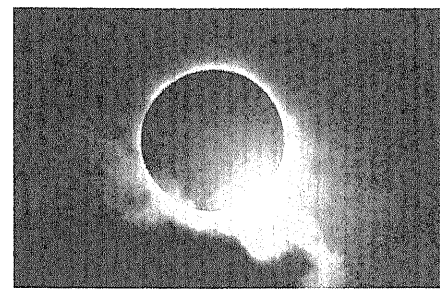


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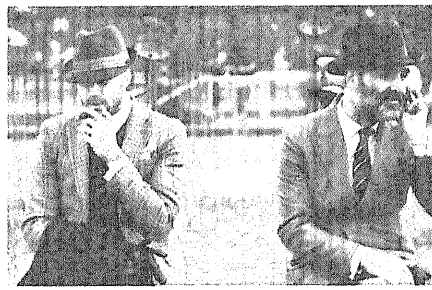
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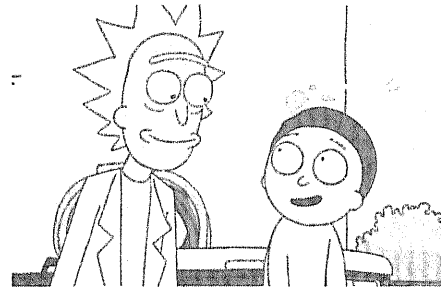
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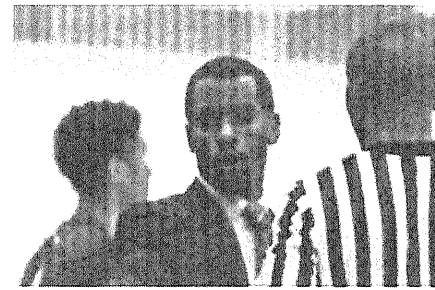
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Oh Happy Day, A New Roadway

Loop Road Gets a \$9 Million Overdue Facelift

BY LUCIA ROSSI

Our prayers have been answered: the dreaded, pot-hole filled, hazardous, narrow, loop road of CSI is now being completely rehabilitated to be spacious, smooth, functional pavement we have all hoped and dreamed of.

Construction of the loop road began in early August and is projected to be completed by mid-December. This project will cause traffic inconvenience, which isn't new for CSI dwellers, but will be worth the hassle and patience in the end.

In the meantime, access to buildings and parking will be maintained, traffic may be reduced to one lane and sometimes sections of roadway will be out of service.

The loop road's construction includes new gutters, curbs, a new storm drainage system—hence the big black tubes—and a pot-hole-free surface. This means no resurfacing the existing road, which was our previous temporary fix to a much larger issue.

The Dormitory Authority of the State of New York (DASNY) is doing the project which will be conducted in 10 phases, as shown by the phase blueprint.

Cameron Christensen, Assistant Vice President of Campus Planning and Facilities Management, and Hope Berte, Executive Director of Human Resources and Labor, wrote on CSIToday that Phase 1 will consist of "Replacing the southernmost roadway stretching from 6S to 5S.

The straightening of the Loop Road by parking lot #4. Replacing the roadway leading up to parking lot #1 by the softball field."

Lillian McGinn, the Director of New Campus Development, explained the long process of making this happen, as well as, just how needed this project was.

"The college has over three miles of roadway originally installed in 1993 when we moved to the campus from Sunnyside, though it lacked curbing that would help to control water erosion," she said.

"While it has been maintained by patching, it was determined that the entire loop road needed to undergo a major rehabilitation to repair the erosion caused by the water underpinning its infrastructure."

According to McGinn, many of our pot-hole repairs were patched up by a contractor, which only cost hundreds of dollars to resur-

face as a quick fix, but did not address "the underlying problem of water management and the erosion of the roadway base."

Realizing this, the planning started in 2012 where the roadway was reviewed and costs would be determined.

It was here that it was decided the east side roadway would be straightened while still including a parking lot.

The northern section of roadway would be realigned and would include pedestrian-safe walkways. Also, the curbing addition and a storm catch basin would keep the road smooth and pothole-free.

In June 2014, H2M, Architects and Engineers, studied our core sampling and traffic volume counts, the scope of this reconstruction was changed to apply to the entire loop road and not just eroded areas.

To make this happen, the college got funding through the CUNY Critical Maintenance program.

According to McGinn, the funding came over the span of several years, "starting from funds from CM FY11/12, up through additional funding FY14/15. The budget for this project is \$9,047,000."

Even with this project in motion, there

are many other renovations going on as well. "Currently 7 buildings—1A, 2A, 3A, 1N, 2N, 3S and 5S are having gutters and leaders installed with water management to an underground detention system that will allow for grey water to be used in the College's irrigation system.

The four academic buildings in this project are having a new hardscape design at each of their entrances," said McGinn.

McGinn also informed that 2M, across from our gym, has been renovated with new classrooms for School of Business at CSI and that our soccer field will soon have new fencing, bleachers, press box and lighting.

As progress is made, McGinn, as well as the rest of the Campus Planning Office, wants students to know, "There is no doubt that students, faculty, staff and visitors to the campus will be inconvenienced for portions of this project.



Letter to the

editor

BY BRIELLE SPARACINO

Autumn is just around the corner, and for upperclassmen, that means it's time for us to get back into the swing of the semester. Unfortunately, we've got to say goodbye to endless beach days and vacations to tropical islands so we can pretend like we haven't forgotten how to function as normal members of society. For incoming freshmen, however, it means that you'll be entering a whole new world.

College is a completely different universe than what you've been used to for the last seventeen or so years of your life. There are lots of things you won't be able to get away with since you'll be officially considered an adult.

There's going to be much more real-world stress on your shoulders, especially when it comes to balancing outside jobs and legitimate college classes along with any extracurricular activities you choose to take on. Personally, I feel like college is high school on steroids.

One of the first things I'm going to tell you to prepare you for this next stage in your life is to stop procrastinating. I'm not really one to talk since I procrastinate to this day, but I hope you make the decision to learn from my mistakes over the last few years.

When I say "stop procrastinating," that's not limited to class assignments; I mean that in every sense of the phrase. Whether it's hauling your butt to the registrar's office to take care of a financial aid crisis or stopping in to see an advisor in between classes, do not wait. I can't stress this enough. As long as you check your school email consistently, you'll be able to easily monitor any potential issue that presents itself during your time here.

The second thing I'm going to tell you is that you really don't need to buy all of your textbooks for every class in every semester. Speaking for myself and for countless other students who have gone through the same thing, it's extremely likely that some of your professors either won't require readings or assignments from the textbook at all, or they'll require roughly one assignment be completed using information directly from the textbook. I personally believe that textbooks have got to be most useless items any

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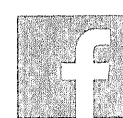
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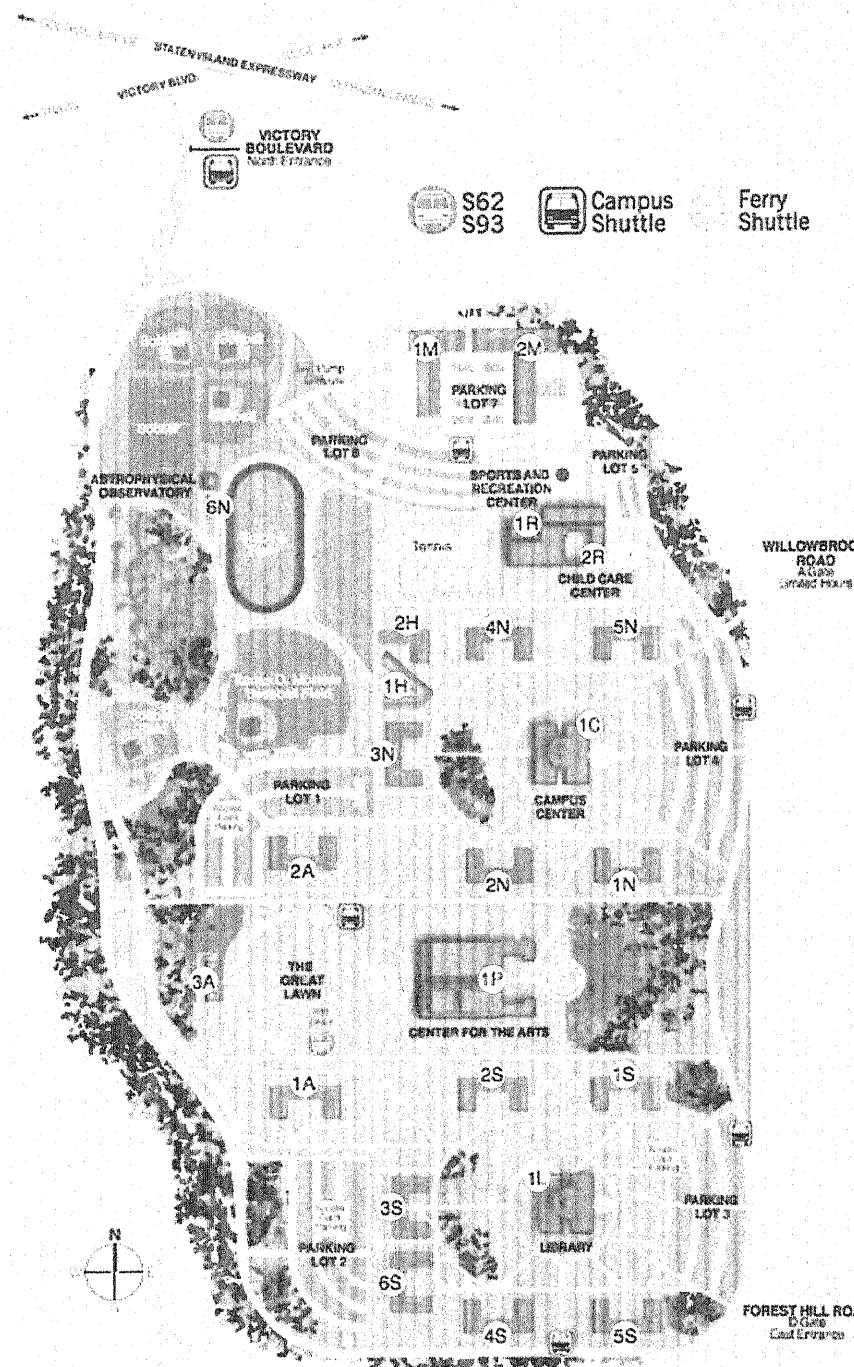
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- North Campus**
- Astrophysical Observatory 6N
 - Business 3N
 - Campus Center 1C
 - Campus Services and Central Plant. 1M
 - Children's Center 2R
 - Computer Science 1N
 - Engineering Science and Physics 1N
 - Engineering Technologies 4N
 - History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

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BANNER POLITICS

Commentary: Racism Unmasked and Unleashed

KKK and Nazis Clash with Anti-Fascist Supporters in Charlottesville

BY: STEVEN MORRIS

August 11 and August 12 are two days that have been marked as possibly some of the ugliest and darkest days in our American history.

On those days, there was a gathering of KKK supporters and Neo-Nazis, for a rally titled "Unite the Right", a rally that was intended to be a protest against the removal of a statue of Robert E. Lee in Charlottesville, a college town that is built around the University of Virginia.

It is difficult to admit that this isn't the mid-20th century where we are experiencing this. It is today's world. In our modern year of 2017, we are seeing large gatherings of people who support ideas of hate and discrimination.

The night of August 11, a day before the rally was to be held, hundreds of KKK and Nazi supporters marched with tiki torches, on the campus of University of Virginia surrounding a small group of opposing protesters that were standing around a statue of Thomas Jefferson.

The next day, was the "Unite the Right" rally. However, this didn't turn out to be a very peaceful rally. Early in the morning, militias were traveling into town with firearms, rally shields, and camouflage attire.

Chants rose from these crowds that were anti-Jewish, anti-black and discriminant to

the LGBT community.

Later that day, a 20-year-old neo nazi drove his Dodge Charger into a crowd of counter-protesters, injuring 29 and killing one, which can be considered an act of domestic terrorism.

He was later caught and charged on several criminal counts, including hit and run.

Many politicians, from both sides of the aisle, denounced these public displays of hate and discrimination.

Others denounced it but did not callout or name the KKK and Nazis specifically, like President Donald Trump.

Even though a couple days later, he specifically named both groups, his speech didn't seem to be that genuine. The first speech he made was the one that stood out.

In it, he noted that there were "violence on many sides."

In his third statement about the incident, he doubled down on blaming multiple sides by saying, "You had a group on one side and the other, and they came at each other with clubs, and it was vicious and horrible.

It was a horrible thing to watch. There is another side. There was a group on this side, you can call them the left.

You have just called them the left, that came violently attacking the other group. You can say what you want. That's the way it is."

However, it was the side that was filled

with Neo-Nazis and KKK members who carried around firearms, rally shields, multiple weapons and camouflage, that was the side that provoked violence.

We see Trump blaming both sides and sympathizing with the White Supremacists because these same people supported him in the presidential race and were visibly supporting him in Charlottesville, wearing the infamous "Make America Great Again" hats and vocally supporting the president.

David Duke, former Ku Klux Klan grand wizard, had this to say: "We are determined to take our country back, we are going to fulfill the promises of Donald Trump.

That's what we believed in. That's why we voted for Donald Trump, because he said he's going to take our country back."

People have every right to be scared in this country.

From nuclear threats between North Korea and the US, to the events that happened in Charlottesville, it feels like this country has time traveled back into the 40's, 50's and 60's.

Yet, according to President Trump, that's when America was last "great". Many on the right side of the aisle, feel that way too.

When President Trump was elected, the people who voted for him got their wish: we are living through the times of the mid 20th century again.

According to a Pew Research survey done in March 2016, 75% of Trump supporters "say life for people like them has gotten worse..." in the last 50 years.

When asked about when America was last "great", Trump responded in a 2016 interview with the New York Times saying the "late 40's and 50's".

We, as a people and as a country, must make it a point not to be on the wrong side of history.

There is no room for racism.

There is no room for discrimination.

There is no room for hate.

Those who spread racism, discrimination and hate should be denounced and shamed for their actions and beliefs.



NYC Elections 2017

In the city that never sleeps, the race to Gracie Mansion lethargically crawls onward

Though Election Day once again looms ahead on the calendar, one could be forgiven for not realizing that there are municipal elections to be held in November for city council and mayor.

Incumbent Bill de Blasio is running for a second term, and is currently focused on claiming victory in the Democratic primaries to be held on Tuesday, September 12th. In contrast to the fiery mayoral race of 2013, this year's election seems much more muted.

Though he is challenged in his own party by Sal Albanese and Robert Gangi, neither mayoral hopeful has raised a sufficient amount of funding to effectively compete with Mayor de Blasio's \$4.8million.

Although polls have been incorrect in recent history, a Quinnipiac poll admits that only 39% of potential voters think that he deserves a second term.

Many experts believe that the reason for this shift from the last election is how the state of society has changed in just four years. In late 2013, while there was already some growing attention to groups such as Black

Lives Matter, and to possible civil rights violations by law enforcement, the election of Donald Trump as president has only enflamed the situation.

Now, as a result of the current presidency, voters in New York City mostly care about electing a candidate who will stand for equality and progressivism.

Mayor de Blasio has always positioned himself perfectly in this role, calling himself a populist, and promising New Yorkers an end to "The Tale of Two Cities".

In addition, Mayor de Blasio's interracial family grants his campaign an element of legitimacy and relatability to those voters who would likely receive his populist message warmly. Of course, not all New Yorkers subscribe to this ideology.

There are some New Yorkers who see Mayor de Blasio as a divisive, uncharismatic, and hypocritical politician.

A common complaint is his alleged flaunting of his partly black son, Dante, to pander for votes. Mayor de Blasio's controversial standoff with the NYPD also cemented

his poor image to many.

Here on Staten Island, local state assemblywoman Nicole Malliotakis is likely to be the Republican candidate for mayor. Ms. Malliotakis has said that leaders should not "Pit communities against each other." For the next few months, Mayor de Blasio will be sharing his achievements from his first term.

In just over three years, murders in New York City are down by 25% compared to Michael Bloomberg's final term. This is due largely in part to increased NYPD patrols and activities as a result of recent terrorist attacks overseas. The NYPD is one of the largest, most well-equipped,

and most well-organized law enforcement bodies in the world, and de Blasio has relied heavily on them, despite the controversy earlier in his term. Even though Mayor de Blasio has focused primarily on uplifting the working class in this

city, it is the working class who is subjected to the longest commutes in the city, often on public transit.

This has always been the case, with peo-

ple coming into Manhattan from the outer boroughs to work, but it is only recently that the transit system has suffered so much neglect.

As a property of the MTA, a state agency, The Subway and buses are not subject to the office of the mayor.

Nevertheless, the frustration of commuters at deteriorating service is largely being directed at Mayor de Blasio.

An appearance was made on a subway car by the mayor, where his plan was to answer commuter concerns directly, but this stunt has largely been panned by local media as a publicity stunt for his re-election campaign.

Critics were quick to point out that the whole event was filmed and photographed by reporters, and de Blasio's staff created an artificial environment in the space, one in which commuters truly couldn't express their concerns fairly.

However this election goes, New Yorkers can expect their daily lives to change very little. This city is far more than its government.

BANNER NEWS

Deer, Skunks, Chipmunks, Gnomes? Oh My!

The New CSI Art Gallery and Exhibit Will Feature a Giant Gnome Sculpture

BY JENNIFER WEEKS

A team of CSI students got to lend their helping hands in crafting a 20-foot tall wooden Gnome sculpture that will add to College of Staten Island's art exhibit.

The project is being led by Beatrix Reinhardt, professor of photography and curator of the art exhibit. Alongside Professor Reinhardt is Finnish sculptor Kalle Mustonen as well as Jean Pitman, the Youth and Community Programs Manager at the Wexner Center for the Arts in Columbus, Ohio.

When reaching out to the sculptor via email, he responded to a simple question: why a Gnome?

"[The] Garden Gnome is a familiar figure. It brings out love or hate. That's the magic of Kitch. In general, all the little spirits, whatever we call them, take care of our property. But only if we treat them well. We're on the edge of global catastrophe. We are too close to realize what's happening. The little and bigger gnomes are indicators of our relationship with nature".

This will be Kalle Mustonen's first piece where he will have an assistant; all the pieces he has previously worked on were completed alone.

Reinhardt and Mustonen were also not alone in creating this huge project. In fact, 21 students currently attending CSI took part in creating the enormous sculpture. In addition to the Gnome studies project, the students will be working on their own independent pieces that will allow artistic freedom.

While many students who partook in this special event were students of Reinhardt, there were quite a few volunteers as well. The students who were involved in this project were offered internship credits, which sparked the interest of many art majors. Other students who were not art majors simply volunteered their time for a chance to work with the renowned sculptor.

Prior to the sculptor arriving at the College of Staten Island, the students chosen for this project had already made a small scale of what would soon be the beginning of the



Gnome project.

They all began the project in June and it was conducted into August. All participants who partook in the project were in building 1P, in the Sculptor room, and arrived as early as 10 a.m. and staying until around 6 p.m. Monday through Friday.

It was a two-shift system for interns and volunteers. The interns/volunteers were split up into two shifts—pairs or groups of three would work on certain parts of the sculpture. While they worked, Mustonen designed the next steps for the group before they finished their current tasks.

When asking the artist how it was to work with students, Mustonen responded, "They were excited. That gave me extra energy to

work days on the sculpture. The hardest part was to let go of total control. This was the first time I created a piece with assistants."

The Gnome Sculpture is currently completed and is awaiting its big debut. There was a dinner event hosted by the Art Gallery on August 24th, where the installation of the Gnome was completed.

The official inauguration will be held on September 19, where it will be permanently displayed in the woods behind building 1P. It will be accompanied by an exhibition about the making of the sculpture in the CSI art gallery. There will also be an exhibit for the personal projects of each participating student.

Be sure to check out this enormous piece once it is on display for all to admire!



"Letter to the editor" Continued from Front Page

college student has to purchase, because my \$4.00 RedBull or \$5.00 hot Caramel Macchiato with extra whip from Starbucks does more for my mental stability than re-reading the same four sentences does. However, that is just my opinion.

The third piece of wisdom I am going to share with you is to join some kind of club or group that has nothing to do with your classes. I will be the first to share that in high school, all I'd ever do was go to school and go home.

When I got home, I'd do my homework, eat dinner, and go to sleep. That was my routine every single day for four years. I hated high school and 95% of the people in it, so socializing was not exactly a priority for me.

Once I started college at CSI, though, I was immediately roped into joining The Banner by a classmate in my Intro To Com-

munications class. I've been working my way up the ranks for the last two years and I was elected as our publication's new Editor-In-Chief by the entire staff.

Being a part of The Banner has honestly become such an important aspect of my life that I know with absolute certainty I would be different without it.

The friends I have made through this organization alone have all been incredibly supportive people, we're truly like a family. I cannot express enough how grateful I am to be in my current position, and so I strongly encourage you all to break out of your comfort zone and try something new, or something different. I guarantee that your experiences will be rewarding.

The last thing I want to say is no matter what you choose to make of your overall college experience, make sure you're having fun! I would've never dreamed that college would be so different from high school, but luckily, I've been having a pretty great time

at CSI and I'll be sad when it's time to graduate.



BANNER NEWS

Total Eclipse of the...Sun?!

BY CLARA PEREZ

On Monday August 21st, 2017, much of the world was treated to the rare sights of a total solar eclipse.

A solar eclipse is a celestial phenomenon where the moon passes between planet Earth and the Sun which results in a partial or total occult (block) of the Sun.

During a total eclipse, the moon is in the

The who? What? Where? When? and Now? of the 2017 solar eclipse.

sas, Missouri, Illinois, Kentucky, Tennessee, Georgia, and North and South Carolina, in that order.

The solar eclipse experience lasted from about 9 am PDT to about 4 pm EDT with the sun being

completely blocked for a total of 2 minutes and 40 seconds.

The last year a total eclipse could be seen from the United States was back in February

Even after only seconds of exposure to the Sun's brightness can have potential short and long term effects.

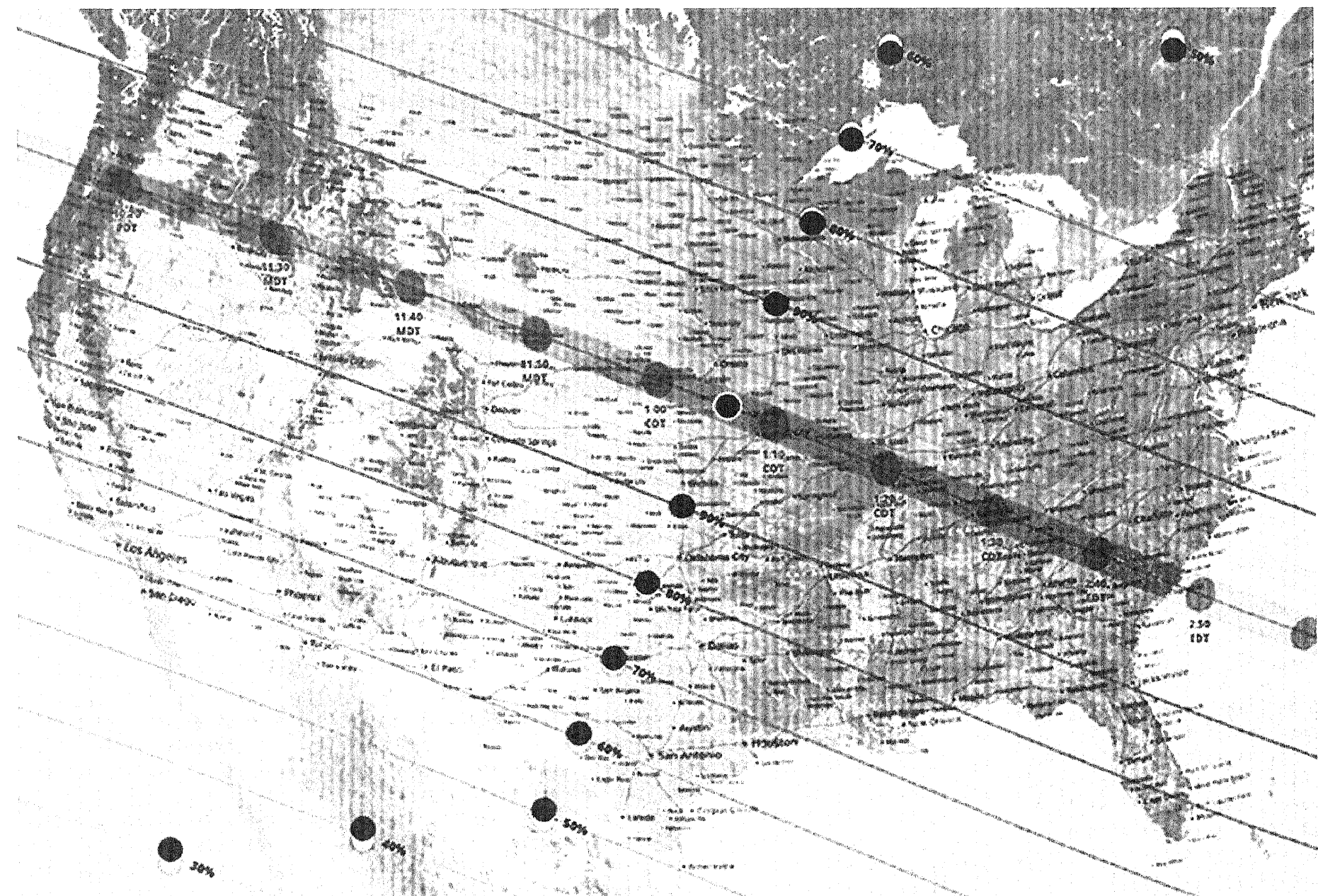
Damage to the eye that results to changes in vision, can be symptomatic immediately or within weeks of the exposure.

Short term damage can be experienced within the first 24 hours of exposure and it may present itself as eye pain and light sensitivity.

Upon the news of the total solar eclipse, the demand for these glasses skyrocketed and with this burst in demand also came a burst in website scamming.

The Washington Post recently reported that the American Astronomical Society had received a significant number of reports concerning the sale of unsafe eclipse viewers that are potentially dangerous.

Uncertified solar eclipse glasses were



new moon phase meaning that it is a full circle shape

and so, a complete occult of the circular sun can be observed.

According to NASA, 14 states were able to view the complete solar eclipse while the rest of the continental United States, parts of South America, Africa and Europe were able to witness a partial eclipse.

The stretch of states that were able to watch the sun become totally eclipsed during the duration of the solar event, referred to as the "path of totality", were Oregon, Idaho, Wyoming, Montana, Nebraska, Iowa, Kan-

of 1979.

The next total eclipse visible by the United States is expected to occur in 2024 but its path will be different than that of the 2017 eclipse with other states like Texas and upper New England

states making up the path of totality. Since the solar eclipse, many people have reported vision issues and pain of the eye.

While protective glasses were recommended for viewing the solar eclipse, many did have access to the product and stared at the Sun directly.

Long term damage, which may be a worry to some of us weeks after the eclipse, may be experienced as eye pain, light sensitivity and loss of central vision in one or both eyes.

If you are concerned about the health of your vision or the vision of someone you know, it is suggested that anyone visit their local ophthalmologist for a comprehensive eye exam.

As for the next total solar eclipse coming up in 2024, if anyone is interested in investing in a pair of those protective viewing glasses, be careful where you purchase them from.

being sold on many websites including Amazon.com and some products have since been recalled.

These counterfeit eclipse viewers are not effective at blocking the harmful brightness of the Sun which can lead to many of the short and long term issues previously stated.

NASA has released a list of reliable sources in which to buy solar eclipse viewing glasses that

have been certified to international safety standards.

The list is available now on the American Astronomical Society's eclipse webpage

BANNER LIFESTYLES

Seven Tips and Tricks to Get Back Into the Swing of the Semester

Here's some helpful tidbits to make the transition from summer go much more smoothly.

BY CLARA PEREZ

Summer is almost over and we're all already feeling the separation anxiety, but these pre-semester prep tips may help make the transition more tolerable.

#1- Acceptance

As much as we don't want to accept that our summer vacations are over and the stress of school is looming on the horizon, we must.

The first step in preparing for the semester is accepting that you are going to be stressed out and there will be plenty of assignments to do and deadlines to meet. However, each semester poses the chance to grow personally and academically, which is always a win!

#2- Get Organized

You may not have your syllabus yet but that doesn't mean you can't get ahead of important dates.

The academic calendar for the semester is available on the CSI website and serves as your first line of defense. Make sure you write down dates for breaks, campus closures, mid-term/final weeks and days of the week that follow different day schedules.

This gives you the chance to plan ahead for study time and maybe a much needed winter break vacation.

#3- Order Supplies

Also available prior to the start of the semester is a listing of your course textbooks and supplemental materials.

Order them now to avoid them selling out online and to avoid book store pricing. There are a bunch of resources for online book purchases and rentals including campusbookrentals.com, chegg.com, amazon.com and textbookrentals.com.

Don't get swept up in only ordering textbooks and other literature. Make sure to buy your everyday school supplies from pens to printer ink, and don't forget the color-coded index cards for study group!

#4- Get on Schedule

Although there will still be late nights, only now paired with early mornings, getting back on a schedule that will help you through your school day is vital to a successful semester.

Know your class schedule and what it will mean for the timing of other activities

throughout your day and week.

Make sure you know when you'll make time to travel to and from campus, eat a real meal, get involved in extracurricular activities, keep your social life, exercise, and of course, rest.

Reducing the stress associated with a rushed or inefficient schedule will help to make your days feel shorter and more productive in the long run.

#5- Set Goals

Setting realistic goals, whether for your classes or for yourself, is a good way to keep your semester stress at ease.

Using goals as a way to get through your semester step by step can be a fun and fulfilling way to stay organized and never miss a deadline.

For each small goal you set, you should also choose a reward for yourself after you reach that goal. Whether it's a small treat or a shopping spree, rewards are just important as the goals! This will keep you motivated and keep you feeling on top of your work and life.

#6- Don't Get Caught Up

With the semester starting again, old

friends and old habits may find themselves consuming you once more. Don't give in! Do not get caught up in hanging out, partying or general laziness.

This will cause you to fall behind on studying which can lead to many missed goals and even more tragic- no personal rewards.

Don't allow yourself to lose your groove once you've started out the semester strongly and with a set plan in motion. That will only lead to self-disappointment and will make your semester feel longer and more painstaking than it has to be.

#7- RELAX

Remember that whether this is your first semester or your last, you are capable of totally nailing it!

While school is important, it is also important to take care of yourself and to make the time to give yourself a pat on the back every now and then for all of your effort.

Remember that you are in school to forge a path for yourself and your future career goals and that nothing can stand in your way but you! Good luck!

Love and Loss and Love

How To Heal After Losing Any Kind of Love

BY BEREN SABUNCU

While it might be easy to simply pick one definition for it, love cannot be summed up easily.

Love is your significant other. Love is your mother. It is your family, your best friend or your child. Love is happiness.

It is easy to single out one definition, and pretend as though that does love justice. It doesn't. It also doesn't do our complex mental and emotional capabilities justice. You yourself are very complicated, isn't it only natural your emotions are too?

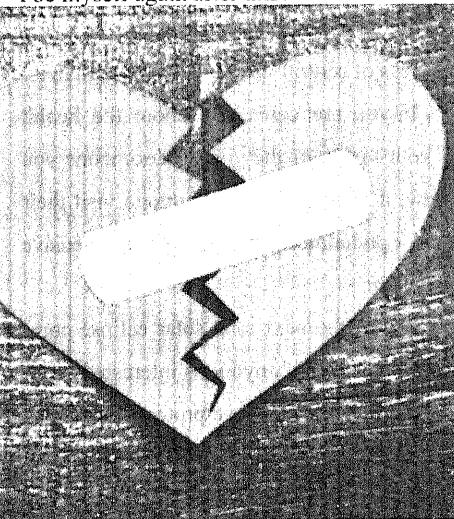
We are certainly creatures of wonder. It is mind-boggling to think that there are as many different kinds of love as there are people. However, whatever your definition of

love may be, loss thereof is always painful.

Referring to the several different definitions of love mentioned above, imagine losing love. Imagine you lost your mother, parted ways with your best friend, or broke up with your significant other.

Granted, the pain of some is incomparable to others. No one could say breaking up with a partner would hurt as much as losing your mother.

The pain of lost love is experienced by many, no matter how much it may hurt or what that particular case may be. Several questions arise after losing love. How long am I going to be in pain after my loss? How am I going to get over this loss? Will I ever love again? Will I ever feel whole again? Will I be myself again after this?



The answers obviously vary depending on your personality and what you can handle. Not everyone is made from the same fabric and usually that's what makes life so fun.

There is an amazing saying about the inherent differences people have playing a big part in the way they process pain and dark emotions.

It goes something like, "The same water that hardens the egg softens the potato." That is to say, if the situations of two people were absolutely the same, they would still respond differently. What you're made of shines through under tough times.

The questions you ask yourself have different subjective answers. You might be in pain for several months, or weeks, or years.

You might get over it, or not. Answers to those questions, people and the different kinds of love they feel, and the conditions of said loss will almost always be different.

That being said, the loss of love does not eradicate the once beautiful existence of it. To celebrate what once was is always better than to mourn what now isn't. Life is too short to worry and too long to spend worrying.

Of course there are some pivotal points in life almost everyone experiences. These points are harder to experience, such as the loss of a parent. Still, even and especially in such a case, celebrate love and life.

Celebrate the simple fact that you had

such a beautiful person in your life. The only way to not give into feeling pain for more than necessary is to mend your broken heart with love.

The only way to stop hurting is to love more. It might be hard at first and you might not feel like it. You might feel as though your heart cannot feel anything but pain.

Yet as mentioned before, humans are complex creatures. Find the strength you hadn't realized you possessed within, and actively choose love.

Love yourself more to mend your heart. Try and love life more, force yourself to enjoy the small things.

You might think that it is easier said than done, and you would be right. Why back down when the going gets tough? It might be hard but it is worth it to love again after loss.

Seeing that you're capable of love after loss makes you realize how strong you are. Your heart is huge, life is better with love. Celebrate your complexity and you can healthily experience grief for the loss of love.

Yet, don't ever forget that the love you lost and the person you loved were in your life for a reason.

That reason is to show you how much love you are capable of. Revel in that you were once capable of so much love, and let yourself love again. You will thank yourself for it.

BANNER LIFESTYLES

A Guide to Men's Fashion: Building Your Wardrobe

Growing Your Closet Takes Effort, but is Immensely Rewarding.

BY: BRENTON MITCHELL

Personal growth reflects both sections of our lives: the internal and the external.

While explaining the path to internal growth is incredibly difficult and complex, discerning the external is a much more manageable affair.

The most obvious form is the way we look, specifically the things we wear. Therefore building a wardrobe is essential to mirroring and exemplifying the internal aspects of our lives.

As established in a previous article, the importance of fit is paramount when it comes to making new purchases. But when it comes to developing an actual style the first step is subtraction, not addition.

It is impossible to know what is needed without truly knowing what you have, and often the contents of one's closet is a mish-mash of clothes that are either used irregularly or haven't been touched in years.

As such, the best beginning is to sort out every single item into three categories: often worn, sometimes worn, and never worn. Everything in the never worn pile can be set aside and dealt with however you please.

Everything in the sometimes worn pile can go too, unless it's sentimental or serves some important function. After clearing out the "never worn" pile, the items in the "sometimes worn" pile get more attention due to the reduction in clutter.

Whatever the case may be, after the culling, the next step is the fun part: building the

wardrobe.

Though before investing in any clothes, there needs to be a predefined goal that will help guide your purchases and keep everything focused.

These goals will be related to the missing aspects of the wardrobe after the unused clothes have been removed, taking into account the current season and other factors.

For example if, after the removing unused clothes, it becomes apparent that you don't have enough pants in your collection while going into fall/winter, then acquiring new pants becomes a priority.

Applying this theory across the board to suit the given situation is the best way to spend money in the most effective way possible.

Moving forward, there needs to be an understanding of what look is desired after everything is purchased.

For example, if one is removing the amount of graphic t-shirts in their collection and wants to replace them with alternatives, then that provides excellent direction for future purchases.

Building off that, it is best to start simple when building up your wardrobe. It is easy to say "I want to dress like this." Then spend an immense amount of money achieving a look, just to find out that the look is not what they truly wanted in the first place.

Thus, the best way to begin is to take it slow and simple. Clothes that have no graphics, good prices and are readily available

is the best way to experiment and see what works without sinking a large up-front cost.

Excellent stores for this are H&M and Uniqlo.

The former provides cheap clothing that probably won't last longer than a season, but serves the function of letting one experiment without breaking the bank. It is very hard to go wrong when shirts are in the ten dollar range.

Uniqlo has better quality than H&M, but still has a large amount of simple pieces that look good, fit great and have reasonable prices. Being a Japanese company, their sizing can be a bit odd, but overall they are an excellent place to start for those looking for simple and clean styles.

Honorable mentions go to American Eagle, American Apparel and Zara. Each provides their own spin on similar fashion styles,

with AE having pieces that can be more interesting than Uniqlo for similar quality but often pricier.

American Apparel in its current state is a toss-up, as they were recently bought by clothing giant, Gilan, and re-released under their umbrella. You could find some potential there, but proceed with caution as to clothing quality.

Zara has a lot of trendy styles fresh off the runway for similar price points and quality as the previous stores. Finding things there is a bit more advanced, but for those that know what they want it's a perfect place to shop.

Whatever the case may be, building a wardrobe is both an incredibly fun and rewarding experience that is sure to have you looking and feeling good all year long.



Five Cruelty-Free Drug Store Brand Makeup

No Bunnies Were Hurt in Process of Writing This Article

the affordable price of \$3.95. Depending on the location and state, this cosmetic may vary in shades as well as price.

Another cruelty-free brand is E.L.F, their Moisturizing Lipstick has a wide variety of colors that meet any shoppers needs.

They are also inexpensive; this product is sold in any drugstore, particularly in Target. The online price for this bad boy is a low amount \$2.99.

The third brand I would like to mention is Milani, their Conceal + Perfect 2 in 1 Foundation is a lightweight, oil-free formula, with medium to full coverage, is long wearing, water resistant and sweat proof. This product is currently being sold online and in stores at Walmart.

This possibly holy grail product costs \$8.97. It's a little more expensive than the past products mentioned but is a steal compared to the luxury brand foundations.

Another brand I would like to mention is NYX and their Professional Makeup Sweet Cheeks Blush Palette.

It is an eight-shade palette that claims to be pigmented, buttery-smooth, and suitable

for all skin types. NYX is a low budget cosmetic company that allows you to get more bang for your buck. This palette helps to accentuate your cheekbones with both matte and shimmery shades.

You can own this palette by coming to or ordering online from CVS. The original price of this product is \$20.00, but can currently be found on-sale for \$14.00 on the NYX website.

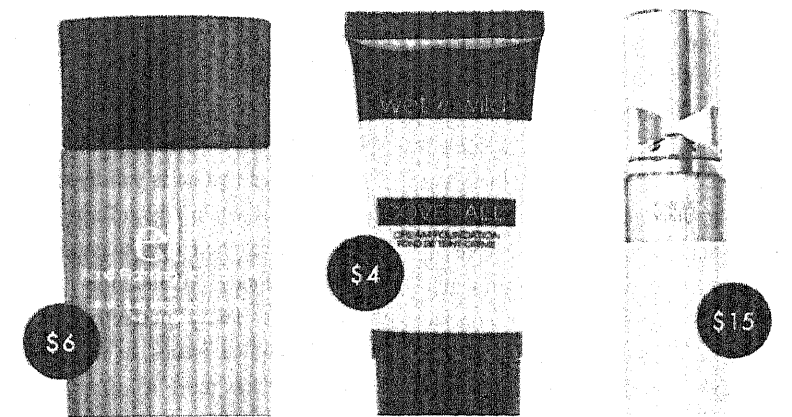
This is not bad for an eight-blush palette. Last but not least, Wet N Wild is a wise choice for a budget-friendly cruelty-free makeup brand.

Their Mega Protein Mascara in the shade "very black" is made of formulas consisting of soy, oil, acai, wheat proteins, and D- Panthenol.

This mascara helps protect and strengthen, as well as, nourish those long lasting lashes. You can own this mascara for the low price of \$2.49, this price does vary on location and online purchases.

These are just five of my personal favorite cruelty-free brands and products. Also, keep in mind, that the prices and products do vary depending on location and website.

Stay cruelty-free beauty lovers.



BANNER ARTS

“Rick and Morty” is Still the Most Original Show on TV

The Darkest Year of Their Adventures is a Roller Coaster of Heartfelt Stupidity

BY RAMI TABARI

“Rick and Morty” season three takes everything you could possibly love from the previous seasons; wacky adventure, dark humor, and deep moments, and amplifies it by ten by throwing out Jerry.

In all seriousness, the year-and-a-half long wait was well worth the superb quality of content that the third season has delivered thus far. Original plotlines, exciting characters and fresh dimensions keep you hooked to the adventure while waiting to be put into your next coma by the endless laughter.

For those who don't know, “Rick and Morty” is a dark comedy on Adult Swim that draws on the concept of “Doctor Who” meets “Back to the Future” slammed with an R rating.

The combination creates complete nonsense on screen, but provides fulfilling character development with meaningful themes to tie it together. Season three does not disappoint in this regard.

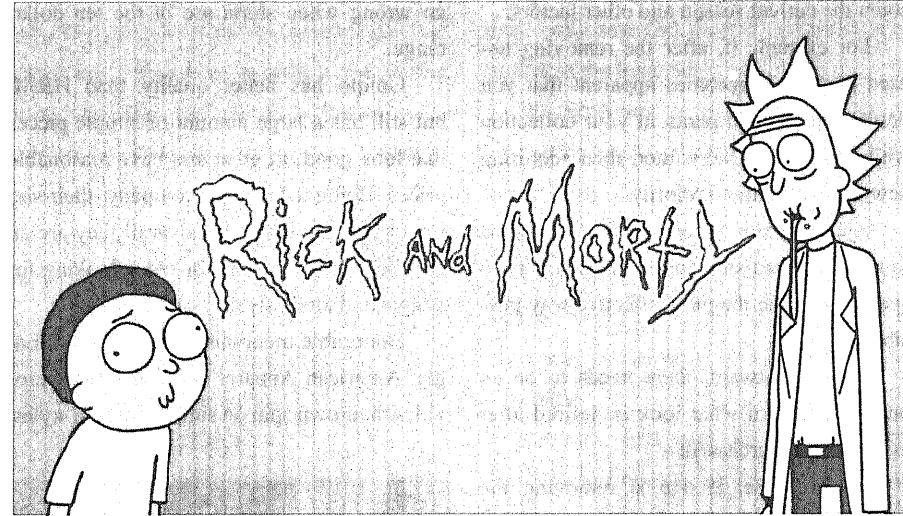
With the unexpected release of ‘The Rickshank Rickdemption’ on April 1, season three starts off with special guest Nathan Fillion interrogating Rick about the creation of the Portal Gun.

The show cleverly disguises Rick's plan to escape with a heartfelt character moment,

catering to one of the things it does best: tugging your heartstrings for fun.

“Rick and Morty” provides emotional scenes that get replaced with comedy or something rather sinister, and vice versa with comedy being replaced by a heartfelt moment.

Season three utilizes this strength more



than the previous seasons have. Rather than harboring a hidden meaning behind a character's actions, Rick and Morty are thrown right into the family-tearing drama.

The first episode effectively set the tone for the rest of the season by revealing Rick's semi-jokingly sinister plan to take over the family from Jerry. It ends off by promising

dark epic adventures dealing with serious subjects like divorce and plotting a journey for the elusive Szechuan sauce.

The second episode, ‘Rickmancing the Stone,’ shows us how well “Rick and Morty” takes advantage of being a cartoon. After two seasons of great character development, Roiland and Harmon, the creators,

one of the best episodes of “Rick and Morty.” It's the perfect blend of a crazy mad-scientist adventure and deep psychological family issues.

There's literally over a minute of dialogue when the family therapist diagnoses Rick's reason for turning into a pickle. It's one of the most dark and sincere moments in the whole show. Yet, in its classic realistic humor, it scoffs off everything real that was said and Rick continues to go about his fun life.

The reason why “Rick and Morty” is so critically acclaimed is because it brings life into every episode by trying to make a point, and takes you through that point as if it were a feature film, leaving nothing to be desired. The first three episodes, for example, explore dark themes starting with Rick's plot to get Beth and Jerry divorced, then Rick and Morty avoiding the divorce, and finally Rick avoiding family therapy. Hidden under the excitement of Pickle Rick's adventure lies rat guts, and a very real guy that fans can easily connect with.

He's a mad-scientist, sure, but he loves his family and avoids them like the rest of us. In that sense, his emotions and goals are both relatable, meaning that even if it takes nine seasons, we'll get that Szechuan sauce.

The third episode, ‘Pickle Rick,’ is by far

A Strong Collection with Minor Faults

A Strong Collection with Minor Faults

BY STEVEN AIELLO

Mega Man is one of the most famous video game series' of all time, and with good reason. With its unique formula, consistent quality and timeless feel, it's no surprise that the series has spanned multiple decades across 10 plus games.

Although Mega Man's classic series might never see another official release by Capcom, the blue bomber's legacy is still one of the strongest examples of a platforming video game series there is. Mega Man Legacy Collection 2 aims to compile the latter half of the classic series while adding a new twist to its games.

The games featured in Legacy Collection 2 are emulations of Mega Man 7, 8, 9 and 10 with only minor changes to the games themselves. One thing to note about Mega Man, at least with the classic series, is that the focus has never been on the plot.

Despite these games having an admittedly colorful cast of characters, the Mega Man games have never put much focus into their plots. At its core, the stories have always been a “good vs evil” scenario in which Mega Man and his friends have to stop Dr. Wily from achieving world domination.

Rather than story, the Mega Man

series has always focused on its robot masters, weapons, as well as its level design and gameplay. While the former two aspects vary in quality from game to game, Mega Man is almost always a well-designed and quality experience.

This is due to Mega Man's clever level design in which mechanics or hazards are introduced in safe or controlled environments before being built upon later in the game or stage. It's a great way of teaching the player the game's mechanics while not breaking the flow.

Design choices like those are plentiful in Legacy Collection's featured games, which makes for an enjoyable and challenging experience. Further enhancing the mood are the colorful graphics and catchy soundtrack, which gives each level its own unique identity.

Each game is not perfect and some titles are superior to others in certain fields, but each game is solidly designed for the most part while still offering something worthwhile for the player to experience.

Legacy Collection reproduces these games nearly perfectly, resulting in minimal technical issues. In addition, Legacy Collection 2 has more to offer than just the

games themselves.

Similar to its predecessor, Legacy Collection 2 contains a museum with concept art, the soundtrack and a challenge mode for all four games. The museum and soundtrack options are amusing ways to pass the time while the challenge mode is an entertaining diversion from the main game that puts a new twist on past stages.

Challenge mode also has leaderboard functionality which allows players to view their best time, not to mention other's bests, and there's even a function that lets players view a recording of someone's personal best.

Some requirements for the best ranking on certain challenges might prove to be absurd to certain players, but “challenge mode” is certainly a varied and well-designed feature.

There are numerous options that enhance the game's presentation, such as being able to alter the controls, background and screen size of each game, not to mention an extra armor function for newcomers. These are all neat additions that make a game which can appeal to all gamers alike.

The only legitimate flaw with Legacy Collection 2 is that it lacks certain content

that it should have contained. The version of Mega Man 8 used is the PlayStation version, which means that various features found in the Sega Saturn (extra bosses) version are missing; the Saturn version is superior from a technical standpoint.

Furthering this problem is the lack of an entire game, Mega Man and Bass to be precise. Although it's a relatively unknown game that's somewhat notorious for its difficulty, Mega Man and Bass was unique for letting people play as Mega Man's archrival Bass.

Quality notwithstanding, Mega Man and Bass is still an important game in the franchise and its inclusion would have given Legacy Collection 2 more in-game content in addition to making the game more accessible for gamers.

Regardless of its grievances, Mega Man Legacy Collection 2 is still an excellent game for all kinds of gamers. Although the game doesn't have as much to offer as the prequel, what it does have to offer more than makes up for that with its nuances and variety.

The collection also makes those games more accessible to gaming audiences, and at \$20 it is both a cost and time-effective purchase.

BANNER ARTS

Winter is Here and it's Glorious!

Six Years of Build-up Equates to the Most Intense “Game of Thrones” Season Thus far.

BY RAMI TABARI

Between the well thought-out character development and writing to the stunning imagery of gory ship battles in the Narrow Sea, “Game of Thrones” hasn't let up for a second. Simply put, everything we could have wanted, or hoped for, has thankfully come to fruition this season.

The last season of “Game of Thrones” ended with Daenerys Targaryen finally journeying to Westeros and Jon Snow becoming King in the North.

This cliffhanger would later lead to the long-awaited and inevitable meeting of Fire and Ice, which is exactly what we got this season.

Although their initial meeting left a lot to be desired, I believe that was the point. The writers behind “Game of Thrones” know exactly what they're doing in terms of how to introduce characters and develop relationships.

The slow and realistic pace that embodies each interaction is a tool that the writers use to captivate audiences.

It's clear that they've mastered this art throughout the years, and it even shows in each subplot as well, from Arya's vengeance to The Hound's redemption.

While the writing curves out spectacular scenes, it's the incredible cast that consistently bring it to life: Kit Harington's flurry of emotions when defending his people as

Jon Snow, Emilia Clarke's scorn when she hunts her enemies as Daenerys and Peter Dinklage's... well he's just an absolute joy to watch as Tyrion.

Speaking of the cast, everyone is buzzing about Ed Sheeran. Love and hate has been pouring over this simple cameo, but that's all it was: simple. It was interesting to see Sheeran in action singing an original song from the books and his voice was rather pleasant. His presence on the show was only



meant as a surprise for Maisie Williams, Arya Stark, because she is a fan.

Another key element that “Game of Thrones” has always mastered is its cinematography. Examples of this are shown throughout the bloody battle in the Narrow Sea: unsuspecting ships in darkness, lit only by torches, are consumed by a hint of the Iron Fleet's flag slowly engrossing the screen.

It was an excellent way to present a surprise attack on screen, almost as if the flag

itself was luring you in, feeding off your curiosity before it went in for the kill.

The follow-up of the attacking ship slamming a spiked bridge onto the navy's was swift and shockingly sudden. I could almost equate the scene to a Tarantino-esque style of brutality.

Another scene that sparks with elegant cinematography would have to be, my personal favorite, Jon Snow and Tyrion Lannister brooding over a mountain-top. The

view over Dragonstone was gorgeous, but the irony and true beauty came from Tyrion's dialogue.

In a great comical moment, he mentioned that he came to the scenic mountain to brood, but Jon was making it hard because he looked much cooler when brooding. The crisp scenery only enhanced the comedy that Tyrion brought to the moment. “Game of Thrones” matched its impactful cinematography with its transitions. One

of the grossest moments and excellent use of a transition would be when it cut from Jorah Mormont's skin getting sliced off to someone eating pie.

It was so cleverly disguised that it tricked you into thinking that the pie was Jorah's dreary grey skin. It was very disgusting but commendable for being so seamless and deserves much praise.

Now, to discuss the critically acclaimed soundtrack: yep, still critically acclaimed. In all seriousness, let's take a moment to break down one of the most epic battles in “Game of Thrones” history: Jaime Lannister vs Daenerys Targaryen. The sound, imagery and music were all coated in violence, perfectly depicting ‘The Spoils of War,’ as the episode is aptly named.

Jaime's perspective of his world being surrounded by dragon fire was horrific, while Daenerys' perspective of burning her enemies felt empowering. My favorite moment throughout the battle was when Bronn scrambled to fire the ballista. It's a perfectly crafted thrill ride where you just can't decide which character to root for. Then again, that's what “Game of Thrones” does best. It was the first of many scenes where beloved characters will clash and ultimately kill each other.

That's not even the best part; this season is only the second to the last, meaning that the final season will kill everyone you care about, and smile through the process.

Actress Halle Berry gives parenting a new meaning in her new action-packed film

How far would you go to save your child?

BY JENNIFER WEEKS

Halle Barry's all new action-packed thriller. Kidnap now out in theaters and is tearing up the box office.

Barry once again delivers another top-notch performance showcasing what it means to be a mother and what happens when your child is abducted. Well worth the two-year wait.

Kidnap was a true eye opener for parents and children around. This film demonstrates the real-life dangers of child abduction and the life lesson we all tell our children not talking to strangers.

Director Luis Prieto's new action-packed film kidnap produced by Aviron Pictures was finally released in theaters worldwide on August 4th.

The movie took a long two years to be filmed in New Orleans, where an estimated \$17 million took to make the movie come to life. Just in the opening weekend, the film brought in \$10.2 million.

Halle Barry portrays a newly single divorced mother, Karla Dawson. Karla is a struggling waitress at a local diner in New

Orleans. It's a typical afternoon in the park for Karla and her beloved six-year old son Frankie (Sage Correa). Their afternoon in the park suddenly turns into a nightmare when Frankie suddenly disappears. Without a cell phone and knowing she cannot wait for police help, Karla frantically jumps into her minivan and sets off in pursuit after the abductor's vehicles.

Screenwriter Knate Lee brings Karla's single-minded determination to protect her child's life. The way Lee, wrote Karla's character was exactly how any parent would react in a real-life situation.

There were a few scenes where the abductors threaten to hurt Frankie, through Karla's single-minded determination to protect her child she does what any mother would do doesn't back down.

The screenwriter did an amazing job writing a narrative script that you really get that sense of emotion and consider a mother's actions as well as, thoughts if their child were to be abducted.

Director Luis Prieto did a phenomenal job with directing this film. Prieto brings several fresh and inviting angles to the film. The

director used a lot of wide shot, tilted angles, and close shots making the audience adrenaline spiked to its fullest.

The production was mostly shot in a minivan on a wide pursuit expanding over various arrays of highways. But it did not stray nor did it lack adrenaline rolling off the screen.

Throughout the film audiences was kept on the edge of their seats, trying to contemplate Karla's and the kidnapers next moves.

With every new bump and twist Karla took I felt myself trying to put myself in her shoes or figure out what I would do in that situation.

The cinematography was top notch. There were a handful of camera angles that were a bit odd and disorienting when filming the car chasing scenes.

The movie did though benefit from the angles that were shot perfectly. It really gave the movie a sense of urgency and panic that you got from watching the scenes unfold.

The director also used a wide variety of sounds to heighten the films action packed thrill sequence. The sound design was clever and creative.

The sounds didn't consist of pounding music like you were hear in other films with this genre, instead it used tires screeching and gravel crunching.

This gave each scene more intensity and momentum to enhance the audiences experience as if they were there.

This movie tests the limits of how far maternal instinct is relentlessly tested in Kidnap. It is a tightly wound action film, that thanks to Barry's intense performance.

Halle Barry's character was exceptionally good. Barry was always an amazing actress but in this film her acting was top notch.

Barry's performance was intense due to the way she sprang into action to save her kid.

It wasn't until you saw her take on the role that you realize you would go the same length to save your own.

I think the way she portrayed this role so well is because she has kids of her own. So being able to go into a role that requires maternal instincts and a real-life occurrence was a no brainer for the leading actress.

BANNER OPINIONS

Do What You Love, Love What You Do

Finding a Good Major in College: My Experience at CSI

BY BRIAN SPAGNOLI

I declared my major, Communications: Media Studies, before I even took my first class at CSI. To be honest, I didn't know exactly where I felt I would fit in life.

I knew I liked to create content—heck, I'm writing this right now!—But as far as what job opportunities I would get with my degree? Or how it would guide my path in life? I had no clue.

I just knew it involved some of the things I liked and worked on before. Some people may argue that my declared major had little sense to it. There were certainly other majors like Accounting, Business or Engineering that would yield a vast array of job opportunities after I had gotten my degree, but I had little interest in those fields.

Regardless of what those other degrees may offer, I hold absolutely no regrets at all with my degree choice. Those degrees may offer incredible things for some people, but they offered me very little.

A Communications: Media Studies major is a field of study in what I enjoy and if there was any one single piece of advice I

could give to students it is this: "Do what you love to do."

This contradicts what so many well-intending parents, and even other students, advise college freshman to do across the U.S.

The people that suggest this typically define a "good major" as one with a good job opportunity at the end of it, but I would very much argue that a "good major" is entirely relative to the person looking to attain it.

I've seen it happen before at maybe half-a-dozen schools across the east coast: people critiquing others for choosing more artistic or creative majors like Film, Photography or Drama, among many other options.

It's something that both perplexes and disappoints me that as a culture we can dismiss the aspirations of others as being unrealistic even when that is simply not the case.

According to the Federal Reserve Bank of New York, only 27 percent of college grads have a job related to their major, leading analysts to conclude that most jobs do not require a specific major to be awarded the job.

A "good major" does less to help a person's quality of life than they may think.

However, this is not to say that those "good majors" are bad.

A "good major" to me is simply defined as one that you like. There is a common myth that the corporate-world-esque majors will lead to certain employment in that field. However, the reality is that your ability to find a solid job after college comes down to your flexibility as a person, ability to think critically about your environment and connections you make throughout your life.

The world we live in is different from the world in which we were taught, and these types of skills and character-traits are what can carry students past their competition in the job market.

With this in mind, I heavily encourage students to be bold and explore a field of study that they feel a genuine interest in. This can lead to greater passion among students and better work and research being done in those fields from those students.

Happier people leads to more productivity across the board according to a 2015 Social Market Foundation and University of Warwick study.

Students can not only benefit themselves by studying subjects they actually enjoy, but they can also improve their future workplaces should they find the opportunity to do work where they want to.

Many students will say that their time invested in these niche majors would be wasted with little employment opportunity after, but if there is truly a dream job students want to pursue they should not feel discouraged by the lack of correlation between majors and jobs related to that major.

If there is a dream you have to go after something great, you can do it in whatever field you would like. Despite what naysayers may think, suggesting that your life aspirations may be unrealistic, I often go back to a quote from the late-great stand-up comedian, Mitch Hedberg.

"If you're happy, that's what success is about [...] I watch my friends and they don't love what they do. They do what they do, but they don't love it."

And who really cares about what kind of job you may have at the end of your major if you don't love it.

Campus Looks Matter

Improving the Look of the Campus is Essential to Increasing the Quality of Campus Life

BY BRENTON MITCHELL

As a commuter school, CSI is plagued with a low population of students who remain on campus outside of class time.

The ideal would be an environment that evokes a feeling of community, one that has multiple places for students to interact organically. These are goals that would drastically change the student experience for the better, especially in regards to boosting campus pride.

But there are various reasons why these ideals aren't a reality, ranging from lack of funding to lack of interest.

Though perhaps the real reason is both extremely glaring and deceptively subtle: our campus is ugly.

As many know, the original use of the CSI campus was the Willowbrook State School, created for children with intellectual disabilities.

Observant students may notice that our glorious campus was built with an appearance that more resembles a prison complex than it does a learning institution.

Mostly because a prison is a solid description of the original functions of the buildings we study in.

The original facility was completed 75 years ago in 1942, and today in 2017 there has been minimal progress into making the

campus a more appealing place.

It takes more than haphazardly spread "art" and giant wooden gnomes to create a space that entices commuters to stay on campus longer than it takes to reach the parking lot.

It requires an overhaul of the visual palette that the school presents. The simplest and most effective way being the addition of alternative colors to the limited palette the school currently uses.

Even the "Great Lawn" is only noteworthy for being the most likely place to ruin new shoes via goose droppings, or to experience a taste of what actual hell feels like while walking between buildings.

For years the loop road that we all rely on has been plagued with horrible bumps and murderous potholes. Each chassis-destroying dip breaking the concentration of those contemplating why they haven't transferred schools yet.

Yet, even the solution to this problem comes with it's own downside: massive piles of black piping and equipment waiting to be placed into the ground. Disrupting not only the flow of traffic around the campus but creating massive eyesores that exist in some of the most visible areas.

In fact, the stack of piping near building 2A is literally the first thing that new students

see when they come to campus, functioning as an excellent way to spur their curiosity into where exactly their tuition money goes.

Of course, there is stake to be held in the long-term, hoping that when the construction is finally completed the campus will overall be better for everyone.

But with no estimated time of completion, students are only left with around 300 less parking spaces than before and stacks of giant black cylinders to keep them company.

A campus that has a community is a campus that will thrive. It is a campus that will inspire others to inquire into all the things that our school has to offer, giving them a reason to think about more than mandatory hours of

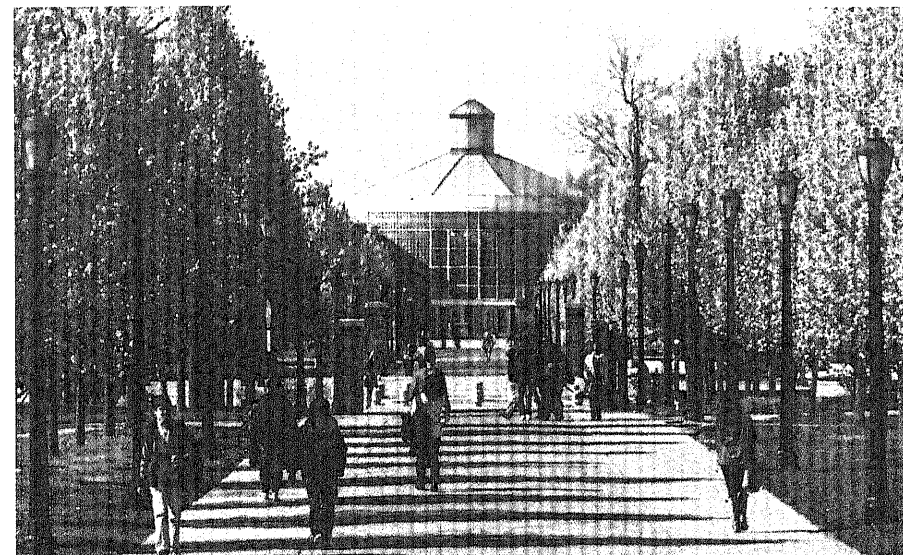
class time.

Whether it be a club, publication, sport or job, there is a wealth of things to enjoy over the course of the college experience at CSI.

But looks matter, and in order to achieve these goals there needs to be an adamant push to elevate the looks of our campus to entice students to look past the rough outside and see the potential that lays within.

Hopefully through this we may grow to have a campus that rivals any other in campus pride and achievement.

Of course this is a lofty goal, but it is also a necessary one. And if we won't do it for ourselves, then at the very least we can do it for the geese.



SEX AND RELATIONSHIPS

Breaking the Male Facade

Communication is Fostered Through Vulnerability, How Mindfulness can Make a Change

BY BRENTON MITCHELL

"Communication is key."

This phrase holds true in multiple levels of our lives, functioning as the stable base to the various relationships we hold.

Therefore when it comes to romance there is little surprise that communication is paramount to creating a strong bond between people. From butterflies for a crush to deep love for a lifelong partner.

But the risk of communication is that it doesn't come without vulnerability, without opening oneself up to scrutiny and the potential for hurt. Especially for men, this level of vulnerability is not only difficult to accept, but something that is actively advised against.

With all the societal progression that has occurred in recent years, one aspect that is still struggling to be broken are the gender roles that men are expected to express.

The idea still exists that men are supposed to be stoic, stalwart individuals who are unbreakable. Raised to not cry, to not show excessive emotion, to constantly "man up."

Of course these experiences don't apply to every man, nor do they describe the way every man expresses himself in their daily life. However, the trend still exists, and the result is a history of men who have trouble expressing deeper emotions that are core to forming lasting relationships.

Thus, when moments of true expression matter, it can become difficult for the right response to rise to the surface. Hurt and fear become anger or silence, completely subverting an actual response that could solve the relevant problem.

The point being, that if there is dissatisfaction in any level of a relationship, it is possible that the source of the issue is this position of discomfort. Where a man is at odds with himself, not of his own choice but out of how he was raised.

Not that this excuses behavior that could be hurtful, rather that it may provide some context to why some actions are happening while others are not. Why conversations end up as arguments, or why tough situations are met with silence or aversion.

The importance of this can be felt on

multiple levels.

For the man who has trouble forming lasting relationships, it could very likely be the result of not being emotionally available to prospective partners. That the women they pursue never get to see them on more than a surface level, which can definitely impede chances at elevating to something greater.

For the man who is in a relationship that is struggling, opening up a deeper avenue of communication is an excellent first step in finding a solution, if not outright solving it completely.

But this is impossible without being able to recognize which emotion is which, and responding accordingly.

The concept of mindfulness is the process of bringing attention to experiences occurring in the present moment. There are various forms of meditation that help practice this skill, with multiple roots connected to spirituality of Buddhism.

One psychological use of mindfulness is to focus on discerning the true root of an emotion, and developing a proper response to it.

For instance if having an argument with a partner, the initial emotional response may be anger. But through patience and attempting to be mindful of the current moment, one could sort out that they aren't angry at all, but instead are disappointed or scared.

From there the conversation can change along with the perspective on the problem, and both sides can come to a conclusion and sort it out together.

It replaces silence with something that can be truly acted upon, and worked towards. These changes can have a drastic impact on the quality of romantic relationships, and could shine some light onto why some relationships may have failed in the past.

But the greatest thing to remember is that every situation is different, and one size does not fit all.

Though through successful communication, acceptance of vulnerability and use of mindfulness there will be a positive impact in the romantic lives of those who put theory into practice.

The Hazards of Internet Dating: What Women Should Know

*Beware The D*ck Pics!*

BY JENNIFER WEEKS

We've come to a time where internet dating is now the innovative and legitimate way to help us find "the one" we have been longingly searching for.

Internet dating no longer has the stigma that it once did, making it gain more momentum and increasing popularity. Unfortunately, the hazards of internet dating have increased as well.

What women might not know is that these dating sites do not protect us in any way. When we upload our pictures, our locations, relationship expectations, our certain parts of the body, you know they are not after a relationship or remotely interesting in knowing you on a personal level.

I don't mean to be a killjoy, but it's the truth and many young girls fall victim to it. This is especially true when it leads being spread across the internet. Nothing is truly deleted forever and sometimes it ruins lives and causes people to lose their jobs.

But let's not forget the infamous dick pictures men like to send out. Don't let that overrule your judgment just because of how big his rod is.

Another hazard of internet dating is falling for the financial scams that unfortunately con artists and hackers rely on when using internet dating sites. They rely on women although men can fall victim as well, but they rely on the romance scam to persuade you into giving them advances on cash and private banking info.

One you are talking to. This could be your last name, place of business, email,

home address, phone number or any other identifying information when corresponding online. This can lead to physical harassment, stalking, identity theft, and falling into a dangerous situation. All and any private information can lead to you putting yourself at risk.

When making a profile, don't put so many photos, and not too many revealing photos of yourself as well. Although, appearances can help determine if someone, or even yourself, would be interested in future contact with any other online users.

When corresponding with someone who asks for more pictures of yourself, don't reveal so much to them. If they start requesting more photos, especially in different angles, or certain parts of the body, you know they are not after a relationship or remotely interesting in knowing you on a personal level.

The next form of contact would be meeting you in person. If you plan on doing this, always meet in a public area and don't go alone.

As cliché as that sounds, bring a friend or two along. Make it a double date. You can never be too careful when meeting someone for the first time. Especially, when the two of you have been romanticizing through a computer screen.

Coming from personal experience, I've had my fair share of internet dating and thought I met the one. This past summer I had a horrible experience when I met a man on Okupid, which is a well-known dating website that mostly caters to millennials.

Another significant hazard of internet dating is sexting. It's always fun to blow off sexual frustration in a little sexting. Whether it's phone sex, sexting or video chatting. It's still a risk doing it with an unknown source. It may seem harmless and fun, but regardless it's a risky move with a stranger.

Your online relationship may start to advance when he or she says and does the right things, between texting or calling you in the morning, mid-day and at night, or sending you flowers for your birthday, or congratulating you on an achievement, and when they are starting to gain your trust.

Even though this could be happening, you don't know how they might be endlessly scheming and plotting behind their computer. They could be corrupting and formulating the perfect way to seduce you and get you into their good graces.

However, it didn't stop there. Unfortunately, he began calling me with different phone numbers and relentlessly harassing me. This led to me deleting my dating profiles, as well as changing my phone number.

After this encounter, I stopped using internet dating. This article isn't meant to discourage readers, but is meant to serve as awareness of what's out there.

Do not fall victim to the creeps out there like I did. Protect yourself and your privacy. But always stay safe, and keep searching for that one whether it's fate or fishing the web.

I thought he was completely harmless,

SPORTS

CSI Hires Alumnus TJ Tibbs as New Men's Head Basketball Coach

Improving the Look of the Campus is Essential to Increasing the Quality of Campus Life

BY ERIC RANSOM

As a commuter school, CSI is plagued with a low population of students who remain on campus outside of class time.

The ideal would be an environment that evokes a feeling of community, one that has multiple places for students to interact organically. These are goals that would drastically change the student experience for the better, especially in regards to boosting campus pride.

But there are various reasons why these ideals aren't a reality, ranging from lack of funding to lack of interest.

Though perhaps the real reason is both extremely glaring and deceptively subtle: our campus is ugly.

As many know, the original use of the CSI campus was the Willowbrook State School, created for children with intellectual disabilities.

Observant students may notice that our glorious campus was built with an appearance that more resembles a prison complex than it does a learning institution. Mostly because a prison is a solid description of the original functions of the buildings we study in.

The original facility was completed 75 years ago in 1942, and today in 2017 there has been minimal progress into making the campus a more appealing place.

It takes more than haphazardly spread "art" and giant wooden gnomes to create a space that entices commuters to stay on campus longer than it takes to reach the parking lot.

It requires an overhaul of the visual palette that the school presents. The simplest and most effective way being the addition of alternative colors to the limited palette the school currently uses.

Even the "Great Lawn" is only noteworthy for being the most likely place to ruin new shoes via geese droppings, or to experience a taste of what actual hell feels like while walking between buildings.

For years the loop road that we all rely on has been plagued with horrible bumps and murderous potholes. Each chassis-destroying dip breaking the concentration of those contemplating why they haven't transferred schools yet.

Yet, even the solution to this problem comes with its own downside: massive piles of black piping and equipment waiting to be placed into the ground. Disrupting not only the flow of traffic around the campus but creating massive eyesores that exist in some of the most visible areas.

In fact, the stack of piping near building 2A is literally the first thing that new students see when they come to campus, functioning as an excellent way to spur their curiosity

into where exactly their tuition money goes.

Of course, there is stake to be held in the long-term, hoping that when the construction is finally completed the campus will overall be better for everyone.

But with no estimated time of completion, students are only left with around 300 less parking spaces than before and stacks of giant black cylinders to keep them company.

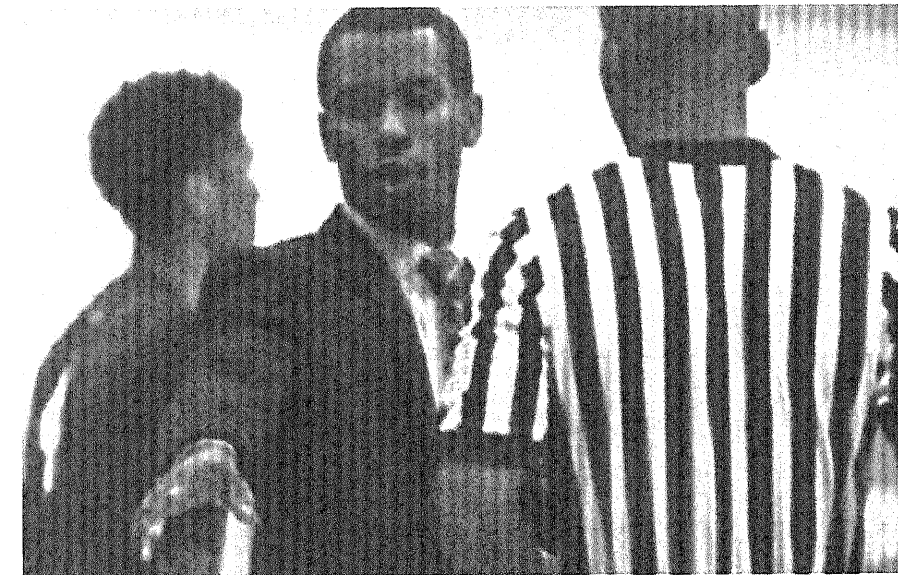
A campus that has a community is a campus that will thrive. It is a campus that will inspire others to inquire into all the things that our school has to offer, giving them a reason to think about more than mandatory hours of class time.

Whether it be a club, publication, sport or job, there is a wealth of things to enjoy over the course of the college experience at CSI.

But looks matter, and in order to achieve these goals there needs to be an adamant push to elevate the looks of our campus to entice students to look past the rough outside and see the potential that lays within.

Hopefully through this we may grow to have a campus that rivals any other in campus pride and achievement.

Of course this is a lofty goal, but it is also a necessary one. And if we won't do it for ourselves, then at the very least we can do it for the geese.



Big Obstacles Ahead for Big Blue

What to Know About the Giants 2017 Campaign

BY STEVEN AIELLO

Another season lies ahead for the Giants, and expectations are high for the team. Following the team's disappointing finish in last year's wildcard round, the Giants look to bounce back by making the postseason once more, and possibly winning it all.

The Giants were one of the more surprising teams in 2016, posting an 11-5 record with first year coach, Ben McAdoo, and one of the most impressive defenses of the past decade.

Said defense was the biggest factor in the Giant's 11-5 record and it put them on the map as one of the more legitimate contenders in the NFL.

Fans will be pleased to hear that the defense remains largely unchanged from last season, with only one starter, Johnathan Hankins, not returning for the 2017 season.

Arguably the defense's biggest strength was the secondary, which ranked in the top 10 for touchdowns allowed and interceptions, so the secondary remaining unchanged is a bonus for the Giants.

The offense has also seen some improve-

ments, mainly with its receivers. New York released Victor Cruz, whose production has been in a steady decline, replacing him with Brandon Marshall from the Jets.

The Giants also acquired Evan Engram from the draft, while Odell Beckham and Sterling Shepard remain on the team.

The addition of Marshall and Engram gives more passing options for Eli Manning, who returns for his 14th season in the NFL.

Although Manning is not nearly as skilled as some of the other NFL quarterbacks, he is still a relatively consistent quarterback who has proven himself in moments that matter.

Despite all the pros of the team, the Giants are not without some concerning flaws.

The offensive line, for instance, remains unchanged from last season and the special teams, specifically with rookie kicker, Aldrick Rosas, suffers from being somewhat inexperienced.

The Giant's offensive was undoubtedly the worst aspect of the team, and a key factor for their lack of production in both points and yards.

If the Giants offensive line can't consistently provide Eli Manning and their run game protection, the team may very well not be able to reach the postseason.

The kicking situation is slightly less worrisome but with that said, an inexperienced kicker isn't necessarily a positive for this team.

Extra points and field goals are important in NFL games that can often determine the winner of games and an inexperienced kicker may end up missing those kicks, ultimately losing the game.

Though the Giants have enlisted the help of former Bengals kicker Mike Nugent, their still remains a noticeable blemish on the team.

However, the most daunting part of next season is the Giants schedule. A far cry from last year's schedule, this year sees the Giants facing a number of difficult teams, made more difficult due to most of these games being road games.

Three of their first four games are on the road against promising teams, and the Giants play the Andy Reid lead Chiefs following the

latter's bye; Andy Reid is 19-3 following bye weeks.

Although most expectations call for at least ten wins and the postseason, it is just as likely that the Giants won't even win eight games, let alone make the postseason.

Missing the postseason will definitely make this season a disappointment, though anything short of a Super Bowl victory could also be considered disappointing for the Giants.

Regardless, the Giants are more than capable of meeting those expectations.

The team has a number of talented and capable players, and with enough perseverance, the team can win ten games and even the division, barring an injury to a starting player.

With Eli Manning's career nearing its end, there's only so much time the Giants have to win it all.

Only time will tell if their defensive and offensive talent can lead the team to their fifth Super Bowl championship and secure Manning his third and possibly final ring.