

THE BANNER

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Willowbrook Mile Memorializes Tragedy, Encourages Remembrance Geraldo Rivera, Local Pals, and CSI Brass Celebrate the Pathway's Opening



Source: CSI Today

From left to right: CSI VP Michael Kress, Bernard Carabello, Geraldo Rivera, Assemblyman Michael Cusick, and CSI President William J. Fritz

BY CLIFFORD MICHEL

On September 21, nearly 30 years after the Willowbrook State School was closed, the College of Staten Island commemorated the haunting institution's history with the creation of the "Willowbrook Mile."

The Willowbrook Mile is a mile long pathway marked by 10 stations throughout CSI's campus. Each station provides information on the purpose the site had at the Willowbrook State School.

The Willowbrook site operated for 40 years, until it came under national scrutiny for its horrible conditions and extraordinary maltreatment of people with intellectual and developmental disabilities, including systematic warehousing.

"The Willowbrook Mile project aims to preserve the site's history and create a visionary presence that acknowledges the deinstitutionalization movement to empty large ineffective institutions as well as the crucial

initiation of sustained rights for people with disabilities," a newly constructed website dedicated to the project reads.

The Staten Island Advance's editorial board came out in support of the Willowbrook Mile, urging remembrance and continued aid.

"But as we honor the past, we can't forget those among us who still need our help," the editorial read.

The project was completed in partnership with the help of the Staten Island Developmental Disabilities Council and the Elizabeth Connelly Resource Center. Assemblyman Michael Cusick was also instrumental in the role, securing \$125,000 in funding for the project.

The 10 stations are the Baby Unit, Crossover Gate, The Exposé, Memorial Garden Consent Decree Plaque, Halloran General Veteran Hospital, Building 19 plaque, Willowbrook Archive, building 29, Institute for

Basic Research, and the Elizabeth Connelly Resource Center.

The stations will later include interactive kiosks, which can display audio/visual components via QR codes.

For some, the wounds of Willowbrook are still fresh.

Diane Buglioli, a former employee at Willowbrook, described her experience as nothing less than traumatizing.

"What have I gotten myself into, maybe this was not such a good idea," Buglioli, who is now deputy executive director of A Very Special Place, recalled herself thinking.

She told the audience at the ceremony a story about a steel key that she still has today.

"I found behind it 40 toddlers," Buglioli said. "Some smiling, some asking me my name, others were silent, just looking at me. Some walked toward me, some were lying in

Continued on Page 5

Walking Down The Willowbrook Mile Project, Station by Station

BY THE BANNER STAFF

The following is a description of each of the Willowbrook Mile Commemorative Stations as described by the Willowbrook Mile Collaboration's executive summary.

"Baby Unit"

This complex was built in 1960 specifically for infants and children. Institutionalization was routinely recommended in those years by the medical community.

Families agonized over the decision to place their babies in such large facilities where more than 50 children were cared for by one or two attendants in large, impersonal ward settings.

The decision to institutionalize began the child's and the family's long desperate journey

"Crossover Gate"

Opening a Path - This gate symbolizes the crossover from institutionalization and isolation to integration into society for people with disabilities.

Through this crossover, the property began to transition from acreage that once stifled growth to one that offered an enriched life with hope and opportunities.

"The Exposé"

This station tracks the journey of the exposure of the Willowbrook experience to public scrutiny.

The Robert Kennedy visit in 1965, the Staten Island Advance series of articles depicting the poor conditions, and then finally the ABC News exposé led by journalist Geraldo Rivera, who mounted an explosive and realistic investigation into the conditions that were plagued by understaffing, overcrowding, and the cold, stark, inhuman institutional setting.

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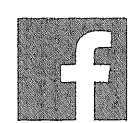
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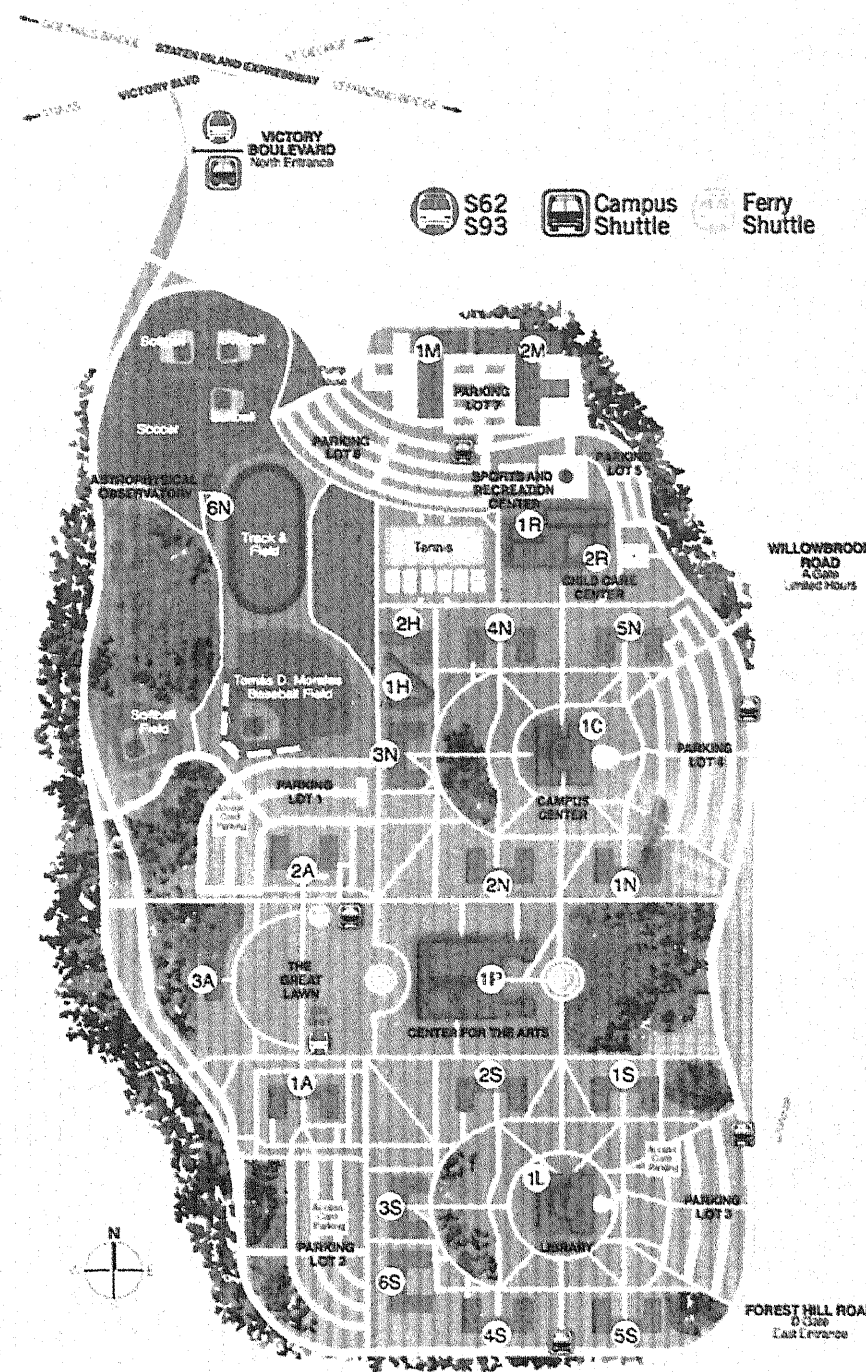


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- North Campus**
- Astrophysical Observatory 6N
 - Business 3N
 - Campus Center 1C
 - Campus Services and Central Plant 1M
 - Children's Center 2R
 - Computer Science 1N
 - Engineering Science and Physics 1N
 - Engineering Technologies 4N
 - History 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 Marcus Hall, 5S
 - Performing and Creative Arts 1P
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BANNER POLITICS

The Unapologetic Liberal and the Man Who Wants Government Out of Your Pocket

An Analysis of Gary Johnson and Jill Stein

BY DECLAN KASLER

As Election Day draws nearer, the country is bracing for the final stages of what has been a historic and tumultuous affair. Against all expectation, Donald Trump clinched the Republican Party's nomination.

He and Hillary Clinton, his Democratic opponent, are highly disliked and controversial candidates.

Despite being the most disliked presidential candidates in recent history, the population is largely still supportive of one major party or the other.

What most Americans do not realize however, is that there are two other candidates in this race, running for two unique ideologies.

Gary Johnson of the Libertarian Party is running on a platform of classical liberalism, promising smaller and more efficient government.

Classical Liberalism is distinct from the modern incarnation in that it stresses freedom of the individual as the ultimate priority.

Jill Stein is running for the Green Party's platform of environmentalist democratic socialism.

The Green Party is known for

protesting actions that could harm the natural environment. Both candidates also ran in the 2012 election, but failed to gain traction.

Interestingly though, the unpopularity Trump and Clinton has given a boost to these typically obscure candidates.

According to a January poll by Gallup, 42% of the voting electorate identify as independent voters.

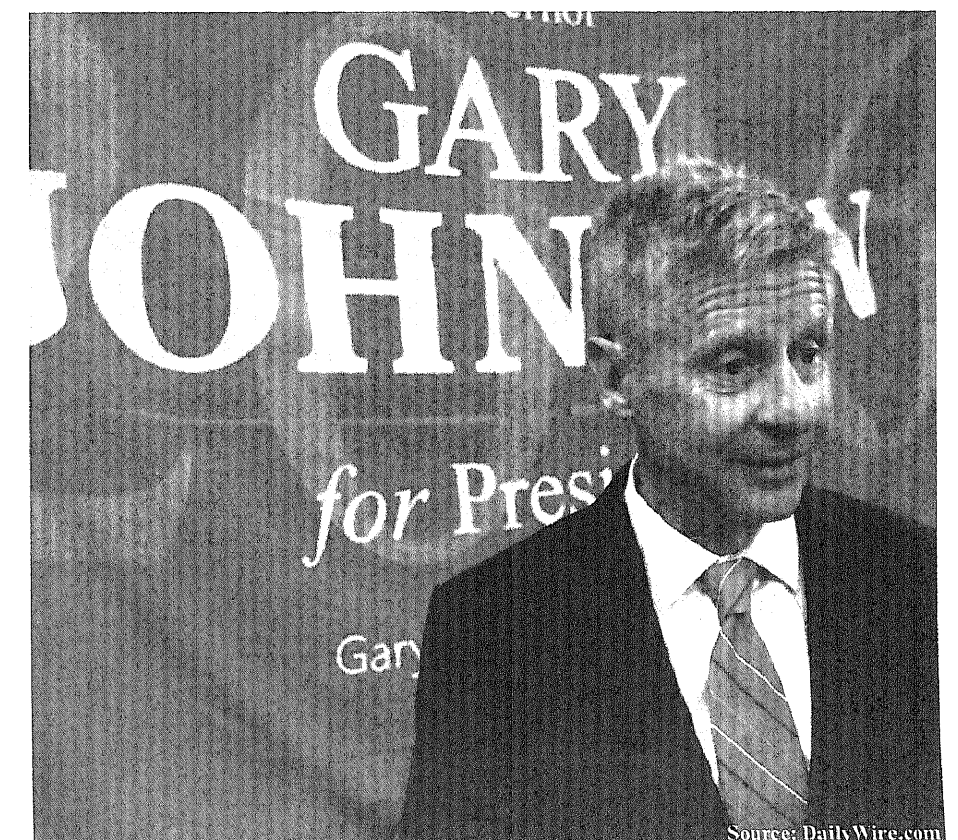
As polls have been showing since June, this November promises to follow an unusual path of third party support.

Stein and Johnson are getting support from voters who are normally aligned with the Democrat or Republican parties, in addition to their own adherents.

Despite this, Johnson and Stein hit a serious roadblock in their respective campaigns in mid-September.

It was revealed by the Commission on Presidential Debates that both the Libertarian and Green candidate would be excluded for failure to reach 15% in pre-specified support polls.

After news broke, Johnson said "I would say I am surprised that the C.P.D. has chosen to exclude me from the first debate, but I'm not.



Libertarian candidate Gary Johnson, a former Governor of New Mexico

"After all, the commission is a private organization created 30 years ago by the Republican and Democratic parties for the clear purpose of taking control of the only nationally televised presidential debates voters will see."

While the Commission main-

currently polls around 3.1% in national support. Johnson is currently faring better than his Green rival. In August, his campaign's fund-raising efforts managed to amass close to \$5 million, which is the largest monthly haul of any

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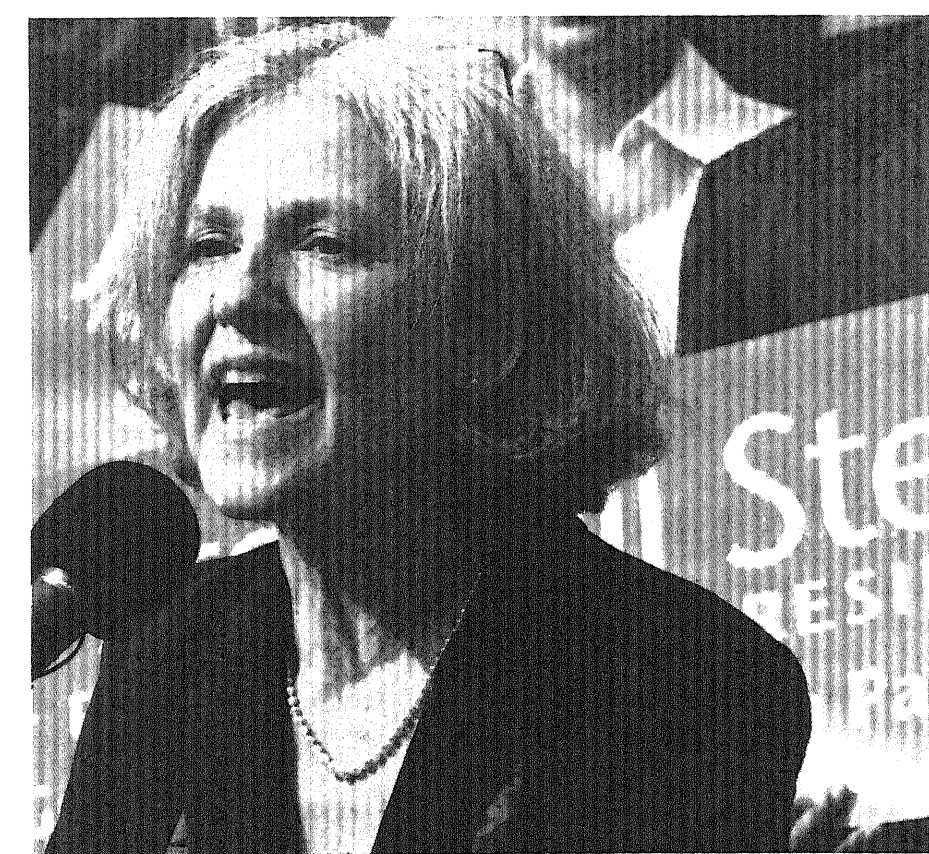
Libertarian presidential candidate in the past two decades. This will undoubtedly prove useful for promotion this fall. Despite failing to gain entry to the first presidential debate on September 26, there is still a possibility of making the second or third debate.

Stein picked up some negative publicity early in September when it was revealed that Morton County, ND has issued a warrant for her arrest.

To make that happen, Johnson needs to reach as broad an audience as possible.

He is closer to meeting the 15% support in polls than Stein, with his support hovering around 8.4%.

Although Stein and Johnson have only a longshot of winning the election this November, the significant amount of support they have gathered will certainly affect this year's final outcome.



Dr. Jill Stein, a physician and activist, also unsuccessfully ran for governor of Massachusetts in 2002 and 2010

IDEAS
+ ACTION
= CHANGE

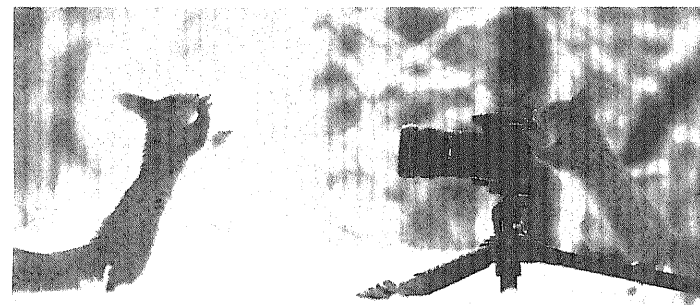
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“Willowbrook Mile” Continued from Front Page

wooden carts and some were sitting on the floor.

But they all shared one undeniable truth: they were all little children,” she continued. “To this day, I can still feel the twinge in my stomach thinking to myself, ‘Why are these kids locked behind these doors?’”

Geraldo Rivera, the journalist who brought the horrors of Willowbrook to the national spotlight via his 1972 expose on Eyewitness News, spoke about what he first saw at Willowbrook and the need to remember it.

“They were warehousing people with disabilities here,” said Rivera. “They were

getting them out of sight...it was concentration camp-like,” said Rivera.

Rivera has formed a close relationship with CSI since the expose.

Rivera donated \$500,000 to the College last January to create The Geraldo Rivera Fund for Social Work and Disability Studies.

He also spoke to social work students at the College’s 2014 commencement ceremony.

Since his now-famous news piece, Rivera met and maintained a relationship with Bernard Carabello, who used to live in the Willowbrook facility. Together, the two toured the Willowbrook Mile.

“The amazing thing is how normal his life is,” Rivera told the Advance.

“Willowbrook Mile Stations” Continued from Front Page

“Memorial Garden Consent Decree Plaque”

This plaque commemorates the closing of the Willowbrook State School.

This closure was brought about by the 1975 Willowbrook Consent Judgment, which mandated the placement of Willowbrook residents in the community. Further, the Judgment required an array of services to be available in the community leading to more normalized, non-segregated care for people with special needs.

This shift to the community from institutionalized care was paramount in the civil rights movement for people with special needs.

“Holloran General Veteran Hospital”

During WWII, Holloran was the largest Army hospital in the U.S. At the War’s end, it became a veteran’s hospital.

In 1951, the hospital closed and the property was returned to the State for its original purpose as a “school” for individuals with mental retardation and other disabilities.

“Building 19 Plaque”

Willowbrook was a large institution covering more than 380 acres. The central plant provided heat and electricity to all of the

buildings connected by steam tunnels.

The mere scope and size of the facility seriously impaired its ability to provide normal, personalized comfort and care.

This plaque honors every person who resided in these impersonal dormitory-style buildings.

The buildings lacked basic personal and privacy considerations. Nearly 200 men lived in this building, when its original design was for fewer than 100 people. The faded painted Building Number 19 sign is preserved as a respectful remembrance.

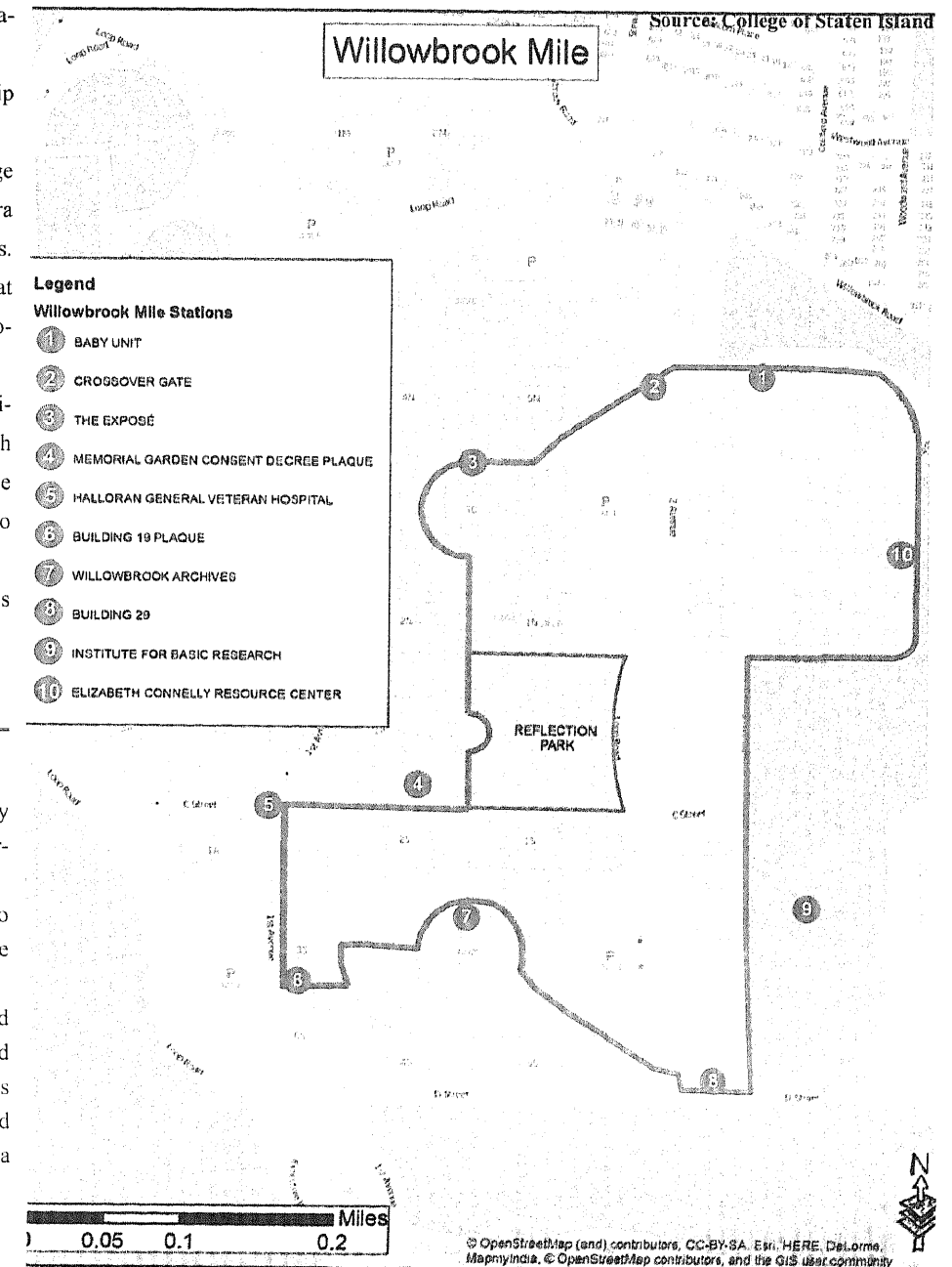
“Willowbrook Archives”

A Collection of Historical Documents/Artifacts—which captures the experiences of the residents, their guardians, and Willowbrook staff members. Also included are historical documents related to the construction of the site.

“Building 29”

This building remains in an unimproved state from nearly 40 years ago. Specifically, this building housed people whose families had originally lived on Staten Island.

Visual examples of institutional life, as well as an interactive media presentation to denote the strides in the field of developmental disabilities, are proposed to be housed here.



“The Institute for Basic Research in Developmental Disabilities”

With the opening of its first research laboratories in 1968, The Institute for Basic Research in Developmental Disabilities (IBR) became the first largescale institute in the world with a specific mandate to conduct basic and clinical research into the causes, treatment, and prevention of developmental disabilities.

The rights of all individuals who participate in IBR’s research studies are protected to the utmost.

In contrast, the rights of some Willowbrook residents who participated in research were violated.

As a result of reforms initiated in response to research such as the Hepatitis

Studies conducted at Willowbrook and other studies in the United States, and indeed, the world, today’s concept of informed consent protects the human rights of research subjects with very strict guidelines.

“Elizabeth Connelly Resource Center”

This station commemorates the Assemblywoman’s outstanding advocacy for people with disabilities.

It discusses the need for sustained advocacy and constant vigilance to ensure that people with disabilities continue to receive the opportunities needed to lead lives of value and worth.

This station addresses the challenge to sustain a person’s value through the actions of the society in which they live.

The Other Side: Why Stepping Back Will Bring You Forward

BY VICTORIA PRIOLA

Victoria Priola, a former Lifestyles editor at The Banner, has decided to join the team once again! As a member of CSI’s class of 2016, Priola has seen a slice of life from the “other side.”

Staten Island is a happy medium between the suburbs and Manhattan—you can’t really function properly without a motor vehicle and people are always rude and rushing to get where they need to go.

I’ve lived in the same neighborhood for 22 years. I’ve seen the same people, went to the same coffee shop and walked down the same block every day.

They say you are what you surround yourself with and I’ve got to be honest, I was getting quite dull.

When I was at CSI, I always knew campus was 15 to 20 minutes away by car so I never stressed if I was going to get there on time. Actually—all us drivers know it takes over an hour to get on campus and find parking on a good day.

As a graduate, I travel 20 minutes tops to both my jobs and my idea of a night out is going to the Atrium.

Being so close to home, work, and school, I began to fear any opportunity that would require me to travel more than thirty

minutes. I have yet to cross the Verrazano Bridge because I’m afraid I won’t be able to find my way back to the Island. Talk about separation anxiety.

And then it came to me—why am I afraid? Why don’t I just leave? After all, a change of scenery can never hurt.

Other than family and friends, nothing is holding me here. In my experience, it seems that people that are born and breed on Staten Island are afraid to leave it.

I just kept thinking to myself, “You’ll never be as free and flexible as you are now. Just go for it.” So I hit ‘send’ on that job application to work 15 hours away. If I didn’t

do it now, I would spend the rest of my life thinking what if.

What if that was the job that would change my life? What if there’s a career out there I love more than journalism? For the record, my answer to that last question is: nope, not likely.

Don’t be afraid to do things because you’re afraid; fear is inevitable no matter what you do. The only person that can hold you back is yourself. If you want to study abroad and you can swing it, do it. If you want to apply for a job half way across the country, make it happen.

You were made to grow, so do your thing.

BANNER LIFESTYLES

The Battle Of The Pumpkin Spice Lattes

There are Many to Celebrate Your Love for Everyone's Favorite Fall Season Beverage

BY BRIANA DELBUONO & BRIELLE SPARACINO

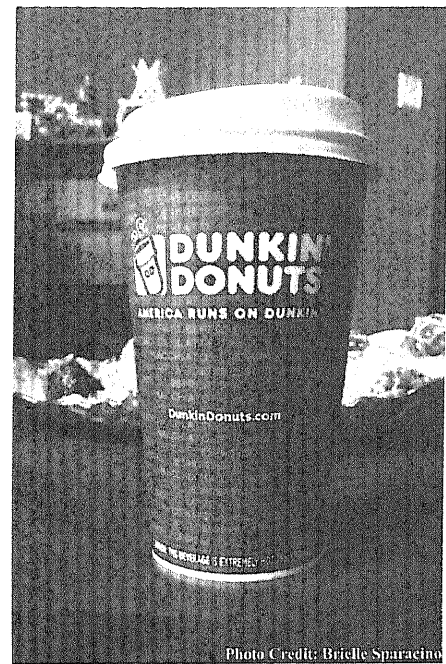


Photo Credit: Brielle Sparacino
DUNKIN DONUTS VS. MCDONALD'S

As we roll into late September, the pumpkin season is upon us! We tried all the pumpkin spice lattes you can find on Staten Island. Here's what we found.

Dunkin Donuts reintroduced all of their pumpkin-flavored treats onto their menu at the end of August, but it didn't feel right for me to try their Pumpkin Spice latte until September officially arrived.

Although I have drank coffee in the past, I'm not really a fan of it.

I would much rather drink a cup of green tea to get a caffeine fix, and besides that, coffee tends to make me fall asleep rather than wake me up.

With that being said, I went to Dunkin Donuts during the second week of September

and ordered a medium, hot Pumpkin Spice Latte with skim milk.

Shockingly, I was pretty impressed. It wasn't the most delicious cup of coffee in the world considering it tasted pretty artificial, but it sure did the trick.

The latte was sweet enough on its own without me having to add anything to it and it tasted more like a sweet treat than a coffee, which I loved.

I have quite a sweet tooth so on the rare occasion that I do have coffee, it consists of 50 percent milk, 40 percent sugar and 10 percent actual coffee.

This latte really changed the coffee game for me, and I definitely think I'll be buying it again in the future.

To compare, I visited McDonald's on a Sunday morning before heading to work to try their version of a Pumpkin Spice latte.

I ordered a small cup of the infamous

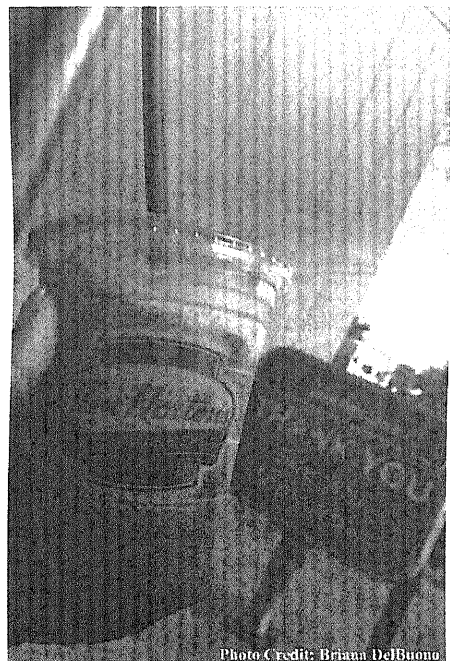


Photo Credit: Briana DelBuono

beverage with nonfat milk as opposed to skim so I'm not sure if that made too much of a difference in taste, but I was definitely not as impressed with this version as I was with Dunkin Donuts's.

The latte seemed to be a lot more bland and slightly bitter (closer to the taste of regular coffee) and because I was in a rush to get to work, I didn't have a chance to add any extra condiments into it.

To be honest, I actually had pretty high hopes for this latte because it's been advertised so often but I was disappointed that it didn't taste as yummy as I had expected.

Maybe if I added an extra packet of sugar it would have tasted better, but I think I might wait a while to find out if that's true.

For now, Dunkin Donuts's Pumpkin Spice latte owns my heart, and I'm already thinking of how sad I'm going to be when it disappears after the holiday season.

STARBUCKS VS. TIM HORTONS

The Starbucks Pumpkin Spice Latte is a world-renowned favorite -- or so will any teenage girl will tell you.

This season, I tasted the drink everyone's been raving about for my very first time. I indulged in a tall iced PSL with soy milk. Delicious.

Seriously, I'm not just saying this because I am a 22-year-old white girl from Staten Island.

The blend of pumpkin, cinnamon, nutmeg, and clove all combine together in your mouth for a sweet and pure sensation.

It was like I put a chunk of fall right in my mouth to savor.

The tall iced PSL with no whip came to 240 calories, whereas bigger versions of the drink will tack on a little more.

This drink is definitely worth the try and not to mention, Starbucks are on every corner, without fail.

The Tim Hortons version of the Pumpkin Spice Latte gives the Starbucks version a run for its money.

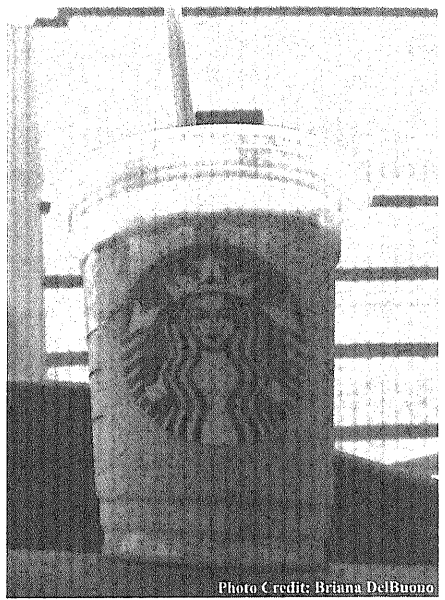


Photo Credit: Briana DelBuono

This delectable drink is similar but what it lacks in richness, it makes up for in sweetness.

There is always the quintessential bitterness that comes along with the Pumpkin Spice Latte but it's overall sweetness factor was much higher than I expected it to be beforehand.

Calorie-wise, this drink is lower too. Coming in at 210 calories, you might want to pull into Tim Hortons on Victory Blvd. and Richmond Ave. if you're counting calories.

Trying new and different recipes can be adventurous when you put your own twist on

BANNER LIFESTYLES

Cooking for Couples on a College Budget

How to Rev Up your Relationship with Recipes

BY LUCIA ROSSI AND STEVEN MORRIS

Having a college romance can be limiting when you're on a tight budget. It may be exciting to go out to bars and restaurants but it becomes pricey and adds up quickly.

Parents always criticize their millennial children about how today's generation doesn't know how to cook, how they spend too much on take out, and they continually ask the question: "why don't they just cook at home?" Consider taking their advice.

As a couple, we have found that there are many ways to build a stronger connection between you and your college bae, starting with creating better routines and habits together. Being in a relationship with someone means supporting each other in your lifestyles physically, emotionally and even financially.

So, we decided to limit ourselves to going out to eat and getting take out once a week. Thirsty Thursday is just too good of a deal to pass up, and there's always a long work night when only Dominos can satisfy our cravings.

Not only has cooking at home helped us save money, it gives us the opportunity to have fun and realize a new passion for cooking. Couples can split the cost of groceries, hunt down deals, pick healthier options, and enjoy the experience of shopping together, all while improving their relationship in the process.

Adulting can be a little less intimidating when you learn fun tricks, like replicating your favorite dishes from popular restaurants.

Trying new and different recipes can be adventurous when you put your own twist on



Source: ftdyweek.com

them. The best part is that you're sharing the experience with someone you love.

We knew trying to duplicate our favorite recipes would be a difficult task and no one online has it exactly how we like, but we stay positive, hopeful, and hungry.

Although we have a list, we have had a few successes so far. The Dominos Stuffed Cheesy Bread is still a work in progress, but we may have cracked the code for Smash-burger's Smashfries and the ever-popular restaurant style lava cake.

Whenever we feel like we have a winner, we write the recipe down in a notebook dedicated to the food dupes we love, so we can revisit and share them. It includes our favorite at-home mixes of alcoholic beverages as well.

In our dupe recipe called "Same as 'Smash' Fries", all you need is shoestring

fries, parmesan cheese, olive oil, salt, pepper, garlic powder, dried parsley, and fresh chopped rosemary.

The next step is to place your fries in a bowl, drizzle on the olive oil until fries are fully coated then sprinkle on the spices to your heart's content.

Be careful not to use too much of one spice because your main ingredient, to get the flavor you want, is the freshly chopped rosemary -- you don't want anything to overpower it.

Lay the fries on a baking sheet in one single layer and cook at 450 F degrees for the time instructed on the bag. Certain brands have different cook times. Be sure to flip over the fries so they cook evenly on the other side about halfway through.

When they're almost done, lay on some parmesan cheese to melt over the fries. This

is optional, but we couldn't resist.

We've tried many, many recipes to perfect the lava cake. In fact, it took us three months, but we think we've got it thanks to Craving Chronicle's recipe for "Sinfully Dark Chocolate Brownies," and AllRecipes simple formula for the fudge.

This recipe makes enough for 2-4 people and cooks faster than normal brownies. You'll need: 1 stick of unsalted butter, 2 large eggs, a cup of sugar, ¼ cup of 100% dark cocoa (we used Hershey's Special Dark), ½ tsp salt, ½ tsp baking powder, ½ tsp. vanilla extract, ¼ cup of all-purpose flour, and a cup of dark chocolate chips. Mix all of these ingredients together and pour in a greased and floured baking pan.

Heat up your oven to 350 F degrees and bake for 25-30 minutes depending on the size of your pan.

The fudge, the most important part, is simply one can of sweetened condensed milk, 3 cups of semisweet chocolate chips, and 2 tbsps of butter. Microwave and mix at 15 second intervals until completely melted and combined, then stick it in the fridge until its ready for use.

When you want that hot chocolatey goodness, throw a piece with a dollop of fudge in the microwave for 30 seconds and top it off with a scoop of ice cream if you're feeling extra fancy.

This may seem like a lot but what from what you buy, you can make these multiple times.

Remember, it's fun, exciting, new things like this that can take your Netflix and chill to a whole new level.

How I Got Over My Body Issues

Societal Pressures and Being "Perfect" Really Got to Me

BY KINZA KHAN

Body issues are problems that we all deal with which often lead us to go as far as to conceal how we really look.

It is force-fed to us that women in society are expected to look a certain way. We are expected to have a flawless face, an hourglass figure, and perfect posture -- as well as many other objective things. This is what the media tells us that we should look like, as women.

In order to achieve such "perfection" there are a lot of tools and enhancements on the market. Don't like your skin complexion? Put on makeup. Want a flawless airbrushed look? Photoshop your pictures. Don't like the way your stomach looks? Use a waist trainer. It never ends.

Even with the body positive movement, women like myself still get insecure from time to time. We still would like to look a certain way.

It puts not only a damper on our mood, but can often negatively affect how we see ourselves as if our only value is how we appear on the outside.

This is quantified by our insecurities, which consume us and make us feel like we need the makeup or waist trainer or that we need to look "perfect" 24/7 - which isn't true. I am guilty of this. I was never the type of person to constantly worry about the way I looked. But I later learned how to do my

obsessed with how other people saw me and that was all I focused on.

It wasn't all just about looking good. I actually started to feel comfortable with people around me. I loved this new version of me and it seemed like I was getting a posi-

Over the course of three years I gained some weight and instead of losing it the



Source: ptaequarters.com

healthy way, I tried using a shortcut. I bought a waist trainer and - like the makeup thing - I felt that I always needed to wear it.

These sorts of enhancements affected me psychologically, as well as in other ways. I became obsessed with the way I looked. I became so used to seeing my face all done up that even going to get groceries required a full face of makeup and a perfect outfit. I became

responsive, which I so craved. When I wore makeup, I felt so much more comfortable even though I had altered my appearance. Much of my anxiety seemed to be masked by my full face of makeup.

But all of this had a negative effect on me. My constant use of makeup and inability to take off my waist trainer, made me feel horrible about my actual appearance.

These enhancements brought to the surface issues that I didn't even have before. I developed self-esteem problems and body dysmorphia, a mental illness involving obsessive focus on a perceived flaw in appearance.

I do believe many women deal with some form of body dysmorphia. The media makes us believe that what we see in the mirror isn't ever enough. We are continually coerced into believing that we need to buy things to make us better, happier, or skinnier - none of this is real or true.

Sometimes I feel like I'm being judged by other women because I don't fit in and I often see myself as appearing a lot worse than I actually am. Logically, I know I'm not terribly overweight or terribly ugly. But my mind exemplifies all of my flaws and I know I'm not alone.

Society has to understand that it's ok to be a little insecure. That feeling won't go away at all. Instead of resorting to how other people view you, constantly remind yourself that yes, you are beautiful in your own way. It sounds really cliché but it does help to tell yourself that.

If you rely on makeup to make yourself beautiful, understand that makeup can only go so far and it really comes down to how you see yourself as a person. The person underneath the makeup is the one that should feel beautiful and the one that ultimately matters most.

How You Can Look Like Teyana Taylor

The Truth Behind the Madness is to Love the Skin You're in

BY BRIANA DELBUONO

In a body-obsessed culture, there is so much pressure to fit in and adhere to the unrealistic standard of beauty the media provides for women. Well, listen to this.

Teyana Taylor opened up to ESN.com and revealed that her gorgeously sculpted body didn't come from spending hours in the gym, but from pouring herself into dance, which she enjoys wholeheartedly.

"Dance is my form of exercise. That's literally all I do. There's no running. There's nothing special. Just dance. I really think that people underestimate [the art form] as a workout.

"And it's done my body good," she tells ESN.com. "I toured until I was about four months pregnant. Probably almost halfway through my [gestation], I stopped dancing and took a break to have Junie."

The key to real success in or out of the gym is recognizing your self-worth and be-

coming empowered by it. You will not see real progress until you learn to love the body you're in, while you work to better it.

Having just delivered her baby less than eight months ago, Taylor aims to inspire new mothers and girls worldwide to be themselves and have fun with it.

Just because you aren't a dancer doesn't mean you cannot achieve the body you've always dreamed of. Taylor is even releasing a dance workout DVD later this year.

"I just want the ladies to feel sexy," she said on ESN.com.

Weight loss shouldn't be about forcing your body to do things it doesn't want to do. Hard work is involved, but you shouldn't spend hours in the gym obsessing either.

Watching what you eat is already 70 percent of the work. But don't get back to the kitchen and tell yourself you earned that box of donuts.

No amount of exercise will cancel out

horrible eating habits. You have to be careful about what and when you eat but don't go crazy counting every calorie. Live a little.

Taylor admits that she doesn't follow any specific diet at all and uses dance as her means of staying in shape.

She is the perfect example of the idea that you don't necessarily need to be "on a diet" just to be healthy. Instead of picking chips, choose an apple. Little adjustments like this will help tremendously over time.

If you are generally an active person, you can stop reading here.

If you aren't, try gathering a bunch of friends and going hiking or walking. Virtually anything is better than lying on the couch, right?

The idea is to keep moving. If your body is moving, so is your metabolism.

Take a yoga class at your local gym, or go for a jog. Play games that will keep you active. Download Pokemon Go. What do you

have to lose? Say yes when your friends ask you to play a game of volleyball. Don't count yourself out before you count yourself in.

You're only cheating yourself if you don't give it your all - whatever you choose to do. At the end of the day, you're the only one in charge of your body. Who's to say that you don't look good or adequate enough? The perception the media has for society isn't real and won't fit every person and every body type.

"I feel like the world makes us women feel like we have to be on a certain pedestal, and that's not the case at all," Taylor said on ESN.com.

The truth behind the perfect body is that there isn't one. Everyone has flaws. You have to accept and feel good in the skin you're in - if you aren't happy at one weight, you won't be happy at another. Real happiness comes from within. Stay active and have fun with yourself.

BANNER ARTS

Bastille's "Wild World" is Powerful and Resonating

The Band Delivers An Album Worth Listening To

BY JESSICA PASSIONE-SANCHEZ

Bastille's second album "Wild World" is poetic and larger than life because of the band's ability to portray powerful emotion through both lyricism and instrumentals.

As incredibly deep and socially conscious as the album is, it soothes your soul because of the sheer talent that comes from Dan Smith, Chris Wood, Will Farquarson, and Kyle Simmons.

"So, what would you little maniacs like to do first?"

A pop-culture reference to the movie "Weird Science" opens the album followed by a swift drum-intro. Immediately after, Dan Smith sings and starts the single "Good Grief." Its fast-tempo is a good way to grab the attention of the listener. The clip is perfect for the song that touches on loss or missing someone without portraying it in a painfully aching way. Just watch the movie and you'll understand.

His accent is unmistakable and reminds you of the great talent that has come from Britain. The British Invasion will always be a staple in pop music and Bastille reminds us why British pop bands will always have a place in the global music industry. They've been on the rise since they broke out with the hit "Pompeii."

What makes the album memorable and something worth talking about doesn't only come from the actual music. It comes from the messages behind the many voice-



is the best thing an album can have and "Wild Things" displays that brilliantly. Bastille's album delivers deep messages about issues but of course, what's a British band album without a good resonating love ballad?

"Power" sings to the soul of anyone who has ever questioned how the person they love could hold so much control over them.

"Winter of Our Youth" addresses anyone who's ever felt like they are stuck in the pendulum swing of moving forward in their life and mentally resorting back to simpler times in their mind.

Bastille caters to those caught in their mind again with "Send Them Off!" The lyrics speak of demons in the mind and exorcisms. He even makes a Shakespeare reference when he pleads, "Desdemona, won't you liberate me?" With lyrics like these, it would be assumed that the song would be

The variety of sound and lyrical content

slow and somber, but it isn't, and that's what makes it different.

"It leads into this kind of over-the-top bass riff, almost like a swaggering hip-hop tune," Smith said in an interview with Radio.com.

An instrumental introduction like that, mixed with lyrics comprised of genuine substance, is what Bastille seems to be making itself known for. The unpredictability is what will keep listeners engaged as their evolution as artists continue.

"What do you know about it? Well, you gonna tell me.../ Why, I can't tell you. You don't - you can't - you can't explain now what's going on in your brain. You can't tell somebody how - wha-what's happening, what's going on in your- I can't/ Why don't you just try?"

That voice-clip introduces the last song on the album "The Anchor." Choosing it at the end of the album is so powerful because Bastille perfectly articulates what could be going on in someone's mind in a way that is both relatable and musically fulfilling.

"The Anchor," one of the deepest songs on the album, slowly builds with drums leading up to the chorus. Its lyrics relate to themes like loss, love, and rumination.

In respect to the themes of the album, the cover of "Wild World" is a photo of two men sitting on the ledge of a building looking down at the world of people with so many different lives and situations beneath them.

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"Don't Breathe" Will Put You On Edge

Movie Delivers a New Sense of Horror

BY JENNIFER WEEKS

The previews for the new film, "Don't Breathe" really doesn't do it justice. Based on the previews it did live up to them, which some horror movies don't.

The director of the gory remake, "Evil Dead," Fede Alvarez, is back to showcase another award winner to the big screen, "Don't Breathe."

The movie released nationwide in theaters August 26.

The movie was set in Detroit, Michigan with three main protagonists Alex, Rocky and Money, who are young burglars in desperate need of fast cash.

They've robbed wealthy people's homes before since Alex's father works for a security company.

It was easy for him to obtain the codes and keys to wealthy homes.

They were desperate to get out of their

current home situations. Rocky was more than motivated, because she desperately wanted to take her sister out of where they lived.

They saw a huge news report that a former navy veteran's daughter was rundown by a wealthy woman. He was then paid off for the daughter's death.

The man also lives in a run-down neighborhood in Detroit with currently no neighbors, making the neighborhood currently vacant.

They thought it would be an easy break in with no one around, and thought they had an advantage because he is blind.

"Don't Breathe," in my opinion, is a horrifying and suspenseful masterpiece. Alvarez does a great job of bringing a small house-bound movie into a jumping and gasping success.

The movie was practically dialogue free.

With the little dialogue it did have, it wasn't even needed. The movements of the camera, and the sound effects was enough intensity.

This wasn't the expected Alvarez comedic horror flick you can laugh about on date night. This was a jumping-out-of-your-chair, and shattering-back-in-fear type of film.

The intensity of this film will honestly have you on the edge of your seat.

The whole time Rocky, Alex and Money were in the house, it makes you wonder what's going to happen and who's going to make it out alive.

The film had many surprises because the blind man had the main characters trapped inside his home and had the advantage because he was very familiar with the layout and didn't need the lights.

Even though he was blind, his other senses were heightened making it nearly impossible to go unnoticed in his house.

It was a difficult physical challenge to keep the movie terrifying and unpredictable. It placed the characters contained situations which they could not get out of.

The characters were amazing in the way they handled themselves. They scrambled to find new solutions even in the most severe situations.

They go from thinking this is an easy task of robbing the house, to fending for their lives with a man that wasn't helpless at all.

The director and writer did a stupendous job because they made it feel like a real-life situation of a cat-and-mouse game with a survival of the fittest theme.

The gory scenes of this movie kind of reminded me of "Saw" a little bit.

Without giving too much away, I do recommend this movie because it has the biggest twist ever, as well as the life lesson of never break into someone else's home.

BANNER ARTS

"Stranger Things" is no Stranger to Success

Let Your Inner 80's Kid Come Alive with this New Netflix Series

BY LUCIA ROSSI

On July 15, Netflix released the bone-chilling and heart-warming eight-episode season of "Stranger Things" and the Internet hasn't stopped going wild since.

If you're wondering why this original series is so special, it's because it combines everything people loved about the 80's pop culture along with the perfectly executed homages to great writers of that time, like Steven Spielberg, George Lucas, John Carpenter, and Stephen King.

Matt and Ross Duffer, known as the Duffer Brothers, directed and wrote "Stranger Things" with immense success.

They perfectly meshed together all the best parts and styles of these beloved 80's creators' work while inventing their own exciting, adorable, and terrifying world—think of Goonies meets E.T.

The plot is about the friends of a young boy who goes missing, who try to hunt him down with the help of a telekinetic girl who escapes a science lab.

The boy's mother, older brother, and the town's police chief also aids in the investigation in their own ways.

Little do they all know, they are all being hunted themselves by the very being that took the boy, which was also released from the same science lab.

Everything is connected and the truth is revealed, but not everyone survives.

Although "Stranger Things" is supernatural, it's also horror. Don't let the main cast of children fool you into thinking that the plot takes it easy on them because they are no exception.

The monster of the show is similar to that



of a man with the head of a Venus fly trap, is blood-thirsty, can travel through temporary portals, and is very hard to kill. The main characters really have their work cut out for them.

Winona Ryder really redeems her acting career as Joyce Byers because she made talking to Christmas lights an extremely

emotional scene. Warning you now though, she does a lot of yelling. But she's a tough mother who don't need no man and will do whatever it takes to get her son back, even if that means crossing dimensions.

on, she is still a human girl who has feelings and can't help but be obsessed with Eggo waffles.

The chemistry and subtle love between her and Mike Wheeler, played by Finn Wolf-

Even as a lab rat and government weapon, she is also fantastically talented.

It must have been hard for any young girl to shave their head for such a complex role and be able to portray the amount of suffering and confusion that she does within the episodes.

Even as a lab rat and government weapon,

she is still a human girl who has feelings and can't help but be obsessed with Eggo waffles.

The chemistry and subtle love between her and Mike Wheeler, played by Finn Wolf-

gave up on love and lost hope.

She really thought Elec was her one and only but this didn't stop her quick-witted and feisty personality.

Now Damien on the other hand, was one mesmerizing character.

He was funny, smart, arrogant, cocky, but also closed off. Him and Chelsea couldn't have been more similar.

They became fast friends, getting closer each day while breaking each other's walls down and seeing how perfect they are for each other.

However, Damien doesn't do relationships and as much as he wants Chelsea, he won't give into temptation. Chelsea on the other hand, finds herself falling for Damien.

The chemistry and sexual tension between these characters was practically steaming off the pages.

Ward's writing style presented their romance in such a way that it was very easy to visualize in your mind.

One thing the novel could have improved on is the length, it could have been longer with more tug-and-pull interactions.

Sometimes love stories are sweeter when they have a larger build up, and perhaps some more twists along the way.

Overall, the story itself, as well as its ending, was different and original. It is easy to devour within a few days. Not one aspect of this was boring, and it sure wasn't lacking in certain areas.

It was filled with love, steaminess and witty humor, what's not to like?

"Neighbor Dearest" is the Perfect Guilty Read

Penelope Ward Delivers Another Bestseller

BY JENNIFER WEEKS

"Neighbor Dearest" by Penelope Ward is a contemporary romance that was released on August 15.

This is a character spin-off from "Stepbrother Dearest" but could also be read as a standalone.

This book was about Chelsea Jameson who was first introduced in "Stepbrother Dearest." Her boyfriend, Elec breaks up with her, and leaves her for another woman.

Deciding to give up on love and the memories she had of Elec, she moves into a new apartment building that's closer to her job.

Chelsea then meets Damien, who she finds out isn't just her new hot neighbor, but

also the building owner.

This is my third read by Penelope Ward, and I could not get enough of this woman's writing; it's so easy to comprehend and enjoy.

It was a really sexy and funny type of read.

The beginning of the novel started out very strong with the heartbreaking end of Elec and Chelsea's relationship, one that I'm sure many readers could relate to.

Although very emotional and somber, this scene was very important because it set the foundation for the character for the rest of the story and gives us an understanding of where she's coming from.

Because of this, Chelsea was closed off and guarded towards men. She practically

hard, will honestly give you life.

If only real men could tell their ladies that they don't need that fancy blonde hair because they are still beautiful without it.

If you ask anyone who their favorite child star of the show is, they'll probably tell you its Dustin Henderson, played by Gaten Matarazzo. With his cleidocranial dysplasia, he has the most adorable lisp you have ever heard.

He is also the comedian of the group, while Lucas Sinclair is the moral one, and Mike is the brains.

Their friendship is so strong, loyal and true, which makes them really admirable characters.

Dungeons and Dragons governs a lot of things in their interactions because that's what they love playing. Many things in the game mirror what's going in the plot and sets rules to how the children handle things.

Many other things from 80's pop culture are included as well to match the theme down to the music that's played, it's very nostalgic.

It's no surprise why "Stranger Things" has a 95% approval rating on Rotten Tomatoes by both viewers and critics.

Fans cannot help themselves but become so involved and captured by this world that it's overtaking social media outlets with memes, rants, and hashtags.

There's really nothing negative you can say about it, unless we start talking about the ending. No spoilers, but the ending leaves you with many questions and heartbreak.

Hopefully, everything will come in full circle once again when the show releases its confirmed nine-episode second season in 2017.

BANNER OPINIONS

When Sitting Down Becomes Standing Up

On Kaepernick: The Thought Is Bigger Than the Man

BY MARCUS DEL VALLE

This NFL preseason has been marinated with controversy as one of the San Francisco 49ers Quarterbacks, Colin Kaepernick, has taken a seat during the singing of the national anthem and has others following suit.

Sparked by the death of many African American individuals by the hands of police brutality and the lack of accountability that follows, the half white and half black player, Kaepernick, decided to take a seat during the recital of the national anthem.

Upon being asked why he made this choice in a press conference on August 28th, Kaepernick said, "Ultimately it's to bring awareness and make people realize what is really going on in this country."

Kaepernick goes on to say that it is not a new issue and is something that has "evolved" in America.

"This isn't new ground, said Kaepernick. "These are things that have gone on in this country for years and years and have never been addressed, and they need to be.

National reactions have been all over the spectrum with twitter attacks using the "N word" towards Kaepernick, burnings of his jersey being recorded for social media, and even police officers refusing to do security detail for the 49ers in future games if he chooses to continue these protests.

Military support and angst have both been displayed with some veterans stating what he has done is unconstitutional and disrespectful to their struggle.

Other veterans, however, have taken to hash tagging #VeteransForKaepernick all over twitter to show their support for his right

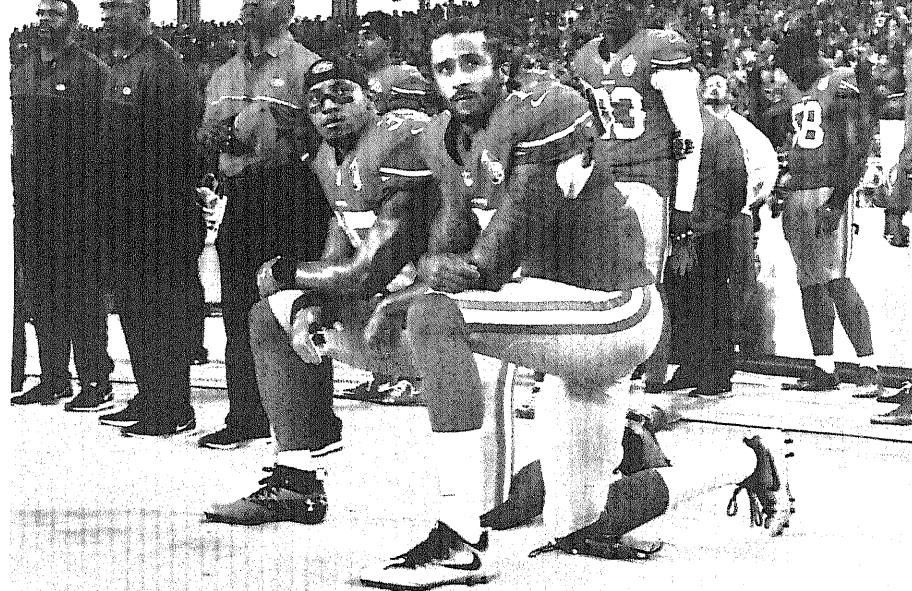
to freedom of speech and protest.

On the flip side, Kaepernick's Jersey has become the number one selling Jersey in the NFL for a few straight weeks now and Kaepernick has said that he will be donating all proceeds to people in needful communities.

This isn't the first time an athlete has used their platform for social commentary. The late and great Muhammad Ali, Dock Ellis, and other sports all-stars have used their fame in order for their message to reach the diverse audiences of America and the world.

In today's political climate, with issues of race and violence being prominent and protests against police brutality going on all over the country, one can only wonder when establishment media will stop viewing this as a controversy and start actually having the conversation.

Kaepernick, in comparison with other



Source: USA Today.com

athletes who have done similar things, is actually pretty tame. Muhammad Ali, refused to go to war against the Vietnamese in a famous interview where he states that America is his opponent when he wants freedom, not the Vietnamese.

"How could I go fight them poor people?" said Muhammad Ali. "Just take me to jail."

The real issue isn't talking about whether or not Kaepernick is wrong for sitting down and protesting.

The fact is that it's his right to express his opinion. It is also his right to protest peacefully. If that is how far the conversation has gone in your circle, you are part of the problem.

It also isn't about whether he is anti-police or anti-military, he obviously isn't. I'll go even further to clarify that he isn't anti-America. He is pro-American ideal. "Lib-

erty and Justice for All." Kaepernick only wants to see American policing hold up its end of the bargain.

What happens throughout history when people of color stand up for their rights is that they are told to do it differently. Often, before their actions are ever actually taken seriously.

Fighting is met with rhetoric on taking a non-violent approach while peaceful protest is often met by police violence. Where does the logic meet?

If you believe that he is disrespecting the American people, government, and military by sitting down for the anthem, ask yourself when the last time you stood up from your couch at the recital of the anthem was. I'll wait.

My point is, there are certain aspects of the conversation that are more important than discussing whether or not Kaepernick should sit or stand.

Kaepernick is attempting to bring awareness to the list of men and women who have lost their lives to police action and how these actions have gone unpunished. He is pointing out that the behaviors of the police have historical implications and that the treatment of people of color is still not equal. It has never been.

Kaepernick is a member of a long time history of social action against racial inequality and the politics and institutions that allow and even enforce it.

Though he is putting his career at risk he is not a vanguard in this fight and he is not a pioneer. He is an American citizen who has become aware and annoyed at the treatment of people of color and is willing to spark the conversation. The way we all should be.

Why We Need To Stop Giving White Male Rapists Benefit Of The Doubt

The Protection and Support Belongs To The Victims

BY BRIELLE SPARACINO

There are many things I hate in this world, but there are few things I despise. One of those things is animal cruelty, another is Donald Trump, and a third are rapists. I don't believe it's possible to express how much I hate rapists without using expletives, so I'll just say that I hate them more than murderers and serial killers.

Killing one person is unforgivable, and killing dozens of people is inhumane, but at least some of these murderers (past and present) have had excuses. Let me explain, they may not have been useful or acceptable excuses, but many of them at least had the decency to either admit the truth right away or create a lie so deliberate that it took years to unravel the entire case.

For a rapist, there is absolutely no excuse. The story is black and white; or at least, it's supposed to be. The individuals in their right minds know that the rapist knowingly took advantage of an unconscious human in the most degrading way possible. The white-privilege wack-jobs who are too brain-

washed and self-centered to know any better believe that the rapist was just "having fun" and "being a kid".

I'm not saying that only white rapists exist in the world, but they sure have been receiving a boatload of attention over the last year. Let's start with Brock Turner, shall we?

So far in 2016, he has been the most publicized rapist, most commonly known for raping an unconscious woman behind a dumpster and being given a mere 6 months jail-time and probation as his punishment.

He faced a maximum of 14 years in a state prison, yet he got the crappiest, most inexcusable sentence I've ever heard of in my existence. Why? Well, because of white privilege, of course.

Turner was charged with three separate accounts of sexual assault, but because he aspired to be an Olympic swimmer, the judge was supposed to give him a light sentence.

Luckily for Turner, the judge was a fellow white male who took pity on the attacker instead of the victim, and so a light prison sentence is exactly what Turner was given.

Not only did he receive an outrageous prison sentence of only six months, but he has been recently released after serving only three of those six.

Another example of a rapist who received a complete b.s. court-ordered sentence is Austin Wilkerson, a former student at the University of Colorado who sexually assaulted a young woman and fellow student while she was incapacitated.

The case occurred in 2014, but he wasn't officially convicted of the crime until March of this year. Because the judge in charge of this specific case (another fellow white male) once again took more pity on the rapist instead of the victim, Wilkerson received absolutely no jail time, but instead was given 20 years' probation and a two year work release program. Let me repeat: no prison time.

Just hearing about these disturbingly minimal punishments given to both of these rapists was enough to drive me insane, but I cannot even begin to imagine what it must have been like for their victims to obtain and absorb this type of news.

It's not fair that these women have to suffer at the hands of the justice system for a situation they had no control over. It's not right that these women have been violated and dehumanized because two teenage boys (who were probably taught by their relatives that it's okay to treat a woman like she's nothing) wanted sex any way they could get it.

These two women will most likely be glancing over their shoulders, suffering from anxiety attacks, and battling depression as well as post traumatic stress disorder for the rest of their lives. They might be afraid of any form of affection (platonic or otherwise) now, all because of something that happened to them that could have been avoided. According to www.rainn.org, "out of every 1000 rapes, 994 perpetrators will walk free." We need to change that number, guys.

To any survivors of sexual assault reading this, you are valid and your story is valid. You survived, and you are okay now. Believe in yourself and your loved ones, stay safe, and empower others with your strength. You will always have my love and support.

SEX AND RELATIONSHIPS

The Price to Pay For Avoiding Unwanted Pregnancy

How Side Effects of Birth Control Pills Nearly Ruined my Life

BY LUCIA ROSSI

I've been wanting to go on birth control ever since I was 16 years old, but I was always stopped by outside factors whether it was my family, my insurance or my own body.

I've been encouraged by my peers that the benefits are worth the tedious time keeping, supported by my significant others in taking care of my body with added protection, and given hope by my gynecologist that this was the right choice.

I wasn't prepared, however, for the consequences my body would pay for the manual hormonal change.

At first, I tried to take the easy way out by avoiding the pill and take the injection instead.

My doctor warned me that 5% of women have breakthrough bleeding daily, bleeding in between your period, when they take it. Unfortunately, my body was a part of that small percentage.

After assuring my parents that I am an adult in college, a woman with urges and feelings, yearning for control over her own body and menstrual cycle after years of unbearable pain, they finally became calm with the idea and no longer made me feel dirty for wanting protection.

Although it's a strong benefit, sex wasn't my main motivation, but in their

minds, that's all they thought of.

For two months, I was on Junel, a monophasic pill from hell. Monophasic means every pill has the same amount of hormones in it. I had most of the very common side effects.

There was some weight gain that only made me feel uncomfortable when I looked at myself naked in the mirror.

I figured this was better than when I had lost a lot of weight due to a bad breakup.

I thought this is something I could manage if I tried harder. Because I made sure to eat, I didn't experience the common nausea symptom.

I noticed some breast tenderness as well as enlargement. It wasn't enough that I needed a new bra size thankfully, so I considered myself lucky in that aspect as well.

Then, the headaches came. Every. Single. Day.

I couldn't go a day without complaining to my boyfriend about the intense throbbing going on in my head.

I didn't want to depend on Advil and ibuprofens all the time, so I resorted to more natural ways to try to end the pain, with asana yoga poses. Some days were harder than others. Combined with the breakthrough bleeding, this was the worst experience ever.

According to Medical News Today, 50% of women experience vaginal bleeding in be-

tween periods while on the pill.

Although I felt no cramps like usual, the spotting and staining would appear day after day for weeks.

It was like my period never ended and it made sexual relations embarrassing.

It affected my self-esteem, made me feel disgusting to the point where I wouldn't want my boyfriend to physically love me because I was afraid it wasn't good enough.

It was difficult to get me in the mood with decreased libido being another symptom.

Just when I thought I couldn't feel more unattractive, it made my skin breakout.

My parents, wanting to keep their child with a good skin rep, told me to stop taking the pills, but I still had faith.

I thought this is just the effects for now because my body had to get used to the pills but after two months, it didn't.

I popped and scratched the pimples out of frustration and religiously used acne medication to reduce the effects but when old marks left, new ones would appear.

I was overrun with pressure, felt no control or improvement, and felt lower than ever because the pills also took control of my emotions.

I cried over things that I knew I shouldn't have. I would get filled with rage over "spilled milk" situations to the point of

shaking, and I was afraid that there was no going back.

It didn't help that my health insurance wouldn't cover the pills unless it was medically necessary.

After browsing online and reading many reviews, I realized that every woman reacts differently to the pills.

It doesn't matter what statistics say, your body will do its own thing and you never know what will happen.

I called my doctor and explained my experiences and he, without hesitation, switched my prescription to a multiphasic pill that varies in the amount of hormones given daily.

The risks are the same, but a trial for the next couple of months will determine if it's really a better fit.

I had to get a generic brand because I couldn't afford the brand name pill paying out of pocket.

The only difference with generic is that the colors of the pills are different and they use different inactive ingredients. The FDA claims their quality in performance isn't different.

If this fails, there is the third option of the "mini pill" otherwise known as a progestin-only pill, rather than an estrogen and progestin pill. Hopefully, it won't have to come to that.

Having Sex During Your Period Is Nothing to Be Ashamed Of

Don't Knock It Until You Try It

BY BRIANA DELBUONO

It's day two of your monthly gift and you're feeling crampy and rather unattractive, but you and your partner are in the mood. So, why is your period stopping you from getting it on?

Periods aren't embarrassing. They are normal and there is no need for apologizing. If you want to have sex during your period, and your partner is okay with it, do it – end of story. Here's why you should give it a go.

When you orgasm, your body produces the right endorphins to ease your cramps. Stronger than Motrin and a heating pad, your partner's good vibes will go a long way – for the both of you.

You won't need as much secondary lubrication, because your body is doing it for you. It may sound gross but your period is your body shedding your uterine lining so it's actually less blood than you think it is taking control.

(despite the red color). Lay a towel down if you're afraid of making a mess.

"I do not think you should be ashamed about it – there is nothing unnatural about a woman's menstrual cycle," said Loren, 24. "A man shouldn't make you feel gross about it."

Having intercourse while on your period can shorten your period's duration! Who would have thought?

"All the contracting your uterus gets up to when you're having an orgasm makes lining and blood come out faster, meaning that frequent sex sessions can reduce the length of your period by a day or two," said Ellen Scott on metro.co.uk.

Having an orgasm will greatly reduce your menstrual cramps. When your body contracts, it tells your brain to respond differently to pain, which will actually make you feel good even if it feels like your cramps are taking control.

Some are more sexually aroused while on their period so the urge to have sex will often outweigh the gross factor.

"I don't really enjoy period sex, but I love my girlfriend and I don't mind that much if it's something we both agree that's what we want to do in the moment," said Salvatore, 22.

It's a confidence boost when you're feeling particularly bloated and uncomfortable that your partner still wants to rip your clothes off. This can make you feel sexy during an otherwise "unsexy" week.

"It's an added confidence boost if your partner is completely okay with it," said Loren.

This is an excuse to have shower sex! Not only is shower sex pleasurable, but it also involves zero clean up. Once you're done, just rinse yourselves off, and you're good to go. No mess or fuss.

"You don't have to worry about blood

making things messier in there, like it would on your sheets," said Loren.

It could make you and your partner feel closer. You probably don't have sex on your period with just anyone, so this experience could open up a door in your relationship that you didn't even know was there.

"Sex is literally between you and your partner so if it's not bothering either of you, it shouldn't be a taboo thing to do," said Jennifer, 21.

The bottom line is, if you and your partner are in the mood and neither of you have squeamish tendencies, give period sex a shot. It won't kill you, and it probably won't be as messy as you think. And hey, maybe it will completely change your opinion about old Aunt Flo.

DISCLAIMER: Just because you are on your period, does NOT mean you cannot get pregnant. By all means, wrap it up.

SPORTS

Dolphins' Defense Fuels Hot Start to the Season*Women's Soccer Kicks off with a 2-0*

BY FRANK COSTAGLIOLA

The women's soccer team has gotten off to an incredibly impressive start this season.

After a 2-0 win over Old Westbury College on September 10, the Dolphins extended their opponents scoreless drought to 370 straight minutes.

While their hot start to the season can be attributed to both sides of the ball, the Dolphins defense has been the key to their success thus far. During their most recent win over SUNY Old Westbury, the Dolphins held the Panthers to only 8 total shots, and of the 8 attempted shots by the Panthers, only 2 of them were on goal.

The Dolphin's stellar defense, starts with freshman goalkeeper Nicole Mignone.

The freshmen goalie has proven that she can be counted on in the net. Mignone has played over 361 minutes to start the season and has already been named Defender of the Week.

Mignone is superb at reading her opponents on offense and has interrupted many scoring chances for them.

Her great positioning in the goal has also been the reason when she hasn't been scored on yet this season.

Rounding out the defense are defenders Catherine Mulligan and Rebecca D'Aloia. The two of them attack the ball on defense and have broken up many scoring opportunities for their opponents this season. Overall, the Dolphins have many contributors on de-



fense who have helped CSI limit their opponents to only 9 shots on goal total this year.

On the offensive side of the ball, team leaders in both goals and assists, Krystina Rodriguez and Jennifer Cosenza, continue to fuel the Dolphins' high powered offense. The two of them both have two goals on the season, while also adding two assists each.

Rodriguez's impressive start to the season just awarded her Rookie of the Week. While Jennifer Cosenza was announced Player of the Week for the first time this season.

Rookie Krystina Rodriguez already

leads her team with over 30 attempted shots this season. Of those 31 shots, 10 of them have been on goal. Jennifer Cosenza has attempted 13 shots this season but 10 of them have been on goal.

While both girls have had success putting the ball into the back of the net this season, their ability to distribute and get their teammates involved is what makes them complete players on offense.

In last week's matchup with SUNY Purchase, Cosenza assisted on the game winning goal in the 94th minute.

The assist and goal was all made possible thanks to a beautiful setup by Rodriguez from 10 yards out.

Just three days after assisting on the game winning goal, Cosenza scored a game winning goal of her own. The assist came from Rodriguez who set up Cosenza with an easy goal.

Other notable players on the Dolphins' offense have been Stephanie LaPointe and Lauren Smith. LaPointe, like Rodriguez and Cosenza, also has two goals of her own on the season and will look to contribute on offense for her team.

The Dolphins hope their dominance on defense will help them repeat as CUNYAC Champions this season. After a nail biting 2-1 overtime victory against Lehman College in the CUNYAC finals last season, the Dolphins might have found the recipe to repeat as CUNYAC Champions.

**Staten Island Yankees Name Change is Coming Soon**

BY FRANK COSTAGLIOLA

After three months of consideration, President Will Smith of Staten Island Yankees, has announced the five potential new names.

After receiving over 2,000 submissions from fans, the minor league affiliate has narrowed it down to five different names: The Bridge Trolls, Heroes, Killer Bees, Pizza Rats, and Rock Pigeons.

All of the names were submitted by fans. The team will also be seeking feedback from them for the potential new names over the upcoming weeks.

The name Staten Island Bridge Trolls pays homage the Verrazano Bridge which has become synonymous with Staten Island and its rising tolls. It is one of the island's most distinguishable landmarks and embraces a silly name that many minor league teams do as well.

"Every single name is a name, or a part of a name, submitted by our fans," said Smith. "'Bridge Trolls' wasn't submitted, but 'Bridges' was, and that's a tip of the cap to the four bridges that lead to and from Staten Island. And like it or not, rats and pigeons are all over the city. I love animals, there are a lot of things you can do with them when it comes to areas of the ballpark and branding."

The name Heroes, pays tribute to the many police officers, firefighters, EMT workers, and other civil workers who call Staten Island home. As for the name Killer Bees, this is a reference to the rap group Wu-Tang Clan who are from Staten Island. The hip-hop group is sometimes referred to as the "Killa Beez" and helped put the Island on the rap scene in 90's. Wu-Tang Clan has had tremendous impact on Staten Island and hip-hop culture which can still be seen today.

The final two, and most obscure potential new names for the team are the Pizza Rats and Rock Pigeons. The name Pizza Rats refers to the viral YouTube video from last year that stars a rat in a Manhattan subway station carrying around a slice of pizza on its back. As for the name Rock Pigeons, this possible name refers to the many pigeons and other birds that inhabit the island.

President Smith is excited for the name change as it will truly be a representation of the island and its people.

"Now is the time," said Smith. "I'm excited about trying to create something that people in Staten Island can rally behind and support and love and respect and admire."