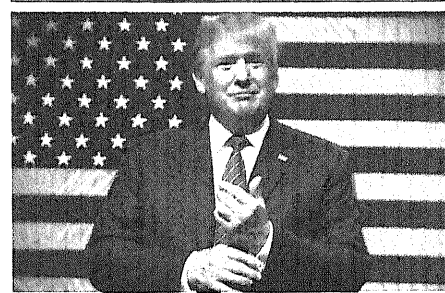


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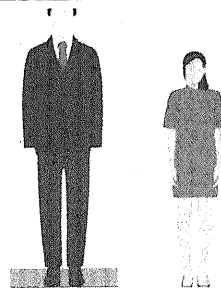
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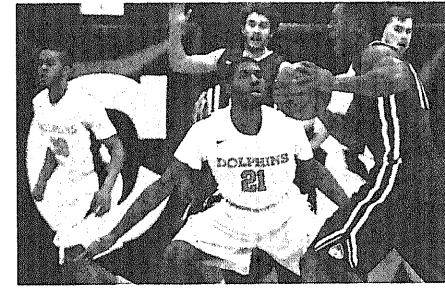
Crashing the Party - Page 3



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As S.I.'s Opiate Crisis Worsens, One Advocate Says Community is Key

Executive Director of Staten Island Treatment Center Calls on Students to Do Their Part



Photo Credit: [unreadable]

BY VINCENT CAPUTO & MATTHEW ANGELL

Highly potent batches of heroin and other opiates continue to find their way to Staten Island, taking the lives of many each year. Luke J. Nasta, the executive director of Camelot Counseling Center, told an audience at CSI that he believes part of the solution to decrease the rate of accidental overdoses lies in increased involvement from the com-

munity.

There have been at least 75 fatal drug-related overdoses this year, according to the Staten Island District Attorney's office. The number has already eclipsed the 69 fatal overdoses that occurred in 2015.

Nasta, who used to be addicted to heroin in his youth, now operates an inpatient treatment center dealing with drug abuse.

"It's like playing Russian Roulette," said

Nasta in late October during a seminar in 1P focused on opiate abuse. "One day you'll roll the cylinder and end up blowing your brains out."

Nasta encouraged CSI students in a recent lecture to confront individuals in their life who they believe may be addicted to opiates.

Continued on Page 5

CUNY Board of Trustees Proposes Tuition Increase

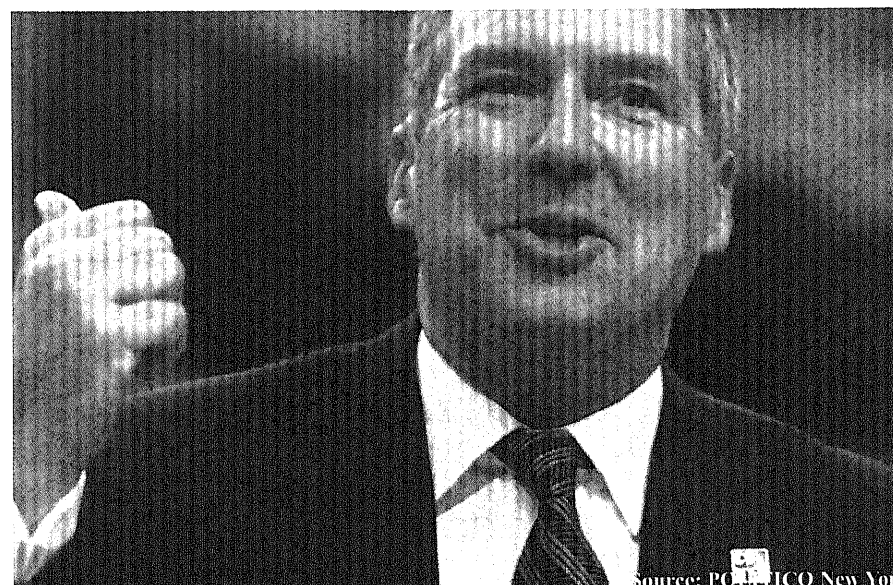
Increase is Slightly Less Than the Annual \$300 Hike from Years Past

BY CLIFFORD MICHEL

CUNY is seeking to raise tuition at its senior colleges by \$250 for the next four years, according to a draft of its operating budget request.

Over the last five years, CUNY implemented the Rational Tuition Plan, which increased undergraduate tuition by \$300 a year for five years.

Governor Andrew Cuomo and the New York State Legislature — in the midst of a budget fight that involved CUNY, city government and state officials — rejected CUNY's proposal to reinstate the Rational Tuition Plan last year and passed a tuition freeze for fiscal year 2016-17.



Source: POLITICO New York

Multiple On-Campus

Crimes Reported in October

ADMINISTRATION ALERTED MEMBERS OF THE CSI COMMUNITY ABOUT THE INCIDENTS

BY THE BANNER STAFF

A male suspect recently spent his evening exposing himself to several women on CSI's Willowbrook campus.

The suspect fled on foot towards lot 5. The individuals who reported the suspect to the Office of Public Safety were physically unharmed.

The indecent exposure incident occurred on October 26 near the rear entrance of 1R, CSI's Sports and Recreation building, according to an email from the College's Office of Finance and Administration.

The email addressed to the entire college community described the suspect as a male in his teens to early 20s with brown hair. The suspect, who witnesses say is about 5'8 to 5'11", was wearing a black hoodie, black pants and black sneakers

Earlier This Month

One successful and one attempted theft occurred on a gravel parking lot near CSI's soccer field this past week, according to an email sent by the College's Office of Public Safety.

A cell phone was taken on October 17 from a car parked adjacent to the soccer field on the gravel, the email said; the window to the car was left open.

There were no witnesses to identify a suspect.

On October 20, in the same area, "a suspicious male was observed trying to open the doors of vehicles in the same gravel lot adjacent to the soccer field. This male was scared off by a visitor to the cam-

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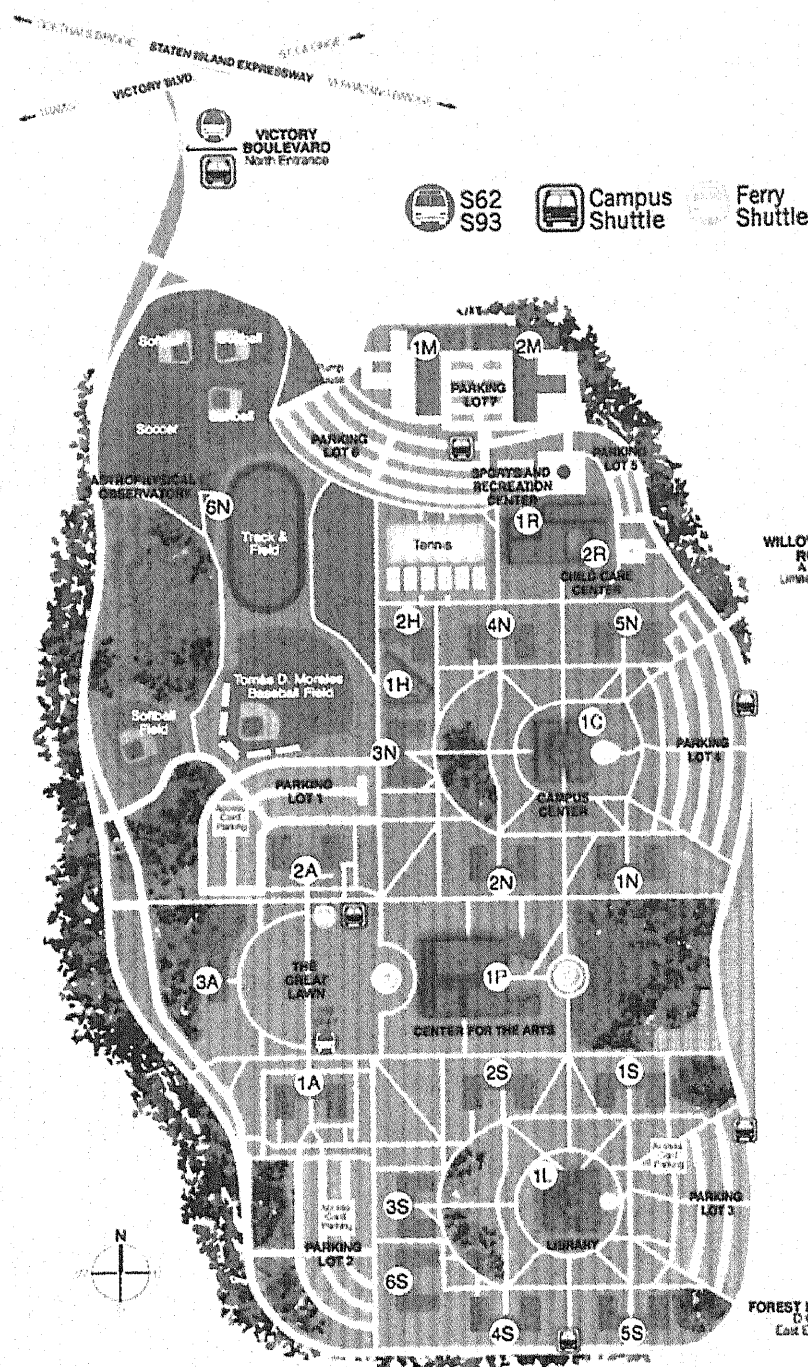
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- North Campus**
- Astrophysical Observatory 6N
 - Business 3N
 - Campus Center 1C
 - Campus Services and Central Plant. 1M
 - Children's Center 2R
 - Computer Science 1N
 - Engineering Science and Physics . . . 1N
 - Engineering Technologies 4N
 - History Marchi Hall, 2N
 - Physical Therapy 5N
 - Political Science, Economics, and Philosophy Marchi Hall, 2N
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 - Future Use 2M

- South Campus**
- Biology 6S
 - Chemistry 6S
 - Education 3S
 - English 2S
 - Library 1L
 - Mathematics 1S
 - Media Culture 1P
 - Nursing Marcus Hall, 5S
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 - Psychology 4S
 - Social Work 1L
 - Sociology and Anthropology 4S
 - World Languages and Literatures . . . 2S

- Administration Loop**
- Center for the Arts 1P
 - North Administration 2A
 - South Administration 1A
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BANNER POLITICS

The Fall of de Blasio

Administration Marred by Fumbles That Complicate Second Term

BY DECLAN KAASLER

On March 13, 2016, a cold and blustery evening in the Bronx, 40,000 soccer fans were gathered in Yankee Stadium to spectate New York City Football Club's home opening match. Suddenly, a well-known guest was invited onto the pitch to carry out the ceremonial coin toss. It was none other than Mayor Bill de Blasio.

Almost immediately after being announced on the loudspeakers, de Blasio was met with a chorus of booing and jeering. To see that many people showing such strong disapproval is shocking and this reflects the attitude of the city's populace at large.

It has been a rough three years for New York City Mayor Bill de Blasio, who was elected at the conclusion of the Bloomberg era.

The history of de Blasio's predecessor was marked with controversy over a third term, as well as unpopular "nanny laws" imposed upon the city.

During the election cycle of 2013, de Blasio marketed himself as the "anti-Bloomberg." Unfortunately for him, the series of blunders that followed were just as unpopular with New Yorkers.

Since being inaugurated on January 1, 2014, de Blasio has managed to earn the general odium of 88% of all NYPD officers, according to a poll conducted by the New York Post. This sentiment stems from de Blasio's consistent undermining of law enforcement.

He has backed a lawsuit labeling the city's cops as racist, as well as promoted his friendship with the outspoken cop critic Rev.



Al Sharpton on a televised address. In protest to what they saw as de Blasio's mistreatment, a large group of officers turned their backs on him as he spoke at an NYPD funeral in early January 2015.

New York City may be a lively urban center but for many decades the tradition of Central Park's horse-drawn carriages have provided employment for many New Yorkers and have brought in additional revenue from tourists seeking rides.

On day one of his administration, de Blasio pledged to ban this local industry, citing that it cruelly exploited horses.

This sparked outrage among many New Yorkers, especially those whom were employed by it. Horse handlers objected to the mayor's claims that they mistreated their animals.

Commentary: Donald Trump, Party Pooper

How One Man Crashed the Republican Party

BY STEVEN MORRIS

Since that first day of him gliding down an escalator in Trump Tower to announce his candidacy for the President of the United States, Donald Trump wasn't your typical Republican candidate.

His claims of not being a politician and part of the system resonated with Republican voters throughout the country. His "mad as hell" and "fed up" persona was a something that Republican voters got behind because that is how they felt.

"Fed up" with the status quo and "mad as hell" at the people who are in charge, who they believe are not helping the everyday person.

Trump was gaining support quickly. With suggestions such as building a wall and the slogan "Make America Great Again," he was the center of attention and dominated the news media.

This surge in popularity and support shook the Republican Party down to its core.

Who would think Donald Trump would be the Republican candidate for President of

the United States? In fact, not many of people did.

At first, the presumed 2016 match-up would be Hillary Clinton up against former Florida Governor, Jeb Bush. The people of America thought that those were going to be the two names on the ballot.

Trump rattled Jeb Bush, especially in the primary debates where Trump embarrassed him. With comments such as "you're a mess" and that he would be a "weak President" it threw Bush into a tailwind.

Bush appeared to be nervous and lacked the ability to really defend himself from Trump's onslaught of comments and criticisms.

Bush wasn't the only victim of Trump's simplistic but yet effective criticisms. He had a name for almost each candidate, especially Senators Ted Cruz and Marco Rubio.

With names such as "Lyn' Ted" and "Little Marco" it managed to rattle both candidates and have those names stick to them throughout the primary cycle.

Then came the primary elections where Trump was beating out the "establishment" candidates, such as Senators Cruz and Rubio and Governor Bush, to name a few. Not just by slim margins, but with huge surplus.

Donald "Trump'd" the competition of candidates vying to become the Republican candidate, with a total of 41 contests won and 1,441 delegates awarded.

With this, Donald Trump was the last one standing when the dust settled. Not every Republican was pleased that he was the choice to be.

There were motions during the opening sessions of the Republican National Convention to make it difficult for Trump to become the Republican candidate which ultimately failed. The Republican Party went with it and supported Trump.

Trump, however, has repeatedly embarrassed himself. No matter how much he did, from "off the cuff" tweets, making fun of a disabled reporter, racist and misogynistic remarks at rallies, the Republican Party still

in February of 2016.

A woman and two of her children were fatally stabbed by the woman's boyfriend in the Ramada Inn, less than a mile away from the College (and The Banner's office.) Despite best efforts, de Blasio is unable to stem the tide of this increasing burden. The hotel housing facilities are unable to cope with this increasing amount of people.

"It's not cost-efficient, it's not safe and it's not fair to the people who are homeless," said City Council member Elizabeth Crowley. "We have to move families out of hotels and shelters into permanent housing."

This year, de Blasio has been spending significant amounts of time out of the city, promoting Hillary Clinton's candidacy in Iowa by knocking on doors.

While de Blasio gets involved with the presidential race in 2016, he will soon have to think about re-election in 2017's mayoral race. Christine Quinn has expressed interest in running again, along with numerous other mayoral hopefuls from other parties.

A defining trait of the 2017 election will revolve around de Blasio's credibility and the impression he's made on the city as its leader. According to a recent NBC poll, only 35% of New Yorkers approve of the job de Blasio has done these past four years.

What we have had since 2013 is a mayor who has divided the city, alienated those who serve it and protect its laws and feuded needlessly with New York Governor Andrew Cuomo over petty policy issues.

Next year promises to yield an interesting election, even in comparison to 2016.

supported him.

Then came the leaked tapes of him lewdly talking about women on a tour bus with Entertainment reporter Billy Bush. This was the last straw for a lot of Republicans.

Several withdrew their endorsements of Trump citing these lewd comments, from Senator John McCain to the House Majority Leader Paul Ryan, Trump was losing support.

Because of Trump, the Republican Party seems to be in a sort of twilight zone.

With less than a month away from the presidential election the Republican party is in disarray, withdrawing support of the candidate they chose to represent them to facing a new era of Republicans and Republican voters who lean more right from where the party stands.

The party of Dwight D. Eisenhower, Ronald Reagan, George H.W. Bush and John McCain is now the party of Donald Trump.

It is now up to the Republican Party to figure out a way to clean up the mess Trump has made of their party.

BANNER NEWS

"Crime on Campus" Continued from Front Page

pus," the email said.

"He was last seen heading across Loop Road towards Willowbrook Park," the email continued.

According to the email, the suspect was male, 5'9 and 170 lbs. He was seen wearing a light colored hooded sweatshirt, dark pants and a dark baseball cap.

The note—which was signed off by CSI's Director of Public Safety, Robert Wilson—offered several safety tips to stu-

dents:

1.) Thefts from vehicles can happen anytime, day or night. Park in well lit, heavily traveled areas.

2.) Close and lock all windows and doors when you exit.

3.) Never leave valuables in plain sight. (Phones, GPS units, coins, charging cords or other small items can be enough to invite the thief).

CSI's Office of Public Safety is in 2A-108 and can be reached at 718-982-2111. Public Safety also provides escorts.

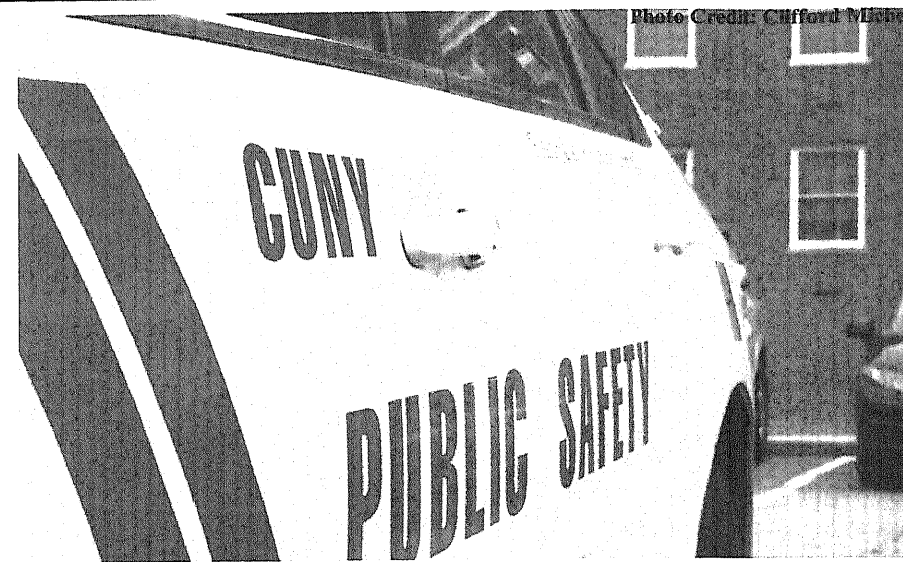


Photo Credit: Clifford M...

"Staten Island Drug Epidemic" Continued from Front Page

"If you don't take actions on these problems it won't go away," said Nasta. "If you have a toothache, let's say a cavity, and you ignore it, does it go away? No, it only gets worse. It's considered to be a disease, a brain disease, and if you have an illness and ignore it, it will only get worse."

Nasta said that the root of the epidemic can be traced back to the companies who used to peddle their pills to doctors, back when synthetic heroin was new to the market.

When the pills were first being used for pain treatment, patients were told to use a 1-10 scale of how bad they felt, which could easily lead to inaccurate dosage.

These medications were extremely addictive and powerful; what may have started off as a fast way to ease their pain, quickly becomes a dependence on the drug, Nasta said.

Nasta also said that a major factor contributing to the growing rate of addictions is the shrinking negative stigma that comes with the use of pills.

Since synthetic heroin is available in some over-the-counter drugs, Nasta explained, people are more open to popping a pill than injecting themselves with a needle.

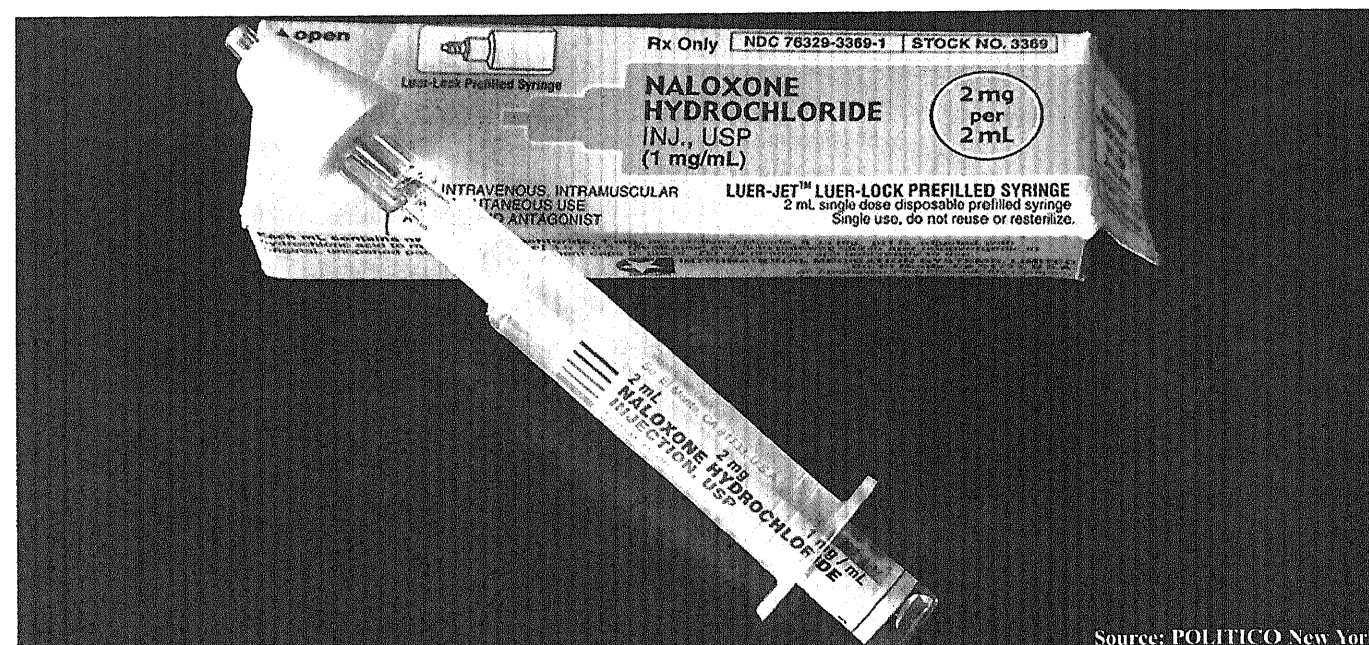
This less intimidating opiate is the main gateway to heroin use due to its cheaper price and more intense high.

The "little blue pill" is just as dangerous as the needle, Nasta told the audience.

However, the most chilling thing Nasta said he has experienced was in a bathroom after a meeting on addiction in Albany.

He said he came across a needle drop box for those who go to do heroin in the bathroom at a rest stop.

Nasta said he was "shocked" to see an establishment accepting addiction as a normal occurrence. Nasta argues that this is a disservice to the government's part and dangerous



Source: POLITICO New York

to those who desperately need help.

Many doctors say that the first step to recovery is admitting to the problem, but most addicts believe that they won't lose control of themselves, even long after they have.

Heroin use can start as a social experience, but it often degrades into an isolated practice.

A former addict at the meeting, who only identified himself as Louis, admits this is how it started for him while trying to make new friends.

"I wanted to fit in with the bad crowd," he said. "I was just a scared little kid."

One major reason why addicts don't try to seek help for their sickness is that they are simply scared of the reaction from friends and family.

According to Nasta, some users who've been taking opiates for years have family members who never know that they had a problem.

However, doctors say that family members should be sympathetic to their loved ones.

"We shouldn't make addiction a moral issue," said Comfort Asanbe, a professor of psychology at CSI. "It is a disease of the brain."

John Arena, a professor of sociology at CSI agreed, telling The Banner that the answer to the drug epidemic begins with more involvement from the community.

"I think people should focus more on personal responsibility," said Liotta. "It's not the community's obligation to get people the help they need."

"If you have a toothache, let's say a cavity, and you ignore it, does it go away? No, it only gets worse."

"It's not just a personal problem, it's a social problem and the solution has to be social," said Arena. "People need assistance, but the resources need to be there for drug addiction and the shame people have from it."

Not everyone is in agreement on how to handle the borough's drug crisis.

Paul Liotta, a reporter at the Staten Island Advance who has written about the drug epidemic, believes the solution lies with the individual.

"If someone finds themselves struggling with addictions, they should seek trained professionals to help them get better."

Nasta remains firm that with the help of scientific research, governmental aid and simply understanding what causes the problems, addicts can overcome their demons and find an escape from heroin.

"Keeping it a secret gives it power," he said. "If you put it out on the table, it can be fought."

BANNER NEWS

**IDEAS
+ ACTION
= CHANGE**

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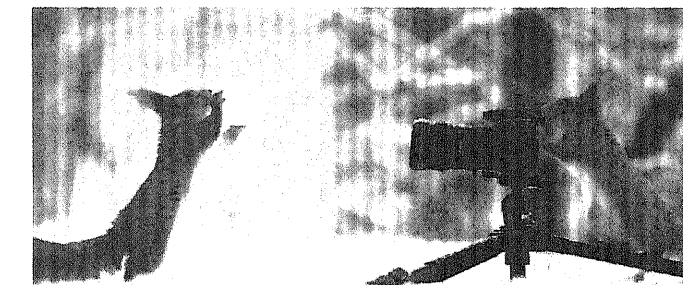
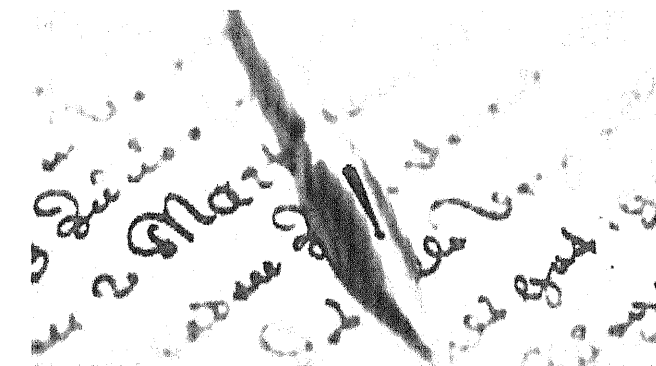
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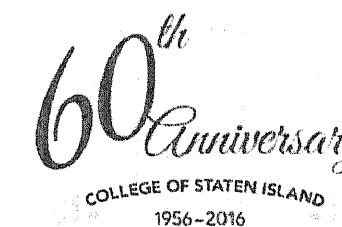
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BANNER LIFESTYLES

Toxic Friends And Why They Are Worse Than Enemies

BY BEREN SABUNCU

I love people and it is based on my personal experience that everyone can teach you something you didn't know before. I am, by nature, very friendly and it has paid off for me tremendously; I have great memories to look back on and great love both for and from my friends.

I have very rarely met someone and completely disliked them. Actually, I can't think of anyone I utterly dislike other than my ex-friend A. (her full name shall remain anonymous for obvious reasons).

Now, A. seemed completely harmless and lots of fun to hang out with.

We hit it off right away and talked about movies, books, things we liked to do and life in general. She also laughed and joked a lot which is something I find very charming in a friend.

As we got closer, however, her charming qualities made me overlook her negative qualities, and I realized she had quite a few that I didn't really like.

She gossiped often, which is something I'm not very fond of, as I feel it's not bettering me in any way. She was also a pessimist.

Her pessimism not only affected my outlook on life, it also affected my mood. Her eating habits were very unhealthy as well and

although one should be in charge of their own eating habits, those you surround yourself with rub off on you.

I had started eating fast-food with her almost everyday. Her unhealthy lifestyle changed me spiritually too, as we had been friends for a long time by then.

My sleeping schedule was off, I was eating greasy food everyday, didn't have anything better to do but to gossip and didn't think my life was going anywhere. I had dreams and ambitions of course but what was the point of it anyway?

She oozed pessimism disguised as realism that would alter your perception of reality, making you feel as though the world was a place where nothing was possible. I didn't like her energy but I couldn't really bring myself to say it because we had many memories and they weren't all bad!

That is, until she decided to talk about me behind my back. Everywhere I went I would hear rumors about me, bad ones that costed me friends and made me new enemies.

I forgave her several times over many years and yet she did the same thing over and over again, proving that you can never trust a toxic friend.

Getting her out of my life has quite literally improved it in every way possible and

getting rid of your toxic friend will too. There are many tells of a toxic friend but the most apparent one is that you feel emotionally drained after hanging out with them.

Trust your intuition; if your soul is feeling tired or you have this general sense of negativeness after hanging out with a certain someone, they might possibly be a toxic friend.

A toxic friend also makes you feel like they're using you for your resources.

Paying for dinner is not a big problem but if you're funding them all the time, how can you ever be sure they're genuinely your friend?

Additionally, everyone is warning you about them, saying that they're talking bad about you behind your back.

A friend that is smiling at you but saying horrible things behind your back is not really someone you'd want on your team.

Because of this very reason, you feel like the secrets you give them aren't safe. A true friend should be your confidante, not a double agent. Another sign of their toxicity is they make you feel as though they don't really like you.

This makes you feel unlikable because it leads you to think, why would anyone like me if my friends don't? There are also tox-

ic friends with insecurities that try to one-up you or look down upon you. For some people, self-confidence is achieved through belittling other people's accomplishments.

For your sake, avoid those people and avoid the people who make you feel hopeless about the future just because they have a negative outlook on their own life. The world is truly yours for the taking and they are not bettering you in any way.

In my experience, surrounding yourself with positive people with bright energies is a magical thing.

The world can be a hard place sometimes; just watch the news.

I don't know about you but I prefer uplifting friends that can challenge me intellectually and better me as a person over ones who don't.

My best friend, who I refer to as my sister, is a perfect example. She challenges, motivates and loves me.

Her friendship has bettered me in every way and if it weren't for her, I never could've have realized why A. was such a toxic friend.

There is a remarkable difference between a good and a bad friend.

You really don't owe anyone your friendship and if they are not good for you, why are they in your life?

What Issues Are You Up Against in Popular Job Fields?

BY BRIANA DELBUONO

You just graduated college with your Bachelor's degree and you don't know what jobs to apply to that relate to your field. Here's what you should know before applying:

If you are a nursing major and you're a man, you are still likely to make more than women even though you are in a female-dominated field.

"Even in nursing, which is dominated by women—male nurses are outnumbered almost 10:1—men make more," Dan Diamond, Managing Editor at advisory.com said. "The average salary per year in 2011 was nearly \$61,000 for a male nurse, and just \$51,100 for a female nurse."

Don't let this discourage you — you can still benefit from having a passion for nursing.

You will never have to search for a job because there will always be a need for nurses.

As far as moving up the ranks, opportunities come to those who work for them, regardless of gender.

Although, if you are a woman and you are an aspiring journalist, you might have an advantage.

"A landmark survey in 2011 of more than 500 media companies worldwide found that

women made up only about one-third of the journalism workforce," John Wihbey said on Journalistsresource.org.

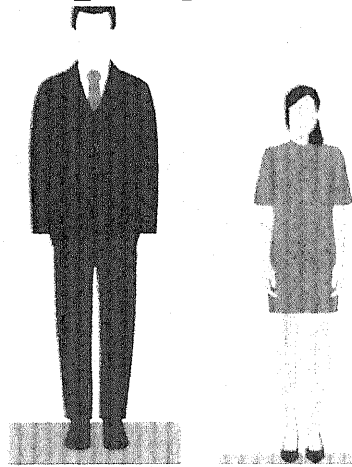
Setting aside the wage gap, if this is your field of choice, there is nothing to fear.

This line of work always forces you to step out of your comfort zone and allows you to get your name out there.

Who wouldn't want that? Plus, the actual wage gap is smaller if you compare women and men doing the same job.

Although this is typically rare, female social workers actually make more than males in the same field — averaging \$1.08 for every male dollar.

This career is also especially satisfying



because of the field's increasing demand and flexible hours.

If you think extra schooling will eliminate the wage gap issue, you're wrong.

Even careers that typically require more schooling fall victim to the dreadful wage gap. "An AAUW analysis of the U.S. Census Bureau's 2013 American Community Survey data found that overall, women in computer and mathematical occupations were paid 87 percent of what their male counterparts were paid. In engineering and architecture, women were typically paid 82 percent of what their male counterparts were paid," Renee Davidson wrote on aaauw.org.

In the college sphere, the same is true. Female professors tend to make less than

their male counterparts in the same field, with the issue tending to be worse in Ivy League schools. However, that is not necessarily true for all schools.

"The University of Texas M.D. Anderson Cancer Center, which came in at No. 10 on gender wage disparity, also paid the highest average salary for female faculty — \$271,000.

New York Law School and Harvard likewise paid some of the highest average salaries for female faculty," Tyler Kingkade said on Huffingtonpost.com. "Another one of the 10 best paying schools for female faculty, the Massachusetts Institute of Technology, actually paid female professors over \$7,000 more on average than male professors."

Try not to be discouraged; there is hope — especially for women. Times are changing. Even Donald Trump has pushed to end the wage disparity, saying women should get "equal pay for equal work," as quoted by Ariana Eunjung Cha on Washingtonpost.com.

According to a March "Women at Work" report by the Bureau of Labor Statistics (BLS) the gender wage gap continues to narrow.

Women earned 81 cents for every dollar earned by men in 2010, (which is) up from 76 cents in 2000," Jenna Goudreau wrote on Forbes.com.

BANNER LIFESTYLES

Age Is Just A Number and It Doesn't Automatically Gain You My Respect

How Many People Misunderstand the Old Adage "Respect Your Elders"

BY BRIELLE SPARACINO

As members of Generations Y and Z, we're used to stating our personal opinions, values and beliefs on social media, projecting them onto our family members around the holidays or at family functions.

For the most part, we have distinctly separated ourselves from our parents' and grandparents' generations through the ideas we've chosen to support as well as the knowledge we've obtained. Unfortunately, many parents tend to be much more conservative and old-fashioned when it comes to certain issues.

Our parents and relatives, who are much older than we are, also tend to play the "authority" card when discussing a particular topic.

For example, I've had a close relative essentially tell my friends and I that because she's older, she has more knowledge when it comes to politics and world views. In reality, it seems that my friends and I are the ones who are more informed than she is about what's been going on in regards to our country's current political standing.

I know I'm not the only individual who feels maddened when they encounter this kind of situation.

Sure, your Great-Aunt Sue could be one

of the sweetest people you know but when it comes down to it, she still believes in gender roles and talks about how gay people are going to hell at Sunday dinner.

there) and there are enough living examples of progressive couples who share housework (and don't degrade their partner based on worn-out stereotypes about the opposite sex)

"What does 'respecting your elders' have to do with correcting someone about the ways of the modern world?"

You desperately want to disagree with her and tell her how drastically times have changed from when she was a young girl but you know you're going to face the backlash from every other family member at the table about "respecting your elders."

What does "respecting your elders" have to do with correcting someone about the ways of the modern world?

It's never made sense to me. You can have respect and admiration for your elders but that doesn't mean they're always right.

There is countless evidence from the Bible that prove gay people were never shunned by Jesus Christ or God himself (for all of those extremely conservative Christians out

there) and there are enough living examples of progressive couples who share housework (and don't degrade their partner based on worn-out stereotypes about the opposite sex)

to put your Aunt Sue's hurtful and incorrect opinions to shame. The problem with Generation X and the Baby Boomers is that while some have become reformed individuals who embrace new ways of thinking and doing things, many choose to remain ignorant about issues and situations that have been given better perspectives.

Millennials are taught certain ways of thinking by their parents but many tend to be more accepting of things that their elders just aren't.

I've encountered quite a number of people who have conservative views on certain issues but they don't let their views get in the

way of someone else's more liberal views (like my own) and they respect the other person's beliefs instead of attempting to change their mind.

What ever happened to "let's just agree to disagree" for that matter?

Because age is a deciding factor when it comes to real-life scenarios, there has got to be a time to call it quits in the middle of a heated argument.

You don't have to agree with your parent, guardian, or relative to respect them. You can simply decide not to waste your time explaining a well-crafted argument to someone who truthfully does not care to listen to it.

The next time you happen to encounter a situation like this, keep this piece of advice in the back of your mind: respecting someone does not equate to agreeing with them if you know/believe they're wrong.

You have your values and they have theirs, and if you're both set in your ways, it's completely okay to agree to disagree.

Disagreeing on an issue doesn't mean you have to lose or gain any more respect for that person than you already have.

You've got to respect someone else on your own terms.

Not because they're a family member or a close friend but because respect must always be earned, not given.

Your "Mood Matters" to The Counseling Center

A Perfectly Relaxing Event For The Stressed Out College Student

BY BRIELLE SPARACINO

We all need time to breathe and college can certainly be a stressful environment. Knowing this, The Campus Activities Board (CAB) sponsors relaxing events every semester.

CAB calls the spring semester's event "Mind & Health Fair," while calling the fall semester's event "Mood Matters." This semester's event, "Mood Matters," took place Wednesday, October 19th, from 10 AM to 4 PM.

It took place in 1C and was comprised of four activities: a complementary massage, a game of counseling jeopardy with a sweet prize, a mood quilt made with drawings of students and a therapeutic session of making bracelets.

I didn't know what to expect as I approached the Mood Matters Information Table in 1C.

There were several people moving about the activity stations and they looked pretty content. I introduced myself to the helpful and lovely lady sitting at the Mood Matters Information Table.

She told me her name, Danielle DePalma and that she has worked with the Counseling Department for more than five years.

I asked her what this event could be best described as she said, "This event is a Counseling Center Stress Relief Event and it aids students in relaxing when the going gets tough."

I then asked Danielle if the students found it useful, to which she replied, "I believe so, I see many smiling faces and the satisfaction surveys are usually positive."

There are four activities, and the supervisors sign the corresponding box of each activity after you complete them, and upon completion you turn it in and sign an extra paper if you want to receive clue credits.

Firstly, I walked over to the massage area, and wrote my name on the list, waiting to be called.

I waited for 2 minutes, then felt a light touch on my shoulder. She asked if my name was Beren, said it was my turn. After what felt like 20 minutes of relaxing massage, I chatted with her.

She told me her name, Kathy G., and talked about her job for a bit, "Everyone is trained here, you need at least 100 hours of training and 36 credits before you can get your license as a masseuse."

I listened both her and the relaxing spa-like music of the event. I asked her if she liked her job and got a "Definitely, making

people happy is a good job to have!" After Kathy and her magical massage, I walked over to the Mood Quilt table which had 5 different sections: fear, happy, freestyle, anger and sad.

Everyone draws for whichever section they prefer and then tape their painting under that section on the board.

I chose drawing about what made me happy and taped it in its section.

The quilt was beautiful, and as I was looking at the different paintings, I met Louis and Sharena, both gazing at the quilt themselves.

I asked what they thought about the event. Sharena T. said that she liked the Counseling Jeopardy and excused herself. I got to chat with Louis M. a while more, and he told me that, "I appreciate drawing, it is sort of like an expression of feelings."

If you have pent-up anger and you want to release it, you should just draw- it doesn't have to be something specific- something abstract would suffice."

After chatting with Louis, I then went to the bead section, where I chose beads and then made a bracelet. It really was therapeutic.

Emmanuel D. sat next to me while making the bracelet, I asked him how he liked the

event thus far and he said, "The massage was honestly really good." We merrily finished our bracelets and I then grabbed a granola bar from the complimentary snack table.

With my bar in hand, I moved on to the Jeopardy, where they ask Jeopardy style Counseling related questions and the winner gets chocolate! I won!

You could say my mood was definitely uplifted.

I was introduced to Mary Murphy who Danielle said "knows everything about this event", and asked her about the masseuses. She told me they are from a company aptly called "License to Heal" and that the CAB and said company have been working together for "at least eight years."

So far, so good! Before I left the event, I got to chat with Ann Booth, PhD, who is the Director of Counseling.

She asked me if I liked the event and if I had any questions.

I thanked her and them for putting together an event which obviously benefits all and left with a smile on my face.

I fully recommend that you participate in the Mind & Health Fair this spring. I was told there will be activities such as stress ball creation, stress surveys, massages and more! Remember, mood matters!

BANNER ARTS

“The Walking Dead” Returns with a Few Surprises

The Popular Drama Kicked off with a Splatter of Blood

BY DECLAN KAASLER

On October 23, the much anticipated premiere episode of “The Walking Dead” aired, and boy was it a spectacle! Before I say anything else, know that there will be spoilers mentioned.

The conclusion of season six was concerning with Maggie’s pregnancy. Since Alexandria had inadequate medical facilities, Rick and the group tried to rush her to an allied town to get proper treatment.

However, they discovered that the subordinates of Negan had been waiting for them, and blocked every passage. Eventually, Rick’s group is captured, and Negan announces that the only way to discipline them is to savagely beat one of them to death with his spiked bat, Lucille.

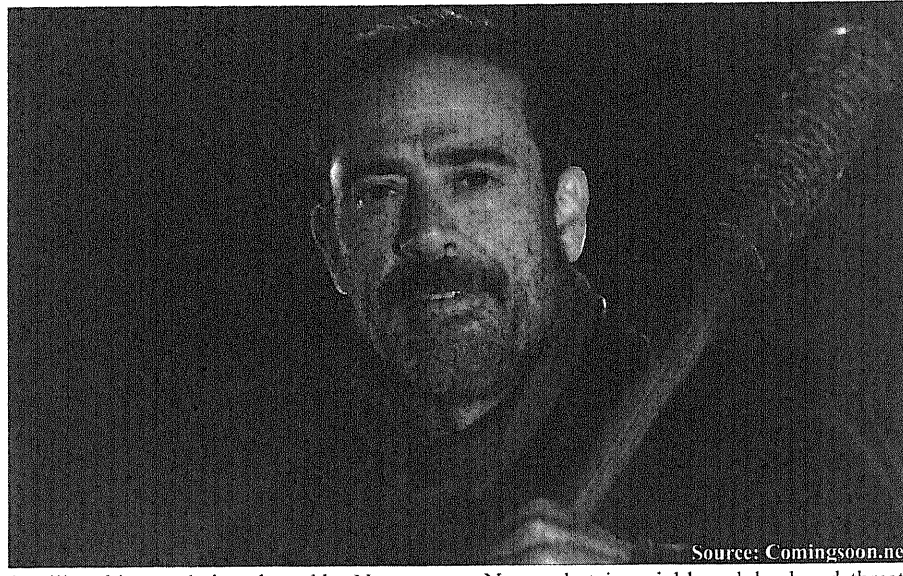
Fans were left hanging since the spring to see who would be the unlucky victim of Lucille. As the episode begins, we see an expression of shock and horror on Rick’s face.

He says to Negan that he swears to kill him someday. Negan takes this as a sign that Rick is still resisting his fate, and drags him off into the Alexandria RV.

As he does so, the camera pans in on a grotesque puddle of blood and gore on the ground.

Negan tells Rick that he wants to go for a ride.

As all this is happening, the show is still keeping us in suspense as to who actually got killed that night. Images of every member of the group flash on screen, implying that any of them could have been the victim, but Rick



is still on his own being abused by Negan.

With walkers swarming around, Negan forces Rick outside into the fray, to retrieve Negan’s axe. Rick manages to reach the roof of the RV, but has to jump off when Negan shoots at him.

After nearly being bitten by the horde, Negan shoots the walkers to allow Rick’s escape.

Twenty minutes into the episode, a flashback is shown. We finally discover who died and it was Abraham. With a swing of the bat, he was still able to say, “Suck my nuts!”

Abraham always was a tough character in this show because of his military background, but regardless, his head was reduced to a bloody stump by the time Negan got through with him.

Daryl jumps up and attempts to fight

Negan, but is quickly subdued and threatened with his own crossbow. This little act of rebellion only makes matters worse for the group, and in retaliation, Negan chooses to kill a second victim! Glenn suffers a horribly brutal death quite similar to that of the comics.

After being returned to his group, Rick is still hassled by Negan.

The situation escalates quickly, and Negan presents Rick with an impossible choice: chop his own son’s arm off, or witness everyone in the group get shot in the back of the head.

Here, we see a Rick that we haven’t seen in some time. The normally cold and hardened Rick Grimes is writhing on the ground, sobbing and begging Negan not to make him go through with the deed. Eventually, he

picks the axe up.

Considering Carl has already lost an eye, it would have been difficult to imagine him being further disabled.

However, this was all a ruse by Negan. After Rick goes through this mental torture, Negan believes that Rick looks at him the proper way, like a dog loyal to its master.

Clearly, Negan is a sociopath with no regard whatsoever for the wellbeing of others. He even takes Daryl captive to ensure that Rick cooperates with him.

After Negan and his men leave, Rick’s group briefly mourns the loss of Glenn and Abraham, before eventually moving their bodies to be properly buried.

This season premiere was about as action-packed and bloody as they come. The opener of season five comes to mind, when Carol single-handedly obliterated the cannibalistic Terminus.

In contrast to that event however, you cannot cheer for this episode’s bloodshed. All you can do is helplessly watch as Negan murders people in a twisted display of power.

Additionally, I noticed a very heavy usage of phrases such as “New Beginnings.” Clearly, this season promises to radically alter the dynamic of the show.

What will happen to the group now that they are merely reluctant servants of Negan and The Saviors?

I assume that Rick will eventually find a way to avenge his losses, but for the time being, he needs to survive.

Welcome to a new beginning indeed.

“The Accountant” Educates on Autism

Weak Script Brings Film Down

BY RAMI TABARI

While effectively enlightening people on the subject of autism through Ben Affleck’s faithful portrayal of an autistic protagonist and delivering well choreographed fight scenes, “The Accountant” falls short with its overly coincidental plot.

Christian Wolff, a freelance accountant for dangerous people around the globe, was diagnosed with a high functioning form of autism as a child. As a result, his father trained him in martial arts to overcome people that might take advantage of him.

“The Accountant” conveys the idea that autism isn’t a weakness, just a difference; and if you have autism, you’re not simply doomed to fail in life. Here, you have a protagonist living with his autism while being fully capable of leading a “normal” life.

The film doesn’t try to overwhelm you by exaggerating the consequences of his autism.

Rather than irritating the audience with inflated representations of autism, it is made evident that he is different through his mannerisms and routines.

Affleck’s marvelous performance spurred the film’s powerful message. You didn’t see his Batman-esque brooding character, you saw an awkward person trying to connect to other people and his portrayal of that charac-

ter was surprisingly authentic.

At one point Wolff is standing behind a poster with a robotic arm, this is a subtle reference to Wolff’s “robotic” nature. On the opposite end was a human arm which introduced Wolff’s new client that acted natural and “human.”

This is a much appreciated little detail that drives the idea that Wolff struggles with expressing his emotions.

Wolff’s character is compulsively precise in everything that he does from accounting, to fighting, to shooting. His ideal for perfection makes him feel relatable and easy to sympathize with.

People without autism strive for perfection all the time, but have the ability to stop themselves unlike Wolff who cannot control his urge to complete tasks.

The film manages to captivate you through its intensity with smoothly choreographed fight scenes using an Indonesian martial art called Pencak Silat. In that form, you could see a little Batman in Wolff’s character.

In the background of Wolff’s vigilante-esque activities, the treasury department is closing in on him. Characters Ray King (J.K. Simmons) and Marybeth Medina (Cynthia Addai-Robinson) lead an ultimately boring

investigation that is sprung up by nothing but coincidences.

At every turn, Medina’s logic in discovering Wolff’s whereabouts are beyond ridiculous and heavily reliant on deus ex machina to assist. The simplicity of the investigation is borderline childish, never mind the poor acting that made you wish Affleck would appear on screen already.

A delightful dynamic that the film introduced was romance through Dana Cummings (Anna Kendrick) and Wolff. The awkward, yet entertaining, chemistry between Affleck and Kendrick’s characters opened up an interesting idea when we think about people with autism.

They’re just like us, awkward and anxious as hell when it comes to talking to other people. The point is to be understanding, and the film drives that point through comedic and endearing moments between these characters.

Brax, the antagonist trying to kill Wolff, was written in a way that’s simply intriguing. Rather than being a cliché villain, he is more down to earth and logical.

Jon Bernthal is to thank for why Brax’s character is so likeable. With his charm and compelling acting, you get wrapped up in every scene he’s in.

Affleck and Bernthal really push this film

in terms of performance, there comes a point when everything else is just so uninteresting that you beg for these two to be on screen.

When Wolff and Brax eventually face off, which is the closest thing we’ll ever get to a Batman vs Punisher spin off, an aurally stunning soundtrack accompanied by emotional dialogue is packed into a heart-wrenching fight that is the highlight of the film.

While the performances from the two are spectacular, the reason the characters are brought together at the end is ultimately the result of lazy writing. A spoiler is revealed and it happens to be the most coincidental plot point in the already coincidental movie.

This specific plot point completely ruined the script’s seriousness and to make it worse, the characters even poke fun at it themselves, which does not help its case.

Even though this may make viewers want to rip their hair out, Affleck and Bernthal practically saved it with their charming performance and character dynamic with one another.

“The Accountant” fails in many aspects of being a coherent and well thought out film, yet it is still worthy of watching in theaters because of its amazing performances, intense action, and educational role in autism awareness.

BANNER ARTS

Sweet Christmas, it’s “Luke Cage!”

Marvel’s #1 Hero for Hire is a Bulletproof Black Man in a Hoodie

BY LUCIA ROSSI & STEVEN MORRIS

Netflix is causing a controversial storm with its new Marvel’s defender installment, “Luke Cage.”

Since its release on September 30, binge-watchers have been buzzing about this black male superhero wearing a black hoodie, saying that it is just what New York needs.

A few months after “Marvel’s Jessica Jones,” Luke Cage, also known as Carl Lucas, played by Mike Colter, is trying to find his place again in Harlem, while his neighborhood is being overrun by crime and political bosses. Cornell “Cottonmouth” Stokes, Hernan “Shades” Alvarez, Willis Stryker, who also goes by Diamondback and Mariah Dillard, a local politician.

At first Luke Cage just wants to be normal and blend in, but he soon realizes he can no longer just stand idly by as injustice is done right before him to the people he knows and cares about.

Along the way, Claire Temple, played by Rosario Dawson, creates a romantic connection with Luke Cage, though it doesn’t quite compare to what she had with Daredevil, Matt Murdock.

This romance is more subtle and slow moving, given she is always there when the main protagonist needs her most.

Personally, I’m just waiting for that awkward moment in “The Defenders” when

Daredevil and Jessica Jones learn that Claire is with Luke Cage now. While Luke Cage is out, maybe she’ll have Iron Fist on the side, but I guess we’ll find out next March.

Mercedes “Misty” Knight, an NYPD Detective who shares a one-night stand with Luke Cage, constantly questioning the police’s system in how they catch major criminals and isn’t sure if Luke Cage is someone to arrest or assist in saving Harlem.

Luke Cage drops Defender “easter eggs” throughout the series. There are mentions of “the event,” which refers to the first Avengers movie and a mention of Madame Gao’s operations in Hell’s Kitchen.

Additionally there is talk about how Jessica Jones snapped Kilgrave’s neck and a flyer for Colleen Wigs’ martial arts class, which

links the “Iron Fist” series to Luke Cage.

“Luke Cage” did create some controversy when it was released. The main criticism of the series is that it is “too black” and raises the theory of “reverse racism.”

“Reverse racism” is defined as discrimination against a dominant or formerly dominant racial group. The criticism that the series is “too black” is nonsensical. Statistically, Harlem is made up of mostly African Americans.

It is the show’s duty to accurately reflect what the neighborhood is like in the series to make it more authentic.

The “reverse racism” critique is just about as ridiculous as the “too black” critique.

Sure, there are more black people in the

show than whites, but that doesn’t mean that they are racist or discriminating. The series is accurately portraying the environment in which this character and or characters are in.

“Luke Cage” gives off a different vibe than the other Netflix/Marvel shows because of its inclusion of culture and music. It represents a close knit community.

They deal with very real issues that are going on today, like gentrification, political corruption, and police discrimination.

The idea of “Luke Cage” being a black superhero in a hoodie is just what our society needed.

In pursuit of him in the show, the police cracked down, frisked and beat up many innocent people because they looked like him.

The show does allude to the events of Trayvon Martin since that occurred while filming.

In this way, Marvel is commenting on Black Lives Matter. In fact, Luke Cage was a wrongfully imprisoned man himself.

It’s also very refreshing how the show criticizes racial slurs against African Americans like the “N” word. The main characters didn’t like the term and refused to use it.

If you’re wondering if you get to see Luke Cage in his classic yellow garments, the answer is yes, once.

Luke Cage’s origin story is told in full as the villains’ are as well, which added much more depth to their characters.



Source: YouTube.com

People Are Going Mad For “Mad Love”

Early 2000s Musician JoJo Has a Comeback Album That Doesn’t Disappoint

BY BRIELLE SPARACINO

Remember JoJo? If you don’t, allow me to refresh your memory; she was one of the most talented artists in the early 2000’s.

At 14 years old, she released her first-ever full-length album self-titled JoJo, and slayed the music industry with her extraordinary vocals.

Two years later in 2006, she released her second album, The High Road, before mysteriously withdrawing from the music industry for nearly ten years until she debuted a collection of three brand new songs in 2015.

While her so-called “tringle” did well within the online community after it was released, her fans felt truly blessed when she announced her third official album this summer, titled “Mad Love,” which premiered on various music streaming services on October 14.

The first track on the album is called “Music,” an ode to what has helped her become the person she is today. This heartfelt ballad might have you tearing up as you listen to her voice break while belting the song’s emotionally-charged lyrics. Although it is much slower than many of the other songs on the record, it is easily one of my favorites.

The next track on the album is called “I Can Only,” featuring Alessia Cara. This track

will have you feeling unapologetic about the amazing person you are.

“Mad Love’s” the third track is called “F*ck Apologies” featuring Wiz Khalifa, which is actually JoJo’s first single off the album.

While it originally debuted in the summer, it hasn’t gotten old yet. This song will have you lip-syncing into your hairbrush in front of your bathroom mirror; I know I’ve done it.

The fourth track on the record is called “FAB,” featuring Remy Ma. In this catchy tune, JoJo is actually calling out all of the Fake A** B***** in her life, and Remy Ma helps her out by laying down her own verse. I’ve got to say that while this song is definitely a bop, it’s not one of my favorites from the album.

However, “Mad Love,” which is the fifth track on the album as well as the album’s given name, is all-around fantastic. Like “Music,” this one is a ballad, and JoJo uses it to spill her feelings about a special someone. Her vocals are insanely powerful in this tune.

The sixth song from “Mad Love” is called “Vibe,” and I can genuinely admit that this is another of my favorites. Set to a super danceable backing track, this song basically states that girls have game and can play boys too; it’s a complete ode to girl power at its finest, and I absolutely love it.



Source: YouTube.com

The seventh track on the record, “Honest” is another ode to girl power and it shuts down the double standards women tend to face when they mess around with more than one guy. “It’s not promiscuous, it’s just owning it” is a line that so many young and adult women can relate to, which is what makes JoJo such a beloved musician.

The eighth song on the album is titled “Like This.” It feels like a throwback jam from the 2000’s, but with a modern twist.

This addicting, seductive track is reminiscent of the r&b tunes you used to listen to in middle school, but it’s also totally appropriate to play at a house party or a mellowed-out nightclub.

This tune is one that’s so catchy, you won’t be able to get it out of your head for days.

The ninth track, “Edibles,” is another seductive song and according to an interview with idolator.com, it is about “getting high and having sex.” If you didn’t already have an inkling of what the song could be about from the title alone, you definitely pick up that vibe (no pun intended) when you hear it in full.

The tenth tune on “Mad Love” is called “High Heels,” and let me tell you, if you’re listening to this while walking down the street, you’re going to start strutting instead. “High Heels” definitely showcases JoJo’s vocals in all of their glory. With a bit of a rock edge, this song will make anyone feel like the badass they know they are in their heart.

The eleventh and final song on the original version of the album (there is also a deluxe version featuring four extra songs) is called “I Am.”

This song tackles the self-esteem issues that all of us currently face or have faced, and it’s a reminder to always love yourself and to realize that you’re worthy of love. This song is a perfect ending to such an amazing album.

JoJo really outdid herself with this record. Every song is catchy and some are emotional, but all are relatable.

By the look of things, it seems that this time she’s here to stay.

BANNER OPINIONS

The Keys To The Foreign Policy Playground

How the Next U.S. President Inherits All Tools Necessary to Run Wild

BY AHMED AHMED

The 2016 Presidential election is reaching its climax on November 8 in voting booths across the country. Donald Trump and Hillary Clinton have run the most controversial campaigns in recent U.S. political history.

The nation is divided and the path forward rests in our hands. Both candidates have promised significant domestic policy changes, and each has had their agendas thoroughly analyzed.

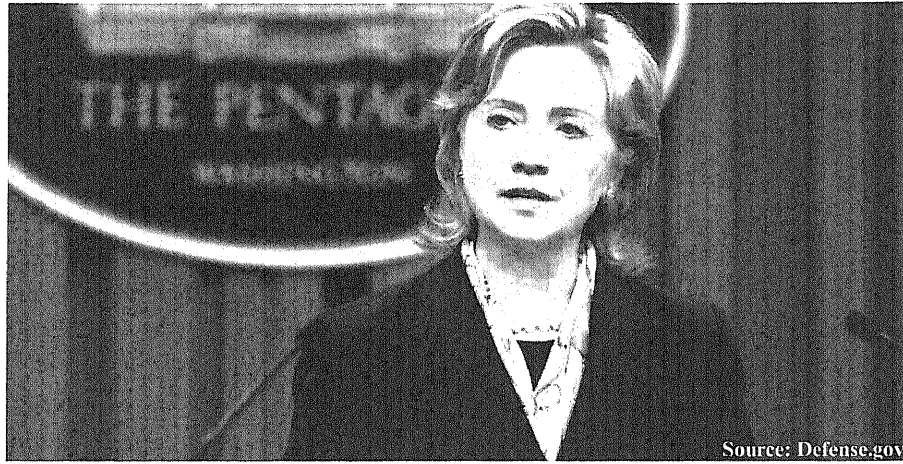
However, voters must realize where their voting decision will be felt the most and that will not be at the domestic level. Rather, it is an area that Americans are statistically less interested in, Foreign Policy.

In due respect the president lacks the credible authority to influence domestic policy in a radical way.

This is because of the “checks and balance” system instituted by our founding fathers.

The U.S. Congress, the supreme legislative branch of the government, is where many of the policies and laws that we interact with on a daily basis are drafted and enacted. Taxes, government oversight, spending and the welfare of the nation is solely in the hands of the 100-member Senate and the 435-member House of Representatives.

This is not to say that the president is completely removed from the nation’s laws. Presidents can veto legislation, meaning any law or policy proposed by Congress not in-line with their ideology can be rejected. However, it is important to note the context



Source: Defense.gov

when something like that occurs.

If a bill enjoys broad support from Congress, then the president has the prospects of being overridden by a 3/4th majority vote in Congress: an embarrassing situation which every president avoids.

Taking, for example, the recent campaign promises, if President Clinton were to fulfill the vision of a tuition-free higher education, she wouldn’t be able to do so immediately.

A policy like this would need to originate and pass both chambers of Congress with a majority.

Likewise, if President Trump were to make good on his promise to rebuild America’s infrastructure, then securing the necessary budget allocations for the program would require Congressional support, action and subsequent approval.

These promises cannot be implemented without the votes of the representatives you chose to send to Washington D.C. Your Senator, local Congresswoman and Congressman

This gave the President the authority to use “all necessary and appropriate force against those nations, organizations, or persons she determines planned, authorized, committed or aided the terrorist attacks of 9/11, and to prevent any future acts of terrorism against the U.S.”

The broad, non-expiring and vague nature of the bill has ensured a global battlefield in which the President has the final call.

Today, we are fighting terrorists overtly and covertly in Afghanistan, Pakistan, Iraq, Syria, Libya and Somalia with conventional and drone forces.

With tensions on the rise against Russian intervention in Syria, the next President will need to carefully maneuver our sphere of influence in the region.

Both candidates have voiced distinct viewpoints. Trump favors warming ties with Russian dictator Vladimir Putin and Clinton favors supporting a confrontational stance, even threatening to shoot down Russian fighter jets over Syria.

Voters need to be aware of the candidate’s stance on the Iranian Nuclear deal and if they will honor it.

How will they deal with our membership in NATO, a pillar of European stability since World War II?

How will they deal with free-trade, that is vital to our national economy. What will our role be in the world? These are questions that deserve honest answers.

So on November 8 make sure you get the answer you want.

are better empowered to bring those visions to fruition than the Executive-in-charge.

Change does not come from the top down, but from the bottom-up.

The policy is a reflection of citizens’ attitudes and preferences, and the president cannot be representative of 300 million people at once.

That is why it is important to focus on the candidates running to represent you directly.

To better understand the office of the president, one must look to Article 2 of the Constitution.

Here the powers of the president are stipulated and defined. It importantly notes that the President is the sole representative of the country, he/she is the commander-in-chief of the armed forces and only the president can agree to enter treaties and pacts.

While in place for centuries, after 9/11 these powers grew exponentially when Congress passed the Authorization To Use Military Force (AUMF) on September 12, 2001.

Are All Remakes Terrible?

Why Today’s Remakes Are Lacking In Quality

BY STEVEN AIELLO

If there’s one thing the movie industry is obsessed with nowadays, it’s remaking or rebooting classic films. Chances are that everyone has seen their fair share of remakes in the past year or two, and it doesn’t seem that they’ll be stopping anytime soon.

Naturally, there are going to be people who disparage these kinds of films, but the number of people who have been doing so recently is somewhat staggering. Most of them have the same argument about why they hate them anyway: they’re pointless because there was nothing wrong with the original.

While that is a valid point, that isn’t the biggest problem with remaking a film. If anything, remaking a film could provide a new angle or interpretation of the concept from a creative director or writer.

The issue comes when a remake, and for that matter a sequel or even an adaptation, isn’t being made for any reason(s) other than sheer greed.

Going back to the whole ordeal about the remake craze, it may appear the movie industry’s lack of original ideas is only a recent phenomenon. However, that isn’t actually the case. People have been making adapta-

tions, sequels and even remakes long before the 1950s. In fact, many classic films such as “The Wizard of Oz,” “Frankenstein,” “Gone with the Wind” and many more are adaptations. Frankenstein even spawned numerous sequels that which were well received.

The difference between movies like those and a typical remakes today is that they weren’t being made solely for money and the director had passion and vision for the film.

By making a film just for money, the directors (and by extension the companies behind them) don’t have any real passion for their movie, and the quality suffers tremendously as a result.

This contributes to what ends up being an ultimately disappointing film that fails to stand up to its source material, much less be a good film.

In addition to a lack of passion, there are also the implications that the viewer is merely a pawn to the filmmakers.

The reason being that they’re just trying to sell people a product based on name recognition or some kind of attachment to it, and the product ends up being bland and soulless. They don’t care about feelings or even people as much as they care about making a profit.

With that being said, why are there less original ideas compared to remakes, adaptations and sequels, and who’s the biggest culprit? As bad as the movie industry’s greed is, they aren’t as big of a driving force in the matter as the people watching the films are.

Contrary to what most people may think, original films don’t fare nearly as well as they could and they are often maligned by audiences.

A prime example is the soon to be released *Passengers*, which has been lambasted by moviegoers on websites like IMDB for various reasons. Judging by that kind of reception, the film might not make a sizable enough profit to be considered a success.

If moviegoers won’t pay to see an original film in theaters, there won’t be too many original films in the future.

There’s a certain risk involved with releasing an original film in the movie industry, and if the risk doesn’t pay off then there won’t be any incentive to make more films of the same nature.

Instead, directors will opt for the safer route and make a movie like *The Avengers* or *Star Wars* that is guaranteed to make back more than its budget.

There’s also the fact that people are paying to see these movies in the first place. By paying to see the movie, the people behind the film are getting exactly what they want: money and attention, which gives them more of a reason to keep pushing out unoriginal concepts for movies.

The problem is even worse if it’s the naysayers watching these movies because it shows some awareness, but no actual action to resolve the issue.

This problem isn’t going to go away anytime soon, and if anything the best course of action is to only support films that appear to have passion and soul to them, even if they aren’t original ideas.

Remakes, adaptations and sequels aren’t the problem as much as is the execution of the movie and the approach directors and crew have to them.

Granted, it is inevitable that some of these films won’t be all that sincere in their production or intentions, but it could very well give people reason to make movies with more care and heart put into them, and give audiences a respectable product. After all, it’s better to have a good or even great film than a terrible one.

SEX AND RELATIONSHIPS

My Revelation On Gender Roles & Relationship Woes

Why Taking On Traditional Household Roles Doesn’t Make You Anti-Feminist

BY ALISSA MANGIACAPRE

I was standing in line at a crowded department store cradling three packages of socks and neon colored boxer-briefs as if the pile was a cotton/polyester blended baby when I had a revelation of sorts. Well, “revelation” might be a stretch, but that is for you to decide.

It was a busy Sunday, and most of the people in line had already grown impatient.

Now, I am not one to engage in loud, obnoxious phone calls while in a closed-confinement area, but I needed to make sure that the Puma “Core Performance” briefs that I was about to purchase were the exact ones my boyfriend had asked for.

As soon as I hung up the phone, a thirty-something woman waiting behind me in line laughed, mumbling under her breath.

“Let him buy his own undies. Are you his mother?”

I shrugged off the rude remark, chalking it up to crankiness. I made the decision to keep quiet, and carry on with the rest of my day. That is what grown-ups do, right?

However, the longer I stood there, considering everything my boyfriend does to provide for me, and the nerve Miss Buttinski must have to even assume that she understands the dynamic of my relationship, the more I wanted to shout, “Who the hell even asked you?”

Instead, I stood there wondering, if a nosy stranger could so easily pass judgment on me for buying my boyfriend some clothes, how would a friend react to the fact that I do all the household chores; the grocery shop-

ping, the cooking, the cleaning—and yes, I not only buy, but wash my man’s undies too.

I wanted to know if my best friend would respect my right to take care of my boyfriend while still identifying as feminist, or would I have to trade in my cookbook for Susan B. Anthony’s autobiography?

I met up with my friend, Bridget, at our neighborhood café. She told me that she respects my lifestyle choices, and asked, “Isn’t that what feminism is all about anyway? A woman’s right to make her own choices?”

“Besides, you’re not just some stay at home girlfriend who spends her days pushing a mop across a hardwood floor. You’re a full-time student, and you have a business.”

She was right. I work. I have goals. Why should I feel guilty about taking care of the house when I am also working hard at securing a bright future?

We laughed about how our grandmothers would be so pleased with me. It seems that older generations root for a woman to be a homemaker, while millennials advise against a woman taking a domestic role.

“Here it is!” she proclaimed. “This article says the ‘couples who share the housework are more likely to divorce.’”

I am not into stereotyping, as you might have already guessed, but I decided to look into that notion. It seems like an unfair statement for an article to make, especially from a feminist standpoint.

What happens to gender equality if women are told that they must take on all of the household chores to prevent divorce? It is the same as telling me that I should not buy

underwear for my boyfriend. Every couple is different. We should all do what works best for us.

A Norwegian study “Equality in the Home,” by Thomas Hansen and Britt Slagsvold, aimed to find out what is the wrong or right way to deal with household chores.

The study focuses on Norwegian couples that either split housework down the middle or live by more traditional gender roles. The women who take care of all the chores while their husbands work claim to be doing so of their own volition, and are, for the most part, happy.

While the study concluded that divorce rates were higher among couples that divided the chores evenly, Dr. Furedi, a sociology professor at the University of Canterbury, weighed in on the study, and has a reasonable explanation for these results.

His findings do not contradict or undermine the significant progress that men and women have made regarding gender equality, but rather they show that problems ensue when a couple is too diligent about delegating tasks and roles to one another.

He believes that treating a marriage like a business transaction is what actually destroys the intimacy of a couple’s relationship, not the distribution of household chores.

“The real issue is not that of equality versus inequality, but whether marriage is regarded as a convenient contractual encounter or an intimate and interdependent relationship of love.

What leads to divorce is not sharing of housework but a pre-existing disposition to

regard a relationship instrumentally or pragmatically.”

When couples fall into the idea that there are certain roles they must adhere to, whether it be sharing chores, delegating specific tasks, or splitting everything down the middle, it can often take away from the spontaneity of the relationship, eliminating romance and reducing the relationship to a chore.

In short, there are no rules. Relationships are not one size fits all, and there is no wrong or right way when it comes to maintaining a healthy relationship—other than: do not treat love like a business transaction.

I left my coffee date with Bridget feeling proud that I am in a relationship that some might view as old-fashioned but, for us, it works. We appreciate one another. We have separate, but equally important roles that are not delegated, but are taken on naturally.

When I can, I will treat us to a movie, but more often than not, my boyfriend surprises me with breakfast in bed or neatly washes and folds my laundry, knowing I had a long day of classes.

So, maybe I do pack his lunch for work everyday, and cut the crust off his bread, and yes, I am willing to stand in line for an hour and a half to buy his underwear, but it is my life, and it is my choice.

I am thankful for the strong women who have paved a path for me to be able to choose exactly what kind of life I want to lead, and no one, not even a nosy eavesdropper standing behind me in line at TJ Maxx can make me feel bad about that.

Dating Abuse Comes In Many Forms

How To Identify Red Flags In Unhealthy Relationships

BY JESSICA PASSIONE-SANCHEZ

When thinking about abusive relationships the following image may come to mind: a person covering their face while their significant other raises their hand to them in a fit of rage.

Perhaps, the image of someone struggling to cover bruises on his or her body might flash through your mind.

You’re correct to make that connection, but these aren’t the only signs of an abusive relationship and physical abuse isn’t the only type of abuse in relationships.

According to Breakthecycle, more than 57% of college students say they find dating abuse difficult to identify.

As they have done with everything else, technology and the Internet have made their way into dating.

Yes, we have things like Tinder and Christian Mingle because of it, but there is also a darker side to this: Digital dating abuse.

“One in three dating college students has given a dating partner their computer email, or social network passwords and these students are more likely to experience digital dating abuse,” according to Loveisrespect.

“Digital dating abuse is the use of technology such as texting and social networking to bully, harass, stalk or intimidate a partner.”

According to their website, the signs of digital dating abuse include a significant other telling you who you can or can’t be friends with on Facebook or other sites, pressuring you to send explicit video or sexts, constantly making you feel like you can’t be separated from your phone for fear that you’ll be punished, looking through your phone frequently, checking your pictures, texts and outgoing calls, and stealing or insisting on being given your passwords.

Remember that allowing your partner access into any aspect of your life is a privilege that should be respected and never forced under any circumstances.

Giving them the passwords to your phone or social media account is not a sign of your trust in them.

Rather, it’s a sign of their lack of trust and respect for you.

“Dating Abuse” is actually a blanket term used to describe all the ways that a significant other can be abusive towards you or someone you know.

Besides physical and digital dating

abuse, emotional/verbal abuse, financial abuse, sexual abuse and stalking also fall under this category.

Emotional/verbal abuse does not leave physical scars or bruises but it can be just as detrimental to a person as physical abuse.

There are a lot of behaviors that qualify as emotional/verbal abuse including, but not limited to, calling you names and putting you down, preventing you from seeing or talking with friends or family, throwing things or punching walls, threatening to commit suicide if you try to leave, making you feel guilty or immature for not consenting to sex or blaming you for their abusive behaviors.

Just because the pain cannot be seen it does not mean that it is not there or that it should be ignored.

Financial abuse can be the most subtle or noticeable form of abuse because signs of it vary.

Examples of it include preventing you from going to work by taking your car keys, giving you presents or paying for things and expecting you to somehow return the favor, getting you fired by harassing you, your employer or coworkers on the job, using their money to hold power over you if your fi-

nancial situation is weaker than theirs and forbidding you from working or limiting the hours that you do.

If someone waits outside your home or someplace you hang out at frequently, damages your home or other property, leaves unwanted items, gifts or flowers, constantly calls you and hangs up or uses social media to track you, then you may be a victim of stalking.

Sexual abuse in relationships includes any type of action that leads to unwanted sexual contact.

Just because you are in a relationship with someone does not mean that you do not have the right to say no to sex at any time.

Examples of sexual abuse include unwanted rough or violent sex, keeping someone from protecting themselves from STIs, sexual contact with someone who is unconscious or very drugged/intoxicated or rape and attempted rape.

Dating abuse comes in many shapes and forms.

For further information on how to identify dating abuse and how to get help for yourself or someone you care about please visit Loveisrespect.org or Breakthecycle.org.

SPORTS

Men's Basketball Looks to Replace Best Player

Coach Petosa Looks to Lead His Team to Another CUNYAC Title

BY FRANK COSTAGLIOLA

After losing 78-69 to Brooklyn College in the CUNYAC semifinals, the CSI men's basketball team looks to capture the CUNYAC title this season.

While last year's team might have fallen short of expectations, this year's team has the potential to make a deep run into the post-season. As always, Head Coach Tony Petosa will be back for another season and will look to improve on last season.

Coach Petosa has produced nothing but success for the Dolphins since taking the job over two decades ago and always preached discipline on and off the court for his players.

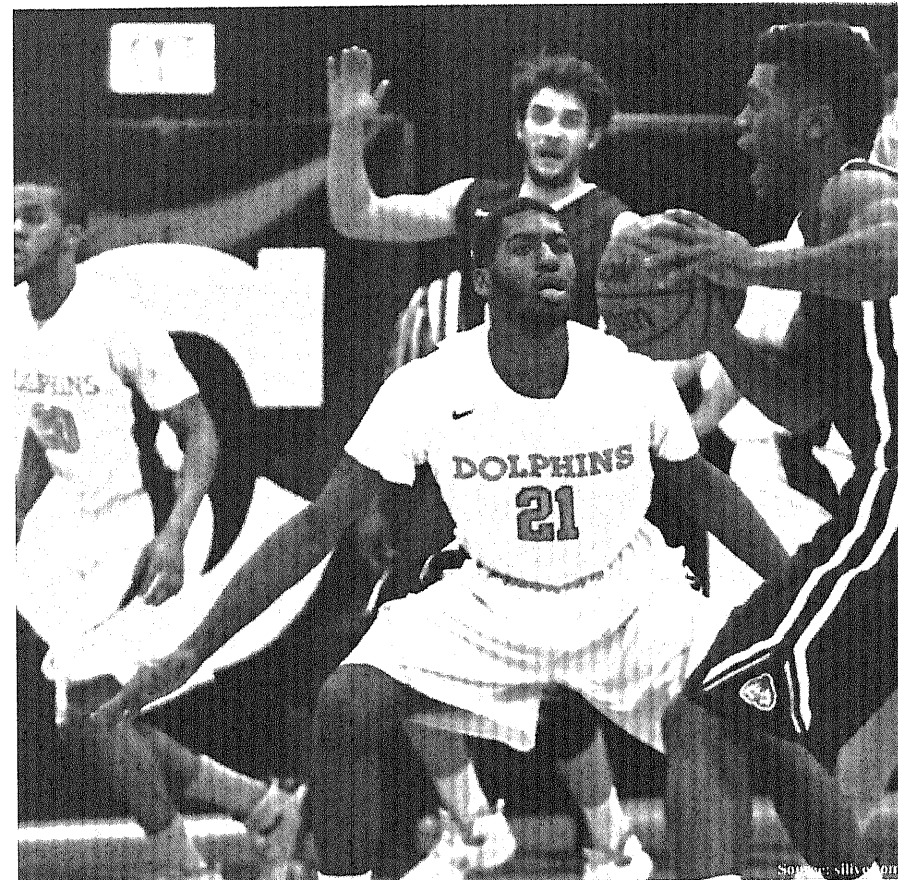
With five CUNYAC titles under his belt, and over 400 regular season victories, Coach Petosa doesn't have anything to prove. However, capturing a sixth CUNYAC title would further solidify his coaching legacy as an all time great.

What has made Coach Petosa so successful during his 20 plus year tenure as head coach has been his ability to get the most out of his players. Coach Petosa has always been a players' coach, and his attitude on and off the court is what makes him one of the best in the business.

However this year's roster will be missing some key players on the offensive side of the ball who helped make the Dolphins so successful over the past few years. The most notable and obvious player who will be missing from this year's roster is Will Fonseca.

There aren't enough words to describe how much Fonseca will be missed by the Dolphins. After joining the team during the 2012 season, Fonseca immediately established himself as one of the best players, if not the best player, in all of CUNY.

During last season Fonseca averaged video game like stats, while averaging a double-double. In 28 games, Fonseca averaged



26.1 points per game and 12.5 rebounds. That level of production will definitely be missed by the Dolphins this season and will not be easy to replace.

One player who will try to replace Fonseca's production is Senior Guard Frank Schettino.

The former Rookie of the Year averaged 15.4 points, 5.5 rebounds and 5.6 assists per game last season and will have to continue to produce at a high level if the Dolphins plan on winning a CUNYAC title this season.

In addition to Schettino, other returning and now more experienced players such as Khaleeq Baum, Edin Bracic and Vincent Dacunto need to play bigger roles to fill the holes left by Fonseca on offense.

The Dolphins' one area of weakness



last season was the unnecessary turnovers. CSI turned the ball over 14 times a game last season, which left opposing teams with too many free possessions. If the Dolphins continue to carelessly turnover the ball this season, they will be hurting themselves on offense.

Although the Dolphins struggled with turnovers at times last season, the defense was still solid. They averaged nearly 40 rebounds, 6.7 steals and 3.8 blocks per game. If the Dolphins can continue to out rebound their opponents and create turnovers as effectively as they did last season, they can expect to win many games.

The Dolphins will kick off the 2016-2017 season on November 18 at the Salisbury University Optimist Tournament.

The tournament will be held in Salisbury, MD where CSI will play the tournament host in Salisbury University, in the first round.

Just three days later, the Dolphins will play their first home game of the season against Yeshiva University. Furthermore, CSI will play its first league game on November 29 against John Jay College at the Sports and Recreation Center.

The Dolphins were 2-0 against John Jay College last season and will look to have the same success this season against them.

The Dolphins will conclude the season with eight straight division games.

This stretch of games can make or break the Dolphins' season, and will have many implications on the postseason standings.

Fortunately for the Dolphins, four of those eight games will be played at home, where CSI typically plays its best games.

The upcoming season looks bright for the Dolphins.

While Fonseca's production will be greatly missed, you can expect Coach Petosa to get his team ready for another championship run this year.

Warriors, Cavaliers

on Track for

Finals Rematch

BY FRANK COSTAGLIOLA

After blowing a 3-1 series lead in the NBA finals to the Cavaliers, the Golden State Warriors and Cleveland Cavaliers are favorites to return for a finals rematch.

While the Warriors might have went home losers after a heartbreaking game seven loss in the finals, the Warriors were the clear winners of the offseason when they signed ultimate consolation prize in Kevin Durant.

How do you improve a 73 win team? By adding arguably the best player in the NBA, Kevin Durant. While it might be a stretch for Warriors to repeat or even break the regular season win record this season, you can expect them not to finish too far behind.

Kevin Durant brings a lot to the table. Durant is one of the best in the business at creating his own shot.

Unlike many superstars in the NBA, Durant doesn't constantly need the ball in his hands to create scoring opportunities.

One of the things that makes Durant so lethal is his ability to catch and shoot, which will transition seamlessly with the Warriors style of offense.

However, if there is anything that makes this video game like Warriors team vulnerable, it has to be their size and bench depth.

While role players like Andre Iguodala and Shaun Livingston are still on the roster this year, the team will definitely miss Andrew Bogut on defense.

Bogut was a leader on defense, and was the anchor for the Warriors in the paint.

When you think of the Golden State Warriors, your mind instantly thinks of a high powered offense, but the Warriors were also a very good defensive team last year.

Thanks to Bogut down low, the Warrior's finished eighth in defensive efficiency last season, so it's safe to say his presence will be missed.

If there is any team that can beat the new and improved Golden State Warriors, it's the Cleveland Cavaliers. Sure, the Spurs and Clippers might give the Warriors a run for their money, but ultimately it will come down to the Cavs.

While the Warriors might have the slightest of edges on the Cavaliers starting five, the bench of Cleveland is where they have the biggest advantage.

The Cavaliers have a clear advantage over the Warriors' big men on the bench.

Both Channing Frye and Chris Andersen are reliable players coming off the bench for Cleveland, and over both scoring and defense where the Warriors' bench big men don't.

It is entirely possible that the Warriors' starters will score enough points to supplement their bench woes, or maybe it's where teams like the Cavaliers and Spurs can expose them.