scholarship-driven education

centered on providing students with

more specific, higher forms of edu-

coming students.

dedicated learning venues for higher level classes or doctoral level degrees and the potential introduction of associate's programs. It was also suggested that adjunct

faculty be involved with these programs and that students on campus be engaged in these efforts.

academic excellence through doc-

toral level degrees/classes, adding

Resource management, the final priority, focused on the control and allocation of campus budget and its resources.

Proposed ideas included using CUNY metrics for space allocation, reviewing previews against priorities to better align budget distribution, recruiting more interstate students through the offer of scholarships, improving partnerships with associate colleges, providing VIP and hourly parking, and being able to outsource resources, albeit only when necessary or appropriate.

Although the proposal to change the name "CSI" to "Richmond College" could take until 2018, all other strategic priorities and ideas are to be endorsed by the College Council this October or the following November.

A convocation is then scheduled for December, at which point CSI should officially have its Strategic Priorities for 2017 to 2022.

change would create a greater con- gagement between student and facnection between campus and bor- ulty, and to improve campus pride ough, giving CSI a stronger identity in the process, though the process sociations, were also considered to would take an unknown amount of time

Destination campus, refers to the overall look and feel of the campus to make a "destination" for students, which cited many pros and cation and degrees or scholarships, cons with the aforementioned looks was proposed to provide access to

In Mexico City, there were bodies of twenty-six students and four instructors that were pulled from the rubble of the Enrique C. Rébsamen School.

The Mexico City campus of the Monterrey Institute of Technology and Higher Education suffered damage, with at least five people killed and forty injured.

More than 6,000 people had been reported injured by the day after the earthquake, with over 295 confirmed dead.

September 19 is known as a day of remembrance for the 1985 Mexico City earthquake, which killed approximately 10,000 citizens

Every year at 11 AM, a national earthquake drill is conducted by the government with the use of public loudspeakers located throughout Mexico City.





ernment brought to the event. The head of the meeting said that it's a good idea for Student Government members to volunteer for events.

resentative Dosi.

approved by the SG.

Members of SG forgot to approve

They also forgot to do roll call af-

terwards. The Japanese Visual Culture

Club wanted to include karaoke and

represented wanted to extend library

hours to 3 a.m. during finals week, since

the CAB minutes, and did so after their

discussion with Club Commissions rep-

BANNER NEWS

Student Government Meeting Has a Surprise Announcement

Let's Talk About Parking, Library Hours and That Halal Food Truck

cific classes.

passed all of the motions so far.

It was also decided that only two buildings would be used for the upcoming Student Government elections: IC and 1L.

There are six seats to be voted for in this Student Government election.

This election will have the same every person a member of Student Gov- method of voting as last semester's election: the booths.

> Last year, when the elections' voting method was electronic, people who were the choices for getting elected coerced students to vote for them by stealing their phones, asking "why won't you vote for me?" and had connections with professors who ran computer labs.

According to a member of Student Government, SG should not be paying for student's food during the Blackout, on-campus movie screenings. This was a game between CSI and another other CUNY school. Instead, Student Activity One member said that the group she Fees will pay for the food, and this mo- brought it up. tion was approved and seconded.

The campus has a huge skunk prob-



it was reduced to 10 p.m. printers on the first and second floors of sprayed. our academic buildings.

A representative for Academic and Current Affairs Commission said that the library would rather have tutors for a specific subject instead of tutors for spe-

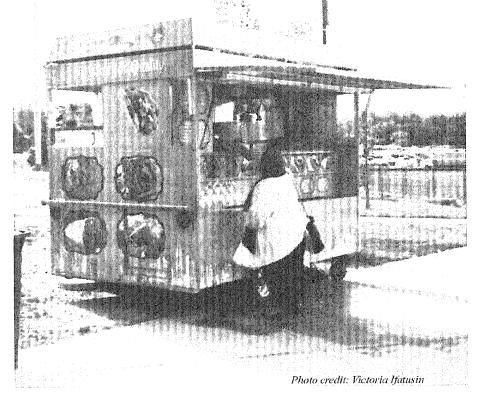
lem, among other animals such as deer They would also like to add more and groundhogs. One member got

> Two members of SG, Reginald and Dosi, said that this is the first time that they heard about the skunk problem

However, the bulk of the meeting focused on CSI's parking issues.

The first mention of this was that At this point in the meeting, they a lot of people are parking illegally on campus, including the person who

complaint they hear from students is about parking, and they hear it many times every day



The Halal Food Truck parked in front of Dolphin Cove.

Then, a representative for Academic and Current Affairs Commission said she got two tickets on her car and brought it up with the guests of the meeting, representatives for Parking Services lots is on Parking Services' website. And Auxiliary Services.

The representatives said that discounts for parking decals will be discussed at their first meeting on October him emails. 15th.

Another SG member said that he witnessed a girl finding her bumper on the

Parking garages, according to a rep, are a no-go, unless Student Government wanted to financially back the building SG claimed that the most common

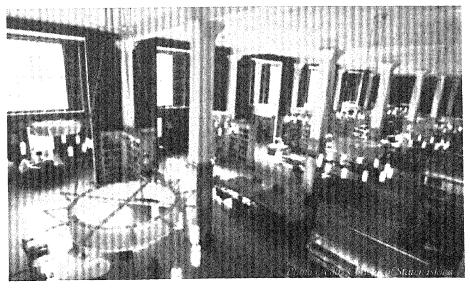
The reps said that CSI has an aging infrastructure and several repairs are ongoing, including repairs to parking and several buildings.

The rendering of the finished parking

The representatives encouraged members of student government to write to President Fritz of the college and send

The last thing the reps revealed, and first revealed in this meeting, was the addition of the Halal food truck on campus.

It arrived on September 18, and President William Fritz was the first customer that the food truck served.



5

LIFESTYLES

Buy the Latest Life, it's Better Than Yours!

BY: BEREN SABUNCU

We are subjected to societal perfection everyday, and we're tired of it.

The epitome of societal beauty ideals grace the TV screens and runways alike during one of the most glamorous and detrimental events of modern day society -- Fashion Week, and its more relevant sub-event-the New York Fashion Week.

New York is the birthplace of consumerism. We're taught and conditioned to want bigger, better and shinier; from Times Square to the quiet suburbs of Staten Island, consumerism is ever-present and ever-powerful.

What does the NYFW have in common with consumerism? The connection is stronger than you might think.

Consumerism has many effects on us as individuals and as a society. On a more superficial level, consumerism is the reason why we never feel fiscally safe and secure.

Of course, one can't solely blame a societally constructed belief for their fiscally irresponsible decisions.

Yet, consumerism is the primary reason why we buy the stuff on impulse. It's also the reason why you have 4 different variations of the same bag and why you always have a shopping list in your head at any given time.

A more dangerous effect of consumerism is that while we strive for outer greatness, we can't be the vessels that advertisers create with false ideals of perfection

How to Not Let NYFW and Consumerism Get Under Your Skin Models represent the current societal ity for all body types, the models you see on said to Popsugar, "There is no such thing as ideals which are impossible to measure up to, the runway are absolute societal perfection. as they're not real.

The models however, are very real; the image they create, isn't.

Hours of vigorous makeup and hair styling goes into their image, more often than not; the models exhibit unhealthy behavior, being some of the victims of consumerism. NYFW comes and goes in a blur.

It's a beautiful celebration of art and fashion as many minds draw inspiration from it. Designers establish their brands, those established try to stay relevant as new brands enter the market everyday. Fashion is a cutthroat business. Perfection is expected from both the designers, and the models they employ during their shows.

Both want to prove themselves to the general public as artists, but consumerism is also about selling you the latest lifestyle. Its main goal? Your discontentment. Think about it

When you're discontent with your life, you try to look for false idols. That false idol, especially nowadays, tends to be expensive clothes/shoes/you-name-it. Though your love of brands does not

necessarily equate to you being unhappy with your life, you are certainly affected by consumerism. Beyond brands, we are bom-

barded with the idea of perfect bodies. Even with the current trend of inclusive They are the "right kind" of thick, "right

kind" of muscular and the "right kind" of skinny

It's difficult not to get swept up by the seemingly perfect women and men parading in shiny new designs. They tend to be taller, thinner, thicker, more muscular. Their skin is spotless, hair shiny and now you're looking at your body thinking, "Maybe not eating for a few days is not that bad of an idea."

Though I personally disagree, it's pos- be shaped. sible that society does not think everyone is beautiful in their own way. It's like there is this silent agreement amongst us. We know who is the "right kind" of beautiful. We worship beauty

How does one fight a thought embedded in our everyday lives? By being aware of it and actively combatting it. Zendaya once

should be in order before you allow them to

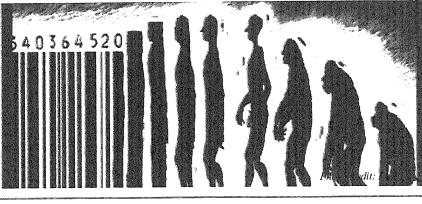
form new and existing pet owners about the

best practices when it comes to commonly

Veterinarians are also being urged to in-

hop into the bed again.

shared spaces in a household.



The Benefits and Risks of Sleeping With Your Pet

Beware of the Bacteria in Bed!

BY: CLARA PEREZ

Fifty percent of Americans share their beds with household pets but many may not be aware of the risks, and how they stack up against the benefits.

We all know the "feels" that arise when we're snuggled up in our warm beds and we see our cat or dog curled up on the cold, hard floor.

Many of us take this opportunity to care for our pets the way we would any beloved child, by inviting them into our beds to spend the night.

While sharing your sleeping space with your pet may seem like the right thing to do, there are some facts we should all know first.

Numerous studies have shown transmission from pets to people when sharing close quarters.

This bacteria can cause zoonoses, infections and/or diseases transmitted directly from animals to humans under natural conditions

Sharing a bed with a pet is one example of a close-contact, favorable condition in which zoonoses are transmitted.

Bacteria themselves can come in contact with any pet owner via physical injury like bites and scratches, inhalation, contact with urine and faecal-oral ingestion.

A pet owner may be unaware of traces of urine or fecal matter still left behind on a pet

after the animal defecates or after the pet has proper cleaning and a possible vet visit spent a long period of time outdoors.

When inviting that pet into your bedroom, you run the risk of inviting that unwanted bacteria.

While your beloved pets may be breeding grounds for some human transmittable infections, awareness and proper hygienic

practices can lower risks to almost none.

Precautions like recognizing when your

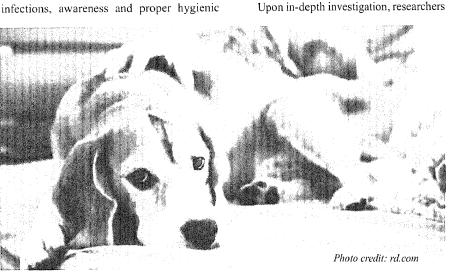
dog or cat is ill, not sharing a space with them

long day spent roaming outside before snug-

gling in bed, are a few simple ways to lower

Also, whenever your pet is in contact

anv risks



have come to the conclusion that pet owners sleeping state. with asthma or who are immunocompromised, should take serious precaution when during those times, or bathing your pet after a sharing close quarters with their pets.

However, pet owners in good health can breathe a little easier when it comes to the practice good pet hygiene, you and your fursubiec

Despite the risks of sharing the bed with both wish! with other animals, especially livestock, your pet, research shows the benefits can also

ugly. That's a word that doesn't really enter my vocabulary. If there's any definition to being perfect, you're perfect at being yourself. No other person can be you 100 percent; no one has your fingerprint; no one has your DNA."

The fact is, you will never be perfect. You will always be you. It's so important to accept yourself for who you are. It is normal to want to better yourself, but keep in mind that your idea of "better" is trying to

Don't let yourself fall victim to false idols. Don't let yourself be another cog in the wheel

Be aware, keep being you and stop wanting other people's lives. Live the life you have to the best of your abilities.

Those who do, make consumerism tremble in their shiny new boots.

outweigh those risks. Owners who do not suffer from any con-

dition that may be exacerbated by the presence of an animal, tons of health benefits can be reaped Sleeping with a pet can give you comfort

whether it's the warmth of their body or their rhythmic breathing.

This comfort can promote calmness and stress relief before and while falling asleep, which can help for more restful nights.

For owners who struggle with anxiety, sleeping with your pet can help relieve stress and anxiety due to their attentive nature.

Another benefit of bed sharing is for people who suffer from depression, since animals show owners unconditional love. When sharing quarters, an owner can feel connect ed to their pets in ways that are difficult to come by on a normal basis.

The best benefit of all? Safety. Sleeping with your pet, especially a dog,

can make you feel safe when in a vulnerable

The feeling that you have a bedside guardian watching over you can put a lot of pet owners at ease.

As long as you're in good health and ry friend can be bed buddies as much as you

It is important to find a stylist who specializes in your hair type, so call around and make consultation appointments before you get the actual hair cut; then, figure out what cut you want to get.

6

LIFESTYLES AstroVed Tells Your Academic Future According to Your Sign

What's Your Student Horoscope for the Month?

BY: LUCIA ROSSI

Aquarius (Jan 20-Feb 18):

This month you may have to undergo a lot of travel. You may have to put in extra effort and time into your studies. However, your grasping power may be helpful in accomplishing this. Scholarships can be expected from governmental body. Try to maintain regular attendance in classes.



Pisces (Feb 19-Mar 20):

You need to pay extra attention on your studies. Your participation in competitive examinations gives favorable results and gives a great opportunity for higher studies. Your enthusiasm and energetic approach shall fetch you the blessings and support of your teacher.



Aries (Mar 21-Apr 19):

This month, you could enjoy the fruits for your honest efforts in education. Your competitive and challenging spirit may pave way for your success in examinations. You shall succeed in management and commerce related education streams. You would be able to impart your practical knowledge to make betterment in education.



Taurus (Apr 20-May 20):

During this month, you shall succeed in your efforts. Your performance level would increase significantly. Simultaneously you may spend more time with your friends. You may travel to distant places for higher studies after facing some struggles.



Gemini (May 21-Jun 20):

October is a very satisfactory month for students as you could taste success in education. You need to take the guidance of elders positively. You may spend more time with friends, which has to be cut short. You may participate in extracurricular activities.



Cancer (Jun 21-Jul 22):

You would receive inspiring opportunities to complete your assignments on time. Special attention in studies and cooperation with your classmates shall be helpful in accomplishing your goals. There are chances for receiving scholarships for studies.



Leo (Jul 23-Aug 22):

Studies should progress normally. There shall not be any stressful situations in education. Control your fluctuating thoughts and be confident while presenting what you have studied. Growth perspectives in higher education would be encouraging.



Virgo (Aug 23-Sept 22):

Your performance in education would be satisfactory. You proving your skills will make you eligible for higher studies in prestigious organizations. Students of Architecture, fashion designing and textile may have good chances for improvement.



Libra (Sept 23-Oct 22):

This month you need to act tactfully. You may be diverted in arguments with friends and lose concentration in your studies. Your laziness may make you score low in exams.



Scorpio (Oct 23-Nov 21):

This month is a favorable period for education. You would have good concentration. However, there may be unnecessary fear of exams. Your diplomatic way of approach may clear issues resulting in success.



Sagittarius (Nov 22-Dec 21): Your proactive actions shall give fruitful success in studies. Try to participate in sports activities which would boost up your physical stamina. Monitor your progress on a weekly basis for proper understanding. You should maintain consistency in attending classes. Be reserved and try to avoid participating in unrelated actions.



Capricorn (Dec 22-Jan 19):

Increase in self-confidence levels shall boost your interest towards studies. You would be more particular and focused on completing your assignments or tests. There are chances for you to receive higher education in foreign lands, hence make wise use of the opportunity. You may also receive awards for extracurricular activities conducted by government body.



BY: PRISCILLA DE SILVA

Beginning as a promotion of self-love, the natural hair movement has women all over the world putting down their straighteners, both chemical and heat based, to wear their hair in its natural form.

By leaving the hair free to kink and curl the way it was intended to, your hair can transform from thin and droopy to thick, long, and healthy.

With these steps, anyone who is sick of their hair damage can join the journey to beautiful, strong hair.

#1- Cut Off The Damage

Everything must be done from scratch, so to start your path as a natural haired girl, the damaged hair must first be cut off. Without cutting, the weak ends of your hair will break off-- taking the new growth of healthy hair with it.

If short hair isn't your style, then a transi-

length of your hair as you transition and only needs. cut an inch at a time.

This leaves more options for styling your hair, but will take longer for the damaged hair to be completely cut out.

However, if you're sick of the damage and need results now, then going for the 'Big Chop' is what's best.

It consists of cutting all the damaged hair out all at once, leaving you with a short constantly. pixie poof of curls. You are limited to a few styles, but you won't have to worry about cutting your hair for a long time.

This process ensures your hair will grow nice and even.

#2- Be Consistent

After cutting your hair, you may be thinking you can just roll out of bed and head out the door.Wrong!

Though the thought of healthy hair is great, keeping your hair healthy is a huge commitment and vital to growth.

Moisture is key when maintaining those curly locks. This means deep conditioners have to be scheduled daily and consistently

Pick two to three days out of the week

Steps to Going Natural and Maintaining Healthy Hair tional cut is for you. This means you keep the dedicated to giving your hair the attention it

Get Back to Your Roots

For women on the go this can be problematic as it takes time to wash, deep condition, and style your hair.

Find a balance. Try washing your hair before bed, and styling it in the morning.

As the number of washes a week goes up, so does the amount you need to spend on hair products, as you will need to re-stock

the beginning, as you experiment with which products work best for you, and it will sometimes seem impossible.

But don't worry, because there is plenty only you. of help available to you online!

#3- Research

As the natural hair care business expanded, so did the need for how-to videos and product reviews.

Hundreds of professional youtubers and professional hair stylists dedicate their blogs to helping people with their hair, uploading how-to videos to the internet. There are even reviews of natural hair products that are cheaper in price and works well with all the

different hair types.

Research which bloggers you like best that have a similar hair texture to yours. This will act as a guide to finding the right products that work for your hair needs without wasting money on products that don't.

#4- Love Yourself and Have Fun

Finally, have fun with the experience. Create funky, new styles.

The journey will go a lot faster that way. At the end, not only will you have healthier It can get expensive, especially in hair, but the love and respect you have for yourself will double as well.

> Remember, you know your hair better than anyone else and it's unique to you and





BANNER ARTS WE are the American Horror Story

Horror Inspired by Our Times

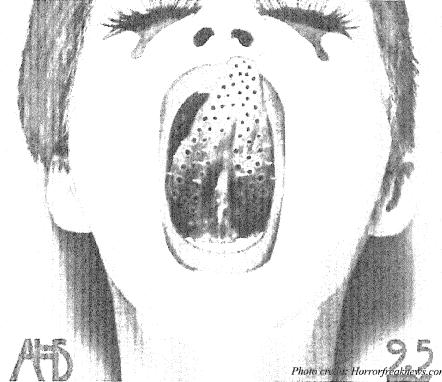
BY: JESSICA SCARIMBOLO

It's the 7th season of FX's "American Horror Story" and director Ryan Murphy is going into uncharted territory by dramatically and gruesomely displaying the viewers' political reality onto our television screens. However, the result was low ratings.

American Horror Story: Cult follows

the aftermath of the 2017 United States ensues. election- definitely a real life horror story for many. This season weaves together extreme narratives from both ends of the political spectrum.

Apparently, Murphy has not heard a simple rule of thumb; do not talk about politics in mixed company. Blood, of course,



One plot line follows an uncompromising Republican and current cult leader. Kai Anderson played by Evan Peters, who wreaks havoc throughout the city by manipulating the public's fear.

As for the liberal or democratic portion, it follows a same-sex couple, Ally and Ivy Mayfair-Richards, played by Sarah Paulson and Alison Pill, who with their son, are being terrorized by Kai and his cult members for reasons still unknown.

Being apart of a same-sex couple myself, the show seems refreshing; it validated some fears that I too had the day after the ing the same actors and actresses. election.

self, he must have been aware that this season would relate to people in the LGBTQ community

The show's reach is not limited to the LGBTQ community though. We can all see something of ourselves in one aspect of the show or another.

The Hollywood Reporter sat down with Murphy where he stated that the show reflects what everyone felt the night of the election; we all lost our minds.

He feels that even today, everyone is

at one another's throat; we're either on one side or the other.

Perhaps for this same reason, the depiction of sensitive and close-to-home topics, is why not everyone is into this AHS season.

The show's premiere episode, which aired on September 5, received lower ratings than previous seasons.

According to The Hollywood Reporter, AHS: Cult had 3.93 million views, a 24 percent drop from previous season premieres.

Maybe AHS is just getting old. The audience can be getting tired of constantly see-

Each season of AHS follows a com-Considering Murphy is a gay man him- pletely different plot line and some of the stars remain playing different roles.

> As this season's AHS ventures into controversial subjects and maintains its gloriously gruesome scenes, it still keeps me at the edge of my seat.

> This season may not be doing as well as, far as the ratings, but I think we can all agree that this is a bold, courageous move for Murphy who is clearly using his show as a way to release a political statement under the form of an allegory.

Hell On Earth: A Philosophical Approach to Music

From Organic Beginnings to Technological Ends

BY:JOSIAH AKHTAB

Rarely, do conceptual musical al bums take on meditative, philosophical and eye-opening approaches on the state of the world as we know it.

However, a recent and unique album explores a post-apocalyptic humanity, where technology advances to the point of unsustainability, thus rendering humans as obsolete.

Sandro, John Malkovich and Eric Alexandrakis' "Hell on Earth", released September 29 on SoundCloud, and took on the experimental and electro bass route in awakening the minds of people absorbed in the technological bubble.

presented a crash course on how the world began and how it might end--an end we now revolve our lives around daily.

This album begins before the first song is heard by describing how humanity is already wiped out.

It goes on to say how smartphones and technology have all but eliminated the organic aspects of life, forcing us as humans to question whether it was all real-or an illusion: the first question naturally being: what's left?

The lyrics are what you would expect listening to an album with a philosophical feel. It's as if Aristotle and Plato, two of history's

most prominent minds, meets electric and the ominous, yet alluring, vocals of Malkovich and Alexandrakis—reminding us of the ever present yet widely forgotten teachings of "The Allegory of the Cave".

Though the album isn't as musical as the title would suggest, it offers something much better; if not, more relaxing.

may jult people out of their sleep; having them bump their heads on the headboardluckily, these guys got that covered.

Remember the crackling flames? They serve as the progressive transition of not only you waking up-but the transition from organic air to synthetic technology.

One of their songs Skepsis 4 [Entropy]



Its meditative style works wonders for those who have trouble getting up in the morning, as the sound of broken glass, cheers and crackling flames allow for deep rooted and much needed contemplation for those who just "go through the motions."

The electronic aspect could be a bit un-

states "Education is the best prevision to old age/" and "Man is noble in one way/and bad in all sorts of ways."

Which expresses the idea that never growing old means to constantly learn, as well as man being good while walking through all sorts of evils-curiosity and connerving, the microphone feedback sound flict of identity seeming to go hand in hand.

Their last song Electrorganic [The Beginning], gives a rendition of "The Allegory of the Cave" by Plato.

Their eerie, melancholic, soothing vocals gives the widely-told story that philosophical luster that was lost after thousands of years of being retold-revitalizing the original effect of the lesson as Plato first spoke it to the world

The album in its entirety is an interesting yet unconventional one. It takes the power of music and philosophical teachings and mixes them together, not in song-but as the ideas were originally told.

It has a more electric aspect which gives it a vigorous and lively background, comd to the classical music in which th teachings were discussed with centuries ago.

This album isn't for most people, especially if you don't happen to care for or understand the concept.

However, if you have an open mind and diverse taste for all things music, this album is sure to change your mind in just 10 short tracks that pack a lot of brainpower-and much needed consciousness,

The state of the world and music is changing as conventionality still reigns-albums like "Hell On Earth" might have something provocative to say about that.

critics.

novations

Just about everything in "Samus Returns" is different from its source material, from the power ups to the bosses and the levels themselves. Almost everything about "Metroid 2" has been completely altered, with only the story and basic structure intact. In short, Samus ventures to planet SR388 to wipe the metroids and their queen out of their home planet. To do this, Samus must eliminate all the Metroids in one area

process

of the Dead"- the third and final book in his "Magnus Chase and the Gods of Asgard" book series. He does this with his standard sarcastic, witty humor, well-paced action, and informa-

In Riordan's previous book "The Hammer of Thor", Magnus Chase, the child of the Norse god of summer and health, Frey, and his friends, unfortunately weren't able to stop Loki, the Norse god of mischief, from being freed from his chains, but were successful in retrieving Thor's hammer, Mjölnir.

This left the Nine Worlds with a huge dilemma, as Loki is intent on starting Ragnarok, the end of everything with his ship Naglfar,

otherwise known as The Ship of the Dead. Now, Magnus and his friends have to stop him, but Magnus has another problem. After angering the Norse sea god Ran, Magnus needs some help in learning how to deal with the sea and its dangers if he's going to

BANNER ARTS

"Samus Returns" is A Relapse Into Metroid's Old Ways

BY STEVEN AIELLO

Although Metroid is one of Nintendo's most iconic franchises, the past decade seemed rather forgettable for the franchise. Barring fan games, only two games were released for the Metroid series, which were both met with poor reception from fans and

Much of the complaints were directed towards the fact that these games strayed from the classic Metroid formula, opting for more focus on story and other in-

"Metroid: Samus Returns", a remake of the franchise's' second game Metroid 2, aims to stay true to what made the series iconic while adding in new features to keep the gameplay fresh.

before moving onto another and repeating the Being a 3DS game, the main screen

and the touch screen are used simultaneously. with the main screen displaying the game and the touch screen displaying the map, your energy and ammunition.

It's a convenient design choice that puts the two screens to good use without being gimmicky or obtrusive.

The overall game design is incredi-

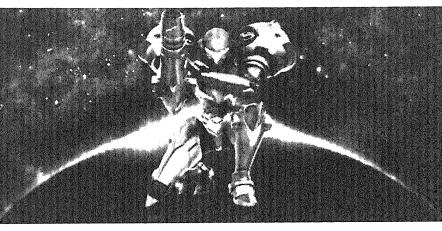
Nintendo Reimagines "Metroid 2" With a Few New Tricks bly linear because of this, which takes a slight toll on the experience. Most Metroid games come with the benefit of complete freedom, while exploring your environment regardless of your arsenal or story progress.

This form of game design resulted in an experience that could vary from playthrough to playthrough, strengthening replay value in the process. "Samus Returns" lacks this, leading to a game where everything progresses as intended by the developers with

the atmosphere of the game, which does a counter enemy attacks with a melee and even beautiful job of capturing the feeling of a Metroid. Unlike the more generic caverns and mundane music of "Metroid 2, Samus Returns" puts more effort in the looks and music of its areas.

No detail was spared in these areas, be it the colors, textures and especially the backgrounds, which contain neat little details and depth to them.

The game definitely looks pretty for a



little opportunity to diverge from the path.

The individual areas are still well designed because they avoid this aspect of linearity. You can navigate these areas and go about defeating metroids any which way you please, provided that you have the right upgrade

Each area is also connected by a series of teleporters, which allow for fast movement in and between areas. The teleporters make backtracking for upgrades easier and less tedious, a welcome feature in a Metroid game.

3DS title, which is compounded by a more varied soundtrack that captures the idea of being isolated on a dangerous planet.

Adding to this sense of danger are the enemies, which are more aggressive and powerful than in previous games. Though the enemy selection is slim, especially with bosses, learning how to dodge and fight enemies is necessary to completing the game.

Fortunately the mechanics the game work brilliantly, with a variety of new moves and abilities that help you combat SR388s foes. While standing, Samus These areas are also enhanced by can now aim in a 360 degree range, she can

use a number of new acion abilities.

These abilities include revealing nearby objects and map design, absorbing all damage, making Samus' attacks rapid fire and slowing down time. All four abilities come in great use throughout the adventure and provide great situational and non-situational applications in fighting enemies or navigating the planet.

The scan pulse ability is especially useful because it almost entirely does away with the confusing design of Metroid, where you would normally look endlessly for a hidden upgrade or a new path.

This and a slew of minor changes, such as respawning at checkpoints, rather than save points and ability to mark key locations using the map, make "Samus Returns" more accessible for new players, despite the increased difficulty.

The game does have a fair share of unintuitive design choices though, like a special move involving power bombs that isn't explained or suggested, and a boss that has an equally unintuitive weakness that involves using bombs in a hazardous way.

Despite its shortcomings, "Samus Returns" is still a much needed entry to the Metroid franchise.

It might not have as much replay value or variety as previous titles, but it captures the essence of what made Metroid games enjoyable, while adding something new to the old formula.

With "Samus Returns" and the announcement of a new "Metroid Prime", things are looking rather hopeful for the future of the Metroid franchise.

Set Sail For Ragnarok!

Readers Rejoin Magnus Chase in Rick Riordan's Latest Book

BY: MATTHEW MCKENNA Beloved children and young adult writer Rick Riordan, or Uncle Rick, out does himself once again in his newest book "The Ship

tive details on Norse mythology, and pronun-

stop Loki.

The book has a cliffhanger in which his cousin, Annabeth Chase, from Riordan's most popular "Percy Jackson" series, saying that it's time that he met her boyfriend, Percy Jackson, who is already well-known from his film series.

With "Ship of the Dead", no time is wasted when readers start with Magnus receiving help from Percy Jackson on how to handle the seas, with the help of his cousin Annabeth Chase and his transgender and genderfluid Hotel Valhalla 19th floor hall mate, friend, child of Loki, and love interest, Alex Fierro.

Also supporting him is his talking and singing sword, Jack, and his other hall mates- Halfborn Gunderson, the Viking berserker, the hot tempered Mallory Keen, and Thomas Jefferson Jr., the American Civil War veteran-set out to stop Loki from initiating Ragnarok.

Along the way, Magnus meets up with his other close friends, Blitzen, the fashionable dwarf, Hearthstone, the rune-casting deaf elf, and Samirah Al-Abbas, the Valkyrie and half-sister to Alex Fierro.

Together, they face numerous obstacles

in the form of gods, giants, and monsters to stop Loki, meeting new characters along the

The plot is nice and simple, while also giving a well-structured story due to great writing.

Other than the humorous moments that generally have pop culture references, and the well-balanced times of action and information giving, the characters are the best part audience he sees and not children in elemenof the book.

Magnus is his usual self, but he does receive character progression. He always questions things and is constantly worrying about if and how he'll stop Loki and Ragnarok because a lot of lives hang in the balance.

This book really delves into the characters of the 19th floor by giving their flushed out back stories and character progression, like they never did in the previous two books.

The book also allows character relationships to grow even stronger through all the trials they face when trying to stop Loki.

Another thing that must be applauded is Riordan's continuous and growing use of diversity and respect to his characters, as well as his fans who read his books.

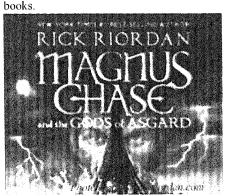
The only problem that this series necessarily has is that it could have flushed out the characters more in its other two books.

As for this book, and somewhat the series, it would be more appropriate if was labeled as young-adult, due to its violence and as a children's series.

In Riordan's defense, since he was a middle school teacher, he admits that that's the tary school.

It would also be very exciting to have more Percy Jackson in the series too.

This book is definitely worth a read but be sure to do so after reading the first two



BANNER OPINIONS

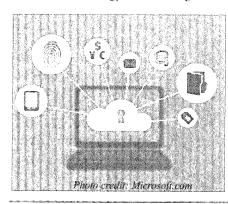
Security and Privacy in the Age of the Internet

BY: Haziq Naeem

If you think you still have anonymity or privacy in the age of the internet, think again.

Everything about you, from details you explicitly submit and display into the realm of the internet to the information you keep only to yourself, is available for the world to know of and track, whether you like it or not.

The only caveat is that the people that want information about you must know a little about technology, and how to get it, to



The Internet Has Ushered in an Age of Complete Transparency and Risk do what they want. And this part is, surprisingly, not very hard.

They don't need to be computer science majors to steal your credit card information. Current and past information is not the

only thing at risk, the future is as well. Scientists can now predict the ups and downs of the stock market by looking at the realm of twitter and how calm or agitated it is on any day.

Given your past movements, they can also predict where you will be with an astounding 94% accuracy. Flu symptoms can be detected before people even know they're some of which are lifesaving. getting sick.

These capabilities have been brought on by the combination of internet and technology we have now, and it is all at risk if malevolent forces decide to use it for their characteristics. own purposes.

the dawn of the internet age, but they have

they are now Here are just a few examples. The credit agency Equifax was hacked earlier this year, resulting in the theft of millions of addresses, date of births, and social security numbers.

The Securities and Exchange Commission, a governmental agency in charge of business regulation, was hacked resulting in potential illegal trades and theft of confidential information.

The drug and vaccine company Merck suffered a cyber attack, causing it to lose profits and stall the manufacture of drugs,

These are just a few of the cyberattacks that took place within the past two years, and yet there isn't an uproar or impulse to act. These cyberattacks share some common

We are not certain who initiated the at-Security flaws have been around before tacks; we do not know how far reaching the attacks were; we do not know why they were never been as pervasive and accessible as conducted; we don't have the capability to response to a cyber-attack be any different?

prevent future attacks, and we are not prepared for the prevention of or recovery from such attacks.

The threat this age of transparency poses to individuals, corporations, and governments is enormous.

Joel Brenner, the former inspector general at the National Security Agency and head of counterintelligence with the director of national intelligence, lays out in his book Glass Houses that information from American Corporations and the United States Government about classified intel is being stolen by foreign intelligence agencies and governments at an astounding rate.

He also claims in his book that we should assume the Chinese are now permanently within Google's systems.

But instead of alarm and swift action, we rarely hear of these things on the news.

The outrage and impact at a physical attack on us is tremendous, so why should the

without understanding or empathy for the

consequences is a common practice on a lo-

is the result of the generations before today's

children and must be repaired by these same

cumbersome task with great reward.

struction of nature on local scales.

This lack of ethical connection to nature

Creating "Generation G- for Garden" is a

If businesses, organizations, companies,

and even households began to emphasize the

importance of treating the environment ethi-

cally, then we may begin to mitigate the de-

known cities like New York, can set the stage

for an environmentally conscious future gen-

Leading by example, large and well-

If knowledge is power, then we can only

Teach our children to be green and we

imagine what the entire "Generation G" can

offer the world with a new found knowledge

and appreciation for something long-exploit-

ed and undervalued as our environment.

cal and global scale.

generations

NYC Rooftop Garden Brings Environmental Ethics to a Generation

Brooklyn Museum Creates Generation G- for Garden

BY: CLARA PEREZ

After nearly a decade of planning and construction, The Brooklyn Children's Museum has officially opened its garden gates. This past August, The Brooklyn Chil-

dren's Museum in Crown Heights unveiled its 20,000-foot rooftop garden.

This towering oasis offers children exposure to a plethora of different plant life from one corner to the other.

On one side, children can frolic about a mini woodland with a wooden zigzagging path running through it. Or, they may choose to walk among the sweetbay magnolia and sassafras trees on the other.

There are also tables and chairs tucked in to other foliage that may make for the perfect place to appreciate the nature of it all.

This final design has come to fruition from the ideas and inspirations of multiple architects of different eras of design.

The original building, now 118 years old, was designed by Hugh Hardy and then extencively remodeled by another architect named Rafael Viñoly in 2008.

the renowned Toshiko Mori who created a relationship of human beings to, and also the high-tech translucent pavilion that stretches over the roof-top garden and resembles a bird in flight.

This pavilion can be seen from neighboring areas and serves as a marker for the beauty it beholds

The garden has been referred to as "a gateway to nature" by the museum's president and this statement couldn't hold more ation importance to the children in New York City

Living encased in a concrete jungle, some native New York children have never had the chance to experience the beautiful sights, sounds and textures that nature has to offer.

patches of lawn, small trees or the occasional residential garden, our younger generations haven't been exposed to the humbling experiences that dense and plentiful natural corridors conjure.

The Stanford Encyclopedia of Philosophy defines environmental ethics as "the dis-

The final piece was designed in 2015 by cipline in philosophy that studies the moral value and moral status of, the environment and its non-human contents.'

> If our next generation of leaders and influencers never get to forge that moral relationship with nature and if they never learn to value the environment, then the shreds of environmental ethics that still exist today will surely go extinct with the end of our gener-

> It is critically important to focus this ethical discussion on inner-city children, like those living in Brooklyn, as they do not have the same environmental resources as children living in other states or countries.

There aren't forests to hike in around the With only small and irregularly dispersed block or wetlands to explore a highway exit eration-"Generation G". away

> Organizations like The Brooklyn Children's Museum, who are introducing children to snapshots of nature and helping to foster environmental ethics, are vital in our growing nation

> > The degradation of the environment

may all reap the benefits

10

partner.

SEX AND RELATIONSHIPS Don't Let Anyone Make You Feel Like Being Gay is Not

BY: JESSICA SCARIMBOLO

As being gay in New York City in 2017 is becoming more normalized, we should realize that we are much more fortunate than someone who was gay in a small city in Iowa in 1980.

However, being a member of the LGBTQ+ community is much more accepting in this city and state compared to others today. Members still find it difficult not to feel a bit self-conscious when holding their partner's hand in public, let alone kissing them.

Many people in the community find it difficult to "come out of the closet," in fear of being judged or even harassed and bullied for their choice in romantic

Tragedies such as the shooting at the Pulse Nightclub in Orlando, Florida makes this even more true.

The victims of that tragedy were targeted for the gender of the person they choose to love, something that should be of no concern to anyone.

While some people are brave enough to come out at a young age, others find it too difficult to do so, perhaps causing them to never come out at all.

It is interesting to think that though our society is continuing to grow more accepting of people, but many members

of the community still do not feel that they are supported enough to come out.

Being a member of the community, it seems inevitable to take notice of the difficulty couples have doing things that straight couples probably would not think twice about, but it's finally starting this type of situation. to become more natural.

It seems obvious that a boyfriend would feel completely comfortable kissing his partner in public, unless that partner is also a man.

My girlfriend and I went out dancing last weekend and we were having a great time, almost forgetting that anyone else day. was even there.

After my girlfriend and I kissed, a guy dancing next to us tapped his friends to get them to look at us, causing me to immediately feel uncomfortable.

I find it hard to believe that if a heterosexual couple kissed while they were dancing together, anyone would make them feel like they were a circus act being pointed at.

Some people could perhaps feel no liberation from coming out; they may actually feel vulnerable and susceptible to ridicule from others.

Michele Foucault, author of The History of Sexuality, argues that once people come out, others understand how to label

People in Same-Sex Relationships Should Feel Comfortable Too them, feeling they now know something about the individual's personality.

> Considering heterosexual relationships are much more common and normalized, it is safe to say that a straight person would never find themselves in

> So, same-sex couples, how can you finally feel completely comfortable in public with your partner? The answer is simple. Forget everyone's opinions.

There is no pleasing everyone. This ship. is something members of the community still work on getting better at every single

understand. If someone disrespects you and your partner, you should react in a

calm way, a way that makes you comfortable.

That could be anywhere from ignoring them or educating them on the way their words affect two people that they know nothing about.

Moral of the story: try your best to not to be afraid of what people could be thinking about you and your partner.

Enjoy your life as a confident individual alone and in a same-sex relation-

Our former president, Barack Obama, once tweeted: "No one in America should ever be afraid to walk down People are afraid of what they do not the street holding hands with the person they love."



What Can Go Wrong When You're Swiping Right The Cons of Tinder and Online Dating

BY: EDDIE MARTINEZ

Online dating has been made easier for anyone seeking intimate relationships or a casual hookup, the downside is there are many negatives to it compared to actually dating.

Tinder is one of the many but more mainstream apps for people to socialize and seek what they're into for their love life. Although people find it to be more efficient, the problem about online dating is it's very different from physically meeting and seeking a significant other.

When you make a profile on Tinder, you set up your bio and tell a little about



profile from men to women or both and raphy. how far they can be.

When your profile becomes public, people get the opportunity to see your bio and look at your pictures.

Other online profiles get to swipe left to "dislike" or swipe right to "like" your profile. The new user also gets to like or dislike the profiles presented to them.

If you and another profile both swipe right and like each other, it becomes a "match." When two profiles match, they then get to direct message each other and the online dating begins.

Tinder gives a pretty simple concept, but there's much more to it--which can be strenuous to some because of the negatives.

Those opposed to Tinder have discontent due to having to like or dislike profiles by just reading bios and looking at pictures.

yourself and choose 6 pictures that can be having to base their interests in someone seen. You pick who you want to see your by a couple of pictures and a small biog-

> Another issue lies in how people present their profiles, some may have no bio with one picture or no pictures at all.

It becomes difficult to like a profile that has nothing to look upon. A blank profile also plays a part in having to figure out if someone's profile is authentic or not.

Someone could make a fake profile--which can be dangerous, just watch Cat- wrong idea and ultimately turning them fish on TV.

Tinder also doesn't allow you to send pictures in messages, so it becomes a hassle to have confirmation that someone's profile is real.

When people's profiles match, it turns into the game of who writes who first. A person can find themselves with a good amount of matches but with no messages

This can be an issue for those not It can be seen as shallow to some, wanting to make the first move. It's hard

enough to make the first move in person, but with online dating, it defeats the purpose of matching with someone and getting the opportunity to message them.

Another problem people have is having to figure out what their matches are looking for. Some people put on their profiles exactly what they want from seeking dates, relationships, or sex.

Others would have to engage in inquisitive conversation in order to find out, which could lead to giving someo

It becomes an issue for someone who is looking for a relationship to match with someone who is strictly just into casual sex or vice versa.

The best thing to do when doing Tinder or any dating site is: be consistent with your profile.

Make sure you have a clean profile and are clear in what you're looking for, avoid these situations and find the perfect match

SPORTS **Excessive New NHL Rules Need to be Tweaked**

BY: ANTHONY RUSSO

October 4, and the NHL has experimented with a new face-off violation penalty. The NHL has also made modifications to calling slashing penalties more

frequently thus far in the preseason. As a result of the first 19 preseason games, combined with all 31 teams, the NHL decided to tell their referees to ease down on the penalizing of the face-off violations and the new slashing calls, due to excessive calls.

According to Michael Traikos of Nationalpost, in the first 19 preseason games, there were a total of 91 slashing minors and 16 face off violation minors called.

On March 23, there was a slash from Pittsburgh Penguins top center, Sidney Crosby, on Ottawa Senators defensemen Marc Methot, due to Methot's finger nearly being taken off, where the incident was reported as a finger laceration.

Patrice Bergeron of the Boston Bruins, have spoken out against the new face-off violations and slashing penalties.

"I wonder what they're really trying the best hockey player in the world, Sid-The NHL regular season began on to get out of it," Bergeron said in a re- ney Crosby, said he was in favor of the sponse to the NHL's new rules after a pre-

> season game. "Hockey is a fast game and they're really slowing it down." "It's really taking a lot away from the game, you can't have a winger taking all it. the face-offs," said Marchand. "It's be-

Players such as Brad Marchand and coming a big joke, so there's got to be the new penalties since spreading the something tweaked with it."

> Though there has been much outrage remains to be seen how the referees will regarding the new rule changes, arguably utilize the rules in the near future.

Kids Who Play Football Have Higher Chance of Brain Issues as Adults

come to the forefront.

BY ERIC RANSOM

Bombshell information has been released suggesting that children who play football said Michael Alosco, head author of the can develop brain problems- even more so study, concerning the details of the data. than adults.

from 2015, reveal that symptoms of clinical depression can develop more often in athletes headaches, depression, and even suicidal who begin playing tackle football before the thoughts. Some players have successfully potential." age of 12, as opposed to those who start after committed suicide as a result. turning 12 and beyond.

former players, including 68 who played pro- who killed himself in his jail cell, suffered fessional football.

through from the ages of 10-12, children are triots, sources say. more susceptible to brain damage and behavioral changes later in life, due to their growth like Hernandez, as 99% of donated brains being altered by violent helmet to helmet from deceased NFL players had some degree contact.

Kids in the 8-13 year-old range are two to three times as likely to suffer brain dys- er this year, researchers tested on 111 brains function as adults from blows to the head.

This coincides with the ongoing contro- results showing evidence of CTE. versy in the NFL regarding the safety of their players with the ever increasing findings of ball participation numbers steadily declined CTE, or Chronic Traumatic Encephalopathy, since 2009, dropping 20 percent- until recentin current and former players.

Now that detrimental information on our youth is being unveiled, the debate on wheth- percent since 2015, leading up to the inforer children should play tackle football has mation released just within the past month.

Boston University Studies Claim Future Risk of Depression

"We found [it] to be pretty remarkable,"

CTE found in NFL players come with A study at Boston University, stemming severe head injuries over a period of time, eventually leading to memory loss, severe

In September, it was revealed that for- study, the data is quite limited, as it is just a point where it can't be ignored." The study took information from 214 mer NFL star-turned-felon Aaron Hernandez, single study. from CTE and had his diagnosis hidden from Because of the rapid growth a brain goes the NFL and his team, the New England Pa-

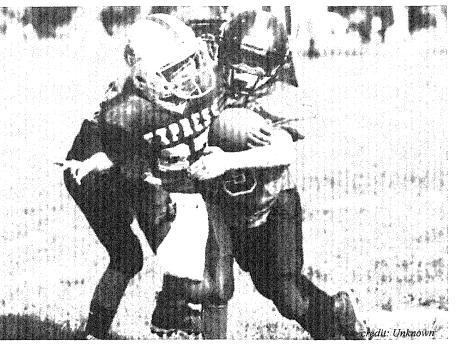
> CTE is all too common among players of this condition.

In another Boston University study earliof dead football players, and 110 provided

Despite these recent findings, youth footly

Numbers have increased by just over a

The NFL in response to the CTE crisis has encouraged that children play flag football in place of tackle, ensuring a safer way to play the game and protecting their bodies. Robert Cantu, a professor of neurology at Boston College, says that the hits on young developing brains "...can keep your brain from reaching its genetically-endowed



Rule Changes Cause Outrage with Players

new face-off changes.

"A lot of guys that use their feet won't like it," Crosby said after practice on September 23. "I don't, so that's why I like not be able to adjust.

Though the NHL has dialed back on



Photo credit: NFL word to their referees on September 22, it

Before the league modified the new penalties, the players had a tough time adjusting to the new rules, and depending how strict the NHL is in the future with the new penalties, the players may still

The new penalties could then turn into a countless number of power plays for both teams on a game to game basis, as demonstrated in the preseason.

Yes, discipline is important for teams, but the players have to be given a chance to play 5 on 5 at even strength as well.

The modifications to the slashing penalties after seeing what happened to Methot's finger last season make sense, as the NHL is trying to protect their players from sustaining injuries.

As it goes for the face-off violations, the NHL needs to be careful, as a face-off violation likely won't be a reason why a team would win or lose a game, nor does it result in injuries.

The new slashing penalties are there to protect the players, but the NHL needs to figure it out its excessive penalties on face-off violations before it carries into the postseason.

As future data comes out on the issue, a more definitive answer can be determined on whether or not children are most at risk of future health issues, but the information provided still has cause for major concern.

"We must avoid any kneejerk reactions to single studies", urges Professor Yorgos Tripodis, also a researcher in the Boston University study. "But at the same time, research Although this is quite a remarkable on the effect of football on the brain is at a