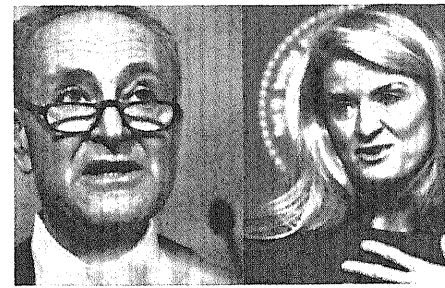


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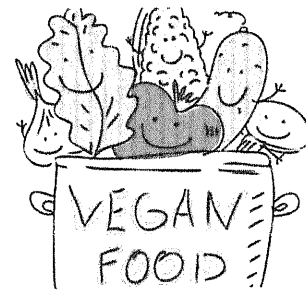
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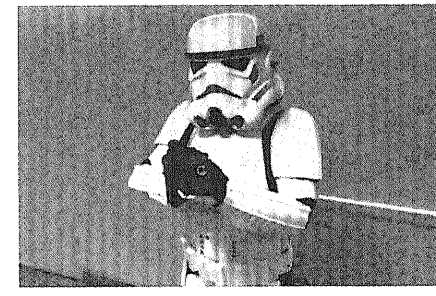
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In Wake of Decreased State Funding, CSI Faces Step Budget Cuts

BY CLIFFORD MICHEL

The College of Staten Island has a difficult year ahead as it faces an \$8 million reduction in funding.

CSI President William J. Fritz broke the news to the College Council, a governing arm of the College made up of professors, on September 15.

While Fritz promised to balance this year's budget through "a combination of OTPS (Other than Personal Service) cuts, holding positions open, and supplementing with non-tax levy resources," he remained concerned about CSI's future.

"I am concerned about next year and beyond," said Fritz. "Furthermore, continuing to balance the budget by attrition, salary savings, reduced professional development opportunities, and supply cuts is not an effective way to manage a campus."

The reduction in funding is due to state budget cuts, the loss of state compact funding, revenue loss from decreased enrollment and Governor Andrew Cuomo and the State Legislature's decision to freeze tuition at CUNY this year.

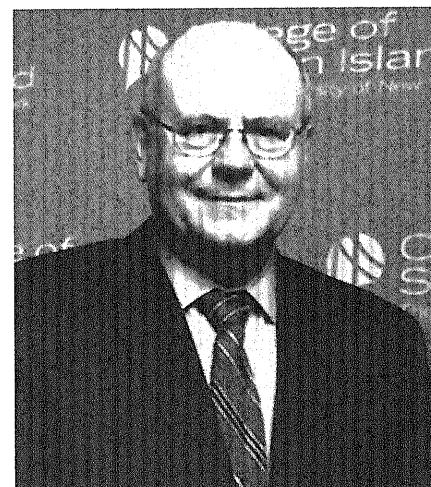
The New York State Legislature cut CUNY's budget by 3% last year and by 2% this year, resulting in a total of a \$4.5 million budget reduction.

CSI's state compact funding line was used to hire new faculty to the college.

Despite the loss of this essential budget line, Fritz attempted to reassure the College Council that the vitality of CSI's academics were very much alive and well.

"It is important to remember that despite these cuts, our level of faculty hiring for this year remained high, as over the past several years, which, in my view, properly reflects our academic priorities at CSI," said Fritz.

The decision to discontinue the "rational tuition plan," which allowed each CUNY campus to increase tuition by \$300 a year, and implement a tuition freeze was opposed



CSI President William J. Fritz
by CUNY officials.

Fritz estimated that the College lost out on \$2.8 million from the program's discontinuation.

CUNY officials are now pushing the State Legislature to implement a \$250 increase in tuition.

Fritz said that he'll be relying on the recommendations of CSI's College Council Budget Committee, which met with CSI's Vice President of Finance and Administration, Ira Persky, and its chief academic officer, Provost Gary Reichard, in late September.

Fritz said the group will "review the campus budget, develop recommendations, and project expenditures for the remainder of this year and next."

"As our budget becomes more challenging – and it will become even more challenging if we do not see either tuition increases or increases in State support – I will be relying heavily on the recommendations of the College Council Budget Committee concerning strategic priorities for allocations and expenditures," Fritz said.

"I am asking the Committee to consider what our priorities should be as we deal with these issues. For example, should we continue to place the hiring of new faculty as our top priority or do we invest in our aging infrastructure and/or in staffing in other critical



Fritz said that opening CSI's St. George campus should still be a priority

areas?" Fritz continued. "This is the type of question that I would like the Budget Committee to address."

Fritz also insisted that the opening of CSI's St. George campus should remain a priority due to its potential to attract new students and help with the College's retention issue.

"It is very important that we open CSI St. George as soon as possible and, it is hoped, by spring 2017. Because enrollment has a direct impact on the budget," said Fritz.

"I believe that it is especially important to stay with our St. George plan during this budget climate."

Not only does St. George represent a way to gain additional enrollment, but it will also provide access to affordable post-secondary education for the 18,000 18 to 25 year olds on the North Shore with high school diplomas who are not currently attending any CUNY campus," Fritz continued.

In a show of solidarity, Fritz announced that he reduced the size of CSI's administra-

tion and executive leadership to yield about \$300,000 in savings for CSI.

Fritz discussed his recent recommendation to the CUNY Board of Trustees to make Ken Iwama, who previously served as Fritz's chief of staff, CSI's Vice President for Economic Development, Continuing Studies, and Government Relations.

Fritz cited the \$600,000 that was recently allocated for a new television studio in 1P and the \$500,000 allocated for a new greenhouse—both came from earmarked funds from local politicians—as reasons why the newly created position is necessary.

Fritz also mentioned that the Office of Continuing Studies contributes \$200,000, which is used to lease classroom space off-campus.

"This is a critical appointment given the budgetary challenges ahead," he said. "...As the Division grows, it will assume an even greater role in providing an alternative source of revenue for the College, as State funding may continue to decline."

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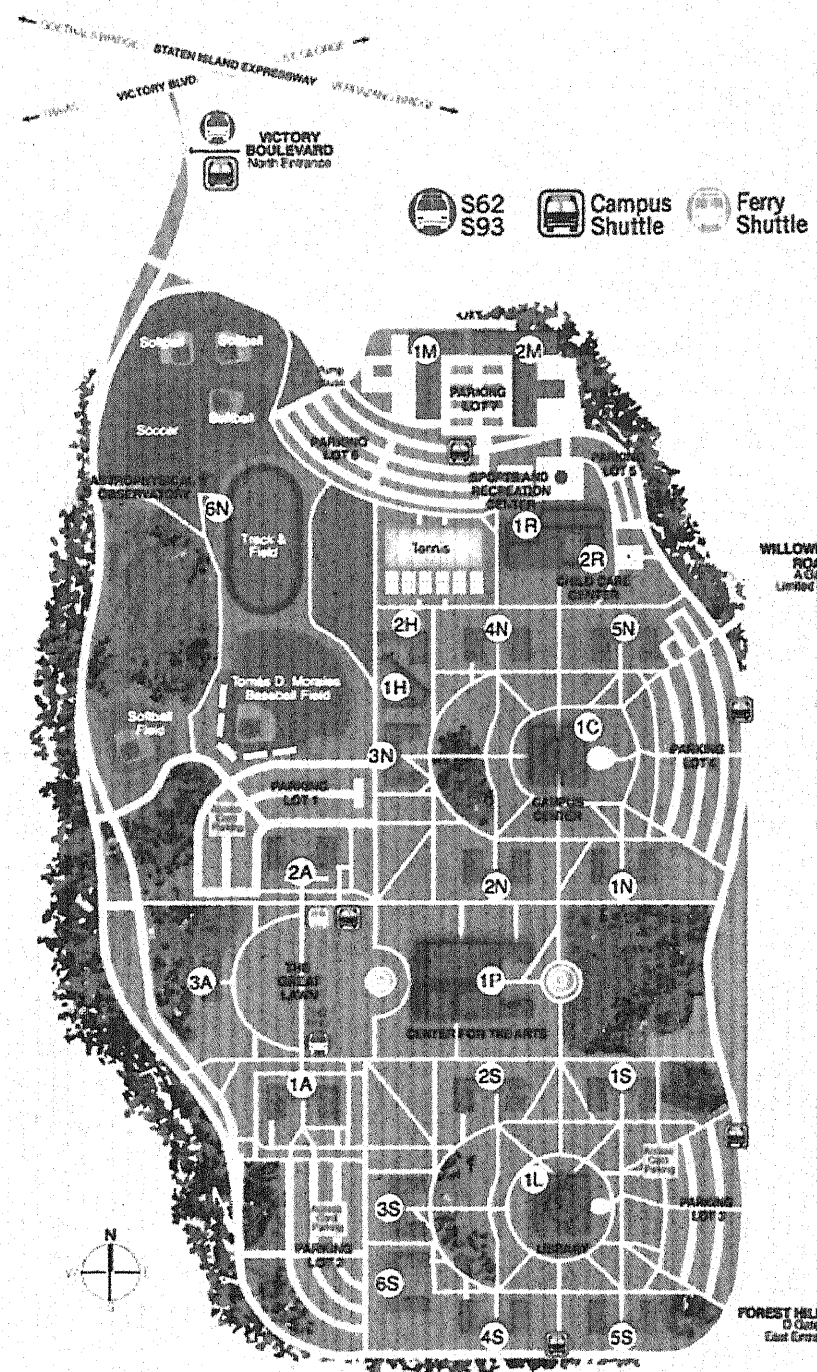


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 - Campus Services and Central Plant 1M
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 - Computer Science 1N
 - Engineering Science and Physics 1N
 - Engineering Technologies 4N
 - History Marchi Hall, 2N
 - Physical Therapy 5N
 - Political Science, Economics, and Philosophy Marchi Hall, 2N
 - Residence Halls 1H, 2H
 - Sports and Recreation Center 1R
 - Future Use 2M

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

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BANNER POLITICS

Inside the Lopsided Race for New York's Senate Seat

U.S. Senator Chuck Schumer Remains the Overwhelming

BY DECLAN KAASLER

Amid all the publicity and fanfare of the 2016 presidential election, you could be forgiven for overlooking a less popular but important one right here in our state. This year will see an election for senior senator for Congress. Currently, that seat is filled by Democrat Charles "Chuck" Schumer, an incumbent who first assumed office on January 3, 1999.

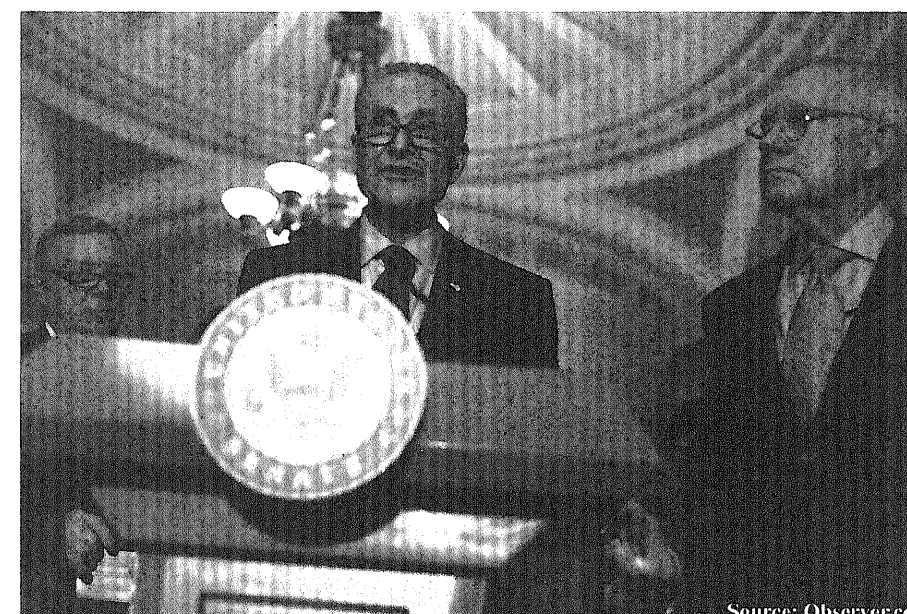
Since members of Congress have no limit on the number of terms they may serve, he is now running for his fourth term. Voters will see him on the ballot this November, along with three main competitors: Wendy Long, Alex Merced and Robin Laverne Wilson.

Schumer is running on a campaign which highlights his progress and accomplishments in his past 17 years as senator. An official campaign ad posted to Youtube mentions the 9/11 attacks and various natural disasters that have afflicted the state.

The ad makes the point that for each of these incidents, Schumer was fighting for help in Congress. The end of the video uses the line, "When disaster hits New York, we know who has our back: Chuck Schumer, the one New Yorkers count on when we need help the most."

Manhattan lawyer Wendy Long is hoping to usurp Schumer on behalf of the Republican party. An outspoken supporter of Donald Trump, she is hoping to piggyback on his campaign in order to boost her chances this election.

"Whether his coattails are big enough to allow me to beat Schumer, I don't know,"



Source: Observer.com

said Long in an interview with the Buffalo News. "But it's possible it could be done."

Long's agenda prioritizes combatting corruption in government, reducing regulations and taxation on businesses, granting more local control of education and strengthening of the Armed Forces.

When it comes to social issues, Long is anti-abortion, anti-marriage equality and a staunch supporter of 2nd Amendment rights. Her views are very typical of the party.

Alex Merced ran for local municipal office in 2013, for New York City public advocate. The Brooklyn-based Libertarian spent a brief stint at a broker dealer and found his longtime home training people in the finance industry as part of the Greico Financial Training team.

Merced is hoping to promote ideas of

a campaign video.

The Libertarian candidate faces a steep climb ahead of him. According to the CATO Institute's freedominthe50states.org, in its fourth edition of researching freedom and public policy they found that New York comes dead last at #50 in terms of overall freedom. Regardless, Merced's campaign represents a legitimate ideology not represented by either of the two main parties. Perhaps Gary Johnson's newfound success in 2016 can trickle some enthusiasm down to the local races too.

The fourth most popular political party in this country is the Green Party. The party is being represented in this race by Robin Laverne Wilson, who also lives in Brooklyn. Wilson migrated to the New York City metropolitan area in 2003 and graduated magna cum laude from Rutgers University.

She is currently pursuing an MA in Applied Theatre from CUNY School of Professional Studies and has committed her life to using art and culture for profound social-political change.

Wilson's official campaign website offers scant information on specific policy but does include the following statement from the candidate, "It's time to reset our collective priorities to Planet, People, and Peace in THAT specific order to ensure a true prosperity for all that's as universal as the gift of sunshine."

The Green Party lives up to its name through heavy commitment to environmentalist activism. We could expect the same from Wilson.

Clash of the Candidates

Takeaways from the Last Three Debates and What we Should Expect in the Last One

BY STEVEN MORRIS

With two presidential debates and one vice presidential debate down, there is one presidential debate to go. Viewed by millions of people across all TV networks such as CBS, NBC, ABC and cable news networks, the viewers got to see what to expect in their future leaders.

To call these debates a grand spectacle would be an understatement. Especially the two presidential debates that have occurred but not so much with the vice presidential debate.

Mike Pence, Donald Trump's running mate, debated against Tim Kaine, Hillary Clinton's running mate, like he was running to be the next president but we'll get back to that a little later.

The first presidential debate was nothing short of being a grandeur. The first 30 minutes of the debate made it show that Donald Trump wouldn't be his normal, off the cuff, non-scripted self.

He spoke on script and made it seem that, that night would be a normal debate. Soon

after, that part of Trump went away. With numerous interruptions, denial, unpreparedness and short-temper, Clinton debated with Trump according to plan.

Clinton's plan to show the voters who were tuning in who Trump is, worked to a tee. Clinton during the debate stood poised, knowledgeable and prepared, from any attack Trump would bring to the table.

Debate number one goes to Hillary Clinton.

The vice presidential debate between Tim Kaine and Mike Pence was the opposite of what the first debate was between Clinton and Trump.

Though not as entertaining and eventful as the vice presidential debate was in 2012 between Vice President Joe Biden and Congressman Paul Ryan, this debate showed something interesting.

What was interesting about this debate was Mike Pence's performance. He had a strong night on the debate stage. However, he didn't defend and or represent Trump the way a vice presidential candidate would normally

do in this kind of debate.

Tim Kaine did however. Pence debated with Tim Kaine like he was the Republican candidate for president. With that, he had a strong performance and was poised and focused and didn't take the bait to go off topic with Kaine.

Debate number two and the only vice presidential debate goes to Mike Pence and Donald Trump.

The third debate was a town-hall style where the candidates were surrounded by undecided voters who they had to convince that they were the candidate for them.

This debate was different right from the start. It occurred a couple days after a video leaked of Trump lewdly talking about women back in 2005 with the host of NBC's Access Hollywood, Billy Bush.

This despicable action put more spotlight and pressure on Trump.

Like the first debate, there were multiple interruptions by Trump and diversion from his lewd comments about women and his campaign. Even proclaiming that if he were

to become president, he would assign a special prosecutor to investigate Clinton's email scandal and potentially throw her into jail.

Clinton once again stood there well prepared and knowledgeable on the issues and questions the undecided voters had. Everything worked according to plan once again for Clinton in the second Presidential Debate.

Debate number three goes to Hillary Clinton.

So what can we expect the fourth and last debate to be like on October 19th? This will be like the first, the two candidates in a standard debate forum. Based on the past two debates between Clinton and Trump, we could say that we can expect the same performance out of the two candidates.

Clinton needs to stick to the plan. The plan is to make Trump look off his game, unprepared and short-tempered.

Trump, however, needs to not be any of those things. Trump should follow in the footsteps of his running mate. Be poised, focus on the issues, and not take the bait of Clinton.

IDEAS

+ ACTION

= CHANGE

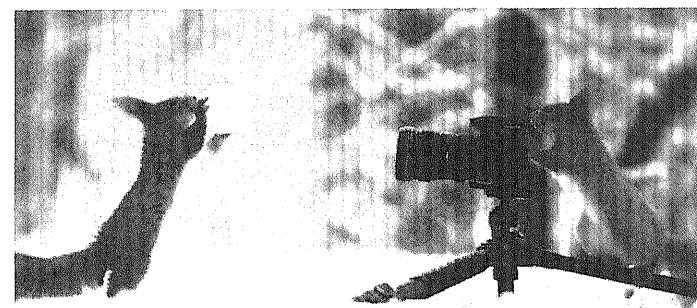
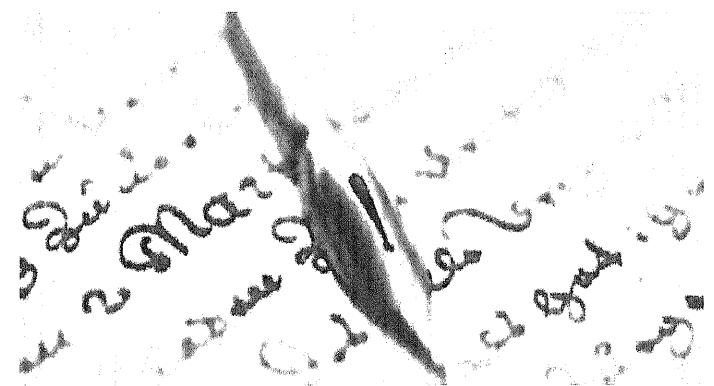
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BANNER NEWS

Millennials and the 2016 Vote

CSI Students Speak Out About What Some Are Calling One of the Most Important Voting Demographics

BY CLIFFORD MICHEL

With the presidential debate fresh in their minds, millennials shared their thoughts.

Only a few minutes into the first presidential debate Monday, a room packed with young voters at the College of Staten Island groaned in unison.

Democratic nominee Hillary Clinton had just dropped a cringe worthy "Trump-ed up trickle-down" line to describe the Republican nominee's economic plan. If the reaction in that room is indicative of how millennials feel about the two candidates, both campaigns are in trouble.

Millennials, defined by the Pew Research Center as those ages 18-35 and born after 1980, make up 75.4 million of the U.S. population and are now the largest generation in the U.S. The generation has been designated as a key voting bloc in this year's presidential election.

"This could very easily be the difference between winning the election or not," Andrew Baumann, a Democratic pollster who polls millennials, told *The Atlantic* in September. "If she ends up with them at 50 percent [of the vote] or 55 percent or 60 percent, those are hugely different scenarios."

Both Trump and Clinton have struggled with the demographic. In the Democratic primaries, Clinton failed to woo millennials as Sen. Bernie Sanders won the majority of their support in most states.

Trump is widely disliked by millennials, capturing only 29 percent of their support in

an August Quinnipiac University poll.

Joshua Ulloa, a junior at CUNY's College of Staten Island who helped organize the screening, said that major candidates don't speak enough about issues that young voters care about.

Ulloa said that he saw some improvement in the debate, citing both candidates' earnest attempt to grapple with the idea of police brutality.

"How engaged millennials are will depend on who can genuinely touch on the issues we care about," said Ulloa, President of the college's student government body.

After the watch party, Ulloa collected hypothetical votes on Post-it notes from students.

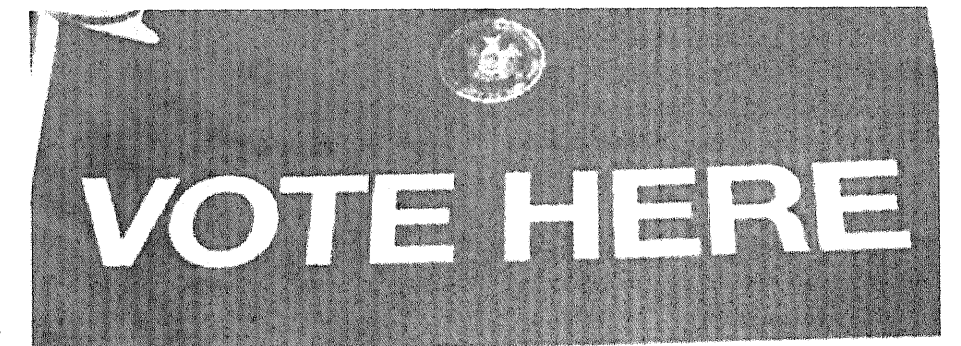
The results were 17 votes for Clinton, two for Trump, two for Gary Johnson, one for Bernie Sanders, one for Jill Stein and two for Harambe (the gorilla who died this past summer, who has since become a popular meme.)

The results reflect the worries of supporters on both sides of the aisle: do millennials take this election cycle seriously?

Neil Button, a coordinator at the non-partisan New York Public Interest Research Group, says they do. Button spent much of last year and this year registering CUNY students to vote.

Button said that although some peg millennials as uninterested or too idealistic, he has seen a passion to vote from scores of students.

"I think the whole millennial apathy



thing has been largely overplayed," said Button. "Young people do care; they care about big ideas and I think they will turn out this election. It's the theater of politics that turns them off."

Marcus Del Valle, a member of the student activist group Staten Island Against Racism and Police Brutality, explained that just because a candidate mentions an issue that young people care about doesn't mean that young voters are convinced.

"You almost can't be silent on these

types of issues because you will get called out on it now," said Del Valle, 26. "But it's not a natural conviction to solve the issue."

Del Valle believes that many millennials have realized the importance of this election cycle and, at least for now, have put their ideals aside.

"I know for a fact I won't see the changes that I truly want and care about," he said. "That doesn't mean I'm giving up on radical change, but there are times that I have to accept incremental change."

The Other Side: The Pros and Cons of Going to Graduate School

BY VICTORIA PRIOLA

Victoria Priola, former *Lifestyle*'s editor at *The Banner* has decided to join the team once again! As a 2016 graduate, Priola has seen a slice of life from the "other side," if you will. Her goal is to attempt to prove that in some way, somehow, CSI might actually prepare you for real life.

Entry-level internships are slept on. There, I said it.

People think that once they are out of college, they're suddenly ready to become CEO of a business or the best of the best in their field. Unfortunately, that's not exactly how that works.

There is nothing wrong with starting at the bottom and working your way up. Rome wasn't built in a day and neither was your career.

The best way to get "real life" experience straight out of college is to intern.

You're surrounded by people doing the job that you want to do and you can take this time to really learn what it's like on the daily.

The best way to make a great first impression as an intern: don't be late. Get enough sleep to wake up feeling rejuvenated for the next day. Make sure you eat a breakfast that will get you by until your lunch break and pack your bag the night before.

Laying your outfit out the night before is recommended so you have more time in the morning to mentally prepare for the rest of the day.

Constantly ask if your boss needs you to do something.

Some people in charge love to pile on the work like it's going out of style -- and if you have one of those, don't get intimidated. In the end, you'll end up

with a killer work ethic. It's a blessing in disguise.

But there are others that know you're just a post-college nervous wreck and don't want to overload you. My advice would be to do your absolute best to make the most out of every work day.

I'm not telling you to overload yourself to a point of a mental breakdown, but just be readily available at all times for assignments.

Don't shy away from challenging tasks and if you need help, humbly ask for it.

If your boss was open to taking on an intern, they'll be open to answering questions.

Be friendly to everyone you meet. Even if you know for a fact they think they're better than you and they don't like you-- be a freaking angel to them.

Why? Because you're replaceable. It sucks to hear that but there are many people lined up to take your position.

There will always be someone more qualified and more educated than you.

But if you have a decent work ethic, creative ideas AND you're a nice person, you're a triple threat. Even if your internship doesn't get renewed or turned into a full time gig, people will always remember someone with a good attitude.

Whatever you're doing, do it with your all and do it right. Internships should be treated with just as much care as a full time job with benefits.

The connections you meet through them will eventually be the ones you may have to lean on throughout your career.

Bottom line-- be a good person and you'll be fine.

BANNER LIFESTYLES

Veganism and the Quest of Peace

Becoming Vegan Changed My Life, and How it Can Change Yours

BY BEREN SABUNCU

I was seven and we were having dinner as a family. My mother was sitting on my left, my father on my right and my grandma next to him. I don't remember anything being out of place, nor was I aware of the epiphany I was about to have.

I did not expect to have an epiphany that has pretty much changed the way I think and essentially changed my life.

I was eating my chicken and as I always do with my food, I was picking and choosing the perfect bite.

Then I saw some type of string in my chicken, a purple string. I asked my mom what it was, as I'd never seen one up until then - I wasn't an avid chicken fan.

She told me not to meddle with it. I, of course, chose to meddle with it, pestering her with questions until she finally decided to give in and say, "That's a vein, eat around it."

I asked what she meant. I mean, why would the "food" chicken have veins? How did that make sense?

This was the chicken that was food and everyone knows that chicken is different from the animal, right? Wrong.

I never actually liked eating meat of any sorts and would always feel icky eating it. The texture would always feel weird in my mouth, but I didn't know why.

They saw my puzzled expression and my mother, who doesn't like eating meat either, looked at me with sympathy. "You don't have to finish it if you don't want to," she said.

That is when I realized that I didn't want to, not then, or ever again. I realized that eating meat was wrong. After having that revelation, I didn't eat meat for a week.



Source: <http://www.affectanutrition.com>

That was actually pretty hard for me to do, as I was seven and my family wasn't having it. I knew eating meat was simply not compassionate. It was violent and selfish.

I was surrounded by people much older, with way more life experience and who were doctors and knew what was best for me.

I made small changes that favored my choice. I always opted to eat less meat, preferring rice and vegetables to meatballs and such.

The second time I tried to go vegetarian was in 8th grade. I didn't do my research properly and I gained a lot of weight. I kept feeling hungry as I wasn't the one cooking and tried to satiate my hunger by constantly eating bread.

I couldn't have asked for help because my family still wasn't having it. I was a vegetarian for nearly two months and was then slowly coerced into eating meat.

In 9th grade, I tried veganism, again and without the research that I should have done before doing it. In one week, I found myself in the hospital. I fainted, which wasn't a good look.

It wasn't until 10th grade that I did the proper research and I haven't gone back. I have been a vegan for three years and a vegetarian prior to being vegan for two and 1/2 years.

Everyday I am grateful for choosing this

way of life. It may sound like I'm exaggerating when I refer to veganism as a 'way of life,' but trust me -- it is.

With a well-balanced vegan diet, you will feel lighter, healthier and happier. Your eyes will shine, your smile will be bright and your soul will be rested.

Even those who love how animals and their byproduct taste could easily transition into a healthy lifestyle with the help of recent vegan gastronomic advances!

Vegan cheese, vegan meat, vegan chicken, vegan duck, you can have anything and everything you might miss when you go vegan. It would be crazy not to try veganism when it's this easy!

For those willing to transition into a vegan lifestyle, here are some sources that might facilitate that transition:

Documentaries

"Earthlings" (2005) by Shaun Monson and voiced by Joaquin Phoenix, Earthlings is one of the most famous documentaries about animal abuse and speciesism and very highly recommended to those who are willing to transition.

"Vegucated" (2011) is about 3 omnivore New York guys who plan to go vegan for six

weeks for health reasons and who find out about the animal products industry. Dark-humor, recommended for those who find documentaries too plain and/or uninteresting.

Books

"Why we Love Dogs, Eat Pigs and Wear Cows: An Introduction to Carnism" by Melanie Joy that delves into the reasons why we, as a society, deem some animals worthy of love and some not. Really puts the entire animal industry into perspective. Scintillating read.

"Veganist: Lose Weight, Get Healthy, Change the World" by Kathy Freston about her personal journey of transitioning into a vegan lifestyle and how it aided her in spiritual enlightenment. Great read for those wondering how to transition, or why.

Websites

HappyCow.net--to find good vegan restaurants.

MercyForAnimals.org--the truth about the farming industry.

PETA.org--largest animal rights group in the world--they have great recipes and any pointers you might need.

Make-Up Trends over the Years

BY BRIANA DELBUONO

Since freshman year of high school, I remember caring about makeup. I didn't know a thing about it and it showed, but I tried to follow the trends. It was a messy area of my life because I thought colorful eyeshadow and matching headbands were trendy. That's where I went wrong.

The makeup evolution is interesting to me because I look at 13-year-old girls who apply their make-up better than I do now, at 23. They use blenders, setting sprays and contour kits that I didn't even know existed.

I used to blame myself for not having a clue when I was their age but then realized I wasn't to blame for my bold-yet-poor make-up decisions. I simply didn't have the resources that girls have now.

Instagram is an outlet that shows young girls what to do and wear for every occasion. It's an iconic application that informs them on what is trending at all times; an outlet I didn't have growing up but one that I obviously needed.

Make up and the medium in which young girls learn about it has changed drastically over the years. A "casual" look in 2016 consists of fake eye lashes, eye liner, a full contour, a nude eye shadow, a subtle lip and a highlight.

Back when I was 13 in 2007, it meant sticking your finger in an eye shadow pallet and taking it from there.

I didn't contour, apply a setting spray, or even know what a highlight was. My eyeshadow melted off before second period. Even though I desperately needed a trip to Sephora and a personalized Makeup for Dummies handbook, I had pretty good adolescent years even without a makeup clue.

BY BRIELLE SPARACINO

Back in high-school, girls wore makeup to impress boys and as stubborn and prideful as I am, I unfortunately must admit that I was one of those girls.

While my sophomore year of high-school was pretty decent, I had the biggest crush on a guy in my co-ed gym class who never noticed me and I was devastated.

That was when my makeup epiphany arrived. I ran to Target that weekend and bought every c.l.f. Cosmetics brush the store had available, as well as my first Maybelline Great Lash Mascara and a foundation that made me look orange in natural lighting.

Nowadays, girls as young as 11 and 12 years-old are waltzing into Sephora and asking about the best liners for a cat-eye, or putting about the Anastasia Beverly Hills Glow Kit being out of stock.

At 15 years-old, I used a paddle brush to paint my foundation on and hoped for the best.

I only wore mascara because I had no clue how to put on eyeshadow or eyeliner correctly and I never would've dreamed of putting a shimmery powder on my face to give my skin a "natural" glow because it just didn't make sense to me.

If you're a woman who's not wearing a highlighter in this day and age, you might as well be shunned from the beauty-guru world.

JESSICA PASSIONE-SANCHEZ

My high-school makeup attempt included a RiteAid brand make-up sponge and liquid foundation that was two shades darker than my skin tone and I remember finishing the look with Covergirl mascara that I never bothered to wipe off of my eyelids.

This routine went on for two years; the word "disaster" is an understatement. Thanks to the endless abyss of Youtube makeup tutorials littering the internet, however, I discovered quality makeup brushes and Sephora pressed powder foundation. (I swear by Neutrogena Healthy Skin Liquid Makeup!) but I do like to splurge on Nars "Laguna" bronzer since it gives the skin a gorgeous glow all year long. I haven't jumped on the Anastasia Beverly Hills eyebrow bandwagon just yet, instead opting to do my eyebrows with a basic brown eyeshadow from L'Oreal and an eyebrow brush.

Nude lipsticks from Revlon are great dupes for MAC's lipsticks but unfortunately they don't last as long as MAC's do. Regardless, I believe in getting the best bang for my buck especially since I'm on a college student's budget. There are far too many great dupes at your local drugstore to have to blow all your money on high-end products. From lipsticks to liquid eyeliner, you can find it all at your local CVS or Duane Reade.

Times have definitely changed but that is inevitable. Makeup culture isn't what it used to be because it's constantly evolving, even though makeup trends from decades' past are making their rounds again.

The bottom line is that makeup is a way to express yourself at any age and it is a revolutionary art form that will never cease to inspire the masses.

BANNER LIFESTYLES

No Prescription, No Problem

Here are some ways to treat depression and anxiety naturally, without medication

BY BRIELLE SPARACINO

Depression and anxiety are so closely related, it's not even funny. They are similar to those siblings who aren't actually twins but they look enough alike that you could get them confused with one another.

For those of you who confuse the two, here are the definitions of depression and anxiety.

Depression is a mental illness which causes an individual to lose interest in activities that normally bring them happiness (for no apparent reason.) Anxiety is a mental illness which causes a person to worry about every aspect of their day and/or possibly the thought of getting through their day as a whole.

A person could have depression without anxiety or vice versa, or they can possibly have both, like myself.

I take medication to help better control my mental illnesses but that is a personal choice.

I just don't trust my emotions enough without it. However, lots of people who deal with the same mental illnesses don't want to take medication. Instead, they want to attempt to treat their disorders naturally.

There are an abundance of alternatives

available for individuals who want to go this route. By learning more about them, people who wish to do the same will hopefully be able to identify with an alternative that best suits their needs.

The best natural treatment for both depression and anxiety is exercise. According to a new study performed at Duke University, "continued exercise greatly reduces the chances of depression returning."

In a previous study at the university, 156 older people suffering from depression were told to exercise for 16 weeks, "and patients who exercised showed statistically significant and comparable improvement relative to those who took anti-depression medication, or those who took the medication and exercised."

Not only will exercising help lift your spirits but it will also improve your self-esteem, which has both short- and long-term effects.

A natural treatment for anxiety as well as symptoms of depression is meditation. There is no right or wrong way to meditate -- as long as you clear your mind and focus on your breathing!

Practicing the 4-7-8 Breathing Exercise is the perfect breathing technique to perform

while meditating and is another natural treatment for anxiety.

Also known as the Relaxing Breath and cultivated by Dr. Andrew Weil, one is able to perform this technique in any resting position; however, you should sit with your back straight while initially learning the exercise. In order to do it correctly, "place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise."

First, exhale completely and then inhale through your nose while mentally counting to four. Then, hold your breath for seven seconds. Finally, exhale for eight seconds, and that entire cycle counts as one breath.

To complete a full set of the 4-7-8 Breathing Exercise, repeat that cycle three more times. This exercise calms your nervous system without a drug and improves your anxiety the more you do it (which should be twice a day, by the way.)

Another natural treatment for depression is music therapy. If you're not aware of this fact already, listening to music that endorses positivity, happiness and relaxation can actually help improve the moods of people who suffer from depression.

Don't just take my word for it, this fact is

actually backed by the American Psychological Association.

I know music has helped me and it's probably helped many of you already but it's always great to throw in a reminder for the ones who forget.

One more natural treatment for dealing with depression is to eat a serotonin-enhanced diet.

Serotonin is a neurotransmitter that is responsible for maintaining mood balance in the brain and a serotonin deficit can lead to depression. Serotonin-enhanced foods consist of foods high in omega-3 fatty acids (such as salmon) healthy fats (like coconut oil or extra virgin olive oil), and foods that are high in protein (such as meat or tofu.)

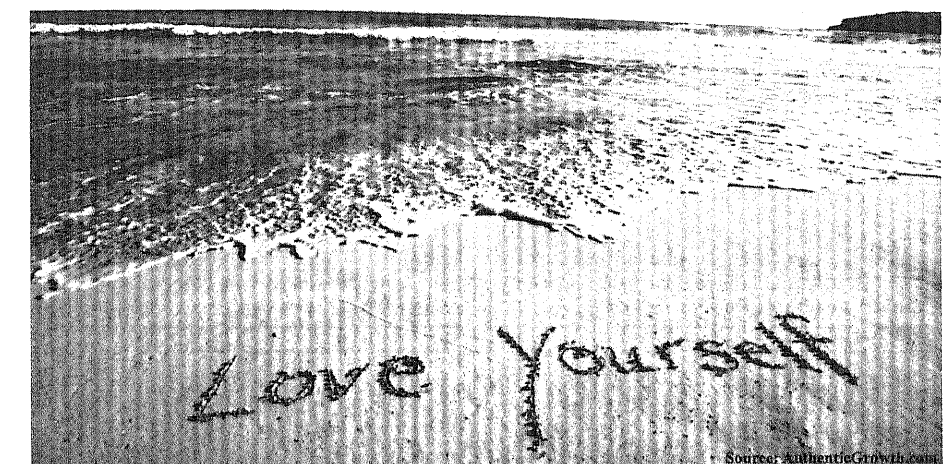
I hope these suggestions help you treat your mental illnesses to the best of your ability.

Obviously, speaking with a professional is always the safest way to go, but these methods of treatment can definitely help you and your body in the long run.

A mental illness is something that we are unfortunately stuck with but it is manageable. Things may get worse before they get better but they will get better and you will be okay. I promise.

Why I Practice Radical Self-Love

Falling in Love with Yourself is the New Black



Source: www.therapeuticwriting.com

BY BEREN SABUNCU

I love myself. I love myself fully and so much so that it pours out of me. Why? Because I practice the art of self-love as though it is a religion, but this wasn't always so.

Growing up, I didn't have a very high opinion of myself. I didn't hate myself, yet I thought I could've been better and should've been better.

After years of stress and a loveless relationship with myself, I started realizing that I am alive. Perhaps it sounds bizarre but do you realize you are living?

Everyday and every hour, whether you hate or love yourself, you are living.

I then realized that while I was stressing about not being up to par, not being as good as X or as smart as Y, life was going on.

All the memories I've been making, all the laughter and all the joy were always accompanied with a subdued sense of anxiety of the future stemming from the simple fact that I didn't have a loving relationship with myself. I didn't fully believe in myself, nor did I appreciate me.

It was hard for me to completely relax and enjoy my life. I'm not talking about enjoying myself by partying, which I think is sometimes done to mask certain feelings; I'm

talking about cooking myself good food, enjoying good literature, or a movie.

You need to love yourself so much that you almost always want to do things that will benefit you.

After my epiphany, I started to practice self-love and although it was difficult at times, I felt better as time progressed. I started to treat myself as I would a lover -- with tenderness and understanding.

I didn't tire my lover to a point she would break, nor did I ever scorn her for things she could not do.

I pushed her to better herself, yet never aggressively. I fed her well, bathed her leisurely and took her out to do whatever her heart desired.

It took years of practice and I still haven't

perfected it but I definitely am in a peaceful state of mind.

The practice of radical self-love is, as the name states, radical. It might be hard to love yourself.

There will always be someone you think is "better."

There will always be someone richer, thinner, thicker and more beautiful than you.

The fact that we are brainwashed by the media sometimes hinder us from accepting ourselves for who we are.

If you learn to ignore these stigmas, you will find yourself in a much better place.

I believe one can always improve and should aspire to do so -- yet comparing yourself to someone in any way and feeling like you're not good enough is one of the worst

things you can do to yourself.

Aspirations are always good to have. You should always work towards a better you and not compare yourself to others.

Just be who you are and if you don't know who that is, find out. Spend time with yourself. Find out what kind of art, music or sports you like.

Look at yourself, not to fix anything but to see your face.

See the way your hair curls, see the beauty mark on your cheek and analyze the way your lips are shaped.

Look at your body, love and appreciate it for what it is. Then change what you would like to change.

There is nothing innately wrong with one body compared to another, there are simply personal preferences.

Inspire yourself daily and surround yourself with people that have a good energy and feed your soul.

With that being said, do not look for someone else to complete you. You need to be complete to be happy in any interpersonal relationship.

Dependency isn't healthy nor is it love. You simply have to fall in love with yourself first before you can truly love someone else.

At least that's what I did.

BANNER ARTS

Colorful Scenes from the 2016 International Makeup Artist Trade Show

BY LUCIA ROSSI



Photo Credit: Steven Morris



Photo Credit: Steven Morris



Photo Credit: Steven Morris

Cosplayers showed their best work as they represented their favorite fandoms. Costumes ranged from Marvel and DC favorites to book characters and anime.

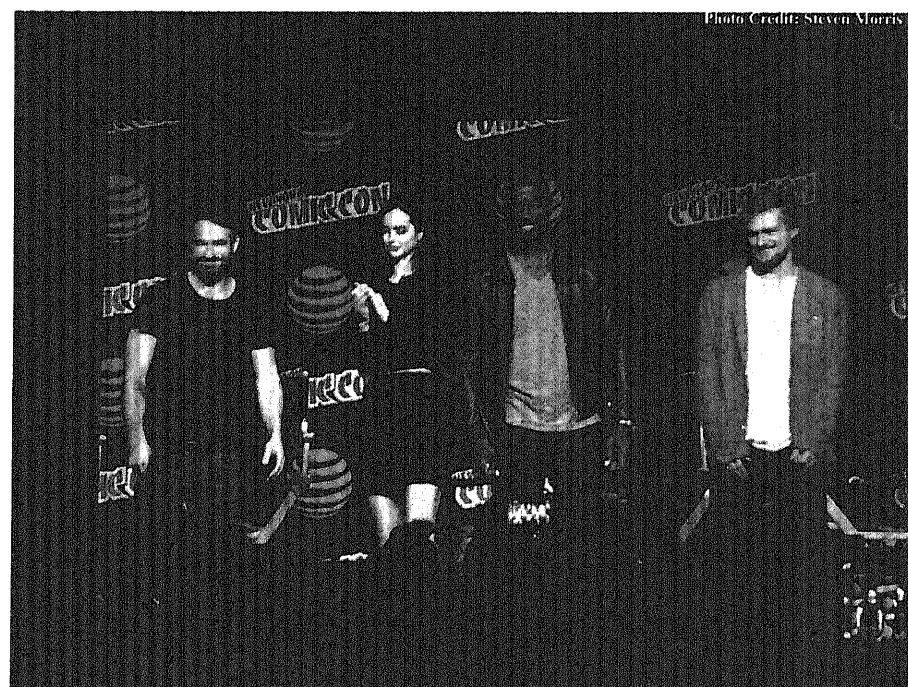


Photo Credit: Steven Morris

Netflix's "Defenders" cast assembles at the "Iron Fist" panel, bringing fans to their feet. Especially when they revealed that Sigourney Weaver would be the villain of the upcoming show.



People walk slowly shoulder-to-shoulder in order to make the lines for their favorite events. The Javits center provides huge rooms dedicated to different sections.

BY STEVEN MORRIS

"The Magnificent Seven" Not So Magnificent After All

It seems that Hollywood has a thing for remaking films in recent years, and the problem with these remakes always seem to be the same: they aren't necessary in the slightest, usually because the original was fine the way it was. "The Magnificent Seven" was a film that was no exception.

Often, remakes also lack what made the original stand out, or what even made it good in the first place. This recent slew of remakes seems to have created a sort of hateful stigma towards remakes and most people will deride a remake as being terrible or inferior to the original, usually without having seen the movie.

I'll admit that I had this attitude toward the film at first as well, but none the less, gave it a chance.

The plot of the movie is pretty simple. Set in the late 19th century, an oppressive industrialist named Bartholomew Bogue takes control of the town of Rose Creek in hopes to dig up gold.

Fearing for their livelihoods, the town recruits seven gunmen to help defend their village from Bogue and his men.

The simplicity of the plot works with this kind

of film because there doesn't need to be a complex plot. The movie is meant to be an action movie, and a complex plot would ruin a good amount of the enjoyability of the film.

Another positive thing this film did was the portrayal of the characters. The titular Magnificent Seven do have the expected characteristics of your typical Western gunman, that is to say they're somewhat stern, tough characters who are good in a fight, but have a little quirks to them.

The Magnificent Seven characters are separated from one another by their distinctive interests and lifestyle preferences.

It doesn't add too much depth to these characters, but it at least helps to make them more identifiable to the audience.

Bogue, has the qualities of a fair antagonist with being greedy, depraved, and cowardly throughout the film, it was the kind of character that you want to see go down by the end of the film.

Peter Sarsgaard as Bartholomew Bogue was also strong in his role because he helped bring out the cold, selfish and downright despicable nature of his character. The best performances were done by Denzel Washington as Sam Chisolm and Vincent

D'Onofrio as Jack Horne.

Both are great actors and their performances in this movie definitely reflect that. Washington portrays his character as a sort of anti-hero, one who's willing to do anything to get what he wants.

It fits well for an action movie, especially a western oriented film.

D'Onofrio portrays his character as a powerful yet gentle kind of giant. The voice D'Onofrio uses with Horne's personality give us the most enjoyable character.

Although it seems like Chris Pratt plays the same character in most of his movies, he did fit his role as Josh Faraday who is a somewhat cocky and devious gunman.

Something ironically very attractive about this film was how accurate and true to the era it looked.

The film captures the poor hygiene and dirty nature of western America in the 1800s, as well as attire for the characters and building structures, that gives the film its classical feeling.

However, the music of the movie doesn't fit nearly as well because it didn't necessarily match the time period.

The town that our heroes are trying to protect is

sadly, pretty forgettable. The town isn't featured too prominently, and the main characters only reach the town halfway point through the film.

We don't get to know the townsfolk too well and they don't interact too much with the characters, which is disappointing because some of the best scenes were when the heroes were interacting with the townspeople.

Most of the people inhabiting the town are kind of bland, and the few characteristics these people display are nonsensical, mainly with their ineptitude with firearms in the training sequence.

It seemed pretty illogical for not one person to hit their mark or have experience using a gun when this film takes place in this time period.

The film tended to be predictable and cliché, especially with their character introductions.

Once scene showed a character in a standoff and the camera cuts to show that he's concealing something in hair, which made it pretty obvious that he was going to use it as a weapon.

You could easily tell what the outcome of most scenarios in this film would be, and it kind of killed the suspense or surprise of what was going to happen next.

BANNER ARTS

"Mob Psycho 100" Creates a Symbol for its Universe's Moral Code

ONE Throws Another Manly Punch

BY RAMI TABARI

ONE, the creator behind "One Punch Man," delivers us a slice of life action-comedy that strives to embody a moral symbol through its new anime adaptation of "Mob Psycho 100".

Mob, an eighth grader with psychic abilities, has an inability to express emotion which intertwines with his moral opposition of using powers against people. The surplus of power and emotion pent up inside of him develops a complex that only allows him to release his feelings when he hits 100%.

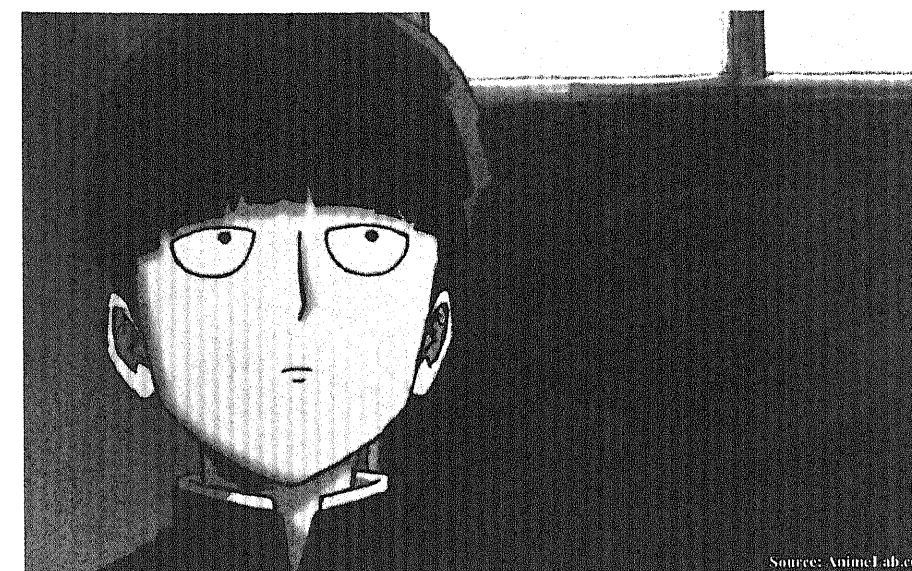
Mob is the cliché overpowered protagonist that wins every battle, but this concept does not hinder the anime's plot. Various techniques between its comedy and question of morals are used to get around Mob boringly winning each battle.

The plot is fairly simple, but reinvents itself in its execution. Mob tries desperately to fit in so that he could grab the attention of the pretty girl in class, Tsubomi, but is held back by his inability to express emotion which comedically leads him into bad places with bad people.

The show plays with this idea by illustrating Mob's "percentage" of build up and when it hits 100%, he explodes with power based on the situational emotion.

The counter weaves its way in a clever manner which stimulates the audience's suspense and thus grabbing our attention.

The show is packed with moral life lessons and manages to execute hilarious misunderstanding comedy all through Reigen's character; he teaches Mob how to control his powers. Reigen, who runs his own exorcism business, tricks Mob into believing he's a



Source: AnimeLab.com

psychic as well, so he could use him to exorcise spirits.

While his character comes off as a liar and a user, Reigen ironically leads the moral behind the entire anime.

The primary theme being that, even if you have powers it doesn't make you special, no one is special, we are all equal. This carries the idea that we should treat our fellow humans with kindness.

While it's difficult for anime to fully flesh out characters within twelve episodes, "Mob Psycho 100" stands true to the "show, don't tell" aspect of storytelling.

It doesn't throw overly complex backstory at you, instead, it gives you a character and allows them to develop naturally through the story. This gives the audience a chance to become invested in characters such as Ritsu, Ekubo, and Teruki who all play pivotal roles in Mob's life.

I appreciate that the anime didn't fall into its own character clichés. The way they handled Ritsu's arc managed to reinvent itself by using a simple plot device of envy and flipping it, which birthed an interesting relationship between the brothers, Mob and Ritsu.

"Mob Psycho 100" cleverly lures you in with its colorful animation and wacky atmosphere; most anime paint a "perfect" art style of humans, but ONE pokes fun at that concept. Mob's love interest is the only beautiful character in the anime and this idea is supposed to represent the process of puberty and what it means to him to be able to act like a normal kid.

Even beyond its charming art style, the quality of animation is superb. The way it carried itself allowed the comedy to flow off as smooth and witty, while also being able to let the fight scenes flourish into intense pow-

erhouse moments that leave you in anticipation for the next 100%.

The anime's soundtrack and atmospheric sounds suited their scenes; however, they didn't draw too much attention, which is neither good or bad.

Regardless, its opening and ending themes were very well done in terms of quality and how it tunes itself to the laid back kind of action that the show incorporates. It pumps you up for each episode and is the type of music that sways you not to skip unlike most anime ops and eds.

"Mob Psycho 100" suffered from a minor flaw due to a sudden tonal change by the halfway point. It had a weird couple of episodes as if it had just tripped but swiftly got back on its feet. It wasn't bad, but more along the lines of being overly quirky; it abruptly switched from being a lively comedy to serious action with an evil organization.

At that point, Mob's love interest didn't even factor into the story; ironically, Tsubomi is barely a character to begin with. She gets maybe two scenes throughout the whole anime, yet everything Mob does is to try to improve himself specifically for her.

While that is an issue, I respect the writers for not throwing in a whole romance story that has no room to be in an already jam packed twelve episode series. If they did, it would have been severely underdeveloped and unappreciated.

Unlike most anime that attempt to accomplish too much within twelve episodes, "Mob Psycho 100" successfully introduced innovative plotlines, fleshed out characters, and breathing room for the expansive universe to come.

CSI Art Gallery Presents: "Can a Line Define?"

New CSI Exhibit Offers a Much Needed Reality Check

BY BEREN SABUNCU

Artists of CSI's "can a line define?" exhibition have delved into the human psyche, and society as a whole, to question the main quotient, the line itself.

Lines have long defined every aspect of life; they have created our conception of before and after, in and out, and over and under.

Lines have shaped science, politics, geography, art, astronomy, astrology and sports. Societies are shaped, moved, and controlled by lines.

"Can a Line Define?" features nine artists and all have different understandings of the concept of a line.

Their ideas of a line are mostly cumulated around political and geographical lines.

The artists of the "can a line define?" exhibition are diverse in their nationalities and backgrounds but similar in the way they want to capture the human soul, all the while analyzing the main definer, lines.

Chat Travieso is a jack of all trades. Besides being a featured artist, he is also an educator and designer.

His work has been featured The New York Times and The Wall Street Journal.

His piece is called "101 Ways to Subvert a Wall" which is a fun and quirky look

at what a line can define and how one can define a line.

Travieso creates beautiful, minimalist prints that represent everyday life with whimsical lines that are bound to put a smile on your face.

His captions are simple and humorous with phrases like "Bury it", "Play tennis over it", "Explode it", or "Build bookshelves on it".

Matej Povse, a Slovenian photographer, has a piece titled, "Refugees on Balkan Route- New Europeans," is a series of pictures, capturing the Syrian refugees in their quest for a new home.

Le Brothers is a Vietnamese artistic duo. Their pieces in the exhibition are called "Bridge I", "Bridge II" and "Bridge III."

They're three 10 minute videos with stagnant scenes with different backgrounds. Using themselves as the focus of these videos, they create a line through duality.

Dario Mitidieri isn't a stranger to those in the photojournalism business, and he will surely become a household name in the near future.

The Italian artist is one of the most influential photojournalists of this decade, and has always been present in places undergoing grand changes whether political, sociologi-

cal, economical or physical.

Mitidieri was in China during the Tiananmen demonstrations, in Japan during the aftermath of the Kobe Earthquake, in Iraq during the photograph of the war, and in Indonesia after the tsunami.

As an artist and a photojournalist, he's drawn to the pulse, where life and chaos are simultaneously happening and lives are being drastically changed due to circumstances.

His piece in the exhibition is titled, "Lost Family Portraits" and it is a series of photographs of Syrian families in the refugee camps near the border with Syria.

"Lost Family Portraits" is one of the more heart-breaking pieces in the exhibition, if not the most.

His photographs reflect the frail nature of life, the line between life and death being the definitive force shaping the pictures itself.

David Molina Gadea's piece, "Human Apart" focuses on the remnants of a crisis rather than on the crisis itself. In that aspect, one could say that Gadea's piece is a sequel to Mitidieri's "Lost Family Portraits."

Gadea's perception of a line that defines is a border because it defines freedom and captivity.

Another artist that focuses on crisis is Matic Zorman, a freelance photojournalist

that has worked on documentary projects about conflict and uprising in the middle east.

Perhaps a name some know, Ignacio Evangelista, is one of the more celebrated artists in this exhibition.

His piece is composed of pictures of old border crossing points between different states in the EU.

Evangelista offers an interesting view with thought-provoking pictures, and maybe a silent critique of politics and bureaucracy.

The final artist, Terri Warpinski, is the only artist amongst the nine artists of "Can a line define?" that is both female and a professor of art.

Her work is mostly focused on nature and the line itself.

Although she and fellow artists delve deep into the political crises of the world, her work also focuses on its earthly manifestation.

Overall, "can a line define?" makes one feel humbled and perhaps more human and vulnerable than before.

It leaves you thinking about life and love. The exhibition concludes on October 22, and is open Monday through Friday, from noon to 4pm.

For a well needed reality check, visit the CSI Art Gallery.

BANNER OPINIONS

The Texting Epidemic

Parsing this generations Worst Form of Communication

BY WILLIAM MORTON

Texting typically has the same beginning: A romantic night spent conversing, and more than likely, establishing some sort of connection when suddenly the significant other pulls out their cell phone to text their mom or post on social media.

Add one more effect from the advent of texting: the natural style of modern day society is neglect and disregard to interpersonal relationship, rewinding the revolution of sociology.

The question is how much has typing pointless jargon onto mobile been prioritized?

The answer is to the extent that comfort in room groups decreases while narcissistic traits such as bragging about daily accolades steadily increases.

To humor yourself, think of texting as one big competition to find out who can be more absent from the cacophony of the surrounding conversation.

The comedic result of over-dependency on texting can range from marriage counselors suggesting that their clients practice their communication through text to restaurant hosts inquiring to their customers if they are easily irritated by nearby texting guest or not easily annoyed by texting guests.

The prophecy of evaporating sentence structure is coming true.

The advent of texting has resulted in non-traditional orthography, which could possibly lead to erosion of vocabulary and vernacular.



Source: Slate.com

Revisiting the trend of utilizing texting as the crutch for actual verbal banter, what if telemarketing practiced laziness and called but the recipient didn't get the call so the telemarketer emailed the audio file then messaged the client via phone reminding them to browse through their email and then asked the client to text them in return once they get the message.

Difficult to follow but that could happen.

During ancient times, the sight of the handsome or beautiful face was worth written poetry or motivating serenade.

Now that practice is now replaced by the emoji and emoticon.

Before the mobile phone, society was free to frolic. Now they sit and tweet about

That is the psychological science of the epidemic but the natural science of it is physical endurance when texting.

Squinting at the phone screen can cause dry eyes and that is counterproductive.

The preferred phone notification is vibration but that can stifle relaxation and cause insomnia and anxiety. The term "best friend" doesn't have substance like ancient times.

The irony about the alleged modern day friendship is that the two parties can text to their content but yet refrain from actual social interaction.

Text misinterpretation can cause arguing, discombobulation, or divorce which can unfortunately happen if not written correctly.

Regarding correctness, the mobile phone autocorrect feature has made texters flabbergasted, appalled and crazed though it seems phones know what you want to say.

That is not the case though.

The intersection of language and texting is one that is fast approaching and the question is what is society going to do psychologically, instinctively, and intellectually?

Journalism has no place for sloppy writing, poor spelling and language not getting appreciated.

Texting has much disadvantages such as high cost, difficulty of service, non convenience and the counterproductivity of social interaction.

Hopefully in the upcoming times, society shall once again congregate and enjoy the natural companionship that they are supposed to have.

Metrication: "Centimetering" Our Way Toward The Future

Why America Needs To Switch To the Metric System

BY DECLAN KAASLER

We in the United States like to think of ourselves as leaders. We see ourselves as the world's paragons of advancement. In the 20th Century alone, we won two world wars, and became the first nation to land humans on the moon.

In 2016 however, the world is catching up with us, and even surpassing us in many realms of progress.

Let me ask you a relatively simple question: How many inches are in a league? You could spend ten minutes with a pen and calculator, but why?

A system of measurement is supposed to make life easier, not harder! When you cannot even easily compare two units of length, you need to realize that your system is clunky, archaic, unintuitive, and ultimately, broken!

The period after the French Revolution allowed for radical transformations in almost every aspect of French society. Among those changes was a total overhaul of the system of measurement.

Eventually, almost the entire world gradually switched over to France's revolutionary Metric System.

In case you are unfamiliar with it, the Metric System is based entirely on the number 10. Since 10 is extremely easy to multiply, there is no hassle whatsoever in scaling measurements.

The modern incarnation of the Metric System is known simply as SI, which is French for the International System.

As opposed to our outdated system, which uses units from the Middle Ages, SI has only seven base units: gram (mass), new-

ton (force), meter (length), ampere(current), mole (amount-of-substance), joule(energy), and pascal(pressure).

To be honest, the average person will only need about half of these units, but when that happens, daily life becomes extremely simple.

I personally discovered this in June of 2015. For my whole life, I was a proud defender of the customary system.

Although I had frequent exposure to metric units with my family's annual visits to Ireland, I never quite paid attention to them.

I had heard the arguments for years about how logical and simple they were, but my main defense was one based on typical cultural patriotism.

To me, there was "character" to using these for centuries. Of course, I defended this

while being a scientifically minded atheist who had a love for logic.

Finally, my logical ways caught up with me. Now, I could never use anything else.

After I switched, I noticed several activities that immediately became simpler, and these activities are common enough to be enjoyed by just about anybody.

Metric cooking is an absolute breeze when ingredients are in grams and milliliters, especially when recipes need to be scaled up or down.

When weather reports come in, the Celsius scale is far superior.

With temperatures based on 10 as well, it becomes easy to see how close to the freezing point you might be.

So to you, inquisitive reader: If you value logic and your time, go Metric today!

SEX AND RELATIONSHIPS

The Many Ways To Role-Play

A Little Costume and Some Imagination is All You Need

BY VICTORIA MANZO

Now is as good a time as any to shop for a lacy white apron, handcuffs, a fire helmet or a stethoscope. Did you assume that I was talking about Halloween prep? Although you should probably get on that too, I was actually referring to your upcoming role-play sexcapades.

Take advantage of the costume season to stock up on French maid, police officer and naughty nurse supplies to fulfill your out-of-the-bedroom fantasies.

Your options for kinky fun are only as limited as your imagination. Don't be afraid to get as freaky and dressed up as possible.

A short skirt, plastic prop or hairstyle can go a long way in making your costume come to life, so don't worry about breaking the bank when creating your character.

Make yourself feel sexy with your ensemble and don't worry about looking silly. Confidence is key to pulling off a character.

You don't have to be an Oscar-winning actor to have a successful role-play either. Just have fun with it; you probably won't be talking for too long anyway! For some couples, the dialogue is less important than the

imagery itself. Dressing up isn't the only way to role-play. If it isn't your thing, you can even bring your role-playing out in public as some couples do.

"They don't have genital sex in public, but their behavior is erotically compelling to them.

They may do it in an unobtrusive way, calling no attention to themselves and simply enjoying the erotic ambiance they privately create together," said sex therapist Dr. Marty Klein in his article Notes On Erotic Role-playing.

"Or they may involve the world in their game, whether by costume (an adult woman wearing a cheerleader's skirt), conversation (letting others overhear them talking in role), or behavior (flashing a naked butt at a gas station attendant)."

Just remember that role-play is only awkward if you make it awkward! It doesn't have to be super serious to be successful.

Laughing with each other is often part of the fun. All that's important is that you make each other feel comfortable.

Therefore, communication is also essen-

tial. Talk about what you are interested in trying, and what your limits are before the scene. Discuss safe words or gestures that could be used to stop or slow down. If things go too far during your role-play, then don't be afraid to take a break.

Afterwards, chat about what worked and what didn't to ensure an even more successful next time.

Role-play is not something that you have to do all the time, but it's a great way to spice things up every now and then, especially if you are in a long-term relationship.

Surprising your partner with a sexy costume or acting out his or her fantasies is a great way to keep things fresh and exciting; subsequently, keeping your relationship healthy and fulfilled.

Remember that fantasies are often tricky subjects for people to discuss because they are not sure about how they will be received.

Rape is an especially sensitive topic, yet a very common theme for role-play.

Psychology Today found that sixty-two percent of women surveyed have had at least one fantasy about being overpowered, forced or raped by a man/woman.

You are not alone in your kinks, so be open about them.

"One form of role-playing involves consciously playing with power dynamics. People variously refer to this as bondage, S/M, and discipline; the expression "erotic power-play" covers a wide range of activities and attitudes," said Dr. Marty Klein.

"Erotic power-play can be mild and barely noticeable; rather extreme, with complicated equipment and well-practiced behaviors; and anything in between."

Do your best to remain open-minded about your lover's proposal, whatever it may be. Intimacy, and the exploration of each other's sexuality, is essential to any lasting connection.

So if your partner has a role-play fantasy, make your best effort to help it come true; if you have one yourself, then convey it to your lover.

"Ultimately, erotic role-playing is a way to celebrate two of our most divine gifts: imagination and sexuality," said sex therapist, Dr. Marty Klein.

Put on your fireman's jacket or whatever gets you going and enjoy!

Ovarian Cysts: What You Need To Know

The Basics of Cysts and Why You Shouldn't Panic if You Have One

BY BRIANA DELBUONO

During a routine trip to the gynecologist a small cyst was uncovered on my left ovary. My jaw dropped, as I have only ever associated cysts with cancer, death, and all the like.

It was shortly after the discovery that my gynecologist told me this is not the case. I took to the internet to find out more.

Here's what I found.

Ovarian cysts are very common. If you are ovulating and between the ages of 13 and 50, there is a large chance that you will get one. Here's why:

"A cyst is critical to the development of an egg as well as the hormones estrogen and progesterone.

"Unfortunately, there are some abnormal ovarian cysts but the overwhelming majority of them are benign," The Women's Health section of cmdrc.com informed.

Sometimes, you don't even know that you have them!

Because they don't cause you any pain and go away on their own, the only way you may discover them is if you take a trip to the gynecologist and a sonogram or an ultrasound is performed.

"Your body basically sets you up to get ovarian cysts," said Mary Jane Minkin, MD, a clinical professor of obstetrics, gynecology, and reproductive sciences at Yale University School of Medicine on Health.com.

Most women will get one at least once in their lifetime! Larger cysts are more likely to cause discomfort than smaller cysts but both are equally common and normal.

Sometimes the larger ones will bleed which causes pain and is also pretty normal.

"If you have a large cyst, your doctor can surgically remove the cyst through a large incision in your abdomen. They'll conduct an immediate biopsy, and if they determine that the cyst is cancerous, they may perform a hysterectomy to re-

move your ovaries and uterus," Valencia Higuera said on healthline.com.

There are two types of ovarian cysts. One is Physiologic, which usually happens during ovulation and is also called a Functional Ovulation or Follicular cyst. The cyst can occur after ovulation too. When that happens, it is called a Corpus Luteum Cyst. Pathologic cysts are abnormal, although they do leave your body on their own as well.

The symptoms caused by these cysts are pressure, swelling in the abdomen, dull ache in the lower back and thighs, pain during sex, pain during your period, abnormal bleeding, breast tenderness, nausea, and vomiting.

Most of the time, cysts are Physiologic, which means they will go away on their own and are usually benign.

Your gynecologist will probably suggest monitoring it over the course of several months to be sure.

The doctor may also suggest that you go on birth control, if you are prone to

cysts, in order to prevent or reduce them.

Your gynecologist may want to shrink or remove the cyst if it doesn't leave on its own or if it gets bigger over time.

However, cysts that occur after menopause can potentially be dangerous.

But, if there is no history of ovarian cancer in your family, the risk is much lower if not completely eliminated.

"Know that 90 percent of simple cysts are functional and will disappear after five weeks. Your doctor may repeat the ultrasound to make sure the cyst is gone. If, however, you are over the age of 50 and/or the cyst has solid elements and appears complex (with internal walls), further workup is usually done," Dr. Judith Reichman said on Today.com.

If you are experiencing pain, *go to the doctor!*

Pain is never a good sign but if you are told that you have an ovarian cyst, don't panic and remember the facts.

SPORTS

Dolphins Celebrate Senior Night with Victory

CSI Continues to Roll with an Impressive Shutout over Bard College

BY FRANK COSTAGLIOLA

CSI's men's soccer team celebrated Senior Day with a 3-0 victory over Bard College on Sunday, October 7 at the CSI Soccer Complex.

The non-conference matchup between the two, was the first game played between them since 2013, when CSI also defeated them by a score of 3-0. With the victory, the Dolphins improved to 8-4-2 overall on the season, while the Bard College Raptors fell to 5-4-3.

Furthermore, CSI is now tied for third in the CUNYAC standings with CCNY with 13 conference points. Hunter College currently sits at the top of the conference with 15 points, while Lehman College trails them by one point with 14 points.

CSI will have a chance to pass Lehman College in the conference standings when they face off on October 15.

Unfortunately for the Dolphins, they won't have the homefield advantage on their side this time around but will look to have big performances from their seniors in order to move up in the standings.

Despite rain showers, nine seniors in total were honored before the match on Sunday. Seniors Antonio Lynch, Peter Hanna, Jacob Szumanski, Nermin Kurtesi, Ilir Papraniku, Ruben Diaz, Mohamed Ndao, Marcin Klim and Rustam Djumayev were all congratulated by fellow teammates and coaches prior to the match.

Senior goalkeeper Antonio Lynch set the tone for the match with his play in the net. In 90 minutes of action, the senior made three total saves and was the anchor for his team on defense.

While the Raptors offense was relatively quiet the entire match, Lynch made necessary saves for the Dolphins when they needed them.



The Dolphins' offense came out attacking in the opening minutes of the match. While both teams tried to get physical with one another, the Raptors were outmatched.

The Dolphins had multiple scoring chances early in the game and after several failed corner kick attempts, CSI finally found an opening and scored its first goal in the 19th minute.

Midfielder Ali Fares found his teammate, Adrian Cosovic, open in the midfield on a fastbreak giving the Dolphins their first high percentage shot on goal.

Cosovic ripped an impressive shot around Bard College's goalie Taylor Bond giving the forward his seventh goal on the season. Furthermore, Cosovic had scored in

three straight games matches for his team.

The Raptors only had one attempt on goal in the first half, which is a testament to Coach Tardy's game plan coming into the match. In the 25th minute, Raptors' captain, Austin Higgins, attempted a decent shot on goal that was ultimately turned away by Lynch.

The Raptors came out of halftime looking like a different team. They controlled tempo of the ball and came close to tying the game in the 50th minute.

The team's other captain Nick Shenberg-er tested Lynch with a shot on goal, but it was turned away by the senior. The Raptors offense would go cold for the remainder of the match and were ultimately held scoreless.

The Dolphins would add two more goals in the second thanks to Junior forward Dardan Nika and Senior midfielder Nermin Kurtesi.

Nika's goal in the 58th minute was the nail in the coffin as it gave CSI a commanding 2-0 lead with 30 minutes to play. Kurtesi's goal, on the other hand, was a statement goal for the Dolphins as he scored with only 17 seconds left in the game.

With the win, CSI continues to move up in the standings. The team is now 5-1-1 in their last seven matches and is now 7-2-2 at home. With four games remaining on their schedule, CSI will look to finish strongly.

Of the four remaining games, two of them are against conference opponents. The first at Lehman College in the Bronx, and the next against John Jay at Randall's Island. Both games are must-wins for Coach Tardy's Dolphins if they want to climb up in the CUNY standings and ultimately make an NCAA tournament appearance.

"I think we are at the point now where anything less than an NCAA appearance is a disappointed," said Coach Tardy.

The Mets Improbable Run Comes to an End

BY FRANK COSTAGLIOLA

Despite falling short of expectations in the postseason, Mets fans should be proud how their depleted team competed all season long.

With arguably the best starting rotation in all of baseball returning for the 2016 season, only starting pitcher Noah Syndergaard was pitching for his team by the season's end. On August 19, the Mets found themselves two games under .500 and 5 1/2 games back of the second wild-card spot.

Yet somehow without pitchers Matt Harvey, Jacob deGrom and Steven Matz, the Mets did the unthinkable and managed to finish the remainder of the season with an MLB best 27-13 record.

In addition to their entire starting pitching rotation being depleted, their third baseman and face of the franchise David Wright (33), spent most of his season in California rehabbing his back. Additionally their first baseman, Lucas Duda, also had back problems of his own and wasn't able to play in the wild-card.

Despite all of the injuries and other complications the Mets had to endure all season long their unbelievable run to the postseason is a testament to head coach Terry Collins' leadership skills. While some might question his decision making skills at times, there is no denying that Collins' knows how to get every ounce out of his players.

Although the Mets were blanked by Madison Bumgarner and fell short of their expectations this year Syndergaard made sure his team wasn't going down without a fight. He held the Giants' offense scoreless through seven innings and added 10 strikeouts. Furthermore, Syndergaard went toe to toe with the untouchable Bumgarner, and set his team up with an opportunity to win the game.

His performance in the postseason was reflective of his team's regular season. They knew it would come close to the very end, but ultimately would fall short.

There is a lot of uncertainty heading into the 2017 season for the New York Mets. Harvey, deGrom and Matz will all be coming off season ending injuries heading into spring training, Yoenis Cespedes could opt out of his contract and the Wright playing days look questionable. However one thing is certain, the Mets won't go down without a fight.

"The job our guys did to get to this point, to be in this game, is unbelievable," Collins told ESPN. "When you lose three-fifths, obviously, of one of the best rotations in the game -- you lose two guys or three guys out of the middle of your lineup for a long period of time -- to sit here where we are today, I'm tremendously proud."