

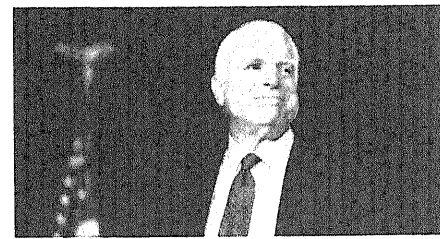
THE BANNER

The Official Newspaper of the College of Staten Island

Established 1993

September 24, 2018

Issue #1



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"Welcome Freshmen!" pg 6



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A Letter from the Editor-in-Chief

The Banner's New Voice and Vision

BY: VERONICA PISTEK
To the Reader,

Greetings Banner readers! My name is Veronica Pistek, a Macaulay Honors College sophomore here at CSI. During my freshman year, I made my mark as a writer, took on the role as a section editor of The Banner, and ultimately was elected as the new Editor-in-Chief.

I am beyond honored to be chosen for this position, and even more thrilled to provide our campus with news, entertainment, a community for shared interests, and an outlet for voices to spark change.

In the past, The Banner as a publication has been known to investigate campus related situations, uncover important information, but also allow students to express themselves.

Specifically, writers are able to write their opinions, provide insight to current politics, give the breakdown on current sports, dive into the latest entertainment, and even give tips about health, beauty, and sex to the readers on campus.

Presently, my vision for The Banner is to not only remain working and writing as a real publication and incorporating our past values, but to also open communication between our staff, administration, programs, organizations, and clubs with the student body.

Also, I desire to know what our readers want to read. In order to do this, I hope to open communication with The Banner and our readers with survey drop-boxes and opportunities to contact our staff with opinions and important newsworthy content.

I hope to consistently reflect on our past and work toward improving our fu-



The Banner's Veronica Pistek prepares for her position as Editor-in-Chief. Photo Credit: Jesse Khachmantan

ture content to cater to the interests and demand of our audience.

A motto that I live by but I also feel is relevant for all students here at CSI to remember is to reflect upon and evaluate the past, truly experience the present, and set a precedent for the future.

With this newspaper, I hope that my team and I can utilize these three tenses to reach an audience that desires to find their purpose at CSI, but also their purpose for the future.

It is easy to go day-to-day at college just traveling from one class to another and then going home to study, work, and start the routine all over again.

By staying informed about the events, news, and endless opportunities at the College of Staten Island, it might inspire some to get involved and use their voice and vision to provide fellow students with the best education, experiences, and opportunities that lie right here on our campus (and ditch that boring routine that naturally happens as a college student).

So, we welcome and encourage anyone and everyone to join in and get involved with The Banner. Our team collectively shows initiative by sharing and pitching article ideas, writing and taking photographs for each issue, and editing articles consistently.

Our club also yields opportunities for editorial and managerial positions-all of which can be a great addition to one's resume.

Besides working hard as a team, every Thursday during club hours our team experiences a creative environment filled with fun, free food, and a place to make lifelong friends. Swing by 1C Room 228 to start your journey as a journalist!

I look forward to this journey and I wish you all a year filled with knowledge, ambition, success, and inspiration.

Sincerely Yours,
Veronica Pistek
Editor-in-Chief

Three Break-ins Occur at CSI's West Administration Building

Back-to-Back Burglaries of Cash, Checks, and Parking Registration Cards

BY: VICTORIA IFATUSIN

On the morning of Monday, August 27th, officials were informed of a break-in that occurred in the Purchasing Office of 3A, the West Administration Building, according to the Interim Vice President, Hope Berte.

Emails from Public Safety, written by Berte, were immediately sent to students and staff about the situation, mentioning that NYPD was contacted for a search of the scene.

Although, it didn't stop there. In the same email, Berte states that, "a second break-in was reported in the Office for Parking Services located in

the same building," on the following Wednesday - August 29th - at 4 AM.

The same protocol was followed along with the mentioning of hope that the security footage and evidence would detain the criminals.

Yet, the email did not indicate if anything or what specifically what was stolen.

It wasn't made clear to the community of CSI until August 31st, where another campus-wide email was sent out, saying that "cash, checks, and parking registration cards, plus a credit card were among the items stolen from the offices," according to Mary-Jeanne Hennessy, the

Director of Auxiliary Services.

Thus, employees in the building began a thorough evaluation of the office.

"After a review, it has been determined that all outstanding checks and registration cards have been accounted for and matched with unprocessed check payments," said Hennessy.

Once again, the burglar came back for a third time.

An email was once again broadcasted to all members of the CSI Community on the evening of Thursday, September 6th. The incident occurred that morning

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All Aboard Staten Island's New MTA Express Bus Service

Express Bus Service Shakes up Commuting for CSI Students

BY: LUCIA ELMI

Commuters are unsure of what the future will bring with the MTA's recent express bus service changes at the start of the new school year.

An over-do transportation service adjustment has finally made its way to improve Staten Island's shaky express bus service to Manhattan.

As much as it was a needed change, transition isn't always easy for thousands of working commuters that rely on the MTA's express bus service to get to and from work. This includes many students commuting to and from the College of Staten Island through those same bus services.

Although the new bus system was designed to ease commuting for Staten Islanders, it has unfortunately brought with it a number of challenges. One in-

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Staying in the Loop With the Loop Bus

Critical Changes for CSI's Campus Bus Cycle

BY: ANES AHMED

With the introduction of a fresh year comes a new set of policies and resources that students either need to grow accustomed, or say goodbye to.

This semester has students unfortunately saying goodbye to the former loop bus schedule.

Effective on Tuesday, September 4th, 2018, students were informed by email that in-campus transportation services would reduce from a two bus cycle, to a one bus cycle.

While seemingly trivial, this development may challenge numerous students who need to rush to class or be dropped at a stop near a certain building.

The campus buses are now functioning as a Peak and Non-Peak Service. For Peak Services, buses will routinely ar-

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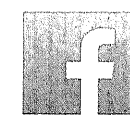
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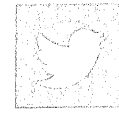
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BANNER POLITICS

Commemoration of an American Hero

Many Mourn Over the Recent Passing of Former Senator John McCain, But What's in Store for America?

BY: SAMMY QUARRATO

John McCain gave his life to his country for much of his long career. McCain, as you may know passed away in Aug. 25, 2018, just four days before his birthday.

McCain was Arizona's senator since 1987, and was eventually replaced by another longtime respected senator, Barry Goldwater.

He was a man of the people not just in office, but also as a captain in the United States Air Force during the Viet-

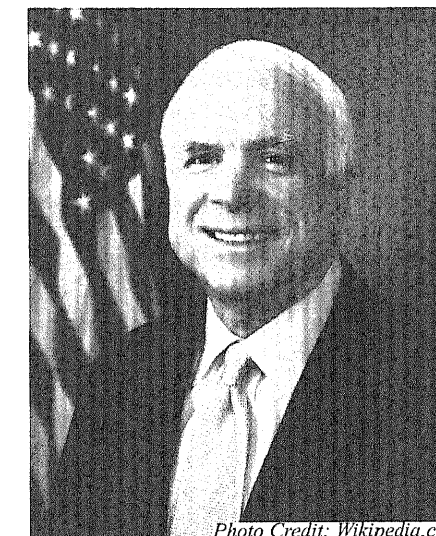


Photo Credit: Wikipedia.com
John McCain is remembered as a cherished senator and war hero.

nam War. During that time, he was captured by Northern Vietnamese soldiers who had sided with the U.S.S.R. during the Cold War at the time, and was later released.

The issue at hand is what the consequences of his death are and how it will affect the Senate and midterm elections this season.

John McCain had been a member of the Senate for decades, thus he had contributed a number of votes for reform.

With his absence, tracking of votes and maintaining consistency may become an issue. One of McCain's most influential votes that come in mind is for Healthcare, which was his last memorable political moment in his career.

The bill's purpose was a skinny-repeal of Obamacare, where it was estimated that 32 million people would lose healthcare coverage if Obamacare was fully repealed in the Senate. The GOP came to a decision of a 50-50 vote due to two Republican senators already making it clear they would vote against the repeal of Obamacare.

McCain dropped a number of hints in a speech before putting in his vote, stating that his intentions to vote against it was highly probable.

However, Republicans were confident that such an outcome was not going

to be the case due to how many of them exchanged words with him before he casted his final vote.

Additionally, it was said that Trump himself called McCain, attempting to convince him one last time to vote in favor of the bill so that the vote would come to a tie, allowing Pence to cast the tie-breaking vote.

Instead, many were shocked, including the GOP, at the dramatic thumbs down, and a smile from McConnell's face disappearing instantly. Thus, the established system was saved.

In addition to this vote, McCain made a number of other votes that have been viewed in a less favorable light to critics and politicians.

Some people felt that his take on certain issues was unlike his Republican background, while others thought it showed a willingness to grow and become more accepting on topics that had for a long time been controversial.

For example, his stance on abortion changed throughout the years. Early in his career he stated that he was pro-life and believed that all life started in the womb.

However, years later he claimed that he respected both pro-choice and pro-life reasonings and felt that he didn't have an overwhelming need to tackle much with

the issue. The same followed for his view on issues such as stem-cell research, immigration, LGBT rights and gun laws. Overtime, he eventually changed his opinion and, to an extent, was simply following the belief of the majority.

Due to the intense political climate between Democrats and Republicans, following the opinions of the people as a whole and not just your state is just as much of a priority, if not an even larger one, to ensure that people's voices are heard.

John McCain will be remembered for his public service to this nation, and how much he affected both the political climate and the everyday lives of Americans.

Due to his untimely passing, it has been predicted that the Senate will not reach across the majority as much as he did during his long career as a member of the Senate. A memorable quote from him was when he referred to Democrats as, "My friends from the other side."

In the future, Washington may not have someone as upstanding and independent as McCain, but we won't know for sure until the midterm elections come along.

R.I.P. John McCain: 1936-2018

A Pending Global Economic Crisis

The Emerging Crisis in the Global Economy

BY: CHERMO TOURE

It seems like it was a century ago since the Great Recession took place, where a vast majority of people across the global were losing their jobs, houses, and livelihood. However, the Great Recession was only ten years ago.

But how would it sound if someone were to tell you that there might be another Great Recession around the corner? It would sound crazy.

However, some economists and political scientists, who politically identify across both spectrums, have concluded that there is an emerging global economic crisis about to happen. For example, leading economist Richard Wolff has said on numerous occasions that the world is heading for an economic collapse.

There is a plethora of sources could be responsible for causing the next global economic crisis, but the crisis that is manifesting in emerging market economies is something to be concerned about.

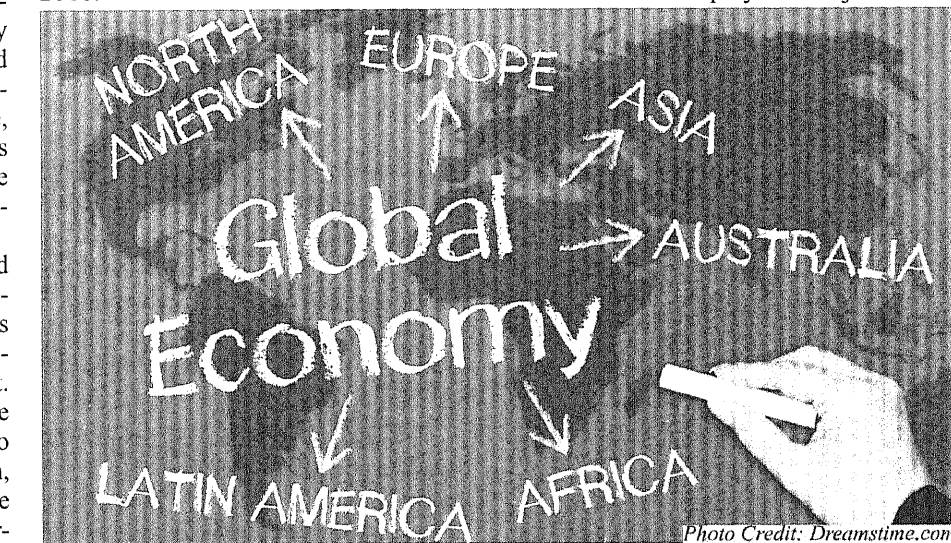
While the mainstream media in the U.S. directs most of their attention to Trump and the Muller investigation, what doesn't get much coverage is the crisis going on in some emerging international market economies.

In Turkey, for example, their national currency is on the brink of collapse. According to the Financial Times, the crisis with their national currency began when the United States and various countries of the eurozone started to introduce their quantitative easing program.

Financial Times also explains that Turkey started losing it funds through the quantitative easing program, and the

United States and eurozone countries are to blame. Consequentially, investors in the country panicked and started moving their investments elsewhere.

As the problem in Turkey is still ongoing, South Africa is experiencing its own economic recession as well. According to Reuters, the reason for this recession in South Africa is because the country's economy had contracted both in the first quarter and second quarter of 2018.



A highlight of some of the leading global economies of the world.

Reuters also stated that South Africa will not be getting out of their recession very soon. This is because the inflation in South Africa is at 5.1 percent. Additionally, rating agencies have put South Africa's sovereign ratings at near "junk" status.

Similar to the crisis happening in Turkey, Argentina is also having its own

currency crisis. According to The Guardian, Argentina's central bank increased its interest rate to 60 percent in order to try and curb the plunging of their currency. The government of Argentina is also practicing austerity to try to restore foreign investors' confidence in the country. This attempt, however, was proven ineffective.

Judging by the number of similar issues worldwide, it is evident that the United States has played a major role in

economies around the world to pay off their U.S. loans.

With the world economy being its most interdependent that it has ever been, U.S. tariffs on other countries has created a negative effect on the international economy.

According to Forbes, Turkey's U.S. tariff on steel and aluminum has reduced their steel and aluminum trade by 56 percent. This caused an overall 5 percent reduction in Turkish steel and aluminum trading, thus giving Turkey less money and causing the markets to react in a negative way.

Still, Turkey's economic crisis is nothing compare to China's. China has been statistically shown to be one of the world's fastest growing economies. It is expected that they will surpass the United States as the world's leading economy.

However, with the United States' recent tariffs on Chinese goods, it could cause an economic slowdown in China. According to Bloomberg, if the Chinese economy growth rate slows down because of these tariffs, it would be hard for China to make a swift recovery. With China as one of the two largest economies in the world, an economic slowdown in China could have a domino effect on the global economy.

As the United States continues to place tariffs on China, China also continues to retaliate by placing tariffs on U.S. goods. With the two largest economies in the world engaging in a trade war, this could have a detrimental effect on the global economy.

why these emerging market economies are heading toward a downward spiral.

With the Federal Reserve banks increasing their interest rates, this has caused emerging markets' currencies and stock markets to tumble, according to The Guardian. This increase in U.S. interest rates also makes U.S. loans more expensive, thus making it harder for

BANNER NEWS

Making the Most of Those 204 Acres What Students Can Expect This Year From Campus Planning

BY: OLIVIA FRASCA

The College of Staten Island is the largest campus of the City University of New York. At 204 acres, there is room for constant improvement and development.

The second floor of new building, 2M, was opened for classes, along with completion of the entry plaza to building 2N.

Most importantly, the entire Loop Road was replaced and now offers smooth, pothole free access to parking lots.

So now what? Hope Berté, Interim Vice President for Campus Planning, Facilities Management, and Operations, and Lillian McGinn, Director of Campus Planning, met to discuss upcoming projects and maintenance at CSI.

The two women agree that entry plazas are definitely an area of critical

maintenance this year. Over the last few months, the entrance of 2N was completely redone and now features a welcoming circular entryway, benches, and planting.

Beginning this semester, the main entrances to buildings 1N, 5S, and 3S will be remodeled, too. The new entry plazas will have open space and additional seating for students to use.

Another upcoming project to commemorate the history of CSI's land is called The Willowbrook Mile. The project is a collaboration with CSI, the Institute for Basic Research in Developmental Disabilities, and the Office for People with Developmental Disabilities.

The Willowbrook State School was a mental institution in the mid-20th century and unfortunately the site of unethical studies. A class-action lawsuit against the institution paved the way to civil rights for the developmentally disabled.

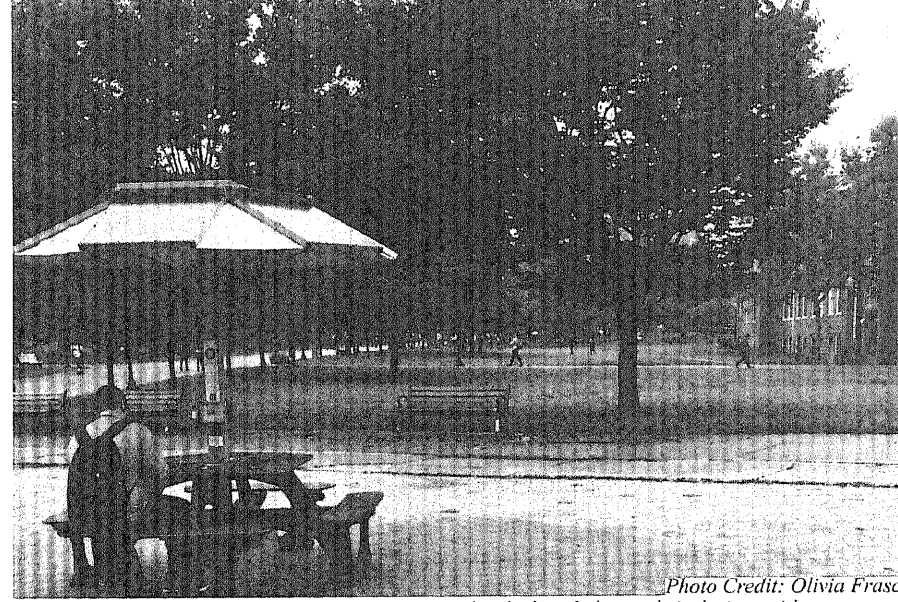


Photo Credit: Olivia Frasca
Outside of the Campus Center, students can sit at a solar dock and charge their devices with ease.

"Staying in the Loop" Continued from Front Page

-rive in ten minute intervals; however, the buses will only drop-off riders at building 1A and 2A during set hours throughout the day.

That isn't much of reach for people whose classes stretch throughout our extensive campus grounds.

For Non-Peak Services, the loop ride provided has extended their time from a 10 to a 20 minute wait, while still maintaining thorough availability to be departed at any stop around campus.

All accessibility and their variations to rides will begin at the entrance of the college at Victory Boulevard, with the Peak Service concluding at Administrative



Photo Credit: Anes Ahmed
The new Loop Bus schedule might have students rushing across campus to get to class.

After Willowbrook was closed, it later became the grounds for the main campus of the College of Staten Island.

Berté and McGinn explained that The Willowbrook Mile will be a walking trail featuring signage and reflection stations throughout the campus. The trail will shed a light on the historical significance of the land.

DASNY, The Dormitory Authority of the State of New York, is the primary contractor for the college. DASNY and CUNY will begin sidewalk repairs starting with the most damaged concrete on the north and south academic loops and backtracking to the IC Campus Center and 1L Library.

This new sidewalk repair is critical for the safety of CSI's students and faculty, especially those who are disabled and should be able to navigate the campus with ease.

New fire alarm systems and building evacuation plans are expected to improve campus safety. Fire drills in the Library, Campus Center, and 1R will occur over the year.

The college is also considering ways to build a greener campus. Many students have noticed umbrella-looking stations outside of the campus center. Berté and McGinn call these stations "solar docks," which are part of the "adopt a bench" campaign.

The docks use solar panels, a smart and sustainable source of power that Campus Planning hopes to install in other parts of the college. Students can sit outside on the docks and charge their devices with ease.

Probably the most anticipated changes are the reconstruction of the athletic fields. Berté and McGinn have begun to work with consultants to redesign the

soccer field.

The new soccer field will include bleachers, accessible spaces, and fencing. The 2003 turf from the soccer and softball field will also be removed and replaced by new turf.

Meanwhile, the baseball field will undergo a new installment of synthetic turf. The infield of the track also has funding for synthetic grass, which will require less maintenance in the long-run.

Although many plans are in the works to improve the campus, it will take time before students notice significant changes. Campus Planning and Facilities Management have to manage tight budgets; construction is made possible by outside grants from organizations and local politicians.

Perhaps the biggest challenge to advancing these projects is scheduling with contractors such as DASNY. Campus Planning has limited say in when these contractors decide to start construction.

As a result, construction may come at an inconvenient time for students, faculty, and staff.

What's important to Berté and McGinn is that these projects are pushed through and not put off. Changes are speeding up, and the campus is well on its way to becoming more appealing and sustainable.

Students can expect email updates from Campus Planning and Facilities Management Operations as these changes progress. For more information on ongoing and future projects, visit the CSI website.

September 2018 Loop Bus Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				August 30 Fall Semester * 1 Bus	August 31 Fall Semester * 1 Bus	September 1 Fall Semester Saturday Schedule
September 2 Fall Semester Sunday Schedule	September 3 College Closed No Service	September 4 Fall Semester * 1 Bus	September 5 Fall Semester * 1 Bus	September 6 Fall Semester * 1 Bus	September 7 Fall Semester * 1 Bus	September 8 Fall Semester Saturday Schedule
September 9 Fall Semester Sunday Schedule	September 10 Fall Semester * 1 Bus	September 11 Fall Semester * 1 Bus	September 12 Fall Semester * 1 Bus	September 13 Fall Semester * 1 Bus	September 14 Fall Semester * 1 Bus	September 15 Fall Semester Saturday Schedule
September 16 Fall Semester Sunday Schedule	September 17 Fall Semester * 1 Bus	September 18 Fall Semester * 1 Bus	September 19 Fall Semester * 1 Bus	September 20 Fall Semester * 1 Bus	September 21 Fall Semester * 1 Bus	September 22 Fall Semester Saturday Schedule
September 23 Fall Semester Sunday Schedule	September 24 Fall Semester * 1 Bus	September 25 Fall Semester * 1 Bus	September 26 Fall Semester * 1 Bus	September 27 Fall Semester * 1 Bus	September 28 Fall Semester * 1 Bus	September 29 Fall Semester Saturday Schedule
September 30 Fall Semester Sunday Schedule						

tion Loop Road and Non-Peak Service at the entryway of the campus.

The purpose of these changes is due to the continuation of offering assistance within available resources. Yet, the new operations can damage the college community's daily programs and further result in an inconvenience, tarnishing the value our in-campus mobility formerly

possessed.

Luckily, the Ferry Shuttle and Accessibility service have remained untouched and will continue to function naturally.

Photo Credit: CSILCUNY.edu

BANNER NEWS

"All Aboard" Continued from Front Page

-convenience for commuters are the fewer bus stops available along bus routes.

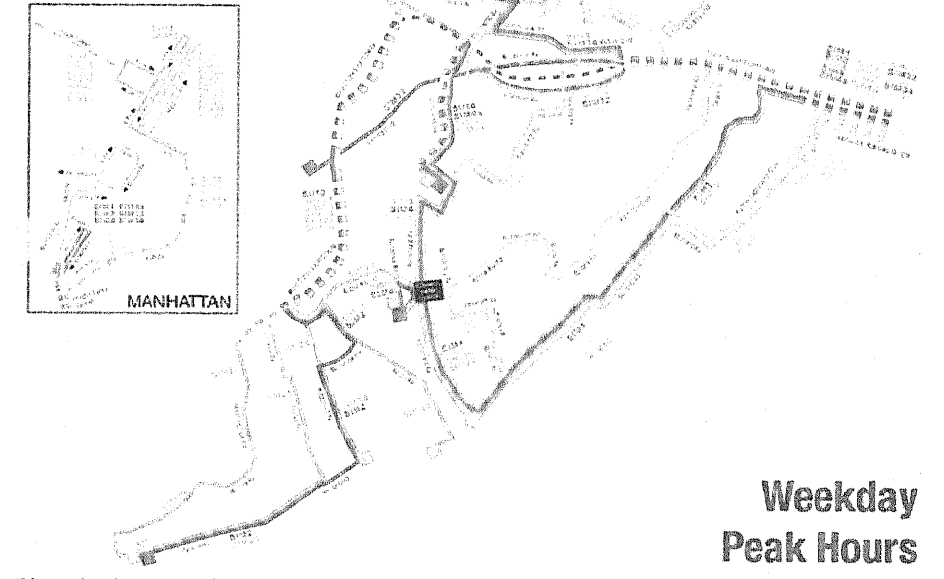
The upside to this is that less bus stops mean shorter travel times getting to and from Manhattan, but the downside is that it will require travelers to walk farther in order to get to their designated bus stop.

Another problem that has been encountered are the larger time gaps in

bus service which have inevitably led to overcrowding on buses and bus stops, even more so for people waiting at bus stops bordering Staten Island exit routes, such as those closest to the Verrazano Bridge.

Additionally, the lack of knowledge MTA bus drivers have on this new design adds to the confusion surrounding the new bus service. People are unsure of where to ask and receive accurate

NEW NETWORK



Weekday Peak Hours

Photo Credit: MTA.info

information regarding how they should plan out their morning and evening commutes along the Manhattan-Staten Island routes.

Despite the many difficulties, the MTA is working hard to continue to improve this new system for their customers. It is expected that addition changes will be made throughout 2019 to ensure the most effective travel for Staten Island and Manhattan commuters.

The MTA has also taken particular care in providing security for their student customers and have sent representatives to CSI's Willowbrook campus during the first week of the Fall 2018 se-

mester to answer any questions students had about the scheduled changes.

Patience will be needed to implement the necessary changes to make traveling easier for everyone. In the meantime, everyone should hang on tight. It's going to be a bumpy ride.



Photo Credit: silive.com

Commuters are unsure of what the future will bring with the MTA's recent express bus service changes at the start of the new school year.

"Three Break-ins" Continued from Front Page

and the police were called. NYPD now had the assistance of employees working in the building, even "after business hours," said Hennessy. But, the situation had escalated.

"\$20,000 in checks and cash" were stolen from the building according to SILive.

"Checks were stolen during the commission of this crime," said Hennessy. Serious action has since been taken.

Hennessy mentioned that the customers of the stolen checks are being contacted directly, as well as advising them of the actions that will be taken for the stolen checks and cash.

Not only will the owners be contacted by email if they do not confirm the receipt in the email, but they will also be phoned if the confirmation is not sent.

According to NYPD and the college in the SILive article, an unidentified person cut through the screen of a window in order to enter the Purchasing Office, and a credit card used by an employee was stolen from the office on August 24.

"The suspect attempted to use the Purchasing Office credit card information at a McDonald's at about 1:30 AM on Monday August 27, and also to pay

for cable TV. The attempted transactions triggered fraud alerts and the incident was on that Monday, according to police," said SILive.

Room 106 in the Parking Services Office was also broken into on August 29, the day of the second burglary.

A safe was removed from the room, taking mail that contained checks and registration cards.

In an earlier article written by SILive, a CSI statement mentioned that "campus security has been beefed up" due to the incident occurring.

According to the earlier email from Hope Berté, she mentioned the various ways how Public Safety "has been beefed up" to prevent the situation from happening.

"For the foreseeable future, to ensure the safety of all members of our College Community, Campus Public Safety will conduct building safety checks prior to the start of each day."

The Interim Vice President also stated that Public Safety will supply services for escorting students or anyone on campus who feels unsafe walking alone. This is possible by calling to request one at the extension of 2111.

Safety precautions for the students and staff were also given.

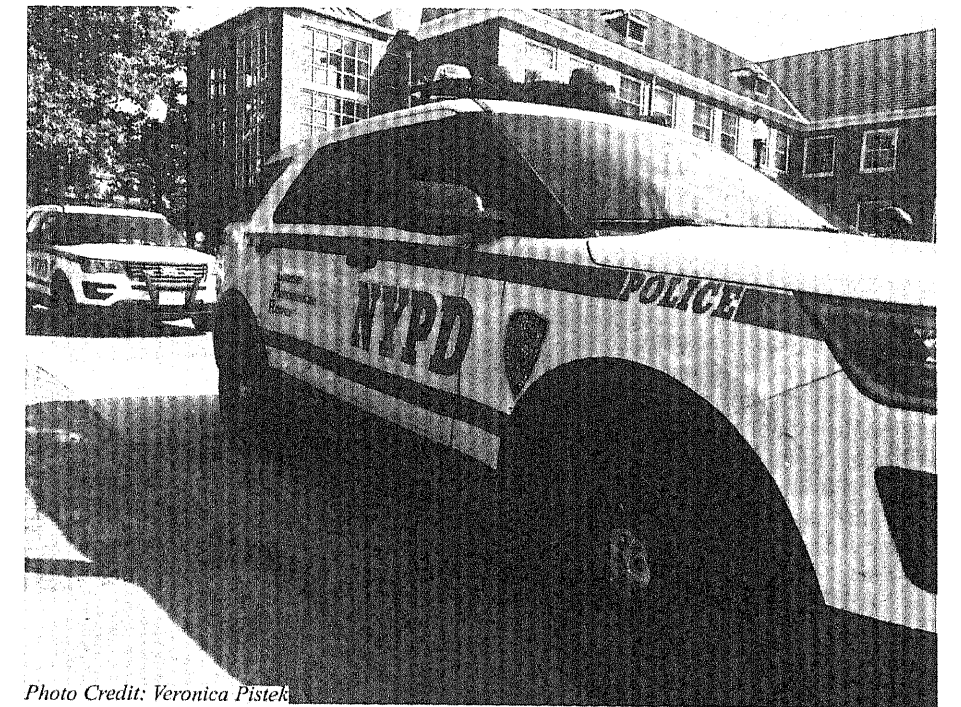


Photo Credit: Veronica Pistek

NYPD arrives at CSI to investigate the back-to-school burglaries.

"Never enter a location if you see that a door or window has been forced open. Go to the nearest safe place and contact Campus Public Safety immediately."

Members of the campus community were also advised to take appropriate measures to protect themselves, personal and school property, especially at night.

If any information is known about the

incident or the identity of the suspects, Public Safety encourages all members of the university to take the steps to contact Michael Lederhandler, Campus Public Safety Director, at extension 2113, or via email Michael.lederhandler@csi.cuny.edu.

LIFESTYLES

What You Should Know as a CSI Freshman

The Beginning of the Best Years of Your Life

BY: VERONICA PISTEK

Entering the college life is an adaptive adjustment; finding a balance between studying, getting involved in extracurriculars while trying to maintain a social life all seems like walking on a tightrope above New York City.

Take a look around you, it's your first month on a real college campus. You've spent half of the money you had saved on textbooks, your professors don't know your name, and you cannot seem to sit still during your exhausting three-hour lecture.

It sounds like it's time to get educated outside of the classroom.

First things first, buying overpriced new textbooks will have you and your wallet feeling empty. These tools are essential for most classes, but there are definitely cheaper options.

Not only do Amazon.com and Chegg.com sell used textbooks, but CSI's bookstore in the Campus Center also offers an opportunity to purchase used textbooks.

Another alternative to save money is a Facebook page called "CSI: Sell Your Textbooks," where students resell the textbooks they no longer need for a discounted price.

Once you have your course materials, be sure to read before class. Setting this as a habit early during your freshman year will allow you to get the most out of each course, while stepping foot in class with knowledge to focus and participate.

Now, getting a professor to know your name may sound pretentious, but start your college career off by creating a bond with professors who may be helpful for you in the present and future.

Simply say hello to your professors on a daily basis, sit near the front of the classroom, speak after class or e-mail them with any specific questions, and



Making the transition from high school to CSI is easier with some friends. Photo Credit: Instagram

even meet them during their office hours.

Forming close connections each semester with your professors will benefit your understanding of the course and might even help out your GPA.

Most importantly, these educators are the ones who may help you with job connections, internship opportunities, and those important recommendation letters.

Navigating classes will come naturally (once you memorize the CSI map), but sometimes the shift between high school and college will leave you feeling lost while learning the course content.

CSI offers various opportunities for tutoring in Humanities and STEM subjects by The Center for Academic Student Assistance in the Library (IL) and Building 1A.

Also, The Writing Center in building 2S has on-site tutors that can help you build your writing skills, enhance your reading abilities, and even just check



Photo Credit: Instagram

come first, make friends inside and outside your major. Form relationships with energetic people who you can see spending the next few years with and will be there for you when needed.

You can meet new people by joining the club or sport you always wanted to try. Broaden your horizons and check out the clubs that you did not have in high school.

CSI has endless activities and intramural sports to get involved in; going to general interest meetings will help you determine where you see yourself dedicating your free time to.

Besides building friendships, always be polite and have conversation with the employees on campus such as the shuttle drivers, the café cashiers, the public safety officers, and janitors. Appreciate the people who make efforts to enhance your experience at CSI everyday!

This is the beginning of the rest of your life. Taking an advantage of all of the resources that CSI offers is essential if you want to have the best experience possible.

Remembering that you are getting an education for a higher purpose, whatever yours may be, will keep you focused once those hard times start to take over.

Overall, college is the time of your life to become enriched with knowledge you might not seek otherwise.

Engage in relationships outside of your norm, and challenge yourself internally to follow your dreams and work hard for them.

While your academic life should

include: Clear, Workflow, Clara, Wunderlist, Rescue Time, Timely, Trello, Google Now and Pocket.

From top Universities.com, here are some time management apps that also can be used: Evernote, Focus Booster, 30/30, Remember The Milk, Any.do, Listastic, Finish, 2Do, Epic Win, Coach.me, Prezi, Super notes, Mind 42 and Google Keep.

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will be covered in your courses. From there, create an outline of the most important areas that will be studied, along with mapping them out in each textbook.

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Even better, you can listen to a podcast while getting ready for school, driving, or eating a meal. Podcasts can be streamed online almost anywhere, or through your favorite music providers such as Spotify and Apple Music.

While you're listening to an inspiring podcast, start organizing a meal plan to fuel your mind and body. Packing and eating healthy meals for school will save you money and set a routine for success.

It is easy to skip early morning breakfast and with replace it coffee. Neglecting the intake of protein and carbohydrates in the morning may have consequences during the day-like crashing hard during that long lecture, or the inevitable midday mood swing.

So, start your day off with some nutrition so you can stay energized and in a happier mood.

Another key factor to staying fo-

cus and organized is sleeping. Make sure to sleep as much as possible, preferably 8 hours. Not only will your body thank you, but so will your mind.

Set a daily alarm to go to sleep and to wake up. With a reminder, you can finish up your homework and get to bed at a decent time so you wake up feeling refreshed.

Just as important as sleep, be sure to develop a cycle of preparing all of your items the night before class. Making this a part of your daily routine is essential, it might even become as natural as sleeping and eating.

Specifically, gather the notebooks for each class you have, double check that you have a full supply of pens in your backpack, and pick out your outfit

to save yourself time from stressing in the morning.

Also, don't forget to make sure that you have all of your assignments and homework handed in. If you start to fall behind, keep track of the dates you have missed and notify your professor that you will try your best to hand it in as soon as possible.

So, once you start your day fully equipped with supplies and motivation, you will feel a weight lifted off of your shoulders.

Instead of worrying if you finished your essay, or hearing your stomach grumble during a quiet lecture, you will have more room in your mind to stay present and focused on succeeding this semester!

Staying focused for the new semester starts with organizing your life.

Photo Credit: churchjobfinder.com

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LIFESTYLES

A Guide to Fueling Your Brain With Positivity

Opt for a Year Filled With Optimism

BY: NADIA DIAZ

Do you look at the glass as half full or half empty? Despite your answer, trying to remain positive amidst the tension of school, work, and socializing is never a simple task.

Before trying to balance all of your responsibilities, take into consideration how a stressed state of mind might impact your performance of each task.

Try treating your brain like a human. If a human is told to do a myriad of things and is expected to achieve perfect results, it is more than likely that they might crack under pressure.

Before even thinking about cracking like an egg for breakfast, have no fear. You can and should start each morning on a more peaceful note.

Beginning your day with positive affirmation will yield a day filled with more ups than downs.

Specifically, many suggest to implement a morning mantra. A mantra is a simple and powerful way to set intentions for a beautiful day.

An example of a mantra could be something as easy as "Life is short, let's do this."

A mantra can even remind you of the things you may forget to do when you panic and need to be brought back down to earth.

So, create a slogan that will start your day and help you get through all of the boundaries that stand in the way.



An example of a morning mantra that can fuel your day with positivity. Photo Credit: W-4log.net

As humans, we tend to get so caught up with society, daily life tasks, and work that we forget to stop and take a breath.

Take a moment to breathe and remember to count your blessings. Often when you think of the good, you have already started to heal.

Remember, the cloudy energy that may be present in your life is just a storm that is passing by. The bad needs to happen for the good to find its way into your life.

In order to let the good float into your life, there are many outlets for you to start thinking positively.

Make a playlist with music that enhances your focus, or download a compilation of songs that make you want to conquer the world.

Listening to music can help ease your mind while also enabling you to relax for a bit so you can get back on track.

Taking your plans to paper may also help organize your mind so you can clear out those stress-inducing thoughts.

Write things down in a planner or make lists of which priorities need to be taken care of first, so you can get to tackling your responsibilities.

When you create an outline of your day or week, it can help you visualize more clearly what you need to focus and help you feel less stressed during school period.

Maybe, at the end of the day, you may just need a dosage of silence.

Lie down in a comfortable position with clear state of mind, you might even

begin to enter a meditative state of mind.

Lighting up the room with a couple of scented candles can enable you to drift off into a moment of peace, relaxation and quietness.

With the fall season creeping upon us, this is definitely a great opportunity to set the mood with a cinnamon or pumpkin spice candle.

At other times when balancing school, work, family, and your social life seems to be falling out of your hands, that might indicate that it is time to talk.

Talking is one of the most beneficial methods of releasing the stress and worries you may have built up without even realizing it.

By expressing your overwhelming thoughts and feelings, you will feel better, as well to be able think with a more positive mindset.

The College of Staten Island offers counseling and academic counseling services as well for all students. The CSI counseling center is located in building 1A room 109, they are open from Monday through Friday 9:00 AM through 5:00 PM and Wednesday - Thursday's until 7:00 PM.

So, when you begin to train your brain to focus on positivity, it can improve the overall flow of your life.

Remember to start off your day with a smile, chant words of affirmation, and allow of all the good to enter your life each and every day.

Photo Credit: churchjobfinder.com

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Hungry For Time? Save Your App-etite!

Tips to Stay on Track With Time Management Tools

BY: ROSEANNE CASSAR

As the Fall semester is cooking up at the College of Staten Island, so is a fresh batch of nerves and feelings of uncertainty.

The average student has already begun questioning if they can juggle the workload of all of their classes combined, as well as making time for studying, their clubs, and personal responsibilities.

Have no fear! There are solutions to all of the worries that students feel when struggling with time management.

As the school-year progresses, stress will seem to build as tall as the stack of books in front of you. Everyone knows that time is never on their side when meeting deadlines for papers, projects,

and anything in between.

Almost everybody has a life outside of school or work. So, it can become quite hectic when dealing with the pressures of getting things done at a realistic pace.

In order to ease the stress of managing your time, get ready to log-out of Instagram and Twitter and log-in to some new, nifty apps.

Time management apps are capable of helping students maintain and manage how much time they need to spend for each class.

All you need to do is enter your class scheduling information and let the app you choose work for you-it is that easy.

Shopify.com lists some time management apps that students can look

into, including: Clear, Workflow, Clara, Wunderlist, Rescue Time, Timely, Trello, Google Now and Pocket.

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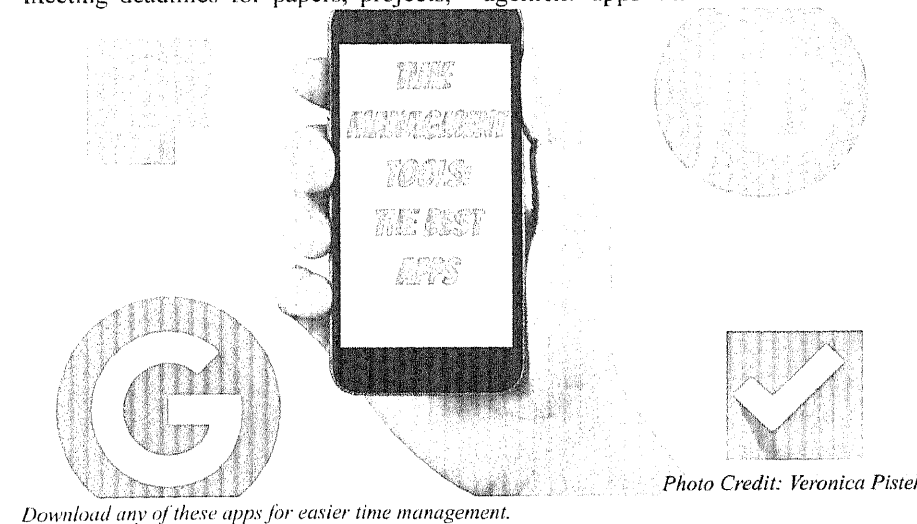
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Download any of these apps for easier time management. Photo Credit: Veronica Pistek

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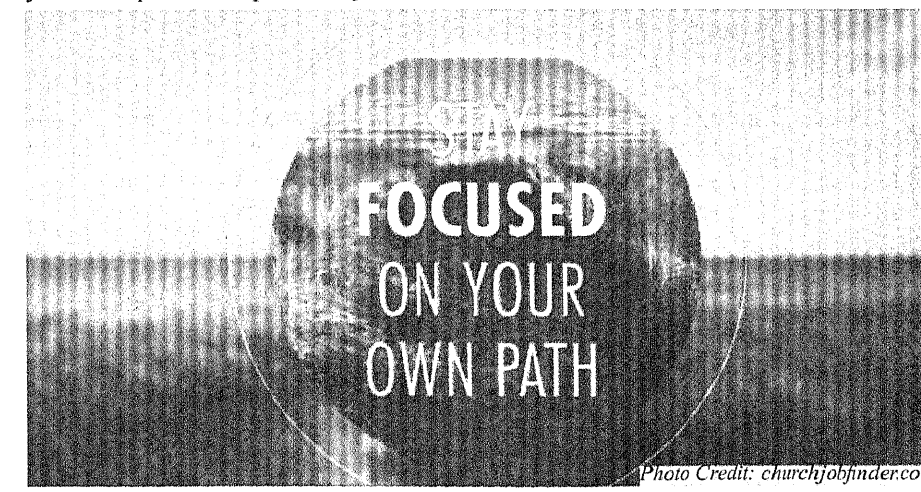
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BANNER ARTS

To All The Rom-Coms I've Loved Before

A Love Letter to the New Netflix Original

BY: CASSANDRA LANE

Lately, there has been an extreme downfall in the Romantic Comedy genre—that is, until Jenny Han, the author of “To All The Boys I’ve Loved Before” joined forces with screenwriter Sofia Alvarez and Netflix to create a film that changed the opinions of many.

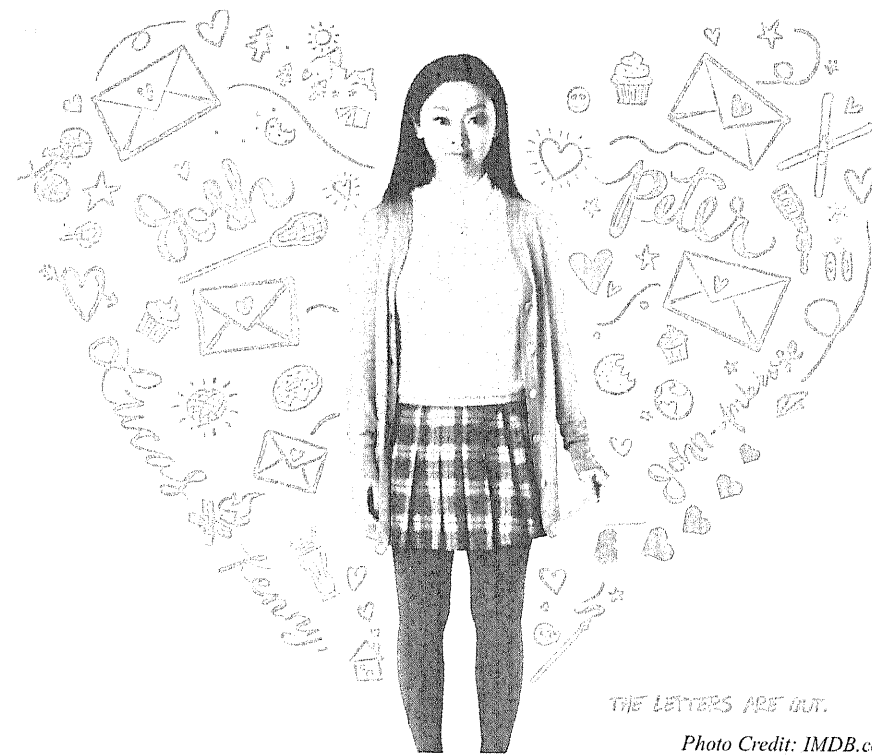
The main character, Asian-American Lara Jean Song-Covey, is played by Lana Condor. Lara is a young woman who makes it clear she doesn’t need any man to complete her, yet she struggles with certain aspects of her life such as losing her mother at a young age and having to replace her sister, Margot, who leaves for college in Scotland.

Jenny Han, author of the best-selling novel, spoke about what exactly she was trying to do when writing this story and this character, telling *Vanity Fair*, “I went into it hoping to write a modern, classic love story that felt really warm and cozy...I wrote [Lara Jean] for the girls who aren’t quite ready for next steps.”

And that she did.

At the start of the film, Lara Jean is fine being unnoticed and pushed to the side, but before she knows it, she’s suddenly the heroine of her own story, and for once, not in her imagination. Lara Jean is comfortable in her own skin and finds no need to change anything about herself; something rare in other romantic comedies such as “Mean Girls” or “Clueless.”

Not only is Han’s story light-hearted, funny and charismatic, but it is touching in a way that many haven’t seen in a long time. Coming from a refreshing and ex-



Lana Condor posing as Lara Jean Song-Covey for the official movie poster for “To All The Boys I’ve Loved Before,” now streaming on Netflix.

tremely relatable point of view, Han and Alvarez make a brilliant character come to life without mocking teenage girls.

Though there have been great rom-coms in the past, “To All The Boys I’ve Loved Before” has taken the genre to another level, bringing comfort we’ve yearned for.

“Our news is so heavy, I don’t really have room in my heart for a lot of cynicism and negativity in my entertainment...I want to see a 16-year-old girl

falling in love, and I want to experience warm rom-coms. It’s a nice form of escapism that I think we’ve been missing for a while—and maybe we were missing it because we didn’t need it, and now we need it again,” Alvarez told *Vanity Fair*.

Rom-Coms haven’t been so popular lately. Han spoke about how there has been a lack of these films for about 15 years. Many believe the category to be boring or outdated, but with the work of Han and Alvarez, this thought disappears

and becomes something so much more—something people can be hopeful about.

Representation was woven into the film without resorting to stereotypes. Characters were painted as fully formed human beings.

There was also a scene where Peter Kavinsky, the romantic interest played by Noah Centineo, watches “Sixteen Candles” with Lara Jean, pointing out the clear racism when it comes to the character Long Duk Dong.

Something noticeable and valued by viewers was how normalized everything was. There was no need for a big conversation about Lara Jean’s heritage and Peter didn’t need to have some sort of life-changing realization that being non-white is different. He saw who she was and so did everyone else.

This movie isn’t just about Lara Jean and Peter Kavinsky becoming a couple. It’s also about her sisters, her father, her best friend, and her former crush Lucas.

Overall, the film is a breath of fresh air. Han also wrote for *The New York Times* about Lara Jean’s race, saying, “One producer said to me, as long as the actress captures the spirit of the character, age and race don’t matter. I said, well, her spirit is Asian-American...What would it have meant for me back then to see a girl who looked like me star in a movie? Not as the sidekick or romantic interest, but as the lead? Not just once, but again and again? Everything.”

Rom-coms past and present, you can take a note or two from this one.

“To All The Boys I’ve Loved Before” is now streaming on Netflix.

Hear Ye! Hear Ye! The New York Renaissance Faire is Now Open!

The New York Renaissance Faire Will Take You Back to the Middle Ages

BY: BROOKE PRICE

Huzzah! The New York Renaissance Faire is now open! The faire is entering its 41st year and keeps its attendees occupied by offering various food samples, shopping in the marketplace, and entertaining performances.

Attendees can enjoy a wide array of performances at the faire.

The Washing Well Wenches are a hilarious comedy duo that wash laundry and get the audience involved. They splash their wet clothes onto the audience while doing laundry, and even drink the audiences’ drinks.

Acrobatrix is a show about the acrobatic duo Stahr and Thunder. Stahr is a contortionist and Thunder is an acrobat; together, they perform flips and other amazing tricks.

Stewart & Arnold Knife Throwing is a father son knife-throwing duo that performs different stunts. They even try some on the audience members.

Aaron Bonk – Fire Whips & Swords is a show in which Aaron Bonk juggles fiery whips, knives, and swords to amaze the audience and get their adrenaline pumping.

Hey Nunnie Nunnie! stars two nuns who joke about Catholicism and life in the nunnery.

The faire even has a joust where knights fight each other with lances,

swords, and other weapons on horseback. The last knight standing is crowned the winner.

The New York Renaissance Faire has various characters that you may encounter, such as faeries, Queen Elizabeth, pirates, and even Robin Hood! Attendees can join the traditional maypole dance with these characters, and children can be knighted by the Queen.

While enjoying the faire, patrons are encouraged to try different foods from the Renaissance era such as turkey legs. Other unique foods include a giant pickle that is sold from the barrel, the BBQ sundae, and sausage on a stick.

Numerous old fashioned rides are set up at the faire to add to the experience. These rides aren’t mechanical or on a track like regular amusement park rides.

Instead, workers dressed in Renaissance era attire push you around on the ride. These rides include a buccaneer painted and shaped like a dragon, as well as a spinning ride that the workers need to wind up so it can spin around.

Instead of horses, you can ride camels at the faire, which is a unique experience. Paddle boats are fun to ride through the lake— you might just spy a sea monster in the distance.

To keep with the medieval theme, the faire has axe, star, and knife throwing games in which attendees can try and

win a prize.

While you’re strolling through the streets of the faire, you can browse through the different items vendors are selling. These products range from costume rentals and old fashioned toys to candles and soaps.

You can even watch glass blowing demonstrations from the vendors at the faire. Faerie wings and flower crowns are another fashionable fad.

Many items sold at the marketplace are handmade, making every item unique in its own way.

Although it is a Renaissance Faire, credit cards and cash are accepted. They also have ATMs at the faire for patrons’ convenience.

The New York Renaissance Faire started in 1977 and is located at 600 Route 17A in Tuxedo, New York.

To make things more interesting,



The Queen has arrived at the New York Renaissance Faire.

Photo Credit: 1timeout.com

BANNER ARTS

“The Happytime Murders” - A Dark Comedy That’s All Too Light on Originality

In a World Where Puppets and Humans Collide, Nothing Really Changes.

BY: SALVATORE CENTO

In this modern day buddy cop film, puppet police officer-turned-private investigator Phil Philips, voiced by Bill Barretta, must team up with longtime human partner Detective Connie Edwards to find out who’s been killing off the cast members of the currently defunct 90’s show *The Happytime Gang*.

And that’s right where this muddled, off the walls, high energy picture loses its identity in the mixing of genres and themes. The first scene of this crossover world is striking— it resembles our own society, with problems that immerse viewers just enough to wonder where the movie is actually going to take them.

This happens to be just a tease though as the rest of the flick, without even a fight, submits itself to elementary level visual and verbal humor that not only repeats throughout the ninety minutes runtime, but also dies upon impact.

Seeing two separate scenes where a puppet ejaculates makes you wonder if it wasn’t only for the script, but also for a writer’s secret fantasy. Characters repeating jokes to be labeled as assholes works once, not twice, and definitely not three times.

And cursing as a focal point in comedy doesn’t come across as funny, it’s just awkward because you don’t whether to get tense or to join in the fray.

If the comedy is consistently entertaining to suspend the disbelief of the

other portions of the plot (which here is the concept of puppets actually living and enjoying life on their own without the help of humans moving strings attached to their backs), we have a winner. We don’t have one here.

While watching, it is hard not to conjure questions such as: “How do puppets die?” “How do they eat if the backs of their mouths are stitched up?” “Wait, how is that one drinking?”

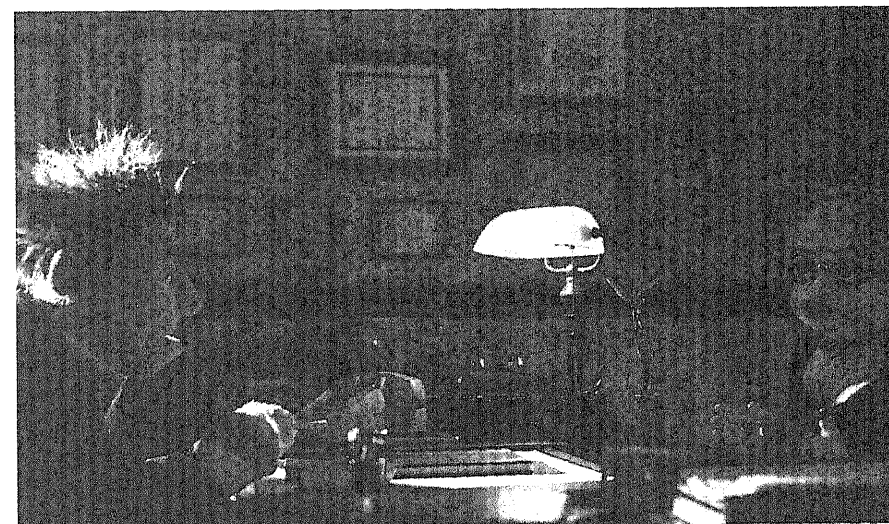
These were definitely not answered. Another interesting element *The Happytime Murders* was the soundtrack. In the opening scene, we have an upbeat melody that foreshadows the atmosphere of at least Phil’s scenes.

But we get that same tone throughout no matter what’s happening, playing songs from LMFAO, Bow Wow Wow, and Rick Astley.

These prominent artists’ songs join the rinse-and-repeat mastery that, when combined with the uncomplicated humor, cheaply and continuously grabs the viewer’s attention, rather than satisfy them with something more intimate than simple familiarity.

In today’s world where comedies are a dime a dozen, it’s really easy to figure out when the songs for a soundtrack were picked from a digital raffle drum using the contents of a folder called “Top Hits.”

This film did have its shining moments, however, that will likely qualify



Detective Phil Philips in his office, meeting Sandra White for the first time.

Photo Credit: IMDb.com

it for syndication on cable television.

Maya Rudolph, who plays Phil’s secretary, gave an above average performance compared to the rest of the cast. Yes, even compared to Melissa McCarthy, who is the most notable figure of the cast, but is a one trick pony when it comes to character.

Maya is joyful and witty, and what her character does and says is surprising in a movie that is all around a color-by-numbers set.

In an unprecedented move, we see how the most compelling character from *The Happytime Gang* is murdered.

It is not violent considering the victim is a puppet, but it is interesting because it shows that somebody writing

the script had a burst of inspiration that would contribute to the film’s success.

In one particular scene, Philips and Edwards seek out two of the members of *The Happytime Gang*, cousins who were married.

What we hear outside of the house and what we actually see going on inside are two different things which didn’t confine itself to those of a sexual deviant or idiot’s kind of storytelling which surprised me and was actually humorous.

All in all, does the inclusion of creatures that were made from felt and fabric make this comedy stand above the rest? No, not at all, but it subtly redeems itself with hints of quality that don’t make you throw it out right away.

Everybody’s Doing the Local Motion

Why You Should Join Your Neighborhood Music Scene

BY: LAUREN SILVERMAN

What do The New Yardbirds, Mammoth, and Pen Cap Chew have in common? They’re the original names of some of the most famous bands in history.

No matter how legendary, every band started somewhere— and most of them worked up from the very bottom.

New York City’s local music scene is bustling with energy. However, with so many famous artists releasing new content and touring worldwide, local bands might get left in the dust. It’s easy to forget that even the biggest bands started small.

Supporting neighborhood music benefits more than just the musicians; by attending shows and becoming part of a tight-knit fanbase, both you and your community can enjoy rich cultural exposure.



Giant Flying Turtles, a blues-rock band from Staten Island.

Photo Credit: Michelle Young

itself.

Small establishments such as bars and lounges need steady business to flourish, and hosting gigs provides them with that opportunity. If more people attend small shows, businesses may be able to host even larger gatherings that would also benefit everyone involved.

With countless numbers of bands sharing their music in a variety of ways, it is easy to get overwhelmed. However, the wide selection means that there’s something for everyone.

The beauty of living in New York City is that every music genre has a following, from mumble rap to bluegrass, and you’re guaranteed to find a group that piques your interest. Open mics allow solo and duo artists to share snippets of song ideas, while larger events like festivals celebrate with help from multiple groups.

The array of event types allows you to pick what you truly think will interest you.

It is even more rewarding to venture outside your regular taste. If you come across a band of an unfamiliar genre, you may have a fantastic experience by learning about a new style of music and being surrounded by people who are passionate about it.

In this small community, people are excited about sharing their discoveries. Music is all about dedication and generosity.

“I think it’s important to support local acts because of how hard bands

and musicians work to prepare for performances,” says Vincent LaRussa, drummer and vocalist of SqueezeBox, a Staten Island rock band. “All the lessons, practice, and rehearsals that each member puts in should be rewarded by allowing musicians to have a forum that is encouraged, cultivated, and promoted by communities all over.”

It’s easy to become a part of that forum. Local bands want to connect with you, hear your feedback, and enjoy playing.

Being a part of this intimate community is more than just a pleasant experience; it is essential to support local musicians’ hard work both monetarily and socially.

And who knows? Your next favorite band just might hit it big.

If you would like to get involved in your local music scene but aren’t sure where to start, there are plenty of shows coming up around the five boroughs that stretch across a variety of genres:

9/28: Plan For Panic, Dead Men Dreaming, and more at The Hideout, 8pm

10/6: SqueezeBox at Schnitzel Haus, 10pm

10/18: Phil Robinson’s Speakeasy Sessions at Amendment 18, 8:30pm

10/19: The Bleeps, Sweeps and the Creeps at Amendment 18

10/26: Prosody and more at Fascination Street Halloween Market, 6pm

BANNER OPINIONS

Internet Censorship: The Tech Giants of Silicon Valley

Where Do We Draw the Line Between Internet Censorship and Freedom of Speech?

BY: MARKUS F. KING

As the age of technology ushers in an era of free information, the political establishment faces new challenges in maintaining its hold on public opinion.

The Internet is a powerful tool for humanity and as larger portions of the population begin to gain access to it, we are discovering the many dangers that lie within its seemingly limitless depths.

Although social media grants most of its American users with an ability to voice themselves better than ever before, some Americans are feeling more restricted than ever due to what is now being viewed as Internet censorship.

There are practical applications for a technology which uses algorithms to organize web pages and create safe search results. However, many citizens feel as though these tools are being used to limit free speech.

The most accepted implementation of these algorithms is for children surfing the web. Most Americans will agree that we do not want our kids finding pornographic material while using internet search engines; this is why Google installed a safe search option.

With this being said, is Google doing more than just stopping kids from coming across inappropriate material?

Is Google stopping adults from seeing unfavorable political information?

Many seem to think so. In the past few weeks, President Trump has been very vocal about this issue.

Last month, President Trump raised this issue when he tweeted, "Social Media Giants are silencing millions of people. Can't do this, even if it means we must continue to hear Fake News like CNN, whose ratings have suffered gravely. People have to figure out what is real, and what is not, without censorship!"

Many other conservatives feel the same way. The president's tweet was in response to many complaints from his supporters about being censored for their political views.

Trump even went on to say during a press conference, "I think Google is really taking advantage of a lot of people, I think that's a very serious thing and it's a very serious charge... I think that what others are doing, if you take a look at twitter and you take a look at facebook... They better be careful because you can't do that to people... we've had thousands of complaints."

Much of the fear causing Americans to view this act by the Silicon Valley Tech giants as an infringement on their rights arises from the idea that these internet media platforms are acting as public utilities thus, they should be required to protect free speech on both ends of the political spectrum.

However, there are many Americans who support the decision to censor certain speech, on the grounds that since these companies operate within the private sector they are well within their rights to remove whichever content they deem inappropriate.

Nonetheless, most Americans do seem to be united under the idea that federalizing these platforms is not the right approach to solving this issue.

Are these concerns irrational? America has maintained a worldwide reputation as the land of the free because of our Constitution's Bill of Rights. Many other countries are not protected by the same freedoms which our Constitution grants.

In China, their social media giants are working with the government to enact what is known as a social credit score. All of China's citizens are monitored by tens of millions of AI equipped street cameras which track their behavior through the day and compare it with their online activity in order to create a unique score for each individual. This score determines how trustworthy a citizen is in the eyes of the government.

Although this system is a reality in China it is not in place in America and most Americans intend to keep it that way. This is why some Americans are already starting to question the amount of power these tech companies should

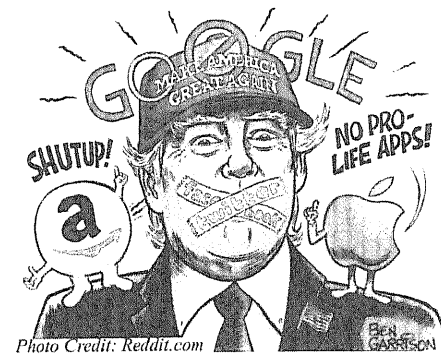


Photo Credit: Reddit.com
President Trump is just one of the many people raising concerns about internet censorship.

Just like any powerful invention in human history the Internet should be used with discretion. But where does that discretion come from?

With the constant, exponential growth of technology, it is well within reason for Americans to be raising this conversation.

Would a social credit score do more harm than good? Do the tech giants have too much power? Can the average person do anything to protect their own privacy?

It seems Americans will be debating these concepts for some time to come.

Let's just hope the country reaches a conclusion as to where all of this technology is bringing us before future generations are brought into a world where it's too late to back out.

Gunn'd Down and Fired For Sexual Allegations

Not-So-Nice Past Behaviors Come Back to Haunt Some of Hollywood's Biggest Stars

BY: MOHAMED MAHMOUD & LUCIA ELMH

We all have something we've done in our past that we regret — things we aren't proud of, and even things that were said or done that we wish we could take back.

Better yet, there are actions from our past that may come back to haunt us in our present lives.

The impact of improper behavior, especially in Hollywood, may be devastating and could ruin the empire and name that was built upon it. This is currently true for the events that are swarming the entertainment business.

Recently, there have been a number of scandals surrounding certain Hollywood figures who had their past lit up and exposed in the light of day.

For instance, Hollywood's biggest names have been accused of sexual misconduct, harassment, and assault. Bill Cosby was convicted on three accounts of indecent aggravated assault in April 2018 for drugging and sexually assaulting Andrea Constand in 2004.

Kevin Spacey was first accused by actor Anthony Rapp, claiming in an interview with BuzzFeed News on Oct. 29, 2017, that the two-time Oscar winner made sexual advances toward him in 1985 when Rapp was just 14 years old.

Less than a week later, eight current and former "House of Cards" employees came forward to CNN to allege that Spacey had sexually harassed or assaulted them.

Jeff Franklin, the creator of the hit 90's show "Full House" and Netflix's

"Fuller House," has been fired according to a report from Variety earlier this year.

Additionally, Warner Bros. TV will not be renewing their overall production deal with Franklin. Now, what to do all these situations have in common?

It seems that the past of these well-known stars has resurfaced to bite them back. Now, do these stars deserve the repercussions they have caused?

Absolutely. However, the problem with these accusations is how long it took to respond to them.

The statute of limitation expires after a certain amount of time has past following the incidence. In other words, the consequences of a tragedy fades over time.

Many may not take them seriously. Also, it depends on how beloved these accused actors are viewed in Hollywood, and seeing someone as loved as Bill Cosby being accused of such a crime is something not many of us would like to believe.

Even Kevin Spacey, a very talented and charismatic actor, is one of these cherished actors. Because of his actions, the show he was in, "House of Cards," is now entering its final season.

In killing the show, Netflix also ended the jobs of 14 writers, hundreds of crew members and a large and talented cast who spent years creating one of the most popular shows on television.

Thus, innocent people have been damaged by Spacey's reprehensible behavior. It's not just the victim and the accuser that become affected, but also other people involved.

Recently, there is another case of misconduct that has been brought to attention with director James Gunn. Gunn has been removed as director of the "Guardians of the Galaxy" movie series after a batch of old social media comments were unearthed concerning topics about pedophilia and rape.

Though the jokes were distasteful, they should not completely damage a man's job and reputation over a controversy that was made a decade ago. There could have been alternative punishments that people could have suggested before thinking of firing him immediately.

This abrupt action of firing Gunn may be due to the relating scandals that are happening in Hollywood. Possibly, having Disney fire him was a way to show that they aren't siding with the cesspool of inappropriate behavior that has been resurfacing.

Overall, every person has their own situation. It's always best to look at different angles in order to get a better grasp and see how each can be approached.

Things seem to be getting worse, but the best way to mitigate them is to handle each situation as appropriately as possible.



Photo Credit: Dailydot.com

Past social media misconduct costs James Gunn his job as director of "Guardians of the Galaxy: Volume 3."

SEX AND RELATIONSHIPS

Learn From My Long Distance Relationship Mistakes

How You Can Be Better Than Me: A Memoir of a Digital Kind Of Love

BY: SALVATORE CENTO

About a year ago, my first foray into the world of long distance relationships came to a close.

After time to myself to reevaluate the past, it became a shock how much someone almost a thousand miles away affected my day-to-day life.

Simple things, such as the alarm clock on my phone, was no longer followed by a good morning.

Videos accompanied by the sweetest voice in the world letting me know how she slept last night, how the weather was that day in Florida, or random "I love you" texts and debates quickly became remnants of the past.

I had seen and heard the quote "you never know what you have until it's gone" many times throughout my life, but never had I actually felt it's meaning until now.

I remember looking at my phone many times after we broke up, desperately wanting a notification from any of the apps that we ever communicated on, letting me know that there was still hope. But it never arrived.

After some time of digesting that it was actually over, something grew in the place of my emptiness: a stronger sense of who I was, how I should have been, and what actually went wrong.

One could tell that I blame myself for things going south. And I do.

In the first couple of weeks, we couldn't stop talking to each other. Telling each other about our friends, talking

about each other's family issues, and how no matter what I said, DC was always better than Marvel.

But we never established with each other that we were exclusive.

Do what I didn't: bring this up once feelings start to form. The fact that she began by saying "Maybe I'm old fash-

ioned but..." is enough to recognize that something should've been said by me before she did.

That was not the only creature that sat in the shadows of our relationship. It was only through constant wondering if the other was okay since we were often unable to respond to each other's messages.

That's another thing—our vastly different work and school schedules were not sought out until later on during our

relationship. Thus, be considerate of your partner and find out when he or she is free from their prior engagements to have those deep, meaningful conversations.

Especially being in a virtual relationship, discussing your feelings helps to build the foundation of your bond.

versation the previous night, combined with the fact that I had not eased her into my sarcastic side, she took the comment at face value.

When the relationship is fresh and you're still on the path of getting to know each other, do not put up defensive walls.

They'll turn into spikes that will only create a detour on the road of creating something special. Try to turn a blind eye to your past. The person on the other end is risking everything as well.

Just as importantly, do not relish too long in the honeymoon phase. That is, the lovely beginning stage of a relationship when a couple feels blinded each other's love.

We talked day and night for months on end. As a couple, we never got used to having a long period of solitude.

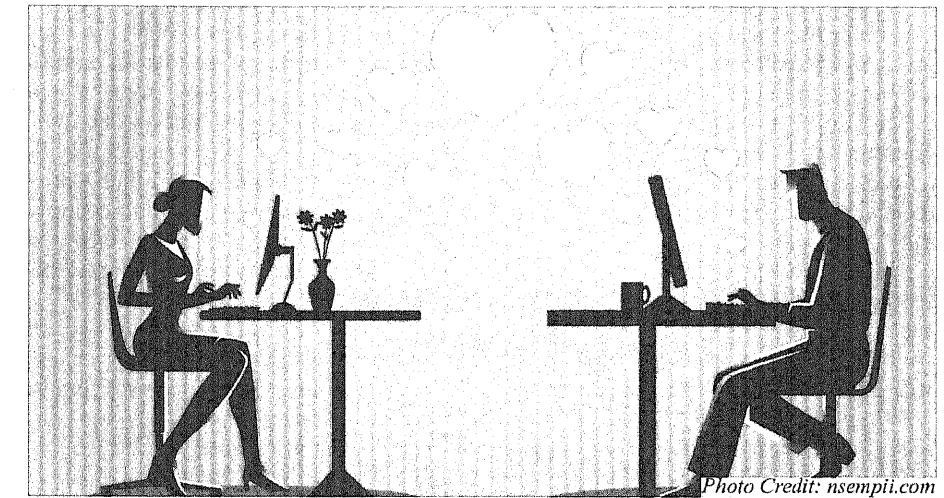
When the time came to give her space to experience life beyond her phone, I didn't know how to deal with that.

So, if breathing room is neglected, the relationship at times will feel forced and your partner may even begin to feel trapped.

As a result, the best thing to do in a virtual long distance relationship is to get to know your partner, but not at the expense of every waking moment.

On my end, revealing the past helps with letting go of all of the mistakes.

And on your end, to those who are also in a long distance relationship, let this memoir teach you the lessons that I wish I had known.



The same rules of love apply, no matter the distance.

Photo Credit: nsempti.com

Porn + Relationship = ?

Pros and Cons of Porn Use in Relationships

BY: DOMINICK WOJTAS

Believe it or not, porn has been around for thousands of years before the internet. A vast numbers of artifacts have been discovered from ancient Mesopotamia depicting heterosexual intercourse.

Like other forms of art and entertainment, its modes have been constantly shifting since then: from sculptures and paintings, to photos in magazines; from tapes and DVD's, to the current medium of choice—the World Wide Web.

Even though porn has been around since the dawn of society and its appeal doesn't seem to be weakening anytime soon, it remains controversial—a force that holds the power to wreck homes.

Most pornography never demonstrates real intimacy; it doesn't do so well at taking cues from real-life. The most enticing type of porn is generally the most refined. These men and women are hired actors that have been polished with makeup, surgery, and performance enhancing drugs.

It may be fun to imitate these actors but it's important to understand that what's onscreen is largely artificial; not everybody can be a movie star.

Reach for the moon, but don't be upset if you land on a star. As long as you and your partner are putting in the effort, making sure each-other is sexually con-

tent, you're doing great.

Porn displays fucking, and nothing more. Complete sexuality employs both the body and mind. Porn bypasses emotion—a relationship doesn't—remember that.

Another argument against porn is that it makes your erotic senses go dull. If you eat food that is spicy, it tends to disfigure your taste buds for the duration of the meal, sometimes leaving you unable to register the taste of more neutral foods.

Porn can have the same effect. Simple love-making and nakedness are no longer sufficient when you've become accustomed to hardcore (overly spicy) erotica.

But many believe that there are significant benefits pornography may hold in terms of relationships.

Most species are not wired for monogamy and humans don't break this trend. Since we are designed for sex with multiple partners, but aspects of society and human nature (ironically), tell us that one partner is the favorable way to live and one can argue that pornography is an acceptable way to explore our natural, polygamistic fantasies.

Porn helps individuals play these impulses out in a controlled environment so to speak.



Porn often pays the price of a valuable relationship.

Photo Credit: idiva.com

Studies exist that suggest pornography may be making the world a safer place. Reason Magazine's Peter Suderman suggests that "pornography and violent entertainment might serve as exhaust valves for our aggressive impulses." It appears that sexual violence decreases as access to pornography increases.

The question, "Does pornography have a place in your relationship?" can only be answered by yourself. The way in which you answer the following questions will help determine if porn can find a home in you:

Am I accepting porn as a glorified, artificial representation of a sacred act

that is near-impossible to translate with meaning to real life?

Does my partner accept the way I'm using pornography, or want to be a part of it?

Are my expectations of my partner fueled by porn?

If you answered yes, yes, and no, then porn doesn't have a detrimental grip on your life and you may be actually benefiting from it.

If you answered differently, then it may be time to take a break and divert all your sexual energy towards your partner in hopes of attaining a more wholesome experience.

SPORTS

Coach McFall is Helping CSI's Runners to Rise

Elevating the Culture of CSI's Cross Country & Track and Field Team

BY: VERONICA PISTEK

Jason McFall, CSI's newest Cross Country and Track & Field coach, as well as Coordinator of Athletic Operations, is no stranger to the life of a student-athlete.

As coach McFall finishes up paperwork to provide his undivided attention to the interview, one can already sense his passion and urgency to provide the best to CSI's Athletic Department as he possibly can.

The eager and focused McFall attributed his passion for running and coaching to his own college Track & Field coach, who encouraged him to take a bold chance to follow his dreams.

Now coaching here at The College of Staten Island, the Yonkers native is taking his diverse levels of experience to inspire and train the current runners on his team.

Amongst various coaching positions

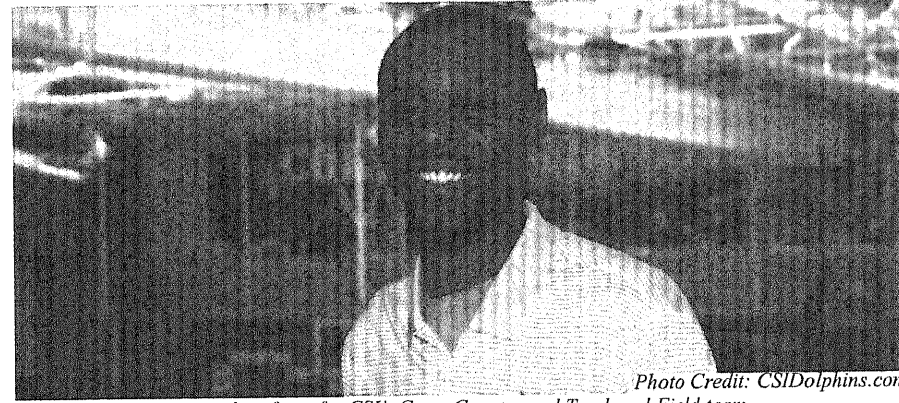


Photo Credit: CSIDolphins.com

Jason McFall, a new guiding force for CSI's Cross Country and Track and Field team.

at universities such as NYU, Lehman College, Concordia College. McFall credits his most fulfilling years at his alma mater, Woodlands High School in Hartsdale.

Serving as a Physical Education teacher and coaching the women's team at his old high school, the aspiring leader found himself in the perfect position to stay close to coaching, recruiting circles, and remain aware of which schools have the hottest athletes.

Ready to represent a new running community, McFall is encouraging Staten Island athletes to look no further than their own neighborhood for great running opportunities.

With his eyes wide open and his determination guiding him, the Track and Field coach has high hopes that the varsity team will start making a name for itself and for Staten Island within the next few years.

"The more that we are able to be, and now that people can see that Wagner College is not the only place on the island with a Track & Field program, I think we'll start getting a lot more attention... once we get through this year and are just being as a team, I have hope that we will start to make an impact," McFall enthusiastically expressed.

With a big trophy displayed on his desk, McFall pointed to how the Ladies Cross Country team took home a win early this September at the Baruch Invitational Meet.

Proving to start the year off on a positive note, the team's guiding force has a major goal: to create an established and elevated culture for his athletes on campus.

"While the team does not need an overall transformation, it needs an established culture. I am always trying to make teachable moments for the students... There is definitely a need to elevate the program," McFall explained his goals.

"Especially since it used to be just Cross-Country season for the first two months of school and then it's a whole year until they are back again. I believe that there is a good mix of inner and outer borough students that can learn from each other, just as the distance runners and sprinters can learn from one another."

An exceptionally driven and inspiring leader, coach McFall does not take

credit for much of the motivation and dedication that the student athletes have been displaying.

Though he expresses to his team that accountability for one's actions is key, his athletes are taking the initiative on their own to get better as students and runners.

While wiping tears from his eyes, McFall was not afraid to express his emotion and excitement that the team already has been proving themselves as a group of leaders.

"There are leaders that are here, it is not just a social club... I receive texts every morning from my students telling me that they ran five miles. The freshmen are beginning to take initiative, and the upperclassmen are taking initiative to bring them to campus. I am very excited and overwhelmed with emotion from their response. I treat them like family, just as I treated my old teammates like a family."

McFall's passion combined with the small successes of the team so far have set the tone for the upcoming seasons for the Dolphin runners, and the impact that the running scene at CSI will have upon the youth on Staten Island.

"It is paramount to start inspiring the next generation, it can spark a conversation initiate the fire for younger runners."

Overall, the humbled coach credits the great facility, staff, families, leaders, and runners for the great things that are going to come along in the future.

The Yankees' Odds for Playoff Success

Insight into A Possible Bright Future for The Yankees

BY: KENNY VELEZ

The New York Yankees have entered a new era in 2018 since Joe Girardi, their manager of the past 10 seasons, is now gone.

Currently, in his place is Aaron Boone, best known for his walkoff homerun in 2003 that sent the Yankees to the World Series that year.

This surprised many fans as the Yankees were one game away from going to the World Series last year. Now, there is a new Yankees team.

Giancarlo Stanton came in a trade with the Miami Marlins for Starlin Castro and two of the Yankees' top prospects have made the jump to the Major Leagues: Gleyber Torres and Miguel Andujar.

The 2018 season will be the 26th straight season where the Yankees finish with a winning record.

And once again, they are playoff bound, heading to the American League Wild Card Game for the second straight year and once again hosting it in Yankee Stadium.

They will either be playing the Oakland Athletics or the Houston Astros, depending on who wins the AL West.

If the Astros win, then the Yankees will have an easier time facing the A's in the Wild Card Game.

If the A's win, then the Yankees'

season will come to an end against the Houston Astros.

The Astros have ended the Yankee's season in their last two postseason appearances- first in the 2015 Wild Card Game, and last season in the ALCS en route to the World Series.

The Astros have gotten the better of the Yankees over the past few years, and will continue to do so despite the Yankees getting better at winning games against them.

In a recent "Ask Me Anything" on Reddit, Ben Reiter, who wrote the Sports Illustrated cover story predicting the Astros would win the World Series last year, as well as the book "Astroball: The New Way to Win it All," predicts that the Yankees will win the World Series in 2021.

This makes sense for a couple of reasons.

First, these Yankees are too green. Andujar, Stanton and Torres have not played in an MLB postseason game yet.

The second reason is that the Yankees need a few more years of seasoning before the players at the center of their future to reach their primes.

As for the Red Sox, the Yankees will most likely have to face the Red Sox in the Divisional Series if they win the Wild Card Game, seeing how they have the best record in the league.

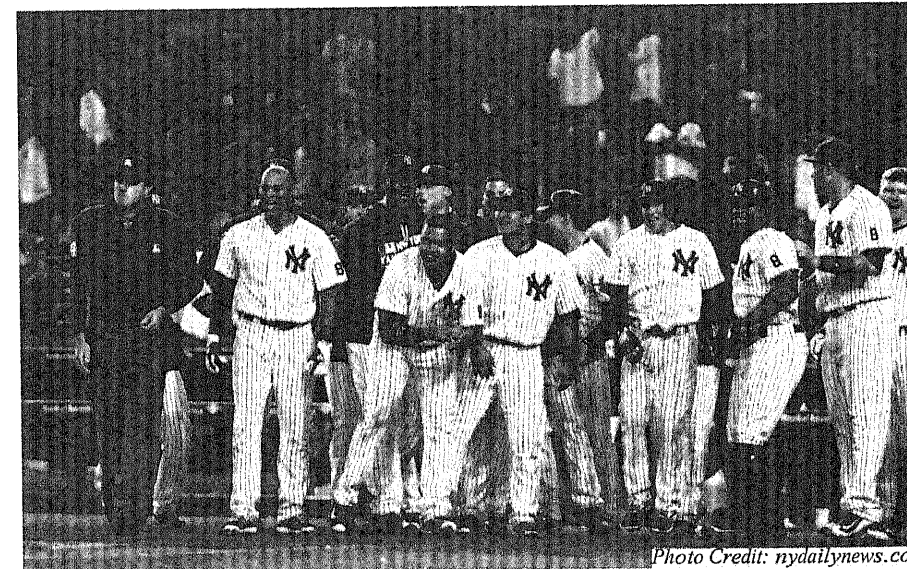


Photo Credit: nydailynews.com

The New York Yankees are predicted to be successful in their new era.

And who has the second best record? The Yankees.

According to ESPN.com, the Yankees have struggled against the Red Sox this season, having a record of 5-8 against them.

The last time these two teams played, the Red Sox swept the Yankees in four games, including a come from behind walk off in extras to finish the sweep.

But the season is far from over, and the Yankees play the Red Sox two more times this season, including a three game series against them in Boston to finish the season.

If these results hold and the Yankees can win the AL Wild Card Game, then it would be the first time that these two teams would meet in the Divisional Series.

Previously, these two teams met in the American League Championship Series in 1999, 2003, and 2004.

The Yankees won the first two times, then the Red Sox won in 2004 after trailing in the series three games to none.

The future is bright for the Yankees, but it is all about meeting that potential and bringing their dreams of a 28th World Championship to reality.